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CREDIT UNION

D'Esterre Gardens tenant wins eviction appeal

Zoe Nagler had been living in the complex for six years prior to receiving eviction notice for being too young

Jolene Rudisuela
Record staff

Zoe Nagler is relieved to be able to stay in her one-bedroom suite in d'Esterre Gardens, after receiving an eviction notice in January.

The 46-year-old with cerebral palsy has been living in d'Esterre Gardens, a low-income housing facility managed by d'Esterre Senior Citizens Society, for the past six years. Though

the facility's minimum age requirement is 65, or 55 for people with disabilities, Nagler was originally allowed tenancy due to her disability. However, in January, the society tried to evict her due to her age.

Nagler contested the eviction in mid-March in front of an arbitrator, who ruled the society had no grounds to evict her.

"It's a great relief because there is nothing

for someone on my budget," said Nagler. "I only get the shelter allowance for rent – \$375 a month, and that's not a rent that exists anymore."

With the March 31 eviction date looming, Nagler said she would have had to move in with her mother if the decision was not in her favour.

Following the arbitration hearing on March

See Appeal, Page A4

NEWS

Pope's blessing

Judith Conway took her overdose awareness display to Vatican City last week and had it blessed by Pope Francis. **3**

Banning the bag

At Monday's meeting, Cumberland council passed its new single-use item regulation bylaw, banning single-use plastic bags and straws in the village. Biodegradable and compostable plastic bags are also included in the ban. **4**

ARTS

Bluegrass in Merville

The Slocan Ramblers will be rocking the Big Yellow Merville hall with a bluegrass concert extraordinaire, April 6. **23**

SPORTS

Sweeping away the competition

The Jack Holden rink from the Comox Valley Curling Club came away with top honours at the PCMC/BCIMCA Combined Provincial Curling Championship last weekend. **25**

FEATURES

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Classifieds **30**

MOON OVER TEXADA

Gordon Noyes sent in this stunning photo of last week's full moon, as it rose over Texada Island, March 20, capturing the moment a boat cruised through its reflection. The "worm moon" (the first full moon in March) is so called as it represents the beginning of spring - named after the earthworms that emerge at this time of year. It was also the last "supermoon" of 2019.



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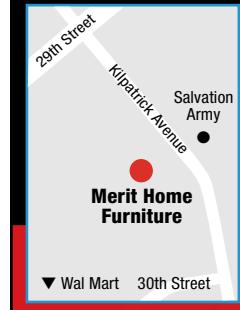
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Comox OD awareness display blessed by the Pope

Judith Conway set up the display on her fence to raise awareness of overdoses in B.C.

Jolene Rudisuela
Record staff

When Judith Conway first set up the 100-foot-long display on her Comox fence, she wanted to start a conversation about the overdose crisis, raise awareness and eventually create change.

Last week, she packed up the impactful display and took it on a plane to the Vatican to be blessed by the Pope.

The display is made up of flags and ribbons. On each flag is written the names of people who have died from an overdose in B.C. White flags decorated with a single red heart represent

the people who are predicted to die from an overdose in the province each week, and the ribbons represent those currently struggling with an addiction.

On one of the flags, the name Matthew Conway is written, Conway's son who died of an overdose in 2017.

Matthew was a crossfit trainer and managed a gym. His addiction started with a prescription following an accident and soon turned into something he could not control.

"I wrote to the Vatican telling them about Matthew and the crisis in Canada and the world for that matter,"



On March 20, Judith Conway and her overdose awareness display were blessed by Pope Francis. The display is made up of flags and ribbons honouring those who have died of overdoses and those currently struggling with addiction. Below, Judith Conway's memorial on her back fence in Comox overlooking Guthrie Road. Photos courtesy Judith Conway

said Conway. "I asked about getting the flags and ribbons blessed."

This is how she came to be sitting up on stage, near the pulpit at the March 20 General Audience where she received her blessing.

Conway said she was crying when Pope Francis came over to her and she was comforted by his amazing smile.

"He came right to me and blessed me then the flags," she said. "I could feel

his peaceful spirit. [It was] very emotional needless to say."

Conway's faith has been very important for her throughout her life, and she believes it is something Matthew valued as well.

"Matthew prayed a lot in his struggles and knew the rosary very well," she said. "I was given a rosary by the Vatican back in November with a

lovely letter saying Pope Francis prayed for him."

Conway hopes the blessing will bring some peace to the families of other overdose victims and those struggling with addiction.

Beginning in May, Judith Conway's display will be erected at the Courtenay Airport to bring awareness to the issue of overdose deaths.



Comox Valley receives grant to assess local child care spaces

Scott Stanfield
Record staff

The Comox Valley is receiving \$75,000 to assess local child care spaces.

The money is part of a \$3-million provincial investment to enable local governments to conduct inventories of child care spaces, to determine the type of care required, and to assess current and future needs. Action plans will be drafted in conjunction with school districts, health authorities, Indigenous partners and other stakeholders. Information will be fed to the Ministry of Children and Family Development to inform future investment.

The local inventory will be a partnership between Courtenay, Comox and the regional

"The regional district has recently set up a child care committee to look at this matter, so we're well positioned to make good use of this \$75,000 here in the Valley."



RONNA-RAE LEONARD

district.

"I think that's one of the unique opportunities that we have here," Courtenay-Comox MLA Ronna-Rae Leonard said. "The regional

district has recently set up a child care committee to look at this matter, so we're well positioned to make good use of this \$75,000 here in the Valley.

"It's new money," she added. "We're making big changes. We have other programs to make investments in, creating those spaces. We need to have that local input on what's needed."

The ministry will consider the diversity of need for child care, be it age-related, children with challenges or parents who juggle shift work with child care.

"I think we have an opportunity to grow our workforce by having a robust child care system in place," Leonard said. "All in the vein of making life better for people."

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Village of Cumberland Parcel Tax Rolls

The Village of Cumberland has prepared Parcel Tax Rolls for public inspection at the Village Office, 2673 Dunsmuir Ave, Cumberland, B.C. VOR 1S0, 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 be received by the Collector of Taxes at the Village Office by Monday April 1, 2019. The Parcel Tax Review Panel will consider any complaints respecting the parcel tax roll and authenticate the roll on Monday April 8, 2019 at 4:30 p.m.

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Cumberland to ban single-use plastic bags and straws starting this summer

Jolene Rudisuela
Record staff

Remember to bring your reusable bags when you go shopping in Cumberland.
At Monday's meeting, Cumberland council

gave first, second and third reading to their new single-use item regulation bylaw, banning single-use plastic bags and straws in the village. Biodegradable and compostable plastic bags are also included in the ban as they do not always break down properly in the landfill.

The ban will be put in place no earlier than July 2019 and enforcement will not commence until January 2020.

"We're a bit of a champion of this thing," said Kaelin Chambers, economic development co-ordinator with the Village, adding that other municipalities have seen Cumberland's progress with imposing a ban and have reached out for advice.

The bylaw is part of a phased approach to ban all single-use plastics in the Village, including Styrofoam food containers and plastic cutlery.

The City of Courtenay and the CVRD are both considering a single-use plastic ban, and Comox council recently directed staff to prepare a single-use plastic bag and straw ban at

a February meeting.

"I think it would be great for all of us to be on the same page, and that would give a clear message to everybody about what's expected and to remember your bags," said Coun. Jesse Ketler.

Enforcement of the ban will be complaint-driven, and businesses giving out single-use plastic bags or straws could be subject to fines after Jan. 1, 2020, but Chambers doesn't expect implementation of the ban will be a problem.

"I think the social stigma is going to be stronger than any sort of monetary enforcement we'll be able to provide," he said.

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Appeal: Lawyer took on case pro bono

Continued from Page A1

14, the arbitrator ruled in favour of Nagler, outlining various reasons, including, "... the tenancy agreement does not authorize the landlord to end the tenancy if the tenant ceases to meet the age requirement."

The Residential Tenancy Branch determined that the basis for the eviction – section 49.1 of the Residential Tenancy Act – did not apply in this circumstance as Nagler was not living in a subsidized rental unit.

While d'Esterre Gardens has been affiliated with B.C. Housing previously, their agreement expired two years ago.

The decision also detailed that Nagler had never been required to demonstrate that she met the age requirement, and it would be unfair to evict her after she had already been allowed to live in the unit for six years.

Nagler's lawyer, Joe Marrie with Finkelstein's Lawyers and Notaries, took the case on pro bono after the original article was published in *The Record* at the end of February.

"From the start, something seemed wrong about it, and people don't always know how to argue their rights in these situations," said Marrie. "I thought it would be really, really crummy to read about Zoe Nagler being put out on the street over something that seemed like it was totally unfair to do."

"My impression is that the society is doing its best to protect what it perceives as its interests."

Teona Sparkes, the second underage resident who received an eviction notice due to her age, did not pursue an arbitration hearing and has decided to move on from the housing complex.

D'Esterre Senior Citizens Society denied a request for comment.

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Surrendered Comox Valley cats nearing adoption through SPCA

Erin Haluschak
Record staff

Thanks to the support from staff, volunteers and the community, more than 40 cats taken from a local property are slowly getting ready for adoption through the Comox Valley and District BCSPCA.

Earlier this month, 45 Maine Coon cats were part of a large intake, explained Emily Priestley, branch manager. With a capacity of around six cats, the organization reached out to other branches and to the public for help. The response was overwhelming, she noted.

"There were 70 inquiries, if not more (for adoption). We've gotten lots of phone calls, and there's been tons of donations of treats and toys. The community support has been so amazing - we're so grateful."

The cats range in



One of the 45 cats the Comox Valley branch of the BCSPCA is working on socialization with the goal of adoption. Photo submitted

ages from nine months to nine years old.

Priestley said the first group of cats is getting ready to go out for adoption, but warns that many of the cats have never been around humans, or have ever been touched or handled.

"One thing people really need to know is that most of the cats are not social or playful, so they're not suitable for homes

with kids or commo- for the indoors." As they had mul- tiple intakes, not all

cats will be available for adoption at the same time. Priestley explained as many of the cats have a variety of socialization needs, some will be available sooner than others.

The cats underwent a medical evaluation by a veterinarian, and she noted they are all in good medical condition, but just need time to get used to people.

The SPCA locations in Nanaimo and Victoria have received some of the cats in order to assist the Comox Valley location.

"Volunteers have

“ There were 70 inquiries, if not more (for adoption). We've gotten lots of phone calls, and there's been tons of donations of treats and toys. The community support has been so amazing - we're so grateful. ”

EMILY PRIESTLEY

been in working non- stop, and our staff is burning the candle at both ends - everyone has really stepped up to help.”

Cash donations to assist are always welcomed as the SPCA is completely donor-funded and all donations from the Valley stay at the Valley branch.

For anyone interested in adopting, Priestley said it's best to keep an eye on the organization's website - each cat will be posted on the site as soon as staff feel they are able to be adopted.



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EV charging stations proposed near the Sid

Scott Stanfield
Record staff

At its March 18 meeting, Courtenay council endorsed an application for a CleanBC grant to fund four electric vehicle (EV) charging stations. The proposed site for installation is near the Sid Williams Theatre. After surveying City-owned lands, the Community Energy Association of BC (CEA)

said the site adjacent to the north wall of the Sid would be an “awesome” location for multiple installations. Pending grant approval, the City’s portion of the cost would be \$25,000. The contribution would be part of a Mid-Island EV Network application for a government grant to install multiple charging stations.

“I saw this as a way to boost tourism, increase the adoption of EVs and make EV use a more practical option by eliminating concerns about range.”



COLE-HAMILTON

Nanaimo Regional District has been the lead applicant for the grant. The application deadline is March 27.

Coun. Will Cole-Hamilton had suggested taking advantage of the funding opportunity, and joining with neighboring mid-island jurisdictions, after he attended a climate change session at a gathering of Vancouver Island

elected officials. “I suggested that we work together to create a regional mid-Island network covering highways 19 and 4,” he said. “I saw this as a way to boost tourism, increase the adoption of EVs and make EV use a more practical option by eliminating concerns about range.”

The regional district is also interested in applying for funding for eight chargers: two each at the Seal Bay parking lot, the Exhibition Grounds, the Aquatic Centre and at the Sports Centre. CleanBC grant op-

portunities for Level 2 EV chargers cover 73.3 per cent of capital costs. Nine municipalities, including Courtenay and Comox, and three regional districts, including the CVRD, are part of the grant application.

Reno \$ request

•The property committee of St. George’s United Church is requesting \$25,000 to renovate the kitchen and two washrooms at the building at Sixth and Fitzgerald. The Sunshine Lunch Club, consisting of

volunteers from five churches, have been serving hot meals five days a week out of the St. George’s kitchen for 23 years. Upwards of 100 homeless and marginalized people show up each day. The kitchen no longer meets all Health and Safety Authority requirements, and the washrooms are not wheelchair-accessible. Renos are expected to cost \$124,500. The church has raised \$82,800. A \$20,000 grant from the Rick Hansen Foundation is pending. The committee acknowledges

it missed the City’s grant-in-aid application deadline. Along with providing meals, the venue facilitates weekly visits from the Care-A-Van, and opportunities for other groups to provide free haircuts, warm clothing and personal hygiene products. Council asked staff to investigate options and implications to provide \$25,000 to St. George’s, and to suggest, via letter, the church seek funding from other local governments in the Valley.

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2005 Dodge Dakota 155,231 kms - Stk#18314B \$9,988	2015 Ford Focus SE 29,620 kms - Stk#18396A \$16,988	2016 Honda CR-V Touring 79,953 kms - Stk#18321B \$28,617
2014 Ford Focus SE 81,635 kms - Stk#17462A \$11,988	2016 Ford Fusion SE 53,446 kms - Stk#17629A \$17,921	2018 Ford Escape SEL AWD 21,600 kms - Stk#19180A \$29,856
2006 Ford Ranger 109,848 kms - Stk#18496A \$11,988	2017 Ford Fiesta NEW - Stk#17395 \$18,988	2015 Ford F-150 FX4 61,744 kms - Stk#18347A \$32,627
2009 Dodge Grand Caravan 54,797 kms - Stk#18080A \$11,988	2010 Ford F-150 XLT 4x4 129,096 kms - Stk#18494A \$19,988	2018 Ford Edge SEL AWD 26,392 kms - Stk#19179A \$35,927
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2012 Dodge Journey R/T 128,030 - Stk#18273B \$13,134	2018 Mazda CX-3 Touring 4,577 kms - Stk#18601A \$25,316	2016 Ford E-450 Cube Van 10 kms - Stk#19119A \$39,998
2010 Toyota Rav4 172,332 kms - Stk#18571A \$14,988	2017 Ford Escape SE 4WD 37,743 kms - Stk#19185A \$25,988	2016 Ford E-450 Cutaway Van 33,400 kms - Stk#19114A \$39,988

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S4776A	'15	JETTA TRENDLINE+ 2.0	GREY	A	75,807	\$15,995	\$14,995	\$121
S5165A	'15	JETTA TRENDLINE+ 2.0	GREY	M	40,196	\$15,995	\$14,456	\$118
S5141A	'15	JETTA COMFORTLINE TDI	GREY	M	60,170	\$19,995	\$18,995	\$165
CP4812A	'14	TOUAREG HIGHLINE R-LINE	BLACK	A	59,138	\$37,995	\$36,995	\$325
CP4652	'14	JETTA HIGHLINE TDI	GREY	M	101,254	\$19,995	\$18,995	\$154
CP4667	'14	GOLF WAGON WOLFSBURG TDI	WHITE	M	82,138	\$20,995	\$19,995	\$171
CP4078	'14	BEETLE COMFORTLINE TDI	BLACK	A	53,236	\$19,995	\$18,995	\$144
CP6022	'13	GOLF WAGON HIGHLINE TDI +NAV	WHITE	A	43,653	\$20,995	\$19,995	\$169
CP0974	'13	GOLF WAGON HIGHLINE TDI +NAV	GREY	A	78,733	\$18,995	\$17,995	\$162



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VIEWPOINT

THE COMOX VALLEY
Record

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Editorial

Is trust in Ottawa still attainable?

Some Canadians think the Conservatives are on a righteous, truth-seeking path in their determination to hold the federal Liberal government accountable in the SNC-Lavalin affair.

Some Canadians think what happened in the House of Commons last week, as at least one letter writer suggests, was a “disgusting, disrespectful display” on the part of the Conservatives when they shouted down Finance Minister Bill Morneau as he attempted to present his government’s last budget before the Oct. 21 general election.

The question is whether Canadians really missed anything, considering on Aug. 27, 2015 — during the election campaign that brought him to power — Prime Minister Justin Trudeau promised, “We will balance the budget in 2019.”

And here we are, with a deficit of \$19.8 billion in the 2019-20 fiscal year.

What’s that Scotty said in Star Trek?

“Fool me once, shame on you. Fool me twice, shame on me.”

Doubters among us strongly suspect the Liberals are making all sorts of big spending promises in the hopes of making the SNC-Lavalin affair go away, besides, of course, buoying up their chance of retaining power. Probably.

Doubters also suspect the Conservative’s expressed horror at the Liberal government’s conduct in this matter is fuelled more by opportunism than a keen sense of justice. Probably.

One certain, undeniable truth is this: What happened in the House of Commons this week was a circus, and it suggests we are in for a real dilly of an election campaign this year as the parties vie for power, if not the electorate’s trust.

After all, is the former really attainable anymore?

Can any of them really earn Canadians’ trust, considering the shoddy show that Parliament has become?

—Black Press

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SCIENCE MATTERS

I visited the Unist’ot’en camp near Kitimat, B.C., a year ago. The people, led by Chief Freda Huson, are trying to re-establish a sustainable relationship with the territory that has enabled them to flourish for millennia. Ever since colonization and settlement, much of that traditional way of life has been lost or seriously constrained. These are modern people with all the accoutrements of the globalized economy.

As is obvious from news photos of the RCMP intrusion, winter at Unist’ot’en camp is cold, which makes it all the more remarkable. It did not spring up in protest against a pipeline; it began in 2010, in a search for a way to return to living on the land year-round.

Canada’s government has accepted the UN Declaration on the Rights of Indigenous Peoples and committed to implementing the recommendations of our Truth and Reconciliation Commission. Indigenous rights, the legitimacy of Indian Act-imposed band councils, sovereignty over land and other issues will reverberate through the country for years.

In fighting to protect the land and water and exert traditional values and priorities, the Unist’ot’en pipeline oppo-

sition is at the forefront of a fight for all people in Canada. In November 2018, an Intergovernmental Panel on Climate Change special report warned that global average temperature has risen by 1 C since the Industrial Revolution. If it increases above another half degree, we’ll experience climate chaos.

The scale of humanity’s fossil fuel use, especially by industrialized nations, created this crisis. The IPCC urged emissions reductions of 45 per cent by 2030 and 100 per cent by 2050 to keep within a 1.5 C rise. Failure to achieve these targets will have unpredictable consequences as the ecological, social and economic repercussions of our current trajectory threaten the foundations of human civilization. That dramatic scenario comes from a virtually unanimous conclusion of the scientific community.

After almost a decade with a government that did all it could to ignore climate change, Canada elected a new one in 2015. On the global stage at UN climate talks in Paris, Prime Minister Justin Trudeau announced that Canada was “back.” He not only committed us to the Paris target of keeping temperature rise between 1.5 and 2 C but announced a preference for the lower target. It was a welcome relief to have a government that based its position on science, not ideology or economics.

Despite that promise, Canada has taken little action to achieve the goal, even with the obvious “low-hanging fruit” that could immediately be implemented: cease subsidies to the fossil fuel

“When we elevate the economy above the atmosphere on our list of priorities, we raise a human construct over the air we breathe — air that brings us climate, weather and seasons.”

industry; put money saved into rapid renewable energy expansion, public transit and electrification of all sectors; halt approval of new exploration or drilling; help workers with skills in the fossil fuel sector transition to renewables; phase out extreme energy sources, including oil sands, deep-sea drilling and fracking; and begin a massive program of public education to reduce energy use and convert to sustainable energy sources.

When we elevate the economy above the atmosphere on our list of priorities, we raise a human construct over the air we breathe — air that brings us climate, weather and seasons. The people at Unist’ot’en camp show us a perspective and value system based on our immersion in and dependence on the biosphere for our health, well-being and survival. We owe them a huge debt of gratitude for leading the struggle for us all and those yet to be born.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation.



LETTERS to the Editor

Send your letter to editor@comoxvalleyrecord.com. 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. Please keep letters topical. We will not run letters advocating for or against individual businesses. Opinions expressed in Letters to the Editor are the sole opinion of the author and do not necessarily reflect the opinion of the paper.

The dangers of censorship

Dear editor,

I'm writing in response to the letter from Willem Semmelink in the March 7 *Record*, who argues for censoring letters from other readers that espouse climate change denial (*Reader likens letters of 'climate denialism' to racist posts; suggests censorship*). While I can understand him taking exception to the denial of the overwhelming scientific evidence in support of anthropomorphic climate change and global warming, I oppose the idea of censoring such letters.

First, there's no evidence that censorship is effective at stifling dissenting viewpoints, but rather drives them underground, where they become more difficult to challenge on any reasonable grounds. Such appears to be the case with the anti-vax position, which, like climate change denial, is also anti-science. Those opposed to MMR vaccination took their opinion into the shadows of the internet where their misguided ideas spread unchecked because it took too long to stop

the distribution of their fake news. Fear, it seems, acts like an accelerant that makes inflammatory nonsense spread more quickly.

Second, the censorship of dissenting opinion is a black mark upon an open society where the free exchange of ideas plays a key role in the development of civil discourse that potentially leads to greater understanding. It is a worrisome and ironic trend that free speech is being suppressed in post-secondary institutions in Canada by youth who believe that tolerance of dissent is no longer a desirable feature of expanded awareness and the path to wisdom. Let's not perpetuate such a misguided effort in the pages of our local newspaper.

Finally, I would ask Mr. Semmelink how he might feel if the shoe was on the other foot and the dominant view supported denialism: would he still be so keen to censor opposing opinions?

M. M. Pratt,
Comox

Letters underscore the misconceptions, falsehoods and hysteria behind climate change

Dear editor

Recent letters to the editor (*People reject climatology when it conflicts with their ideology; This is no time for climate deniers to be 'whistling in the dark,'* Feb. 28) in response to W.H. Welsh's *The Earth's climate in a constant state of flux* (Feb. 21) underscore the misconceptions, falsehoods and hysteria behind climate change.

Since approximately 1850, thermometers have been used to record temperatures. Since the Little Ice Age of the 1700s the earth's temperature increased for almost 100 years until the end of the Second World War, despite mankind not consuming carbon in any appreciable amount. From then until the mid-1970s the earth's temperature decreased, despite increasing consumption of carbon by cars, airplanes, etc.

Beginning in the late 1970s highly accurate satellite measurements of temperature free of many measurement errors have provided the temperature record showing that the temperatures rose until the mid-1990s; since then the earth's temperature has not risen despite increasing consumption of carbon and increasing CO2 levels in the atmosphere.

Many institutions publish the results of the satellite measurements. They demonstrate that the Earth's temperature has risen and fallen with natural events (El Nino and La Nina) however there has been no statistically significant increase in 20 years.

No temperature change despite increasing carbon dioxide is contrary to the predictions of many climate scientists and almost all climate models. Climate scientists call it a pause or hiatus, for Al Gore it's an "Inconvenient Truth", for an applied scientist (engineer) with advanced climatology training like myself, it is proof that the climate models upon which climate hysteria is based are completely inaccurate and unreliable and should not be a basis of public policy.

In fact, attributing climatic events to "climate change" when the climate isn't changing makes a mockery of the entire climate change movement and demonstrates what happens when a complex, scientific issue becomes politicized by the likes of Gore, Obama, Trudeau, Suzuki, etc.

Ed McDonald,
Courtenay

Pipeline a far safer mode of transport than rail

Dear editor,

Alberta is determined to get its oil to the port of Vancouver by one means or another. In the absence of a pipeline they will use rail.

With over 1000 rail incidents per year in Canada and two derailments in BC/AB within the last month, do you really want them shipping oil through our province by

rail instead of a safer pipeline?

To my knowledge the existing Trans Mountain pipeline has operated without incident (except when some twit hit the buried line with a backhoe) for over 50 years.

I say support the pipeline, the rail alternative is not acceptable.

Vern Hardingham
Nanaimo

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BUSINESS

40 finalists for VIREB Commercial Building Awards

A total of 40 buildings have been named finalists for the 12th annual Vancouver Island Real Estate Board Commercial Building Awards, set for April 4 at the Florence Filberg Centre in Courtenay.

The number of finalist projects, while lower than the previous year, still represents a strong market in the region. The gala will be held in the Comox Valley for the second time, celebrating the best in commercial, community and industrial buildings north of the Malahat on Vancouver Island, which were completed between Jan. 1 and Dec. 31, 2018.

A team of independent judges chooses the winners in the 10 categories of these awards: **Renovation, Multi Family Townhome, Multi Family Apartment, Multi Family Non Market, Institutional, Civil, Community, Mixed Use, Industrial and Retail.**

The 2018 Judges' Choice Award Winner for Best Overall Entry was The Twin Sail Buildings in the Town of Comox Marina Park in Comox.

VIREB 2019 FINALISTS

RENOVATION (5)

Best Western Cowichan Valley Inn – Duncan
La-Z-Boy Distribution Centre/Furniture Gallery Warehouse – Nanaimo

Lions Valley View Estates - Courtenay
Building Envelope Remediation Construction Service - Nanaimo

Lacasse Construction Office – Courtenay

Multi Family Townhome (4)

Glacier View Townhomes - Comox
Brownstone Townhomes – Campbell River
Stonegate Estates Phase II - Chemainus
Magnolia Apartments - Nanaimo

MULTI FAMILY APARTMENT (2)

The Lookout
Harbour City Flats

MULTI FAMILY NON MARKET (3)

Toquaht Nation 8 Unit Duplex Project
Tla-o-qui-aht Demonstration Container Housing - Tofino
Nuuksuut Lelum - Nanaimo



The Comox Valley Child Development Association Autism Centre building is up for a VIREB award in the Institution category. File photo

INSTITUTIONAL (7)

CV Child Development Association Autism Centre of Excellence - Courtenay

Brentwood College Athletic Facility – Mill Bay
Tlucha Children's Facility - Tofino
VIU Centre for Health and Science - Nanaimo
VIU Automotive, Trades and Marine Development - Nanaimo
Nanaimo Christian School Gym - Nanaimo
Berwick Comox Valley - Comox

CIVIL (2)

Campbell River Water Supply Centre – Campbell River
Meade Creek Recycling Facility – Lake Cowichan

COMMUNITY (3)

Faye Smith Memorial – Qualicum Beach
Centennial Park Covered Multi-Purpose Court Building - Nanaimo

Arbutus Park Washroom - Youbou

MIXED USE (6)

Lucky House - Tofino
Inter Island Design Centre - Parksville
Headquarters Building - Parksville
Shelly Square - Parksville
4535 Uplands Drive - Nanaimo

Legasea - Nanaimo

INDUSTRIAL (2)

Herring Gull Warehouse - Parksville
Parhar Business Park - Duncan

RETAIL (6)

Tim Hortons - Duncan
La-Z-Boy Home Furnishings & Décor/Furniture Gallery - Nanaimo
Quality Foods Harewood - Nanaimo
Quality Foods Commercial Rental Units - Nanaimo
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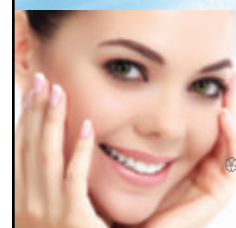
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As Courtenay's oldest building, Cona Hostel has storied history

Scott Stanfield
Record staff

Ray Parry has a personal connection with the building containing the Cona Hostel that was ravaged by fire on Saturday morning.

His late father, Ray Sr., owned the building from 1953 to the early-70s, as well as the Anderton Arms apartments next door.

"There's a lot of history there for me," said Parry, 70. "I lived in there many years myself. It was sad to see the building go up like that."

"It was a heritage building," Parry

added. "During the war it was a first aid station...It's an old building. I swear to God it was haunted, too."

He recalls his grandfather planting the fir trees beside the hostel "when they were six inches high."

Ray Sr. ran the Parry Sheet Metal roofing company on the ground floor of the building. The family lived upstairs.

"My dad owned all that property along the river. He was a well-respected businessperson in the Valley here. He owned Comox Builders at one time."

In the 1950s, Parry said his father

helped renovate the building that turned into the hostel.

"It was the McPhee hardware store, originally. It was on Fifth Street, and they moved it to that location. It had a peak roof on it. My dad was a roofer, so he chopped the roof off and made it flat."

Local historian Ian Kennedy said the building was constructed in 1895, and is the oldest one in Courtenay. The original Joseph McPhee and Sons store was moved onto Anderton from Union Street when the new McPhee Block was built on Union (Fifth) Street in 1913, Kennedy added.



Firefighters hose down the second floor of the Cona Hostel, where Ray Parry used to live with his family. Scott Stanfield photo

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<p style="font-weight: bold; font-size: 1.2em;">230 BHXL</p> <p style="font-size: 0.8em;">stk# 1699 NEW</p> <p style="font-weight: bold; font-size: 1.1em;">WAS \$32,289 NOW \$22,900</p>	<p style="font-weight: bold; font-size: 1.2em;">232 RB</p> <p style="font-size: 0.8em;">stk# 1662 NEW</p> <p style="font-weight: bold; font-size: 1.1em;">WAS \$32,571 NOW \$23,900</p>	<p style="font-weight: bold; font-size: 1.2em;">190SS FX</p> <p style="font-size: 0.8em;">stk# 1790</p> <p style="font-weight: bold; font-size: 1.1em;">WAS \$30,101 NOW \$18,900</p>	<p style="font-weight: bold; font-size: 1.2em;">27 DBK</p> <p style="font-size: 0.8em;">stk# 1696 NEW</p> <p style="font-weight: bold; font-size: 1.1em;">WAS \$39,984 NOW \$28,900</p>

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Hunt for History



Photo from Leila Carroll's book, *Wild Roses and Rail Fences*, pg.11, Comox Co-operative Creamery and the home of the Buttermaker.

The history of the Comox Co-operative Creamery

Judy Hagen
Special to *The Record*

From the earliest days of settlement, farmers in the Comox Valley were looking for ways to market their products.

Farms were a business and for most farmers, it was their only source of livelihood.

At that time, the only way to get their products to market was on the bi-monthly coastal steamers but they soon learnt that sending eggs to Nanaimo or Victoria by boat was precarious since five dozen eggs sent was not necessarily five dozen eggs on arrival!

The opening of the coal mines in Cumberland provided a ready market at the "back door" of these small local farm holdings, so farmers could now deliver their products to customers.

Civic leaders understood the importance of a vital economy to the Valley. Marketing was time-consuming. Running a farm required constant work and farmers' wives knew all too well that "women's work is never done."

In January 1901, an ad hoc committee met in the home of Joseph McPhee, entrepreneur. In attendance were Louis Mounce and Robert Grant, businessmen of Cumberland, and J.A. Halliday, a Courtenay farmer. These four men began the process to establish a co-operative to make and market butter. It was a business venture whose members would own shares at the cost of one dollar each.

Within a month, Dr. Millard, chairman of the newly formed committee of businessmen and farmers, reported that 250 cows were "guaranteed" to produce the cream for the new venture.

Many of the owners of large farms had invested in the new Swedish separator, so they were not interested in joining. It was difficult since they had spent so much time to acquire their individual farm's reputation.

For instance, the butter from the Glen Urquhart Farm had its own printed wrapper. For other farms, it was the wife who had earned the reputation from blue ribbons and medals they had won for their butter at agricultural fairs. They had worked so hard to produce a product superior to other farmers.

Some men invested as much as \$100 or \$200 in the new venture. But in the first year, the largest funding came from two sources. James Dunsmuir of the Canadian Collieries, who could see the advantage for his workers in Cumberland, invested \$1,000, and the provincial government provided a grant of \$4,000.

When the funding reached a total of \$4,040, \$100 was spent to buy the site now occupied by the Courtenay Library.

The first butter maker did not suit the ethics of the board of directors. After less than a year, they hired another man with proven ability. With the arrival of Mr. William Carroll in 1902, the "Comox Creamery Butter" became a more superior product, so the farmers who had been reluctant to join were now willing to bring their cream into Courtenay.

By 1920 it was reported that the number of cows being milked for the creamery was 2,700 and this number held into the 1930s.

Members soon began to realize that the co-operative could produce and market a diversity of products. In 1919, Mr. R.B. Carter was hired to make "Comox Jersey Ice Cream." The ice cream was rich and creamy because it used egg yolks. One of the interesting by-products that could now be sold in the creamery was egg whites. What to do with the unused egg whites? Housewives could bring in a gallon jar, and for one dollar, have it filled with egg whites. Suddenly every social event had more than one angel food cake on the tea table!

The butter was soon winning prizes at local and provincial competitions. Farmers now received a monthly cheque without the worry of marketing their product in Cumberland, Nanaimo or Victoria. Among the new products promoted over the next decades, was wheat. In 1920, Dr. Liddle, the veterinarian, was asked to test the milk for TB. The co-op purchased a "motor truck" to pick up cream from the farms. The board was always forward thinking.

No one is sure when the creamery acquired a whistle, nor when it pierced the air for the last time, but for about a half-century, the Comox Co-operative Creamery whistle regulated the weekday life of Courtenay. At 8 a.m. a shrill sound would announce the be-

ginning of a workday. For students at both Courtenay elementary and high schools, the noon and 1 p.m. blasts defined their lunch hour. On a clear day, the whistle sounded across the delta to Comox and down as far as Royston. At 4 p.m. it sounded again to announce the end of the working day at the creamery.

The two-foot brass whistle had been made by the American Steam Gage & Valve Mfg Co. of Boston, Mass. No one is sure of how it was obtained, or where the whistle had been used previously; it was probably from a coastal ship.

Steam for the whistle came from the large boiler that was fuelled by coal and wood. The boiler was added when the creamery expanded about the time of the First World War. With a steam boiler, the creamery could provide proper sterilization for the introduction of new milk products.

When the retired butter maker, William Carrol, died, the *Argus* newspaper noted, "For more than a quarter of a century, Courtenay has taken its time from the Creamery Whistle. Mr. Carroll knew that, and he allowed no one to pull the cord and send its wail over the countryside (Oct. 9, 1938).

It is believed that the whistle was silenced in the 1950s, when a businessman or a committee of downtown merchants contacted the creamery and said that the whistle "disrupted business." For a short time, it sounded again, but only at noon during the summer months of 1967 when the Valley was celebrating Canada's Centennial.

In 2011, the whistle was given a permanent, but silent home, in the Courtenay Library, which had been the site of the creamery from 1901 to 1982, which is when Dairyland opened a new facility on 28th Street. That year, 26 local farmers continued to provide raw milk for production at the new plant.

One of Courtenay's lesser-remembered pranks was a joke played by the butter maker, Mr. Carroll. The whistle only blew Monday to Friday, but if April 1 fell on a Sunday he would sound the whistle at 8 a.m.

Then he stood outside the creamery to see which teachers and students were "April's Fool" rushing to get to school on time.

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by JUDY HAGEN

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CAPTAIN MARVEL PG Evenings 7:00, 10:00, Fri Mats 12:15, 3:15, Sat Mats 1:15, 3:15, Sun Mats 11:00, 2:00, Tues Mats 3:15	DUMBO 3D - PASS RESTRICTED Evenings 6:45, Fri, Sat, Sun Mats 12:45, Sat, Sun Morning 10:10am
HOW TO TRAIN YOUR DRAGON 3 PG Evenings 7:15, Fri Mat 1:00, 4:00, Sat Mat 10:30am, 4:15, Sun Mat 10:30, 1:15, 4:15, Tues Mat 4:15	FIVE FEET APART PG Evenings 9:55

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CVGSAR team cautiously pleased with provincial funding announcement

Erin Haluschak
Record staff

The president of the Comox Valley Ground Search and Rescue is pleased but cautious about the announcement of a funding boost of \$18.6-million for B.C.'s search and rescue volunteers, announced by the Province last weekend.

Earlier this month, Paul Berry of CVGSAR said two pieces of funding from the past Liberal and current NDP governments have assisted the 80 search groups from around the province, but the last bit of funding was set to expire at the end of March.

It left groups scrambling to prepare for the shortfall.

With the most recent announcement, Berry said he is pleased to hear of the funding put forth but is also looking for more opportunities to work with the government to establish continued funding - such as a line item in the budget - for ground SAR teams.

"We're still being cautious because the funding is not yet in our bank account and we're not sure what the amount will look like," he explained but added he believes it should be in the range of \$85 to \$90,000 per team annually.

The \$18.6-million will be used over three years to replace equipment, bolster training, provincial initiatives, fund the Critical Incident

Response Team and daily operations.

During Saturday's announcement, Public Safety Minister Mike Farnsworth said the province will be creating a partnership committee, made up of Emergency Management BC staff and search and rescue representatives, to create a policy on future funding.

The committee will also be in charge of distributing the new money as needed by the various teams.

The BC Search and Rescue Association has been lobbying the provincial government for consistent funding for ground SAR teams on an annual basis since 2013, Berry explained.

He noted the funding boost will assist with training levels and while the team is very prudent and cautious with equipment, they will be replacing an aging vehicle soon.

CVGSAR along with Campbell River ground SAR is just about to offer helicopter hoist rescue - only the second team in the province to be able to offer the service. Between 12 to 16 members within the two teams will have the ability to offer the service and provide enough capacity for the Island.

Berry said because of the use of helicopter time, there will be a significant amount of funds used but with two teams trained on the Island, they will be able to respond anywhere throughout the region.

-With files from Ashley Wadhvani

Sponsored by: British Columbia Construction Association

It's Construction Month and Time for a Hearty Round of Applause

Wherever you live in BC, chances are good that someone you know works in our province's vibrant and booming construction industry.

From the 180,000 tradespeople at its core to the labourers, architects, engineers, estimators, site supers and foremen, union business managers, trainers, safety officers, manufacturers and suppliers, to the owners and back-office teams that make it all tick, construction is the heart of BC's economy.

More than 250,000 people rely directly on this industry for a paycheck. They build and maintain the structures in which we all live, work, and play. That's 10% of the workforce: more than any other sector and bigger than forestry, mining, agriculture and fishing combined.

Not that it's a contest. But here's something to think about: for all that construction contributes to our daily lives, it doesn't get much appreciation.

Too often, entering the trades is positioned as a "consolation prize" for students who decide not to go to university but don't know what they want to do. Too often, we value education over skill. Too often, our best and brightest are discouraged from pursuing a trade. On average it takes an apprentice seven years between graduating high school and entering the trades: too often, that seven years is spent



BCIT Apprentices at 2018 Construction Month Launch

trying to fit into a cultural expectation instead of following an instinctive call to build.

This month, partners including BC Construction Association, LNG Canada, BCIT, WorkSafe BC, Coastal GasLink, and the BCCA Employee Benefits Trust have stepped up to show their appreciation for the talented men and women of our industry, to make sure that this hard-working group of people gets a moment in the spotlight.

Whether it's over pancakes at a contractor's breakfast or by giving a well-deserved award to a colleague who is showing leadership, this month industry will be taking a moment to celebrate itself.

This is your chance too. In honour of Construction Month let that friend or family member know

that their skills are appreciated. Grab a coffee for that hard hat in line with you at Starbucks. Give a thumb's up to a fluorescent flagger caring for safety as you pass a construction site. Next time you're watching cat videos online, give a shout out on social media using #buitright and #constructiongives.

If you know someone looking for a rewarding career path, send them to the Skilled Trades Employment Program (STEP) for a consultation. This is a no-cost service managed by the BCCA. Visit www.bccasn.com for more information.

Need more inspiration? Look at the building you're in right now. Think about what it would look like if you had to build it yourself. And be glad you have experts to rely on.



Amanda Racine



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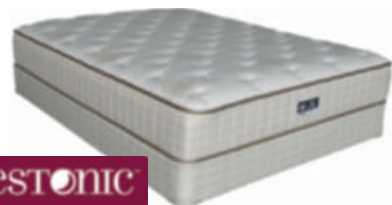
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Side-by-Side Secondary Suite & Coach House OCP and Zoning Bylaw Amendments

In the Town of Comox,

- a secondary suite is a secondary dwelling unit completely contained within a single-family dwelling;
- a coach house is a small standalone dwelling unit, typically in the backyard; and
- the single-family dwelling or secondary suite/coach house must be owner occupied.

PUBLIC HEARING

6:30 pm Wednesday, APRIL 3, 2019
at Council Chambers
1801B Beaufort Avenue, Comox

Highlights

A Public Hearing is being held to consider the following:

- **Comox Official Community Plan Amendment Bylaw 1908 and Comox Zoning Amendment Bylaw 1909** to:
 - amend the zoning definition of a secondary suite to allow a side-by-side secondary suite, i.e. secondary suite to be located beside the principal dwelling unit;
 - create a new Development Permit Area for side-by-side secondary suites; and
 - allow coach houses in most single-family zones as an outright use, as opposed to requiring site by site rezoning.

Details

In general terms, the purpose of

Comox Official Community Plan Amendment Bylaw 1908 is to amend Comox Official Community Plan Bylaw, 2011 by:

- creating a new Development Permit Area (DPA) #18: Secondary Suites to establish guidelines for the form and character of side-by-side secondary suites, energy and water conservation, and reduction in greenhouse gas emissions;
- including within Development Permit Area (DPA) #18: Secondary Suites, all lands designated Residential in the Official Community Plan;
- allowing the consideration of permitting coach houses on lands designated Residential in the Official Community Plan as an outright use, as opposed to requiring site by site rezoning;
- amending Development Permit Area (DPA) # 17: Coach Houses, Exemptions for minor external additions or alterations to existing coach houses, to require changes to be consistent with a previously approved Development Permit in terms of colour, materials, form, landscaping and open space; and
- updating the bylaw title and making revisions to *Local Government* section numbers references to reflect recent updates to *Local Government Act*.

Comox Zoning Amendment Bylaw 1909 is to amend Comox Zoning Bylaw 1850 by:

- amending the secondary suite definition to allow a secondary suite to be located beside the principal dwelling unit on all lands zoned to permit a secondary suite;
- including coach houses as a permitted use on all lands zoned R1.3 Single-Family - 1100 m² Parcel; R2.1 Single/Two-Family; R3.2 Single Family - 450 m² Parcel; R3.4 Single-Family - Kye Bay Seaside; R3.6 Single-Family - 1100 m² Parcel Kye Bay Seaside; CD1.1 Comprehensive Development 1.1: Beckton Estates - Single/Two-Family; and CD18 Comprehensive Development 18: Single Family 560 Colby Road;
- excluding coach houses from permitted uses on the following R3.3 Single-Family - Large Lot zoned lands, if the parcel area is less than 1,500 m² : 250 Kye Bay Road (Lot 24, District Lot 93, Comox District, Plan 25393), 298 Simon Crescent (Lot 5, District Lot 93, Comox District, Plan 31073) and lands located along Lazo Road south from Knight Road, up to and including 721 Lazo Road (Parcel B (DD 20772N) of District Lot 191, Comox District);
- amending R3.2 Single-Family - 450 m² Parcel zone to prohibit Bed and Breakfast accommodations on a parcel where a secondary suite or a coach house exists; and
- standardizing coach house conditions of use and screening requirements in all zones that permit coach houses.

We are listening — Please submit your comments

More Information

Copies of the proposed bylaws, as well as existing relevant reports and documents, will be available for inspection at Town Hall, 1809 Beaufort Avenue, Comox between the hours of **8:30am – 4:30pm Monday through Friday** (except Statutory Holidays) commencing on **March 26, 2019** until 4:00pm on the public hearing date.

At the Public Hearing

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

Written Submissions

Send by mail 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 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.

M. Kamenz, Municipal Planner



Elder College is offering a one-day cycling clinic for riders 55 years and older. Stock image

Safety course for mature cyclists

The Comox Valley Cycling Coalition is offering a safe cycling clinic at North Island College, Saturday, April 6, noon–4:30 p.m.

“Bike Right” is sponsored by Elder College and deals with riding safely in traffic. Bike and rider preparation, positioning on the road and intersection strategies will be introduced. A coached road ride through Courtenay and Comox will follow, providing ample opportunity to practise classroom theory.

Interested riders need to be members of Elder College. For more information, call Rick Howell at (250-339-7280). Registration through Elder College <https://nicconnect.nic.bc.ca> (250-334-5000 ext 4601)

FERRIES SCHEDULE

NANAIMO to VANCOUVER		Effective January 2, 2019 to March 31, 2019
Departure Bay to Horseshoe Bay	Daily: 6:15 am • 8:25 am • 10:40 am • 1:00 pm • 3:20 pm • 5:55 pm • 8:45 pm • 10:10 pm	Daily Fri-Sun and Feb 14 & 18 only
VANCOUVER to NANAIMO		Effective January 2, 2019 to March 31, 2019
Horseshoe Bay to Departure Bay	Daily: 6:15 am • 8:25 am • 10:40 am • 1:00 pm • 3:45 pm • 6:35 pm • 8:05 pm • 10:10 pm	Daily Fri-Sun and Feb 14 & 18 only
NANAIMO to VANCOUVER		Effective January 2, 2019 to March 31, 2019
Duke Point to Tsawwassen	Daily: 5:15 am • 7:45 am • 10:15 am • 12:45 pm • 3:15 pm • 5:45 pm • 8:15 pm • 10:45 pm	Daily Except Sun Except Sat
VANCOUVER to NANAIMO		Effective January 2, 2019 to March 31, 2019
Tsawwassen to Duke Point	Daily: 5:15 am • 7:45 am • 10:15 am • 12:45 pm • 3:15 pm • 5:45 pm • 8:15 pm • 10:45 pm	Daily Except Sun Except Sat
COMOX to POWELL RIVER		Effective April 1, 2018 to March 31, 2019
Little River to Westview	Daily: 6:15 am • 9:55 am • 3:25 pm • 7:10 pm	Daily
POWELL RIVER to COMOX		Effective April 1, 2018 to March 31, 2019
Westview to Little River	Daily: 8:05 am • 11:50 am • 5:15 pm • 8:45 pm	Daily

Schedules are subject to change without notice. Schedule provided by the Comox Valley Record.

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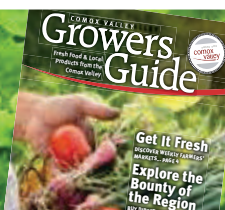
2019 GROWERS GUIDE

The 13th annual Comox Valley Growers Guide promotes the incredible diversity of farm fresh and value-added products available to consumers throughout the Comox Valley.

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Fanny Bay town hall to discuss water issues

The Beaufort Watershed Stewards (BWS) and the Fanny Bay Community Association are presenting a town hall meeting to discuss local water issues.

“Water continues to be a hot topic in the community, in the province and, really, world-wide,” said Lise Laguë of the BWS, in a press release. “Our hope is that this town hall on water will give a deeper understanding of some water basics.”

The meeting will feature two guest speakers. Pat Lapcevic is section head of water protection in the Ministry of Forests, Lands, Natural Resource Operations and Rural Development. She will lay the groundwork for an understanding of aquifers and watersheds.

William Shulba is a freshwater geoscientist working as senior freshwater specialist for the Islands Trust. He will be discussing the geological underpinnings specific to the area.

Both are knowledgeable and engaging speakers. Additionally, Jennifer Sutherst is a professional biologist and estuary co-ordinator with Project Watershed who will be facilitating group discussions that will follow the two presentations.

The event takes place at the Fanny Bay Hall, 7793 Island Highway, on Sunday, April 7, from 2-4 p.m. Doors open at 1:30 p.m. Donations are gratefully accepted. For more information go to www.beaufortwater.org

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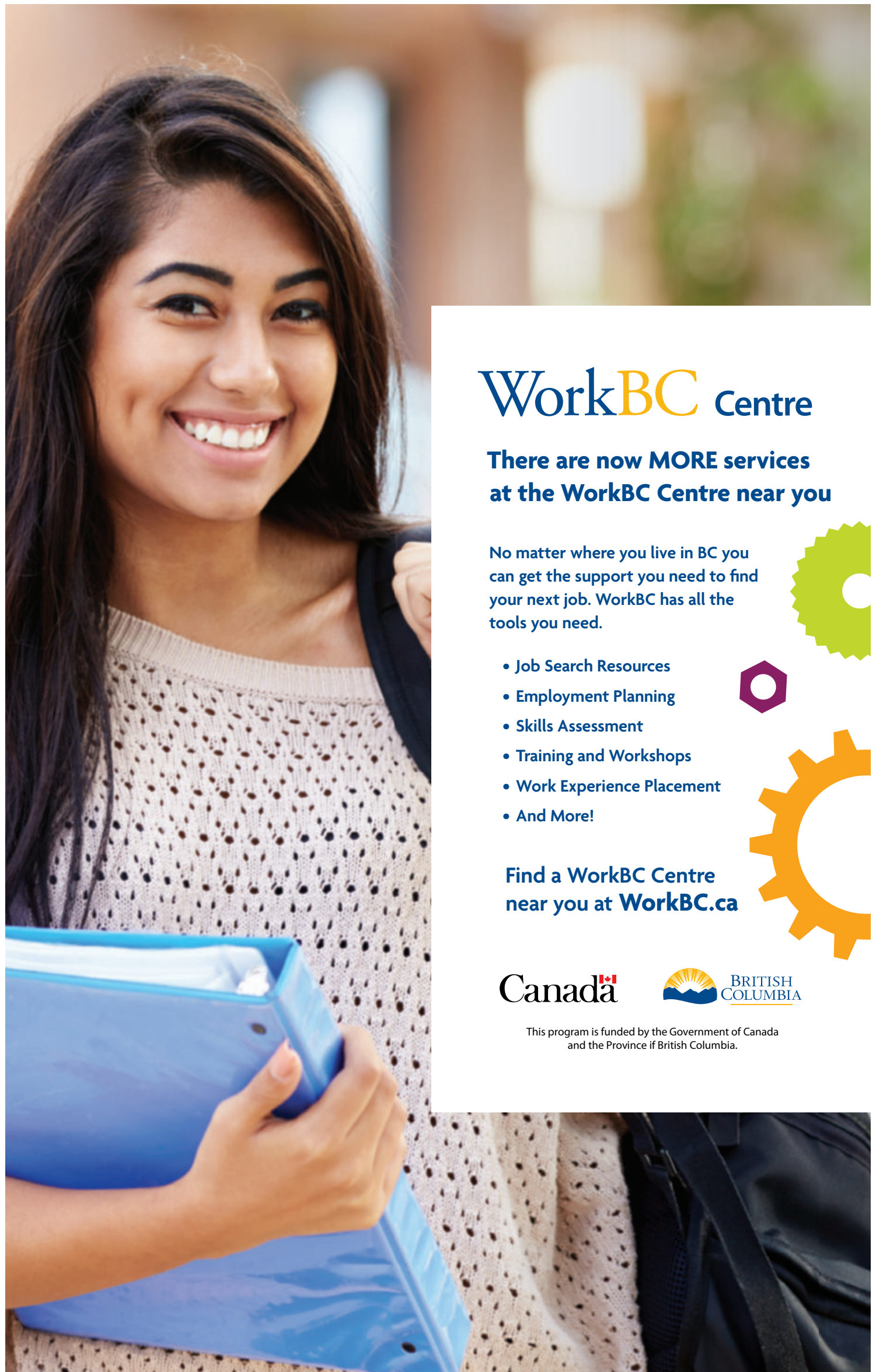
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HEALTHY LIVING

Fitness • Nutrition • Well-being

Guidelines to create optimum digestive conditions

Alice Russell
Special to The Record

The following guidelines will help create optimum conditions for digestion. These steps will aid in the processes of digestion, absorption and elimination.

Timing

- Eat only when genuinely hungry
- Have the largest meal in the middle of the day
- Spend at least 30 minutes eating each meal
- Have three main meals and healthy snacks, if needed.
- Consume nothing after 9 p.m.

Setting the Mood

- Do not eat when angry, anxious, upset, bored or overtired
- Eat with congenial company in pleasant conversation or eat alone in contemplative silence or with pleasant music
- Avoid reading, watching TV or arguing while eating

Awareness

- Eat slowly, chewing food thoroughly
- Take time to enjoy the taste, texture, and aromas of the food
- Swallow only when each mouthful has



Complementing your diet with the proper supplements can be beneficial.

turned to paste

- Eat only enough to feel good. Never stuff yourself

Food Selection

- Drink two litres of purified water daily
- Avoid processed foods, refined sugars and flours
- Consume alcohol and caffeine sparingly, if at all
- Suspect allergy/intolerance to any food to which one has addictive cravings or to any that produces excess mucus, or gastrointestinal distress of any kind.
- Observe your body's reactions to dairy, gluten and carbohydrates

Food Combining

- Do not combine sugars with proteins or fats at the same meal
- Have fruits/juices one hour before or three hours after meals
- Do not drink liquids during meals, as they dilute stomach acids.

Supplements

- Support digestive weaknesses by taking the right digestive enzyme supplements.
 - Check Hydrochloric acid in your stomach at mealtime. Do this with the help of a Natural Nutritionist or another qualified professional. Minerals are absorbed in the presence of Hydrochloric acid. Healthy stomach acid is beneficial in the proper functioning of the Gallbladder.
 - Support the gallbladder by emptying it at every meal. Bile salts are available to anyone who has gallbladder issues or has had their Gallbladder removed.
 - Probiotics are crucial to supporting good digestion.
 - Cod liver oil
- Alice Russell is a natural nutritionist. She can be reached at Alice.palmer.russell@gmail.com, or 250-331-3195*

MEDICINE SHOPPE

talk

Shope Talk ~ April 2019

Seasonal Allergies

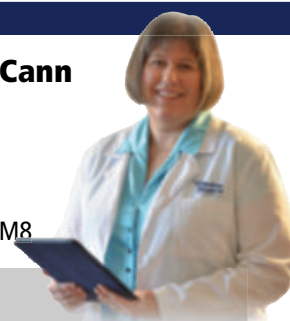
Every year, around this time, we start to see people with complaints of stuffy or drippy nose, nasal congestion, sneezing, and/or itchy nasal passages or palate (roof of the mouth). In the absence of any other concerns, these symptoms usually point to a seasonal allergic reaction. The reaction is caused by inflammation of the nasal passages after exposure to an allergen such as pollen.

The most important way to prevent these symptoms is to avoid the triggering allergen. For example, keeping windows shut during pollen season or using air conditioning which reduce the amount of pollen in home. Regular dusting or vacuuming can reduce dust mites which also cause reactions.

For mild symptoms, that is, symptoms that do not impair daily activities or cause sleep disturbances, oral antihistamines are the first line of treatment for seasonal allergies. There are several antihistamines available. These medications work better if you start using them daily before you expect to be exposed to the allergen. Many of the newer antihistamines are

Catherine McCann

BSc Pharm.
Pharmacist/Owner
(250) 339-5050
1782B Comox Ave
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once a day dosing. If one antihistamine proves to be ineffective, switching to another one may help. All antihistamines can be sedating if taken in higher doses, but the newer antihistamines are generally fine if taken as directed.

For moderate to severe symptoms, that is, symptoms that impair daily activities or sleep, intranasal corticosteroids are the first line of treatment. These nasal sprays or powders are usually dosed once or twice a day. There is no evidence that one intranasal corticosteroid works better than another so the choice of drug may come down to personal preference or cost. Previously, these medications required a prescription, but now there are a couple of non-prescription options available. Common adverse effects of these medications include burning or stinging after administration and occasionally nose bleeds. Nose bleeds can often be prevented with proper administration technique.

Start now to prepare for the allergy season. Come and talk to one of our pharmacists at the Medicine Shoppe Pharmacy. We will be happy to help you to find the right treatment for your allergy symptoms.

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Healey announces candidacy for UBID trustee position

I seek your support in being elected as trustee to the Union Bay Improvement District. I've spent my working career in the banking and mortgage lending field. I hope to bring fiscal responsibility to our community.

I believe our future lies in becoming a service area of the Comox Valley Regional District. Other communities such as Royston and Sandwick have done so with favorable results.

If Union Bay were to become a service area of the CVRD, our community would have access to lower cost funding options that are not available to an improvement district.

We have many pensioners in our area and the availability to less expensive borrowing options will save landowners a tremendous amount of money. CVRD can also apply



Paul Healey

for infrastructure grants that are not available to an improvement district. The CVRD recently received a \$62.8 million grant to build their new treatment plant, while Union Bay residents have to fund their plant in its entirety!

The Mattison Water Report (2017), a comprehensive study of the water issues of Union Bay,

makes a very strong recommendation for the UBID Board of Trustees to instruct the CVRD to do a cost benefit study of becoming a service area.

I believe UBID should consider this recommendation and not ignore the possibility of large tax savings to our community.

A change in leadership is needed in Union Bay, and I believe my background in finance makes me the right person for the job.

Vandenberg announces UBID trustee candidacy

I have been a full-time resident of Union Bay since 1992, where I developed and ran a small motorcycle business until I retired four years ago.

As a small business owner, I had to wear a lot of hats. Besides doing the work to create revenue, there were numerous tasks dealing with finance, inventory control, work scheduling, client relations, and keeping current with new technologies and laws relating to my business.

Yes, I also swept the floor.

I believe the common goals for the community are shared by most of our Union Bay residents. The UBID has three areas of responsibility. Here are my thoughts:

1. Street lighting: This has never been an issue.

2. Water: Maintain the security of our water source. Ensure our new water treatment plant gets completed and put into service as soon as possible. Get rid of the boil water advisory.

3. Fire Protection: As a former Union Bay volunteer firefighter, having served for 10 years, I take a deep interest in this important responsibility. We will need a new fire hall sooner rather than later.

As an improvement district, we cannot take advantage of any grants or government funding. Neither can we take advantage of sub-prime loans. In other words: no financial aids. For this reason,



Hein Vandenberg

I would like to pursue joining the CVRD and thus become eligible for some serious money-saving opportunities. This would also allow us to take advantage of a large professional entity that offers many services and programs – some of which they already supply. I believe this is critical for the growth, development and sustainability of Union Bay.

In conclusion, my goals are to preserve and protect services for Union Bay and keep more money in your pocket.

Astronomy club seeking new members

The Comox Valley Astronomy Club is cordially inviting everyone interested in astronomy, from beginners to experts, to the April 1 meeting at the Courtenay Library, from 6-8 p.m. for a meet and greet,

and discussions on astronomy topics of interest. Attendance is free of charge.

For more information, email comoxvalleyastronomyclub@gmail.com

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- Biography
- An audio clip or video clip of your talent
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Consequences of Teeth Whitening?

Dear Doctors:

My son just returned from England. He is complaining about incredibly sore teeth after having his teeth whitened. It wasn't a dentist that he saw, but the hairdresser in the building he was staying. Have you heard of such a thing?

Answer:

It is a very serious problem in the UK these days. In one recent report – 44% of those surveyed admitted to taking part in illegal teeth whitening. Many prefer buying home 'kits' over the internet or going to store front kiosks – many unlicensed. Many unsanctioned products meet no health standards in this underground beauty market. The government is cracking down. Fines are climbing, but neither the financial penalty nor the criminal record that follows seem to deter the practice. Selling teeth whitening is almost like a pyramid business scheme with 'trainers' teaching 'beauty operators' how to make money. The downside is that if the wrong materials are used (excessive levels of hydrogen peroxide), or used improperly - customers can be left with severe burns and excruciating pain. Additionally, it can exacerbate undiagnosed dental problems such as tooth decay. Anyone contemplating whitening should be examined by a dentist first to rule out decay present and/or excessive gum recession which will lead to tooth sensitivity. It should really not be administered to anyone under 18 years old, and must be done under the supervision of a dentist or hygienist. On this side of the Atlantic, the desire to have the Hollywood smile has led to an increase in other whitening solutions when bleaching alone does not meet the patients' expectations. Veneers or a prepress alternative are some options. Veneers are used when a patient has some mild rotations and/or chipping along with discolored teeth. The dentist will slightly reshape the teeth removing some enamel and replacing it with a porcelain facing that is roughly the thickness of a fingernail. A prepress option patented as the term 'permanent teeth whitening' involves attaching a contact lens type thin shell to the face of the teeth to enhance colour. If someone has very deeply marked and discoloured teeth these are not likely to fix the situation to their expectations. These are only successful if you have healthy straight teeth and you are only looking at changing the color of your teeth to make them brighter. Some patients have pre-existing dental issues that make this prepress option an unlikely choice. Sometimes orthodontics is indicated first to correct rotations and position of teeth before cosmetic enhancements can be done. Whitening materials used at the dental office are all tested by reputable companies and have been shown to be safe. As for the rest of them it is "buyer beware". Get your son to your dentist. Hopefully he doesn't have lasting damage.

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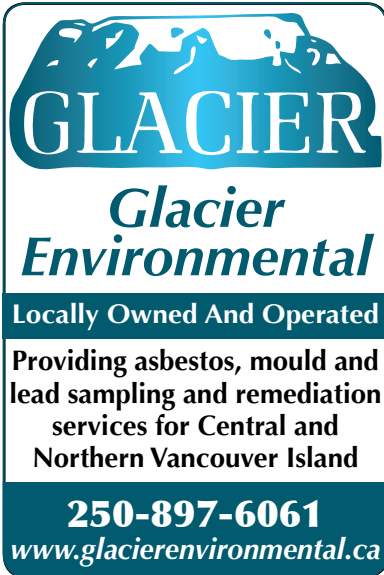
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Next Philosophers' Café discusses criminal responsibility

In 2011, Richard Kachkar stole a snowplow and for two hours drove around yelling about the Taliban, Chinese technology and microchips.

He struck and killed a police officer. He was found not criminally responsible for his actions and is in a secure facility within Durham prison.

In 2008, Allan Schoenborn killed his three children in Merritt. He said he killed them to protect them. He was found not criminally responsible, was detained, but has been granted escorted day passes.

Also in 2008, Vincent Li beheaded a fellow passenger on a bus in Manitoba because, he said, God told him to kill the alien. He was found not criminally responsible and detained, but has gradually been returned to society.

These are high-profile examples of mentally ill people who have committed horrific crimes, are detained for treatment, and potentially could be returned to society.

Does that worry you? Are you OK with such an individual living in your community?

Dr. Gwen Laws is a retired psychiatrist with over 40 years of experience working with the severely mentally ill - initially in Vancouver's Downtown Eastside, then with the Forensic

Psychiatric Services of BC, and during her last 20 years as a member of the British Columbia Review Board - the agency charged with the legal monitoring and disposition of those persons found Not Criminally Responsible on account of Mental Disorder (NCRMD) and/or Unfit to Stand Trial. Please join us as Dr. Laws guides us through the process and helps us answer the question of how to deal with mentally ill individuals who commit serious offences.

Once a month, a speaker will introduce a theme to the Café, and then all who attend can join in respectful, non-partisan conversation, or just sit back and listen. You are welcome to propose topics and introduce them at future Cafés. Themes should be of broad interest and national significance, and have an element of controversy to them.


As with each Café, Dr. Laws will have just 10 minutes to introduce the topic, and then the floor is open for 50 minutes of moderated discussion.


This month's Philosophers' Café takes place Wednesday, April 3 at the Berwick Comox Valley, community room at 7 p.m.

There is no charge for admission.



Dr. Gwen Laws



Rotary  **Rotary Club of Courtenay**

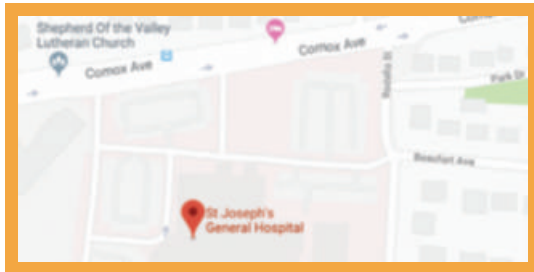
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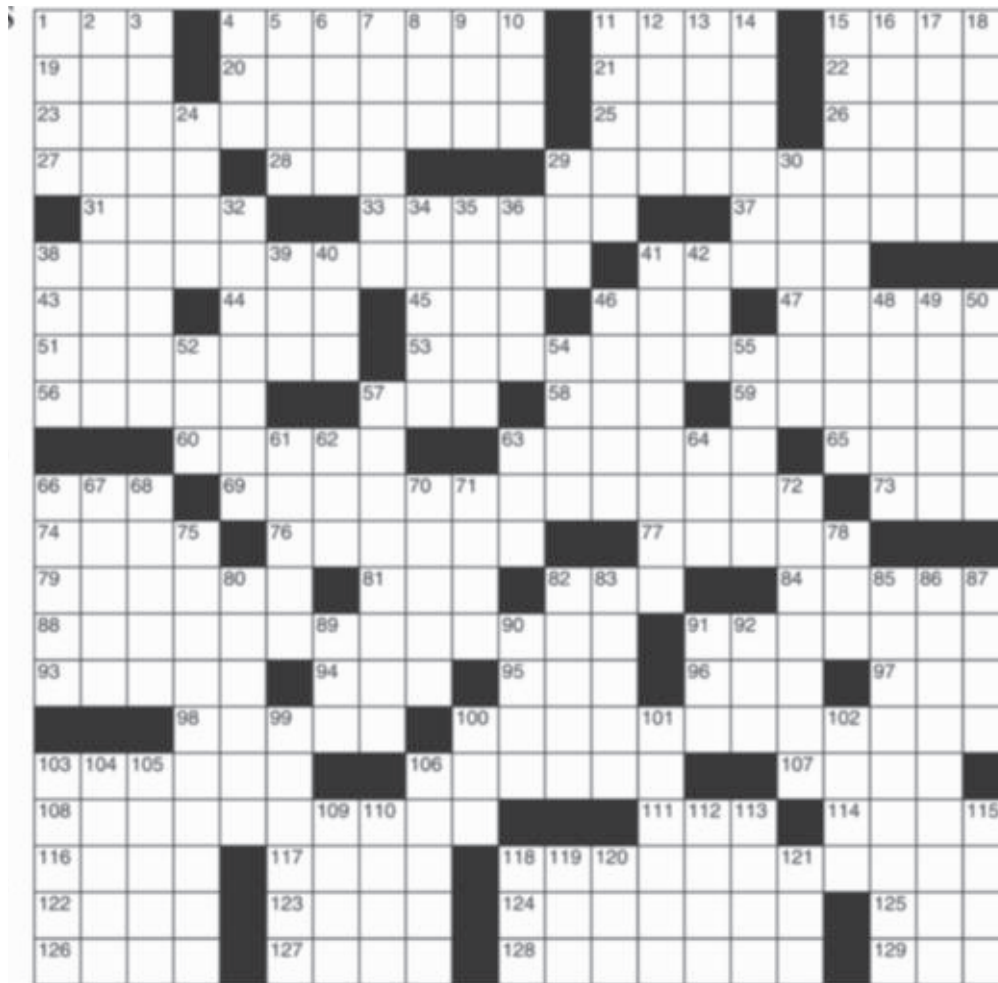
Say NO to privatization



POWER USERS

ACROSS

- 1 It may follow "Co."
- 4 Give a hug
- 11 Fave buds
- 15 Location
- 19 Sheep sound
- 20 Flan topping
- 21 Smell — (be suspicious)
- 22 — -pedi
- 23 Groups with queens and workers
- 25 Talk wildly
- 26 Lickety-split
- 27 — IRA
- 28 Ending for host
- 29 Nitric acid, old-style
- 31 Knife incision
- 33 Best Actor awards, e.g.
- 37 Blood vessel
- 38 Dairy Queen treat
- 41 Freshen up
- 43 Apple product
- 44 Tax-taking org.
- 45 Razor-billed seabird
- 46 Made a lap
- 47 Xenon and neon
- 51 Some nameplates
- 53 Certain recyclable
- 56 Syringe fluid
- 57 "Touched" actor Beatty
- 58 Suffix with Midwest
- 59 Like dweebs
- 60 Sleep lab study
- 63 Ocean route
- 65 Expectation
- 66 Airport uniform inits.
- 69 Peddle stuff on the street
- 73 The, in Cannes
- 74 Apple product
- 76 View lustfully
- 77 Really clean
- 79 Whole bunch
- 81 Patriotic ladies' gp.
- 82 "I told ya!"
- 84 Hoarse
- 88 Rival of Evander "The Real Deal" Holyfield
- 91 Petroleum distillate used as fuel
- 93 "Death Be Not Proud" poet
- 94 Pro vote
- 95 URL letters
- 96 Ocean east of N. Car.
- 97 Eternally, poetically
- 98 Make thrilled
- 100 Be really successful
- 103 — de corps
- 106 Spanish wife
- 107 Ozeki's sport
- 108 Tiny garden pest
- 111 Mothers
- 114 Witty writer Bombeck
- 116 Showoff's cry
- 117 Spanish coin
- 118 Basis of this puzzle's theme
- 122 Part of QED
- 123 Deli dish
- 124 Ouzo flavorer
- 125 Walk- — (small parts)



- 126 — terrier (dog breed)
- 127 Wallet bills
- 128 Items in the classifieds
- 129 Word that can follow the starts of nine answers in this puzzle to make the names of 118-Across

DOWN

- 1 Steel girder
- 2 Measurable in microns
- 3 Cow carrier on rails
- 4 With 24-Down, organic cotton garb, maybe
- 5 Drone, e.g.
- 6 Dudes
- 7 Demand from a kidnapper
- 8 Gallic friend
- 9 Fair grade
- 10 Golfer Ernie
- 11 Brand of root beer
- 12 German wife
- 13 — bean (risotto bit)
- 14 Tennis great Edberg
- 15 Mobile device worn on the wrist
- 16 Adhesive in an art class
- 17 Broadcasting
- 18 Buzzed
- 24 See 4-Down
- 29 "How — you?"
- 30 Salem's state
- 32 Victory
- 34 Suffix with land or moon
- 35 "How — you?"
- 36 "My Way" lyricist Paul
- 38 Wee devils
- 39 Prior to, to a bard

- 40 Pack animal
- 41 Material carried away in a deluge
- 42 End-of-list abbr.
- 46 Soda insert
- 48 Bar furniture
- 49 Flee to marry
- 50 Monica of the court
- 52 Sine — non
- 54 Perceives
- 55 Purchaser
- 57 Unaided vision, with "the"
- 61 Nita of silent films
- 62 Lamb's mom
- 63 Stage array
- 64 Curved bit
- 66 Unassertive
- 67 — Gyra (jazz group)
- 68 Hank of baseball
- 70 Speechify
- 71 — a soul (nobody)
- 72 Excess amount
- 75 Restaurant rendezvous
- 78 Crank's cry
- 80 2001 title role for Audrey Tautou
- 82 Guide for a DIYer
- 83 Nobel winner Sadat
- 85 Sauna alternative
- 86 Remarkable events
- 87 Lawn locale
- 89 Kit — bar
- 90 Graceful bird
- 91 Slangy refusal
- 92 From — B
- 99 Unmoving
- 100 Drone, e.g.
- 101 Most docile

- 102 Litigant
- 103 — Park, Colorado
- 104 Fire initiator
- 105 March 14, to math lovers
- 106 Stores safely
- 109 Pack animal
- 110 Gulf nation
- 112 Location
- 113 Storage site
- 115 Org.'s kin
- 118 Logger's tool
- 119 Spanish "a"
- 120 Dowel, e.g.
- 121 Figs. on a masthead

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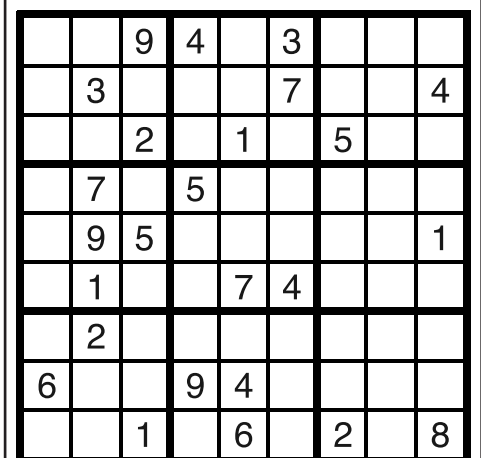
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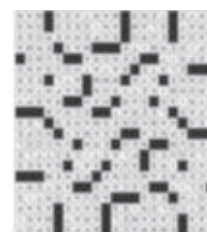
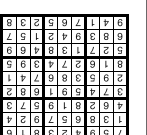
SUDOKO



Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



ARTS



The Slocan Ramblers will play the Merville Hall on Saturday, April 6. Photo supplied.

The Slocans set to 'ramble' into Merville

Saturday, April 6, The Slocan Ramblers will be rocking the Big Yellow Merville hall with a bluegrass concert extraordinaire.

The Slocans, 2019 Juno Award nominees, are Canada's bluegrass band to watch. They are creative and dynamic musicians, and have become a leading light of today's acoustic music scene. With a reputation for energetic live shows, you'll soon be saying "hello" to your new favourite band.

On their much-anticipated new album, *Queen City Jubilee* (2019 Juno Award nominee for Traditional Roots Album of the Year), The Slocans showcase their unique blend of bluegrass, old-time and folk with deep songwriting, lightning-fast instrumentals and sawdust-thick vocals. With their trademark raucous energy,

this new album presents The Slocan Ramblers at the top of their game – writing and playing tunes to keep you up all night.

Folks are excited that this hot band has come to the Comox Valley which is, itself, a bubbling cauldron of amazing musical talent.

Their music is, indeed, "smokin' bluegrass!" On Saturday, April 6, the huge, stud encrusted oak doors of the Big Yellow Merville hall swing open at 7 p.m. for a 7:30 show. For more background, check them out at slocanramblers.com.

Tickets are \$20 adult, \$10 youth, available at Long & McQuade, Courtenay and Blue Heron, Comox.

There will be tickets at the door, too. FMI and to reserve tickets, 250-339-4249 and seabankmars@shaw.ca. You won't be disappointed.

'Home' the theme for next Pearl Ellis show

'Home' usually refers to the place where people reside.

It is also where other creatures live: a bird's nest, beaver lodge, spider web, under a log, in a compost heap, or in a lake.

Homes can be mobile or temporary: an RV camper, a cabin in the woods, an empty shell for a hermit crab. What these places share is a sense of identity, a place of comfort, a safe place to raise young, and a place to return to. Migrating birds often come back to the same tree to raise their offspring. Caribou have specific calving grounds they return to. Biologists refer to help forests as nurseries for young fish and invertebrates. Adults often return "home for Christmas," going back to wherever their parents live. Home is about place, memories, and life.

Members of the Pearl Ellis Gallery present their versions of this theme in "Our Home: Members' Open Show" at the Pearl Ellis Gallery from April 2-20.

A wide range of styles and mediums will be displayed, including watercolour, acrylic, oil, photography and fabric. All work will be available for purchase.


A reception will be held on Saturday, April 6 from 1-3 p.m. Artists will be in attendance and everyone is welcome.

The Pearl Ellis Gallery is located at 1729 Comox Ave. in Comox. Open Tuesday-Saturday, 10 a.m. to 4 p.m., closed Sunday/Monday. Admission



Home Tweet Home by Martha Ponting is one of the pieces on display at the next Pearl Ellis Gallery show. Photo supplied

is free. For more information about the gallery, and to see a virtual display of the exhibition, visit www.pearlellisgallery.com

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Nowruz celebration in Cumberland

The Abbey Studio in Cumberland welcomes back international touring dance artist and scholar Farima Berenji on Friday, March 29.

Farima and her Comox Valley dance collective, Simorgh, will be performing traditional and classical dances from Persia and the Silk Road to celebrate Persian new year. Persian new year, a.k.a. Nowruz marks the first day of spring and the beginning of the Iranian solar calendar. Local guest dancers will be performing festive dances to celebrate the arrival of spring in a variety of styles including Romani 'Gypsy' dance, Ukrainian dance and fusion belly dance.

Performances will be followed by a "Sema Gathering" a.k.a. sufi whirling, led by Farima. Under Farima's guidance participants will be introduced to Sema and whirling. Everyone is welcome to participate or just be present.

Doors open at 7:30 p.m. and all ages are welcome. The Abbey is wheelchair accessible and seating considerations have been made to support those with mobility issues. Performances start at 8 p.m. and the Sema gathering begins at 9. Please wear white or light clothing if you



Farima Berenji and her Comox Valley dance collective, Simorgh, will be performing traditional and classical dances from Persia and the Silk Road to celebrate Persian New Year, March 29 at Abbey Studios in Cumberland.

plan to participate in the Sema gathering. Suggested donation is a sliding scale for the evening is \$10-15. The Abbey is located 2687 Penrith Ave. with the entrance on 1st Street. For more information call Cathy Stoyko at 250-218-0704, or

email cdstoyko@uniserve.com. Find the event on Facebook: "Nowruz Dance Performances and Sema Gathering with Farima Berenji." For more information about Farima Berenji and Simorgh Collective, visit farimadance.com.

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SPORTS

Holden rink wins PCMCA Masters provincials

The Jack Holden rink of the Comox Valley Curling Club, representing Zone 4 of the Pacific Coast Masters Curling Association, was victorious in claiming the coveted mixed event trophies at the PCMCA/BCIMCA Combined Provincial Curling Championship last weekend.

The rink, skipped by spare, Richard Lewis; third, Kim Jonsson; second, Daryl Wright and lead, Sharon Walker battled teams from the Pacific Coast and the BC Interior for the titles.

The CVCC rink of Amber Dufour, Mary Holden, Mickey Colburn and Elaine Starchuk were going for a two-peat placed second in the wom-

en's event.

The Combined Championship is a grand event complete with team photos, parade of teams on the ice, a "toast" to the piper, a welcoming from dignitaries, ceremonial first rock, a meet and greet, hospitality room, prize draws, 50/50 draw and topped off with a Gala Awards Banquet on the last evening.

The Victoria Curling Club hosted this competition March 19-23 where more than 140 competitors took part in men's, women and mixed categories.

Next year, the event will be hosted mid-March in the interior of Penticton Summerland.



From left to right: Richard Lewis, Kim Jonsson, Daryl Wright, Sharon Walker and Jack Holden are all smiles after their big win. Photo supplied.



AGM

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APR 5 - LATIN DANCE PARTY Bachata dance lessons 8:30pm by: Leon Hawrylenko & Rachel Mashruky Dancing @ 9:30pm w/ DJ: DaRitmo

APR 6 - RUN FOR COVER Live Rock w/ Roger Boon & Friends 9:30pm No Cover

APR 12 - KC & THE MOONSHINE BAND A Night Of Country w/ KC & friends 9:30pm No Cover

APR 13 - Step into DELIGHT w/ EMASH celebrating 10 years! Rennie Foster, John Glassey, Teamwork, Marc Gerrard, Sleepy, Adil Amlani, Phanieste, Waffelz - April 13th & May 10th. \$10. Door each night 10pm

APR 19 - DFRESH ENT. PRESENTS

APR 20 - THE CORE Barry P. & friends hosting a Benefit Fundraiser f/ LOU 9pm

APR 26 - NIGHTS TO REMEMBER live Hip-Hop hosted by AZREAL & Friends 9:30pm

APR 27 - SHOTGUN KELLY A Rock & Roll Tribute Band 9:30pm No Cover

WEEKLY EVENTS

WEDNESDAYS: LOONIE TUNES KARAOKE win up to 1000 loonies 9pm

THURSDAYS: OPEN JAM hosted by Barry P. & friends 8:30pm

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The Comox Valley RV half marathon The winner was Matt Noseworthy (bib 3092) at 1:09:28. A "proud Newfoundlander" who has lived in Victoria for the past six years. Fellow Victorian Ian Searle come in second place (1:15:03). Photo by Jolene Rudisuela

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The Comox Valley Pickleball Association and Academy hosted a clinic March 9 at the Comox Community Centre.

## Pickleball to be featured at 55+ Games

The Comox Valley Pickleball Association and Academy hosted the Step Up Your Game pickleball clinic March 9 at the Comox Community Centre. In association with the 55+ BC Games, sponsorship was offered to Zone 2 (Vancouver Island North) by the Province and Viasport in an effort to boost a sport featured at this year's Games in Kelowna in September. "In the Comox Valley, pickleball is a booming sport and we were very lucky to have a team of four IPTPA qualified pickleball coaches. Together in an effort to host this clinic, 24 participants came from all over Zone 2 to learn, have fun, and hopefully register for the 55+ BC Games this year," said Jill Nelson, tournament organizer and Area 4 Comox Valley rep for the 55+ BC Games. For information about registering in any sport at the Sept. 10 - 14 Games in Kelowna, visit www.55plusbcgames.org or email Nelson: hi-focus@shaw.ca

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# Mid Island Seniors Golf Assn. accepting new members

The Mid Island Seniors Golf Association (MISGA) is accepting new members into the association.

Established Jan. 1, 1976, MISGA has been in continuous existence for over 40 years.

During the golf season, each of the 17 participating clubs will host a tournament and invite participation by all members of MISGA.

The group comprises more than 500 senior golfers from participating golf clubs in the mid-Vancouver Island area, including Crown Island and Sunnyside in Courtenay, and Glacier Greens in Comox.

Membership in MISGA has been expanded to allow membership to individuals who are not members of an affiliated golf club. The cost to join MISGA is a five-dollar initiation, and annual dues of five dollars.

If you do not have a golf club membership, handicap registration is available by taking out a Public Player's Club membership with Golf Canada, at [www.golfcanda.ca/join/gold-2019/](http://www.golfcanda.ca/join/gold-2019/). The cost for the Golf Canada membership

is approximately \$50 per year.

The objectives of MISGA are to promote friendly competition among senior male golf players of the mid-Island area as a means of encouraging them to continue golfing as an active form of recreation.

Events will be held each year at various golf courses as arranged by the MISGA executive committee.

This year there are 18 scheduled events on weekdays at the various golf courses, from May 1 to Sept. 20.

The cost for golf and a sit-down meal ranges from \$40 to a little over \$70 including taxes. Prizes are modest and usually consist of golf balls for gross and net in two or three flights, divided by the age of participants.

Check out [www.misga.ca](http://www.misga.ca) for further information. If you like to play friendly, competitive golf, and play some of the best Mid-Island courses at reasonable rates, and make new friends, then consider joining MISGA and taking part.

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# Kickers beat reigning Div. 1 champions

The Comox Valley Club — the defending Kickers women beat Div. 1 B.C. women's the Meralomas Rugby champions — Saturday

in Cumberland.

The game was evenly matched with plenty of back-and-forth action. Big tackles, fast rucks and line speed were the main themes of the game. Both teams have a similar playing style which made for an exciting game to watch.

Outside centre Daris Tendler had a great game, registering a hat-trick of tries. Eight man Karli MacFarlane, and wingers Carlie Beaulieu and Kristianna Bouwers each scored once. Fly-half Paula Simpson added two tries and five conversions. The

final score was 50-21.

"This was the most well-rounded game we've played all season. We were strong in our scrums and lineouts, and when we had the opportunity to run the ball, we capitalized. It was a very close game in the first half," said Kickers captain Natalie Nguyen.

"In the second half, I felt that there was definitely a turning point that changed the tone of the game. The Meralomas were inside our 22 for several plays and our defence was impenetrable; we did not let them score.

Once we were able to regain possession and relieve pressure, that's when we started to shine. We had two quick unanswered tries and conversions, and then never stepped off the gas pedal."

On Saturday, March 30, the Kickers will be in Nanaimo for an anticipated rematch against their Island rivals.

The club continues to recruit players for the season. No experience needed. For more information, visit [comoxvalleyrugby.ca](http://comoxvalleyrugby.ca) or email [cvkickers@gmail.com](mailto:cvkickers@gmail.com).



Flanker Danelle Campbell gets lifted in the lineout. Photo by Jesse Ramsay

## Judo sisters win medals

The Sanzana sisters of Comox each made the podium at the 34th annual Pacific International Invitational Judo Tournament — a Judo Canada regional points event, and selection tournament for B.C. athletes wishing to participate in the 2019 Canadian Open Nationals.

Dakota, 12, won the U14, 44kg division, was second in the U16, 44kg class, and third in the team event. Makayla won a bronze medal in the U16, 63 kg class — a new division for her.

The event was hosted by the Steveston Judo Club.



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# Biathlon snowshoe relay to raise funds for VIMSS

The Vancouver Island Mountain Sports Society (VIMSS) is launching its second Biathlon Snowshoe Blast to be held Sunday, April 7, at the Nordic Centre on Mount Washington.

The Biathlon Snowshoe Blast will be a major fundraiser for the Vancouver Island Mountain Sports, a non-profit society assisting emerging athletes.

Open to anyone over the age of 14, this snowshoe relay is a fun-filled competition at the Nordic Centre's biathlon course. Consisting of four-person relay teams, the event will have each

team member walking or running the course on snowshoes. Participants also get to shoot an official biathlon rifle used in international and Olympic competitions.

"This is a great opportunity to check out first-hand the newworld-class facilities we have here for biathlons," said Kevin East, the event's co-chair and director on the Vancouver Island Mountain Sports Society.

The Snowshoe Blast's entry fee, as part of the fundraiser, is \$75 per person or \$300 for a team of four.

Gold, silver and bronze prizes will be awarded to the top three teams with the fastest times. Prizes will also be awarded for closest guesstimation of their team's time, best wipeout and best costume.

"We wanted to keep this exciting and fun annual event going as it gives those that have never tried Biathlon a chance to see what is all involved," said East.

For registration details and more information on the Biathlon Snowshoe Blast and VIMSS visit: [www.vimountaincentre.com](http://www.vimountaincentre.com)



The Biathlon Snowshoe Blast is a snowshoe relay with a chance to test your marksmanship as well.

## Five Comox Valley players selected to high school basketball all-star games

Hayden Fieret and Dawson Fox of the Isfeld Ice senior boys basketball team have been selected to play on the North A team at the Vancouver Island Seniors Classic all-star games, April 6 at Spectrum Secondary in Victoria. Their teammate Ian Rutledge will play on the

Island North B team.

On the girls side, Yui Fujiki of Highland and Emily Lefebvre of École Au-coeur-de-l'île will play on the Island North girls team.

Grade 12 players are eligible to play in the 32nd annual tournament.

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We all have a story to tell and no matter who you are – a mother, a son, a best friend – cancer will change your life forever. But with research, we can change the story and help Canadians affected by cancer to live their lives to the fullest.

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**TOGETHER, WE CAN CHANGE THE FACE OF CANCER.**

Visit [StandUpToCancer.ca/CCS](http://StandUpToCancer.ca/CCS) to learn more.

**ERIC McCORMACK**  
Stand Up To Cancer Canada Ambassador

Photo: ANDREW ECCLES

**STAND UP TO CANCER** **Canadian Cancer Society**

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# Remembering Loved Ones

Place your condolences online.  
(Visit your local newspaper website, obituary page)

*In Loving Memory*

**Alexander Toutant**  
Left us March 29th, 2013

*Remembrance is a golden chain  
Death tries to break but all in vain;  
To have, to love, and then to part  
Is the greatest sorrow of  
one's heart.*

*The years may wipe out  
many things,  
But this they wipe out never -  
The memory of those happy days  
When we were all together.  
It has been 6 long years since  
you left us.*

Love forever, Carmen, Carrie, Bill & Louise (Ottawa), our grandchildren, Michelle and Stephen.

*In Loving Memory*

**CHRIS PYS**  
June 15, 1978 - April 2, 2018

*I held your hand when you were small,  
Watched you grow standing tall.  
Became a man, but still my boy  
Will always be my pride and joy.  
You may be gone, but not in my heart  
For in there my son, we're never apart.*

Miss you son,  
Love Dad

**SCOTT, Alec John**  
1945-2019

Alec passed on March 20, 2019 at Comox Valley Hospital. He is predeceased by his Dad, Jack (1994) and Mum, Yvonne (2016).

Alec will be lovingly remembered by Josey, his wife of 48 years; his sons Bill (Trish) and Byron (Tia); eight grandchildren Cassidy, Montana, Trystan, Austin, Maria, Tyler, Kenzie and Riley; brother Terry (Lois); sister Susan; nephews Glen (Sonia) and Kent.

A Celebration of Life will be held on Saturday, March 30, 2019 at 1:00 pm at the Legion in Courtenay (367 Cliffe Ave.) with Coastal Missions officiating.



*Funeral Celebrations*  
*... done right*

**services for all genders.**

Carol Elliott - Funeral Celebrant  
1 250 331 2628 • carol@saying-goodbye.ca

**HANSEN, RICHARD ALLEN**  
March 5, 1938 - March 15, 2019

*"I must go down to the seas again" - John Mansfield*

Richard died suddenly, but peacefully in his sleep at his home in Cowichan Bay. A lifelong Vancouver Islander, Richard was totally at home in our coastal waters. Beginning as a civilian working for the Navy, he went on to pursue a successful career as a commercial fisherman and fish packer, and followed his nautical passion into retirement.

Richard "wore his heart on his sleeve" and that heart will be greatly missed by his wife of 59 years, Jo-Anne, his daughter Shelley (Roland), son Rodney (Cecilia), grandchildren Ryan (Dayna), Jamie (Jessica), Kaylin and Spencer, great-granddaughter Ella, and extended family members.

Inventive, gregarious and a witty storyteller, Richard could transform a trip to the store for bread into a yarn of high adventure. A celebration of his colourful life will be held at the Ladysmith Yacht Club on April 7 from 1-5 p.m.

*"What the caterpillar perceives as the end, to the butterfly is just the beginning."*

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You can place a loved one's in memoriam or obituary in one of our BC award winning newspapers...

Call our Classified Centre at:  
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Black Press Media

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E-EDITIONS Black Press Media

**Community Announcements**

**Information**

**Invitation to Neighborhood Meeting**  
by Adam Speigel to review proposed variance application for 2815 Maryport Ave, Cumberland BC.  
Meeting held at 7:30 pm on April 4th at the above address.

**Personals**

**AL-ANON/ALATEEN**  
Concerned about someone's drinking?  
Contact: 1-888-425-2666  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

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**250-338-0725**

**RTE #584**  
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**RTE #585**  
Comox Ave & Port Augusta  
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**RTE #625**  
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407D 5TH ST. COURTENAY



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Casual Registered Nurses needed for in home 1:1 pediatric respite care for medically fragile children in your area.  
Offering union wages, paid training and full support.  
For full details and to apply visit:  
[www.resourceability.ca](http://www.resourceability.ca)



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**McDonalds Information Session & Flash Interviews:**  
Friday, April 5th, 2019  
1-1:45 pm - Information Session  
Interviews to follow  
At The Job Shop: 103-555 4th Street, Courtenay  
To register call: 250-334-3119 or stop by The JobShop  
Registration is required  
Guest Experience Leaders Wanted!

Canada BRITISH COLUMBIA



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## YOUR NEW CAREER WITH BLACK PRESS STARTS HERE

Black Press Media is the leading North American local news champion with operations across British Columbia, Alberta, Yukon, Washington State, California, Alaska and Hawaii.  
Over 2,000 talented employees work with us delivering unique community news and information across a full suite of digital and traditional media channels. We value diverse viewpoints, new ways of thinking and a collaborative approach to delivering results.

- SOCIAL MEDIA SQUAD (GREATER VICTORIA)**  
A position for the Social Media Squad in Greater Victoria is available within Black Press Media, Canada's largest private, independent newspaper company, with more than 150 community, daily and urban newspapers and websites in B.C., Alberta and the U.S.
- MULTI-MEDIA SALES CONSULTANT (COURTENAY)**  
Black Press is looking for a high energy, enthusiastic go-getter to take our leading print and digital advertising solutions to the market. Your multi-tasking skills will be put to good use as you balance the day-to-day advertising requirements of existing customers while growing business through dedication to acquiring new customers.
- PRESS HELPER (LADYSMITH)**  
Black Press, Ladysmith Press Division, has an immediate opening for a full-time Press Helper. You'll be working as part of a diverse team while helping with repairs, using a forklift and pallet jack. You must have excellent communication skills and attention to detail.
- MULTI-MEDIA JOURNALIST (PARKSVILLE, PORT HARDY)**  
The right candidate will have outstanding and diverse writing abilities, ed for both online and print with the ability to work well under deadline pressure. This position will be a key contributor to our websites and social media engagement. Advanced video and photography skills will be key attributes, along with an extensive knowledge of social media best practices and a strong understanding of how to tailor online content accordingly. You will have a diploma/degree in journalism, including training in broadcast media and be comfortable working in a variety of environments.
- MULTI-MEDIA EDITOR/JOURNALIST (LADYSMITH)**  
This is a prime opportunity to join a Vancouver Island newsroom that is a key component in the largest reporting force in British Columbia. Black Press employs 185 journalists in the province, and is rapidly expanding its multimedia platforms in addition to long-standing, profitable print products. The Ladysmith Chemainus Chronicle editor/journalist works independently in a one-person newsroom, as part of a the Black Press Island news network.
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There is an immediate opening for a full time Flyboy for a night shift at our Ladysmith location. Duties include lifting papers from stacker to skids, helping the Pressman with repairs and learning to operate a forklift to use when needed. Must have your own mode of transportation and the ability to work nights.
- JOURNEYMAN PRINTER (LADYSMITH)**  
Black Press Media, Canada's largest privately held media company has an immediate opportunity for a Journeyman Printer to join our team at Ladysmith Press, located at 940 Oyster Bay Drive, Ladysmith, British Columbia. The successful applicant will be a journeyman printer with extensive experience working on single width presses in a commercial environment, possess an excellent mechanical aptitude and have the ability to work shift work.

**APPLY Today WITH YOUR RESUME AND COVER LETTER TO CAREERS@BLACKPRESS.CA, BE SURE TO REFERENCE THE JOB AND LOCATION YOU'RE APPLYING FOR. PLEASE NOTE ONLY SHORTLISTED APPLICANTS WILL BE CONTACTED.**

**Black Press Media**

For more information on these vacancies and other regions throughout BC visit: [www.blackpress.ca/careers](http://www.blackpress.ca/careers)



**Celebrations**

**HAPPY 60<sup>TH</sup> BIRTHDAY/ RETIREMENT BILL!**

**THE BEST IS YET TO COME!**

**Love Denise, DILLON & PAIGE**



Island Tractor & Supply Ltd. has branches in Duncan and Courtenay, BC. With many years of experience in the Kubota Industrial/Agricultural Equipment business, we continue to attract, develop and challenge the best people in our Industry. We are currently seeking an enthusiastic, results oriented individual for our Courtenay, BC store.

## Admin Clerk

As an ideal candidate you will have excellent organizational skills with a high degree of initiative and flexibility. Strong interpersonal skills will foster positive communication between yourself, fellow team members and our customers. Must have background in accounting, including accounts receivable, accounts payables and daily cash reconciliations. Prior banking experience would be an essential asset. Responsibilities would include maintaining a high level of customer service and cultivating a positive, and innovative, work environment. Receptionist duties are also required in this position.

If you are dedicated in providing professional customer service and enjoy working in a fast-paced environment, this is a career opportunity for you.

Please mail, fax or e-mail your resume to:

**Island Tractor & Supply Ltd.**

Attn: Roly Dennill

4650 Trans-Canada Highway, Duncan, BC, V9L 6L2

Phone: 250-746-1755 • Fax: 250-746-5518

E-mail: roly@islandtractors.com • www.islandtractors.com



Island Tractor & Supply Ltd. has branches in Duncan and Courtenay, BC. With many years of experience in the Kubota Industrial/Agricultural Equipment business, we continue to attract, develop and challenge the best people in our Industry. We are currently seeking an enthusiastic, results oriented individual for our Courtenay, BC store.

## Parts Sales Manager

Reporting directly to the General Manager, you will be responsible for maintaining a high level of customer service and cultivate a positive, and innovative, work environment. As an ideal candidate you will have excellent organizational skills with a high degree of initiative and flexibility. Strong interpersonal skills will foster positive communication between yourself, fellow team members and our customers. Prior knowledge of the industrial/agricultural industry and parts sales experience would be a valuable asset. Responsibilities will also include ensuring adherence to policy, procedures and practices to maintain a safe work environment.

If you are dedicated to providing superior customer service and enjoy working in a fast paced environment, this is a career opportunity for you.

Please mail, fax or e-mail your resume to:

**Island Tractor & Supply Ltd.**

Attn: Roly Dennill

4650 Trans-Canada Highway, Duncan, BC, V9L 6L2

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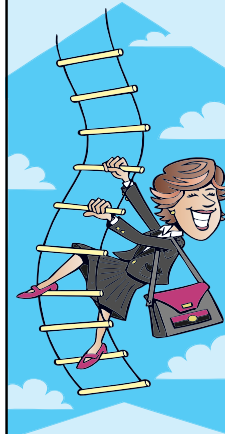
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## Haisla Nation Council

PO Box 1101, Kitimaat Village, BC, V0T 2B0 | (250) 639-9361  
Toll Free: 1-888-812-4752 | Fax: 250-632-2840 or 250-632-4794

### Haisla Nation Council has an immediate opening for a: **DIRECTOR OF HUMAN RESOURCES**

Haisla Nation Council located in Beautiful Kitimaat Village, has an opening in the community for a Director of Human Resources. This role involves working with the Chief Executive Officer in the development, implementation, and management of all projects to improve human resources systems, practices, contract negotiations, labour relations and resources.

#### Qualifications:

- University degree in Human Relations, education, or related experience;
- Certified Human Resources Professional designation;
- At least five (5) years of experience in a senior human resources role;
- Proficient in computer and Microsoft Office programs including Word, Excel and Outlook;
- Excellent interpersonal and communication skills;
- Ability to work in a busy environment and maintain confidentiality;
- Willing and able to pass a Police Information and criminal record check;
- Must possess a valid BC Driver's license;
- Knowledge of Workers' Compensation Board regulations;
- Knowledge of Indigenous and Northern Affairs Canada policies and procedures, Human Rights legislation, Labour Canada regulations, and knowledge of union agreements.

Offering competitive wage, comprehensive benefits package and possible relocation allowance to the suitable candidate.

For full details visit: <https://haisla.ca/council/job-opportunities/>

Interested individuals should submit a cover letter, names of three references and the express permission for HNC to contact these references, as well as your resume to:

**Stephanie McClure**  
Human Resources Manager  
Haisla Nation Council  
Haisla PO Box 1101, Kitimaat Village, B.C. V0T 2B0  
Phone (250) 639-9361 Fax (250) 632-2840  
Email: HNCjobs@haisla.ca

No later than 4 pm on April 26, 2019

While we sincerely appreciate all applications, only those candidates selected for interview will be contacted.



Garage Sales

Garage Sales

Comox  
**Garage Sale**  
650 Summit Place  
Saturday, March 30th  
8:00 a.m. - 10:00 am  
Games, collectibles,  
& household items!

Courtenay  
**Garage Sale**  
2210 Perth Place  
Saturday, March 30th  
9:00 a.m. - 1:00 p.m.  
Lots of kids stuff

Courtenay  
**GARAGE SALE**  
2160 B Tall Avenue

Saturday, March 30th  
8:30 a.m. - 12:00 p.m.

Lawn mower, bath tent,  
step stools and more.

Royston  
**Garage Sale**  
3777 Merideth Drive

Saturday, March 30th  
Sunday, March 31st  
8:00 a.m. - 2:00 p.m.  
Brand new lift chair,  
treadmill, 12' boat,  
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**CAMPBELL RIVER**

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Extremely comfortable Transport Canada Approved PFD  
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Specials start  
April 6 and end  
April 30, 2019



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**EVENTS SCHEDULE**  
**SATURDAY, APRIL 6TH**  
**8AM - 3PM**

**COME TALK TO THE EXPERTS:**

- Downriggers and Accessories - Scotty
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- Pumps - Jabsco and Rule
- Anodes - Canada Metals
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- Epoxy and Fiberglass - System Three, West Systems and Fibertek
- Electrical - Blue Sea, Ancor, Marincor
- Liferrafts - Fitzwright
- Inverters and Chargers - Samlex, Magnum and Efoy
- Electronics - Garmin
- Stereos - Fusion
- Flotation Gear - Mustang and First Watch
- PFD's and Life Jackets - Mustang and First Watch
- Diesel Engines - Beta Marine and Cummins
- Alternators - Balmar
- Boat Seats - Temprose

**OCEAN PACIFIC STORE WILL BE CLOSED AT 1:00PM ON FRIDAY, APRIL 5TH, TO SET UP FOR THE SHOW.**



16 Page Show Flyer Available Online at [www.oceanpacificmarine.com](http://www.oceanpacificmarine.com)



Discovery Harbour Marina #102 - 1370 Island Hwy. Campbell River · 250-286-1011 · 1-800-663-2294

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Rocco's Flatbread 250gr

**\$5**



Kraft 100% Parmesan 250gr or Parmesan Romano Asiago Grated Cheese 200gr

**4<sup>99</sup>**



Filippo Berio Olive Oil 750ml

**4<sup>99</sup>**

# NEWPORT VILLAGE

COURTENAY

**OVER 70% SOLD!**

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**SPRING SHOWSUITE HOURS - Wed 3-6pm, Sat & Sun 11am-4pm**

See the Display Suite at 13 - 2998 Kilpatrick Avenue (just down from project site)

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Contact Richard Verrier  
C: 250.702.1063  
TF: 800.638.4226

richard@richardverrier.com  
richardverrier.com  
121-750 Comox Rd. Courtenay V9N 3P6

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