

Cortes Island Information 2012



Thank you for leaving this book behind

Dear Visitors,

Welcome to our beautiful Cortes Island. In order to inform you about activities, businesses, events and services that can help your stay here more enjoyable, we have made this information book.

Cortes is an island that attracts people because of its relatively undeveloped status. Our natural surroundings provide us with a quiet and beautiful lifestyle. Although we have limited facilities, there are things to do and explore that are not available anywhere else.

Another purpose of this book is to inform you about our island community. You will find information about First Nations, driving on our roads, walks, wildlife, fire safety, and other topics that help you participate in island life with awareness and respect.

Please take a few minutes to read the Cortes Island Information Book and familiarize yourself with the many ways you can spend your vacation time here.

This book is created with you, dear Visitor, in mind. By using the services advertised here you support the local economy and help us publish this book in the future.

We would like to thank all our advertisers and our contributors. We would not be able to create this book without you.

Have a wonderful stay!

Carina Verhoeve Gina Trzesicka

cortesinfobook@gmail.com

This Information Book is for sale or on display in several places on Cortes Island: participating vacation homes, Gorge Harbour Marina Store, Natural Food Co-op, Squirrel Cove Store, Hollyhock, Cortes Café, Trude's Café, and T'ai Li Lodge.

Editors

Carina Verhoeve Gina Trzesicka

Printing House KASK – Campbell River Contributors

Rick Bockner June Cameron Jurek Trzesicki Drew Underwood ...and others

Seventh Annual Edition of Cortes Island Information Book

Pictures on cover: Sunflower in Carina's garden, female common merganser on Hague Lake, Doctor's Bay sunrise.

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EMERGENCIES

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Non-emergency: Manson's Firehall 250-935-6779 /fax 250-935-6771 Non-emergency: Whaletown Firehall 250-935-6600 FOREST FIRE 1-800-663-5555 On most cell phones: *5555 Permits (Burn Registration Line): 1-888-797-1717 PROVINCIAL EMERGENCY PROGRAM SEARCH AND RESCUE Emergency Only, 24 hrs 1-800-663-3456 <i>OTHER EMERGENCIES, HELP LINES and WEATHER: SEE PHONE BOOK</i> Note - To call Quadra Island from Cortes – dial 1-250- <i>999-9999</i> To call Campbell River from Cortes – dial 250- <i>999-9999</i> (considered "local phone") ******** POST OFFICES WHALETOWN VOP 1ZO - at the Whaletown dock Monday, Wednesday, Friday 7:30 - 10:30 am, 1 - 4 pm Cut off for mail out 8:30 Tuesday (no mail in/out) 9 - 12 noon MANSONS LANDING VOP 1KO - in Manson's Hall, Beasley Road Monday, Wednesday, Friday 7:30-11 am, 2 – 4:30 pm Cut off for mail out 9:00 Tuesday (no mail in/out) 9 - 12 noon SQUIRREL COVE VOP 1TO - in Squirrel Cove Store Monday - Friday 9 am - 5 pm BANK COASTAL COMMUNITY CREDIT UNION, 777 Sutil Point Road 250-935-6617 Monday, Wednesday 9:30am - 4 pm Friday 9:30am - 5 pm	-	
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DRIVING ON CORTES ISLAND



The roads of Cortes Island present different challenges to the visitor than they may be used to dealing with. We have hills, bends, no shoulder areas, gravel, bicyclists, large trucks, and lots and lots of deer! It is important to anticipate these conditions and drive accordingly when you are visiting to avoid injury to yourself or others.

The following tips may save you time, money, and injury. Remember that we may not move as quickly as our friends in the city, and drive with patience and care. Slowing down a bit also gives you a better chance to see where you are and appreciate this beautiful island. If you notice another car behind you that obviously is going faster than you, just pull over and let the other driver pass. They may be volunteer firemen or paramedics on their way to an emergency.

You may notice the large numbers of deer grazing along the roads, especially at dusk. They are sometimes hard to notice and they are rarely alone, so if you spot one, you can expect there is at least one other nearby that you may be missing. In early summer the fawns are often hiding and jump out suddenly when cars approach. They may stand still and do nothing or they may bolt across the road. Please give them the chance to make up their minds about what their reaction will be, and drive defensively when you see deer on the roadside. They are not very large, but they can cause a lot of damage to a vehicle and its passengers, and many deer are killed each year here because of driver inattentiveness.

More people on Cortes are using bicycles when they can. Because the roads have gravel shoulders, bicyclists tend to use the main roadway instead. Please take care and be aware of cyclists on the road. Give them room to spare when passing. Forcing them onto loose gravel can be dangerous.

We assume that one of the reasons you are here is because of Cortes Island's natural beauty. To preserve this attraction for all of us, please keep your trash and bottles, cups, wrappers, cigarettes, and food waste with you in your car until you can properly dispose of it. It is up to each of us to make sure our roadsides do not become a mess of debris.

Since there is no public transport on the island, people often hitchhike. Islanders usually stop and give them a ride if they can. You may want to do the same, when you feel like it. It is a great way of meeting people that you normally might not get in touch with.

One of our biggest concerns in an island community is fire. We live in a small and finite space, and fire can be disastrous. If you smoke, never, ever throw your butts out the window of your car. This is one of the commonest causes of fires and can be easily avoided. Our island gets very dry in the summer and all it takes is a spark to start a blaze.

Lastly, you may notice yourself being waved at as you travel the island. This may be the "full wave", or the subtle one finger off the steering wheel "finger wave". No, you don't necessarily know the person acknowledging you as you pass. It is just a local custom and you can relax and receive the greeting or even return it if you feel inclined. This is a friendly place!

Rick Bockner

CORTES HISTORY

As you arrive on the ferry at **Whaletown** you can see on your left the site of the old whaling station. There are a couple of cabins there but the low rocky ledge and the lone piling near a



steep bluff is where, in the 1860's, whales were hauled up on shore and the blubber was removed and rendered into whale oil. In just a few years all the whales had been killed so the station closed.

The huge trees that grew on Cortes became the next thing to be exploited. There are few of these magnificent giants left standing. One still stands defiantly where the Gorge Harbour Road has to curve out to get past its huge trunk. There is another one where Bartholomew Road dips down the hill just past Fairhaven Nursery.

Manson's Landing got its name for the pioneer who built a trading post there in 1887. He bought furs and dogfish oil from the native people who still thrived on the area until smallpox and diphtheria killed off most of these original folk. If you go to the end of the sandspit that marks the entry to the Manson's Lagoon you will see across the water one of the huge middens filled with clam shells that tells of years of Native occupation. The women threaded large clams on sticks and smoked them to save the food for winter use.

Smelt Bay got its name because at high tide in wintertime the female smelt laid their eggs at the tideline with the males spreading spawn through the water. In exactly one month the eggs hatched and the next high tide washed the eggs out into the sea, causing a feeding frenzy on the part of ducks and seagulls. Local folk including the huge population of Native people in the village that once thrived at the end of the beach all enjoyed this egg laying bonanza. Like the whales and the huge trees, these little fish have disappeared. But the beauty of Cortes Island remains.

June Cameron*-

KLAHOOSE FIRST NATION



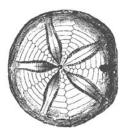
The Klahoose First Nation traditional territory encompasses Desolation Sound and islands in the northern Straits of Georgia as well as Toba Inlet and adjacent watersheds.

The total band membership reaches just over 300 people. Klahoose has 10 reserves, with a total area of 4305 km², the largest of which are Klahoose at the mouth of Toba River, the other one has main village site on Cores Island in Squirrel Cove, with about 60 people. Close to 150 people are living off reserve, mostly in Campbell River, Powell River and Vancouver.

For more information please see: www.klahoose.com

^{*} June Cameron's people came to Cortes Island in 1917 so she knows a bit about this magical place. Three of her books have been published by Heritage House: **Destination Cortez Island** tells of the early settlers here, **Shelter from the Storm**, of her travels, often alone, on the BC coast, and **26 Feet to the Charlottes** records her journey there with a friend on his tiny 26 foot wooden sailboat in 1983. June Cameron is also currently writing to magazines.

EVENTS



There is a lot going on in the summer on Cortes.

Events are usually posted at the bulletin boards of the stores, Manson's Hall and the Whaletown post office. They are also announced on the Tideline: *www.cortesisland.com/tideline* and in the *Cortes Marketer*, the weekly flyer, which is available at the Cortes Market in Manson's Landing and at the post offices.

Please check bulletin boards for exact dates and for additional events where information was not available at the time of printing this book.

Friday Market in and around Manson's Hall, **Saturday Market** in Gorge Hall, **Sunday Market** in Squirrel Cove – are regular events – to buy local art, produce, fish; meet the artists and craft people.

Seafest - Oyster Festival - Saturday, May 19, at Squirrel Cove, 11:30 am start - all welcome!

Creative Spaces: Garden and Studio Tour, Saturday - late June (check exact date in bulletin boards), fundraiser for the Museum. Tickets are \$12 at local stores & Museum, 250-935-6340

Cortes Day – Saturday, July 21 (date subject to weather). Parade starts at 10:30 am on the corner of Potlach Road and Sutil Point Road. Locals and tourists are welcome to join. From 11:00 am on, all kinds of activities, food and drink at Smelt Bay Provincial Park.

Cortes Music Festival in Whaletown, Saturday and Sunday, July 14 and 15, behind Trude's Café, 591 Whaletown Road, 250-935-6320. Lots of music arts and fun!

Sandcastle Day, Saturday, Aug 18, Smelt Bay Provincial Park, past the parking lot. Lots of fun for kids of all ages! Come and build a structure on the beautiful sand at Smelt Bay. Registration at 9:00 am. Bring your tools. Only things found on the beach can be in your structure. Judging between 12:00 and 1:00. Prizes!

Youth Program. Check for dates on the Tideline: www.cortesisland.com/tideline

FIRE AWARENESS

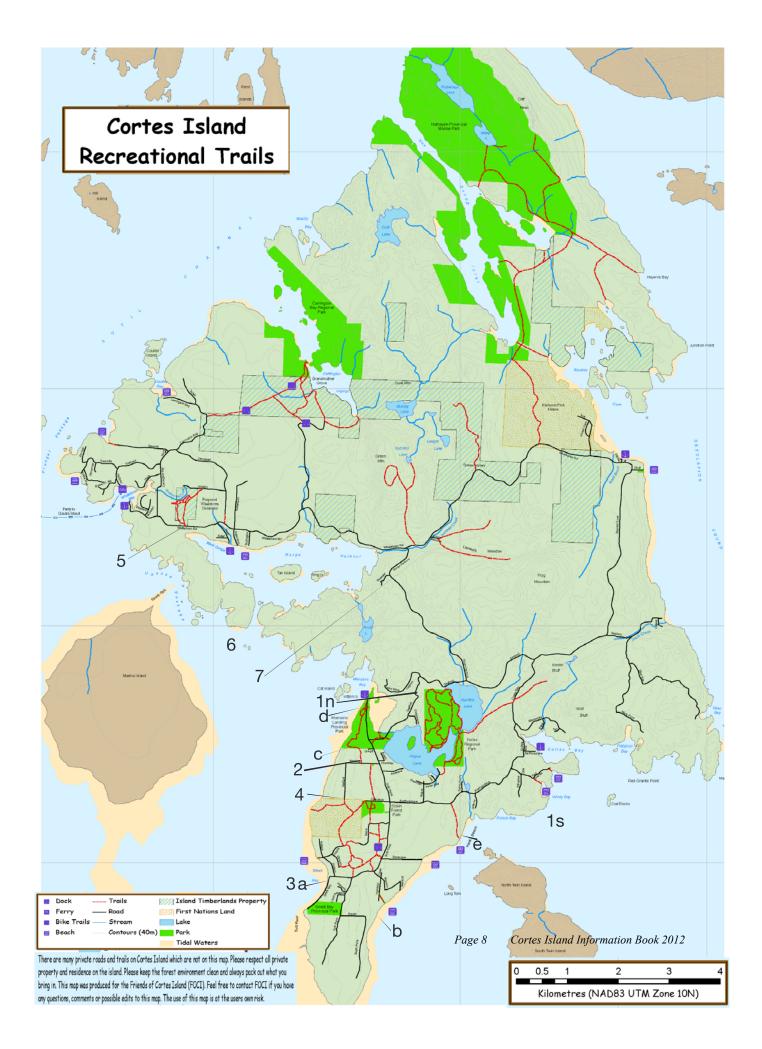


Since we are a small island covered with trees, one of our greatest concern is fire, especially during summer season. We have volunteer fire brigade with fire halls in Manson's Landing and Whaletown.

Please observe the **fire ban** that is in effect from **May 15th** on. Call **911** if you see any unattended fires on the island. Thank you for keeping our island safe together with us!

General Fire Safety

- If you are a smoker, when smoking outdoors, dispose of cigarettes and matches properly. Do no toss lit matches or cigarettes out of your car window ever use your ashtray.
- To use an outdoor stove or barbeque keep the stove a safe distance away from flammable materials. Make sure briquettes and ashes are cold to the touch before disposing of them.
- To report a forest fire call 1-800-663-5555 or *5555 from a cell phone.



WALKS

There are beautiful trails on the island, but most of them are partially on private land. Be respectful of private property and do not go off trail. Most of the trails are easy, with some steep parts. Some are suitable for a bike ride.

- Kw'as Park near Hague Lake. To reach the north entrance (1n) to the trails, park your car in the elbow across from the swamp just south of the Cortes Motel on the road leading to Manson's Landing. More difficult. To access the south portion (1s), park at the parking lot off Kw'as Bay Road. There are maps with more information at the entrances of the park and throughout the park. Easy, with some steep parts.
- 2. The "**School to Sea Trail**" at Manson's Landing, 950 Beasley Road. It goes from the public school to the ocean. There may be room to park in the school's parking lot. If not, park on the road. In passing, notice the totem pole next to the school. *Easy, with some steep parts.*
- 3. From **Smelt Bay** you can make long beach walks. The view is stunningly beautiful. Don't forget to go there at least once to watch the sunset! Smelt Bay is at the end of Sutil Point Road. There is parking next to the beach. Try to be there at low tide. *Easy.*
- 4. **Siskin Lane** has a network of developed trails through the woods, suitable for walks and bike rides. It is located in Manson's Landing uptown south of the Credit Union. *Easy.*
- 5. Whaletown Commons on Whaletown Road is located between Hunt Road and Carrington Bay Road just east of the Whaletown Fire Hall. The entrance is marked by a sign. Park on the main road. There are several loops through beautiful old growth forest. *Easy*.
- 6. **Green Mountain Trail** offers a 360 degree view of Cortes and the surrounding area. Coming from Whaletown bear left at the "Y" junction with Gorge Harbour Road. Take first left (it looks like a driveway), park your car and follow a steep road uphill. Keep going straight. *More difficult*.
- 7. Green Valley Trail is a beautiful trail through a rain forest valley. Coming from Whaletown take the same way as to Green Mountain Trail, continue towards Squirrel Cove. Park your car on the left side of the road. *More difficult.*

BEACHES

- a. **Smelt Bay** has a beautiful, long beach. It is at the end of Sutil Point Road. There is parking lot next to the beach.
- b. **Hollyhock** > See ad.
- c. **Hague Lake** is very suitable for families with small children. It has a nice little sandy beach. From Manson's go north, take a right on Seaford Road and park your car at the parking lot on the left of the road. Pay attention to fast driving traffic when you cross the road on your way to the beach.
- d. **Manson's Lagoon Provincial Park** (a big word for a small place) at the north end of Sutil Point Road has a little sandy beach with big tidal differences.
- e. Hank's Beach Park from Sutil Point Road turn into Bartholomew. Park you car at a small parking 1.8 km (1 mile) on your right at the bottom of the hill. 10 minutes walk (*easy*) or ride through the woods will take you to the beach.







EATING-OUT ON CORTES



There are three restaurants, two cafes, and two take-out stands on Cortes Island. We list them below for your convenience.

The Floathouse Restaurant

The Cove Restaurant

Squirrel Cove, next to the store ♦ Waterfront ♦ Liquor license ♦ Take out available > See ad in this book 250-935-6350

Hollyhock

Manson's Landing, South End ♦ Waterfront ♦ Reservation required
Vegetarian and seafood. ♦ No liquor license, but you can bring your own wine.
> See ad in this book
250-935-6576

Market Take Out

Manson's Landing, next to Cortes Market, open seasonally Serve burgers, tea, coffee, ice cream, No liquor license 250-935-0075

Cortes Cafe

Trudes Cafe

591 Whaletown Road, close to Robertson Road, Whaletown Cappuccinos etc., teas, pastries, soups, all day breakfast
➢ See ad in this book
250-935-6422

Cortes Co-op Bakery

800 Sutil Point Road, next to Co-op store, open daily Coffee & espresso, baked goods, inside and outside sitting, no liquor license

> See ad in this book 250-935-8577

Lloyd's Family Ferry Take Out

260 Harbour Road, Whaletown, Monday - Friday, 7 am – 4 pm, open seasonally Beverages, baked goodies, snacks, limited outside sitting

See ad in this book



LLOYD'S FAMILY SEASONAL TAKE-OUT 260 Harbour Road, Whaletown (adjacent to the vehicle line-up for the ferry)

<u>OPEN</u> May 14th-September 28th, 2012

Hours of Operation: Monday - Friday 7:00 a.m. – 4:00 p.m.

- Last chance to grab a beverage, a Cortes Island baked goodie and/or a pre-packaged light snack (i.e. chips, freezie, chocolate bar, etc.) before boarding the ferry at the Whaletown dock
- Enjoy your drink/snack on our deck (limited seating) while waiting for the ferry or meeting friends

-Hosts: Mark and Diane Lloyd (and Chancellor, the dog)







Cortes Connection

250-935-6911 www.cortesconnection.com



Same-day Passenger and Freight Service to Campbell River and Return.

Call in for Freight Orders in CR until 2:30 P.M.

SUMMER: MONDAY THROUGH FRIDAY

Winter:Monday, Wednesday, Friday only.

Depart Mansons Hall	<u>8:50 A.M</u>
Arrive Whaletown Ferry	9:30 A.M.
Arrive Campbell River	<u>11:15 A.M</u>
Campbell River Hospital	11:30 A.M
Shoppers Drug, Tyee Plaza	4:00 P.M
Load onto Ferry	4:15 P.M
Arrive Whaletown	5:50 P.M
Arrive South Cortes	6:30 P.M

TRANSPORT

TAXI: There is no taxi service on Cortes Island. To get to Quadra Island or Campbell River you can use the local bus, the **Cortes Connection**: 250-935-6911. \gg See ad.

Another way to go places in Campbell River or to explore Quadra Island is with Quadra Taxi and Tours: 1-250-205-0505. ➤ See ad.

GAS: Diesel and boat gas, also regular gas, are available at the Gorge Harbour Marina in Whaletown and at Squirrel Cove Store. \gg See ads.

FERRY SCHEDULE

From Cortes Island to Quadra Island

Crossing time 45 minutes

7:50 am daily except Sunday 9:50 am, 11:50 am 1:50 pm **DC** (see below) 3:50 pm, 5:50 pm

From Quadra Island to Campbell River

Crossing time 10 minutes

6:15 am Except Dec 25/Jan 1 6:40 am Except Dec 25/Jan 1 7.05 am Except Sundays and Dec 25/Jan 1 7:30 am Except Sundays and Dec 25/Jan 1 8:00 am - 3:00 pm every hour. 9:00!! 8:30 am, 9:30 pm 4:00 pm **DC** (see below) 10:30 am **DC** (see below) 5:00 pm, 5:50 pm 11:30 pm – 4:30 pm every hour 7:00 pm – 10:00 pm every hour 5:25 pm 11.00 pm Friday and Saturday only 6:15 pm Last connecting sailing to Cortes * 7:30 pm – 10:30 pm every hour

11:30 pm Friday and Saturday only

- DC (Tuesday) Dangerous Cargo Sailing. No passengers permitted.
- The 9:00 am sailing from Quadra is a popular commuter crossing and has the potential to 11 overload. Expect waiting.
- * Catching this sailing does not guarantee space on the 6:45 pm sailing from Quadra to Cortes

BICYCLE

We encourage you to bring your bike to the island. See Trail Map for trails suitable for bike rides. Of course, you can also ride on the roads. Soon you will notice that the island is full of hills and curves. For repairs and maintenance – see Monkeywrench located in the same building as the Food Co-op Bakery, at the back in the basement.









From Quadra Island do Cortes Island

From Campbell River to Quadra Island

9:05 am daily except Sunday

1:05 pm, 3:05 pm, 5:05 pm

11:05 **DC** (see below)

6:45 pm

Learning to Live with Wolves on Cortes Island



We need to keep our wolves WILD in order to live together with them. Here's what each of us can do!

1. Never feed wolves

It is illegal and completely irresponsible as it endangers you, your fellow community members and the wolves! Take care not to leave meat scraps out near your home or in your compost pile. Dispose of these responsibly; dig into a pit or feed to the crabs.

2. Do not feed deer or raccoons; they are prey species of wolves.

Food conditioned deer and raccoons WILL attract wolves to your doorstep and your neighbours. Be responsible to yourself and your community.

3. Keep yourself safe

HAZE wolves! When you encounter them in a residential area i.e. near your house, your neighbour's, the community halls, stores, schools etc. Wave your arms to make yourself look bigger, shout loudly, use noisemakers, throw sticks/stones, or especially an air horn. Let them know, in no uncertain terms, that they need to fear you and you will not tolerate their presence in this place Use your most aggressive body language! Take bear spray along as an extra precaution when walking the dog, hiking alone off the beaten track

extra precaution when walking the dog, hiking alone off the beaten track or working the beaches at night.

4. Keep your pets safe

Dogs must be leashed when walked; an unleashed dog is seen as prey by the wolves. Ensure all pets are secured in sturdy, predator proof kennels outside or kept inside your house at night. Keep your outside pet feeding area clean and never leave uneaten food in them. Do not take your dogs with you when hiking in natural areas frequented by wolves i.e. Carrington, Von Donop, Hank's Beach, Marina Island etc.

5. Practice good animal husbandry

Ensure all livestock are secured inside sturdy, predator proof structures at night. If wolves approach livestock during the day, HAZE them; scare them away with an air horn or other loud noisemaker.

Also importantly, we are reminded that if we find ourselves in wolf territory, and encounter a wolf, we should kindly take our leave of the area.

NOW READ IT AGAIN...

This excerpt from the Howling Wolf magazine is brought to you by:

THE FRIENDS OF CORTES ISLAND SOCIETY

Office open on Fridays 1-4pm in Manson's Hall

Leave message any time at 250-935-0087

Environmental Integrity through community responsibility



The Museum building is history itself. It served as the local store next to the dock at Manson's Landing from 1940 until 1995 when the lagoon area was designated a Provincial Park. The old store building was fitted with wheels, pulled up the hill and installed on a corner of Firehall No. 1 property.

Displays showcase the <u>History of Cortes</u> <u>Island</u> and include a pioneer kitchen, local birds & mammals, a fishboat model, <u>First</u> <u>Nations Artifacts</u> and stories, plus photos from homesteading settlers. The Von Donop Shed in the garden stores a variety of logging equipment used in earlier days on Cortes. New feature exhibits are installed each year. A permanent display of the whole island is being compiled and developed.

The <u>Museum Shop</u> sells new and used books, CD's, and some local art and handcrafts. In addition, the Museum's Comfy Corner has many albums of photographs and stories from early settlers. Come in, relax, and browse.

The Museum sponsors **<u>Periodic Special</u>** <u>**Events**</u> such as "Walks and Talks" that are advertised on local bulletin boards, and in the weekly Cortes Marketer.

Cortes Island Museum & Archives Society

957 Beasley Road

One block up the hill from Manson's Landing Hall Summer Hours: Tuesday to Sunday 10 am to 4 pm Winter Hours: Friday & Saturday 12 noon to 4 pm

Admission by donation.

Phone: 250-935-6340

Want to know where the best beaches or hiking trails are? Where you can camp, or stay?

The Museum hosts a Tourist/Visitor Information Booth.

The Museum's <u>Heritage Garden</u> preserves pioneer plants. Heritage roses transplanted from old homesteads bloom with other plants such as wisteria, and old-time fruit trees. This garden reflects settlement history on Cortes, featuring a range of plants introduced to island gardens before the 1950's. It's a fragrant and colourful place to rest and "set awhile" on benches or a picnic table.

Come sail with us on historic cruises. The Museum Society offers exciting **Cruises in Desolation Sound** waters aboard the charter vessel Misty Isles, owned by Cortes residents Samantha and Mike Moore. From May to September this 43-foot motor schooner sets out on different one or 2-day adventures into the stunningly beautiful waters surrounding Cortes Island. Skipper and naturalist Mike Moore offers fascinating background details and entertains guests with First Nations legends and tales of early European exploration. For details on these summer trips, see local bulletin boards and publications. Phone or visit the Museum to register.



WELCOME TO SQUIRREL COVE!

We have many amenities & services for you at Squirrel Cove. <u>The General Store</u> has everything from fresh fruit, vegetables, (organic & regular) meat, dairy& baking; ice-cream cones, chocolate bars, chips & pop, and ice.

We stock charts & maps, fishing gear & licenses, prawn traps and oyster knives. A full hardware with marine supplies and batteries is on premises. Fuel available: PROPANE & GAS. A <u>Gov't. Liquor Store, ATM Machine and Post Office</u> are in the Store. Wireless Internet Service is accessible.

We offer a number of Tent Camp-sites at this spectacular setting. As well, we have <u>Laundromat & Showers</u> facilities, a high water dock for floatplane or boat tie up, a boat ramp for launching and a beach for kayaks / canoes to launch. Parking is available.

An on-site, fully certified diver is on staff for all of your marine needs: repairs, salvage or video work.

The Cove Restaurant and the Cortes Co-op Craft Shop are on the same property.

Every Sunday during July & August, there is an <u>Outdoor Market</u> for local craftspeople, bakers and farmers to sell their products.

Please come by to visit and enjoy our most spectacular view of Desolation Sound. We are the store with the *awesome* view. <u>The Cove Restaurant</u> has a menu that will delight you and a patio on the beach that will enhance your dining experience.

Our friendly staff is always happy to make your visit to Squirrel Cove enjoyable.

SQUIRREL COVE STORE: 250-935-6327

www.cortesisland.com/squirrelcove squirrelcovetrading@yahoo.com

Summer Hours are 9-9 every day except 9-6 on Sunday.

THE COVE RESTAURANT: 250-935-6350 for reservations



1611 Forrest Road Squírrel Cove Cortes Island BC VOP 1KO

Chef Peter Scott

The location of The Cove Restaurant is the most spectacular you'll find anywhere. It is right at water level and looks out to the glory of Desolation Sound. The eclectic menu is based on local seafood and fresh vegetables, with daily specials.

You will be delighted with the choices of expertly prepared food served with grace and friendliness. From the large patio, you can enjoy a cocktail, martini or other refreshments.

We can accommodate large groups and open our doors to special events.

we have a full lunch and dinner menu, complete with appetizers and home made desserts and a special kids menu.

Our prices are reasonable:

Appetizers range from \$6 to \$15 Entree \$\$

> Hours of operation; (Opening Mothers Day weekend)

May-June Thursday Esunday July - August Open 7 days a week

Lunch 11.30 am-2.30 pm Closed 2:30 pm-5:00 pm Dínner 5.00 pm-8.30 pm Lunch 11.00-2.00 pm Tapas 2.00 pm-5.00 pm am Dínner 5.30 pm-8.30pm

Fall schedule after Labour Day weekend





Cortes Natural Food Co-op Store

~ Your Island Healthy Food Store Open To All ~



- ✓ Locally owned by over 670 member families
- ✓ Non-members always welcome!
- ✓ Abundant local produce, free-range eggs, salmon & tuna
- ✓ Certified organic eggs
- ✓ Grass-fed meat: bison, beef, pork, chicken
- ✓ Over 50 varieties of fresh organic produce
- ✓ Organic, non-GMO grocery, bulk, cooler and freezer items
- ✓ Wide assortment of cheeses plus raw milk organic versions
- ✓ Gluten-free products and many baking & specialty items

- Natural vitamins and supplements plus health
 & beauty products and baby care items
- ✓ Locally-crafted body care products, tinctures, and remedies
- ✓ Locally made crafts, cards and gifts
- ✓ Amazing DVD movies: festival winners, independent & family films
- Warm and friendly shopping environment
- ✓ Safe outdoor play garden and seating area
- Become a member and get these extra advantages:
 - wholesale pre-orders
 - in-store specials
 - monthly E-News

Your place to meet and greet friends and neighbours & to get the pulse of the island.

ocated downtown Manson's Landing 250-935-8 Store Summer Hours: 9am - 9pm Daily

Cortes Information book 2012



Cortes Natural Food Co-op Bakery

Cortes Island's Only Bakery!



Food made the old-fashioned way: fresh, wholesome & good!

We **bake fresh** every day except Sundays. Our bakery features **100% organic** daily breads.

We use **only butter** in our baking ^[2] croissants, fruit scones, muffins, chocolate treats, fruit and oat bars, cookies, savory lunch specialties, corn bread, fruit loaves, seasonal desserts, wheat-free & special diet baking.

Our bakers create everything **from scratch***, with premium quality all-natural & organic ingredients. *except croissants

Full-service coffee & espresso bar with fair-trade, locally-roasted organic coffee. Comfortable inside seating or enjoy our sunny deck.

Located downtown Manson's Landin Bakery Summer Hours: Mon - Sat 8:30am - 8:30pm Sunday 10am - 6pm

Cortes Information Book 2012



The Cortes MARKET

PUBLISHER OF THE CORTES MARKETER



We offer a full line of groceries, fresh produce, meat, deli, ice and dairy, both regular and organic when possible. Also health & beauty, hardware, office services, DVD rentals, and garden supplies. Phone cards and hunting licenses are also available. We have a full line liquor store with cold beer and wine.

Our deli has awesome sandwiches made to order. We also offer instore baking as well as out sourced calzones, samosas, sausage rolls and meat pies. Our organic espresso, cappuccino and lattes are made with locally roasted Becca's Beans. As well we serve regular coffee and tea.

Keno and 50/50 can be played. We also have a BCLC terminal for 649, Super 7 and BC49 as well as Scratch and Win tickets.

Internet service is available with 2 computers donated by the Cortes Island Wifi Society as well as a hot spot for your own wireless connection.

Cortes Market is the publisher of the Cortes Marketer with buy and sell classifieds, editorials as well as events and services offered on the island. New editions come out Fridays with all the latest happenings. Pick up your copy at the Market.

We are also home to the Market Take-Out 250-935-0075.

Located in uptown Manson's Landing. Delivery available on minimum order.



Cortes Cafe

Manson's Landing in Mansons Hall Open Monday, Wednesday, Friday 8:30am to 2:15pm Tuesday 9am-1:00pm Take Out MWF Until 4:00pm

Wraps

served in a fresh grilled tortilla

Traditional Burrito	\$8.50 kids \$5.50
w/organic brown rice 'n' beans, cheddar, salsa & lettuce	
Vegan Burrito	\$8.50 kids \$5.50
w/organic brown rice 'n' beans, avocado, salsa & lettuce	

Salads

made w/organic greens, organic veggies, pecans & house dressing	
Side Salad	\$5.00
Deluxe Salad w/tomato, avocado & cheddar	\$10.50
Add Chicken or Smoked Salmon	\$3.50

Sandwiches

B.L.]		11	, ,		\$7.50
A.L.	Г.	to on toasted bromato on toasted			\$6.50
Burg	ers		mayo & red onion o	on a grilled ho	\$7.50 memade bun
Add	bacon OR lettuce & t		\$1.50 \$1.50		
	ken Club Bu n & bacon w/let		red onion on a grille	ed homemade	\$8.50
Add	avocado cheddar	\$1.25 \$1.50	bacon sour cream	\$2.00 \$1.00	
			wists, Cheese Se ers chicken and	,	ties & desserts. Prices include GST/HS

Watch For Daily Specials



9 am to 5 pm weekdays, closed Wednesday 10 am to 5 pm weekends

Organic Homemade Bakery

Cakes, Cookies and Pastries, Viennese Style Cakes Organic Espresso and Teas Breakfast and Lunch all day

WIRELESS INTERNET AND OUTDOOR STAGE!!

Host of the CORTES MUSIC FESTIVAL July 14th and 15th - Saturday and Sunday

591 Whaletown Road, 250-935-6422



Boat Moorage - Marine Gas & Diesel - Full RV Hookups - Newly Renovated Rooms - Tent Camping - Pool Full Service Grocery Store - Excellent Variety - Large Fresh Produce & Meat Section - Local Produce - Liquor Sales Licensed Dining - Wireless Internet - Laundromat - Showers - Propane - Car Gas - Kayak, Boat & Vehicle Rentals



CORTES CRAFTSHOP CO-OP IN SQUIRREL COVE

SPRING: May 19 - June 24: weekends 12 - 4 pm June 25- June 30: daily 12 - 4 pm

opening day Seafood Fest 10am-5pm May 19

SUMMER: July 1 - Sept 2 daily: 10 am - 5 pm

FALL: Sept 2 - Sept 16 daily: 12 - 4 pm

more than 30 local Cortes artisans

Cortes Information Book 2012



Dog's Shangri-la is for pampered pets that need a place to spend their holiday or simply a home away from home, overnight, on Cortes Island.

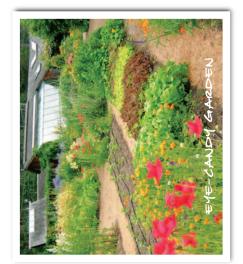
Our canine guests share the warmth of our home at night. They will enjoy the large fenced manicured grounds. A gentle creek runs through the yard for the enjoyment of the water-loving dogs.

Reservations are recommended, especially for larger pets. For more information, please visit our website, email or call France Laberge.

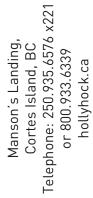
> www.dogshangrila.com francelaberge8@gmail.com 1-250-935-8569













* SUMPTUOUS ORGANIC VEGETARIAN MEALS Fresh and abundant gourmet fare features delectables from our garden and weekly wild seafood. Breakfast, lunch and dinner available everyday. Phone to reserve.

- * BODYCARE Skilled bodyworkers provide world-class massage and bodycare. Available daily by reservation.
- HOLLYHOCK STORE Offering treasures of local arts and crafts, books, gifts, clothing and other delights. Open daily.

DELUXE HALF-DAY ISLAND SPECIAL

Only \$99 plus tax. The full Hollyhock Experience includes: SOAK in our Ocean-View Hot tubs 1 hr. Hollyhock MASSAGE Gourmet Vegetarian LUNCH, including organic Coffee and Tea

Call 250.935.6576 x231 to book.

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Guided adventures to some of the most spectacular places on the coast. No experience required. Afternoon Cruise, 1:30 – 6:30pm, \$94/person, plus tax. Afternoon Paddle, 1:30 – 5:30pm, \$85/person, plus tax. Sunset Paddle, 7:30 – 10:30pm, \$70/person, plus tax. Call for details and schedule.

* DAY USE FEE FOR VISITORS

\$20/person/day lets you enjoy our: ocean-view hot tubs; toast & fruit bar; organic coffee and tea; 7:00 - 8:15am yoga or movement; Internet chat room; naturalist excursions*; garden tours* *As available.

For more information and to reserve, call Hollyhock at 250.935.6576 x221 or 800.933.6339



MISTY ISLES ADVENTURES

Sailing, Kayaking and Hiking

Box 137, Mansons Landing, Cortes Island, B.C., Canada VOP 1K0

(250) 935-6756

mistyis@island.net

Sea Kayaking



www.MistyIslesAdventures.com

Bioluminescence Paddles

During the warm months of summer, the plankton which produces bioluminescence proliferates and the fairy dust sparkling that it creates swirls away from our paddles as we kayak under the stars. It makes for a magical evening! *Cost; \$70 per person, 3 hours*

Guided Day Trips

Join our naturalist guides as we explore the natural and human history of Cortes Island and the surrounding waters. From sunset paddles to gliding over reefs while the curious seals follow, these trips are a great way to get the feel for kayaking while having a guide there to help you along. *Cost; 3 hours- \$70, 4 hours- \$85, 5 hours- \$94*



Misty Isles Half Day Voyages



Mitlenatch Island or Desolation Sound

Our schooner 'Misty Isles' offers a relaxed and leisurely way to see the area. Sit on the large open decks or help hoist the sails if the wind is right as we voyage to Mitlenatch Island, a large seabird rookery and a wild flower paradise where seals and sealions await. Alternatively, explore Desolation Sound, an area famous for it's scenic beauty, where snow capped mountains soar up from the sea. All trips depart from Cortes Island. *Cost; \$94 per person, 5 hours*

 Taxes not included in prices. Sea kayak rentals and group charter rates for Misty Isles are also available. Give us a call!

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 Cortes Island Information Book 2012



MISTY ISLES ADVENTURES

Sailing, Kayaking and Hiking

Box 137, Mansons Landing, Cortes Island, B.C., Canada VOP 1K0

www.MistyIslesAdventures.com

(250) 935-6756

mistyis@island.net

Sea Kayak Rentals



Guided Trips

3 Hour Guided Trip; \$70 per person4 Hour Guided Trip; \$85 per person5 Hour Guided Trip; \$94 pr person

The waters around Cortes Island are beautiful to explore by kayak and kayaks are available for rent. However for your own safety, we require that all renters have taken at least an introductory sea kayaking class through Misty Isles Adventures or another sea kayaking company. In addition, at least one member of a kayaking group must have the ability to perform rescues. If you wish to paddle by yourself, you must be able to do a self rescue. Misty Isles Adventures would be happy to arrange the requisite instruction for you or alternatively, we invite you to join us on one of our guided paddles, an excellent way to experience being on the water in a kayak but with the instruction and safety provided by a guide.

Rental Rates

Sea Kayaks	PLASTIC	COMPOSITE	PLASTIC	COMPOSITE
	(Single)	(Single)	(Double)	(Double)
4 HOURS	\$27	\$32	\$45	\$50
8 HOURS	\$37	\$42	\$55	\$65
24 HOURS	\$45	\$52	\$65	\$75
2-4 DAYS	\$35/ day	\$40/ day	\$50/ day	\$60/ day
EXTRA DAYS	\$30/ day	\$35/ day	\$45/ day	\$55/ day

For more information on kayak rentals or to book a kayak, **phone 935-6756** or ask any of our guides. Our schedule fills up quickly so give us as much advance notice as you can.

www.MistyIslesAdventures.com

(250) 935-6756

mistyis@island.net

MISTY ISLES ADVENTURES 2012 SAIL AND KAYAK SCHEDULE www.MistylslesAdventures.com

The waters that surround Cortes Island are in an area of incredible beauty. Throughout the summer, we have scheduled guided kayaking day trips and sails onboard the schooner Misty Isles. These trips are open to everyone and no experience is required.

Guided Afternoon Kayak Paddle- Learn about the joy of paddling a sea kayak with the safety provided by one of our guide/ naturalists. Paddling with the seals and eagles, we will also learn about the natural and human history of the area. Conditions permitting, we hope to see the First Nations pictographs at the mouth of the Gorge or explore the extensive reefs south of Smelt Bay. Cost: \$85. Meet on the Hollyhock Garden Deck at 1:30 pm and return by 5:30 pm.

Manson's Landing Sunset Paddle- Join our naturalist guides as we paddle from the lagoon into the golden light of the setting sun. Come float with the seals while the eagles watch from above. This is a nice peaceful way to be out on the water under the care of a kayak guide. Cost: \$70. Meet on the Garden Deck at 7:30pm, return back to Hollyhock at about 10:30pm.

Bioluminescence Paddle at Manson's Lagoon- With our guides, we will paddle from the lagoon off into the sunset, then explore the night sky and play in a marvel of nature-bioluminescence. **What is Bioluminescence?** It is the light given off by some of the tiny plankton when you agitate the water with your hand or paddle. Imagine **Fairy Dust** swirling from your finger tips..... Cost: \$70. Meet on the Hollyhock Garden Deck at 7:30 or 8pm and be back around 10:30 or 11pm.

Misty Isles Cruise to Mitlenatch Island- Join us onboard our 43 foot schooner as we voyage to explore Mitlenatch island, the largest seabird nesting rookery in the Strait or Georgia and a wild flower paradise. Cost: \$94. Meet on the Hollyhock Garden Deck at 1:30 pm, return about 6:30.

Misty Isles Cruise to Desolation Sound- With mountains towering overhead and picturesque islands and channels below, the spectacular scenery and warm summer ocean temperatures (very swim-able) make Desolation Sound the premier cruising ground for yachts in the Pacific Northwest. Cost: \$94. Meet on the Hollyhock Garden Deck at 1:30 pm, returning at about 6:30.

OK 141317 13463 AVYKATOKES (230) 333-0730, WWW.141131 YI3163AVYYCIITAL63.00111					
AFTERNOON	SUNSET	BIOLUM	MISTY ISLES	MISTY ISLES	
PADDLES	PADDLES	PADDLES	MITLENATCH	DESOLATION	
Sun, May 13	Mon, May 21	Mon, July 23	Sun, June 03	Fri, July 20	
Fri, May 18	Mon, May 28	Sat, July 28	Wed, June 13	Mon, July 30	
Wed, May 23	Sat, June 02	Sat, July 30	Fri, June 22	Fri, Aug 03	
Wed, May 30	Thurs, June 07	Thurs, Aug 2	Wed, June 27	Wed, Aug 08	
Sun, June 03	Mon, June 11	Mon, Aug 6	Mon, July 02	Mon, Aug 13	

FOR MORE INFORMATION OR TO REGISTER CALL THE HOLLYHOCK STORE (250) 935-6576 OR MISTY ISLES ADVENTURES (250) 935-6756, www.MistyIslesAdventures.com

AFTERNOON	SUNSET	BIOLUM	MISTY ISLES	MISTY ISLES
PADDLES	PADDLES	PADDLES	MITLENATCH	DESOLATION
Wed, Jun 13	Sat, June 16	Sat, Aug 11	Fri, July 06	Fri, Aug 17
Mon, June 18	Wed, June 21	Thurs, Aug 16	Tues, July 10	Tues, Aug 21
Fri, June 22	Mon, June 25	Mon, Aug 20		Fri, Aug 19
Wed, June 27	Sat, Jun 30	Fri, Aug 24		Mon, Sept 03
Mon, July 02	Fri, July 06	Mon, Aug 27		Mon, Sept 10
Tues, July 10	Mon, July 09	Sat, Sept 01		Wed, Sept 26
Mon, July 16	Sat, July 14	Mon, Sept 10		
Fri, July 20	Thurs, July 19			
Mon, July 30				
Fri, Aug 03				
Wed, Aug 08				
Mon, Aug 13				
Fri, Aug 17				
Tues, Aug 21				
Mon, Sept 03				
Fri, Sept 21				
Wed, Sept 26				
Mon, Oct 01				
Fri, Oct 05				
Wed, Oct 10				
Mon, Oct 15				

ADDITIONAL SPECIAL EVENTS!

The Cortes Island Museum and Misty Isles Adventures team up to offer these spectacular natural and human history tours!!

- May 26th. The flowers are in bloom as the sea-lions growl on Mitlenatch! \$115 Tax included.
- June 20th. Peparting from Cortes Bay, Misty Isles will cruise through Pesolation Sound enroute to a Solstice Pinner at the Laughing Oyster Restaurant. Bring Pad along for Father's Pay! Cost is \$90 Tax included for transport only. Guests pay for their own meal at the restaurant.
- July 4th. A low tide exploration of the extensive reefs between Hernando and Savary Islands on this 1 foot tide. Mike will wear his snorkel gear to bring up creatures from the depths. \$115 Tax included.
- July 7/8th& July 28/29th. Two overnight trips to breathtaking Toba Inlet. At this time of the year we expect the waterfalls to thunder down the cliffs of this magnificent fjord cut deep into the mainland coast. \$345 Tax included covers meals and accommodations at Toba Wildernest.
- July 12th, Von Ponop Inlet Mother-ship trip. With kayaks loaded onboard Misty Isles, we'll head up to Von Ponop Inlet. Once there, we'll do a kayaking exploration of this historic Inlet on this relaxed guided paddle. Cost \$135 Tax included.
- July 19th. Leaving Squirrel Cove we'll head to Teakerne Arm and visit the Cassel Lake waterfall that Captain Vancouver's crew used as their spa. Cost \$115 Tax included.
- Aug 4th. The tides are right this day for Misty Isles to navigate the famous tidal rapids of Surge Narrows and The Hole In The Wall as we circumnavigate Maurelle Island. With its narrow channels and backdrop of mountains, this is a beautiful area to explore. \$115 Tax included.
- August 10th and 22nd. Puring late summer, the hundreds of yachts that visit Desolation Sound begin to head home and peace returns to this area of soaring mountains and warm waters. Captain Mike tells stories of the First Nations people, explorers and pioneers. ÷115 Tax incl.

Call the Museum at (250) 936-6340 or email at cimas@twincomm.ca to register.

Just a ferry ride away.....

Quadra Island Kayaks

Several tours daily Free pick up from the ferry Fun for the whole family

Local: 1 (250) 285-3400 Toll Free: 1 (877) 475-8687 email: info@quadraislandkayaks.com

Half Day Tour

This very popular tour will get you out to see some of Quadra's wildlife. The seals, eagles, porpoises and a vibrant intertidal life await. **Morning and afternoon departures** 69\$ adult 59\$ child (hearty snack included)

Full Day Tour

Join us for the ultimate Quadra Island kayaking experience. A full day of kayaking, beachcombing, swimming and wildlife viewing makes this a must do while visiting our island paradise.

85\$ adult 75\$ child (lunch included)

Sunset Paddle

Come for a paddle in the calm of the early evening. It's a perfect way to wind down your day with the everchanging sky and glowing mountains. As the wildlife settles in for the night, come and enjoy the magic of this Quadra Island ritual. 59\$ adult 55\$ child (hearty snack included)

Kayak Rentals

Get out on your own! Must have rescue experience Visit our shop the Yak Shak at 615 Taku road in beauti<u>ful Heriot Ba</u>Y







www.quadraislandkayaks.com

Cortes Fishing ADVENTURES

Guided Fishing

Boat Charters



If fishing is your thing, then these guided fishing trips are for you. Make your fishing dreams come true with half or full-day guided fishing trips to some of the best salmon-fishing grounds in the world! Whether you want to drop a line in any of the numerous remote inlets of Desolation Sound, fish around the islands or perhaps cruise over to the world famous fishing grounds of Campbell River, your guided fishing trip will be a trip of a lifetime!

These guided fishing trips are run by a professional, experienced guide with a fully-equipped boat. Your guide knows the area well, and he loves to be out there! So get your sun screen and sun glasses - let's go fishing!



The pristine waters surrounding Cortes Island offer some of the most breathtaking scenery and marine wildlife in the world. You could take a guided sightseeing trip south to beautiful Mitlenatch Marine Park, where there are two species of sea lions, seals, thousands of birds, and even cacti. Or how about taking a trip up into the unspoiled inlets of Desolation Sound, Canada. In the inlets' wilderness, you can see black bears foraging along the shore as they come out of hibernation. Along the way, enjoy the awe-inspiring view of the rugged and spectacular coastal mountain ranges. Closer up, see some of the amazing waterfalls which come straight down from the mountains and plunge directly into the ocean. Another phenomenal trip worth taking is the cruise to the memorable Cassel Lake Falls. Swim in the natural jacuzzi at the bottom of the waterfalls, shower in the falls or hike up to Cassel Lake.

There are so many beautiful places and so much amazing wildlife to see on this part of British Columbia's coast. We make all of our guided sightseeing trips custom to suit the needs and desires of each individual guest. Don't forget your camera! We offer a unique and affordable water taxi service between Campbell River on Vancouver Island and Powell River on the BC mainland, as well as all the islands in between, including Cortes Island. We are able to taxi up to four people per trip. We can even pick you up off of the beach, a service that other water taxis are unable to do. Making advanced bookings for water taxi service are advised, but we are there for you at a moment's notice!

Both vessel and operator are completely up-to-date with all Transport Canada safety and operating certification.

Romney Shipway is your professional fishing and sightseeing guide. He's local to Cortes Island, born and raised there. He has a love for community, the ocean and the tranquility of the islands and their surrounding environs.

The most affordable rates in the area... * Based on 2 Person Capacity Guaranteed!



250.202.3414

cortesfishingadventures@gmail.com

www.CortesFishingAdventures.com

Holistic Health Arts & transformational bodywork

Advanced Esalen®Massage • Cranial/Sacral Therapy Lymphatic Drainage • Essential Oil Treatments Raindrop Therapy • Ozone Steam

250.203.2643

jocelancoty@hotmail.com

A lifetime interest in Holistic Health prompted Jocelan to pursue deep training in several body disciplines, including Yoga, Reiki, Esalen massage, British Sports Therapy, Cranial Sacral Therapy, Lymphatic studies and the Science and Application of Essential Oils. All of these practices and more make up the comprehensive skill set that characterizes her unique approach to compassionate bodywork. SPRITUAL OVERVIEW: Life is full of interesting challenges and opportunities. If you would like to have a deeper understanding of your life path, karmic patterns, significant relationships and the important influences on your year, talk to Jocelan about an in-depth card reading

GOOD SOUL Foot Care

Barb Vosper, R.N. Certified Foot Care Nurse

Providing basic foot care:

- nail trimming
 skin care
 - corn & callous care

Service provided in your home For appointments, please call to leave a message 250-935-6420

Calls will be returned in the evenings

DEER HAVEN PRACTICE



RELAXING REIKI TREATMENTS

Receive energy, and let the balance in the body be restored.

Reiki is universal Life energy. It can facilitate relaxation, enhance self-healing properties, aid detoxification, enhance creativity, open the heart to receive and give love.

Reiki brings forth clarity – clarity of thought, of feelings, and makes clear what the body needs. When the mind is caught in a knot of thought, Reiki opens the space. Reiki can help people deal with worry.

Reiki connects you to who you really are – your essence. Reiki restores unity.

Reiki is being passed on by the hands. Clients are dressed and they are in a safe and nurturing environment.

Allow an hour and a half for adults, an hour or less for children and pets.

AWAY FROM HOME You may have a clearer vision on your life

- Are you satisfied with your life?
- Is there a balance between time and money, work and leisure, work and family?
- Is your life successful except for one thing?

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About Carina Verhoeve

Born in the Netherlands. Carina started practising Reiki in 1991. In 1994 she became a Reiki Master, or actually Master in Usui Shiki Ryoho. She has given treatments and taught classes ever since in Europe and Canada.

Carina Verhoeve has worked as a clinical psychologist, hypnotherapist, massage therapist, Reiki Master, life coach, teacher at The Academy of Life Design and dance teacher. She is also trained in the Work of Byron Katie, inner child work, grounding and Inner Light Consciousness.

Carina has had her own practice since 1984.



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She believes that everyday family life is a perfect opportunity for awareness and growth; that healing on a global scale begins at home, hinging upon our own individual and family healing. She invites and encourages her clients to explore their power and concrete possibilities for joy, meaning, enrichment and harmony in the relationships closest to their hearts.

Rosita's compassionate and peaceful loving presence provided me with a safe space for deep healing. She guided me gently into my feelings and into my heart's well of inner knowing. Her brilliant insights and practical advice gave me confidence in my ability to transform my problems into perfect opportunities to grow and mature.

- Anonymous, Cortes Island, 2012

For more information or to book your initial session, contact me at:

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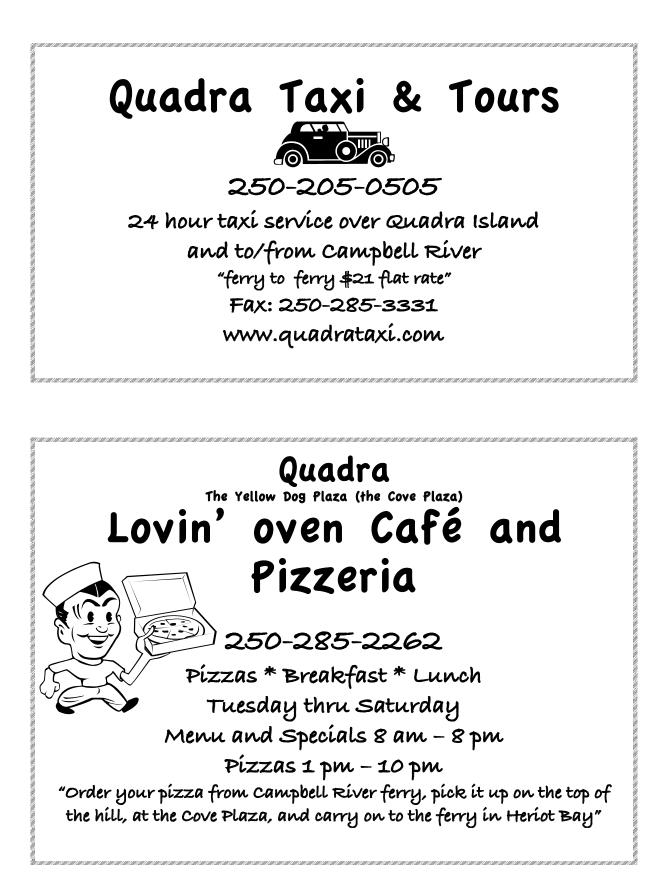
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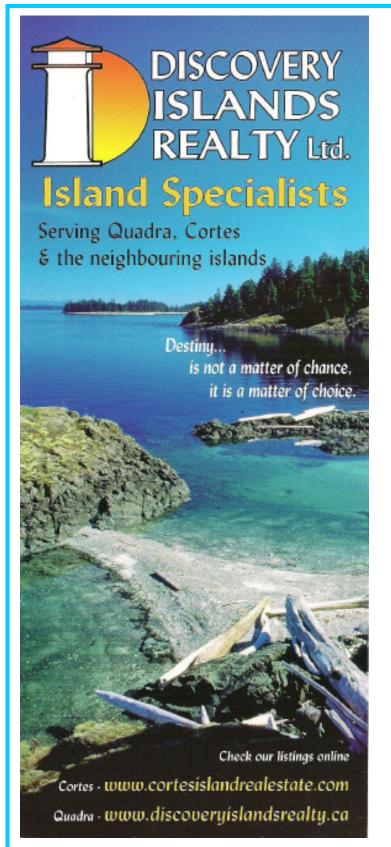
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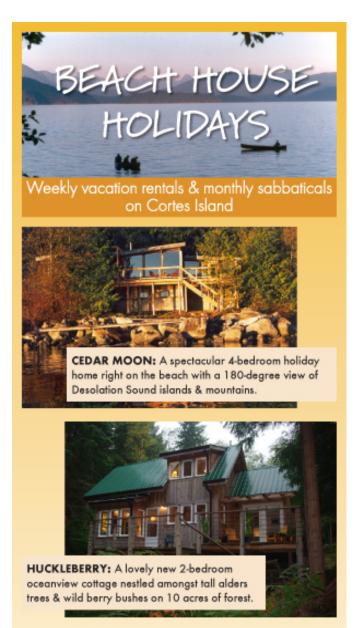
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