



Cortes Island Information 2014



Experience Cortes Island

DEAR VISITORS!

Welcome to Cortes Island!

Rex Weyler

I live on Hague Lake near Mansons Landing and the centre of southern Cortes Island. I feel fortunate to live by forest and water. I watch flicker and siskin in the cedars and hear the great horned owl at night. Thrush and vireo call in the veiled vastness. Cutthroat trout inhabit the lake. Wolves howl on winter nights, and raccoons venture out with their families for my scraps. I consider it a great blessing to live in this embrace of the wild and natural.

Between 100,000 and 10,000 years ago, glaciers moved down this coast, carved the lake and surrounding salt sea, dug out the softer rock, left behind granite outcrops, streaked with black basalt, and deposited smooth stones and fossils on the south side of islands and bluffs. When the ice receded, the lakes and sea filled with water. Seeds blew north, took root, and the great Coastal hemlock forest grew, creating the now-rich rainforest soil.

Over millions of years in evolutionary time, flowering plants dominated tropical climates and pushed conifers to the world's margins, such as this boreal coastline, one of the last regions of the world in which giant conifers endure in their grand majesty. These boreal rainforests support some 15,000 invertebrates and 10,000 fungi species. A survey on Vancouver Island found that a single square meter of forest soil may support 2,000 earthworms, 40,000 insects, 120,000 mites, 120,000,000 nematodes, and millions of protozoa and bacteria.

The people on Cortes Island tend to favour a lifestyle within this profusion of nature, the forest and sea. Cortes citizens operate a registered community forest project that provides local economy while preserving the wild forests. Desolation Sound, with the warmest ocean water north of Mexico, reaching 25°C in the summer, is a shellfish haven, one of the best shellfish growing sites in the world. Cortes oysters and clams are famous in restaurants in New York and Tokyo, and many residents make part of their annual income harvesting these shellfish, at their best in the cool winter months.

The people have spread out through the forest and along the shoreline, but typically cluster around five sheltered bays: Whaletown near the ferry landing, the Gorge in central Cortes, Mansons Landing lagoon on the southwest coast, and Squirrel Cove and Cortes Bay on the west side. The Klahoose community in Squirrel Cove, and their neighbours the Sliammon and Homalco, represent the indigenous people of this region. The water, islands, and coastline from Puget Sound to Cortes Island is known as the Salish Sea, in recognition of the original habitation and title of this land by the Coastal First Nations.

Near Mansons Lagoon, the community has preserved Kw'as Park, 70 hectares of fir, cedar, hemlock, and maple forests on Hague & Gunflint lakes. Some 15 hectares of this park remain as virgin old growth. The high ground supports pine, arbutus, and manzanita, and the varied ecosystems support fireweed, Nootka rose, swamp laurel, huckleberry, blueberry, salmonberry, and seemingly endless flowering plant varieties. At the north end of the island, Von Donop Inlet Park includes dramatic fjords and expansive tidal flats.

The varied habitats of Cortes support the rich fauna of this region, mammals, reptiles, amphibians, and birds. Two hundred and forty bird species, resident and transient, have been recorded on Cortes Island. Along the shoreline, one will see ever-present loons and grebes as well as the more rare Blue-winged teal and Northern shoveler. Harlequin ducks, Goldeneye, and Mergansers remain year-round. In the forest, Blue grouse are common, with Bald eagle and Turkey vulture overhead. In the spring and fall, the Kestrel and Peregrine falcon come through. In the summer, vireo, warblers, swallows, flycatchers and the Rufous hummingbird make Cortes their home.

The Cortes forests and wetlands support newts, salamanders, toads, and frogs, three species of garter snake, Alligator lizards, skinks, and sliders. In addition to the Grey wolf, and cougar, Cortes is home to marten, mink, otter, the Short-tailed weasel, and nine species of bats and myotis. Offshore, we see orca whales, dolphins, and occasionally Humpback and Minke whales.

The Cortes Museum in Mansons Landing is a storehouse of the island's geological, natural, and human history. My favorite community institution on Cortes is the Free Store, at our recycling centre, a place where anyone's old throw-away can become someone else's new prize possession, just the way nature does it.

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Dear Visitors,

I hope you find this book useful.

Please consider using the services of our advertisers, thus supporting this publication.

Editor

Gina Trzesicka

Contributors

Rex Weyler
Richard Trueman
Brent Petkau
Jurek Trzesicki
Bruce Ellingsen
Cali Waddell
Lorena Teames
... and others

Print House

Kask, Campbell River

Pictures on the Cover

Richard Trueman
Gina and Jurek Trzesicki

This Information Book

is for sale or on display in several places on Cortes Island:
participating vacation homes,
Natural Food Co-op,
Squirrel Cove Art Shop Co-op,
Hollyhock,
T'ai Li Lodge,
Cortes Museum,
Cortes Market,
and more...,
also in some locations on Quadra and Campbell River.

See us also on-line at:

< www.facebook.com/CortesIslandInfoBook >

< www.issuu.com/cortesinfobook/docs/cortes_book_2014 >

Ninth Annual Edition of the Cortes Island Information Book



EMERGENCIES

AMBULANCE / First Aid / Rescue	911
HOSPITAL (CAMPBELL RIVER)	250-850-2141
MEDICAL: Cortes Health Centre, 945 Beasley Road	250-935-6718
Monday - Friday: 9 am - 12 noon, 1 - 4 pm	
POLICE / RCMP	911
Non-emergency: Quadra Island	1-250-285-3631
Toll free	1-866-888-0088
FIRE (in-house)	911
Non-emergency: Mansons Firehall.	250-935-6779
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

SEARCH AND RESCUE Emergency Only, 24 hrs 1-800-663-3456

OTHER EMERGENCIES, HELP LINES and WEATHER - SEE LOCAL PHONE BOOK:
Local phone books <www.islandphonebooks.ca>
Note
- To call Quadra Island from Cortes – dial 1-250-999-9999
- To call Campbell River from Cortes – dial 250-999-9999 (considered “local phone”)

POST OFFICES

WHALETOWN VOP 1Z0 - at the Whaletown dock	
Monday, Wednesday, Friday	7:30-10:30 am, 1-4 pm
Tuesday (no mail in/out)	9-12 noon
Cut off for mail out	8:30
MANSONS LANDING VOP 1K0 - in Mansons Hall, Beasley Road	
Monday, Wednesday, Friday	7:30-11 am, 2-4:30 pm
Tuesday (no mail in/out)	9-12 noon
Cut-off for mail out	9:00
SQUIRREL COVE VOP 1T0 - in Squirrel Cove Store	
Monday - Friday	9 am-5 pm

BANK

Local bank, CCCU, 777 Sutil Point Rd, is closing this summer. The closest bank is on Quadra Island in Quathiaski Cove - CCCU, 657 Harper Road 1-250-285-3327
ATM machine on Cortes Island is located in Squirrel Cove Store. See ad page 30.
ATM machine is also soon coming to Cortes Market See ad page 33.

CORTES COMMUNITY WIFI SOCIETY

... offers computer and printer stations at the Squirrel Cove General Store, the Cortes Market, and the Cortes Natural Food Co-Op. Each computer station also has internet access, but the internet policies vary at the stores. Call Susanna at (250) 935-0347 for more info.

CORTES COMMUNITY RADIO CKTZ FM 89.5

TIDELINE

Local community website <www.cortesisland.com/cgi-bin/tideline/show_home.cgi>

MANSON'S LANDING, MANSONS' LANDING - OR MANSONS LANDING?

The name of our community refers to Michael Manson, a Shetland Islander, who, as the first European settler, pre-empted the land here and established his claim in 1886/87 (today's Mansons Landing Park area). Similarly, his younger brother John, in 1887, established what is known as Sunny Brae farm, owned today by his grandson, Mike. In 1893 Michael opened "Cortez Island" post office and became its first postmaster. The mail was delivered by Union Steamship Company of British Columbia, and "Cortez Island" post office became locally referred to as Manson's Landing post office, and - since 1904, when John took over - as Mansons' Landing post office, thus acknowledging both brothers. In 1941 the name was officially changed to Mansons Landing Post Office, as it stays today. Prior to European settlements original First Nations called that place Clytosin, meaning "water on both sides".

Geographical nomenclature, worldwide, is seldom a reliable reflection of 'proper' use of a language; linguistic form, grammatical rules, spelling, diacritics and even pronunciation are often disregarded by the name giver, and just as often altered over time. On this coast, countless place names have been anglicised from traditional languages, were incorrectly translated from the Spanish or French form given by early explorers and fur traders, or simply misinterpreted from creased and weather-worn journals, charts & sketches. Moreover, nowadays, many places are returning to original First Nations names, e.g. Haida Gwaii.

In Canada, since 1897, names on official federal government maps have been authorized through a national committee, now known as the Geographical Names Board of Canada (Natural Resources Canada). The Geographic Board of Canada first articulated rules and conventions for naming geographical features in 1898, amongst them:

"The possessive form should be avoided [wherever possible].
Where the possessive form is retained, the apostrophe should be dropped".

These and other 'Rules of Nomenclature' had been closely based on British Admiralty and Ordinance Survey best practices, meaning that mapping and charting considerations (i.e. clarity, legibility) were paramount. The instruction likely also reflected a lingering concern that a place name in the possessive form might (incorrectly) imply that the person owned or held title to the place. Many of the earliest rules for officializing and standardizing geographical names in Canada have been dropped; however avoiding the possessive apostrophe in place names is still a common convention in provinces and territories across Canada, and in federal agencies such as Canada Post, Parks Canada..., etc. Thus:

The proper legal name for our community is Mansons Landing (without apostrophe).

Information about the provenance of "Mansons Landing" is published on BC Geographical Names Office (GeoBC) website: <http://apps.gov.bc.ca/pub/bcgnws/names/34983.html>.

Similarly, we would not use an apostrophe when referring to Mansons Landing Park - a Provincial Marine Park established in 1974. Furthermore, the name of our island is Cortes Island, and not Cortez Island, as it was originally spelled in the name of the post office. The namesake was Spanish conquistador Hernando Cortes, spelled Hernando Cortez and Hernán Cortés with similar frequency on biographical websites.

Example of the correct mailing address, to the Canada Post standard:

PO BOX 221

MANSONS LANDING BC V0P 1K0

- all in capital letters, no dots, single space after Landing, double space after BC, and single space in-between the code groups.

Please note that until approximately 2002 there were no street addresses on Cortes. The house address was based on street name and written description - e.g. decorations, like "string of mussel shells" or "hydro pole number xxx."

Researched and written by Jerzy Trzesicki, Mansons Landing



PROVINCIAL PARKS

Parks of Cortes Island include **Smelt Bay Provincial Park** - the only park with camping facilities, **Mansons Landing Provincial Park**, **Von Donop Marine Provincial Park**, **Hank's Beach**, **Carrington Park**, and **Kw'as Park**. Some of them offer good trail networks.

WALKS

The Cortes regional parks system is a wonderful and growing network of trails and protected spaces including beach access trails, the Siskin Lane trail network, Hank's Beach, Carrington, and Kwa'as parks. Many small roads lead to private property - stay on trail and respect homeowners' privacy.

Some easy trails:

Siskin Lane trails - a network of easy trails thru Siskin forest, suitable also for bike rides.

Smelt Bay beach and trail - long walk along the beach. You can try from Hank's Beach to Mansons Landing - but this will take you a whole day. Check the tides before you go - and walk at low tide.

Some more difficult trails:

Kw'as Park trails - ecologically-diverse stands of new and old growth forest with some easy, some more challenging parts. You can include a swim with your hike at Swimmers Rock.

Green Mountain (240m) and **Easter Bluff** (180m)- moderately difficult - great views of BC coast.

There are many more trails to explore. Please see Trail Map brochure produced by **Friends of Cortes Island** with sponsorship by local businesses and available in local stores, including the map featured on previous page. You can also join Cortes Walking Group - walks start at Mansons Hall parking lot, 9:00 am, every Monday, Wednesday and Friday.

BEACHES

Hague Lake - sandy, family oriented beach. Park your car at the parking lot on Seaford Road, between motel and Mansons, cross the road paying attention to driving traffic when crossing the road.

Mansons Lagoon - sandy beach with big tidal differences at the end of Sutil Point Road.

Hank's Beach and Brigitte's Beach - small, but beautiful beaches, accessible on foot or by bike - leave your car at the parking lot at Bartholomew Rd.

Smelt Bay Beach - close to Smelt Bay Provincial Park, wide sandy beach, place of annual Sand Castle Day.

SHELLFISH

Beaches of Cortes Island - Mansons Landing, Squirrel Cove, Smelt Bay - are good places for collecting clams and oysters. You will need a small, long handled spading fork or shovel for digging in the sand, plus shellfish licence, available on-line <http://www.env.gov.bc.ca/bcparks/explore/fishreg.html>, - look for Tidal Waters Sportfishing License. You can also buy them in the Squirrel Cove Store. For taste of local shellfish, without digging, come to the **Oyster Festival in Gorge Marina Resort in May**, or **Hollyhock** dinner preceded with oyster barbecue (call Hollyhock to reserve your space - oyster BBQs are included with some dinners). For more information on Shellfish, see article on page 12.

BICYCLE

Bring your bikes to the island. See Trail Map brochure for trails suitable for bike rides, or... bike on the roads. You will notice that the island is full of hills and curves, making for a pleasant and a bit challenging ride. Tune or repair your bike on Cortes - see **Dandy Horse** ad on page 43. Take part in the **Third Annual Gorge-ous Bike Ride, Sept 13** - see posters for more information.

CANOE AND KAYAK

You can canoe and kayak on Hague and Gunflint lakes, also in protected waters of Mansons Lagoon. To explore more, contact your local guided tour providers - **Misty Isles** (see ad on page 34 and 36.)

LINNAEA FARM

... is a host of many activities throughout the summer - public disc golf courses, with golfers meeting every Friday at 2 pm and Dawg Dayz disc golf tournament in August, farm tours, local branch of VIRL library, and much more. For more information email info@linnaeafarm.org or call 250 935 6747.



SAND CASTLE DAY ON CORTES

photos by Richard Trueman



EVENTS

These events are usually posted on the bulletin boards at the stores, Manson's Hall, and at the post offices. They are also announced on Tideline: www.cortesisland.com/tideline, and in the Cortes Marketer, the weekly flyer available in the Cortes Market.

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, food, fish. Meet the artists and craft people.

Seafest - Oyster Festival - Saturday, May 17, this year in the Gorge Harbour Marina, 11:30 am - lots of fun, music, delicious food - all welcome! Come early! Come on empty stomach!

Creative Spaces: Garden and Studio Tour - Saturday, June 28, 9:30 am - 5:00 pm. Fundriser for the Cortes Museum and an opportunity to visit local homes, studios, and gardens.

Cortes Day - Saturday, July 19 (date subject to weather). Fun for all! Parade starts at 10:30 am at 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.

Sandcastle Day - Sunday, August 10, Smelt Bay Provincial Park. Lots of fun for kids of all ages! Come and build a structure on the beautiful sand beach at Smelt Bay. Registration at 9:00 am. Bring your tools. Judging between 12:00 noon and 1:00 pm Prizes! See photos on previous page.

Old Schoolhouse Art Gallery in Whaletown - Fridays 6 to 9, Saturdays and Sundays 2 to 6, from June to August, offers exhibits of local artists. Check bulletin boards for dates and shows.

Gorge-ous Bike Ride & Fun Run - Saturday, September 13, Gorge Harbour Marina Resort, one night free camping with race registration. Come and challenge yourself on an epic mountain bike ride thru the pristine forests of Cortes Island. See <www.facebook.com/gorge.ousbikeride>.

Youth Programs - check dates on the Tideline: www.cortesisland.com/tideline

Thursdays, Gorge Harbour Marina Resort, 7 pm - local musicians perform at the Oceanside Campfire.

Quadra Island Studio Tour - second weekend of June. Visitors can check out the artist's studios, where they work in blown glass, stone sculpture, pottery, photography, printmaking, painting and other media. Great opportunity to meet the creative people and explore Quadra Island.

FIRE AWARENESS

We are a small island covered with trees and one of our greatest concerns is fire, especially during summer season. We have volunteer fire brigades with fire halls in Mansons 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 not 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.



FERRY SCHEDULE

There are 2 ferry crossings between Campbell River and Cortes Island.

- » **10 minute** crossing between Campbell River and Quadra Island, Quathiaski Cove - onboard the Power River Queen (85 m in length, capacity: 68 cars and 400 people), and
- » **45 minute** crossing between Quadra Island, Herriot Bay and Cortes Island, Whaletown - onboard the Tenaka (47 m, 30 cars, 150 people)

You pay for a round trip at the Campbell River terminal. Mention your destination - Cortes. You will be directed to lane 7 and given 2 tickets. The second ticket will be collected at the Cortes ferry boarding. You do not need to show your ticket for the return trip.

In-between, you will have to cross Quadra Island for an 8 km distance. There is just enough time left to make it. Keep in line, though, and try not to overtake others. Going to Cortes, from Quathiaski Cove, go uphill, then left at the village plaza, then right, and left again at the RCMP detachment, and due north straight to the Cortes ferry. There are signs along the way.

Those without a car could either ask a Cortes-bound motorist for a ride, use **Cortes Connection** - page 31, or arrange for a taxi ride - **Quadra Taxi** - page 39. For more adventurous - use **Discovery Launch water taxi** from Campbell River - page 40, or fly **Corilair** from Vancouver or Campbell River - page 38. Check also **Lund Water Taxi** - page 41, as you may come to Cortes from Sunshine Coast. For more info - see **TRANSPORT** on page 42.

While waiting for the ferry from Cortes to Quadra at the Whaletown terminal - have a coffee break at the **Lloyd's Family Take-out!** see next page.

Before planning your trip, please verify the schedule at:

<www.bcferries.com/schedules/northern/> .



Campbell River-Quadra - Monday to Friday

Leave Campbell River		Leave Quadra (Quathiaski Cove)	
6:40 am	Except Dec 25 & Jan 1	6:15 am	Except Dec 25 & Jan 1
7:30 am	Except Dec 25 & Jan 1	7:05 am	Except Dec 25 & Jan 1
8:30 am		8:00 am	
9:25 am		9:00 am	!!
10:25 am	Except Tue (DC)	9:55 am	
11:25 am		10:55 am	
12:25 pm		11:55 am	
1:25 pm		12:55 pm	
2:45 pm		2:15 pm	
3:40 pm		3:15 pm	
4:40 pm		4:10 pm	Except Tue (DC)
5:45 pm	*Last connecting to Cortes	5:15 pm	
7:00 pm		6:30 pm	
7:55 pm		7:25 pm	
8:55 pm		8:25 pm	
9:55 pm		9:25 pm	
10:55 pm	Fri & Sat only	10:25 pm	Fri & Sat only

DC Tuesday - Dangerous Cargo. No passengers permitted.

!! 9:00 am sailing from Quadra is a popular commuter crossing

* Catching this sailing does not guarantee space on 6:45 to Cortes

Sat to Fri schedule is slightly different - check BC Ferry website

Quadra-Cortes - Monday to Friday

Leave Quadra Island (Heriot Bay)		Leave Cortes (Whaletown)	
9:05 am	Except Dec 25 & Jan 1	7:50 am	Except Dec 25 & Jan 1
11:05 am	Except Tue (DC)	9:50 am	
1:05 pm		11:50 am	
3:20 pm		1:50 pm	Except Tue (DC)
5:10 pm		4:05 pm	
6:45 pm		5:55 pm	

Quadra-Cortes - Saturday to Sunday

Leave Quadra Island (Heriot Bay)		Leave Cortes (Whaletown)	
8:45 am	Except Sundays	7:30 am	Except Sundays
10:45 am		9:30 am	
12:45 pm		11:30 am	
2:45 pm		1:30 pm	
4:35 pm		3:40 pm	
6:20 pm		5:20 pm	

LLOYD'S SEASONAL FAMILY "TAKE-OUT"
260 HARBOUR ROAD, WHALETOWN
(ADJACENT TO THE VEHICLE LINE-UP FOR THE FERRY)

SEASON RUNS MAY 19TH TO SEPTEMBER 13TH, 2014

HOURS OF OPERATION: 9:00 A.M. – 5:00 P.M.

MAY & JUNE: MONDAY TO FRIDAY
JULY, AUGUST & TO SEPTEMBER 13TH: MONDAY TO SATURDAY



MENU

-A VARIETY OF HOT AND COLD DRINKS, INCLUDING EL SALVADORAN COFFEE FROM "BECCA'S BEANS" AND DIFFERENT TEAS INCLUDING ORGANIC ROOIBOS CHAI AND HONEYBUSH FROM THE "GATHERING PLACE", AS WELL AS LOCALLY BAKED GOODS AND PRE-PACKAGED SNACKS-

-ENJOY THE VIEW FROM OUR DECK WHILE WAITING FOR THE FERRY-

Please note that this is not a commercially zoned operation so no fast foods, such as hamburgers and fries, are served from this location. There are also no public washrooms.

SHELLFISH

“When the tide is out, the table is set”. These simple, yet profound words best describe what is very special about living in a community such as Cortes Island.

May we never take for granted that for twelve months of the year, seven days a week, more or less 24 hours in a tide, this community has access to one of the world’s greatest sustainable resources..... shellfish of almost every size, species and quality.

Some communities in the world have their mangoes, avocados or pinot noirs in their backyards. We on Cortes Island, have shellfish. Aren’t we lucky!?

“Merroir meets Terroir” - So what do Cortes Island and the finest wine producing regions of the world have in common? Answer: A natural environment that produces distinctive premium quality wines and shellfish.

The French word “terroir” describes the total natural environment of any viticultural site. Major components of terroir are SOIL (as the word suggests), and local TOPOGRAPHY, together with their interactions with MICROCLIMATES. The holistic combinations of all these factors give each wine producing area its own unique “terroir”.

Well, the same exciting concept applies to our own oysters, clams, mussels and scallops. But with a slight twist. Instead of terroir we have “merroir”, a recently created French word that speaks about the sea instead of the soil.



To follow up on this concept of “merroir”, an oyster grown in a “suspended” deep water oyster lease, such as what you find in the Gorge Harbour, will taste totally different from a “beach culture oyster”. This is because the deep-water oyster is suspended, mouth wide open, eating 24-hours in a day, 7-days a week, never coming in contact with flavours that are derived from minerals in the soil from the bottom of the sea.

And as microclimates change throughout the different seasons, treat yourself to the knowledge that the shellfish flavours will be forever changing. Try eating an oyster during the “spawning” season, when the oysters are fully engaged in making love. The creaminess, the metallic flavours, the lusty after-taste.... is what oysters in July or August are all about. As for the taste of oysters during Valentines’ Day... their licentious reputation is well earned in science, folklore, mythology and the bedroom. Or in spring, an oyster seems to taste like kiwi fruit....or freshly picked lettuce.

Just as a concept such as “merroir” can open up our palates to better appreciate the potential that is in each oyster, clam, mussel or scallop, every month of the year, so too does the notion of using bioregional resources that are right here in our own backyards affect how we view the world around us. When Shakespeare spoke about “Making the World your OYSTER”, he was probably speaking about the potential that is in everything. Sourcing local sustainable food on this island, discovering our own “potential” is kind of like... Polishing the Pearl... that is before the swine.

We are what we eat!

Red Tide

Yes, eating locally involves some risk. Anything worth doing usually does.

Bivalves feed on several species of planktonic algae that contain natural toxins. These toxins do not appear to harm the bivalves, but they render certain shellfish toxic to humans. The most commonly known toxin is PSP or paralytic shellfish poison, which is caused by blooms of various algae. Under certain conditions, explosive blooms of a phytoplankton type known as dinoflagellates may occur, colouring the sea greenish, yellow or most commonly, red.

PSP is not a new phenomenon and occurs all over the world, at very different times of the year.

And so, prior to harvesting and consuming local shellfish, consult Fishery notices at www.env.gov.bc.ca/bcparks/explore/fishreg.html (where you also can purchase a licence), or contact a local shellfish producer who can pass on additional local knowledge concerning red tide closures.

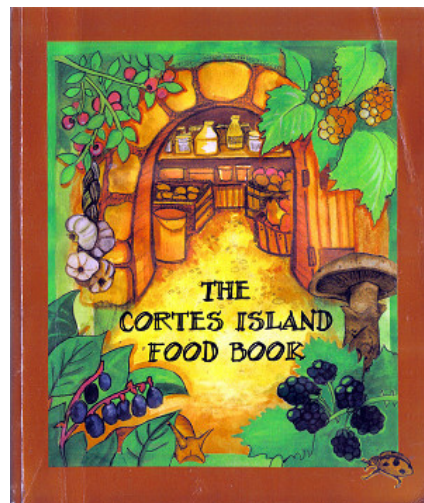
Nutritional Notes:

Psssst..... OYSTERS are Aphrodisiacs. Don't tell anyone. If you buy into the idea of aphrodisiacs, then you buy into the idea of local oysters being nutritious love food.

Champagne, Leeks & Oysters

This recipe is from Cortes Island Food Book, where you can find more shellfish recipes, and more recipes with local ingredients.

- 16 medium to large Cortes Island oysters
 - frilly lettuce leaves
 - 2 Tbsp shredded leeks (chop very fine)
 - 50 ml. champagne or sparkling wine
 - 50 ml. cream
 - 2 tsp lemon juice
 - freshly ground black pepper
 - 50 grams butter (1/4 cup)
 - 1 lemon, cut into wedges
- » Scrub oysters clean with a brush. Shuck oysters and remove from shell. Place oyster shells on a platter and if available, use 2 cups coarse rock salt for decorative purposes and to hold the oyster shell in place on the platter.
- » Break lettuce leaves and arrange a small portion in each shell, frilly edge poking decoratively over the edge of each shell.
- » Bring champagne to boil in a frying pan, add leeks and cook for a few seconds.
- » Put oysters in pan for 1 or 2 minutes, just enough for the oyster frill to start curling up. Remove oysters and keep warm.
- » Add cream to pan and bring to boil. Add lemon juice and black pepper.
- » Remove pan from heat and whisk in butter, a small piece at a time. Return oysters to the pan and bring pan to heat, being very careful not to boil.
- » Place an oyster in each shell with a little sauce; serve with lemon wedges and brown bread. Drink the leftover champagne. Cheers!



Adapted from Cortes Island Food Book

Written by Brent Petkau, the Oysterman, long time Cortes resident

The Cortes Island Food Book is available for purchase on www.theoysterman.com website

CORTES ISLAND WOMEN

Cortes Island Women came into being in 1924 when a group of women on Cortes Island decided to join The Women's Institute of BC.

The Women's Institute was started in Stoney Creek, Ont. in 1897, when wives of the members of the Farmers' Institute decided that they needed a place for the women to meet to share their ideas on food, cooking, healthy eating, sewing, knitting, and crafts. It was the only way many women in rural areas could spend time with each other - sewing, knitting, and talking. Over the years it evolved into a way to fund-raise for projects that were important for the different areas. Branches of WI were started in England and Wales in 1915 and there are now branches all around the world.

The women of Cortes remained part of WI until the fees were raised (per member) in 2000; then they decided that the money would be better spent here on the island. So they left WI and formed Island Women. At the time it was difficult to raise a lot of money and there were many projects where the money was needed. Also the board members were required by the WI to travel to Campbell River and Powell River for meetings once or twice a year; this was an unnecessary expense.

The membership has usually consisted of 20-25 members but has now declined to about 6 and we only meet about once a year.

Over the years the funds raised have gone for bursaries to graduating high school students to further their education, school field trips, help in the printing the school year book, junior baseball team, and public school playground equipment. Monies were also given to the health clinic for furnishings and medical equipment, Whaletown Community Club for the piano, and Manson's Hall for the plumbing. The Teen Scene, Tweenies, Food Bank, and Seniors have also been recipients of funds. Island Women also acquired crutches and walkers for the clinic. Years ago food hampers and cash were given anonymously to families in need; anonymous to avoid embarrassing the recipients.

Over the years funds were raised by having tables at the Christmas Bazaars at Manson's and the Gorge where crafts and baking were sold; the baking was always sold out. At Easter we decorated and filled Easter Baskets with candy donated by the stores in Campbell River. Basket decorating day was always filled with laughter and admiration of the beautiful baskets covered with flowers and ribbons. Now funds are raised by having two food hampers that are raffled at Christmas and the funds are still distributed to charities on the island.

The membership list for 1997-1998 was a regular who's-who of the island - Sadie Bailey, Mary Brown, Brenda Chappel, Rose Corley, Cathy Coulter, Flo Dickson, May Ellingsen, Penny Hansen, Del Hendon, Margaret Juene, Maryann McCoy, Kathleen Neill, Peggy Newsham, Rosemary Sanders, Mae Sherwood, Lorena Teames, Bev VanOs, Joanne Weyler, Rose Whittaker, Lorraine Stern, Maureen Mardell, Sue Hutchings, Lynn Finnerty, Gloria Jorg, and others.

Over the years Island Women have quietly gone about the task of helping the residents of this island without any expectation of reward or recognition. Thank you to all of you.

Written by Cali Waddell with information given by Lorena Teames.

Marnie's Books

In the heart of
Manson's beside the
Co-op Café & Bakery
and the Cortes Natural
Foods Co-op



Come in for books, games,
art & craft supplies and
unique upcycled clothing!

HOURS

Noon to 5PM

OPEN

- **Summer & December** -
open every day
- **Rest of the Year** -
Monday, Wednesday, Friday

- ✓ BOOKS
- ✓ ART & CRAFT SUPPLIES
- ✓ GAMES FOR ALL AGES
- ✓ UPCYCLED CLOTHING

Contact

Phone: 250-204-8228 | 250-935-0212

Email: marniesbooks@gmail.com

Location: Manson's Landing

EATING OUT

At the time of printing this book Cortes has one restaurant, a cafe, three take-outs... They offer mostly organic food with many items on the menu coming from Cortes produce. A great place to get something to eat&go are also weekend markets in Mansons, Squirrel Cove and Gorge Marina. Below are listed places to sit down and eat on Cortes, plus more...

Hollyhock

Mansons Landing, south end, waterfront, reservation required, seasonal, beautiful garden. Vegetarian and seafood, no liquor license, but you can bring your own wine.

» See ad on page 22 250-935-6576

The Floathouse Restaurant

Gorge Harbour Marina, Whaletown, waterfront, liquor license, seasonal.

» See ad on page 32 250-935-6631

Market Take-out

Mansons Landing, next to Cortes Market, seasonal.

Burgers, tea, coffee, ice cream. 250-935-0075

Cortes Market

Mansons Landing, 809 Sutil Point Road, open year-around.

Awesome sandwiches, local baking, outsourced calzones, samosas, sausage rolls and meat pies.

Coffee & tea, organic espresso, cappuccino and latte.

» See ad on page 33 250-935-6626

Squirrel Cove Take-out

Squirrel Cove, next to Squirrel Cove Store, seasonal.

Affordable fast food menu with difference: local seafood, gluten free items, burgers of all kinds, kids' favs, and much more!

Cortes Co-op Bakery

Mansons Landing, 800 Sutil Point Road, next to Co-op store, open daily, year-around.

Coffee & espresso, locally baked goods, mostly organic ingredients, inside and outside sitting.

» See ad on page 20 250-935-8577

Lloyd's Seasonal Family "Take-out"

Next to Cortes ferry, 260 Harbour Road, Whaletown, Mon to Fri, 9 am – 5 pm, seasonal.

Beverages, baked goodies, snacks, limited outside sitting. Nice to visit any time, perfect time for a coffee while in the ferry line-up.

» See ad on page 11

Untamed Tomatoes Catering

If you do not feel like going out, but have a big (or small) event in mind, check our Untamed Tomatoes food catering service for great food brought to your doorstep.

» See ad on next page 250-935-0347

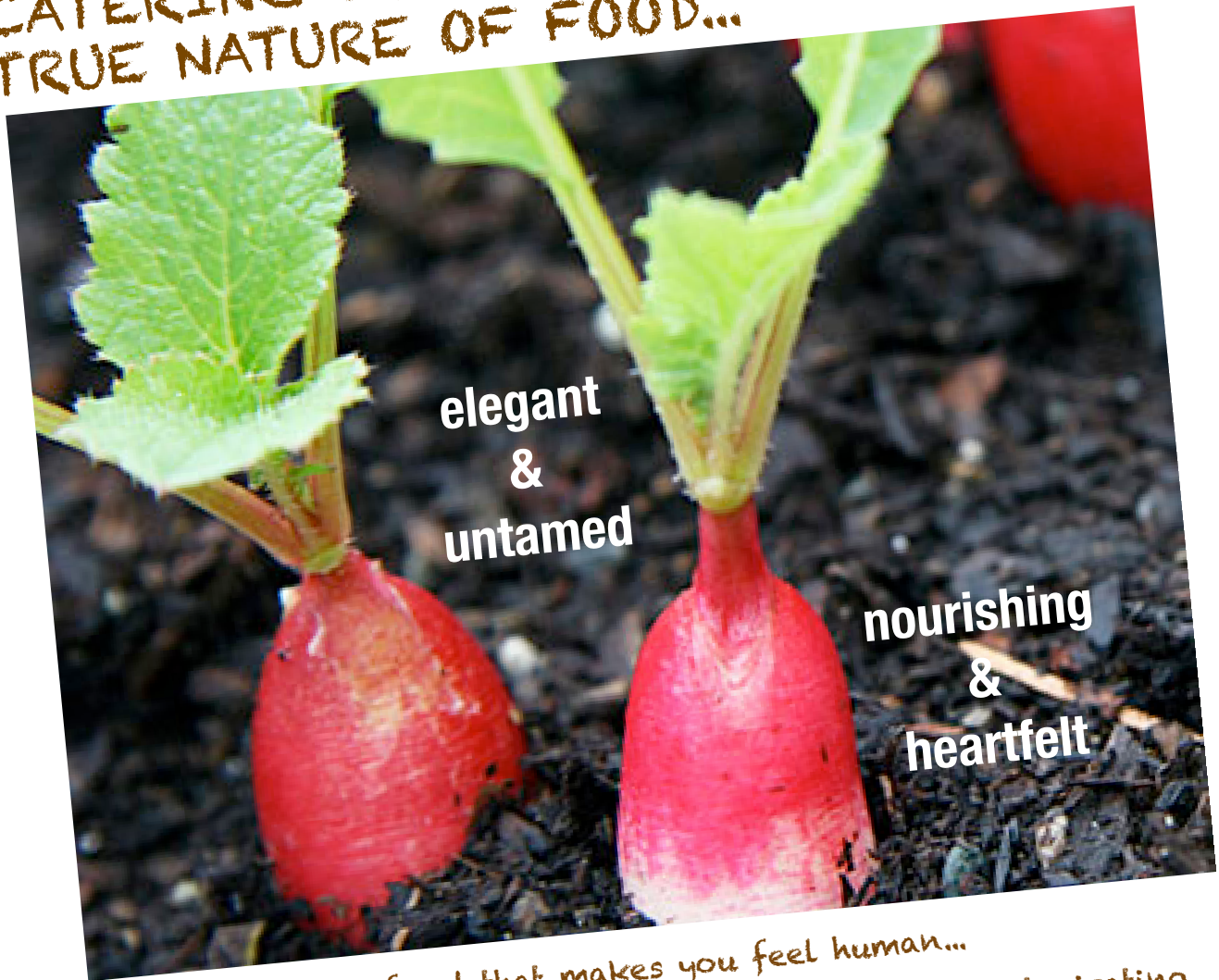
Quadra Lovin' Oven and Pizzeria

While on Quadra have your meal in a beautiful pizzeria with a wide selection on the menu, located in the Cove Plaza, 5 minutes from the ferry terminal in Quathiaski Cove.

» See ad on page 39



CATERING FOR THOSE WHO VALUE THE TRUE NATURE OF FOOD...



Providing you with food that makes you feel human...

Cooperative menu design, from tempting appetizers to intoxicating desserts...

We are three whose friendship has been forged over good food, gardens, and our common affinity for nature's grace.

With shared enthusiasm for the deep meaning of food, we thrive on showcasing the humble beauty in every bite.

Kate • Heidi • Kristina

Integrating our own unique styles, we draw on over 15 years collective experience, catering community events, creating feasts from the wild, and cooking at a variety of retreat centres and restaurants, locally and internationally.

Contact us to create a special meal for your intimate dinner party or big event.

untamedtomatoes@gmail.com
Kristina (250) 935-0347

SHOPPING

There are four grocery stores on Cortes, with more than just groceries:

Cortes Market in Mansons Landing, with amazing assortment of groceries, beer and wine, and household, hardware and personal care products. 250-935-6626, see ad page 33.

Cortes Natural Food Co-op in Mansons Landing, with fresh, organic, local vegetables, bakery with products baked on premises, local crafts and more. 250-935-8577, see ad page 21/22.

Squirrel Cove Trading Co. Ltd in Squirrel Cove, with fresh vegetables, beer and wine, marine and hardware supplies, gas, and more. 250-935-6327, see ad page 30.

Gorge Harbor Marina in Whaletown - grocery store, wine and beer, gas.

For local crafts, art, books, gifts and more check:

Hollyhock Store in the south end of Mansons offers large selection of art and craft products, beautiful clothing and interesting books. 250-935-6576, see ad page 22/23.

Cortes Museum in Mansons offers books by local writers and on local topics, postcards, local arts, plus it is also a Tourists Booth. 250-935-6340, see ad page 19.

Cortes Craft Shop Co-op in Squirrel Cove offers large selection of local arts and crafts, see ad page 24.

Marnie's Books and Homespun in Mansons, next to Cortes Natural Food Co-op, offers interesting selection of books and local crafts. 250-204-8228 or 250-935-0212, see ad on page 15.

Cortes Health Centre in Mansons - check their pharmacy for products not found in grocery stores.

Farmers Markets in Mansons, Squirrel Cove and Gorge - see more info on page 9.

LOCAL PRODUCE

You can get local products in the local stores in Mansons (Cortes Market, Food Co-op), Squirrel Cove (Trading Company) and Gorge Marina Store - Becca Coffee, frozen salmon, tuna, oyster and salmon cans. Linnea Farm, Food Co-op and weekend markets are good places to get fresh, island vegetables.

KLAHOOSE FIRST NATION

For information on Klahoose First Nation, aboriginal people of Cortes Island, see < www.klahoose.org >.

CORTES BODYWORKS

There are wonderful yoga and bodyworks studios on the island. While on Cortes why not indulge yourself and take a session or two with local practitioners? See ads on pages 26-29 and check Hollyhock, ad page 22.

THE GATHERING PLACE TRADING COMPANY

...is a family owned business located on Cortes Island. The company is committed to organic farming, sustainability, and social responsibility. Look for their products (*from family or cooperative farms in developing countries*) in local stores, on-line at < www.gatheringplacetrading.com >, or call 250 287 7571.

RECYCLING AND GARBAGE PICKUP

Cortes Recycling Centre is located at 1300 Squirrel Cove Road. Garbage pickup is on Saturday - please place your bagged garbage before 9 am in an animal proof container at the beginning of your driveway, or bring it to the Centre - you can then visit our **Free Store!** Your recycles (paper, glass, metal, plastic), sorted, will be picked up on the same day. Check < www.cortesrecycles.ca >.

CHURCH SERVICE

There is Anglican church service every second Sunday at 2:30 in the Church St. Saviour by the Sea (Cortes Bay). Occasionally there is also church service at Whaletown Church - please refer to Cortes Marketer and Tideline notices.



Cortes Island Museum & Archives Society

957 Beasley Road
Box 422 Manson's Landing BC V0P 1K0

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

cimas@twincomm.ca

www.cortesmuseum.ca



The **Museum Building** is history itself. It served as the local store next to the dock at Manson's Landing from 1940 until 1995 after the lagoon area was designated as 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.

Exhibits showcase the **History of Cortes Island** and include a pioneer kitchen, local birds & mammals, a fishboat model, **First Nations Artifacts** 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 **Museum Shop** sells books, art cards, CDs, and some local art and handcrafts. In addition, the Museum's Comfy Corner has many albums of old photographs and stories from early settlers. Come in, relax, and browse.

The Museum sponsors **Periodic Special Events** such as "Walks and Talks" and "The Creative Spaces - Gardens, Studios & Workshops" tour in mid-June that are advertised on local bulletin boards, and in the weekly Cortes Marketer.

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
with maps, brochures and magazines
(available always on the covered porch)**

The Museum's **Heritage Garden** preserves pioneer plants. Heritage roses transplanted from old homesteads bloom with other plants such as wisteria, and old-time apple trees. This garden reflects settlement history on Cortes, featuring a range of plants introduced to island gardens before the 1950s. 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 or www.cortesmuseum.ca. Phone or visit the Museum for details or to register.

Fresh • Local • Organic

STORE

The Cortes Natural Food Co-op

is a full-service, member-owned grocery store.

You don't have to be a member to shop ~ *everyone is welcome!*

- Fresh, local & organic produce
- Local & organic eggs
- Dairy & cheeses
- Local salmon & tuna
- Organic & local meat
- Bulk foods
- Local crafts & gifts
- Vitamins & health products
- Body care products, tinctures & remedies
- Household products
- The latest DVDs for rent
- Ice cream, snacks & treats



"Visit the Heart of the Village"

Summer Store Hours:

9AM to 8PM Daily 10AM to 7PM Sunday

250-935-8577

Everyone Welcome

CAFE & BAKERY

The Cortes Co-op Cafe and Bakery

is the place to meet friends, enjoy great coffee and tasty treats
and pick up freshly baked bread.

- Fresh bread & baked goods
- Local & organic ingredients
- Daily breakfast & lunch specials
- Comfortable seating
indoors & in courtyard
- Locally-roasted coffee
& espresso drinks
- Regular summer events
- Gluten-free & special diet options
- Wi-Fi available
- Pizza on Friday evenings



CORTES
NATURAL FOOD
CO-OP



Downtown Mansons Landing

Summer Cafe Hours:

9AM to 5PM Daily (except Sunday)

250-935-6505

**COME TO HOLLYHOCK
FOR THE DAY TO PLAY
AND ENJOY**

**Sumptuous Gourmet Meals
Scenic Dining Terrace
Fabulous Bodywork**

**Ocean-View Hot Tubs
Spectacular Garden
Kayak & Cruise Excursions
Forest & Beach Walks
Unique Gift Store**

DELUXE HALF-DAY ISLAND SPECIAL

**CALL HOLLYHOCK TODAY
250.935.6576 x221
or 800.933.6339**



**A DAY AT
HOLLYHOCK**



Canada's Lifelong Learning Centre

Cortes Island, BC
hollyhock.ca



Manson's Landing,
Cortes Island, BC
Telephone: 250.935.6576 x221
or 800.933.6339
hollyhock.ca



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DELUXE HALF-DAY ISLAND SPECIAL

Only \$105 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.



REJUVENATING BODYWORK



GOURMET MEALS



ENJOY THE ORGANIC GARDEN



KAYAKING

* 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.



KAYAK AND CRUISE EXCURSIONS

Guided adventures to some of the most spectacular places on the coast. No experience required.
Afternoon Cruise, 1:30 – 6:30pm, \$98/person, plus tax.
Afternoon Paddle, 1:30 – 5:30pm, \$85/person, plus tax.
Sunset Paddle, 7:30 – 10:30pm, \$75/person, plus tax.
Call for details and schedule.

* DAY USE FEE FOR VISITORS

\$20/person/day, plus tax, 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

Cortes Island Craft Shop Co-op Squirrel Cove Opening Day May 17



Spring Schedule: May 18 - June 22
weekends, 12 - 4pm
June 23 - 29, everyday 12 - 4pm

Summer Schedule: June 30 - August 31
everyday 10 - 5pm

Fall Schedule: Sept. 1 - 14 everyday, 12 - 4pm





Lisa Gibbons Fine Arts Studio



Tel:(250) 935 0005

lisaweylrgibbons@gmail.com

www.salmonberry.ca/lisagibbons/

Facebook: Lisa Gibbons Fine Art

- Summer program for children
- Mixed media classes
- Cards, prints, originals and commissions
- Art Studio available for group rentals

Hot Yoga

... in Whaletown

Hot Yoga is the safest and fastest way to change your body increasing flexibility, strength and balance.

The yoga studio is heated with high humidity to warm your body and increase circulation. This allows for deep stretching, injury prevention and reduces stress and tension.

The practice is self paced,
beginners are
welcome.

We practice every day,
- please call ahead to
reserve your space.

Admission is by
donation.

Namaste.



Where: 1416 Robertson Road

Times: Daily

RSV: 935-6728

By Donation

Holistic Health Arts & transformational bodywork

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

250.203.2643

jocelancoty@hotmail.com

BODYWORK: 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.

CARD READINGS: 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.

HOLISTIC WELLNESS SERVICES

GUIDANCE, COACHING & HEALING ARTS
WITH FIONA ANNE YOUNG, B.Ph.Ed.



**RELAX, UNWIND, REJUVENATE
& LIBERATE YOUR POTENTIAL**

Energy Healing:

Deeply Relax, Transform, Clarify, Harmonize & Uplift

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Personalized Combinations or chosen focus upon: Thai Yoga Massage, Swedish, Deep Tissue, Lomi Lomi, Sports Massage, Deep Relaxation, Reiki, Fascia Release, Cranio-Sacral Therapy & more...

Wonderful Thai Yoga Massage treatments offered for Pre & Post Natal Mothers

EXPERIENCE THE BENEFITS OF LONGER 2 – 3.5 HOUR SESSIONS

Transformational Guidance, Coaching & EFT:

Do you want to experience greater health, happiness, peace, presence & fulfillment in your life? Would you like to better manage stress, harmonize with your heart & integrate more Self Care & Awareness in your day to day? With a very holistic, compassionate, practical, uplifting & insightful approach, I offer assistance in resolving inner obstacles to realizing ones radiance. With dedicated presence I'm here to inspire, support & empower you to let your light shine & energize radiant health. Whether to establish a more healthy lifestyle, heal & enhance specific areas of your life, learn meditation, yoga, qi gong or clarify & fuel your passions, it's a joy to assist your flourishing!.

Personalized Programs & Distance Healing Sessions

Available thru Skype & Phone (supported with Email)

WHAT CLIENTS ARE SAYING...

"Fiona has helped me to heal deeply in some areas that were very sensitive. Her profound listening and heart-oriented ways helped me to feel comfortable enough to let it go and cry what was there and release it once and for all. In four months of 2 hour weekly sessions, I felt the equivalent of years of psychotherapy and more. You will see at the first session!" Jacques

"Fiona is an extraordinary body worker and healer -- embodying that rare combination of technical expertise and understanding of the body, with deep caring presence and a very refined skill in working with energy. She has a wide range of modalities in her medicine bag, and the capacity to adjust her work very well to each individual's needs." Judith Ansara & Robert Gass, www.sacredunion.com

"I HIGHLY RECOMMEND Fiona Young! I have received the most divine sessions from her and can't praise her work enough! You just have to experience for yourself." Samantha Fox Olsen, Yoga & Fitness Teacher

"Fiona is a true healer deeply rooted in service with a gigantic heart! I highly recommend you get loved up by her!" Amber

"That was the most fantastic bodywork I've ever experienced! Everything was off the charts AMAZING!!!" Helene

Providing effective & personalized Holistic Care, Fiona facilitates deep relaxation, transformation, radiant health & vitality. Originally from New Zealand, Fiona has more than 15 years experience in the Healing Arts, as well as a University Degree focused on Health & Wellness. Her work is known to be very nurturing, intuitive & thorough, with a popular integrated approach. Ask about her special introductory offers & learn more on her website.



For more information & to make a booking...

Contact Fiona on 250.891.7182 (mobile) or
Email: fionalove108@gmail.com

www.RealizingRadiance.com



WELCOME TO SQUIRREL COVE!

We have many amenities and services for you at Squirrel Cove. **The General Store** has everything from fresh fruit, vegetables, organic and regular meat, dairy and baking, ice-cream cones, chocolate bars, chips and pop, and ice. Our meat is grass fed and we carry many gluten-free products.

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

Our newest addition is **THE FLYING SQUIRELL TAKE OUT**. And affordable fast food menu with difference: local seafood, gluten free items, burgers of all kinds, kid's favs, and much more.

Fuel is available on our dock for high tide boat gas and diesel.

We offer a number of tent campsites at spectacular setting. We have **Laundromat and Showers** facilities, a high water dock for floatplane or boat tie up, a boat ramp for launching and a beach for kayaks / canoes to launch. Overnight parking is available.

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

Every Sunday, during July and August, there is an **Outdoor Market** 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.

If you need something, we probably have it; if we don't, we'll get it for you.

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

SQUIRREL COVE STORE: 250-935-6327

www.squirrelcove.com
squirrelcovetrading@yahoo.com



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

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

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MARINA - CAMPGROUND - ACCOMMODATIONS - STORE - DINING

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



Floathouse restaurant



*Located on Cortes Island's Gorge Harbour
Fine dining featuring local seafood*

Seasonal Menus ~ Chef's Daily Specials

Reservations Recommended

250-935-6433



The Cortes

MARKET

PUBLISHER OF THE CORTES MARKETER



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

Our deli has awesome sandwiches made to order. We offer instore baking, outsourced calzones, samosas, sausage rolls and meat pies.

Our organic espresso, cappuccino and lattes are made with locally roasted Becca's Beans. We also serve regular coffee and tea.

Keno and 50/50 can be played. We also have a BCLC terminal for 649, Lotto Max, BC49, plus Scratch and Win tickets.

Internet service is available with computers donated by the Cortes Island Wi-Fi Society and we have a hot spot for your own wireless connection.

Cortes Market is the publisher of the Cortes Marketer with Buy and Sell classified, editorials, 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 a home to the Market Take-out offering fish&chips, burgers, ice cream, hot and cold drinks, and more. Ample sitting space available. Call 250-935-0075 for more info, or to place your order.

Located in uptown Mansons Landing. Delivery available on minimum orders.

SUMMER HOURS 7 DAYS A WEEK 9 A.M. TO 9 P.M.

809 Sutil Point Rd. in uptown Mansons Landing
(across from Community Hall)

Phone 935-6626 • Public Fax 935-6619
cmarket@twincomm.ca



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MISTY ISLES ADVENTURES

Sailing, Kayaking and Hiking

Box 137, Mansons Landing, Cortes Island, B.C., Canada V0P 1K0

www.MistyIslesAdventures.com

(250) 935-6756

mistyis@island.net



Sea Kayaking



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; \$75 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- \$75, 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 its scenic beauty, where snow capped mountains soar up from the sea. All trips depart from Cortes Island.

Cost; \$98 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!



MISTY ISLES ADVENTURES

Sailing, Kayaking and Hiking

Box 137, Mansons Landing, Cortes Island, B.C., Canada V0P 1K0

www.MistyIslesAdventures.com

(250) 935-6756

mistyis@island.net

Sea Kayak Rentals



Guided Trips

3 Hour Guided Trip; \$75 per person

4 Hour Guided Trip; \$85 per person

5 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 (Single)	COMPOSITE (Single)	PLASTIC (Double)	COMPOSITE (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

2014 SAIL AND KAYAK SCHEDULE

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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: \$75. 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: \$75. 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 of Georgia and a wild flower paradise. Cost: \$98. 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: \$98. Meet on the Hollyhock Garden Deck at 1:30 pm, returning at about 6:30.

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

AFTERNOON PADDLES	SUNSET PADDLES	BIOLUM PADDLES	MISTY ISLES MITLENATCH	MISTY ISLES DESOLATION
Fri, May 16	Thurs, May 15	Sun July 20	Wed, May 21	Fri, July 11
Mon, May 26	Mon, May 19	Thurs, July 24	Fri, May 30	Wed, July 30
Fri, May 30	Sat, May 24	Mon, July 28	Wed, Jun 4	Mon, Aug 4
Wed, June 4	Thurs, May 29	Sat, Aug 2	Mon, June 9	Fri, Aug 8
Mon, June 9	Mon, Jun 2	Thurs, Aug 7	Wed, June 18	Wed, Aug 13

AFTERNOON PADDLES	SUNSET PADDLES	BIOLUM PADDLES	MISTY ISLES MITLENATCH	MISTY ISLES DESOLATION
Wed, June 18	Sat, June 7	Mon, Aug 11	Sat, June 21	Sun, Aug 17
Fri, Jun 27	Mon, June 16	Sat, Aug 16	Wed, July 2	Fri, Aug 22
Wed, July 2	Sat, Jun 21	Thurs, Aug 20	Mon, July 7	Wed, Aug 27
Mon, July 7	Thurs, June 26	Sat, Aug 23		Mon, Sept 1
Fri, July 11	Mon, June 30	Mon, Aug 25		Mon, Sept 8
Wed, July 16	Sat, July 5	Sat, Aug 30		Fri, Sept 26
Fri, July 25	Thurs, July 10	Tues, Sept 9		
Wed, July 30	Mon, July 14			
Mon, Aug 4				
Fri, Aug 8				
Wed, Aug 13				
Sun, Aug 17				
Fri, Aug 22				
Wed Aug 27				
Mon, Sept 1				
Mon, Sept 8				
Mon, Sept 22				
Fri, Sept 26				
Wed, Oct 1				
Mon, Oct 6				
Fri, Oct 10				

ADDITIONAL SPECIAL EVENTS!

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

- **May 23 & June 14th**. The flowers are in bloom as the sea-lions growl on Mitlenatch! Mating gulls and nesting cormorants- this island is a happening place! \$120 Tax included.
- **June 15th**. Departing from Cortes Bay, Misty Isles will cruise through Desolation Sound enroute to Dinner at the Laughing Oyster Restaurant. Bring Dad along for Father's Day! Cost is \$95 Tax included for transport only. Guests pay for their own meal at the restaurant.
- **July 5/6th** An 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. \$360 Tax included covers meals and accommodations at Toba Wilderrest.
- **July 12th**. 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. Bring rubber boots and your curiosity! \$120 Tax included.
- **July 20th and Aug 23rd**. During 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. \$120 Tax incl.
- **July 29th**. 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. \$120 Tax included.
- **Aug 7th**. Desolation Sound Wrangellia Geology. Stories of tectonic collision, upheaval, glaciation, isostatic rebound, xenoliths, dykes and the forces that shaped our coastal home. \$120 Tax included.

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

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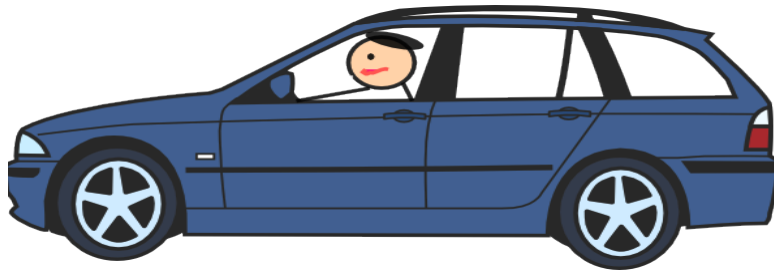
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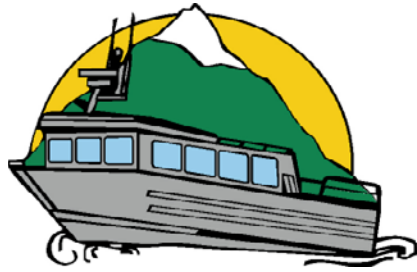
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TRANSPORT

TAXI: There is no taxi service on Cortes Island.

To get to Quadra Island or Campbell River you can use the local bus Cortes Connection, Quadra Taxi and Tours or Discovery Launch Water Taxi:

Cortes Connection: 250-935-6911 » see ad on page 31.

Quadra Taxi and Tours: 1-250-205-0505 » see ad on page 39.

For transportation on water, or just for fun - use water taxi:

Discovery Launch Water Taxi: 250-287-7577 see ad on page 40 - between Cortes and Campbell River.

And why not explore more, while you are here - use Lund Water Taxi to go to Laughing Oyster Restaurant in Lund and have adventure at the same time:

Lund Water Taxi: 1-604-483-9749 » see ad on page 41.

Wonderful way to come to or leave Cortes is to take floatplane! » See **Corilair** ad on page 38.

Corilair offers 3 flights per day between Campbell River and Cortes from May through September. During the winter there are mid day flights on Mondays, Wednesdays and Fridays.

Need to bring large items to Cortes? Please call **Lane 8 Delivery Services**, » see ad on this page.

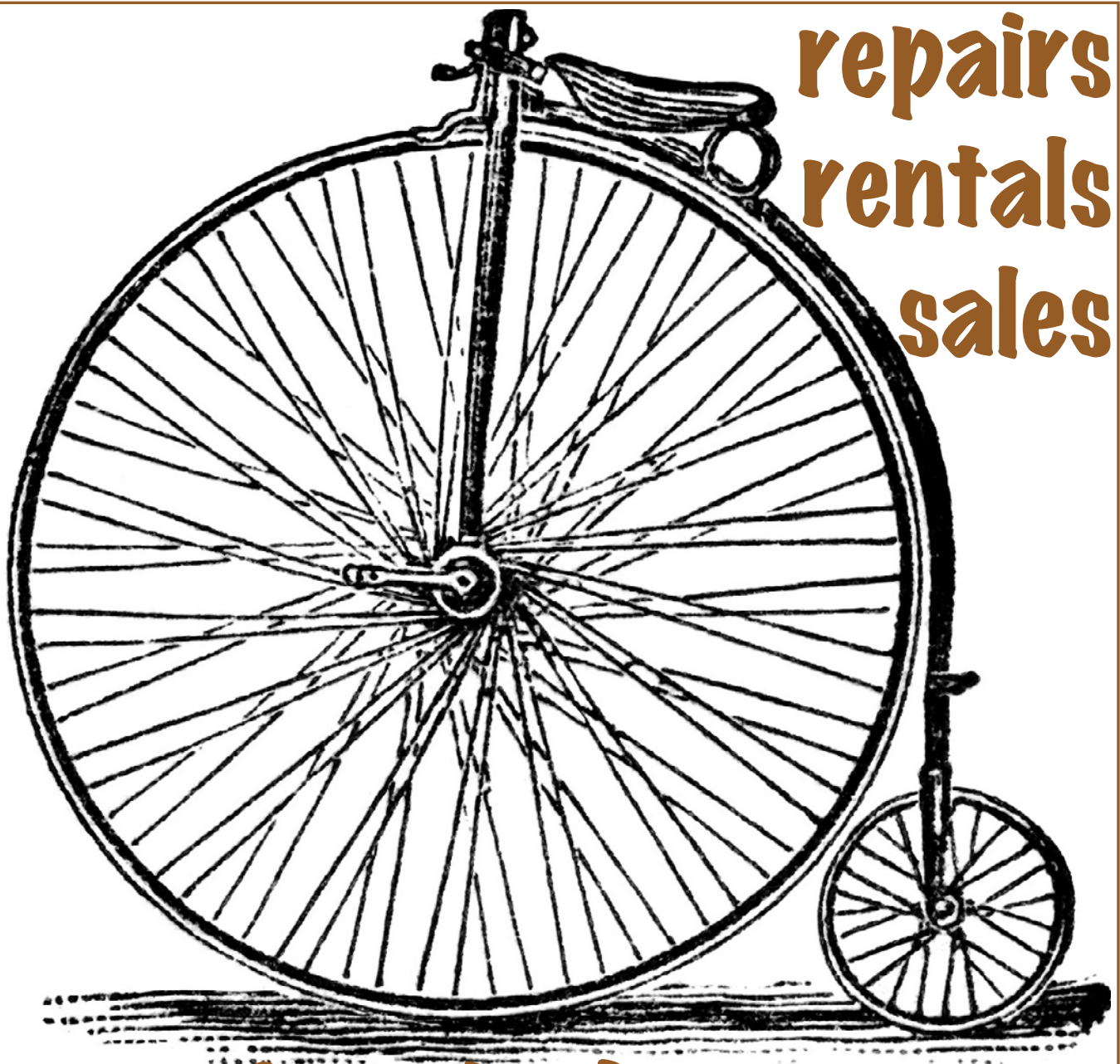
GAS: Diesel and boat gas, also regular gas, are available at the **Gorge Harbour Marina** in Whaletown and at **Squirrel Cove Store:** 250-935-6327.

CAR AND BIKE REPAIRS

There are no car repair shops on the island. For emergency repairs call Richard@250-204-6567, located in Mansons. For bicycle repairs, rentals and sales, or... if you forgot your bike helmet - call Andrew of **Dandyhorse**@250-935-6647 or 250-857-3570, located in Mansons.

» See Dandyhorse ad on next page.





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Thoughts on FOREST SUSTAINABILITY

Bruce Ellingsen, April 2, 2014

ECOSYSTEM-BASED MANAGEMENT is an environmental management approach that recognizes the full array of interactions within an ecosystem, including humans, rather than considering single issues, species, or ecosystem services in isolation (Christensen et al. 1996, McLeod et al. 2005).

WHAT IS A FOREST ECOSYSTEM? - Most of us now realize that a mature forest ecosystem is a complex community of interconnected, interdependent organisms demonstrably capable of developing, expanding and sustaining itself. To appreciate this, we only have to consider the forests that existed in much of North America, including our Pacific Coast that have been under the management of the First Nations for millennia when we Europeans arrived.

These forests evolved in all their complexity from a bare landscape following the retreat of the glaciers around 10,000 years ago. Over this time period, First Nation people may have altered these forests in many modest and generally localized ways, but overall vigorous, mature forests dominated our BC landscape until very recently.

An old growth forest is a “closed loop” system. Nutrients and energy are continuously captured, generated and recycled within and between components in the system, increasing health, complexity and diversity through successive generations.

If we wish to sustain benefits from our forests, we must move beyond the focus on trees and consider the forest as an ecosystem. We must ask ourselves “What does it take to keep such a system healthy, thriving and able to maintain its long-term ability to provide those benefits we desire?”

Problems with modern forest management - In general planning for forest management in our Province deals very superficially with the complexities of the forest ecosystem and its long-term health. Economics drives most of the decisions, and the issue of long-term sustainability is largely ignored or, if addressed, dealt with by simply suggesting that the planting of new seedlings will assure future crops.

There are a number of factors, which are crucial to the long term health of our forests, but seldom, if ever, mentioned in the forest management plans or in public discussion about forestry:

- The reduction of nutrients in the soil of the forest landscape as a result of harvesting each crop of trees,
 - The role of epiphytes in the health and sustainability of forests,
 - The role of mycorrhizal fungi in forest health,
 - The benefits of healthy salmon runs,
 - The concept of utilizing “waste wood”.
- **Nutrient reduction** - It is self evident that each extraction of timber from a forested land base will remove much of the nutrients and energy that it has taken to grow those trees. Subsequent harvests will further deplete those resources unless artificial fertilization occurs or there is sufficient time allowed for the various natural nutrient-accumulating components within a forest ecosystem to regenerate and replace those removed nutrients. Short-term harvesting rotations do not allow sufficient time for this to occur.
- **The role of epiphytes** - A study of the role of epiphytes in an old growth forest done by many forest researchers, including Jerry F. Franklin, Professor of Ecosystem Analysis, University of Washington, was reported in Discover magazine, November, 1995.

It describes the hundreds of varieties of epiphytes (mosses and lichens) that live in a mature forest. They have the ability to take nitrogen (an essential element in the growth of plants) and other nutrients straight out of the atmosphere and into their tissues and, during their life cycle, pass these on to the forest floor where they become available to other organisms living within that ecosystem.

These studies have shown that epiphytes in a healthy, older forest steadily introduce nutrients into the system at a rate comparable to the amount a farmer would apply on his land to grow successive crops. These “free natural inputs” are permanently lost when successive harvests occur over short periods.

• **The role of mycorrhizal fungi** - The great majority of mycorrhizal fungi that permeate the soil and duff of a healthy forest are also engaged in beneficial symbiotic relationships with the trees through their root systems (see Paul Stamets book "Mycelium Running"). They are able to extract nutrient minerals from stone much more effectively than tree roots, then transfer them to the trees and plants in exchange for sugars/ carbohydrates created through photosynthesis.

The impact of harvesting trees, especially through clear cutting, on the populations of these soil fungi is unknown to me. I have not been able to find any definitive studies related to this question. The death of the trees that formed one half of the beneficial symbiotic relationship, along with the soil temperature increase from the timber harvesting, are just two factors that I suspect would be bound to negatively affect this evolutionary relationship.

• **The role of salmon in the forest** - One other major source of significant "free nutrients" recently discovered to be available to older forests in the Pacific Northwest are healthy annual salmon runs returning to the river systems. As salmon grow during their migrations through the oceans they collect a wide range of nutrients in their bodies. On their return to spawn, these are "distributed" into the landscape through the activities of their predators.

The airline pilots flying over the Pacific Coastal regions have easily noticed the much more vibrant green of the trees growing in the watersheds where there are healthy salmon runs; a visual illustration of the level of nutrients in those watersheds.

Salmon runs in many areas along our Coast have been negatively impacted by conventional forest/ fisheries management practices with consequent loss of these free and valuable nutrients.

• **Utilizing "waste wood" from the forest** - The attitude prevails that any woody material that remains on the forest floor following timber harvesting is "waste" and should be used in one way or another, or... it should be piled and burned to ease replanting. The result is similar to that of the "scorched earth" policies that were often occurred in past wars; removing support for life from the landscape. The idea of using "waste" is understandable from a human perspective but ignores the reality of what is required to sustain a living system like a forest.

To have sustainable forests it would be much more beneficial to leave much of what we now categorize as "waste" in the woods to be recycled and incorporated in succeeding generations within the ecosystem.

HUMANS AS PREDATORS IN THE FOREST - When I look at the impact of modern forestry activities on the forest ecosystem, I have come to the conclusion that the dynamic is effectively a "predator/prey" relationship. A predator extracts energy/nutrients from a prey population, having an impact that is directly related to the level or degree of predation. This, in turn, determines whether or not the relationship will be cyclical or stable as well as sustainable over long periods of time.

In the mid- 90's a program on "the Nature of Things" on CBC television presented the interaction between the peregrine falcons and the ancient murrelet seabirds during their reproductive season on Haida Gwaii (the Queen Charlotte Islands). After seventeen years of study, the scientists had recorded an average predation rate by the falcons of the seabirds of approximately 15-20% of the "annual incremental growth" of the ancient murrelet population. In addition to this example, I have found two more studies (polar bear/ring seals and leaf cutter ants/vegetation growth), with the similar predation rates, showing it to be sustainable over time.

These considerations lead me to conclude that a harvesting rate of 15-20% of the annual incremental growth of forests would be a useful, nature-based and meaningful guideline in the development of sustainable forest management plans.

I have come to the conclusion that we need to radically revise our approach to forest management if we truly wish to have forest ecosystems sustainable and benefiting future, as well as present, generations. I am anticipating that the ecosystem-based management planning for the **Community Forest on Cortes Island** will include consideration of these points and prove sustainable for centuries.



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LEARNING TO LIVE WITH WOLVES ON CORTES ISLAND

We need to keep our wolves WILD; here's what each of us can do!

1. Never feed wolves.

It is illegal and completely irresponsible to feed wolves as it endangers you, your fellow community members and the wolves!

*Take care not to leave meat or seafood 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 home, your neighbour's, the community halls, stores, schools etc. Wave your arms to make yourself look bigger, shout loudly and use noisemakers. Let the wolves know, in no uncertain terms, that they need to respect you and you will not tolerate their presence in this place!! Use your most aggressive body language; take on the alpha role.

*Take an airhorn and/or bear spray along as an extra precaution when hiking alone off the beaten track or working the beaches at night.

4. Keep your pets safe.

Dogs must be leashed when walked; unleashed dogs are seen as prey by wolves.

Take an airhorn and/or bear spray along as an extra precaution when walking dogs, as dogs are a magnet for wolves. Wolves view all dogs as a territorial threat.

*Ensure all pets are secured overnight in sturdy, predator proof kennels outside or kept inside your house at night.

*Keep outside pet feeding areas clean; never leave uneaten food in them.

*Do not take your dogs with you when hiking in natural areas frequented by wolves i.e. Carrington Bay, Von Donop Inlet, Hank's Beach, Marina Island, etc.

5. Practice good animal husbandry.

Ensure all livestock are secured inside sturdy, fenced (min. 6' high) enclosures by day and predator proof shelters by night. Free-ranging livestock are seen as prey by wolves.

*If wolves approach livestock during the day, HAZE them; scare them away, shooting over their heads if necessary.

*After butchering livestock, dispose of carcasses responsibly; bury deeply and ideally well away from residential areas.

As a community, work together and CONSISTENTLY follow these guidelines! We must keep our wolves WILD in order to live together with them.

Report routine wolf sightings to the FOCI office at 250-935-0087 and report wolf encounters of concern to the COS at 1-877-952-RAPP (7277).

<http://friendsofcortes.org/>



This excerpt from
THE FRIENDS OF
CORTES ISLAND
SOCIETY

FOCI is a charitable society and umbrella organization that promotes awareness and respect for the earth and its people throughout Cortes Island and beyond, recognising that human well-being is ultimately dependent on fully-functioning healthy ecosystems.

The FOCI Office is next to Manson's Hall and is open on Fridays 1-3pm or by appointment.

Leave a message
any time at
250-935-0087

SALISH SEA

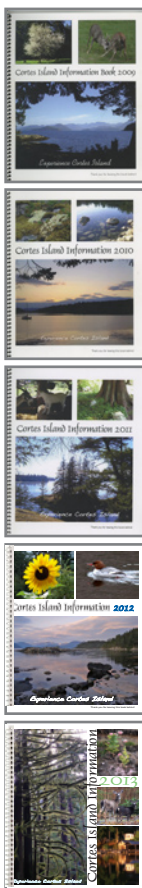
Salish Sea is an official name adopted by both Canadian Geographical Names Board and the US Board on Geographic Names in 2009.

It is a collective (umbrella-) name referring to the inland marine sea comprised of Puget Sound + Juan de Fuca Strait + Strait of Georgia + and their connecting channels, passes and straits.

The name was proposed by Western Washington University marine sciences professor Bert Webber, who described the inland marine waters of southwest British Columbia and northern Washington State as a single estuarine ecosystem and as such warranting an inclusive and descriptive name of its own.

The name Salish comes from the Coast Salish people, the first inhabitants of the region.





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 Thank you!



Two species of hummingbirds frequent Cortes Island - the Rufous Hummingbird, shown on the cover, is here spring to fall, and Anna's Hummingbird, slightly bigger than Rufous, is seen here more and more often during winter months!

CORTES ISLAND BUSINESS AND TOURISM (CIBATA)



CIBATA, a committee of Discovery Islands Chamber of Commerce, is a Cortes community group formed to drive economic and holistic community development and to initiate activities that promote business and the island as a whole.

"Our goal is to promote Cortes Island as a year round tourist destination that leaves visitors with a positive experience while supporting a vibrant local economy. We represent a wide variety of rental accommodations, eco-tourism providers, shops, restaurants, grocery stores, marinas, and other services that cater to visitors."

Businesses in other industry sectors are also encouraged to join. The success of this non-profit organization in creating a stronger economic future for our island depends on diverse and active membership.

For general information, maps, photos, trip planning, accommodations, dining, excursions, shopping and MORE, plus a schedule of events and festivals, check with Cortes Island Business and Tourism at www.CortesIslandTourism.ca or at The Info Centre at the Cortes Island Museum in Manson's Landing (250-935-6340).



Look for this icon throughout the book for participating businesses!