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officeclerk@alertbay.ca
Office Hours –
M-F 0900-1700H
NO ICBC 1-2PM

**SERVICE
CONTACTS**

**Public Works &
After Hours Emergencies**

250-974-7091

Animal Control

250-974-4188

Recycling

250-974-4216

Boat Harbour

250-974-5727

Community Hall

250-974-2649

Fire Hall

250-974-5332

Visitor Centre

250-974-5024

Campground

250-974-7028

EMERGENCY- 911

Did you know?
Cinco de Mayo
celebrates an 1862
Mexican victory over
French invaders. It is
mainly celebrated in
Mexico and the US,
with the largest event
taking place in Los
Angeles.

The Echo

VOLUME 4, ISSUE 5

MAY 2015



Ten volunteers showed their community spirit on Sunday, April 26, at our first trail clean-up of the year. Dennis Buchanan and his hedge trimmer made short work of the overgrown bushes on Trail 3 with Emily Feffer raking up the trimmings, and Joan Stone, Heather Nelson-Smith, Rennan Buchanan and Alex Nelson-Smith tackled Trail 2. Volunteers also picked up several bags full of garbage, including bingo dabbers.

Attention Gator Gardens bingo players: we have placed a garbage can at the start of the boardwalk for your use.

All the volunteers enjoyed Heather's famous chickpea chocolate chip cookies after their hard work. Come join us for our next clean-up on **May 24 at 1pm** at the campground! Bring your tools or just yourself.

INSIDE!
VANCITY UPDATE,
BUSINESS INCUBATORS,
COMMUNITY HALL RENOS
AND MORE!

VANCITY TO OPEN MAY 20

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Above: Donna & Jeanine with Vancity's Stewart Anderson.
Right: Kim Van Velzen.



You may have noticed that things are now moving ahead quickly! The Vancity Cormorant Island community branch will open for business on Wednesday, May 20. We will be open three days a week: Tuesday, Wednesday and Saturday from 10am to 3pm.

If you would like to beat the rush and start the account opening process now, you can pick up a New Member Application package at the Village Office, call our Member Service Centre at 1-888-826-2489 seven days a week, or email cormorantisland@vancity.com. Please welcome our new staff members Donna Myers and Jeanine Johnny who are currently training and learning the Vancity systems and processes, and Kim Van Velzen who will be providing additional coverage and support. We look forward to seeing you soon!

COMMUNITY HALL RENOS COMPLETE

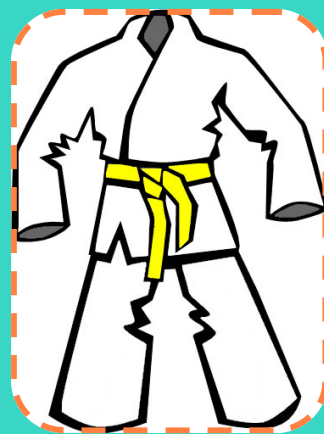
We've been enjoying the new Community Hall exterior for months, and now interior renovations are complete! The next time you visit, you'll notice the gleaming new finish on the floor, new women's bathroom, new kitchen and renovated men's room. Don't forget that the staircase upstairs is now gone—you can enter the main hall through any of the upper doors. The bowling alley entrance is the same. The renovations were funded by a Community Recreation grant through the province of BC.



Since September 2014, a group of Cormorant Islanders have diligently practiced karate every Tuesday and Saturday under the tutelage of Sensei Ivan DeToro. Several students now have their yellow belts.

Karate classes are on hiatus until September—join them then! Congratulations karatekas!

Know someone from Alert Bay we should be proud of? Send us a picture and the details.



Hair by Natasha

Natasha Pittman is now open for hair appointments Tues-Fri 12-8pm and Sat 12-5 at Looking Good! Call 8530 or check out her Facebook page "Hair by Natasha Pittman".

CALLING ENTREPRENEURS!

Have a business idea?

Already have a business but want to grow it?

Just really want to work for yourself?

The Village, 'Namgis and Reconciliation Canada are planning opportunities for budding entrepreneurs, including business incubators.

There will be an info session May 20. Sign up for more information at the Village Office!

LOCAL GOV'T AWARENESS

Want to know more about your local government?

Come to our Public Works open house at the transfer station 12- 2pm on Friday May 22 for hot dogs and games!

MOVIES AT THE COOK SHACK

The Cook Shack is still playing movies most weekends! Check out the Cook Shack Cinema Facebook page for information!

BUSINESS LICENSES DUE

A reminder to business owners that business licenses are now overdue. Not sure if your contractor has a license? Ask at the Village Office!

ARTLOFT OPENING RECEPTION

The Artloft Gallery is in a new location in the Seine Boat Inn, with their opening reception Friday May 22 at 7pm.

HEALTH & FITNESS DAY!

Alert Bay has declared Saturday, June 6 Health and Fitness Day! Improve your health by incorporating regular exercise into your routine. On June 6, join the Run/Walk group at 10am at the Village Office and jumpstart your fitness!

UNDERSTANDING DEMENTIA

The 'Namgis Health Centre and Alzheimer Society of BC present a workshop for those affected by dementia on Monday June 8, 1-2pm at the 'Namgis Health Centre. Call 5522 or email nicolej@namgis.bc.ca for more information.

HELP THE ECHO!

Send your photos, poems, articles, etc. to apritchard@alertbay.ca.

SAT MAY 9th
Dinner served:
6:30p.m.

CINCO DE MAYO

Call Dixie (-5928) or Lisanne (-5826) for tickets!

AT THE LEGION

\$20/plate

MEXICAN FOOD!
Drink Specials!

Doors Open 5:30p.m.
*Open to all Legion Members and their guests (must be signed in by a member).

Fiesta!

Legion

ALERT BAY
ARTLOFT
GALLERY & GIFT SHOP

APR/MAY SHOW

BIRDS OF A FEATHER

APR 24 - MAY 17 2015

20+ local artists!

NEW LOCATION!

Come See How You Can Get Involved!

Now located in the Seine Boat Inn!

NEW GALLERY HOURS
THUR-SUN 12-3:30

...ASPIRE ...INSPIRE...

2015
HOSTED BY THE ALERT BAY ARTISTS SOCIETY

KUTERRA ANNIVERSARY

PAGE 4

PORT McNEILL, BC – KUTERRA salmon is marking Earth Day and its first anniversary in the market with the harvest of its 180,000th kilo of fish grown on land.

A year ago KUTERRA presented its first fish for sale to its exclusive western Canadian retailer, Safeway. It was an eventful first year for one of the world leaders in next-generation Atlantic salmon farming, which uses technology that separates the farm from the wild environment. "With any emerging technology, there is a learning curve" says KUTERRA CEO Garry Ullstrom. "We're refining our understanding of the optimal conditions for growing our fish."



KUTERRA has shown it is possible to produce a high-quality, sustainably farmed premium salmon using very little energy, water or land, without antibiotics or pesticides. Along with increasing production and sales, KUTERRA has achieved the top "Best Choice" sustainability ranking by Ocean Wise, SeaChoice and Seafood Watch - a first for farmed Atlantic salmon.

"The premium price is exceeding our expectations," says Ullstrom. "And demand is exceeding our capacity to produce fish. This is very rewarding and puts the focus on optimizing fish performance and planning for expansion." The next goal is to keep refining the system and use that knowledge to reduce capital costs for a second production facility.

"Responsible aquaculture, with closed containment, land-based aquaculture is the future of feeding the planet with sustainable sea-food," says Ned Bell, Executive Chef at Four Seasons Hotel Vancouver and founder of Chefs for Oceans. "I love cooking with KUTERRA salmon."

CONTACT: Jo Mrozewski, KUTERRA Communications, 250-974-3599, jo@runninglight.ca

WALK TO RUN CLINIC

It's not too late to sign up!

Want to start running? The Village is offering a running clinic for 13 weeks in May to July, leading to the Salmon Run 5K!

Cost: \$20 for all sessions. Register at the Village Office.

Fitness level required: Ability to walk for 30 minutes.

Age level: Anyone with the patience to follow the group!

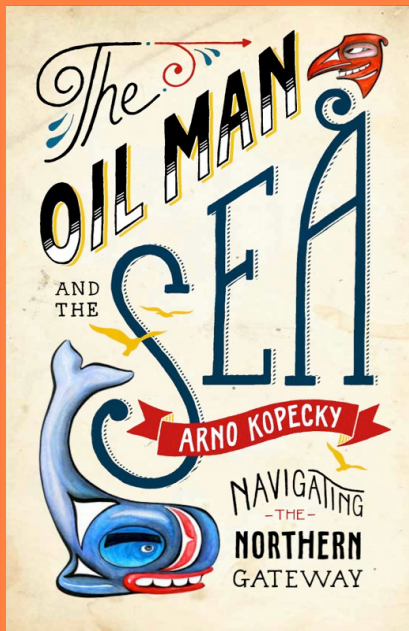
Time & date: Tuesdays 5-6pm and Saturdays 10-10:30am. Meet in the Village Office lobby. First session is May 5.

Time commitment: You may find it difficult to keep up if you miss more than a week. We recommend you try to fit in a third walk/run session every week on your own.

Tuesday sessions will start with 20-30 minutes of discussion. Potential topics include: goal-setting, warming up, fueling for a run, racing etiquette, staying injury-free, and how to motivate yourself. Saturday sessions will just be walking/running!

Adriana Pritchard will be leading most sessions. Adriana is a running enthusiast who won the women's Salmon Run 10K in 2014, achieved her goal time at her first half marathon in March, and ran her first marathon this May. Please note: This program is not offered by a fitness professional, and the program and all fitness advice are offered as from one runner to another.





UPCOMING EVENTS

BOOK PRESENTATION
SATURDAY MAY 9, 2014

Arno Kopecki will be giving a presentation from his book "The Oil Man and the Sea—Navigating the Northern Gateway at the Cook Shack Theatre, 7pm.

Presented by the Alert Bay Library and IslandLink Library Federation.

DAVID SUZUKI
THURSDAY JUNE 4, 2015

David Suzuki will be in Alert Bay 7-9:30pm at the Lawrence Ambers Rec Centre as part of a 12-community BC Coast tour presented by the David Suzuki Foundation.

The evening will be an interactive look at challenges facing the community and achievable solutions. There will be a short film on climate change, a speech by Mr. Suzuki, and the opportunity to give your input!



*a time for sharing,
healing & fun*

May 22, 23, 24 2015
Bighouse in Alert Bay ~ Everyone welcome

gawwalapa
working together
WELLNESS GATHERING

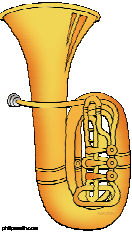




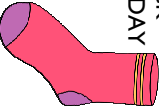

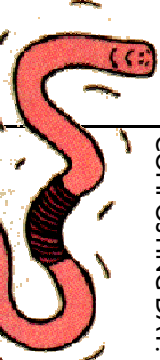


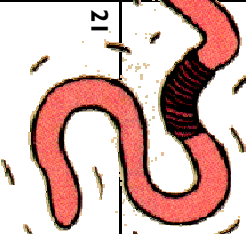






For more info Call Vera Newman 250-974-3055
Hosted by Sanala Research Team, 'Namgis Health Centre, 'Namgis Child & Family Services

Coming Events



Bike Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TUBA DAY! 	2
3	4 	5 	6 NO DIET DAY 	7 BISCUIT DAY! 	8	9 LOST SOCK MEMORIAL DAY 
10	11 COUNCIL MEETING 7PM! 	12 LIMERICK DAY! This limerick goes in reverse Unless I'm remiss The neat thing is this: If you start from the bottom-most verse This limerick's not any worse	13	14 LEARN ABOUT COMPOSTING DAY! 	15 BROWN BAG-IT FRIDAY 	16
17 THIS WEEK: LOCAL GOVERNMENT AWARENESS WEEK!	18 VILLAGE OFFICE & ICBC CLOSED VICTORIA DAY	19 TRANSFER STATION CLOSED	20 SHOPRITE CUSTOMER APPRECIATION DAY! 	21 	22 HOT DOGS & GAMES AT THE PUBLIC WORKS YARD NOON-2PM!	23 
24 TRAIL CLEANUP 1 PM MEET AT THE ALERT BAY CAMPGROUND AND BRING YOUR PRUNERS! (SOME TOOLS AVAILABLE)	25 COUNCIL MEETING 7PM! 	26	27 SHOPRITE SENIOR CUSTOMER APPRECIATION DAY! 	28	29 GEEK PRIDE DAY! 	30

Run-to-walk clinic starts May 5!

It's not too late to join—come by the Village Office!

Call 974-5448 for Bowling !