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After-Hours Emergency**

250-974-7091

**Animal Control**

250-974-4188

**Boat Harbour**

250-974-5727

**Community Hall**

250-974-2649 / 250-974-5448

**Fire Hall**

250-974-5332

**Visitor Centre**

250-974-5024

**Campground**

250-974-7028

**EMERGENCY- 911**

## Did you know?

*If you are feeling  
glum, you may be  
able to temporarily  
cheer up by Googling  
"baby sea lion."*



# The Echo

VOLUME 4, ISSUE 9

SEPTEMBER 2015

## FREEDOM

### Alert Bay Bald Eagle Released on Aug 9, 2015

Release of 'FREEDOM' the Bald Eagle:

This female Bald Eagle was found in Alert Bay covered with an oily substance that made flying, foraging and living nearly impossible. Her wings, back, undercarriage and tail feathers were drenched in the oil. It took three weeks to capture our oily friend. Once captured she was delivered to Mountaineer Avian Rescue Society (MARS) They saved her life. At MARS she was bathed, fed and cared for by many wonderful volunteers and trained rehabilitators. Today our eagle came home to be released. I felt she deserved a name. We had joked about calling her Olive Oil or Olivia but truly she deserves a special name. I have named her FREEDOM. Thank You!



Thanks Robin Quirk for the write up and photos

## Seafest/Musicfest Fundraiser



Check out the jail birds on Wednesday September 23rd in the Shoprite parking lot.

These convicts will have a bail put on their heads. Before they can be released, they must come up with the cash to secure the bail. 50% of the proceeds raised will be going to the charity of their choice, the remaining will go into your community event.

Here are some charities the money will be going to, just to name a few: **Bev Mountain Cancer Fund; Alert Bay Christmas Hamper Fund; Run for the Cure; and the Church Roof Fund.** The price on their heads is HIGH!

Make sure you come down and take a picture of these good natured convicts, have a laugh or two, but remember to support them in their cause.

At the time of printing these are the names put forward to support the event:

Debra Hanuse, Kelly Speck, Wendy White, Anne Jackson, Derek Perrault, Margie Popovich and Verna Ambers. **We still need more!**

**Contact Kim Mercer to see how you can participate.**

**NEW ICBC HOURS NOON-4PM M-F and BY APPOINTMENT 4-5PM M-F :)**



Above: Running clinic participants loving life on a beautiful Alert Bay evening.

## Trails!

The greenery in the trails is growing faster than ever! We're looking for your help Sunday September 27 at 1pm at the campground.

This is our last trail clean-up of the year! We'd love to have your help.

Bring your pruners or use ours. Trail mix provided!

**ICBC**  
**HOURS CHANGE!**  
**STARTING SEPT 1**  
**NOON-4PM**  
**MONDAY- FRIDAY**



Congratulations to all of the Salmon Run participants this Seafest, and especially the running clinic participants who completed the 5K Salmon Run August 1!

A group of seven beginning runners started our walk-to-run program in May, and four stuck with it for three months and entered the Salmon Run on Seafest weekend. Great job, runners!

There is still a group who goes running Saturdays at 10am. Contact the Village Office for more info.

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





# A CHAT WITH A COUNCILLOR

## NEW COUNCILLOR LISANNE GRANGER'S COUNCIL UPDATE

I have been on Council for nine months now, and things are starting to make sense and fall into place for me. My portfolios include seniors, fire protection and emergency preparedness. I have attended several committee meetings and am catching up on what was already in place before I was elected, as well as moving forward with new initiatives.

I am pleased with the results of our three summer markets this year, which is part of our Tides of Change strategy for the economic revitalization of our island. There have been several joint Council meetings about our proposed harbour development project.

I was born and raised here in Alert Bay and am very keen on helping to bring about positive changes to our beautiful island. One of the things I would dearly love to see here is an assisted living facility. If there is anyone who has any interest or new ideas on how to bring this to life please contact me about this or any other things that may be of concern. Please contact me at 250-974-5826.

*Thank you, Councillor Granger!*



## HELP THE ECHO!

Send your photos, poems, articles, etc.  
to Adriana! [aproton@alertbay.ca](mailto:aproton@alertbay.ca).  
Oct. Echo deadline: Noon Sept. 28



## CALL FOR HELP!

Alert Bay ArtLoft Gallery would love to extend its hours for locals and tourists but can't do it without the help of volunteers willing to sit approximately 4 hours per month... please talk to Beth Dunlop or Wendy White if you are willing to help!



## Alert Bay 360

What a great turn out! With 105 vessels participating this makes 2015 the best year to date!

Here are the winners:

### Men's



0:55:07	Woodman	Bob	Surfski
0:57:58	Crook	Derek	Surfski
1:10:48	Van Bruggen	Walter	Single

### Women's



1:02:52	Petereit	Kathleen	Surfski
1:03:03	Norcross-nu'u	Zoe	Single
1:15:12	Boulding	Annie	OCI

### Doubles



0:58:27	Gumplinger	Peter & Silke	double
1:00:43	Weston	Marla	Rowing shell
1:05:05	Abbot	Doug	Canoe

## Tips to make it through talk like a pirate day...September 19

1. Double up on all your adjectives and you'll be bountifully bombastic with your phrasing. Pirates never speak of "a big ship", they call it a "great, grand ship!" They never say never, they say "No nay ne'er!"

2. Drop all your "g"'s when you speak and you'll get words like "rowin'", "sailin'" and "fightin'".

Dropping all of your "v"'s will get you words like "ne'er", "e'er" and "o'er".

3. Instead of saying "I am", sailors say, "I be". Instead of saying "You are", sailors say, "You be".

Instead of saying, "They are", sailors say, "They be". Ne'er speak in anythin' but the present tense! ~

**Yo-ho-ho!**





## Better Breakfast Month

### Mini Frittatas with Ham and Cheese

Bake these bite-sized frittatas in a miniature muffin pan. They taste great hot or at room temperature, so you can make them in advance.

Yield: 8 servings (serving size: 3 frittatas)

#### Ingredients

- Cooking spray
- 1/2 cup finely chopped onion
- 2/3 cup chopped reduced-fat ham (about 2 ounces)
- 1/3 cup (about 1 1/2 ounces) shredded reduced-fat extra-sharp cheddar cheese
- 2 tablespoons chopped fresh chives
- 1/8 teaspoon dried thyme
- 1/8 teaspoon black pepper
- 4 large egg whites
- 1 large egg

#### Directions

Preheat oven to 350°.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 2 minutes or until crisp-tender. Add ham; sauté 3 minutes. Remove from heat; cool 5 minutes. Combine remaining ingredients in a large bowl; stir with a whisk. Add ham mixture, stirring with a whisk. Spoon mixture into 24 miniature muffin cups coated with cooking spray. Bake at 350° for 20 minutes or until set.



## Christ Church

### Roof Update



In the coming weeks work will finally begin to replace the church roof. For several years patch work was done to deal with leaks in the old cedar shake roof but a complete replacement, including a rebuilding of the bell tower, became necessary.

According to Reverend Lincoln McKoen, the local vestry held many long discussions before deciding on a metal roof and installing insulation - these changes mean the church will be cheaper to heat and the metal roof will hopefully last for 40-50 years.

The current estimated cost for the work is \$ 140, 000 (includes \$ 20,000 for any unexpected repairs). The Anglican Diocese of B.C. recently confirmed it will finance the construction project for the parish, with the parish paying for the project through a loan. The plan is to transfer to the Diocese the funds already saved for the roof project and to continue fund raising to pay off the remaining loan. To date, \$ 84,000 dollars has been raised from accumulated savings, grants and donations.

In the past year over \$ 16,000 has been donated to the project and Reverend McKoen wishes to acknowledge the many people who have stepped forward to help with fund raising. "We are grateful for the tremendous support from the community - replacing the roof will help ensure this beautiful, historic building will continue to be a place of faith well into the future."



## Nut Free lunch Ideas



### Ham and Cheese Pinwheels

#### Ingredients

- 1 450-g pkg puff pastry sheets, thawed in refrigerator
- 2 tbsp Dijon mustard
- 200 g deli-sliced Black Forest ham
- 2 cups baby spinach (optional)
- 1/2 cup grated mozzarella

#### Directions

Preheat oven to 400F. Line a large baking sheet with parchment. Unroll puff pastry sheets on the counter. Brush mustard on both sheets. Lay ham, then spinach in an even layer over mustard. Tightly roll up 1 sheet in jelly-roll fashion. Line up roll at the edge of second puff pastry sheet, then roll all the way up to make 1 giant roll. Slice into 8 rounds, about 1 1/2 in. thick. Lay rounds, cut-side down, 2 in. apart on prepared sheet. Bake in centre of oven until buns are deep golden, about 30 min. Sprinkle tops with cheese and bake until melted, about 5 more min. Transfer to a rack and let stand for 5 min.

#### Packing tip

These buns are perfect at room temperature. Make them in the morning and wrap tightly in foil for the lunch box.



### Perfect Oatmeal Chocolate Chip Cookies

#### Ingredients

- 1 cup unsalted butter, softened
- 1 cup granulated sugar
- 1/2 cup packed dark brown sugar
- 1 large egg
- 2 tsp vanilla extract
- 1 1/2 cups all purpose flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 cups rolled oats
- 1/2 cup raw, shelled sunflower seeds
- 1 cup dark chocolate chips

#### Instructions

Preheat oven to 350F. Line 2 baking sheets with parchment paper.

Combine butter, granulated and brown sugars in a large bowl, and beat with an electric mixer until smooth and well combined. Add egg and vanilla and beat until fully incorporated.

Combine flour, baking soda, baking powder and salt in a bowl and stir until well blended.

Add flour mixture into butter mixture and beat until fully combined. Add oats, sunflower seeds and chocolate chips, and beat until just incorporated.

Roll dough into 1-in. balls. Place 3 in. apart on prepared baking sheets and flatten slightly with your hand (cookies will spread).

Bake cookies for 13 to 15 min or until lightly golden at the edges. Let cool on



### BLT Waffle-Wich

#### Ingredients

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 tbsp baking powder
- 3/4 tsp granulated sugar
- 1/8 tsp salt
- 1 egg
- 1 egg yolk
- 1 1/2 cups milk
- 1/3 cup butter, melted
- 8 slices bacon, cut in half crosswise
- 1/4 cup mayo
- 4 romaine lettuce leaves
- 2 plum tomatoes, thinly sliced

#### Directions

Preheat a square waffle iron. Whisk flours with baking powder, sugar and salt in a medium bowl.

Whisk egg and yolk with milk in a large bowl. Add flour mixture to egg mixture while stirring, until almost combined.

Stir in butter until smooth. Be careful not to over mix. Ladle mixture into waffle iron and cook according to manufacturer's directions. You should have 8 waffles.

Heat a large non-stick pan over medium.

Arrange bacon slices in pan. Cook, flipping halfway through, until crisp, 8 to 10 min.

Transfer bacon to a paper towel-lined plate.

Assemble waffle-wich by brushing mayo on 4 waffles, then layering with bacon, lettuce and tomato. Sandwich with remaining waffles.

#### Packing tip

Place pieces of waxed paper or foil between all layers to keep them fresh and wrap sandwich in parchment. Pack mayo separately in its own mini squirt bottle. Before eating, remove waxed paper or foil and squirt mayo onto waffle.





## Nut Free lunch Ideas



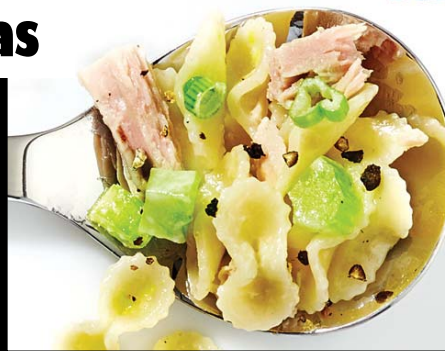
### Tortellini Pasta Salad

#### Ingredients

350 g cheese tortellini  
2 tbsp pesto  
1 tbsp extra-virgin olive oil  
salt, to taste  
pepper, to taste  
1 cup halved grape tomatoes  
2 tbsp basil leaves, torn

#### Directions

Cook cheese tortellini in boiling salted water until just tender. Drain and rinse with running water until cold. Toss with pesto and olive oil. Season with a pinch each salt and pepper and toss with grape tomatoes and basil leaves.



### Tuna Noodle Salad

#### Ingredients

225 g farfellini (mini bow tie pasta)  
1/4 cup mayonnaise  
2 tbsp olive oil  
2 tbsp fresh lemon juice  
2 tsp grated lemon zest  
1/8 tsp salt  
1/8 tsp pepper  
1/2 cup celery, chopped  
2 tbsp green onion, chopped  
170-g can whole white tuna in water, drained and broken into chunks

#### Directions

Boil farfellini in boiling salted water until just tender. Drain and rinse with running water until cold. Whisk together mayonnaise, olive oil, lemon juice, lemon zest, salt and pepper. Toss pasta with dressing. Stir in celery, green onion and tuna. Bake sheets for 5 min, then transfer to a cooling rack.



### Chicken Noodle Soup

#### Ingredients

2 tsp canola oil  
1 large onion, chopped  
2 celery stalks, diced  
1 carrot, diced  
1 900-mL carton chicken broth  
2 cups water  
1/2 tsp dried thyme  
1/2 tsp salt  
6 skinless, boneless chicken thighs, diced  
1/2 cup alphabet pasta, or any other small pasta  
1/4 cup finely chopped parsley

#### Directions

Heat a large pot over medium. Add oil, then onion, celery and carrot. Cook until onion starts to soften, about 3 min. Add chicken broth, water, thyme and salt. Boil, then add chicken and pasta. Cover and simmer, stirring occasionally, until chicken is completely cooked through and noodles are tender, about 10 min. Stir in parsley. Ladle into bowls.

# SEAFEST WEEKEND!

***We didn't receive any photos of the weekend—send them in and we can add them to the next issue!***

# Coming Events

*Better Breakfast Month!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 BANANA BREAD DAY!	5 S
6	7 LABOUR DAY! VILLAGE OFFICE & ICBC CLOSED	8 TRANSFER STN CLOSED INTERNATIONAL LITERACY DAY! Cruise Ship Day	9 I	10	11 O	12
13 POSITIVE THINKING DAY! 	14 COUNCIL MEETING 7PM! 	15 MAKE A HAT DAY!	16 H	17	18 SHOPRITE CUSTOMER APPRECIATION DAY! 	19 TALK LIKE A PIRATE DAY! 
20 A	21 T	22  good neighbour	23 GOOD NEIGHBOUR DAY!	24	25	26 T
27 TRAIL CLEANUP 1PM @ CAMPGROUND BRING YOUR TOOLS OR USE OURS!	28 COUNCIL MEETING 7PM! 	29	30 SHOPRITE SENIORS DAY! 			

*Call 974-5448 for Bowling !*