S.N.C.A. Volume 142 November 2018

WEDNESDAY NOVEMBER 7

You are cordially invited to attend a potluck farewell lunch for Dr Mary Boegel at 12 Noon at the Bunkhouse

followed by

Renowned Forester Herb Hammond from 2 - 4 pm

Forester Herb Hammond to visit the Discovery Islands

Dear Friends,

Discovery Islands Ecosystems Mapping (DIEM) Project is pleased to offer events with the eminent BC forest ecologist, Herb Hammond.

Learn about ecologically responsible forest use and how our forests can help mitigate climate change. Join the community discussion about how we can improve and maintain healthy forests here in the Discovery Islands.

Our Forest Home: Respectful & Responsible Relationships

Surge Narrows Community – Nov 7th (Wednesday) 2 - 4 pm

Quadra Community Centre – Nov 9th (Friday) 7 - 9 pm

Herb Hammond is a Registered Professional Forester with 40 years' experience in research, industry, teaching, and consulting. He is best known for ecosystem-based conservation planning, which prioritizes protection of ecological values in our use of forests. Hammond has developed more than 25 ecosystem-based conservation plans for indigenous and rural forest communities. He heads Silva Ecosystem Consultants Ltd., and is a founding director of the Silva Forest Foundation, a non-profit devoted to research and education in conservation planning. Hammond holds a BSc in forest management from Oregon State University and Master of Forestry from University of Washington. The Silva Forest Foundation was Canada's first Forest Stewardship Council accredited certifier. In 2003, Herb received the Canadian Environmental Gold Award for Sustainable Living.

Herb is the author of *Seeing the Forest Among the Trees,* winner of the Roderick-Haig Brown B.C. Book Prize; and *Maintaining Whole Systems on Earth's Crown: Ecosystem-based Conservation Planning for the Boreal Forest.* He is currently writing other books about forest restoration and application of ecosystem-based conservation planning.

This presentation will include the latest research about forests and climate change, how to create ecosystems resilience, and improving our human relationship with forest ecosystems. It will help direct planning for the Discovery Islands. Come out and learn more!

Please inquire if you have questions, or let us know if you'd like to join activities on Thursday, including (weather permitting) an outer islands boat tour and the potluck/meeting (overnight) at Discovery Islands Lodge. Space is limited. Please contact DIEMmapping@gmail.com or Lannie 250-850-9787. If you would like to attend or arrange a small group meeting with Herb, please contact me aa noted.

We hope you have time to come and hear what Herb has to say about healthy forests!

Cheers,
Lannie Keller
for DIEM Project

Current Events and Notices

MEDICAL CLINIC NOVEMBER SCHEDULE

Dr. Mary on November 7, NP Pat on November 21

LOOKING for CABIN to RENT

My name is Mary. I want to spend time on the Octopus Islands this winter and am looking for a place to stay in the area. My phone number is: 775-546-3445 or this email: mcmar-y35@yahoo.com

BOOK CLUB UPDATE

The November Book Club will be at Donna Keeling's house NOT Kathy Barnes'.

Important Meeting!

Surge Store Community Consultation

Friday November 16th, 10 AM, at the Bunkhouse

Moderated by Jim Abram

Agenda:

Welcome to all to share your vision for the Surge Store, land, and water lease

Discussion of initial clean up plans and workdays (Mike Rockwell)

Discussion / brainstorming re: Hoskyn Channel Dock bylaws (preliminary ideas below).

Surge Store, lands, and water lease

This is an opportunity for your voice to be heard, for you to have valuable input, to share your ideas with the community. Please come and speak out. Let's make this a real community project.

Hoskyn Channel Dock Bylaws: Preliminary Ideas

Why? These ideas, given the appropriate processes into bylaws, will allow us to legally manage those from elsewhere who treat the dock or the property of locals there without respect. The intent is not to use these rules against community members (unless that member regularly contravenes these guidelines and does not respond to polite & respectful notices). We also hope this will generate a code of neighbourly understanding, important as dock usage continues to increase.

By beginning now, we hope to have Hoskyn Channel Dock-specific bylaws in place by next spring-summer.

Dock Use:

The dock is a park, for recreational use only. Commercial use is not allowed.

Maximum moorage at the dock is 48 hours.

This 60' long dock is designed for 3 boats to be moored on each side, with the north-facing 8' face to be used for pick-ups, drop-offs, brief stops only.

Boats are to be moored so two other boats of average size (ie less than 20' long) can moor on the same side; leaving the pick-up/drop-off space at the end of the dock open and accessible.

Courtesies:

Boats are to be parked with motors down. Motors can be left raised if the boat is in either of the spots closest to the shore, motor facing the shore.

Ensure others can access their boat if they moor alongside.

The cement ribbons should be swept clean of gravel after using.

Other suggestions:

The lower level parking lot be reserved for local residents only, with signage to indicate.

Bright and visible "4 wheel drive vehicles only past this point" signage at top of hill.

Unload time at the bottom of the cement ribbons maximum 10 minutes. More time be required and another party needs access, move aside.

No vehicle parking below the high tide mark.

Kayaks and canoes are welcome to launch and park for a short period at the bottom of the cement ribbons, but not at the dock.

If you are unable to attend the meeting, you are welcome to send your brief comments to surgenarrows@gmail.com by November 14th.

Ginny
On behalf of SNCA

Cell phone reception on the outer islands

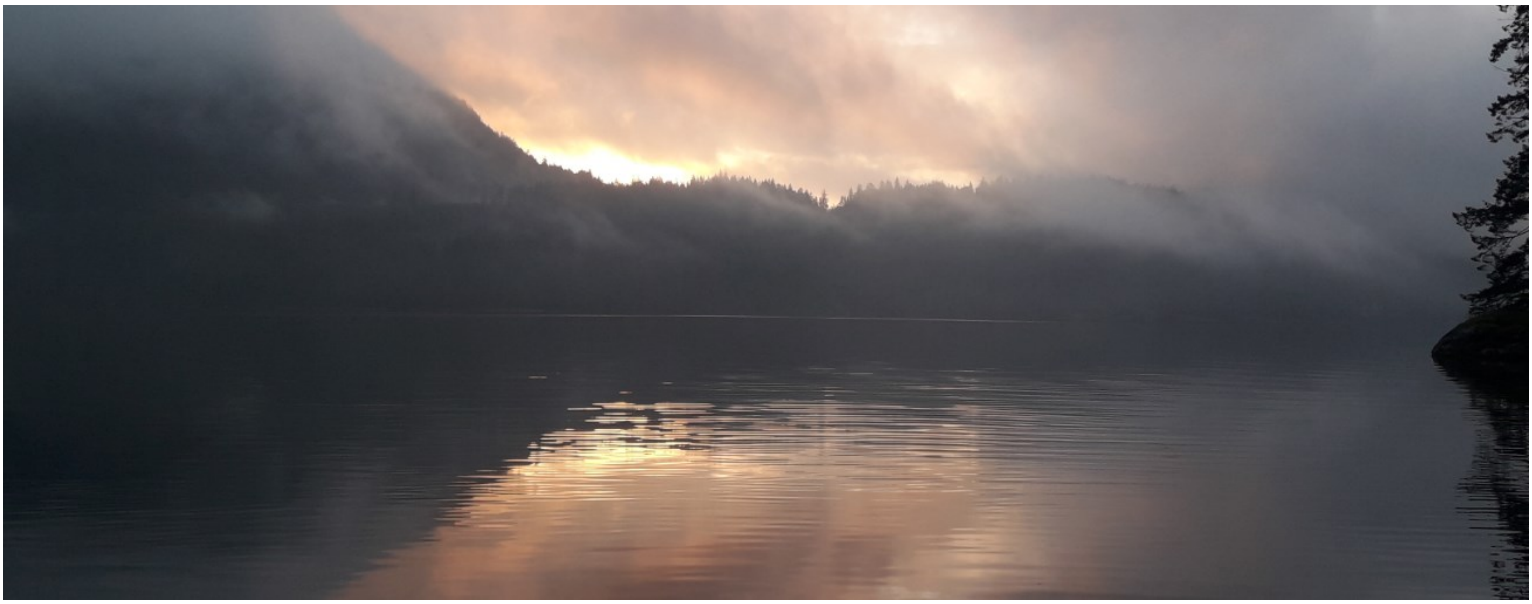
Telus / Koodo customers may have seen a dramatic decline in cell phone reception throughout September. At our request, Jim Abram has been working diligently with senior customer service staff of Telus for Vancouver Island. Telus responded by investigating in detail, with service technicians coming to check signal at the Hoskyn Channel landing. After several visits and work on the antennae / transmitter, they believe the cell reception is improved. Please let Jim Abram know if you still aren't getting the reception that you were accustomed to.

Here are some other cell phone options for quality reception if you have wi-fi:

Suggested by Jim Abram: On your iphone 6 or above: go to settings, cellular, select wi-fi calling. This doesn't use your plan data, but it does use your cell minutes. Basically, it enables technology to transfer all of your call/text through wifi to their phone servers.

Suggested by Judith Wright / Ron Bohlin: on any cell phone, the app WhatsApp. Using this app and a wi-fi connection, you can call any other connected WhatsApp user, even in no cell zones such as Heriot Bay.

Ginny



INTEGRITY IN THE KITCHEN

by Sanoe Hollanders

The world is constantly evolving, and we as people need to find in ourselves reasons to evolve with it. Things are not the same as they were ten, twenty, fifty years ago. The entire natural ecosystem hangs in the balance of what our next choices are.

Global warming, a universal disaster that can no longer be ignored, is beginning to make it difficult for species on earth to survive...even humans. I remember when I was in grade four or five and had a school presentation where I was supposed to research and then share information on something that was caused by pollution. I choose to study smog- smoke/fog and learned that the leading cause of smog is car exhaust. Smog often settles in dense clouds over large cities, where there are a lot of cars.

After reading up on it, I was sure that the air pollution problem could be fixed by simply driving less. However, it's not just smog that is a factor of the air pollution epidemic. Ten-year-old me was wrong about the simplicity of fixing that particular problem: there are many factors that make air pollution a huge predicament for us. A significant portion of the air pollution emissions come from methane, which, in terms of its contribution to global warming, is 23 times more powerful than carbon dioxide. The world's 1.5 billion cows and billions of other grazing animals emit dozens of polluting gases, including between 70 and 120 kg of methane PER COW. That's between 105 billion and 180 billion kg too methane gas that comes from cows alone within the span of one year. In our thin, sealed-in atmosphere, all that gas makes a big difference.

By now, you might be wondering why more people don't know these statistics. The truth is that many individuals think of animal products as a comfort food, as an essential part of a balanced meal. When I was little, I remember my parents planning out our dinners and meat often took centre stage. It wasn't because they loved meat, it was more because that's what they thought was healthy. They bought cows' milk because they thought that Jem and I needed the calcium and vitamin D. Looking back, I feel a little astounded. I mean, why in the world would human children need a cows' milk in order to get enough calcium and vitamin D? There's a reason that human children are weaned when they are. What would you think if you learned that cow babies needed about 500 millilitres of human milk per day in order to grow healthy bones? The very thought is ridiculous.

The human species (homo sapiens) have been around for at least 200,000 years but have only been drinking cows' milk for the last 7,500 years. Do you think that our ancestors were calcium deficient? I really doubt it. And nowadays with so much victual and supplemental variety available, it's easy to get the nutrients needed for balanced meals. Collards, figs, almonds, fortified plant-based milks, broccoli, butternut squash, kale, and chia seeds are just a few foods that are high in calcium. The health benefits of milk come primarily from what's added to it. The animal proteins in dairy have been found to have a calcium-leaching effect on bones. Scientists are now doubting the nutritional benefits of milk, compared to plant alternatives.

Our ancestors scavenged for food, eating what they could find. They hunted, yes, but hunting is difficult, and prey can be hard to find. I would venture to say that although it was a food source, it wasn't the most important one in the slightest. You've probably heard of the paleo diet, maybe that's even what you base your daily meals around. Well, it's discredited. Carbohydrates were critical for the expansion of the human brain, not necessarily meat. Meat may have helped the brain get bigger, but carbohydrates were the ingredient that heightened our intelligence, more so than meat in that way.

Animal product corporations would like everyone to believe that the only way to be healthy is to consume quantities of meat, diary, eggs, etc. After all, what would happen if everyone figured out that cows' milk can be replaced by calcium-fortified non-dairy milk, with less pollution and more health benefits? Or that meat is not at all an essential part of a meal? It would mean that some of the biggest food corporations on earth would go bankrupt, and their competition (soy, almond, coconut, flax, etc.) would rise from the ashes.

Animal products are what we're used to consuming, and most people have no idea how to prepare or even eat foods without it as a fundamental part of the meal! But to be honest, it's not difficult to learn. Even if it means giving up some of our more stubborn comfort foods, it's worth it, isn't it? - for our personal health and for the conservation of the entire natural world as we know it.

Sometimes people ask me why I'm vegan, what made me want to change the way I eat. I never know what exactly to tell them, because if they want a full explanation it'll turn into a very long conversation. After all, there are so many factors that made me want to change with the planet and adopt new eating habits. Integrity is one of them, and definitely not a foreign word for most of you…we'd all like to think that we humans have a lot of integrity.

Okay, then explain to me why we treat cows—fellow mammals that brain studies have proven feel emotions like fear, pain, friendship, anger, joy/playfulness—the way we do. Are we using our INTEGRITY when we raise cows in indoor pens, feed them foods just to fatten them up, and then butcher the males and the females who are no longer producing as much milk, and eat their flesh for our supper? We are, essentially, eating the meat of depressed young males, and mothers who never got to see their babies again. In fact, their babies are by now probably either pregnant or butchered. Even when you buy "grass fed", "free range", or "free run" products, the same rules generally apply, just the quality of the animal's life is increased a little.

On butchering day, cows are transported to the slaughter house on trucks where they go without food, water, or rest for the duration of the journey, which can sometimes be days long. In hot weather many cows collapse; in cold weather, cows sometimes freeze to the sides of the trucks until workers pry them off with crowbars. Many cows are too sick or injured to walk once they get to the slaughterhouse, so usually ropes or chains are tied around their legs so that they can be dragged off the trucks. Many of the few who were strong enough that they can still walk feel frightened and don't want to leave the trucks, so they are shocked with electric prods or dragged off with chains.

After they are unloaded, cows are forced through a chute and shot in the head with a captive-bolt gun meant to stun them. But because the lines move so quickly, and many workers are poorly trained, the technique often fails to render the animals insensible to pain. A longtime slaughterhouse worker told The Washington Post that he often has to cut the legs off completely conscious animals. Another worker said that many of the animals are still alive for as long as seven minutes after their throats have been cut. The line never stops because some animals are still alive. Every procedure happens to them whether they can feel it or not. Tell me, now, when you buy a meat burger because it's "good", or "easy", are you really acting out of INTEGRITY? The definition of integrity is "Steadfast adherence to a strict moral or ethical code" yet is that really why you keep eating that burger, or frying your bacon? Because of your strong belief in ETHICAL behaviour?

One-third of the words arable land is occupied by livestock. Seventy percent of Brazil's deforested land is used as pasture, with feed crop cultivation occupying much of the remainder. Livestock eat soybeans from the deforested tropics, pollute streams and rivers, eat 95% of our oat production and 80% of our corn. Livestock is responsible for 55% of erosion.

None of the animals get long happy lives. After all, no one wants the meat from old animals, they want the more tender meat from young animals. Why are we more entitled to good lives than they are? Humans might be more complex beings, but that doesn't mean that we're the only ones that deserve fair treatment.

I'd love to think that we could just pass some laws and give every cow, chicken, pig, sheep, goat, fish, and rabbit a life like they were meant to have. But the truth is, there are too many of them and not enough space on this planet.

Thankfully, the fix is an easy one: stop eating meat and animal dairy products and the animals will stop being bred for food!

Sources claim that to feed just one omnivorous human you require more than three acres of land, while all vegans need is one-sixth of an acre. And with more than seven billion people sharing the earth's 7.68 billion acres of arable land, that would be a great split, making it so that there is plenty of room for wild species. Except right now habitual meat-eating omnivores (like you) are using three rimes their personal share of space, requiring that invaluable wild lands are needed in order to provide you with your unnecessary chosen animal products. Think about it. Do the math. It's impossible for every human to get enough food to survive if we eat an omnivorous diet. In this day and age where the population has grown so much we need to remember integrity and not put ourselves first for once. It's a question of honour and adaptability.

What about protein, calcium, iron, and other vitamins that we frequently get from animal products? In order to be your healthiest self, you need a daily intake of many types of nutrition. If you decide to cut cows' milk out of your diet, then it would be a good idea to start eating calcium-rich foods. Thankfully, there are many types of calcium-fortified alternative milks out there that are a great source of nutrients. If you have tried some alternatives but didn't like them, try others, like oat milk or hemp milk, for starters. Did you know that there is more calcium in calcium-fortified orange juice than in cows' milk? Calcium-fortified just means that there is calcium added to it. There is no difference in taste or texture.

For protein, there are so many alternatives. If you aren't fond of beans, try legumes, peas, chickpeas, spirulina, chia seeds, broccoli, quinoa, hemp, tofu, etc.! There are many ways to get enough protein, and it has never been a problem for myself or anyone in my family. I suggest doing further research on plant-based nutrition for you specifically and talking to your doctor and/or nutritionist about the diet. It can work for anyone with a little research.

Is plant-based eating simply a trend, or is it here for good?

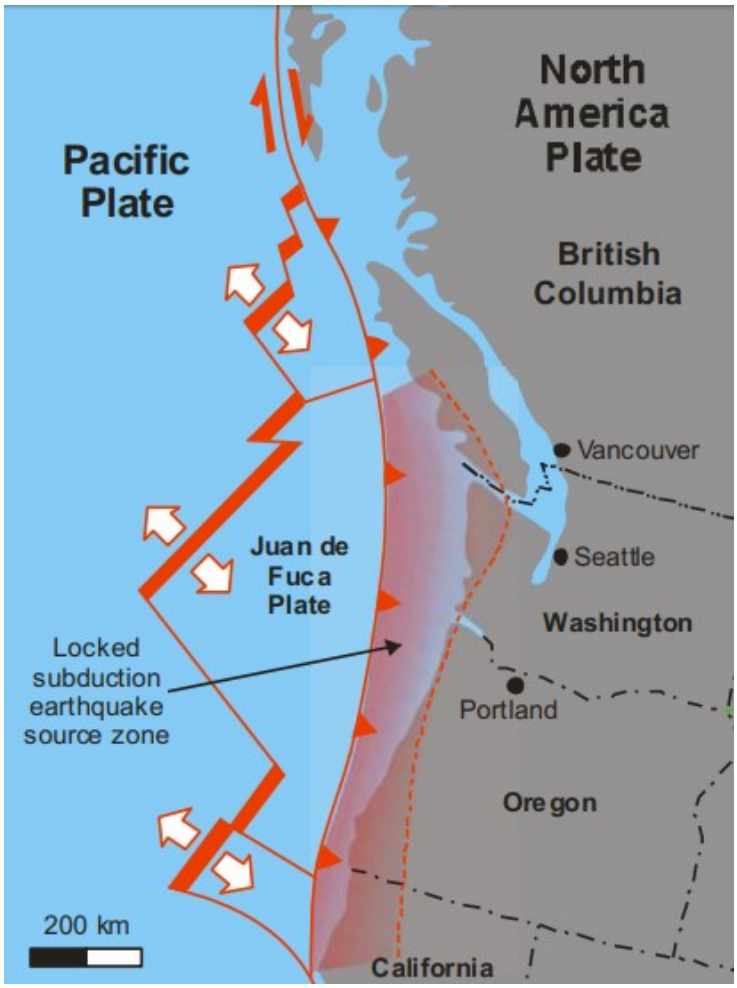
There are many different diets, all targeting specific things and telling you to stop eating certain foods…some of them work, some don't. The vegan/plant-based diet is one that's tried and true. After a year and a half, I'm still loving it. Something that I remember from the first month or so is that it could be a little difficult. I would sometimes crave certain animal products and feel more fatigued than usual. But that passed quickly, and I felt extremely good afterwards, once my body had adjusted to not consuming those products anymore. I felt myself become more energized. I very rarely have sore muscles after a run or similar workout, while back when I ate meat and dairy I'd usually feel exhausted the next day. My recovery time is so much less now. My skin is clearer and I don't get white calcium-deposits under my fingernails anymore.

I would like to be plant-based for the rest of my life. I now find it easy to eat this way happily, and all my nutritional needs are fulfilled. No matter what your age, it is possible to make the diet work for you.

My foremost advice on the subject is: give it try, you might just be surprised at how simple it really is to be a plant-based consumer.

Earthquakes

A précis of the presentation by Alison Bird, Seismologist, Natural Resources Canada, on Oct 27, 2018.



Ours (being BC west coast) is the only zone in the Pacific "ring of fire" that has had no subduction quake since January 26, 1700. That was a magnitude 9 offshore earthquake, followed by a 10 metre tsunami. We've all heard conjecture about "the big one" megathrust quake coming at some point in time, and to expect shaking of 3 – 5 minutes.

In houses, it is normally chimneys, porches, and larger open spaces like garages and sheds that fail. The greatest concern: falling debris, followed by fire and landslides, especially in rainy season.

People who have experienced a large earthquake often feel motion sickness, as the shaking is horizontal. Remember to drop, cover (under a table is good) and hold (hold on).

In terms of location, we live on the North American plate. The Pacific plate and the Juan de Fuca plate are sliding apart in opposite directions, and the Juan d Fuca plate is slowly sliding under the North American plate. This area is called the subduction zone and extends from half way up Vancouver Island on the outside (West side) of the island south to California.

Tsunami discussion: believed to be two possibilities:

Should a distant earthquake generate a tsunami: travel time to shore would be hours, this is a threat to B.C. outer coastline only

Cascadia earthquake – travel time to Vancouver Island would be minutes, the tsunami notification would be the earthquake itself.

These are of greatest concern to southern and south-western Vancouver Island.

For us, the greatest impact will be on the currents and tides, which they expect to be amplified.

Tsunamis move fast, in the range of 1,000 klm / hour. As they approach shore, they slow and the wave height increases. They still travel faster than you can run.

The first wave is normally smaller, subsequent waves larger.

The greatest impact is from the speed, not the height.

The further away the earthquake, the more time there is to respond.

For information, the Port Hardy earthquakes last week were fractures, they were not in the subduction zone.

Seismologists recommend you have your grab and go kit ready in an easy to access place; consider having a pair of shoes you can wear ready under your bed; and due to our remote location, it might take help a while to come, have a two week food supply kit.

Ginny

NOVEMBER

BEAZLEY PASSAGE

Turns		Maximum		renverse		maximum	
Day	Time	Time	Knots	jour	heure	heure	noeuds
1		0052	−4.9	16		0134	−3.8
	0345	0714	+7.6		**0357**	0742	+5.8
TH	**1052**	1412	−6.4	FR	**1109**	1429	−6.0
JE	**1726**	2027	+5.5	VE	**1755**	2041	+5.2
	2317						
2		0215	−5.0	17	**0001**	0235	−4.2
	0500	0831	+7.4		**0512**	0855	+5.8
FR	**1157**	1521	−6.9	SA	**1202**	1523	−6.2
VE	**1828**	2129	+6.5	SA	**1840**	2137	+6.1
3	**0034**	0330	−5.6	18	**0101**	0333	−4.8
	0615	0941	+7.6		**0625**	0948	+6.0
SA	**1255**	1620	−7.5	SU	**1249**	1603	−6.6
SA	**1920**	2228	+7.5	DI	**1920**	2224	+7.1
4	**0137**	0435	−6.2	19	**0148**	0427	−5.7
	0723	1040	+7.6		**0726**	1036	+6.3
SU	**1346**	1710	−7.9	MO	**1331**	1642	−7.0
DI	**2007**	2320	+8.5	LU	**1956**	2305	+8.0
5	**0230**	0532	−7.0	20	**0229**	0521	−6.5
	0822	1131	+7.6		**0817**	1119	+6.4
MO	**1431**	1753	−8.1	TU	**1410**	1724	−7.3
LU	**2050**			MA	**2032**	2342	+8.8
6		0005	+9.1	21	**0306**	0606	−7.2
	0316	0622	−7.6		**0902**	1151	+6.5
TU	**0913**	1216	+7.4	WE	**1447**	1757	−7.8
MA	**1512**	1831	−7.9	ME	**2108**		
	2131						
7		0046	+9.5	22		0018	+9.6
	0359	0706	−8.0		**0343**	0647	−7.7
WE	**0959**	1257	+7.1	TH	**0945**	1233	+6.6
ME	**1551**	1905	−7.6	JE	**1525**	1831	−8.2
	2209				**2145**		
8		0123	+9.5	23		0053	+10.3
	0440	0748	−8.1		**0421**	0728	−8.0
TH	**1044**	1330	+6.8	FR	**1028**	1311	+6.7
JE	**1629**	1938	−7.4	VE	**1605**	1906	−8.5
	2247				**2223**		
9		0200	+9.5	24		0129	+10.9
	0521	0828	−8.1		**0501**	0808	−8.1
FR	**1128**	1416	+6.5	SA	**1112**	1352	+6.7
VE	**1706**	2012	−7.2	SA	**1647**	1944	−8.5
	2323				**2303**		
10		0237	+9.4	25		0209	+11.2
	0602	0909	−8.0		**0544**	0852	−8.1
SA	**1214**	1457	+6.2	SU	**1159**	1438	+6.5
SA	**1744**	2048	−6.7	DI	**1732**	2028	−8.1
	2359				**2346**		
11		0315	+9.0	26		0253	+11.1
	0645	0954	−7.7		**0631**	0941	−7.9
SU	**1302**	1547	+5.7	MO	**1251**	1530	+6.1
DI	**1824**	2129	−6.0	LU	**1822**	2119	−7.4
12	**0036**	0356	+8.5	27	**0032**	0343	+10.6
	0730	1035	−7.3		**0723**	1032	−7.6
MO	**1355**	1639	+5.1	TU	**1349**	1630	+5.7
LU	**1909**	2220	−5.3	MA	**1920**	2218	−6.4
13	**0116**	0434	+7.7	28	**0124**	0439	+9.7
	0820	1122	−6.8		**0819**	1135	−7.3
TU	**1455**	1733	+4.6	WE	**1451**	1736	+5.5
MA	**2003**	2311	−4.6	ME	**2028**	2326	−5.5
14	**0159**	0538	+6.8	29	**0222**	0542	+8.5
	0915	1228	−6.3		**0919**	1239	−7.1
WE	**1559**	1832	+4.3	TH	**1556**	1849	+5.8
ME	**2112**			JE	**2146**		
15		0018	−4.0	30		0043	−5.1
	0253	0635	+6.2		**0328**	0652	+7.4
TH	**1012**	1329	−6.0	FR	**1020**	1345	−7.1
JE	**1701**	1932	+4.5	VE	**1659**	2001	+6.4
	2239				**2307**		

HOLE IN THE WALL

Turns		Maximum		renverse		maximum	
Day	Time	Time	Knots	jour	heure	heure	noeuds
1		0059	−5.2	16		0145	−4.2
	0359	0721	+7.8		**0413**	0749	+5.8
TH	**1054**	1418	−6.5	FR	**1110**	1439	−6.3
JE	**1743**	2024	+5.4	VE	**1811**	2049	+5.1
	2319						
2		0223	−5.3	17	**0002**	0245	−4.6
	0515	0839	+7.4		**0526**	0854	+5.8
FR	**1159**	1527	−6.9	SA	**1204**	1531	−6.5
VE	**1843**	2132	+6.4	SA	**1855**	2144	+6.1
3	**0037**	0337	−5.8	18	**0104**	0341	−5.2
	0629	0946	+7.5		**0638**	0957	+6.0
SA	**1258**	1626	−7.4	SU	**1252**	1616	−6.8
SA	**1934**	2238	+7.4	DI	**1933**	2230	+7.1
4	**0141**	0442	−6.3	19	**0152**	0433	−6.0
	0736	1045	+7.6		**0738**	1043	+6.3
SU	**1350**	1716	−7.8	MO	**1335**	1655	−7.1
DI	**2020**	2325	+8.2	LU	**2009**	2311	+8.1
5	**0235**	0538	−6.9	20	**0233**	0524	−6.7
	0834	1136	+7.5		**0828**	1122	+6.5
MO	**1436**	1759	−7.9	TU	**1415**	1730	−7.5
LU	**2103**			MA	**2044**	2348	+9.0
6		0010	+8.9	21	**0311**	0614	−7.2
	0322	0628	−7.5		**0913**	1202	+6.6
TU	**0924**	1215	+7.3	WE	**1454**	1803	−7.9
MA	**1518**	1835	−7.6	ME	**2119**		
	2142						
7		0050	+9.3	22		0023	+9.9
	0405	0712	−7.8		**0349**	0653	−7.6
WE	**1011**	1302	+7.2	TH	**0956**	1239	+6.7
ME	**1557**	1909	−7.6	JE	**1532**	1835	−8.4
	2221				**2156**		
8		0128	+9.6	23		0058	+10.7
	0446	0753	−7.9		**0427**	0732	−7.8
TH	**1055**	1342	+7.0	FR	**1038**	1317	+6.9
JE	**1635**	1941	−7.7	VE	**1611**	1910	−8.7
	2258				**2234**		
9		0204	+9.8	24		0134	+11.3
	0526	0833	−7.9		**0507**	0812	−8.0
FR	**1139**	1423	+6.7	SA	**1122**	1358	+6.9
VE	**1712**	2016	−7.5	SA	**1653**	1948	−8.8
	2334				**2313**		
10		0242	+9.6	25		0214	+11.6
	0607	0918	−7.9		**0549**	0855	−8.1
SA	**1225**	1459	+6.2	SU	**1210**	1445	+6.6
SA	**1750**	2053	−7.0	DI	**1738**	2032	−8.4
					2356		
11	**0010**	0321	+9.2	26		0258	+11.5
	0649	0956	−7.8		**0636**	0943	−8.0
SU	**1314**	1554	+5.7	MO	**1302**	1537	+6.2
DI	**1830**	2135	−6.3	LU	**1828**	2123	−7.7
12	**0048**	0403	+8.5	27	**0043**	0348	+11.0
	0734	1042	−7.5		**0727**	1037	−7.8
MO	**1409**	1648	+5.0	TU	**1401**	1638	+5.8
LU	**1914**	2223	−5.5	MA	**1926**	2222	−6.8
13	**0128**	0449	+7.7	28	**0135**	0445	+10.0
	0823	1131	−7.0		**0822**	1137	−7.5
TU	**1511**	1743	+4.5	WE	**1504**	1745	+5.6
MA	**2007**	2320	−4.8	ME	**2033**	2331	−5.8
14	**0214**	0542	+6.7	29	**0234**	0549	+8.8
	0917	1237	−6.6		**0922**	1243	−7.1
WE	**1617**	1841	+4.2	TH	**1610**	1851	+5.8
ME	**2114**			JE	**2150**		
15		0027	−4.3	30		0044	−5.3
	0308	0642	+6.0		**0341**	0659	+7.6
TH	**1013**	1339	−6.3	FR	**1023**	1351	−7.0
JE	**1719**	1940	+4.4	VE	**1713**	2008	+6.4
	2239				**2311**		

CAMPBELL RIVER

Day	Time	Metres	Feet	jour	heure	mètres	pieds
1	0424	**1.4**	4.6	16	0430	**2.0**	6.6
	1209	**4.2**	13.8		1212	**4.2**	13.8
TH	1940	**2.9**	9.5	FR	2022	**2.7**	8.9
JE	2302	**3.2**	10.5	VE			
2	0535	**1.6**	5.2	17	0001	**2.9**	9.5
	1256	**4.3**	14.1		0529	**2.2**	7.2
FR	2033	**2.6**	8.5	SA	1251	**4.2**	13.8
VE				SA	2046	**2.4**	7.9
3	0038	**3.3**	10.8	18	0118	**3.1**	10.2
	0642	**1.8**	5.9		0625	**2.4**	7.9
SA	1337	**4.3**	14.1	SU	1326	**4.1**	13.5
SA	2119	**2.2**	7.2	DI	2113	**2.2**	7.2
4	0152	**3.5**	11.5	19	0216	**3.3**	10.8
	0738	**2.1**	6.9		0715	**2.6**	8.5
SU	1414	**4.3**	14.1	MO	1356	**4.1**	13.5
DI	2202	**1.9**	6.2	LU	2139	**1.9**	6.2
5	0254	**3.7**	12.1	20	0307	**3.5**	11.5
	0822	**2.3**	7.5		0759	**2.7**	8.9
MO	1448	**4.3**	14.1	TU	1423	**4.2**	13.8
LU	2242	**1.6**	5.2	MA	2159	**1.6**	5.2
6	0351	**3.8**	12.5	21	0354	**3.8**	12.5
	0858	**2.6**	8.5		0838	**2.9**	9.5
TU	1521	**4.3**	14.1	WE	1448	**4.2**	13.8
MA	2318	**1.3**	4.3	ME	2202	**1.3**	4.3
7	0445	**4.0**	13.1	22	0441	**4.0**	13.1
	1020	**2.9**	9.5		0914	**3.1**	10.2
WE	1554	**4.3**	14.1	TH	1514	**4.2**	13.8
ME	2349	**1.2**	3.9	JE	2226	**1.1**	3.6
8	0538	**4.1**	13.5	23	0530	**4.1**	13.5
	1117	**3.1**	10.2		0953	**3.3**	10.8
TH	1626	**4.2**	13.8	FR	1545	**4.3**	14.1
JE				VE	2300	**0.8**	2.6
9	0009	**1.1**	3.6	24	0619	**4.2**	13.8
	0628	**4.2**	13.8		1037	**3.4**	11.2
FR	1206	**3.2**	10.5	SA	1620	**4.3**	14.1
VE	1656	**4.0**	13.1	SA	2340	**0.7**	2.3
10	0010	**1.1**	3.6	25	0709	**4.3**	14.1
	0718	**4.2**	13.8		1134	**3.5**	11.5
SA	1339	**3.4**	11.2	SU	1700	**4.2**	13.8
SA	1725	**3.9**	12.8	DI			
11	0040	**1.1**	3.6	26	0023	**0.6**	2.0
	0807	**4.2**	13.8		0800	**4.4**	14.4
SU	1430	**3.4**	11.2	MO	1317	**3.5**	11.5
DI	1750	**3.7**	12.1	LU	1746	**4.0**	13.1
12	0117	**1.2**	3.9	27	0110	**0.7**	2.3
	0857	**4.2**	13.8		0853	**4.4**	14.4
MO	1539	**3.4**	11.2	TU	1534	**3.5**	11.5
LU	1808	**3.5**	11.5	MA	1840	**3.8**	12.5
13	0158	**1.3**	4.3	28	0159	**0.9**	3.0
	0948	**4.2**	13.8		0946	**4.4**	14.4
TU				WE	1707	**3.2**	10.5
MA				ME	1949	**3.5**	11.5
14	0244	**1.5**	4.9	29	0253	**1.2**	3.9
	1039	**4.2**	13.8		1039	**4.4**	14.4
WE				TH	1820	**2.9**	9.5
ME				JE	2121	**3.2**	10.5
15	0334	**1.8**	5.9	30	0350	**1.6**	5.2
	1128	**4.2**	13.8		1127	**4.4**	14.4
TH	2016	**2.9**	9.5	FR	1918	**2.5**	8.2
JE	2158	**2.9**	9.5	VE	2311	**3.1**	10.2

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Up to four xFOB's can be connected to the xHUB at the same time, with one unit acting as the captain's stop unit, and the additional three as alarm units for passengers.

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