

# { IMA ' S KITCHEN }

1840 NORTHWEST ROAD ( LESS THEN 1 KILOMETRE NORTH OF THE STORE)

We wanted to say a heartfelt thank you to this community for continuing to support us through these strange times. This was our third year in our bakery and it was also our busiest! We are so grateful to all of you!

Into the Autumn we will continue to stay open every day from 9-dark with ice cream. At the moment we have ice cream sandwiches, cups, and popsicles. All of our ice cream is 100% vegan and gluten free. It is lightly sweetened with organic agave.

On Tuesdays and Fridays we have freshly baked bread, so stop in if you are looking for a sourdough loaf, some bagels, challah braids, or pita straight out of our hearth oven.

All of our breads are hand mixed and made with 100% organic flour.

We plan to be set up most Saturday mornings at the Recycling Centre from 9AM-12:30 with baking, middle eastern inspired dips and hot sauces, donuts, and cinnamon buns

*Thank you and happy autumn! From Bronwynne, Yogi, and June at Ima's Kitchen*

## *AUTUMN HOURS:*

**Organic Bakery**– Tuesdays and Fridays 11-dark  
**Vegan Ice cream shop**– Every day 9am-dark



# OCEANSIDE PEOPLES' ASSEMBLY

*Concerned citizens for individual rights and freedoms*

Nanaimo, Parksville, Qualicum

- Did you know that wearing a mask can be harmful?
- Why are we using a Covid test with 60-80% false positives?
- Why does the CDC hold patents on Coronavirus?
- Why are Pharma companies getting millions in taxpayer \$?
- Why are vaccine manufacturers *immune* from liability?
- Why is the media only reporting cases, not deaths?
- Why are social media sites like Facebook censoring medical experts?
- Why are there millions of people protesting in London and Berlin?
- Why are thousands of doctors all over the world speaking out?
- Who decides which businesses are “essential”?
- **Why have we lost the freedom to ask all these questions?**

## **You are not alone.**

We are concerned parents, grandparents, nurses, doctors, teachers, civil servants, business owners, students, friends, and family. We founded this group to raise awareness and coordinate action in our communities.

**Join us. Learn more. Take action.**

[Parksville area, email: opa2020@protonmail.com](mailto:opa2020@protonmail.com)

[Courtenay area, email: northislandassembly@protonmail.com](mailto:northislandassembly@protonmail.com)

*“The truth is learned, never told.”*