

DISCOVERY ISLANDER

QUADRA ISLAND'S COMMUNITY NEWSPAPER SINCE 1992. SERVING QUADRA, CORTES & OUTER ISLANDS.



Arne Liseth slugging it out at last weekend's Quadra Slo-Pitch Tournament

Ferry Schedules

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Quadra Island

6:15 am	3:05 pm
†7:05 am	** 4:00 pm
8:00 am	5:00 pm
9:00 am	5:50 pm
10:00 am	7:00 pm
11:00 am	8:00 pm
12:00 pm	9:00 pm
1:00 pm	10:00 pm
2:00 pm	*11:00 pm

Leave Campbell River

6:40 am	3:30 pm
†7:30 am	4:30 pm
8:30 am	5:25 pm
9:30 am	6:15 pm
**10:30 am	7:30 pm
11:30 am	8:30 pm
12:30 pm	9:30 pm
1:30 pm	10:30 pm
2:30 pm	*11:30 pm

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Quadra Island

† 9:05 am
**11:05 am
1:05 pm
3:05 pm
5:05 pm
6:45 pm

Leave Cortes Island

† 7:50 am
9:50 am
11:50 am
**1:50 pm
3:50 pm
5:50 pm

* - Fridays and Saturdays only. † - Daily except Sundays.
 ** - Tuesday sailings are for Dangerous Cargo - No passengers.

Avoid Line-Ups

Peak local traffic are during morning and evening commutes. On Monday and Thursday Quadra - CR 9 am sailings, Cortes Island traffic has priority.

For More Information

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of the Guide to the Discovery Islands and the Quadra & Cortes maps



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Saturdays in the Pub
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Every Sunday 3-6 pm
Country Music Jam
 with Steve Trayler

U of Q
 7pm in the pub

June 1
 Growing Wine

PROM NIGHT!!
 Please Note Dress Code ;)

Thursdays
Karaoke
 with 'BigBad' Blake



Friday, May 27, Quadra's own Duffy Live

Valdy - Dinner Concert

Saturday, June 11, 6 pm \$50 - reservations required

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8 am-8 pm Sun-Thurs, 8 am-9 pm Fri and Sat.

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Heron's/Inn 285.3322 Pub: 285.3539

ISLAND CALENDAR

Submit your news or event info, editorial runs free: email: news@discoveryislands.ca drop off 701 Cape Mudge Rd. or at Hummingbird

THE REGULARS

MONDAY

Parent & Tots, QCC, 9:30 am - 12 pm
Low Impact, 8:30 am, QCC
Yoga with Josephine, Room 3, QCC, 10 am - 12 noon
Karate, 4 pm, QCC
Sing for Pure Joy! Room 3, QCC, 3 - 4:30 pm, *All welcome.*
Alcoholics Anonymous, Quadra Children's Centre 7 pm
Movie Night at the HBI (unless there's a Canucks game!) FREE
1st Monday - Quadra writers group, 7 - 9 pm 285-3656

TUESDAY

Intermediate Yoga Flow with Megan, Vitalis 9-11 am & 5 - 6:30 pm
Quadra Children's Song Circle, Room 3, QCC 3 - 4 pm
Caregivers Support Group 10 am QCC
Intermediate Yoga Flow with Megan, Vitalis 5:00 pm - 6:30 pm
Al-Anon Meeting, Quadra Children's Centre, 7:30 pm
Folkdancing, QCC, 7:30 pm, Sept 21-Apr 26
Vinyl Night with Mo at the HBI Pub 7 - 9 pm

WEDNESDAY

Parent and Babes 11 am QCC
Climbing Wall Teens 4:00 pm QCC
"The Pack Ride" Moderate to Vigorous bike ride 6:15pm Yak Shack
Climbing Wall Family 6:30 p. QCC
U of Q! HBI Pub, 7 pm, free
Hand-drum Circle, Upper Realm, 7:45 - 9:15 pm
1st & 3rd Wednesday Food Bank, QCC 1 - 2 pm
Lifedrawing sessions, Firesign Studio, 7 - 9:30 pm Nancy, 285-3390

THURSDAY

Gentle Yoga Flow with Marnie, Vitalis 9 am - 11 am
Parents & Tots, QCC, 9:30 am - 12 pm
Karate 4:00 pm QCC
Climbing Wall Kids 2:30 pm QCC
Intermediate Yoga Flow with Megan, Vitalis 5:00 pm - 6:30 pm
Prayer Meeting, Quadra Island Bible Church, 7 pm
Drop in games and wing night, Legion, 7:00 pm.
Karaoke with Big Bad Blake HBI 9:00pm. It's free!

FRIDAY

Alcoholics Anonymous, 8 pm Quadra Children's Centre
Fridays - dance bands in the HBI Pub 9:00pm

SATURDAY

"Fun Ride" Easy to Moderate bike ride 10:30 am Aroma Cafe
Legion Meat Draw 5pm, Steak Dinner 6:30 pm
Open Mic with Mo, HBI, 9 pm

SUNDAY

Centre for Spiritual Living Celebration, Willow Point Hall, 10:30 am
Family Service, Quadra Island Bible Church, 10:30 am
Quadra Sunday Painters, 11 am - 2 pm, 285-3390
United Church-11 am, first Sun. of month-12 noon, 285-3163.
Buddhist meditation, Upper Realm, 10 am.
Country Music Jam with Steve Trayler in the HBI Pub 3:00 pm

DAY TO DAY

Friday, May 27

- Duffy Live at the HBI PUB, n\c, 9:00pm

Saturday, May 28

- MAY DAY!!!!!! Parade starts at 10 am. See last DI (499) for schedule
- Cortes Rocks/Track Pantz Quadra Legion \$10.00 cover at the door.

Sunday, May 28

- Calsical Guitar Concert, Gorge Hall, Cortes Island, 7:30 pm tix \$10

May 30 - June 5

- Bike to Work Week - register @ www.biketowork.ca

Monday, May 30

- Transition Health & Education Action Committee, Upper Realm, 7:30 pm.

Wednesday, June 1

- End of U of Q year - Growing Wine HBI 7 pm
- U of Q PROM NIGHT!!! Please dress appropriately, 9 pm

Saturday & Sunday, June 4 & 5

- Quadra Island Studio Tour, various locations, see page 10 for details

Friday, June 10

- Sunday Dennis CD release, West Road Yoga Studio 7:30 pm

Saturday & Sunday, June 11 & 12

- Discover Quadra, tourism open house, various locations 10 am - 4 pm
see page 10 for details

Saturday, June 11

- Valdy dinner show in Herons. \$50.00+tx Res 285-3322

Sunday, June 12

- Second Annual Lusciously Loka Fashion Show and dinner in Herons. \$35.00+tx


Saturday, June 18

- Book signing/launch with Caroline Bridges, Book Bonanza 11am-2 pm

Wednesday, June 29

- Quadra Island Seniors Housing Society AGM, 7pm QCC

NEXT DEADLINE: MONDAY, JUNE 6TH, 2011




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DISCOVERY ISLANDER

ISSUE 500

May 27, 2011

Published bi-weekly and distributed
throughout the Discovery Islands

Discovery Islander

PO Box 280

Quathiaski Cove,
B.C. V0P 1N0

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Fax: 250-285-2236

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Mon-Thurs 10-4pm
701 Cape Mudge Rd.

Publisher/Editor:

Philip Stone

Opinions expressed in this
magazine are those of the
contributors and are not the views
of the publisher.

Subscriptions available

\$30⁰⁰* for 6 months

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Submission Guidelines

Items for publication are welcomed
on subjects of interest to the
Discovery Islands community.
Please help us by following these
guidelines:

Please print handwritten
material clearly.

Items sent by email do not need
to be an attached file. Just send
text in the body of the email.

Please spell check in Canadian
English.

Please use the title of the item as
email subject.

No MS Publisher, WordPerfect
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please. Send imported graphics
separately.

Please don't send original
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Please remember to caption &
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Don't write on the back of
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While every effort is made to include all
items submitted, errors and accidental
omissions do occur.

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NEXT DEADLINE
MONDAY, JUNE 6

ISLAND FORUM

Dear Editor,

I don't know who, I don't know
when and I definitely don't know
how they did it, but thank you
to whoever planted the daffodils
at the bottom of the cliff at
Quathiaski Cove ferry terminal.
They never fail to cheer me up as
I wait on board the ferry. They
come back year after year in what
looks to be not an ideal place to
grow. I have also enjoyed the
daffodils at the end of driveways
as I have driven around the
island. Thank you for sharing
their beauty. The blast of gold of
the daffodils looks so wonderful
against the many shades of green
of the island.

Eileen M. Mackay

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Have an opinion to share?

Submit your letter
to the DI by email:

news@discoveryislands.ca

PREFERRED

Regular 'ol mail with a
stamp to Box 280 in the
Cove or fax it in to
250-285-2236

If it's too long it WILL
be chopped!
Please be concise

Executive Director,
Vancouver Island Library
Nanaimo, B.C.

Dear Madam,

It has come to our attention
that you have a problem with
continuing the library service
on Quadra Island in the present
premises in Heriot Bay due to the
condition of the premises.

Quite secretly it seems to have
been decided that you will
relocate the library to Quathiaski
Cove.

This will apparently lead to an
exorbitant cost in rent.

Whether your decision is
wise with regards to location,
proximity to schools and outer
islands and other considerations is
to be questioned.

We have not had, as islanders, an
open frank discussion or open
house to discuss these matters
among ourselves and with your
board.

The use of consultants or advisors
by themselves is usually useless.
What is said by those is so often
accepted as the truth by Boards
like yours, as gospel.

It has come to my attention that
there is another facility available
in Heriot Bay which could be
suitable for a library.

As you may understand from the
above, I am greatly disappointed
in the decision making process by
you and your board. An authority
seems to have been executed
which is away beyond your
mission.

I seriously and unapologetically
request you cease any further
action with regards to the Quadra
Island library until you have
opened an avenue into the
OPEN, where we can go through
our options and come to an
mutually satisfactory solution
among ourselves and with you.

After all, we are the consumers,
you are the provider.

Yours sincerely,

D.van der Minne, M.D.(ret)

Hunting for Bees

Has anyone been missing the
bees this spring? I have two
apple trees in bloom, but only a
handful of bees on them - two
bumble, two honey and a few
of my mason bees. I have a fair
number of the mason bees but
they are nearing the end of
their cycle, after laying eggs and
sealing up their holes until next
year. I think the cool wet spring
screwed up their timing because
last year they were swarming
my apple trees. For a few years
now I've been reading about the
disastrous dieoff of honeybees,
which were imported from
Europe, in other places due to
varroa mites and other parasites,
pesticide use, etc., but it looks
to me as though Quadra Island
has not been spared, even though
we think we live in paradise
and should be exempt. The
disappearance of bees and other
insect pollinators would be a
catastrophe. Scientists estimate
that humans would lose most of
their food supply within three
years without the honey bee.
What can be done? Practically
speaking, we can learn how
to support local native bee
populations. Spiritually, we can
stop thinking of bees as insects
we use to make our honey, and
start thinking of them as the tiny
miracles that hugely impact life
on earth.

Janis McLean

Fri	Sat	Sun	Mon	Tue
12°C 8°C 60%	17°C 8°C 40%	17°C 10°C 30%	19°C 7°C 30%	20°C 8°C

AREA C DIRECTOR'S REPORT

May 27, 2011

by Jim Abram

What a beautiful warm and sunny Victoria Day! Hope you have all enjoyed the time off and have those gardens underway. There are a few items that you should be aware of coming up.

Heriot Bay sewer meeting

The long awaited Heriot Bay sewer meeting will take place at the Community Centre on June 22nd at 7pm. This meeting will give the residents the information they have been waiting for regarding the options for having a sewer system in Heriot Bay and the detailed engineering costs associated with the system. The two options looked at were a treatment plant in Heriot Bay with discharge of highly treated water into the Bay off of Rebecca Spit and, alternatively, the possibility of pumping the effluent to the existing plant in Quathiaski Cove. I can tell you right up front that the costs are high. But I will leave the details to be presented to the public at the meeting.

B C Ferries update

I would like to thank all of the people who have taken the time to write to the Minister of Transportation and the Premier regarding the effect of the cost of ferry travel on families and on business and jobs. Your letters are having an effect and I ask that you keep them coming. The more the better! As you may have heard, the Minister and the Commissioner have announced a far reaching review of the system. This is part of what I talked to the Minister about when I met with him in late April. I have talked to him since the announcement and applauded his efforts. I continue to push to have the ferry system treated just like the rest of the highway system, and as you may have heard him say on TV, "all options are on the table". I did an interview on CHEK TV, which aired on all newscasts that night and on Global TV that night and on CBC

radio all day the next day and then a talk show on CKNW, live. I was joined by Nancy Allwarden who did a great job, both on TV and on the radio talk show, stressing the impact on real estate and families and jobs. The reporters did a comprehensive job of relaying the story and gave us lots of air time. So the story is out there. Keep those letters flowing non-stop. They (the Premier and the Minister) need to hear from everyone that uses the system. Please address all letters to the Minister, blair.lekstrom.mla@leg.bc.ca, but also to the Premier, Christy Clark, Premier@gov.bc.ca, and also please copy me.

Gowlland Harbour Dry Land Sort

Since we are between public hearing and consideration by the Board, I cannot say much about the issue due to the Local Government Act rules. I can tell you that it will be on the agenda for the Board meeting this Thursday, May 26th, for a decision by the Board.

Federation of Canadian Municipalities (FCM)

I will be attending the annual meeting of the FCM which is being held in Halifax this year. Sustainable Communities will be big on the agenda as well as reaction to the Federal election results and the impacts on local government. This meeting is always very enlightening since we get the chance to exchange views and ideas with representatives from all corners of our country. I will be leaving the day after Mayday and return on June 7th. I will be available by email but not phone.

I hope to see everyone at Mayday this year and also hope for great weather. I have the honour of being the MC this year!

Except for the period between May 29th through June 7th, feel free to call me between the hours of 8:30 am and 7:00 pm, Monday through Friday (please, not on weekends, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at jimabram@xplornet.ca, or by mail at Box 278 in the Cove, V0P 1N0... Lots of choices.

Please note my new email address.

Respectfully submitted,

Jim Abram

Director, Discovery Islands - Mainland Inlets (Area C), SRD



Preschool Program

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(Toilet training not required)

Quadra Kids

school age program

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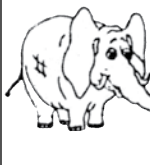
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CORTES DIRECTOR'S REPORT

May 27, 2011

by Noba Anderson

Official Community Plan

The second draft of the Cortes Official Community Plan has been forwarded by Felice (Focus consulting team) to the Regional District staff for review. This draft will be made public shortly (both on line and in written form) and a public meeting will follow thereafter. This process has been delayed beyond all of our best hopes and efforts – mostly due to the slow progress of draft writing in the hands of Focus. Focus has now completed their work and it is in the hands of Cortes and the District. In response to the public request to make every step of the OCP editing totally open, I simply say that it is not reasonable to ask the whole community to wordsmith each page. That is why we pay staff, entrust an OCP steering committee and elect a regional director. Anybody who wants has been given, and will continue to be given, ample opportunity for engagement.

Roads update

As I am sure you have heard by now Cortes is going to get another 24 km of roads resurfaced. Last year, the Ministry of Highways submitted a request for special funds to be directed this year to Cortes, their highest priority in this region. That request has been granted and most of the remaining Cortes roads in poor condition will be repaired. I have requested that Emcon communicate directly with the community on this matter, which they are doing.

2011 Grant-In-Aid Allocations

A broad and well publicized call was made for 2011 Grant-In-Aid applications for Cortes (Area B) funds. After receiving many applications, I used four general criteria for evaluation and selection: financial need, broad community benefit, additionality (an initiative that may not otherwise happen), and preference given to 'core funding.' To date the following have been awarded:

- \$5,950 for a Cortes-wide non-profit fundraising coordination effort,
- \$1,500 to Cortes Carbon Solutions for a public consultation process re greenhouse gas reduction initiatives,
- \$2,000 to the Friends of Cortes Island Society for core operations,
- \$1,700 to the Cortes Island Museum for their Public Education and Archives Programs,
- \$2,000 to the Southern Cortes Community Association for space renovations,
- \$4,000 to the Whaletown Community Club - \$1,000 for the Schoolhouse Gallery upgrades and \$3,000 for the Gorge Hall accessibility renovations,
- \$400 to the Stewards of Gorge Harbour Society for Gorge Harbour clean-up and signage,
- \$1,200 to the Cortes Community Radio Society for equipment and space upgrades,
- \$1,000 to the Wild We Stands Society for their Land Conservancy working group mapping project,
- \$1,650 to the Cortes Community Health Association for Youth Programming,
- \$300 to the Museum at Campbell River for general programming, &
- \$300 to the Campbell River Art Gallery for general programming.

In Gratitude

Noba Anderson

Celebrating our 20th Anniversary on June 3, 4, & 5, 2011

20% off everything

(RV Park/Dining/Gallery & Accommodation)

on June 3, 4 & 5 2011.

New for 2011

Locals discount 10% off

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Dinner Specials

Wednesday - Prime Rib

Thursday - Kids Eat FREE!*

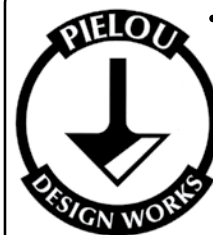
Friday - Seafood Dinner with
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NEWS AND EVENTS

Submit your news or event info, editorial runs free: email: news@discoveryislands.ca drop off 701 Cape Mudge Rd. or at Hummingbird

Buddhist Meditation

Meditation is the art of getting to know yourself better by cultivating self-awareness in silence. Buddhist Meditation is just watching the breath & the five senses & the thoughts in the mind as they pass on by. One becomes witness, an observer of oneself, like looking in a mirror. Come meditate with us for 30 minutes on Sundays at 10 a.m. in Spirit Books at the Upper Realm in Q. Cove. Just 10 minutes of collective reading & chanting are followed by a half hour meditation. Then we have tea & cookies and finally a reading and discussion group on the "Eight Mindful Steps to Happiness." We finish before noon. Call Steve Moore or Danielle Girard at 285-3323 for more information.

Farewell Pot Luck

Pat and Marie Brown are moving off of our wonderful Island. They will start a new life in Oliver B.C. another beautiful place. We will miss them dearly and all that they have given to this Island in the last 30 or more years. Join in on a potluck dinner June 11 @ 6:30 P.M. at the Quadra Legion. Every one welcome

Transition Weekend

The planned 'Transition Weekend' has been rescheduled for the Fall. This should give more time to plan a full and informative program. Look for news of a pot-luck dinner Saturday June 11 as an opportunity to stay connected, celebrate our ongoing successes and sample some great local produce.

Play Ball??

How about coming out and playing ball? Little or no experience needed! We need gals!!! Slo-Pitch is fun. Call Marie 250-285-3591

Discover Quadra 2011

It's "Open House" for Quadra Island! Put June 11 and 12 on your calendar, to visit tourism and hospitality businesses on the island. Accommodation, dining, and tour businesses will open their doors for visitors, and show you what they have to offer. It's a great chance to celebrate island hospitality and see what is available for you and your guests.

May Day Dance

Saturday May 28th 9 pm-1 am

at the Quadra Legion with Cortes Rocks/Track Pantz. \$5.00 at the door.

Dinner @ The Legion

On Saturday June 4th at 6:30 Page is preparing another delicious meal for \$15.00. Call 285-3151 for reservations.

A Big Thank You

To readers who have made a supporting contribution to the DI and always to our loyal advertisers - it helps keep the ink flowing.

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Community Strong
Shop Local
All Year Long!



Tsa-Kwa-Luten News

Contrary to what you may have read or heard in recent weeks, Tsa-Kwa-Luten only serves wild sockeye salmon. We are also proud to support local business and local seafood producers. Thank you for your continued patronage.

Newcomers to Quadra Island Welcome

New to Quadra? The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag. Please contact Judy at 285-2150.

Alcoholic Anonymous

~ Quadra Island Chapter has moved their 8 pm Friday meeting from Cape Mudge United Church to Quadra Children's Center. Everyone Welcome. call 250-285-3152

Scholarship

Quadra Legion Ladies Auxiliary

Is accepting applications for the **Kay Dubois Memorial Scholarship**

From veterans descendants entering post-secondary education.

An award will be based on academic & citizenship criteria. First year students.

Mail to Box 149, Heriot Bay, BC V0P 1H0

Applications close May 31

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Broomsweep update

An Encouraging Experience.

GOO D NEWS! We've completed our
sixth annual BROOMSWEEP at Rebecca
Spit. Year by year we have done our best to
prevent as much seed drop as possible.

This year was different because we no longer
saw the endless numbers of new seedlings
and young plants that kept springing up in
previous years.

We still pulled and cut a lot of plants but
it was very manageable. What a good
change! Such a good feeling!

Here's an encouraging thought for all those
tackling their own broom patch.

TAKE HEART! IF YOU CAN PREVENT
SEED DROP FOR FIVE YEARS BY
GETTING RID OF BROOM COMING
INTO BLOOM, YOU'LL BE THROUGH
THE MAJOR INFESTATION.

(If you don't get to it till pods have started
forming, you will have to gather it up and
burn it as pods will ripen and drop their seeds
even after the plant is cut down).

A big thanks to all who came out to help
this time. I also want to acknowledge the
anonymous folks who obviously pull some
plants at other times, and have done so over
the years.

If someone wants to tackle the small patch
near the entrance which we didn't get to,
please go ahead.

Riki: 2640.

Help Keep our Community

Strong

Shop Local

All Year Long!



Computers for Literacy

Quadra Literacy has a new program in
the works. In the fall of 2011, refurbished
computers, along with individual tutoring, will
be available to Quadra residents who have
never had a computer.

Quadra Literacy has been approved for the
Microsoft Registered Refurbisher Program
and we already have a couple of donated
computers. Please keep us in mind if you
are updating your computer and would like
to donate your old PC to the program. We
are also looking for volunteers with some
computer technical experience who would like
to join the technical refurbishment team.

Next fall there will be a workshop to train
volunteer tutors for various literacy programs. If
you are interested in any of these opportunities
or would like more information, please contact
Robin at robin.quadraliteracy@gmail.com

Classical Guitar Concert

on May 29th at Gorge Hall Cortes Island

In concert Patrick Bashford who studied at
the Guildhall School of Music and Drama
under Adèle Kramer (the first academic guitar
professor in Britain) for four years after being
much inspired by the music of Spain, especially
the gypsy guitarists, during his year in Granada.

After a further year of study at the Mannes
School of Music in New York and with the
great Cuban guitarist Rey de la Torre, and
another year in Spain to consolidate his
technique and repertoire, his performing
career took off in Europe (including Scotland),
and led him to North America, Australia and
appearances on television, and radio.

In 1972 he was invited to a professorship at
the Royal College of Music that continued for
over twenty-five years. He also taught at St.
Paul's School, Cobham Hall, City of London
School and others. In the last five years he has
been active in resuming his performing career

He will play music by Bach, Scarlatti, Villa
Lobos, Ponce, Lauro, Sanz and Albeniz,
Barrios (Angel and Agustin), and Tarrega.

Concert starts at 7:30 pm. Ticket sales at the
door for 10 dollars - doors open at 6:30. 15
and under free



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Road Works Ahead

24 kilometres of road rehabilitation and re-surfacing on Cortes

Between May 24 and July 22, 2011 Emcon Services and other road building contractors will be engaged in operations on a variety of roads throughout Cortes Island. This will include shouldering and ditching, reclamation, and surface treatment with chip seal. Residents and visitors will see increased contracting activity, arrival of a wide variety of maintenance equipment, coupled with the arrival of several barges of graded aggregate seal material.

Emcon has worked closely with local residents to minimize disruptions. However, travelers of the island will experience some delays between 7:00 a.m. and 5:00 p.m. during days of operation. During this construction, Emcon asks that drivers respect the signage, slow down in construction zones, and obey all traffic control personnel. Updates of road improvement activities will be posted routinely.

Inquires can be directed to:

Emcon Services Inc. (250)-336-8897

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QuadraNews

Quadra Island Farmers Market & Bazaar

welcomes everyone to this years community market. The market is located behind the Credit Union in Quathiaski Cove and takes place every Saturday (rain or shine) between 10am and 2pm from May 7th to Sept. 10th.

We would like to welcome all our regular vendors as well as any new ones who would like to join in. We would especially like to see more locally grown produce. But keep all your arts and crafts coming. Tourists and locals love them.

We will continue on with a first come first serve basis and the gate will open at 8am for set up. Market parking is accessed from Green Road. **Please note the main Credit Union parking lot is available for Credit Union customers only.**

To set up a table is still only \$5.00. Children under 16 it is \$1.00 a table. They must sell their own articles though. Local community and charitable organizations will not be charged.

Visitors welcome! Come and enjoy our local market. This is where it's happening on Saturdays on Quadra Island. Arts, crafts, food, produce, music, entertainers, and souvenirs galore!

We strongly discourage dogs at the market. If you have no choice make sure it is on a leash and of course pick up after your pet and don't let them too near the booths.

Thanks for your interest and cooperation. Contacts are:

Stella 250-285-3184 --
Naomi 250-285-2979 --
quadramarket@gmail.com

Discovery Islands Chamber News

The Chamber is offering business card racking to all Discovery Islands businesses' on the Quadra and Cortes ferries. This is an all inclusive service for an annual racking fee of \$40 plus the cost of membership. To get your business aboard contact the Chamber @ chamber@discoveryislands.ca or call our Treasurer, Deb @ 250 285 2750.

Attention current card advertisers: we are no longer able to provide updates on depleting rack/business card stock. To ensure no interruptions in the racking of your cards we respectfully request a year's supply to be on hand by Apr 30. To confirm your card supply please contact our Treasurer at the number listed above.

Have a prosperous and sunny summer and we'll look forward to seeing you at meetings in the future. Sincerely, the DICC Council Lynden Mc Martin, Ken Caley, Carol Ann Terreberry, Deb Banta, Frank Delph, Bob Cameron, Julie Rigby, Judy Hagen.

Hand Drum Jam

There is a hand-drum jam happening every Wednesday night at 7:45 p.m. in the Upper Realm in Q. Cove. Beginners are welcome. This is a drum jam designed to take the drummers into a blissful stream of "ONE DRUM" consciousness. Some basic instruction is also offered to beginners. First time attenders are free. Otherwise a \$5 donation is requested to help pay for rent & tea & sometimes cookies, etc. Call Steve Moore at 285-3323 for more information.

Gemini Rocks!

Gemini has been closely associated with planet Mercury and is considered to be ruled by it. A planet god known for its intelligence, awakening, cleverness, wisdom, high education, wise man, or sage. Your zodiac Party awaits. HBI. June 4. 9:00pm.



Like the DI on Facebook

Caregiver Support Group Schedule Change

Quadra has a Caregiver Support Group operating out of the Quadra Community Center since June, 2009. It is a constantly changing group of islanders who have experienced loss or are currently providing long-term care to loved ones. The meeting occurs every week. There are no fees or signup required. Drop in for one session or many, whatever suits you. Speak as little or as much as you choose. There is no agenda to follow, just the benefit of company with others who share your experiences.

As of June 6th, 2011 we will be meeting on Mondays, 10:30 to noon in Room 1. For more information you can call Sue Beattie (285-2948) or Marian McMeekin (285-3140).

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Quadra Studio Tour

It's Studio Tour time again on Quadra Island. June 4th and 5th are the dates for the 9th annual event which features 35 artists showing their work at 25 island studios and the Quadra Community Centre where a group "sampler" exhibition provides an overview of what the various studios have to offer. While you're at the community centre, stop for a delicious lunch or snack at the Gallery Bistro, featuring local seafood, desserts and refreshments. Fill in a form to win door prizes made by the artists.

The Studio Tour offers a glimpse into the secret corners of Quadra where the artists are normally hidden away with their latest creations. It's a great way to explore the island and experience a wide range of art-making that will be sure to surprise and delight.

A few of the perennial favourites who will be back on the tour this year include William Van Orden whose perfect replicas of fantastic sea creatures are augmented by whimsical and poignant creations that reflect his personal commentary on how we are treating the environment. Sam Whittingham, the worlds' fastest man on a bicycle, will again be opening his studio at Naked Bikes where he produces custom handmade bicycles. I Blew It Glass Studio is always a favourite on the tour. Watch the glassblowers turn molten glass into beautiful functional and sculptural creations. Kevin at Discovery Metal Creations is unveiling his gigantic welded sculpture/gate/bench "Luck of the Inukshuk". Guess how many horseshoes were used to make the piece and win a prize.

Some of the new artists this year are Mignon Smienk at Open Bay Farm and Fibre who creates painted fabrics, wool and fibre from her own sheep, and Lisa Murphy-Quigley of Outer Island Photography whose colour and black and white photography captures the aesthetic beauty in our natural and human altered surroundings.

There are painters and sculptors of all sorts, potters, jewelers, a guitar maker and even a winery on the tour. There is something for every taste and interest.

This year, Island Joy Rides is offering The Art of Joy. Tour the studios by bike with knowledgeable guides and enjoy a great picnic lunch along the way. Bikes and helmets are available if required. Phone 250-830-8522 for more information.

Tickets for the Studio Tour are \$5 each (kids 12 and under free) and are available at the Campbell River Public Art Gallery, Comox Valley Art Gallery, Impressions Custom Framing, Hummingbird Office and Art Supply and the Quadra Island Tourist Info Centre. For more information visit www.quadraislandarts.com.

Discover Quadra

Join us for Discover Quadra, on Quadra Island, June 11 and 12, 2011, 10 am till 4 pm each day.

This will be a great opportunity to see what Quadra Island offers you and your guests. Visit accommodation providers, activity operators, artists and others to discover the Spirit of the Island.

Pick up a Schedule and Map from one of the various locations (listed below) for your own self-guided tour of the island. Participants will welcome you in various ways: with an Open House, a tour, a discount, a coupon, perhaps some tea and snacks....and always, a warm welcome and opportunity to visit and have your questions answered.

Enter a draw for a Grand Prize Package at each location you visit, just fill in an entry form for the draw. The more places you visit, the more chances you have to win the Grand Prize!

Included in the Grand Prize Package is:

- 1 night accommodation from Seascape Resort
- 1 night accommodation, breakfast, and dinner at Heriot Bay Inn
- 1 night accommodation, breakfast, and dinner at Tsa-Kwa-Luten Lodge
- 1 fused glasswork item from Long John Silver Glassworks
- 1 couples massage from Rejuvenation through Bodywork
- Half-day tour with Quadra Island Kayaks

Consider extending your visit to include Rebecca Spit Provincial Park, the Lighthouse, the lakes, or to hike and bike some of the many trails. Bring your camera or sketchbook to record the island beauty.

The schedule and map will be available at the Campbell River Tourist Information Center in Tyee Plaza near the ferry, on the Ferry to Quadra Island, the Visitor Information Center on Quadra beside the CC Credit Union, both Post Offices, Whiskey Point Resort, Quadra Island Building Supply, Heriot Bay Inn, Tsa-Kwa-Luten Lodge, and SouthEnd Farm Vineyards.

Any questions, phone Susan at 250-285-2556. We look forward to seeing you!

At the Good 'OL HBI

Friday May 27; Dance to Duffy Live! Saturdays; Open mike with Mo 9:00pm to midnight. Sundays; Country jam with Steve Trayler 3:00 to 6:00pm. Thursdays; Blakes encounters of the karaoke kind. Music abounds in the HBI Pub.

Prom of Your Dreams! UofQ students are graduating! Prom dresses and suits with a Quadra flare (check out our tickle trunk!) Class clowns, alumni, non-students and all professors are expected to show up at the party. **8:30 pm. HBI Pub. June 1.**

Wednesday June 1, 7:00pm. The last winter UofQ class. **Growing Wine:** Southend Farm Vineyards with Jill Ogasawara and Ben McGuffie. 8:30pm It's the Prom you never had, the Prom you wanted to redo or just more Prom fun. HBI Pub. PRIZES!

We're watching hockey on the HBI's 8' screen and 3 tv's. **Beef or veggie burger, fries AND a beer \$9.95** for Canuck game nights in May. Canucks Hockey Games supersede HBI events. Events may be a little late or early.

Dinner concert with Valdy in Herons at the HBI. **Saturday June 11.** Join Valdy in this intimate setting with a delicious three course set menu. \$50.00+tx. 6:00pm seating. Reservations only. 250-285-3322. Only 10 seats left! Call now.

Heriot Bay Inn Photo Contest: Three categories; 1. Inside the Inn. 2. Outside the Inn. 3. Any of the works of May in house artist Cherie Hemmingsen, I blew it studio. Prizes for under 12 years and 13 up. Drop 8x10's at HBI. **Closing date May 31.**

Bike to work week May 30 to June 5. The Heriot Bay Inn Team challenges all Quadra Islanders to get up and go! www.biketoworkweek.com to register.

Lusciously Loka Fashion Show Sunday June 12. Herons at the Heriot Bay Inn. 6:00 seating, 6:30 serving 7:30ish show. \$35.00+tax includes a fabulous buffet dinner. Mark this awesome event on your calendar now! Tickets at Loka or HBI.

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QUADRA LINKS

Meet a Founding Member

"I couldn't believe it - I love Kesler!" That was Paul Nimmon's reaction to learning that he is Founding Member number 17 of the Quadra Island Golf Club. Paul and his wife, Annik, live with their three young daughters in Granite Bay. Paul is a silviculturist, but you may know him as the kids' after-school soccer coach and soccer summer camp host. He believes sports, whether organized or otherwise, are good for kids' development. He and Annik make sure their girls are exposed to as many sports as they can afford, time- and money-wise. "The junior and intermediate golf memberships [being offered by QIGC] are unbelievable deals. I'm so excited about that program."

His love of golf started at the age of seven or eight on Gabriola Island, back when the population was about the same as Quadra's is now. "There was not much to do except play golf. I always felt like it kept me out of trouble. When I was a little older, my mom would drop me off at the course for the day. She knew I was safe; the members knew who I was and all my friends and girlfriends were golfers. It was more than just a game, it was the social hangout. A lot of the friends I made playing golf as a teenager are still good friends today." He recalls golfing with his dad ("Arnold Palmer holds a golf club like this"), and says they still enjoy golfing together whenever they get the opportunity.

Paul played frequently throughout his youth, mowing lawns to finance his golf habit, which often consisted of 36 holes a day, four or five days a week in the summers. "Twice a month we used to have a juniors and seniors night. We'd go out in mixed foursomes. As a 13 year old I might not know them until we played together. I never had a lesson, but those older men and women gave me tips and encouraged me. My parents were comfortable because they knew those people were looking out for me."

"Recently I went out to the [Quadra] course and when I stood on that first tee and looked down, I just got so excited." He's been sharing his enthusiasm with friends from Gabriola, who are looking forward to future golf exchanges between the two islands.

Acknowledging that golfing off of Quadra is an expensive proposition, Paul made the decision to forego golfing elsewhere while he budgeted to purchase his Quadra Island membership.

Paul feels that the time he spends coaching is a way he can pay back the help and encouragement he received as a boy. "Investing in the community is important. We all invest in different ways: some by volunteering our time, some by building golf courses. It takes different things to make our community work."

As many Canucks fans would say, thank you, Number 17.

Free Firewood

Spring is here. We're all out of dry firewood for now. However, if you want some very wet wood to chop up for next year, give us a call. We also need community volunteers to chop up free firewood for the winter of 2011/2012. Come join us every Wednesday from 10 a.m. to noon behind the Quadra Community Centre. Together, we can help keep all Quadra Islanders warm and cozy next winter and work up an appetite for the noon Community Lunch. Bring an axe or we can provide one. Call Steve Moore for more information at 285-3323. P.S. Many thanks to Von and his brother & Luke & Alan & Paul & Tom & Leon Trotsky for their help last week.

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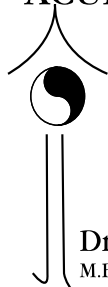
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Top 10-plus Reasons to Become a Quadra Island Golf Club Member

Now that you know how a golf club membership works and the advantages of becoming a Founding Member (see May 13 issue), are you still feeling a little hesitant about joining? After all, maybe you don't know how to golf and never, EVER, considered joining a golf club. Well, my friend, you will be dazzled by the many reasons why having a golf course on Quadra and taking out a membership are as good an idea as a May Day parade.

For Individuals: Fun, fun, fun! A golf club is a veritable smorgasbord of social interaction. Everyone knows the clichéd stories of business being conducted on golf courses, but a person can choose to play alone, with friends or to meet new people. Plans for the Quadra Island Golf Club include lessons, a women's club, a men's club and mixed tournaments (mixed by gender, mixed by abilities, mixed by ages and no doubt mixed by senses of humor - whatever mixture you can come up with and stay within the law and club regulations). Grab a friend and take lessons together. Having fun and socializing extends your life expectancy, doncha know.

Although it may not look like a lot of exercise, golfing 18 holes is a great way to get in a long walk. With beginners, you may swing so many times that, even riding a cart, you'll feel you've had an adequate workout. My in-laws were upset when, at 70-something, they could no longer carry their bags and had to use a pull-cart! Only after they were unable to play in their 80's did they consent to ride around the course with us. (They're 94 and 91, by the way - see what a lifetime of golf can do for you). Obviously, this is a sport that can be learned as a youngster and continued well into old age with health benefits all along the way.

A Quadra Island golf course means no ferry fees, line-ups or wasted crossing time. We are currently setting up reciprocal discount programs with Storey Creek, Arrowsmith and Qualicum golf courses for QIGC members, and intend to expand that to include

more Vancouver Island courses. Long time resident Rod Clark says that the best reason to join the club and play golf is that if you never play golf, you can never make a hole in one. On May 19, Rod had his first hole in one on the 140-yard seventh hole at Storey Creek.

Finally, golf is character-building. It teaches patience, discipline and gives one an opportunity to exercise their anger/frustration management skills. No matter what your golfing ability, it will always be a challenge. A person is continually striving to shoot a lower score. That said, it is a game to be played for fun. I know, some of you are recoiling in horror at the thought that it is less than a way of life - get over it.

For Families: Oh, so many advantages - where to start! Whether it's with mom and dad, one parent and child, siblings, grandparents and kids, aunts and uncles or cousins, time spent together on a golf course is an opportunity for bonding and great memories - really. The whole family can take lessons and learn to golf together. It's a sport that's readily available at most vacation and holiday destinations. It gives a parent one of those rare chances to have a serious chat with their child without it seeming like a serious chat. Plus, people are supposed to turn off cell phones and other electronic devices on the course. That alone should make it worth a membership! It's another athletic option for the youth of Quadra. We're planning a junior lessons program that is guaranteed to be non-lame and tons of fun (more about that in a future issue). There are many adults who attribute golf to keeping them entertained and out of trouble in their teen years (see "Meet a Founding Member"). What a great sport to get your kids started in - exercise, fresh air, enjoying the outdoors and a game they can play for the rest of their lives. Tough to beat.

For the Community: Having a beautiful golf course on our island will be an economic as well as social benefit to our community. It will raise the profile of Quadra Island as a tourist destination. It will allow our local hotels,

resorts and B&B's the opportunity to offer packages to attract more business. The people who come here to fish, camp, hike, kayak, or as ecotourists would be able to golf as well. Many of the people who accompany the people who come here to fish, etc., might like to be able to golf instead of fish, etc..

Quadra Islanders are known for helping each other out when the need arises. A golf course offers lots of fund raising opportunities. Charity golf tournaments abound for good reason - they are fun, filled with people who are there to have a great time and they make money. (Charity tournaments are not to be confused with fun tournaments. One, by definition, is being held to raise money for a cause, while the focus of the other is simply to have a low-cost good time.)

A golf course will help develop the personality of our island by creating a broader community. Like our Community Centre, tennis courts and ball fields, a golf course brings together people of all ages and outlooks. And like those other island assets, QIGC needs community support to ensure the success of the project. Local people have put countless volunteer hours (thanks, Keith) and local dollars into getting our golf course to its present state. We are currently installing the irrigation systems to be ready to seed in the fall. While some equipment has already been purchased, there are still some necessities missing. We need your memberships now to make it work, and there are still some Founding Memberships available. Membership applications are available at the usual places - Heriot Bay Inn front desk, Peoples Drug Mart, Discovery Islands Realty and Quadra Building Supply. If you have questions, give Ronnie a jingle at 285-3258 or call Kelly at 285-3428. Soooo... why don't you do it soon? Like, now? You'll be happy, happy that you did.

Notice:

Saturday, June 11 - Quadra Island Golf Club will have information booths open at both the Heriot Bay and Q Cove locations of the Tru Value grocery stores. You have questions, we have answers. And, if by some remote chance we don't have answers, Sunday, June 12, 1-4 p.m., the golf course is holding an open house. Come and see for yourself the exciting progress that's been made and how very close we are to being able to tee off. Really close, say, next summer. Join up.

Q.I.G.C. Membership Committee



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Quadra Island Seniors- -Br. 91-B.C.O.A.P.O.

"WOW", It is a lot of fun working at the Tourist Information booth. Tourists are coming more regular now, and they are very interesting, from B.C. Interior, Vancouver Island, Alberta, Ontario, the East Coast, United Kingdom, Europe & Asia, also the U.S.A. We live in an area which is the most beautiful and peaceful in the world. Join our group, and help us work at the Tourist Booth. For membership call Ruth @ 3801 or Christine @ 2207. Drop in and visit us during your day, and check on the new businesses on Quadra Island, Cortes Island, Campbell River & Vancouver Island. We are very sorry regarding the passing of Claude Plouffe, recently. Partner & Wife Hanne Plouffe, who will be moving to Alberta to be with family. The Plouffes were members for many years, and will be greatly missed. Our next monthly meeting will be on wed. June 1st @ 10:30 a.m, come at 10:00 a.m for a Coffee, & Book Browse. We will have as a Special Guest, Anna Guthrie and her Border Collies, she will give direction to her smart shorthair Collie and show us how quick they can be as a working dog. We will also honour all Fathers on this day. On Mothers Day meeting we gave out Carnations to our Mothers, and a dinner for two, which was won by Gabriella Romano. We are sending two delegates to the B.C.O.A.P.O. Annual General Meeting in Agassiz, to vote on Resolutions to send to Federal & Provincial Govts. Get in shape, we are having ArmChair Aerobics on Wednesdays @ 10:00a.m with Ann Lawrence, and walk on Sundays at Rebecca spit with Peter Gregg, meet him at the Launch Ramp at 11:00 a.m.

Seniors Housing News AGM

Quadra Seniors Housing AGM will be on Wednesday June 29th at the community centre 7pm in the main hall. The Board will have financial statements prepared for review by Society members. Mark this date on your calendar, and attend the general meeting to learn the details of the last year of construction. The new housing is a success, and the Board of Directors are very thankful to the community for all of their support. An election of Directors will take place at the annual general meeting.

Summer's Coming at Quadra Rec.!

It is going to be another fun filled summer for kids at the Quadra Island Community Centre. The new Summer Recreation Coordinator Rebecca Young is on board and the program is starting to take shape with some new and exciting activities as well as returning favourites. Rebecca grew up on Quadra and is very excited to be working with, and in her community. If you have any ideas or questions about summer recreation feel free to give Rebecca a call at the community centre or drop by and say hello.

Don't forget to get your May Day on! You still have time to prep your float and create a, one of a kind garden garment! Don't be sluggish, (or do!) because this year's theme is "Gardens of Delight". The parade starts at 10:00 a.m. on Saturday, May 28th at Rebecca Spit. Come out and congratulate May Queen Jane Nighswander and Princesses Antonia Czerwinski, Aquilina Mitchell, and Alexis Verschuur.



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Dreams for Sail

By Darcy Mitchell

The happiest days in a boat owner's life are the day the boat is bought, and the day it's sold.

Like many scraps of conventional wisdom, this observation is not strictly true. There is at least one good day in-between, usually the one when you're lying at anchor in a secluded cove, with a drink in one hand and a book in the other – and no pressing need to sail back home in the face of a disgusting forecast.

Tiercel is my fifth boat, not counting canoes, kayaks and dinghies. She's the second boat I've owned alone. The first boat was a 26-foot steel cruiser, the second a 35-foot aluminum houseboat, the third a 37-foot sailboat, the fourth a 24-foot diesel cruiser, and the fifth is Tiercel – an old, but still sound, 24-foot sloop. The only one that ever got a lot of use was boat number three. Over three years, she sailed from Vancouver to Prince Rupert, to the Queen Charlottes / Haida Gwaii, around Vancouver Island and in and out of coves between Desolation Sound and Cape Caution.

I don't care all that much about the sort of car I drive (it's just transportation), or what I wear (as long as it's clean and decent), or even where I live, having moved at least 20 times since I turned 18. (Although the current property is starting to feel a bit more permanent, as it acquires gardens and outbuildings, as well as housing a husband and two dogs.) But boats are different. Sailboats, in particular, carry a cargo of yearning for foreign places, adventure, independence, or just plain escape. They hold everything a human being needs in a space the size of a large

bathroom. Sailboats force you to attend to the weather and the tides, and they move at a pace that lets you really see what's going on around you. The fuel – theoretically – is free, if you're willing to wait until it arrives. In most other respects, alas, sailboats are not free, or even cheap.

As the single parent of a small cruising sailboat, I have both the technical competence of a hamster and a limited budget for professional maintenance. These two conditions are not compatible. I have a warm relationship with the local boatyard but their services are not, alas, inexpensive. The willing assistance of spouse and friends with boat maintenance doesn't help if things conk out in the middle of the chuck when you're all alone at the helm. I'm not a bad sailor – I know what the strings do, and I can keep the pointy end moving forward. But I'm not very young, and I'm not very strong, and I worry about emergencies. So does the landlubber at home. Last summer, Tiercel spent most of her time on her mooring, visited mainly by a crew of otters that left fish bits and worse all over her deck. So the decision was made to sell.

If she doesn't sell this year, I won't be entirely shattered. And I am determined not to leave the boat languishing in Drew Harbour. There are friends with boats who are only a radio call away. There is always – heaven forbid – the Coast Guard. And while the dreams of bluewater sailing are long gone, there is a cove or two, not far from here, where the skipper of a little sailboat can haul down the sails and drop the hook. Someday – I hope – Tiercel will become somebody else's dream, but meanwhile – if summer ever comes – the two old girls will go sailing again.

Straight Talk -

By Julie Ann Luoma

What are you thinking?

Why do you ask?

Why wouldn't I ask?

What are you saying?

Why are you avoiding the question?

Why should I answer?

Why wouldn't you answer?

What's the point?

What's wrong?

Why do you assume something's the matter?

Why would I think otherwise?

Are you saying there's usually something wrong?

What are you getting at?

What's there to get at?

Why are you doing this?

Doing what?

Why won't you talk to me?

What's there to say?

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TAKE FIVE WITH TUCKER

SPOTLIGHT:

LORI HEWITT – REJUVENATION THROUGH BODYWORK

By Tucker Dinnes

R rejuvenation means to “restore youth and vitality” and that is the intention behind Lori Hewitt’s work as a massage practitioner. Lori’s interest in alternative health methods as a way to enhance people’s lives and wellbeing began in 1996 when she began studying aromatherapy, reiki, reflexology and massage. She moved to Quadra Island in 1999 and made these practices her main focus, while also learning from other practitioners who graciously shared their knowledge and skills.



Lori started her practice out of the Village Hair Salon in December 2000 which she ran for 5 years. She then moved into a space in the Cove with Sunday Dennis where they were able to offer massage services to couples as well. Lori was also one of the principal visionaries who were able to bring the current Vitalis Wellness Centre into existence. The vision was for a peaceful space shared by like-minded wellness practitioners offering alternative wellness services to Quadra Island and that vision was fulfilled. It was a great experience for Lori and she learned a great deal as a business woman and practitioner, while also making some deeper connections with her colleagues.

Lori enjoys her work and her favorite thing about doing the work she does is being able to assist people in feeling good and enhancing their physical and mental well being. The opportunity to earn a living doing what she loves to do is very important to Lori. She seeks to remain open and balanced in her

own life in order to help others do the same.

Lori offers a variety of relaxation massage and bodywork techniques to create a unique relaxation & spa experience for each individual. Lori’s skills include Reflexology, Meridian Massage, Reiki, Lastone Therapy and Aromatherapy. Lori’s bodywork is fluid, firm & connective-focusing on deep relaxation and releasing pressure on the body, mind and spirit. Rejuvenation through Bodywork has moved to a more private space at 1521 Schooner Road, Quadra Island. The new space is private and peaceful and really lends itself to more flexibility in hours and services for Lori’s clients with a private deck and beautiful gardens! Lori is working on developing new rates and packages, so check in with her to see what she has to offer! Contact her at 250-203-2248.

Take Five

What is your favorite color?

Blue

What do you like to do when you are not working?
Play!

Who are the most important people in your life?

My family

Do you have any pets?

2 cats, 2 dogs, fish, chickens and a duck!

Where do you see yourself in 5 years?

Continuing to grow and expand my personal vision of life and work, balancing work with family and expanding into other areas of interest including yoga.

Benefits of Massage and Bodywork

In an age of technical and, at times, impersonal medicine, massage offers a drug-free, non-invasive and humanistic approach based on the body’s natural ability to heal itself. So what exactly are the benefits to receiving regular massage and/or bodywork treatments?

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Stimulates the flow of lymph, the body’s natural defense system, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.
- Increased circulation of blood and lymph systems improves the condition of the body’s largest organ - the skin.
- Relaxes and softens injured and overused muscles
- Reduces spasms and cramping
- Increases joint flexibility.
- Reduces recovery time, helps prepare for strenuous workouts and eliminates subsequent pains of the athlete at any level.
- Releases endorphins - the body’s natural painkiller - and is being used in chronic illness, injury and recovery from surgery to control and relieve pain.
- Reduces post-surgery adhesions and edema and can be used to reduce and realign scar tissue after healing has occurred.
- Improves range-of-motion and decreases discomfort for patients with low back pain.
- Relieves pain for migraine sufferers and decreases the need for medication.
- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion.

(source: www.massagetherapy.com)

HERIOT BAY TIDES (PDT) | LINK TO TIDES AND WEATHER WWW.QUADRAISLAND.CA

DATE	TIME	m.	ft.
27 Friday	02:12	4.5	14.8
	09:34	2.0	6.6
	15:58	3.7	12.1
	20:37	3.1	10.2
28 Saturday	02:42	4.4	14.4
	10:07	1.7	5.6
	17:05	3.9	12.8
29 Sunday	21:42	3.3	10.8
	03:10	4.4	14.4
	10:38	1.4	4.6
	17:56	4.2	13.8
30 Monday	22:40	3.5	11.5
	03:38	4.4	14.4
	11:09	1.2	3.9
	18:38	4.5	14.8
31 Tuesday	23:31	3.6	11.8
	04:06	4.4	14.4
	11:40	1.0	3.3
01 Wednesday	19:15	4.7	15.4
	00:17	3.7	12.1
	04:37	4.4	14.4
	12:13	0.8	2.6
02 Thursday	19:51	4.8	15.7
	00:59	3.7	12.1
	05:12	4.4	14.4
	12:48	0.7	2.3
03 Friday	20:28	4.9	16.1
	01:44	3.7	12.1
	05:53	4.3	14.1
	13:26	0.7	2.3
04 Saturday	21:06	5.0	16.4
	02:32	3.7	12.1
	06:39	4.3	14.1
	14:07	0.7	2.3
05 Sunday	21:45	5.0	16.4
	03:26	3.6	11.8
	07:30	4.1	13.5
	14:50	0.8	2.6
06 Monday	22:26	5.0	16.4
	04:25	3.4	11.2
	08:30	4.0	13.1
07 Tuesday	15:35	1.1	3.6
	23:06	5.0	16.4
	05:25	3.1	10.2
	09:41	3.7	12.1
08 Wednesday	16:21	1.4	4.6
	23:45	5.0	16.4
	06:23	2.7	8.9
	11:12	3.6	11.8
09 Thursday	17:12	1.9	6.2
	00:24	4.9	16.1
	07:21	2.3	7.5
	12:53	3.6	11.8
10 Friday	18:09	2.4	7.9
	01:02	4.9	16.1
	08:15	1.8	5.9
	14:31	3.7	12.1
	19:18	2.9	9.5

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