

DISCOVERY ISLANDER

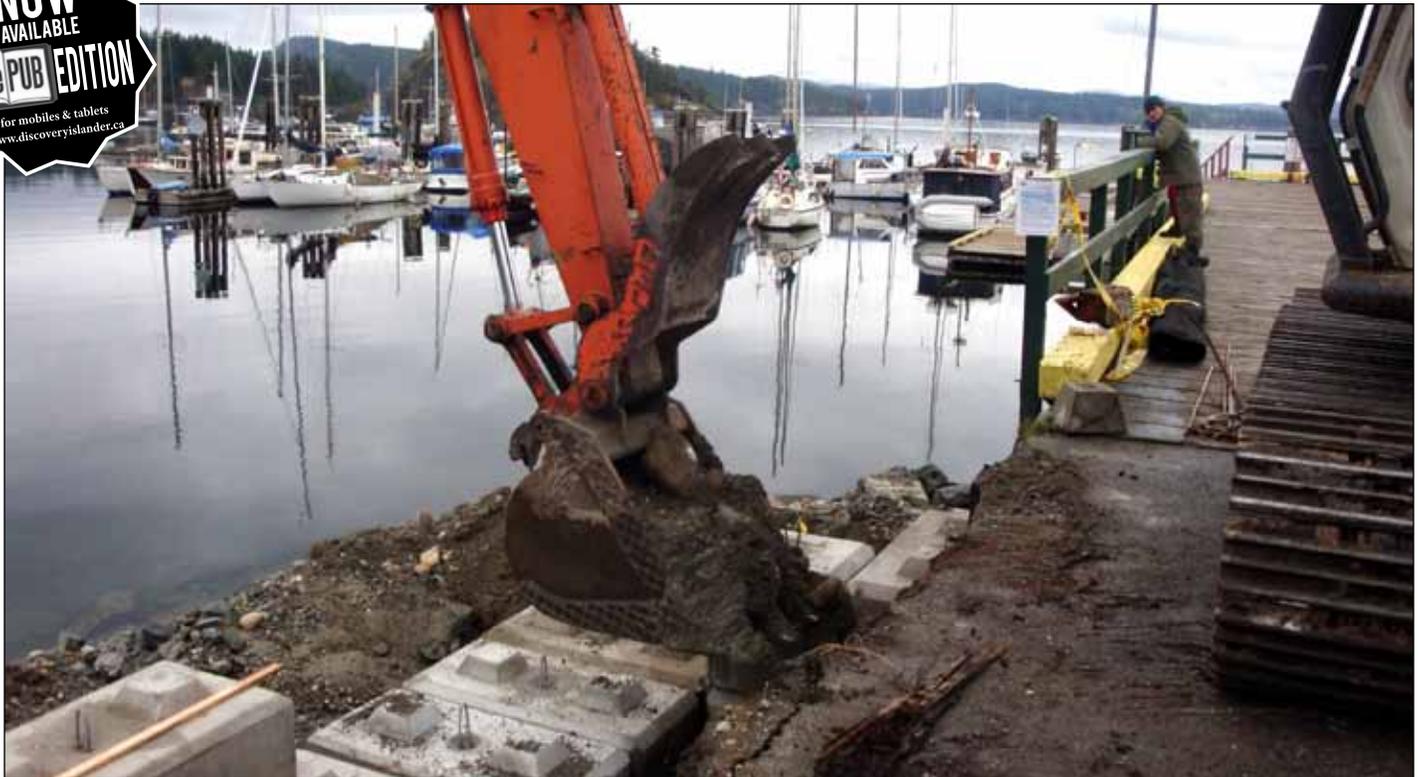
COMMUNITY NEWS & EVENTS ON QUADRA, CORTES & THE OUTER DISCOVERY ISLANDS

ISSUE 516

Serving the Discovery Islands for 20 Years - since 1992

January 6, 2012

Harbour Improvement Project Ramps Up



– updates available online

People interested in following the progress of the \$2.5 million Heriot Bay harbour improvement project can now get updates online.

The Quadra Island Harbour Authority (QIHA) is currently overseeing the fourth phase of the project that will replace the wooden pier and wharves at the Heriot Bay public dock with new concrete and steel structures and install two separate ramps, one for transport trucks and one for pedestrian access. The project also includes

enhanced safety features, expanded dock space and a new 1,500 pound crane for public and commercial use.

“In addition to providing necessary upgrades to Heriot Bay facilities, the project will connect and boost the fishing and shellfish industries by helping get their products to market,” says Michael Griswold, QIHA president. “These improvements and the increased shipping capacity at Heriot Bay has the potential to increase regional employment by up to 250 new jobs in 2012.”

Information about the project, including project details and timeline, photos, news coverage of the project and answers to frequently asked questions and milestone updates are available via the Internet at www.qiha.ca.

“About 35 people attended the public meeting in July, where QIHA outlined the project details. Since then, the Quadra Island Harbour Authority has kept in touch with boat owners and local residents about the next steps in the project through

continued...

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.

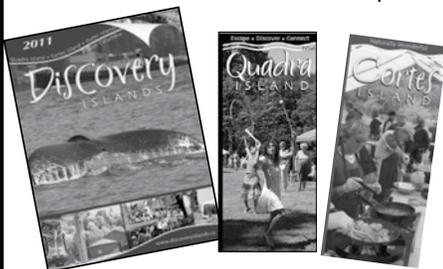
Avoid Line-Ups

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

Pick Up A Copy

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



www.quadraisland.ca
www.discoveryislands.ca

continued from page 1

letters, email and phone calls," says QIHA harbour manager Dawn Ross. "We've (QIHA Board) also posted signs to inform people about construction, and we want to provide online access to information for everyone interested in keeping up to date about this improvement project."

Work on the Heriot Bay harbour improvement project began in 2010 and, when completed in the fall of 2012, will result in the complete re-modeling of the Heriot Bay harbour facilities, both commercial and recreational use, with:

a floating breakwater (installed in 2010)

a new 26.2 metre by 17.1 metre concrete dock (installed earlier this year)

a 100 by 15-foot prefabricated steel ramp with a 60,000-pound load capacity for transport trucks working with the local commercial fishing and shell fish industries

a separate ramp for pedestrian access (installed in December), providing both dock access and a separate emergency escape route in the event of safety problems on either the concrete dock or the mooring docks, and

in phase five, the complete rebuild of all mooring docks, including installation of new steel piles to replace the existing creosoted wooden piles, upgrades of both electrical and potable water services as well as possible shower facilities and a pump-out station.

The scope of the project's fifth phase is still under discussion and will depend on funding available through the Western Economic Diversification Fund as well as funding sources for earlier phases.

The combined cost for all phases of the project are forecast at approximately \$2.5 million, funded primarily by Small Craft

Harbours and senior government grants as follows:

Small Craft Harbours \$1,290,000

Island Coast Economic Trust ("ICE-T") \$450,000

CF Strathcona, Westccap \$250,000

Coast Sustainable Trust \$96,000

Western Diversification fund - not yet approved \$330,000

QIHA \$84,000

Total \$2,500,000

"QIHA has also contributed hundreds of hours of study as well as meetings with Small Craft Harbours and design engineers, environmental consultants and the many trades associated with the project - all undertaken on a strictly volunteer basis," says Griswold.

Local firm Lattitude West Consultants has been contracted as environmental monitors for the project.

The current phases of the project schedule should see all in-water work completed well in advance of the February herring spawn closures, says project manager Ford Cannon. The dock realignment, scheduled for the summer of 2012 in phase five of the project, should not require any dredging of the harbour, he adds.

For more information about this project, and to view opportunities to bid on project tenders, visit the Quadra Island Harbour Authority website: www.qiha.ca.

People are also invited to contact harbour upgrade project manager Ford Cannon by email at fordcannon@gmail.com or to telephone him at 250-204-7447 with any questions.

More QIHA news
 - AGM Report on page 19

Winter is Here!

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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.*
 Weight Watchers, QCC, 6 pm - 7 pm
 Alcoholics Anonymous, Quadra Children's Centre 7 pm
 Mandy's Movielicous night in the HBI Pub 9:00
1st Monday - Quadra writers group, 7 - 9 pm 285-3656

TUESDAY

Spinners 10:00 am – 12:00 QCC
 Kids Climbing Wall (7 & under) 2:00- 3:00 (8+) 3:00 - 4:00 pm
 Quadra Children's Song Circle, Room 3, QCC3 - 4 pm
 Al-Anon Meeting, Quadra Children's Centre, 7:00 pm
 Folkdancing, QCC, 7:30 pm, Sept 21-Apr 26

WEDNESDAY

"The Pack Ride" Moderate to Vigorous bike ride 10:00 am Yak Shack
 Parent and Babes 11 am QCC
 Food Bank 1-2:00 p.m. (1st & 3rd Wed of every month) QCC
 UofQ Pub education from your Neighbours. HBI pub 7:00 pm
 Hand-drum Circle, Upper Realm, 7:45 - 9:15 pm
1st & 3rd Wednesday Food Bank, QCC 1 - 2 pm

THURSDAY

Parents & Tots, QCC, 9:30 am - 12 pm
 Karate 4:00 pm QCC
 Prayer Meeting, Quadra Island Bible Church, 7 pm
 Drop in games and wing night, Legion, 7:00 pm.

FRIDAY

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

SATURDAY

"Fun Ride" Easy to Moderate bike ride 10:30 am Aroma Cafe
 Quadra Legion Meat Draw 5pm
 Open mic with Mo. 9:00pm HBI pub

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.
 Pool Tournament and weekly prizes HBI Pub. October. 4:00pm
 Live Music at The Landing 4 to 7 pm Featuring The Blue Kats

Fri	Sat	Sun	Mon	Tue
6°C	5°C	10°C	8°C	7°C
2°C	0°C	3°C	4°C	0°C
40%				60%

DAY TO DAY

Saturday, January 7

- Yogurt making workshop 1 pm to 4 pm at Perrywinkle Cottage 692 Cedar D

Monday, January 9

- Quadra Island Garden Club, Community Centre, 7 pm

Wednesday, January 11

Community Lunch starts up again, Noon, Q.C.C.

Thursday, January 12

- Block Play and Early Learning Workshop 6:30 at Quadra Elementary

Friday, January 13

- Friday Flicks - Midnight in Paris - rated G QCC Doors 7:30 pm Show 7:45

Saturday, January 14

- Tak Ogasawara slideshow from 21,000 ft & Beyond 7 pm Southend Farm
 - Capricorn Party, HBI Pub. 9:00 pm

Sunday, January 15

- Pentaèdre, Opus-prize winning Wind Quintet Q.C.C. 7:00 pm

Monday, January 16

- Quadra Island Transition general meeting 7 pm Quadra Community Centre

Wednesday, January 18

- Free Money, 11:30 am, just before Community Lunch, Q.C.C.

Friday, January 20

- Getting Fresh: Films on Food - Brian Brett QICC 7:30 pm
 - Tequilla Mockingbird Orchestra, HBI Pub. 9:00pm

Saturday, January 21

- Getting Fresh: Films on Food 10 am to 5:30 pm QICC
 - Harold Rhenisch, book launch, \$15 HBI Fireside Lounge 7:00pm

Thursday, January 26

-Family Literacy Day 12:30 to 2:30 at the Quadra Community Centre

Friday, January 27

- Todd Butler, Comedian, musician, storyteller, \$40.00 incl. 3 course meal. In Herons, HBI. 6:00 pm seating.

NEXT DEADLINE: MONDAY, JANUARY 16TH, 2012

Please call us for any of your real estate needs.



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Nancy Allwarden
Quadra Island
250.285.2800



Michael Lynch
Quadra Island
250-285-2422



Beverly Wall
Quadra Island
250.204.4121

Recent Listings

1491 Schooner Rd. – view home – \$369,000.
 597 Noble Rd. – home on 10 ac – \$499,000.
 197 Quadra Loop – w/f home – \$689,000.

www.discoveryislandsrealty.ca

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Philip Stone

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\$30⁰⁰* for 6 months

\$50⁰⁰* for 12 months

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 files or graphics in Word files please. Send imported graphics separately.

Please don't send original irreplaceable material.

Please remember to caption & credit photos and artwork.

Don't write on the back of photos, use labels or sticky notes.

While every effort is made to include all items submitted, errors and accidental omissions do occur.

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NEXT DEADLINE
MONDAY, JANUARY 14

ISLAND FORUM

Quadra Island Fire Dept. to the Rescue

Excited about our trip to Quadra Island to spend the holidays with Grandma & Papa, the last thing on our minds was that our youngest son Finley, now five, would have another scary attack of Croup. But unfortunately that is exactly what happened on December 19th. It was around 1am when we he said he was having troubles breathing, so we phoned 911. Not only were the Quadra Volunteer Fire Department and BC Ambulance Service quick to respond but, they were also extremely professional and exceptionally kind and sweet, in taking care of Finley. It was decided that a trip to Emergency at Campbell River Hospital was the best decision. Although a longtime resident of Quadra, I have never had to use a the ferry for an emergency trip. I can not tell you how impressed we were with how kind and understanding the ferry staff were. Everyone's fast actions got us to Campbell River and to the Emergency Ward quickly. Once there, he was treated and released, with a new little Teddy Bear in hand.

From Quadra to Campbell River, from the Fire Dept. to the Hospital, Finley received the best treatment I could hoped for. It was true display of Christmas Spirit.

A heartfelt thank you from the Nemeth Family!

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twitter

QuadraNews

A Rant and a Ramble...

Editor

This letter is a rant less ramble coming down hard on the heels of the holidays when few will be listening, allowing a voice in the wilderness to be heard more easily. It runs against the grainy relevance deemed by the megafauna media as essential for sanity while they look at death, misery, failure in far flung locales. The DI is a happy news year in the quirky way it prints anything giving us a liberty; no need to Occupy Now, we live here.

It's a noteworthy year, the Cortes Community Radio Launch, Fall Fair Days by Transition Island, beautifully creative local theatre as seen in Moma Mia, and Dick Wittington's Cat. The Community Garden.

The islands are socially alive to the world while Victoria is in a coma, and nearly on life support.

This year witnessed the fearsome politics of the Islands.

As no one can socialize the truth as the world moves on, we had an opponent running against Mr. Abrams with a certain rudeness, I think born in a desperation to be heard about where is the work on the islands? A socially reactionary response, and one feels a grappling with the Medusa for us all.

Truth is a difficult path to walk upon, and socially it isn't pretty. Like a blind date. It's entertaining however, as one doesn't watch TV, having tired of the canned laughter. I'll take our fearsome politics any day.

I liked Helen Moat's Swan letter about how our rural life has meaning for our society at large. The Gowland Harbour issue.

It was interesting to read Pete C's letter about forestry, and how by negotiating Crown land was turned into woodlots. Now Cortes has begun to implement a Community Forest. A direction in the governance to devolve forests to communities. However the gong show question of "how do we pay for our schools, health care"? remains.

Who reasons what Sustainable forestry is?

A Woodlot has on a practical basis a vision of say 30 years. Where is the governance for initiating a philosophy? Does this happen in politics?

If one observed what the forest looked like a 100 years ago, and compares it to today you realize there isn't a sustainable forestry by any Government definition. How can one grow trees with a rotation of 60 years and compete with the Southern States who grow trees out in 30. Raw log exports to Asia is without imagination, and we have a boom, bust forestry shrinking rapidly in size to Dinky Toy status. It's hard to imagine a prosperity with this paradigm. Yet nothing happens socially to rethink our options, but focusing on other uses of the forest. Those uses such as viewscapes for Kayaking, Wilderness Adventuring is a welcome diversity for a livelihood, but still the Forest is neglected in an traditional sense. While we are at each other in a fearsome game.

A social frustration, as the politicians play politics whose time frame to enact a deeper vision is four years.

An impossibility, yet their Pension Plan reflects this

Strathcona Park As a Living Thing

I think of the Bedwell Valley as a living thing. I think of it as repairing itself from the harm that humans have done to it.

Years ago I used to look down on the Bedwell from above and feel happy about the way the valley was restoring itself after having been opened up to mining and logging while under the “protection” of many different provincial governments.

Now they’re at it again. This is nothing new in Strathcona Park, but it still hurts. Why do we have a system of “protection” where corporations decide park policy? If parks are really meant to be protected, why open them up to damage by commercial and industrial interests?

To me, all of Strathcona Park is a living thing, and it’s precious in ways I’ll never be able to explain in words, and certainly not in dollars and cents. The wilder areas of the park communicate only when we walk quietly, far from the sounds generated by our increasingly desperate chase after money.

If we allow the money chase inside the park, we destroy the park’s purpose. In Strathcona, this destructive process has now been going on for 100 years. It’s been going on because corporations have always had very easy access to government decision makers, even when it comes to our provincial parks.

The provincial government is now poised to sign a park use permit for a high-impact commercial operation in the Bedwell Valley. If and when the document is signed, the Friends of Strathcona Park will mount a legal challenge.

There’s a good chance the park will win this one, but win or lose, the case will set important precedents in removing our provincial parks from the influence of corporate interests.

If you wish to donate to

the legal challenge, go to:
friendsofstrathcona.org

Karl Stevenson
Royston

Dear Sir,

O.K. Philip you got me going again and I hate to be a curmudgeon but...

This time it is the torrent of letters about the Bedwell Valley horse riding permit. First of all a little history: In the 1950’s the government of the day considered it perfectly acceptable to trade timber and mineral rights in remote areas of Strathcona Park for “desirable” properties at places like Rath Trevor Beach and Long Beach. The Bedwell Valley was rather harshly logged and mined and abandoned.

When I worked in this valley I was saddened to see the mess logging and a silver mine had made but I was struck by the easy access the logging road gave to Flower Ridge and the world class alpine areas. It seems to me that allowing a company to rehabilitate an old logging road so that more people can access some prime area of the park cannot be a bad thing, especially when the old roadbed will be properly ditched and culverted.

I would also like to point out that the nearby Megin and Talbot watersheds have been taken out of T.F.L. 44 and they are, in my humble opinion, much finer park candidates than the Bedwell was in it’s original state.

Instead of stubbornly cutting a hiking trail to compete with the horse trail, wouldn’t it be more productive to work with the government and the private company to guarantee public access to the area. I also think that it would be a good idea to focus on some form of public use of the adjacent and pristine Ursus valley.

Yours grumpily
Pete Calverley

THE EDITOR NOTES

Thank you Pete for your recent letters on Island Forum topics. It’s always important to hear a variety of opinions and I read sincerity in your suggestions on both local forestry and more recently on issues surrounding the Bedwell valley in Strathcona Park.

I envy your experience in that area prior to today’s Tofino boom and the inordinate pressures facing Strathcona.

It is very true that the Megin-Talbot addition to Strathcona have arguably far-superior park values than the Bedwell but the politics around the Bedwell aren’t so much about the valley’s wilderness character (or lack thereof) as concerns with the government turning a deaf ear to public opinion and specifically to the Strathcona Park Public Advisory Committee that was appointed after a major confrontation to avoid these very problems.

As you rightly reflect, t’was the day the government had the luxury of trading land blocks to create new parks. But now, certainly on Vancouver Island, the die has been cast. The last of the unprotected valleys on the west coast have now been logged (the Ursus being a tributary, not a fully intact watershed). 12% for parks was decreed in the 1990s and that’s basically what’s left.

This makes the government’s actions all the more concerning. We’re not making any more wilderness any time soon. There’s no more trading to be done.

Regardless, parks are for conservation and public recreation not corporate profiteering. Park’s mandate is to put the public interest first, not corporations’.

-Philip Stone

ability for wisdom. Its gives one the feeling of the inhumane.

Twenty years ago Sweden gained 3x the value from a tree as we did.

Ideas? We could grow out 15% of the forest for old growth value, reduce the micromanaging by the government in dictating our values, for “our own good”. I’m sceptical about the “SAFE” coming from the politic. The darkness in human nature rules, and I find it unreliable on rational thinking. If you are fearful, how will the politic make you feel safe? Fighter Jets? Prisons?

The people in CR may envision a prosperity within the world of social computing, but if they can’t look after the physically of the Forest it’s doubtful they have the wit to make it work. Will it be applied to forestry in a practical, and visionary sense? Note I stress the difference between the politic and governance.

To be a Transition Island Community is our direction, and sensible beyond words.

All the best for the news year.

Hugh McNab
Read Island

**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 may
be chopped!
Please be concise**



REGIONAL DIRECTOR'S REPORT

Area C =

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TIP: 'Tweet' using #quadraisland or #visitquadra to link your news to the wider community.

QuadraIslandTourism.ca
 Quadra Island Tourism is a sub-committee of the Discovery Islands Chamber of Commerce

I would like to wish each and every one of you the best possible New Year imaginable. I hope that everything goes your way! We have lots of work ahead of us in the new year and I hope all of you are up for it. There will be lots of public involvement required and I look forward to meeting the challenges head on and making things better for all of my constituents. So far we have had a pretty good winter and we are on the upswing now, so enjoy that extra daylight each day. I know I will! This will be a fairly brief report, but I wanted to mention a few things.

Alternate Director

For the past many years Rob McKerracher has been my Alternate Director. He has done a great job of filling in for me at meetings as required. His presence at those meetings insured that Area C had a voice when I was unable to attend due to some pressing conflict. Rob has decided that it is time to move on and I would like to take this opportunity to sincerely express my thanks and appreciation for his efforts and his counsel when required.

I have now appointed Dan MacKenzie to the position. Dan and his wife Leslie moved to Quadra five years ago after retiring from his 30 year teaching / administrative position with the Qualicum School District. Since moving to Quadra, I have worked with Dan many times on various projects. He has volunteered his service to a variety of projects / endeavours including the construction of the Community Garden, Free Firewood, the Community Lunch, the construction of the new Granite Bay Wharf and the development and maintenance of the trails system through the Quadra Trails Committee.

I appreciate Dan accepting this position and I feel he will do a good job for Area C in my absence and I look forward to working with him. For Dan's sake, I would like to point out that the alternate director only has authority to act on regional district business in my absence. So, if I can't answer your call, please don't phone Dan. You should all know that I will get back to you!

Upcoming meetings

As I mentioned in my last report, I will be meeting with Telus next week. I will give you the full report after that takes place. The meeting I mentioned with Minister Pat Bell is still on and will now be closer to the end of the month. It is still happening, though. We have our first committee meetings next Wednesday and will be moving very quickly into the budget process for 2012. We also hope to be into the meetings for our Qauthiaski Cove Local Area Plan amendments to the Official Community Plan. I have not heard a peep about the Gowlland Views development proposal. I will let you know when I do.

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. You can also view my website at www.jimabram.com

Please note my email address. The old "oberon" address is no longer active. Also, please do not use my residential phone number for SRD calls. All business calls should be on 285-3355. Many thanks!

Respectfully submitted,

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

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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

Yogurt Making Workshop

On Saturday, January 7, 2012 from 1 to 4 pm join Foodwisdom's Francesca Gesualdi to learn the art of making your own yogurt. She will introduce the techniques and benefits of yogurt making complimented by lively discussions, robust food autonomy models, homemade blackberry scones and tea. This workshop will be the first in a series of traditional food adventures held at Perrywinkle Cottage, 692 Cedar Drive, Quadra Island. Fee for participation is \$30, additional family members just \$10 each. For information and to register call Carol at 285-3664.

Francesca Gesualdi is a food literacy educator and author of the Gumboot's Pen N Pantry. She resides in Vancouver and on Quadra Island.

Help Keep our Community Strong Shop Local All Year Long!



Winter Market

Thanks to everyone who made the Winter Market a great success in 2011. We have a tremendous resource right here on our little Island. Quadra has talent!!

We will be back again Saturday, January 14th, 2012 at the Quadra Community Centre. Rain or Shine! Come join us. Wishing you all a safe, healthy, happy holiday. See you soon!

quadra.michele@gmail.com or [michele@285-3747](tel:285-3747)

NEXT DEADLINE FOR THE DI

is Monday January 16th

Send in your submissions by email: news@discoveryislands.ca fax: 250-285-2236 or drop it off at Hummingbird or our office at 701 Cape Mudge Rd.

follow us on **twitter**
QuadraNews

Casino Night Thanks

Thank you to the volunteer Black Jack dealers at the Legion's annual Casino night. The proceeds of \$417.00 are being donated to the food bank and the youth choir. Also we would like to thank the many volunteer drivers on New Year's Eve, huge help and worked out great.

The Legion's next general meeting is on Wednesday January 18th at 8:00.

Alcoholic Anonymous

~ Quadra Island Chapter meets 8 pm Friday at Quadra Children's Centre, West Road. Everyone Welcome. Call 250-202-6049

Children's Centre Raffle

"Quadra Children's Centre Raffle--Four great prizes. Two first prizes - 2-night stay for a family up to 6 people in a beach level condo at Beach Acres Resort on Rath Trevor Beach in Parksville, B.C., a \$50 gift certificate to the Black Goose Inn at Beach Acres Resort, and a \$25 Petro Canada gas card. Third prize is a \$300 gift certificate to Tru-Value Foods - Quathiaski Cove. Fourth prize is a \$100 gift certificate to Tru-Value Foods - Quathiaski Cove. Tickets cost \$5 each or 5 for \$20. Buy your tickets at Hummingbird Office & Art Supply or Quadra Crafts. Winners will be drawn on Jan. 30, 2012. Thank you for your support."

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.

- Computer running slow?
- Trouble with your system?
- Need to Organize your files?
- Need your computer cleaned?



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Social Media Workshop

Trying to figure out a digg from a tweet? Bombarded by info telling you social media is the next frontier but don't know where to start? Join local publisher and marketing professional Philip Stone on Monday, January 23rd at 7 pm upstairs at the Community Centre for a workshop designed to help you navigate around some of today's most popular social networking sites and develop ways to use these online tools to promote your business or organization. This is a free event sponsored by the Discovery Islands Chamber of Commerce.

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Opus-Prize-winning Wind Quintet



Opus-Prize-winning Wind Quintet, PENTAÈDRE from Montréal will bring light into the winter darkness at the Quadra Island Community Centre on Sunday, January 15, at 7:00 pm, as part of their rare B.C. tour. Recognized for their unique and homogeneous sonority, this group of talented musicians takes its audiences on new musical adventures with "...finesse and great technical prowess."

Debuting in 1985, Pentaèdre features flute, oboe, clarinet, bassoon and horn and is committed to the exploration of diverse, original and less well-known chamber music repertoire. Delighting audiences around the world, they have performed most recently in the concert halls of Belgium, Germany, Wales, Ireland and Israel. Their Quadra concert will include pieces from Mozart, Rossini, Barber, and Ligeti.

If you love fine, woodwind chamber music infused with an adventurous spirit get your tickets at the usual outlets: Quadra Crafts in Heriot Bay, Hummingbird Office and Art Supply in Quathiasi Cove, and the Music Plant in Campbell River. Advance tickets \$17, Door \$20. Students 16 and under admitted free with an adult. For more information, call: 250-285-3245 or visit www.pentaedre.com

Keeping the Heat On - Ferry Petition

"The ferry service must be treated as any other highway in BC. It must be taken back into the Ministry of Transportation where it belongs if we are to maintain vibrant, diverse and productive communities with a place for families of all ages and compositions and where job creation is only limited by the creativity of the people who populate the islands."

- Jim Abram, Submission to BC Ferry Commissioner, August 8, 2011

Quadra Islanders have printed a FERRY PETITION in response to rapidly climbing rates and the privatization of BC Ferries. This petition asks that BC Ferries minor routes (i.e. Quadra, Cortes, etc.) be taken back under government jurisdiction (Ministry of Transport). Several copies of the petition are being posted on bulletin boards in Heriot Bay and the Cove. Please honour, sign as you will, circulate if you can, and get them to Jim Abram. He has some meetings regarding the ferries this month and will have more in the future. The more signatures, the sooner, the better! See some of Jim's articles in previous D.I. issues or the gumboot for more information on the ferry issue and how it's been going. Email larana268@hotmail.com if you need more copies of the petition.



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21,000 ft And Beyond

Tak Ogasawara has returned from a 6 week journey to Nepal where he climbed two mountains more than 6400 meters / 21,000 feet. He did this in part to prove to himself that he could climb the Himalayas after several illnesses but also to raise money in appreciation for the Campbell River and District Hospital where he has received great care in the past.

Please join us for a slide show and talk at SouthEnd farm & vineyards (319 Sutil Road) on Saturday, January 14th 2012 at 7:00 pm. We'll be collecting donations at that time and there will be tea, coffee and treats available. Please call 250-285-3012 for more info.

Transition Meeting

The next general meeting for the Quadra Island Transition Community is Monday, January 16 at 7 pm at the Quadra Community Centre.

Bring your reports of sub-group projects or initiatives from throughout the community that contribute to self-sufficiency and greener ways of living.

Bike paths, food production, animal husbandry, community education etc...

For more details join online at www.quadraisland.ning.com

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Winter Market at the Community Centre

Saturday January 14th, 10 am.-2 pm at your Community Centre. First market of 2012! All of your favourite things under one roof. Rain or shine.

Kick back after the holidays enjoy a coffee with friends or have a light lunch. Something to please every taste. Quadra Artisans are back!

Treat yourself to a relaxing Shiatsu chair massage, unwind from all the hustle and bustle. Always a fantastic array of goods and services.

First Pressing playing. Relax, grab a coffee and spend the day with us.

Set up is 8am. Tables are \$10.00 each. Need more info? Michele @ 250-285-3747 or quadra.michele@gmail.com

2012 Quadra Studio Tour

Call For Artists

The Quadra Island Studio Tour is calling for interested artists to apply for the 10th Annual Tour, which will take place on June 2nd and 3rd, 2012.

Artists may show their work at their own studio, share a studio space with another artist or at the Quadra Community Centre. Artists who are residents of Quadra or who have their studios on Quadra are eligible to apply. This is a great way for artists to expose their work to the public and interact with their audience.

Application forms are available at Hummingbird Art and Office Supply or by emailing: studiotour@quadraislandarts.com. The deadline for applications is January 15, 2011.

Cortes Computer Clinic

Literacy Now, the Wifi Society and CISS are happy to announce a continuation of the very successful computer clinic that we hosted as part of the Cortes Literacy Skills Centre in 2011. On Fridays starting in the new year (exact date tba) there will be an opportunity to make an appointment for computer help, upstairs at Manson's Hall. There will also be some "walk in" help time available as well. There will be a small charge for this service. For more information, contact Coreen at 935-0152.

RESTORATIVE YOGA

Wednesdays
West Road Studio

Morning class begins
Jan 11th, 10-11:30 am
Prepay \$80 for 8 weeks,
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Evening class begins Jan
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Free Irlen Screenings

Friday, 20, January 2011, 9 am to 5 pm at Quadra Island Community Centre.

Irlen Syndrome is described as a sensitivity to light which can cause distortions on the printed page. It may cause migraines and other symptoms which affect the ability to concentrate, read and learn.

The British Columbia School Trustees recommended, at their 2011 Annual General Meeting, that all Grade 3 students be screened for Irlen Syndrome. As the Elementary School administration is unable to give permission for free screenings at the school, they will be held instead at the Quadra Community Centre.

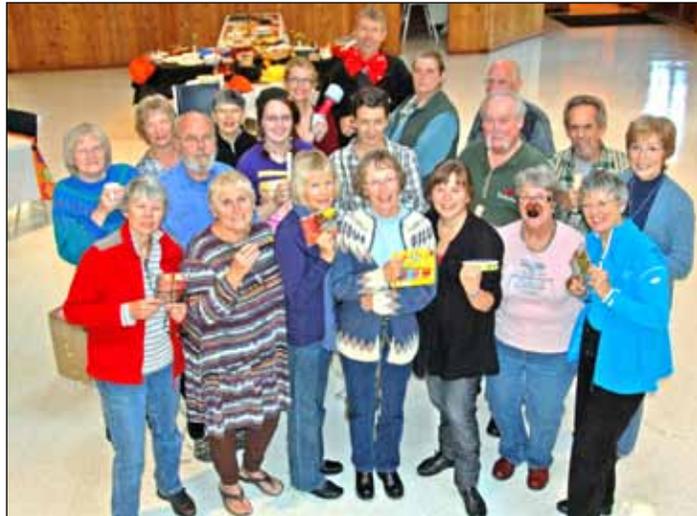
Screeners from Quadra Island, Campbell River and Courtenay, as well as Bonnie Williams (the B. C. Irlen Diagnostician from Kelowna) will donate their time and will conduct screenings, free of charge, for this purpose. Donations to Irlen Learning Society to help meet costs will be gladly received.

All Grade 3 students, and others of any age in Learning Assistance, will be welcome.

Adults who have difficulty reading or writing, or who experience headaches and migraines, are also welcome.

Please call 250.285.3648 to make an appointment - or drop-in between 9 am - 5 pm at the Quadra Island Community Centre.

Quadra Singers Plan Unique Spring Concert, Welcome New Voices



The new year brings a new opportunity for singers to join Quadra's community choir and perform in By Request, a spring concert that will feature Quadra Singers' choral favourites. Choir director Linda Cannon suggested the By Request format thinking people would choose songs they'd liked from past seasons, which would offer a huge selection since Quadra Singers has been around for more than 20 years. "With one exception though, the requests are for songs Quadra Singers hasn't done before - everything from John Lennon to Vivaldi, German lieder and French children's song," Cannon says. "We've now got a line-up that reflects the group's wide breadth of musical interests and tastes. This will guarantee an eclectic program for spring, one that

will showcase our diversity and give us a chance to have a lot of fun as we're learning these songs." Quadra Singers wrapped up a busy season in December with its Ceremony of Carols concert followed by a number of performances in Campbell River care homes and at Quadra Elementary. The choir welcomes new members to sing, laugh and learn with us, starting Thursday, Jan. 12, at 6:45 p.m. at the Quadra Community Centre. All voices are welcome - no auditions! People can learn more about Quadra Singers on our Facebook page. Or contact the choir by email (quadrasingers@gmail.com) or call 250-285-2739 or 250-285-2142 for more information. - 30 - Contact: Quadra Singers c/o Linda Cannon 250-204-0333 Darcy

Mitchell 250-285-2739 Email: quadrasingers@gmail.com
Photo: Quadra Singers fall 2011 retreat. MP3 files available on request by contacting Linda Cannon. Quadra Singers Sing, Laugh, Learn Box 263, Quathiasi Cove, BC, V0P 1N0 E: quadrasingers@gmail.com

Quadra Literacy News

If your New Year resolutions include improving your literacy skills or developing your computer skills, please get in touch!

Just a reminder about two events in January: Block Play and Early Learning Workshop -Thursday, January 12 at 6:30 in the Literacy Centre. Childcare is provided. Please pre-register.

Family Literacy Day -Thursday Jan 26, 12:30 - 2:30 at the Quadra Community Centre. There will be activities to delight and engage young children and their families.

If you are interested in any of these opportunities, contact Robin at 285-3185 or email robin.quadraliteracy@gmail.com or sign up at the Literacy Centre . The Literacy Centre is across the hall from the Kindergarten classroom at Quadra Elementary.



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West Road Yoga Winter Session and New Classes.

Yoga to bring lightness, balance and good health to your winter body! Ann's Winter Session starts on January 23, 2012. Monday's, Leve I/II 9-10:30 a.m. Tuesday's Gentle/Beginners 9-10:30 a.m.- New Class- Thursday's, All Levels 9-10:30 a.m. 6 weeks, one class a week \$60, two classes a week \$120. Drop-In \$12. Please phone or email to register at 285-3065 or anntoelle@yahoo.ca

Ann Toelle, Certified Iyengar Yoga Teacher, has been teaching on Quadra for five years, and has had a dedicated daily practice for over six years. She has trained and practiced with senior Iyengar Teachers in Canada, the U.S. and India. Teaching classic poses to gain balance, flexibility and strength in both body and mind.

Sue's Winter Session starts on January 11, 2012 for eight weeks. Restorative Yoga classes are Wednesday's, 10-11:30 a.m with gentle movement and breath work. -New Class -Wednesday evenings, 7PM, beginning January 25th, for six weeks. Focus on healing the mind through deep relaxation. For Registration or more information phone Sue at 285-2948.

Sue Beattie is Certified by the Alberta Yoga Association and has been teaching for nine years. She is also certified to teach IRest, a therapeutic relaxation practice developed by Richard Miller, PhD, founder of the Integrative Restoration Institute (www.irest.us). She has been a practitioner of yoga for twenty years and studied with many senior teachers, primarily from the Iyengar and Viniyoga traditions.



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Quadra Island Amateur Radio

On 14 January our group will start a new course for the Amateur Radio Basic License. This is an on-line course so most studying will be done at home at times convenient to you and there will be no problem with missing sessions.

Internet access is required but can possibly be arranged if you do not have it.

It is an easy way to learn. As you progress, the course adjusts to your learning level and it is very encouraging to see your scores mounting until you know exactly when you are ready for the exam.

To illustrate theory and equipment a number of optional classroom sessions will be scheduled also at intervals this Spring and, if you would like to study at more depth, manuals can be borrowed for a returnable deposit.

Two more members got their Basic licenses this fall so our numbers are growing.

With funds kindly donated by the Royal Canadian Legion Quadra Branch, "hams" in the emergency program will soon have the equipment to practice their new-found skills. We have found that ham radio can make contact in otherwise poor reception areas so the new course will welcome a number of firefighters to assist Fire Dept. communications in areas like Heriot Bay.

The subscription of \$36 gives up to two years study although the average time taken is 40 hours. The course is open to all; it does not require any previous knowledge of radio and you can try it on-line for a free trial before committing to a subscription.

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Learn More about Spreadsheets



The Cortes Skills Centre is offering classes on October 29th/30th with instructor Elinor Bazar. Two classes will be dedicated to using spreadsheets with both Microsoft

and Open Office. Skills covered will include, but aren't limited to: formatting; creating invoices; building spreadsheets using formulas and formatting; saving files; the differences and similarities between MS and OO. These courses will prepare you for further learning in small business management (November's Skills Centre classes) or just for personal use.

Classes will run from 10 - 3pm with a lunch break (BYOL). Please post rides wanted or offered on cortesisland.com RideShare. If you require childcare, please contact Coreen at least 1 week in advance. These classes require pre-registration. For more information or to register, contact Coreen: cortesisliteracy@twincomm.ca or 250-935-0152.



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Free Money

Free Money will not be available on Wednesday, January 4th. We have decided to wait until the Community Lunch and the Food Bank are both happening at the same time on Wednesday, January 18.

So Free Money will be available from 11:30 a.m. to Noon on Wednesday, January 18th in the downstairs small seminar room just before the Community Lunch. We apologize for the change, but it makes sense to offer all of the programs at the same time and there is no Community Lunch on January 4th. We will be back again on Wednesday, February 1 with Free Money.

Here's how the program works. One book of your choice containing a \$10 bill is available for individuals. Two books containing a \$10 is available for families. Free dog and cat food are also available for individual or family pets.

Please consider donating money to the Free Money Association account at our local Coastal Credit Union. Every cent goes to Quadra Islanders in need. What a wonderful Christmas present to give. Both Jesus and the Quadra resident in need and you would be happy with such a gift.

February may be our last Free Money distribution unless new donations are received. It is amazing that this program has been able to continue for five years despite the 2009-2011 recession and the 1% taking the biggest share of the money. Even the unemployment checks are late for Christmas because of cuts in government staffing. Despite these obstacles, the generosity of Quadra Islanders always prevails in the end. And that's one of the many reasons why we call this island paradise.

Call Steve Moore at 285-3323 before Christmas or after January 11 if you have any questions.

Free Firewood

The Free Wood Association distributes Free Firewood to elders on fixed incomes, unemployed islanders, folks on social assistance, single parents and new island tenants who arrive in mid-Winter facing an empty wood shed.

Free Firewood is only available by appointment during the holidays from December 25 to January 10. When the Community Lunch resumes on Wednesday, January 11, Free Firewood will again be available at 1 p.m. right after the Community Lunch.

For Free Firewood from December 25 to January 11, call Dave Ashton at 285-3871. Leave a message even if the answering machine doesn't sound like Dave. He will get back to you and get someone to meet you at the Q.C.C. wood shed. After January 12, call Steve Moore at 285-3323 for free firewood.

Please keep in mind, the Free Firewood program cannot supply a single household with an entire Winter's supply of wood. Everyone is welcome to come three or four times for a pickup truck full of wood. Mainly, however, we are here to help with emergency situations for a wide range of households. We only have around 22 cords of wood and we don't want to run out before April 1.

We can also provide phone numbers of local suppliers of wood who charge from \$170 to \$200 a cord. In special cases of need, we can assist in the purchase of this wood. Please consider placing a donation in the Free Wood Association Account at our local Quadra Coastal Credit Union. Right now we only have around \$400. You can insure that everyone on Quadra, regardless of income levels, is warm this winter. Many thanks to the Heriot Bay True Value Store for providing kindling for us re Spirit Points. When you shop remember the Spirit Points number for Free Wood is 277.

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Author Brian Brett on Quadra January 20

Brian Brett, is best know to gardeners, perhaps to most of us, for his best-selling and award winning book: Trauma Farm: A Rebel History of Rural Life. Trauma Farm, set on the author's Salt Spring Island farm, documents with lyric beauty, humour, and sometimes horror, a lifelong interest in local living, small communities, our relationship with our environment, and the food we eat.

As the keynote speaker for GettingFresh: Films on Food, Brian will be speaking about local food and the progress traps that have endangered our diet and our environment. His talk will also cover the slow food movement and the 100 mile diet phenomena as well as the lost traditions of growing healthy produce and livestock and of enjoying it. He will also be reading from a new collection of his selected food poems. Outrageous, lyric, funny, and scary, I Want To Serve Food To Strangers, has just been compiled for publication.

Former chair of the Writers' Union of Canada and a journalist for thirty years, Brian is a poet, memoir writer, and fictionist. He is the author of eleven books including the acclaimed poetry collection, The Colour Of Bones In A Stream, and the novel, Coyote: A Mystery. His searing memoir, Uproar's Your Only Music, was praised by Ronald Wright in the Globe and Mail's Book Of The Year selection as "The most exciting Canadian book I've read all year. His new poems: To Your Scattered Bodies Go won the CBC poetry prize in 2011. A collection of poems and prose poems written in the near-arctic, The Wind River Variations, is scheduled for release this winter.

Getting Fresh: Films on Food will be presented by Sierra Quadra at the Community Centre Friday and Saturday, January 20 and 21. Thanks to the sponsorship of the Writers' Union of Canada and the Canada Council for the Arts, Brian Brett will speak on Friday evening. Doors Open at 7:00, program at 7:30. On Saturday, starting at 10 am, five films on local and sustainable food will be presented. See insert for times and titles.

Quadra Island Garden Club A Year in a Quadra Garden

The seed catalogues have started arriving, the bulbs are pushing up through the ground and the winter jasmine and Viburnum bodnantense are in full bloom. The latter will fill the house with fragrance if you bring a sprig inside. The buds on the early hellebores are ready to open. Spring is just around the corner. We are so lucky on Quadra to live somewhere you can have something blooming outside year round if you want. Bulbs of all sorts do well here and Quadra was once home to a bulb farm at Granite Bay. Berries and bark also add their colour to the garden, at least until the birds eat the berries. A winter garden need not be bleak and dull.

The meeting on Monday, January 9 will follow A Year in a Quadra Garden with Eileen Mackay. It is time for a blast of colour and reminders of how interesting our gardens can be year round. Is there a dull time in your yard? Come and find what to plant that will bloom at that time.

The Q. I. Garden Club meets on the second Monday of the month, January – April, at 7.00pm in the main hall of the Community Centre. Membership is \$10. There is a plant sale table where members share divided plants, etc, a show bench, refreshments and lots of good garden talk. Everyone is welcome. Please search the garden for something for the show bench, even if it is a dandelion in flower.



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Sweet Lowdown
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U of Q

Wed. Jan. 11
Aroma Coffee Story
Wed. Jan. 18
Raw Foods for Pets
Wed. Jan. 25
Communal Land



Todd Butler - show & 3 course dinner

Friday, January 27 - \$40 - please reserve

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Hand Drum Jam

Come join the hand-drumming jam at Spirit Books in the Upper Realm at Q. Cove every Wednesday night from 7:45 p.m. to 9:30 p.m. Beginners are welcome. If you don't have a drum, we can provide one. Some instruction is offered, but mainly we just have fun and jam. Drop-in donation is \$5 per session. First-timers are free. Call Steve Moore at 285-3323 for more information.

Can't Wait for your DI?

Every edition of the Discovery Islander is posted online, usually by Wednesday afternoon. So you can get ahead on news, views and events on Quadra, Cortes and the Discovery Islands from the comfort of your office or the beach-side internet cafe!

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Buddhist Meditation

There will not be Buddhist Meditation on Christmas Day, Sunday, December 25. However, we will have our usual meditation at 10 a.m. on News Years Day, Sunday, January 1st to welcome in the new year. Everyone is invited. We meet every Sunday at 10 a.m. in Spirit Books in the Upper Realm, Q. Cove. It's free or by donation. The silent meditation is 40 minutes long followed by tea and discussion. For more information, call Don at 285-2193.

Building Community And Healing Through Song

Ah singing! Come re-enchant the world with melodies, harmonies, rounds, chants and body rhythms from different cultures around this glorious Earth!

This is a safe, non-judgmental circle where anyone and everyone can SING FOR PURE JOY! No experience needed – only the desire to make joyful sounds to help access and express the profound joy and beauty at our core.

No written music is used. "The majority of music in the world comes from the oral tradition and all songs are learned by call and response recognizing that this is the most accessible and effective way for the majority of people to learn and retain songs in the longer term." (Natural Voice Practitioners)

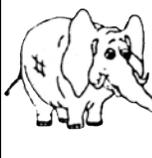
Where: Our song circle meets at the Quadra Community Centre in Room 3.

When: Mondays from 3:00 – 4:30 p.m. beginning January 9th.

Please call Mary Dennison @ (250) 285-3764 or e-mail singforpurejoy@gmail.com for more information.

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Quadra Seniors News

After Ringing in the new year 2012, at our January 4th/12, General Meeting, our Seniors are now planning ahead for our new year. February 1st will be our Valentine Party, and many other celebrations, including, in March, our North Island Regional meeting in Cumberland.

Starting on Wed. January 11th we will be having our exercises at 10:15 a.m. with Anne Lawrence, and our Carpet Bowling with Chris Dyson at 11:15 a.m. Bring your snacks, to enjoy with Coffee or Tea. All people are welcome, so lets get the ball rolling, positively, for our Seniors in 2012. If transportation is needed call Ruth @3801. Walk the beautiful Rebecca Spit with Peter Gregg on Sundays at 11:00 a.m. from the launch ramp.

Memberships are due for the new year, call Christine @ 2207 or Ruth @3801 or mail to Box 134 Q Cove V0P1N0.

Don't sit home alone.' Come and join our fun group, and help Seniors in B.C. enjoy a meaningful life. We have no age limits we have young and senior people in our membership.

Mid Island B.C.O.A.P.O. Director Terry Whyte, passed away in car crash on the Malahat Hwy. on Dec. 28th, Terry was a very active person in Port Alberni. He was very active in the Abbeyfield Seniors residence being instituted. Terry will be greatly missed by all who knew him.



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Quadra Cat Rescue And Dogwood Veterinary Hospital Team Up For Adoption Success

Thanks to a new partnership between Quadra Cat Rescue and Dogwood Veterinary Hospital, two hard-luck kittens have found new homes.

Jesse and his sister Willow came into the care of Quadra Cat Rescue volunteers when they were weeks old. Their foster home socialized them, and they went through the process of vet checks, shots and were fixed to ready them for adoption.

always been so supportive of our group's efforts to try reduce the number of unwanted cats on Quadra, and we want to thank them for this additional help – talking about these kittens and referring interested people to us when they have more questions – because we really needed to let people know they were ready for adoption," Van Veen adds. "It makes a huge difference to the volunteers, especially the



"Dr. Gjertsen generously offered to display them at Dogwood Veterinary Hospital, where more people would see them – and both of these kittens were adopted because people came into the clinic and fell in love with them," says Valerie Van Veen of Quadra Cat Rescue.

Willow found a home in early December, and in another month, Jesse was adopted.

"Dr. Gjertsen and his staff have

people fostering kittens, to see them find good homes."

Quadra Cat Rescue encourages everyone to spay and neuter their pet cats and welcomes volunteers, particularly people interested in trapping, transporting and fostering cats and kittens. Please inquire by telephone: 250-285-CATS (2287) or by email at quadracatrescue@yahoo.com. Or check out our website: www.quadracats.com.

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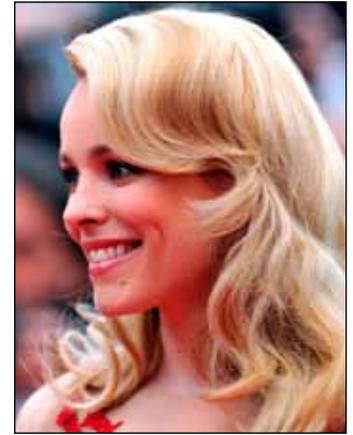
January 13th, QCC Doors
 7:30 Showtime 7:45
 Admission \$5gen'l \$4 stu/snr

They love Woody Allen in France. And in *Midnight in Paris*, which opened the Cannes Film Festival, Allen returns the favour. Not since *Manhattan*, in which he rhapsodized over the New York of his black-and-white dreams, has Allen used a camera to make such urgent, passionate love to a city.

Midnight in Paris opens with cinematic poetry showing the City of Light from dawn to darkness in shimmering loveliness. Pity the actors who have to compete with such an object of desire. But here too, Allen is spot on. Owen Wilson stars as Gil, a Hollywood screenwriter on a return visit to Paris, this time with his rich and gorgeous fiancée, Inez.

"This is where Monet lived and painted," Gil enthuses. Inez is more interested in shopping. Gil goes for long walks at night in the rain, his imagination pulling him into the Paris of the 1920's

What's fresh about *Midnight in Paris* is the way Allen identifies with Gil's idealization of the past, of the Paris that represented art and life at their fullest. And Gil embodies the right blend of humour and



gravity that the role demands. This is "the most satisfying and funniest Woody Allen movie in a long time." Allen's touch is breezy and concise, even as the story heats up.

Midnight in Paris is infused with seductive secrets. but for all the film's bracing humor and ravishing romance, there are also haunting shadows. It's a keeper - full stop.

Come on out for this sweet start to a great winter-spring series of delicious cinema.

References: Rolling Stone, Georgia Straight.



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Cortes Radio on Quadra Studio- Open House

Calling Quadra DJ's! Pros & noobies. Our kind neighbours and gurus of the airwaves at CZTZ Cortes Community Radio put the invite out for Quadra folks to get on the radio. A Quadra satellite studio is all set for your silky tones and rockin' playlists.

Drop in to an open house Thursday, January 19th and see how it all works. 11 am to 4 pm at the DI office 701 Cape Mudge Rd.

At the HBI

HBI Pub January events: Saturday 14th: Capricorn Party, Friday 20th. Tequilla Mockingbird Orchestra \$10.00. Friday 27th Sweet Lowdown. Every Saturday night - open mic with Mo. So much fun! 9:00 pm.

Fireside Lounge; Saturday January 21st: readings and poetry with writer\speaker Harold Rhenisch includes appies \$15.00. 7:00 pm. Reserve 285-3322

Hérons; January 27th: Music and comedy with Todd Butler. A three course dinner show in Herons \$40.00. Reservations highly recommended 285-3322.

Winter dining hours at the HBI: Sunday to Thursday 8:00 am to 7:00 pm, Friday and Saturday 8:00 am to 8:00 pm.

Winter fuel dock hours at the HBI: Sunday 9:00 am to 1:00 pm, Monday to Thursday 11:00 am to 1 pm, Friday\ Saturday 9:00 am to 3 pm.

Restorative Yoga at West Road Studio

We have so much yoga on the island but what is it? It is a vast collection of practices accumulated over thousands of years, with the intention of cultivating awareness to grow an inner stillness and peace. In Western yoga there tends to be more emphasis on the asana and breathing practices, focused on physical health. There are many schools, each with a slightly different focus and approach. Fortunately, on Quadra, we have a variety of qualified teachers, each bringing their own personality and approach to class, making each offering unique. At West Road Studio, Iyengar yoga classes are offered through Ann Toelle and Restorative Yoga with Sue Beattie.

The Wednesday AM restorative yoga class is geared to healing through relaxation. Much of the focus is on the body and anatomy. Attention is given to physical injuries, compromised joints, general physical tightness from living. The class provides an environment where you learn to hold your focus on felt sensation, specifically areas that are injured or compromised or causing pain. and grow your awareness of how breath and movement can support those areas in healing. The majority of the class is passive poses done lying or sitting down. Many props are used - blankets, bolsters, blocks - to assist the body in relaxing.

As the student learns to let go and relax, the muscles that have been contracted begin to lengthen, receiving more blood, space is created in the joints, and movement begins to free up. A sense of lightness in the body grows as health is restored and balance is created. The

Winter Session starts on January 11, 2012, Wednesday's for eight weeks, 10-11:30 a.m.

A new class begins January 25th, Wednesday evening, 7PM, for six weeks. It is called Finding Your Joy, and is another form of restorative yoga. It consists of breath practice and a deep relaxation practice called Yoga Nidra. Through quieting the mind and creating an attitude of welcoming all felt sensation, there is an knowing that begins to grow of our True Nature, and in that process there is a gradual letting go of the conditions that create suffering. The class includes time for discussion of how the practice works and the experiences of others.

For Registration or more information on Restorative Yoga phone Sue at 285-2948. She is Certified by the Alberta Yoga Association and has been teaching for nine years. She is also certified to teach Yoga Nidra, a therapeutic relaxation practice, in the style developed by Richard Miller, PhD, founder of the Integrative Restoration Institute (www.irest.us). She has been a practitioner of yoga for twenty years and studied with many senior teachers, primarily from the Iyengar and Viniyoga traditions.

Q. I. Quilt and Garden Tour 2012

This could be your year to be on the tour! If you have been thinking about volunteering your garden for the 2012 tour, please let us know. Experience over the years has shown that it is a great motivator for getting that project you have been dreaming about actually completed. Next year's tour will take place on June 23, 24, 2012. The last two tours visited Bold Point one year and Granite Bay in 2010. This coming tour it is time to visit Open Bay. We are particularly interested in gardens which may be on the way out there. As we try to visit most of the island, gardens in the South part of the island are needed as well. Please contact 285 3194 if you would like more information or speak to someone who has been on previous tours. Start planning now. It is a great time to plant new shrubs and trees.

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How to Survive a Disaster

Eyewitness account by Greg Ross

It will never happen here, and never to you. Until it happens.

Less than eleven months ago, on 22 February, 2011, I was downtown in Christchurch, New Zealand when a 7.5 earthquake struck that city. The quake caused tremendous damage because it occurred only a few kilometres below Earth's surface.

Downtown, among the city's tallest, oldest, and most densely packed buildings was the worst place to be during the quake. Fortunately, the library was a modern building which structurally withstood the quake. Christchurch (pop.465,000) had many old multistory cement, brick, and stone buildings which virtually all disintegrated in February's quake, sending deadly tons of rubble down onto sidewalks, roads, vehicles, and public spaces. Wooden buildings suffered relatively little damage because they flexed.

One man downtown whose legs were crushed to pulp under rubble, had no choice but to have both legs rapidly amputated above the knee on the spot by a doctor who had only a hacksaw and Leatherman tool.

After their September 2010 quake, the Christchurch City Council advised all households to have a battery-operated transistor radio in the house, and issued free small transistor radios to all households which asked for one.

Nevertheless, their February, 2011, quake caught most New Zealanders by surprise. From about 1910 until 2010, Christchurch suffered only one or two minor quakes which caused no major damage.

Unlike Wellington, New Zealand's capital city, which sits on a known fault, Christchurch has never been considered an earthquake-prone city.

After exiting the public library, I and thousands of others milled outside away from tall buildings, trying to determine if the city would close down, or, would the library and other buildings reopen in a few hours or a few days perhaps. Had it really happened? It had lasted but five seconds or so. Everyone was in shock. As the exodus out from the inner city began, police and volunteer wardens said repeatedly, keep moving, don't stop to help, exit from the city centre so you don't become a causality too. Leave rescues to the emergency personnel. The transit buses had all stopped running. The inner city was in ruins as if carpet-bombed, and most of the suburbs were chaotic messes. All traffic lights stopped working.

Some concerned individuals showed enough initiative to stand at busy suburban

intersections and direct traffic, as emergency personnel were virtually all in the city centre where hundreds were trapped under rubble. An exodus of vehicles and pedestrians began flowing slowing out towards suburbs. Liquefaction water and mud flooded roads, homes, and businesses; and cracks had opened in roads, parks, and bridges. Liquefaction water and mud well up from wet ground during an earthquake, due to vibrations, and in Christchurch

many businesses, homes, public buildings and most streets quickly found themselves with up to a foot of mud and several feet of muddy water lying on floors, driveways, and streets. In Campbell River, for example, an earthquake would probably send many homes and buildings down the slopes they sit on.

Following the quake, most people huddled at home for a few days listening to radio updates on damage. Some were now living in tents in their backyards. The radio said which gas stations were open, what the gas ration was, and which supermarkets were open (very few). The radio said to dig a hole in the backyard to use as a toilet, do not drink any water from any tap unless boiled or treated with bleach, place pots and pans out in your yard to catch rainwater. The radio said electricity and water would be out for weeks, if not months in some suburbs so settle in to a

new lifestyle, buy candles, conserve food, and help neighbours. Push-button phones now earned their keep, because cordless phones did not work.

For three days following the Christchurch quake, virtually all emergency resources were rescuing and treating the injured, so that most people had to fend for themselves for three days. Stores were virtually all closed, most were extremely damaged. Banks were all closed, and functioning bank machines were very scarce. I rode a bicycle 11 miles to the airport to use internet because it was the only public place,

out of thousands normally, which I could find connected. Schools were badly damaged or destroyed. Gas stations, post offices... virtually every commercial building, office, and business, was either badly damaged or destroyed. For the first few days after the quake the best and most helpful thing to do was to stay at home, listen to the radio, and try to help your neighbours. Trained personnel such as police, military, and Search & Rescue needed to perform rescues without people getting in their way. This is why it is so important to have your own personal stock of emergency heat, water, food, and other resources to see you through those first three to four days after any major disaster, while injured are being rescued and treated. Odd Christchurch seniors were found in poor condition huddled unnoticed in their dark homes up to two weeks after the quake.

Three days after the quake, food banks, soup kitchens, clothing banks, water sources, shelters, and other resources began appearing in the city. Help arrived from all over the country. Very fortunately, the army had just finished a large exercise near Christchurch when the quake hit. Many extra soldiers were on hand and were ordered to the scene to help police maintain order and stop looting. The military provided excellent civil defence and reassured many frightened people. They set up their portable water desalination plants on the city's beaches and supplied those neighbourhoods with potable water. They patrolled private property and buildings which had been abandoned. They helped clear debris.

It is essential that communities, families, and individuals maintain emergency preparedness programs

Two weeks after the quake, bodies were still being recovered from under the rubble and taken to the military base near the city where a special morgue had been set up to identify the dead. In summer's heat, some human remains soon putrefied, making identification impossible.

I now left early for home, Quadra Island. Christchurch was hit hard and will take decades to recover from the February, 2011 quake.

As I entered Vancouver Airport en route home on 11th March, the first thing I noticed was the breaking news on the airport's TV screen: Japan had, during the flight home, been hit by a huge quake, a huge tsunami, and a nuclear power plant meltdown, leaving tens of thousands dead. Some Japanese travellers I had just met in Christchurch who survived Christchurch's quake, had returned home straight into the arms of Japan's triple disaster.

One observation worth mentioning here is, the emergency services we have in or near our communities, namely Emergency Preparedness Programs (EPP), Police, Search & Rescue, and military, can be used not only for earthquake relief but for any major disaster such as forest fire, flood, storm, epidemic/pandemic, or human-caused catastrophe. And, with Japan's triple disaster as an example, never assume that two or more disasters cannot happen all at once in the same area. Expect the unexpected....

It is largely up to us, to you and me individually, to be prepared for any disaster. In the event of a disaster, injured people, children, elderly... will receive attention first, which may take five days, meaning that those people who have not set aside emergency supplies could be cold, hungry, or worse for days before help arrives. Find out where in your community emergency shelter and other emergency services exist. Best of all, work out a plan, even if you merely think out that plan, of what you will do if a disaster destroys your home or community. At least 10,000 Christchurch homes were totally destroyed, and many more were rendered unsafe during the first five seconds of February's quake. Within a few weeks after the quake, every building in Christchurch had to be inspected by trained teams of volunteers who gave each building a green, or yellow, or red sticker. Green meant okay, habitable. Yellow meant repairs needed before further habitation.

Red meant condemned to demolition. Many people were upset to see red stickers go up on their homes.

A three-day to four-day emergency supply of essentials such as water, food, and heating is a wise reserve to individually always have on hand. Review your emergency supplies every year or so to keep food fresh and equipment in good working order. Especially during winter, warmth is the most important element in survival. Have a reserve of emergency blankets, sleeping bag, firewood, or heating-fuel. Having a tent to use is one further simple step towards emergency survival. During the months following Christchurch's quake, hundreds of aftershocks, including many of 4.5 and one of 6.5, have wrought considerable further damage to the city. Between the September 2010 and now, Christchurch seismologists have registered over 7,000 earthquakes in their area.

Another observation from Christchurch's quake is that neighbours helping neighbours and people helping each other goes a long way towards lessening the shock of any disaster. Householders in Christchurch who still had functioning well-water systems, put little cardboard notices at their front gates notifying the public of this. Such a sign placed by an elderly woman at her front gate saved my neighbourhood from a very long wait in a very long queue for water from an emergency tanker which was stationed miles away and looked like it would run dry before half the queue had filled their containers. Be prepared to share your resources, and to pool your resources, knowledge, and skills, because it will make life easier for others and most probably for you too.

Let us hope we never face any major disaster here in our wonderful beautiful region of Canada's west coast. However, let us also be realistic. Weather has become unpredictable in recent years; we could suffer a storm to end all storms, or a snowfall to end all snowfalls. British Columbia sits near a major fault line and could suffer a huge quake as bad as Japan's recent one; plus a huge tsunami. We also live along busy shipping lanes: recall the Halifax Explosion. Expect the unexpected is one worthy survival saying.

Some basic preparations made now by you, could greatly improve if not save your

life during an disaster. Make making your survival kit a 2012 New Year's resolution. Some basics for an emergency kit: battery-operated radio, drinking water, heating source, flashlight and spare batteries, candles, emergency food, sleeping bag, cell- or plug-in telephone, gasoline/fuel reserve, and a plan to grab your most important documents (passport, birth certificate etc.) and warm weatherproof clothes if suddenly you're forced out of your home. In any settlement of over a few hundred people, a battery-operated transistor radio is one of the four most important emergency survival tools, along with warmth, food, and water.

A little prior preparation can go a very long way in a survival situation.

Maintaining an emergency preparedness program in our communities, and individually, becomes more important as time goes on and cities and towns grow larger. If Campbell River/Quadra had a major earthquake 100 years ago not many people would have been affected. Today, however, tens of thousands would be greatly impacted by a quake, and without any emergency preparedness the loss of life would be significantly higher, especially during a cold/wet/snowy spell.

No one can tell you exactly what to do during an earthquake or similar disaster. Earthquakes happen so quickly they are usually over before you know it. Your instincts will guide you, and, use your common sense, and remember, panic is a prime enemy and almost always lands you in deeper trouble.

The world's future certainly holds more disasters, one or more of which could strike here and strike you. With over seven billion people now living on Earth, mostly in crowded cities, a relatively small disaster kills many people. If Vancouver city were ever hit by a major earthquake or other disaster our whole province would be considerably hamstrung and would send much aid to Vancouver. Our communities have Emergency Preparedness Programs (EPP) (Strathcona Regional District has detailed EPP information on its website. It is essential that communities, families, and individuals maintain emergency preparedness programs and that we continually update and pass these programs down to future generations. It will never happen here, and never to you. Until it happens.

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Quadra Island Harbour Authority AGM Results

Approximately 50 people attended the Quadra Island Harbour Authority (QIHA) annual general meeting Dec. 10 at the Heriot Bay Inn.

Reports were given by treasurer Shawn O'Connor, president Michael Griswold and harbour manager Dawn Ross. Discussion about marina rates resulted in the board promising to review procedures as well as its Articles to address any concerns.

"No rate increases are anticipated at this time," confirms Michael Griswold.

Ford Cannon, project manager for the Heriot Bay wharves improvement project also reported on progress to date. Project information is available on the QIHA website: www.qiha.ca.

All nine directors who had reached term were re-elected, and two new members joined the board. Current QIHA board members are: Michael Griswold, Frank Delph, Shawn O'Connor, Pete Calverley, Rick Burnett, Keith Wilson, Troy Bouchard, Ken McGuffie, Don McGuffie,

Get 'Around the Point'

Join DI editor Philip Stone Saturdays at 1 pm on CKTZ 89.5 Cortes Community Radio for a round up of news on the Discovery Islands and further afield.

If you have a news story idea or would like help recording your own item, interview, music etc... on Quadra Island contact Philip Stone at 250-285-2234 or email news@discoveryislands.ca See you on the radio!

Sylvain Chabot and John Douglas.

To learn more about the Quadra Island Harbour Authority, its marinas, commercial uses and projects, please contact:

Day-to-day Operations

Dawn Ross, Harbour Manager
- 250.285.3622 Email:
mail@qiha.ca www.qiha.ca

Heriot Bay Wharves Project

Ford Cannon, Project Manager - 250.204.7447
email - ford cannon@gmail.com

BC Hydro Smart Meters Notice of Refusal

A copy of a form letter, refusing smart meter installation, is being circulated in the Quadra community and others.

Other islands have, as communities, reached agreements not to have "Smart Meters" - Quadra can too if we make a united effort. You can print the letter and mail it.

To fill it out, include your full name, BC Hydro Account # (as on your bill), and address (as on your bill). Also, if possible, insert your address at the beginning of the letter where the underlined text reads "[the address at the top of this letter]".

Sign and include your name at the end. Can send via registered mail if desired.

Download and print a copy from the DI web site:
www.discoveryislander.ca

Additional information on stopping smart meters can be found at:
www.stopsmartmetersbc.ca

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DATE	TIME PST	m.	ft.
06 Friday	05:23	4.4	14.4
	10:06	3.8	12.5
	14:12	4.3	14.1
	22:03	1.0	3.3
07 Saturday	05:55	4.6	15.1
	10:54	3.8	12.5
	14:56	4.3	14.1
	22:39	0.9	3.0
08 Sunday	06:25	4.7	15.4
	11:33	3.7	12.1
	15:42	4.3	14.1
	23:15	0.8	2.6
09 Monday	06:53	4.9	16.1
	12:12	3.6	11.8
	16:33	4.3	14.1
	23:52	0.8	2.6
10 Tuesday	07:22	4.9	16.1
	12:53	3.4	11.2
	17:26	4.3	14.1
11 Wednesday	00:30	0.9	3.0
	07:52	5.0	16.4
	13:37	3.2	10.5
	18:21	4.2	13.8
12 Thursday	01:09	1.0	3.3
	08:23	5.0	16.4
	14:25	2.9	9.5
	19:20	4.1	13.5
13 Friday	01:49	1.3	4.3
	08:54	5.0	16.4
	15:14	2.5	8.2
	20:25	3.9	12.8
14 Saturday	02:32	1.7	5.6
	09:26	5.0	16.4
	16:05	2.2	7.2
	21:41	3.8	12.5
15 Sunday	03:17	2.2	7.2
	09:59	4.9	16.1
	16:59	1.8	5.9
	23:09	3.7	12.1
16 Monday	04:08	2.7	8.9
	10:36	4.8	15.7
	17:58	1.5	4.9
17 Tuesday	00:48	3.8	12.5
	05:10	3.2	10.5
	11:18	4.7	15.4
	18:59	1.2	3.9
18 Wednesday	02:25	4.1	13.5
	06:34	3.6	11.8
	12:08	4.6	15.1
19 Thursday	19:59	0.9	3.0
	03:42	4.4	14.4
	08:16	3.8	12.5
	13:05	4.6	15.1
20 Friday	20:54	0.8	2.6
	04:39	4.6	15.1
	09:39	3.8	12.5
	14:04	4.5	14.8
	21:44	0.7	2.3

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