

# DISCOVERY ISLANDER

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

ISSUE 564

Serving the Discovery Islands since 1992

November 22, 2013

## Ferry Cuts Ahead?

**M.O.T. Consultation Meeting Dec. 9**

**Notice page 2 • Regional Director's Summary page 18**



**Quadra Island  
Community Centre**

**Saturday, November 30th at 7 pm**

From Campbell River come over  
on the 6:15 pm ferry and return on the 11 pm sailing.

brought to you by:



**On The Rocks**

climbing gym  
a little bit of the outdoors - indoors

2  
Different  
Shows

**Campbell River  
Tidemark Theatre**

**Sunday, December 1st at 7 pm**

Tickets for both shows on sale from  
Tidemark Box Office 287-7465 & at the door

\$25 adult, \$20 youth, student, senior



## Bruce Laing Electric

Let Us Remove Your Shorts



For all your residential  
and commercial electrical needs

**GENERAC**

We sell, service and repair  
a full line of Generac®  
power systems

In Campbell River

Bruce - 250-287-6571

islandvisions@telus.net

On Quadra Island

Cliff - 250-895-9020

mooneycliff@gmail.com

## Children's Centre

### - Fall Into Winter Dinner

Join us for a fundraising event for the Quadra Childrens Centre: the **Fall Into Winter Dinner** happening on **Saturday, November 23rd**. The Thievin Brothers, along with an array of very special guests, will entertain while you enjoy a delicious two course meal in the Heron's dining room. Bring along your cheque book as you won't want to miss out on the silent auction. Tickets for this great event are \$49 and seating begins at 6pm. Call 285-3322 to reserve your seat. Supporting quality Quadra Island early care and learning doesn't get more fun or tasty than this!

## FRIDAY FLICKS

T ONIGHT - Nov 22

### LOVE IS ALL YOU NEED

Denmark, 2012

Pierce Brosnan stars in this cross-cultural romantic comedy from Academy Award-winning Danish director Susanne Bier. Doors open 7:30 pm show starts 7:45 pm Quadra Community Centre.

## BC Coastal Ferries Community Engagement November 18 to December 20, 2013

The BC Coastal Ferry Service has been wrestling with cost pressures for more than 20 years which, if not addressed, could threaten the sustainability of the entire system.

Accordingly, the Province has engaged coastal communities and ferry users from across the province on strategies to ensure the long-term sustainability of the coastal ferry network. The Province will undertake a further round of community engagement in 2013 following a province-wide consultation in 2012.

### How Input Will Be Used

Input received through the community engagement process will be compiled and presented to the Ministry of Transportation and Infrastructure and BC Ferries as they plan for the long-term sustainability of the coastal ferry network.

### Public Open House Schedule

The first 90 minutes will be a public open house. The second 90 minutes will be a question and answer session with the project team. No RSVP is required for public open houses.

Community	Date	Time	Location
Quadra Island	December 9	6:00 p.m. - 9:00 p.m.	Quadra Island Community Centre

Schedule subject to change. Please check web site for the complete schedule as of November 18.

To provide feedback, please contact us at:

[www.coastalferriesengagement.ca](http://www.coastalferriesengagement.ca)

Write a submission to: [coastalferriesengagement@gov.bc.ca](mailto:coastalferriesengagement@gov.bc.ca) or

P.O. Box 3532 Vancouver Main, Vancouver, B.C. V6B 3Y6

Call toll-free: 1 855 974-1204



# ISLAND CALENDAR



Submit your event info or news item - eMail: [news@discoveryislands.ca](mailto:news@discoveryislands.ca) or drop-off at 701 Cape Mudge Rd or at Hummingbird

## THE REGULARS

### MONDAY

- Parent & Tots, QCC, 9:30 am - 12 pm
- Sing For Pure Joy! QCC, Room 3, 3:00 - 4:30. All Welcome.
- Weight Watchers, QCC, 6 pm - 7 pm

### TUESDAY

- Al-Anon Meeting, Quadra Children's Centre, 7:00 pm
- Folkdancing, 7:30 to 9:30 pm, QCC, Sept 17 to end Apr, 285-3298.

### WEDNESDAY

- Parent and Babes 11 am QCC
- Free Firewood, Behind Q.C.C., 1 p.m.
- Reiki Share for all levels, Studio 6 Upper Realm, 1-2:30pm
- Mid-week After-School Meditation, Studio 6 Upper Realm, 3-4 pm
- Hand-drum Circle, Upper Realm, 7:45 - 9:15 pm
- 1st & 3rd Wednesday Food Bank, QCC 1 - 2 pm

### THURSDAY

- Parents & Tots, QCC, 10:00 am - 12 pm
- Quadra Singers, QCC 6:45 p.m
- Prayer Meeting, Quadra Island Bible Church, 7 pm

### FRIDAY

- White Light Essences & Guided Meditation, Studio 6 Upper Realm, 1-2:30 pm
- Alcoholics Anonymous, 8 pm Quadra United Church
- Live bands in the HBI Pub 9:00 pm

### SATURDAY

- First Saturday of month - Local Food Market at Quadra Legion from 10-2 pm
- Winter Market & Bazaar 10 am to 2 pm Quadra Community Centre
- Quadra Legion Meat Draw 5 pm
- Open mic with Mo. 9:00 pm HBI pub

### SUNDAY

- Family Service, Quadra Island Bible Church, 10:30 am
- United Church, 10:45 am unless advertized, Sept 15 to end Jun, 285-3163.
- Quadra Sunday Painters, 11 am - 2 pm, 285-3390
- Buddhist meditation, Upper Realm, 10 am.

## DAY TO DAY

### Friday, November 22

- Friday Flicks - Love is All You Need, Doors 7:30 pm Show 7:45 pm Q.C.C.
- Ray Bennett Band at the HBI Pub music starts 9 pm no cover

### Saturday November 23

- Judy O'Dell storytelling at Quadra Library, 3 pm
- Fall Into Winter fundraiser for Quadra Childrens Centre, 6 pm HBI
- Sierra Quadra presents 'The Mighty Herring' by Mark Wunsch 7:30pm QCC
- High Society, Quadra Legion, Doors 9pm, \$10

### Thursday November 28

Untwisting, Studio 6 The Upper Realm, 6 pm

### Friday November 29

- Cougar Annie Tales Q.C.C. 7 pm \$15
- Curl at the HBI Pub music starts 9 pm no cover

### Saturday November, 30

- Cougar Annie Tales, Gorge Hall, Cortes Island 7 pm \$15
- Banff Mountain Film Festival, Q.C.C. show starts 7 pm Tix at the door
- D.J. Absolute Zero Quadra legion, 9:00-1:00 am \$5

### Sunday December 1

- Red Tent Studio 6 The Upper Realm, 11-3 pm
- Banff Mountain Film Festival, Campbell River, Tidemark, show starts 7 pm  
Tix from box office 12-6 pm **250-287-7465**

### Wednesday, December 4

- Free Money, Downstairs Board Room Q.C.C. 11:30 am

### Thursday, December 5

- Lighted Truck Parade, Quathiaski Cove starts at 6:30 pm (see route page 7)

### Friday, December 6

- Brodie Dawson & Friends at the HBI Pub music starts 9 pm no cover

### Monday, December 9

- Coastal Ferries Community Engagement meeting with MOT 6 - 9pm QCC

**NEXT DEADLINE: MONDAY, DECEMBER 2<sup>ND</sup>, 2013**

Please call us for any of your real estate needs.

**Nancy Allwarden**  
Quadra Island  
250-285-2800

**Michael Lynch**  
Quadra Island  
250-285-2422

**Vibeke Pedersen**  
Assistant  
250-285-2800

Discovery Islands Realty Ltd.

Visit our office for our complete catalogue of listings

**Exciting Business Opportunity**

- Fermentations hobby brew
- Enjoy being independent
- Great location in Village Square
- asking \$25,000.

www.discoveryislandsrealty.ca

Source: Government of Canada

Fri 22 Nov	Sat 23 Nov	Sun 24 Nov	Mon 25 Nov	Tue 26 Nov
5°C	6°C	7°C	7°C	7°C
	2°C	2°C	0°C	3°C

## Blaine Smith Painting & Contracting

*Serving all your residential and commercial needs.*

- painting • finishing • tiling
- decks • drywall • flooring • renovations

## You name it we do it!

25 years painting experience

**V.R.C.A. 2011 'Award of Excellence' Nominee**

p. (250) 285-3045 c. (250) 202-6299



**CONTACT US**eMail: [news@discoveryislands.ca](mailto:news@discoveryislands.ca)

Tel: 250.285.2234

PO Box 280, Quathiaski Cove  
BC V0P 1N0**Office:** 701 Cape Mudge Rd**Hours:** Mon-Thurs 10 am - 4 pm

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

**Submission Guidelines**

Items for publication on subjects of interest to the Discovery Islands community are welcome.

Please help us by following these simple guidelines.

- Text articles do not need to be attached in a file. Simply send the text in the body of an email.
- Please use Canadian spelling.
- Please use the title of your item as the email 'subject'.
- Please remember to include credits and captions for photos and other artwork.
- Please print had-written material clearly.

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

**Subscriptions**

Gift Subscriptions are available for delivery in Canada by mail.

**\$60<sup>00</sup> for 12 months**

Local Voluntary Subscriptions with *Islander-Benefits*

**\$30<sup>00</sup> for calendar year****Find more details online:**[www.DiscoveryIslander.ca](http://www.DiscoveryIslander.ca)**Copyright 2013****All Rights Reserved****NEXT DEADLINE****7 pm, MONDAY  
December 2****for publication  
Friday, December 6****ISLAND FORUM**

# An Open Letter to Director Noba Anderson

**Dear Ms. Anderson,**

After reading your last "Happy Fall Cortes" Newsletter, I must add that I, too, think that the residential school system was one of the most odious policies ever enacted by the Canadian Government, and that strong reconciliation measures are long overdue. On this point, we are in complete agreement; and I think that the suggestion to help reconcile this past through Regional District funded positions is a very good idea. However, I am bothered by the blatant political posturing that accompanied your report. You said that Cortes overwhelmingly supported reconciliation as well as the Klahoose application for a Marina at Squirrel Cove. While this may be true (but see George Creek's 4 November letter in Tidelines), the followup statement that you only work to represent the views and interests of Cortes Islanders, is contravened by a number of your past actions and policies. To wit, it is highly doubtful that Cortes residents favored the Klahoose expansion of their shellfish operations into farming geoducks around Squirrel Cove (in fact, there was strong opposition to that).

In addition, as you yourself candidly admitted in your previous reports, there was not one single upland owner in Gorge Harbour who was in favor of the Regional District approving of the huge new shellfish lease applied for by the Klahoose Band for

Gorge Harbour. This was established by fiat in an already overstocked bay with a closed basin severely suffering from an organic overload that is far too high (arguably created mostly by literally hundreds of tons of shellfish feces from the shellfish industry together with log dump detritus). Mussel rafts are especially renowned in the scientific literature for producing "dead zones" beneath the rafts. What happened to resident or environmental interests in this case? If the Klahoose Band had been promised a lease in the area, other arrangements could have been made, such as arranging the purchase of already established leases that have come up for sale-several of which have since gone derelict leaving huge amounts of debris on the shores.

Similarly, your executive decision (announced at the public meeting for shellfish applications in the Gorge) to the effect that machinery was allowed to be used for shellfish farming in Gorge Harbour (and at all AQ-2 zoned leases) lacked any consultation with stakeholders. Moreover, on careful reading of the bylaws, your decision seems to contradict the intention and the letter of the bylaws. In terms of policy, your position has the dire potential of serving as a warrant to turn Gorge Harbour into an industrial nightmare. Past Regional District boards recognized this and launched a legal suit against companies using machinery

in the Gorge. However, at the public meeting, you dismissed these as undertaken for "political" reasons. Are the Regional Directors, previous bylaw officers, and the lawyers serving the Regional District all really that naïve? You stopped the RD's legal suit on the grounds that it was politically motivated and unsupported by the bylaws, but this claim lacks any credulity.

In fact, if you look at the bylaws (as well as the spirit and intent of the original OCP for Cortes), you would see that:

1) "Any use not expressly permitted in this bylaw is prohibited in every zone and where a particular use is expressly permitted in one zone, such use is prohibited in every zone where it is not also expressly permitted." (Bylaw 2455, Section 102).

2) According to Schedule A, Section 621:1-3 (Bylaw 2455), AQ-2 zoning has:

PERMITTED PRINCIPAL USE : Passive aquaculture;

PERMITTED ACCESSORY USES : Sorting, grading and storage facilities for passive aquaculture but no processing is permitted.

CONDITIONS OF USE: No structures excluding wharves shall extend more than 1.0 metres (3.28 feet) in height above the tidemark at any point in time except that one floating enclosed structure not exceeding 12.0 square metres (129.17 square feet) in floor area and not exceeding 3.5

metres (11.48 feet) in height is permitted as a structure for storage, sorting or grading.

In contrast to the "passive" aquaculture permitted in both AQ-1 and AQ-2 zones, "active" aquaculture is clearly mentioned as permissible in AQ-3 zones which one might reasonably expect to involve machinery. Since all AQ-1 ("passive aquaculture") leases are beach leases where it is impractical to use machinery, one would expect AQ-2 (also "passive aquaculture") leases to lack machinery as well.

This was clearly spelled out in George Sirk's proposed clarification of Aquaculture zones in 2002, where he made the intended non-motorized status of AQ-1 and AQ-2 zones explicit, whereas AQ-3 ("active aquaculture") leases were explicitly recognized as permitting motorized operations. Even in common usage, "passive" aquaculture hardly conjures up images of machine driven operations. I would argue that the use of motor driven machines is inconsistent with any interpretation of "passive." Rather, it seems that the intent of the "passive" term was to limit the scale of shellfish farming in areas with multiple stakeholders (such as boaters, fishers, recreationists, residents, marinas, restaurants, or others) like Gorge Harbour.

Ms. Anderson, with your policy of permitting machinery to be used on shellfish leases in the Gorge, you have contravened the letter and the intent of these bylaws, not to mention the interests of many Cortes residents, and virtually all the upland residents of the Gorge. You have opened up a Pandora's box of industrialization that flies in the face of your self-pronounced care for the environment and the OCP. It

is time to drop the sham that you are devoted to representing the wishes of your constituents, and admit that, you, too, make extremely poor decisions for your own ideological and political reasons, especially those favoring industrial-scale shellfish growers. It is you who have politically motivated policies. It seems okay for you to spare no effort to protect the forests, yet endorse the raping of the sea.

Brian Hayden

## Thank You!

Since opening in its new location, the Quadra Island Library has received some special donations that we would like to acknowledge. First, a long overdue thank-you to Will Lavigne for his stunning photographs adorning the wall near the children's room. Also, a group from the Quadra Quilters recently presented us with a beautiful quilt made especially for the library; it adds such warmth to the area. Thanks to those individuals for their hard work. Most recently, we have been given a dozen new comfortable folding chairs courtesy of Bruce Bjornson and Darcy Mitchell, which will be used for small gatherings. Many thanks to all of you for your generosity.

Sincerely, Barb, Lisa & Matt,  
Quadra Island Branch,  
Vancouver Island Regional  
Library.

### Have an opinion to share?

**Submit your letter  
to the DI by email:**

[news@discoveryislands.ca](mailto:news@discoveryislands.ca)

**PREFERRED**

**Regular 'ol mail with  
a stamp to Box 280  
in the Cove**

**If it's too long it may  
be chopped!  
Please be concise**

# Halloween Fun

My wife and I have been on Quadra Island three and a half years and we know that we've found the right place and community to live in; a place we are proud to bring all our many friends and family for visits and to enjoy the island life. The one thing that we have supported but not participated in was Halloween. This year we had our daughter, son-in-law and their little two and a half year daughter here for Halloween providing the perfect opportunity to get out there and see what Quadra had to offer.

We were all so impressed with the community (as we always have been). Most of our neighbors participated by having pumpkins and treats, many of whom dressed up as were many of the parents with children doing the circuit. One home had left treats out as they were probably out on the road with little ones themselves. We're all fortunate to be able to be trusting...

What I really wanted to write about was the activities at our community centre.

A big thank you to all those who put in long hours to organize, build and participate in the haunted house; and yes you got me (I swear even in the face of witnesses who claim otherwise, that my scream was manly). Also thanks to those organizing the games, the treats and the inside decor as well as the bonfire and flaming bongo drum entertainment outside.

As for the fireworks, well we really didn't expect much, after all fireworks are expensive, require some level of expertise to sequence and this is a small community with other needs. Our experience was to the contrary, we all were really REALLY impressed.

Great job to everyone out there that special night and another "Quadra moment" for sure. I love saying to my stressed out friends from the big city; it's Quadra, chill out; but now saying that has even more meaning to my wife and I.

Hal Reveley



**Bill Bradshaw**  
**250-285-3293**

[www.quadrarealestate.ca](http://www.quadrarealestate.ca)  
[billbradshaw@royallepage.ca](mailto:billbradshaw@royallepage.ca)



## 2 ACRE CORNER LOT WITH HOME & SHOP

**\*Q COVE\***



**\$399,000**

- 2,000 sq ft home on 2 acre corner lot
- Open floor plan with vaulted ceilings
- Large master bedroom with 4 piece ensuite and walk in closet
- 32' x 74' shop with in floor heating & 12 ft ceilings
- Within walking distance of all the stores & services in Quathiaski Cove

## Free - Appeal

Fellow Quadra Islanders, this is a personal appeal to you to help continue the once a month Free Money program at the Quadra Community Centre. We are going ahead with the December distribution because Christmas is coming but we may have to cancel this six year old program to assist low income Quadra Islanders in January if the funds run out.

I can assure you that the people who use this program really need it. Please consider putting some money in the Free Money Association account at our local Coastal Credit Union in Q. Cove. Thank you for your consideration.

For more information, read the "Free Money" article in this issue.

Steve Moore

## Free Firewood

Free Firewood is available after every Wednesday after Community lunch at 1 pm. The program is designed to help single parents, elders on fixed income, low income and unemployed residents and new residents who join us in mid-winter with an empty wood shed.

The wood shed is located behind the Community Centre on the South side. Bring your vehicle or a friend's pick-up truck and we'll help you load up.

If you cannot obtain a vehicle call Steve Moore at 285-3323. And please donate money to the Free Firewood Association account at our local Coastal Credit Union.

## @ the Other End of the REALM

While Steve's bookstore hosts a variety of classes, there are classes and activities beginning at the other end of the UPPER REALM too! Read about the "untwisting" on Nov 28th elsewhere in the DI.

On Dec 1st, 11am-3pm, Studio 6 becomes The RED TENT, which is sacred space for women sharing our sisterhood, available monthly on Sunday closest to the New Moon, sisters may visit throughout the day.

Weekly classes: starting Wednesday, Dec 4, 1-2:30pm, Reiki taught by Gypsy Mama with over 19 years experience, this class is suitable for all levels blending Western and Japanese teaching styles.

Wednesdays 3-4 pm is a midweek guided meditation, open to school ages and adults. The perfect opportunity for stress reduction to get through the week.

On Fridays, starting Dec 6th, 1-2:30pm, Gypsy Mama offers a 14 week series of meditation activities using the seven White Light Essences with their unique spiritual and soul-healing properties.

Coming in mid-January: Meeting Your Angels, an eight week series to strengthen your Angel connections. This class is by reservation only to prepare for activities. For more info or to book a private session, contact Gypsy Mama 250-202-8444 with an evening call back number or visit in Studio 6 when the red curtains are open.

## Links Closed for Season

The QI Golf Course is now closed for the season and will re-open when the sun starts to shine in March 2014. We would like to thank our customers for their patronage of the golf course, your business is appreciated.

## Free Money

The second free money distribution is from 11:30 am. to Noon on Wednesday, December 4th just before the Community Lunch in the small downstairs board room.

Free Money is designed to help low income and unemployed Quadra residents, elders on fixed income and single parents. The program has been running for over seven years, but the last four years have been difficult because of the economic recession. Donations are few and far between. We need \$500 a month or \$3,000 for the period from November to April.

Unless you help, we may have to cancel the program after Christmas.

As it stands now, its just \$10 per individual and \$20 for a family. It's not much, but it happens on a Food Bank day, a Community Lunch day, and a Free Firewood day.

Please donate to the Free Money Association account at our local Coastal Credit Union. Call Steve at 285-3323 for more info.

**live music, great meals, friendly staff**  
**...and locally owned. So much to love about the Heriot Bay Inn!**

**Fri. November 22: Ray Bennett Band**  
country-tinged rock & blues

**Fri. November 29: Curl**  
smooth blues sweethearts

**Fri. December 6: Brodie Dawson & Friends**  
soulful folky blues

**Rockin' Saturday evenings: Open Mic with Mo**

**Dining hours: Open Every Day 8 am - 8 pm**

**Herons/Inn: 285.3322 Pub: 285.3539**



## Heriot Bay Inn

being real, having fun on Quadra Island





## NEWS & EVENTS

Submit your event info or news item - eMail: [news@discoveryislands.ca](mailto:news@discoveryislands.ca) or drop-off at 701 Cape Mudge Rd or at Hummingbird

### Readings at Quadra Library

An informal evening of local author readings will be held on Thursday, November 28 at 6:30-8:00 pm at the Quadra Island Branch Library. Come and enjoy! For more information call the library at 250-285-2216.

### Storytelling at Quadra Island Library

Well-known storyteller Judy O'Dell will present a programme of lively stories for children at the Quadra Island Branch of V.I.R.L. on Saturday November 23 at 3pm. Come and enjoy stories with Judy!

### The Mighty Herring

Put Saturday November 23 on your calendar! Sierra Quadra presents local filmmaker and biologist Mark Wunsch speaking about 'The Mighty Herring' - a film and photo work-in-progress that documents the past, present and future of our coastal herring. Mark's presentation at the Quadra Community Centre begins at 7:30pm on Saturday; doors open at 7. The usual fabulous desserts and beverages will be available. Admission is by donation.

### At the Legion

High Society! An unstoppably dramatic Rock'n'Soul'n'Blues band, eager to fill your eyes and ears with euphoric excitement and inspiration, led by the breathtaking Chelsea D.E Johnson. Guaranteed to put your dancin boots to work. Legion, Saturday Nov 23, Doors 9pm, 10.00

On Saturday November 30th 9:00-1:00 the Legion has D.J. Absolute Zero in the house! With music that everyone will enjoy! \$5.00 at the door.

### Best of Banff Films

The annual visit of the Best of the Banff Mountain Film Festival comes to **Quadra Island on Saturday, November 30th and Campbell River on Sunday, December 1st.**

Wild Isle is pleased to present two different programs that combine to showcase most of this year's tour line up.

Tickets are now on sale for this eye-popping extravaganza of mountain films from around the world from the Tidemark Theatre box office 250-287-7465.

Quadra tickets available at the door

### Veterinary Clinic Survey - Coming Soon!

Kim Zapshala and Ed Fisher of the Cove Centre are working to open a veterinary clinic to serve the residents of Quadra Island. Over the next couple of weeks we will be conducting a random telephone survey to determine the needs of islanders and their pets. We have hired a Quadra Island student to conduct the survey. A few minutes of your time would be greatly appreciated to answer some important questions. Your answers will help us determine if we can build a sustainable full service clinic and bring a veterinarian to Quadra Island.

Our local canvasser may be calling you soon!

Thanks from Kim & Ed

### Remembrance Day Thanks



Veterans Don McDonald and Monty Bingham at the Legion on Remembrance Day

QI Branch #154 of the Royal Canadian Legion would like to express their sincere thank you and appreciation to all of the supporters and volunteers who worked so hard in making our Poppy Campaign, Remembrance Day Service and evening possible. To the veterans who so honourably served, "Lest we Forget".

## island marine centre

- Open year-round • Best prices on Quadra, Vancouver Island and beyond on **ALL** recreational, commercial & industrial marine supplies
- **FISHING SUPPLIES 25% OFF DURING OCT & NOV**

Located beside the Gas Station in Q Cove • 250 285 2210 • [www.islandmarinecentre.ca](http://www.islandmarinecentre.ca)

## Cougar Annie

Katrina Kadoski brings tales of the legendary "Cougar Annie" to the Quadra Community Centre on Friday, November 29 and Gorge Hall, Cortes Island on Saturday, November 30.

Both performances at 7:30 p.m. with doors open at 7:00. Tickets \$15 at the door. Delicious refreshments as always. Sure to be a treat for lovers of song, story, West Coast history, and historic gardens.

### Different Spokes for Different Folks

Bike Sales New & Used  
· Electric Kits · Accessories



250-285-3627

bicycle@gicable.com

www.quadraislandcycle.com

## Monsters in the Closet Postponed

Due to an overwhelming demand for tickets, Monsters in the Closet, has been moved to allow for a three day run. Because of the many Monster Holidays in December (My Brother Has Three More Presents Than I do Day, Why do we Have to go to See Aunt Persimmon Day, Grouchy Saturday, I'm Too Excited Bouncing Around the Room All Day Eve) there wasn't a three day time slot available in December. The inaugural Season of the Quadra Youth Theatre has been moved to January 10, 11, 12. Tickets will be on Sale in time for Christmas. Stay tuned for further updates

# At the HBI

**The Thievin Brothers** and special guests will entertain and delight you while you enjoy a two course dinner in Herons. A **fundraising** for our own **Quadra Children's Centre**, enjoy and support! Saturday November 23. \$49.00. 6:00pm seating. Reservations 285-3322.

**Smooth Edge Dinner Show** in Herons; enjoy the flavour of the eclectic music from our Island talent, Diana Mckerracher, Kent O'neill, Lois Taylor, Duffy Frank and Richard Christi while enjoying a delicious two course meal. **December 7.** \$39.00. 6:00pm. Reservations 285-3322.

**Grey Cup party** in the HBI Pub! FREE APPIES, schwag, HBI buck PRIZES and drink & food SPECIALS. Join in and enjoy the game on the big screen and 3 tv's. RA, RA, RAAAA! **November 24.** 3:00pm.

The HBI Pub is your hockey living room. FREE APPIES at **Canuck games**(viewer available). Big screen, 3 tv's, drink & food specials. Win prizes and tickets to a Canuck game. HNATHBI: vs Blackhawks Nov 23 @ 7:00pm ... vs Kings @ 7:00pm. Score some fantastic game time at the HBI!

Cori is hosting **Koriorke** Tuesdays! Koriorke Karaoke

is energized; Cori will assist and insist you sing your heart out. Enjoy a special "Karaoke Kourage" to warm up your vocal chords. Audience only participants are always appreciated too. HBI Pub. **Starts 9:00pm.**

**Wednesday pool tourney** with Doc Dak! Prizes every week, weekly winners name entered for GRAND PRIZE; one night in a cabin at the Heriot Bay Inn! **November 27** (must be there to win). Drop ins welcome. HBI Pub. Starts 7:00pm.

**UofQ Thursdays!** Nov 21... Coastal Black Bears he'll tell you his tales, you share yours. Interactive stories; Billy Dubois. Nov 28... The future is here: 3-D printing literally a printer that can print itself; Shane Mawhinney. December 5... Cally Overton: ECE our need for universal Child care in Canada. 7:00pm. HBI Pub education!

**Friday night bands:** November 22; back by popular demand - The Ray Bennet Band country-tinged rock & blues... November 29; Curl - all gal blues, don't miss it! Dance it, shake it, love it at HBI Pub 9:00pm

**Every Saturday;** Open Mic with Mo; get there early for this weeks lineup, Fantastic! HBI Pub. 9:00pm. Where live music lives!

## Campbell River's Home Grown Health Food Store

Prices in effect until December 5 or while quantities last

### HAPPY PLANET



**Soups**  
**\$5.29**  
650ml

### CHOICE



**Teas**  
**\$4.99**  
32g

### BOB'S

wheat-free



**Rolled Oats**  
**\$6.49**  
907g

### FELICETTI



**Rice & Corn Pasta**  
Gluten Free  
**\$3.29**  
500g

Discover more savings in our flyer  
www.healthywaynaturalfoods.com

**HEALTHYWAY**  
natural foods market

250-286-6011  
1270 Dogwood St  
Elmwood Plaza  
Campbell River

## AllsizeWeb

**Get One, Give One**  
Get a free website for a local community group of your choice.

Jörg Eichhorn, Web Designer  
**Call 285-3037**  
**AllsizeWeb.com**





## Get Your Group Online

List your non-profit on the community's major web sites

[www.quadraisland.ca](http://www.quadraisland.ca) and [www.discoveryislands.ca](http://www.discoveryislands.ca) showcase our community to the world wide interweb and provide many useful resources to locals and visitors alike.

Both sites have been rebuilt from the ground up to bring them up to speed with a world of mobiles with high resolution graphics and overall better performance.

Local non-profit community organizations are invited to provide information for a complimentary online directory of volunteer groups. Simply write up a 100 word description and email it along with a photograph or logo graphic to [pstone@quadraisland.ca](mailto:pstone@quadraisland.ca)

There's no deadline and the offer is ongoing, updates can be submitted any time. For more information visit either web site and look for the links to the Community Groups/Organizations page.

Please bear with me for a little virtual chaos as the sites are under construction.

Paid business listings are also available. Details can be found on the Advertising information pages.

- Philip Stone



**Preschool Program**  
For 2.5 to 5 years  
(Toilet training not required)

**Quadra Kids**  
school age program  
For 6 to 11 years  
Cost \$3.50/hour (3 hour min.)

7:30 a.m. to 6:00 p.m.  
Monday to Friday  
**250-285-3511**  
Please inquire about government subsidies

## Arrest In Residential Break and Enter

On October 20, 2013 the Quadra Island RCMP received a report of a residential Break and Enter in Heriot Bay. The investigation, which included forensic examination, identified a suspect who was arrested on November 8, 2013. The male youth suspect, who was on court ordered bail conditions at the time of the offence, was remanded in custody and appeared in Campbell River Youth Court on November 12, 2013. The male youth has been charged with the offences of Break and Enter, Mischief and Breach of Undertaking. The male youth was released by the Court on bail conditions and is to appear in Court on November 18, 2013. Residential Break and Enters are rare occurrences on Quadra Island and the Quadra Island RCMP thanks residents for continuing to report suspicious activity to the Detachment at the time it is observed so we may continue to maintain an enviable low crime rate. If you have any information about a crime, please call the Detachment at 285-3631. If you wish to remain anonymous please call Crimestoppers at 1-800-222-TIPS.

## Quadra's 2nd Annual Lighted Truck Parade!!

It's that time of year again...time to start getting ready for our Lighted Truck Parade. Throw some lights on your vehicle of choice and enter the parade or enjoy the twinkling lights from the sidelines. The parade will take place on Thursday, December 5th at 6:30pm. The parade route will begin at the No.1 Fire Hall, travel down to Cape Mudge, come past the Cove Plaza and Quadra School to turn left on West Rd and return to the No 1 Hall via Heriot Bay Rd. Join us at the Fire Hall after the parade for hot chocolate and other treats. Donations to the food bank would be appreciated. If you are interested in entering a vehicle in the parade please contact Jamie Swanson at 285-3928 or email [quadrafd@gicable.com](mailto:quadrafd@gicable.com) Come on out and join the fun!!



### NOTICE OF AN OPEN HOUSE

#### QUATHIASKI COVE SEWAGE SYSTEM

Residents are invited to attend a public open house being held on:

Date:	Wednesday, November 27, 2013
Location:	Quadra Island Community Centre 970 West Road, Quathiaski Cove
Time:	7:00 pm – 8:30 pm

This meeting will be of specific interest to landowners whose properties could potentially be added to the sewage system. Affected landowners will be notified by mail.

The meeting is a follow-up to the September 25, 2013 meeting and offers residents a second opportunity to meet with staff and ask any question regarding the proposed sewer expansion. There will be a brief presentation commencing at 7:00 pm followed by a question and answer opportunity.

For more information contact Patti Wells, Engineering Services Coordinator at 250-830-6719 or [pwells@strathconard.ca](mailto:pwells@strathconard.ca).



301-990 Cedar Street, Campbell River, BC V9W 7Z8  
Tel: 250-830-6700 • Fax: 250-830-6710  
Toll-free: 1-877-830-2990

[www.strathconard.ca](http://www.strathconard.ca)

# Quadra Island Outdoor Club Plans for the Winter

The Quadra Island Outdoor Club had a wonderful summer season with 20 successful trips. The trips focussed on hiking and kayaking. They covered the full range of activities from easy walks, like Shellaligan Pass, to intermediate backpacking, like Della Falls and Mt. Albert Edward; and easy kayaking in Gowlland Harbour to a day-trip to the Octopus Islands through Surge Narrows. The weather was fabulous nearly all the time and it was a treat to meet new people and explore new areas. The trip reports and photos are available at [qioutdoorclub.org/trips/trip-photos](http://qioutdoorclub.org/trips/trip-photos)

As the season changes, the Club is now planning the schedule of events for the winter. Beginning in December, we will have regularly scheduled carpools to the Mt. Washington area. Also planned are multiple-day trips to Mt. Washington, Mt. Cain, and Journeyman Lodge

at Callahan. There will still be local walks and also some evening talks. The preliminary winter schedule will be available by early December.

It's essential to be prepared in the winter, so ensure that you and your gear are ready for the trips. It's always helpful to plan in advance and give the trip coordinator plenty of notice when you want to participate.

If you found the summer too busy to be active with the Club, the winter may be just what you've been waiting for. To join, please contact Darcy Mitchell at [darcym@telus.net](mailto:darcym@telus.net). For questions or comments, contact us at [qioutdoorclub@gmail.com](mailto:qioutdoorclub@gmail.com)

Here are the upcoming events:

Monday, 9 December - Hike to Maud Island

Wednesday, 11 December - Mt. Washington carpool

Wednesday, 1 January 2014 - New Year's Day walk



**Like the DI on FaceBook**

Receive updates, notifications

**✓ LAYED-RITE FLOORING**  
SALES SERVICE INSTALLATION

**Christmas Special**

**Spend \$2500  
on product**

**Get a FREE  
in-stock Area Rug**

• Free estimates • Contractor pricing for reno's and new builds



[layedrite@telus.net](mailto:layedrite@telus.net)

Call 778-346-2284

#310-1100 Homewood Rd, Campbell River

# Quadralaya!

Himalaya translates from the Sanskrit as "abode of snow", Quadralaya, more like "those who dwell on Quadra. The latest Wilderness Trekking journey into the Tsum Valley, a remote and sacred Tibetan Buddhist region of Nepal was joined by 6 Quadra residents and 6 folks from the UK and the US.

With the intention of 'connecting' as much as possible with this truly unique landscape and Tibetan culture, we were joined in Nepal by Quadra Island's very own Josephine Anderson, yoga teacher and travelling

to foreign travellers 4 years ago and has remained pretty much unchanged for hundreds of years. More recent political boundaries put Tsum in Nepal, but when actually there it becomes very apparent that everything is Tibetan. Given the tragic, cultural devastation brought on in Tibet, Tsum may well be one of the last places on earth where the Tibetan Buddhist culture has survived virtually unchanged.

Wilderness Trekking offers challenging high altitude walking holidays across the Himalaya. Our focus is firmly on our local staff and how this



companion extraordinaire. Our journey was probably the first ever Himalayan Yoga Trek, certainly the most adventurous yoga trek ever undertaken

Please join us as we tell 'our groundbreaking story' at Quadra Community Centre, this Sunday 24th November at 7:30pm. Doors open 7pm and admission is by donation with all proceeds to the Umbrella Orphanage, Kathmandu.

The Tsum Valley only opened

relationship radiates outwards to everyone in our groups and those places and people we meet along the way.

Our evening presentation will include stories and photography from our latest journeys in Tsum, and offer more general background information on the Himalaya and future adventures.

Questions and contributions from the audience are highly encouraged, hope to see you there!!



**Quadra Island Medical Clinic**

MON • TUES • THURS • FRI: 9:30am to 7:15pm

WED: 9:30am to 5pm • SAT: 9am to 2pm

WALK-IN PATIENTS WELCOME DAILY

WALK-IN LAB: Wednesday & Friday 7 to 10am

Please note: Patients of ALL doctors may use this service

*Dr Mary Boegel and Pat Peterson (Family Nurse Practitioner) are accepting new patients. Call 250.285.3540 for an appointment.*

# Welcoming Pat Peterson, Nurse Practitioner, to Quadra Island

by Mary Boegel, MD

In April of this year, Quadra Island was successful in its application for a Nurse Practitioner through the Nurse Practitioner for British Columbia (NP4BC) program. I want to thank the many people on Quadra who contributed to the process involved in getting the Nurse Practitioner (NP) position awarded here. Most importantly, I want to thank Dr. Erika Kellerhals for her vision of developing sustainable health care delivery on Quadra Island and for her hard work and persistence in leading the application process with the Ministry of Health and Island Health. Without her leadership, Quadra would never have succeeded in the very competitive application process. Dr. Kellerhals had support in this endeavour from Quadra Islanders who participated with her in efforts to stabilize the health care services on Quadra in the past year and who contributed to the NP application process in particular. James Wilson, Chairman of the Kwakiutl District Council, and Ralph Dick, Chief of the Cape Mudge Band were instrumental in writing persuasive letters of support for the application. Thanks are also due to Betty Doak, RN, Mary McIntosh, MD, Jim Abram, Strathcona Regional District Director, and Claire Trevena, MLA. Members of the Quadra Circle offered substantial support as well. I want to thank Enid O'Hara, RN and Victoria Power from Island Health who worked hard within Island Health administration to make this happen.

I'm pleased to announce that Pat Peterson, NP has been recruited to Quadra Island and will be working out of the Quadra Island Medical Clinic. Pat was interviewed and selected from a number of NP candidates who applied for the position. We are thrilled that she has agreed to take the job to serve Quadra Islanders, as well as outreach to the

Surge Narrows community. We are also delighted that she and her husband Steve plan to make Quadra their home. They are coming from Cortes Island where Pat has practiced as a Nurse Practitioner at the Cortes Medical Clinic for the past two years.

The Nurse Practitioner role is quite new to medical care in British Columbia. But, in the United States, NP's have played an important role in health care delivery for over 30 years. In my own family practice medical residency program in California, nurse practitioner skills were so valued that NP's were important members of the clinical faculty for family medicine doctors in training.

A Nurse Practitioner is a registered nurse who goes on to do graduate studies and clinical training in diagnosis and treatment of illness and becomes licensed to provide patient care both in outpatient and hospital facilities. NP's are capable of taking a medical history and performing a physical exam, ordering laboratory and X-ray tests to make a diagnosis and then prescribing many treatments and medications to benefit the patient. They are able to provide preventative services such as Pap smears and routine physicals, to diagnosis urgent and ongoing health problems and to manage chronic conditions like diabetes or heart problems. They have expertise in patient education, public health issues and palliative care for the dying. In my experience, most NP's practice side by side with physicians, offering a team approach to the care of the patient. This allows the patient to benefit from the unique nursing perspective of the NP, as well as from the expertise the physicians may bring from their medical training.

Pat's NP position is meant to improve health care access and services for everyone here on the island. Before jumping fully into

practice, Pat will be spending some time performing an important analysis of health care needs on Quadra. She will reach out to interested groups to assess patient and community services already available and to understand any unmet needs. At Quadra Island Medical Clinic, we look forward to incorporating Pat's skills and her findings regarding the needs of Quadra residents into the care we offer our patients and the island as a whole. I believe that Pat will become an important asset to Quadra's medical community and that she will provide outstanding health services to our island. Please join me in extending a heartfelt welcome.

## YOUR LOCAL COASTAL BOOK STORE



Use your Islander Benefits Card and receive 10% off

all regular priced books.

Thousands of books to choose from

OPEN 7 DAYS A WEEK

## Book Bonanza at-the-Cove

Cove Centre, Harper Road

Phone 250-285-3665

Email [bookbonanza@telus.net](mailto:bookbonanza@telus.net)



**Winter is coming!** Time to schedule your appointment for winterizing your boat.

We can SHRINKWRAP your BOAT ready for storage.

Call today for rates and more info on this unique way of having dry, worry free storage outside.

**Quadra Marine Services**

Fast, Reliable, and Reasonable Rates.

Call Frank for an appointment today.

**250-202-2853**

[quadramarineservices@gmail.com](mailto:quadramarineservices@gmail.com)



## A Unified Voice for the Islands' Business Community



## JOIN TODAY

- Forum for Island businesses.
- Coordinating island promotion.
- Low annual membership dues

### FOR MEMBERSHIP INFO

[www.discoveryislands.ca/chamber](http://www.discoveryislands.ca/chamber)

D.I.C.C. Box 790, Quathiaski Cove, BC V0P 1N0

Email [chamber@discoveryislands.ca](mailto:chamber@discoveryislands.ca)



## Free Kid's Books

Free Kid's Books are available for Children 12 years of age or younger at Spirit Books, in the Upper Realm at Q. Cove. One book per week per child is the general rule.

Donations of kid's books (adult books too) are also welcome.

## Leadership Hopeful to Visit Quadra

One of the candidates for the leadership of BC Conservative Party, Dan Brooks, will speak about his vision for the Party and the Province at a luncheon on Tuesday, December 3, in the Herons Dining Room, Heriot Bay Inn, from 12:30 pm until 2:00 pm. This is an opportunity to ask questions and expect straight answers – particularly to make sure that anyone aspiring to provincial leadership understands coastal ferries.



# Untwisting!

So here we are, just about the end of 2013, another birthday is approaching and this year I'm unusually excited. Through my childhood, birthdays were noted merely by choice of cake (baked by mom) and shared with family. In 'those days', parties were less common all around, though I did manage to contrive a memorable 16th birthday party, probably only permitted to appease my parent's guilt in their upcoming separation. Later, like many young women of that 'era', I floundered around until getting married and caring for children became my highest priority.

After the birth of my sixth child, I realized my need to develop employable skills and started exploring options available at the time. Having a lifelong interest in healing and wellness, I soon delved into studying various healing modalities, then as qualified, offering sessions and teaching, starting with Reiki, then Reflexology, crystals, toning and Holistic Practitioner. All of these led to expanded awareness of my natural psychic skills, which guided me to organize a 5 day spiritual healing conference for Solstice 2000, in Fort McMurray, AB. This led to meeting Shine Edgar and Doreen Virtue, who were both instrumental to another leap in my healing and wellness education with Didjeridu and AngelTherapy®. While

AngelTherapy® affirmed and strengthened my psychic skills, Didjeridu provided a different type of healing that bypassed my brain's intellectual circuitry and provided crucial healing on another level which I feel prepared me for embracing the benefits of conscious emotional healing with Australian Bush Flower Essences.

Each step of the way, just as I find more balance, Spirit guides me with new opportunities to expand yet again. Now it is over nineteen years since my intentional quest in 'awakening' training began and I've acquired a binder full of certificates, which I sometimes refer to as proof of 'how twisted I was'.

Of course during the process I wasn't aware of how twisted I was. All this training and learning is really about loving, and has helped me reach a point of recognizing that in fact through most of my life, I was not only quite twisted, but too twisted to even know, because what ever experiences we grow up with we tend to think of as normal. Now most if not all of my grown children would probably affirm how twisted I was, and hopefully they could also acknowledge the untwisting that came about which allows me to experience life with joy.

Some of you might know how long my hair is, though I seldom wear it down, mostly because it's impractical when putting wood in a fire, or doing just about anything. Since my hair is mostly kept twisted up and out of the way, I realized this is yet another layer of twistedness for me to release, and so I've decided to celebrate my untwisting milestones with a haircutting on my birthday and will donate the cut length to "Angel Hair for Kids".

Want to see how much I have to cut? Want to see the new cut? Want to join in and donate your hair too?

You are invited to join in my celebration of untwisting and living in this wonderful time and space. Please join me on November 28th at 6 pm, Studio 6 in the Upper Realm and celebrate loving life!

Note: While I am very much 'untwisted' I am still a little curved and still find a few kinks now and then.

Love always,  
Gypsy Mama

An advertisement for Quadra Island Builders. It features two men, one older and one younger, both wearing caps and jackets, standing in front of a display of Christmas lights. The older man is holding a box of "Silhouette Lights". The background shows shelves stocked with various items. Text overlays include: "Let Us Light Up Your Life", "Assorted Christmas Lights Starting at \$9.99", "QUADRA Island BUILDERS", "Hours: Mon-Fri 9-5, Sat 9-5, Sun 10-4", "635 Noble Road (corner of Green &amp; Noble)", "www.quadrabuilders.com", "Delivery to Cortes up to 3 days a week", "Phone: 250-285-3221", "Toll-free: 1-877-585-3221", and "Fax: 1-866-509-8928".

# Quadra Philippines Connection News and Typhoon Relief Fund!

The recent news of Typhoon Haiyan's destruction in the Philippines has been devastating for all concerned! Each year the villages that Quadra supports through our Philippines Connection are hit with seasonal typhoons, but this has been by far the worst! Following several days without word, we were finally able to hear from IAT Philippines through a brief communication. The following summarizes the current situation:

Although the Northern Philippines and other rural areas were not devastated by the recent typhoon as were parts of the southern Philippines, the torrential rains have resulted in a number of landslides in the mountain areas thus cutting off transportation of basic commodities as well as communication.

IAT's staff report that most of the crops throughout have been flattened and destroyed by the strong winds and rain. It is predicted that within a month or so there will be serious food shortages and the need for repair and reconstruction of some homes. IAT's staff and some people's organizations are mobilizing communities hardest hit and trying to aid those in greatest need.

The major concern, at present, is to teach the people to plant crops that can be harvested in a short time to provide for sustenance in the immediate future when their present rice and bean supplies run out. At the same time they are planning and educating the local people for long term sustainability.

The staff have pointed out that the foreign aid is all going into the hardest hit areas like Tacloban, Leyte, Samar and Cebu that have received the media coverage, but the whole of the Philippines has been affected. The marginalized people in the rural and mountain areas are receiving no help because they do not get the media attention.

Donations are needed to provide rice and other foods and seeds for replanting those crops that were destroyed as well as for transportation to bring food to those in greatest need.

Fortunately, due to the huge success of our annual Giant Garage Sale, the Quadra Philippines Connection has a surplus fund for emergency situations. Therefore, along

with our regular annual contribution, we are in the process of sending an additional \$1,500 for Typhoon relief to be used as needed.

Personal donations from concerned Quadra islanders are also being received which will be added to that amount. Contributions can be deposited in the Quadra Philippines Connection Typhoon relief account at the Quadra branch of Coastal Community Credit Union. Donations for over \$10 dollars are eligible for a tax receipt by contacting [cfoort@yahoo.com](mailto:cfoort@yahoo.com) and giving your postal address.

The Quadra Philippines Connection will also be contributing \$500 to the Red Cross for the southern areas that have been affected. This contribution is also being made through the Quadra Credit Union.

The following letters arrived previous to the typhoon from teachers of the Basao Dilag and Lubo Hilltop daycares, sharing with us news for the months of September and October. We look forward to hearing from our friends in these communities in the near future and receiving an update on how they are coping with this most recent catastrophe!

## Dear Ma'am Carol and Quadra Island Community,

Hello! Greetings of peace, love and unity to all of you there in Canada from here in the Philippines. I hope that you are all in good health as you receive this letter of mine. I am here again with you through this simple letter to share my experience.

Back in the month of August, we celebrated what is called "Buwan ng Wika". My children prepared a presentation around this theme and joined with the elementary children whose school is near by. I was proud of them and saw from their facial expressions the joy they experienced.

September is what we call family month and on September 19th we celebrated Family Day where parents came to the daycare. Everyone brought different vegetables which we cooked and then ate together.

About my teaching, I am always excited to be going to the daycare centre to meet my beloved pupils. I am happy and enjoy every day with the children as we do our work

and activities. They are enjoying learning about colours, animals and the importance of the 5 senses.

Again, a lot of thanks for your support to our daycare centre and for my honorarium! Truly yours, Mary Jane Bagrao.

## Dear Carol Foort and Quadra Island Community,

Christian greetings from the Philippines! I am very happy to be sending you another letter. The month of August and September in our place of Greenhills was very beautiful. Parents and children were very thankful that no one became sick with coughs and colds. I am also very thankful for my pupils who are very attentive and honest. I have learned a lot from teaching the children and the children have learned many things from me. They have been learning to count in English as well as their own native dialect or mother tongue which is Lubo, Tanudan, Kalinga.

In the month of August, our community made a resolution requesting to the vice mayor of Tabuk City to allocate funds from community development for the construction of a pump well in upper Greenhills village. This is where we have our IAT and Quadra Island supported daycare as well as grades one and two in the Balanao Elementary school. We observed that some of the pupils were coming to school without bathing because of the hardship of having to fetch water from the private deep well. The populace are very willing to contribute to developing this project.

Again, thank you very much for always helping me as a teacher at Greenhills Daycare centre, Bulanao, Tabuk, Kalinga.

God bless and more power! Yours truly, Jenny Beth D. Esican



**SORENSEN**  
**MACDONALD**  
ENTERPRISE LTD.  
250 • 285 • 3906 / 250 • 203 • 3906  
**Excavating • Trucking**  
**Sand & Gravel**

## Buddhist Meditation

An opportunity for new and experienced meditators to practice with a group.

Sitting and walking meditation, talk and discussion.

Saturday, November 23, 10:00am to 3:00pm, the Children's Centre, West Road.

Info: Don at [dmceach@telus.net](mailto:dmceach@telus.net) or 250 285 2193

## DIEM Project Update

The Discovery Islands Ecosystem Mapping (DIEM) Project is solidly underway on several fronts. We've completed the sensitive ecosystem and enduring features mapping and the interactive online maps will be delivered for community viewing in December - watch for details in the next Discovery Islander!

Thanks to everyone who came out to our recent workshops, Landscape Patterns and Moss Mania. They were both a great success. We'd like to extend a special thanks to our inspiring instructors, Rob Wood and Frank Boas. We're planning more workshops and lots of on-the-ground community mapping for 2014.

Did you know that the DIEM Project is on Facebook? "Like" our page for regular updates on the mapping project and interesting posts on citizen science, community mapping and biodiversity! [www.facebook.com/DIEMProject](http://www.facebook.com/DIEMProject)

**Help Keep our  
Community Strong  
Shop Local  
All Year Long!**



### the last drop water systems



Pumps Sales & Service  
Pressure Systems & Tanks  
Water Samples  
Well Evaluation  
Conditioning Equipment  
UV Sterilizers

**Friendly, Fast Local Service**

Call Rick Milne [lstdrp@telus.net](mailto:lstdrp@telus.net)  
250-285-3415

## Island Voices

SAT NOV 30 & SUN DEC 1

Island Voices Chamber Choir celebrates their new Christmas CD

with Brass, Flute & Soprano soloists.

8 pm Nov 30, Trinity Presbyterian Church, CR, 7 pm Dec 1, Comox United Church.

Tickets: CR Visitor Centre, Laughing Oyster, Blue Heron. [www.islandvoiceschamberchoir.bc.ca](http://www.islandvoiceschamberchoir.bc.ca)

## How to Read Music: A Free Workshop Series

If music is a universal language, it's helpful to learn your ABCs. In this workshop series, sponsored by Cortes Literacy Outreach, you are invited to learn the fundamentals of music reading.

Our sight-singing workshop will focus on understanding the basics of the system of pitch and its notation in Western music, and being able to sing written music.

In the keyboard workshop, we'll learn the system of major and minor scales on the piano keyboard, identify notes.

For the last workshop session, we'll learn the basic chords on guitar.

All sessions are free to attend. Donations will be accepted and will benefit Cortes Literacy Outreach.

**Saturday, Nov. 23**

10 am - 12 pm Session 3: Piano Keyboard  
(Please bring a keyboard if you can)

**Sunday, Nov. 24**

1 - 3 pm Session 4: Guitar  
(Please bring a guitar if you can)

All sessions will be held at the Linnaea Farm school. It is important that you RSVP by calling Susanna at (250) 935-0347, or emailing [cortesliteracy@gmail.com](mailto:cortesliteracy@gmail.com)

Look forward to seeing you there!

## G. ROY DAHLNAS EXCAVATING LTD.

- EXCAVATING • TRUCKING • SAND
- GRAVEL • TOP SOIL • DRAIN ROCK
- ROAD CRUSH • WELL CASINGS



## Drumming Classes

Drumming together promotes physical, emotional, mental and spiritual wellness. Rhythm naturally unifies. Claudia Raaen teaches from a foundation of 20 years study with West African drumming masters. Her teaching method is simple yet powerful.

Call for details on classes and private sessions. 250-285-3606.

## Quadra Seniors

Well winter is here, but the ice & snow, can stay away.

Our life time member Win Goldstraw, will celebrate her 105th Birthday on November 24th/13. What a wonderful lady she is!

Our Christmas party will be on Dec. 4th/13 @ 11:30 a:m at the H.B.I. We will have Music and a lovely meal.

Our two day Council of Senior Citizens Org. Workshop was very informative. Thanks go to Banners Restaurant, for the Nov. 13th, Soup, Sandwich & Cake. Michael & April Conchie who were in charge of the catering on Nov. 14th, the food was absolutely delicious.

Also Thanks to Phyllis Allen who was in charge of the Coffee & Tea.. And the C.O.S.C.O. team Art, Sheila, Andy, Garnett & Ruth.

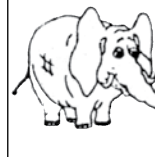
We have lost a very kind & loving member Leonard Lamb, our condolences go out to Marilyn & family, his presence will be missed by us all.

Our Wednesday get togethers with armchair aerobics, snacks Coffee & Tea with Carpet Bowling if possible. We are planning to have a Nurse Practitioner visit our branch soon.

For memberships in 2014 contact Christine @2207 transportation contact Ruth @ 3801

## ALL CLEAR SEPTIC SERVICE

Have you thought about your septic tank in the last 3 or 4 years?



SAVE costly drain field repairs by having your septic tank pumped out before trouble attacks!

Call Ross Doak **285-3561**



## Quadra Island Winter Market and Bazaar

Welcomes everyone to our community market!

Saturday December 7th 10am-2pm

We have a fantastic line up for your pleasure! All your favourite things and then some.

Accessories, art, & art cards, baking, beads, candles, crochet, jewelry, knitting, poetry, photo art, preserves, sewing, soap, weaving, wood and woolens. WOW! You never know what you'll find.

Michael has traded in flour dust for sawdust. Expect to see a new line of woodwork from this couple!

Red Cedar Herbs has new products to delight you. New lip balm flavours, teas and mmm body butters. Other new flavours for December too. Go ahead treat someone you love! Check out [www.redcedarherbs.com](http://www.redcedarherbs.com) for more great products.

Also for the month of December CHOCOLATES! 3 Ladies Chocolates brings you yummy truffles, p.b. cups, cherries, coconut & nut clusters, dark chocolate coconut bars, lollipops. Buy individually or by the tin. Easy gift giving at great prices. Gotta love that\*\*\*

**From the Kitchen:** Savoury & Sweets

Soups: Turkey Vegetable Noodle or Lemongrass Sweet Potato & Coconut served with homemade bread of your choice.

Entrees: Shrimp Pad Thai or Deep Dish Vegetable Pizza & Salad

PLUS: an assortment of fabulous baking & fresh baked breads. All at great prices.

Coffee and Tea always on.

Don't forget the community centre has easy access at the South End garage doors. Back right up and unload. Easy, peasy. Promote your business. Great exposure.

Eileen Sowerby will be back playing your favourites on piano. Joyce Baker will have Island Voices Chamber Choir CDs. Come and enjoy.

Set up for the market starts at 8am. on a first come basis. Market hours are 10am - 2pm. Tables are \$10.00 each. Why not share with a friend or neighbour? (twice the fun!)

As always we love to see you, so mark Saturday Dec. 7th on your calendar.

Need more info? [quadramarket@gmail.com](mailto:quadramarket@gmail.com) or Michele 250-285-3747 or Stella 250-285-3184

## Author Talk

The Museum at Campbell River, as part of its Fall Lecture Series, presents author **Jim McDowell** on Saturday, November 23, from 1 pm to 2:30 pm.

McDowell will present aspects of his book 'Father August Brabant: Saviour or Scourge'. Father August Brabant (1845-1912) was the first Roman Catholic missionary to live and work among aboriginal people on the west coast of Vancouver Island during the colonial period. He endured long periods of isolation, built a number of log churches and undertook extraordinarily difficult trips along the west coast in dugout canoes. His thirty-three-year long effort to transform Nuu-chah-nulth culture gives us a provocative case study of the dynamics that shaped, and continue to define, the settler/colonial relationship between indigenous peoples and the state in Canada.

Jim McDowell is a veteran freelance historian who has authored six books. Hamatsa: The Enigma of Cannibalism on the Pacific Northwest Coast (1997) remains the unchallenged authoritative analysis of this controversial issue. José Maria Narváez: The Forgotten Explorer is the only biography written about the first European actually "to discover" what is now Vancouver. **The cost for the talk is \$6.00. Please call the Museum at 250-287-3103 to reserve a seat.**

## Local Food Market

Stop in at the Legion on the first Saturday of each month for the Quadra Local Food Market. Next market is December 7, 10 am.

There's an explosion of local produce, fresh baked bread, seafood, eggs, chocolate and a bustling cafe with delicious meals.

To reserve a table call 250-285-3976.

Come early as things go fast!!

## Free DVD/ VHS Videos

Come borrow from our VHS/DVD library in the Upper Realm at Q. Cove. Please consider donating DVD's. We now have plenty of VHS videos. Our regional library in Q. Cove has a nice selection as well, entirely DVD stock.

### "Tailored to your needs" CanDoServices

#### HOME & GARDEN MAINTENANCE and GENERAL REPAIR

All around, inside or outside your home ...

- ✓ Window cleaning
- ✓ Stone and block walls and paths
- ✓ Garden and yard maintenance
- ✓ General and structural repair and maintenance

Whatever you need to maintain your peace of mind

- Home check up and general services
- Welcoming touches for your arrival

[candoservices@live.ca](mailto:candoservices@live.ca) - (250) 285 - 2874



## J TOELLE CONSTRUCTION LTD



*Above: Private home, energy rating ★ 81*

**SEE MORE OF OUR PROJECTS AT [www.jtoelle.com](http://www.jtoelle.com)**

**BUILDING FOR & EMPLOYING ISLANDERS SINCE 1980**

- ★ Green energy rated
- Custom & budget homes
- Resort buildings
- Commercial buildings
- Cost effective design

BC LICENSED RESIDENTIAL BUILDER  
10 YEAR NEW HOME WARRANTY

OFFICE 250 285 3783  
MARSHALL TOELLE 250 204 5111  
MATT GRISWOLD 250 204 2878

# HEDEFINE

CONTRACTING LTD.

## Roofing Specialists

### Installation

#### of all types of roofing:

Green (living) roof, enviroshake, torch-on, Epdm, Asphalt, Cedar, and more

### Continuous Gutters

+ custom fabricated sheet metal

24 or 26ga Standing seam metal roofing/cladding panels made on site. 12" or 20" panels available.

### Fully Insured

**285.2866**



### It's time to think about Christmas Wine

WINE MAKING  
FERMENTATIONS

At the Village Square

- Beer & Wine Kits & Supplies

- Giftware

- Fruit Wine Year Round (by appointment)

ferment@telus.net

Tues – Sat. 10 - 4:30

Ph: 285-3822

### Castle Computing

**we sell** notebooks, desktops, parts & peripherals

**we repair** most makes of computers

**we tutor** most makes of humans

**250-285-3695**

## TOYS

If we look at what makes up a {young} child's playtime, we see two elements: toys and stories. Let's first examine toys. What is a toy and what can a toy do? A toy is an object that occupies a child's mind and thoughts. It gives the opportunity for learning and teaches concentration. A toy attracts a child through colour, shape and movement. It should be safe for the mind, soul and body, and it stimulates growth and creative thinking. It also lets a child experience accomplishment and gives an opportunity for social interaction while promoting speech and coordination. It opens the world to learning in a fun way at a child's own pace and understanding, and it teaches patience, ingenuity and concepts. With toys, children learn to make choices and develop social interests. Last, but not least, the toy demands order just like life itself. As you see, a toy can be a powerful thing.

In a child's life, toys and stories are closely connected. Be it dolls, puppets, cars, blocks, trains or puzzles, all toys stimulate the children to act out creatively with their imagination, the things that are happening in their lives. Everything becomes a story. Therefore, we can greatly influence our children's behaviour by the types of toys we choose for them. Does a toy foster violence? Is it evil looking? Well then, don't be surprised if the child behaves like a "little devil." If children have dolls, which are not really dolls, but rather small adults, don't be surprised if the children are growing up physically before they are mentally and emotionally ready. It has been proven that children who are pushed into the adult world too early go through hormonal changes faster and therefore, develop faster physically. We call it the "hurried child." On the other hand, if you have good educational toys, and let the children be children, you are on the way to helping them develop into well-rounded people with skills and confidence.

Use your own judgement. If you think a certain toy is a bad toy, it probably is. Just because it is in a store does not make it a good toy for a child. We not only have to consider the child's physical safety, but very importantly, their emotional safety.

'Toys' is an excerpt from Susan Munzer-Briner's book Learn to Play - Play to Learn. The book is filled with ideas for creating stories with puppets, story

## See artist Perrin Sparks at work, CR Art Gallery Saturday, Nov. 23

Art fans will want to stop by the Campbell River Art Gallery's Christmas Market Saturday, Nov. 23 to see award-winning Quadra Island artist Perrin Sparks at work.

Sparks will be creating a portrait of local arts supporter and Friend to the Gallery, Susie Moscovich. Sparks had a long career as a surgical artist in the United States, portraying anatomy. After a transition from Texas to Quadra Island, she now creates full-sized figurative paintings working with live models. She's also renowned for landscape painting in oils, as well as her first love - etching. Sparks's artwork and instructional DVDs have earned numerous awards and have been the subject of many magazine articles. She has been honoured with Signature status to the Federation of Canadian Artists.



The CR Art Gallery's Christmas Arts and Crafts Market, sponsored by Chan, Nowosad and Boates, Chartered Accountants, is open from Monday to Saturday from 10 a.m. to 5 p.m. until Christmas Eve. The Market features the work of dozens of artisans from Campbell River, Quadra Island, Cortes Island and other regional communities.

Be sure to stop by the Market Saturday, Nov. 23 from 1 p.m. to 3 p.m. to see a portrait of local resident Susie Moscovich evolve before your eyes. The CR Art Gallery will feature demonstrations from other talented artists and artisans every Saturday until Dec. 21.

For more information, stop by the Gallery from Monday to Saturday from 10 a.m. to 5 p.m., call 250-287-2261 or email [contact@crartgallery.ca](mailto:contact@crartgallery.ca)



# SFU Honours B.C. Science Leaders

With their Tula Foundation's eight-year, \$8-million investment to establish the Hakai Network for Coastal People, Ecosystems and Management, Eric Peterson and his wife Christina Munck have demonstrated exceptional vision and leadership for Simon Fraser University and British Columbia.

This month, SFU recognized the couple's contribution with the 2013 Chancellor's Distinguished Service Award.

The network is just one aspect of the ambitious Hakai Program of research, teaching and community leadership, the centrepiece of which is the Hakai Beach Institute research station on Calvert Island on B.C.'s Central Coast.

Other program components include major research funding programs at other B.C. universities, plus initiatives such as the Centre for Microbial Diversity and Evolution at UBC, and the Environmental Law Centre at the University of Victoria. To date, the Tula Foundation has invested



Tula Founders and Quadra Island residents Eric Peterson and Christina Munck

roughly \$60 million in the Hakai Program.

Through their funding and personal involvement, Peterson and Munck are building new partnerships among the Central Coast First Nations and researchers from SFU and other universities to ensure the region's sustainable and ecological stewardship.

Peterson is a former research biologist and entrepreneur who earned his fortune from building and selling a medical imaging company. Munck is a biologist, now a painter when she can find the time. Both work full time on

the Hakai Program, and spend approximately six months a year on the Central Coast.

"Eric and Christina have established significant partnerships with SFU, as well as other universities, and their contributions to B.C. have been profound," says Chancellor Carole Taylor. "On behalf of SFU, it gives me great pleasure to recognize their achievements with the Distinguished Service Award."

Published with permission from [www.sfu.ca/sfunews](http://www.sfu.ca/sfunews)

## it's time for a **WINTER SERVICE**

- Multi-Point Inspection
- Oil & Fluid Change
- Brake Check
- Warranty Approved

### Only \$59.95

Make an appointment today we service  
and repair all new models & makes!



## ISLE TECH

YOUR ISLAND AUTO CARE CENTRE

### 285-3100

BRAKES + WHEEL ALIGNMENTS  
HI-TECH COMPUTER ENGINE ANALYSIS + FAST & FRIENDLY SERVICE

MONDAY TO FRIDAY 8:30AM TO 6PM + SATURDAY 9AM TO 5PM

## Sunny level 10 acre property



With 3 storey, 1277 sqft home. You'll love the finishing in this home including cork and cherry wood flooring. A large wrap-around deck and loads of windows just add to the beauty of this lovely home. Zoned for 3 dwellings this property boasts fenced garden and pasture areas. Located close to the lakes and beach access with good deep water safe haven moorage.

Call today to arrange to view this great package offered at just \$295,000!

Successfully selling real estate on Quadra Island since 1995

### Heidi Ridgway

Your Resident Quadra Island Realtor®



250-285-2217 tel  
250 202-2217 cell

Heidi@QuadraIslandRealEstate.com



[www.QuadraIslandRealEstate.com](http://www.QuadraIslandRealEstate.com)



# REGIONAL DIRECTOR'S REPORT



By Jim Abram

## Urgent Ferry news and information

Good evening everyone!. What a day it has been today. This was the day that the Minister was so kind as to pre-empt all of the upcoming consultation meetings and make his announcement of what they are going to do to us as a community regarding ferries.

I started calling all media outlets at 8am yesterday and continued all day to let them know of this nonsense. I also put out a media advisory for today and sent it to all BC media. Well, I should have known, from past experience, that this was going to make today pretty eventful. The media started at 7:30 am and just finished for today at 7:42 pm. We got coverage in just about all of the major BC media: TV, print and radio talk shows and news. And it will start up again tomorrow, I am sure.

I will be on the road to Nanaimo to meet with the Coastal Regional District Chairs Group and the Ministry of Transportation Deputy Ministers and Assistant Deputy Ministers. We will then meet with the Chairs of all of the coastal Ferry Advisory Committees to discuss strategy and compare notes.

Today was a very black day for our coastal communities, including ours. This government is not listening. They were given a solution by the resolution that passed unanimously at the UBCM and was presented by me to the Premier. The gist of it simply said to insure that the Province would declare our marine highways as an integral extension of the terrestrial highways and be treated as such and that fares would be lowered and service cuts would not happen. Simple!

In all of the talk shows that I either did or listened to today, everyone (that called in) in the province agrees that this would be the long term sustainable solution to the ferry problem. That has never happened [before](#). There has always been a naysayer about paying more taxes. But not this time.

We have our "Community Engagement" meeting coming up on Dec. 9th., 6pm to 9pm at the Community Centre. I can only hope that every resident of our islands

will be there to give them opinions on their plan. I especially appeal to the young families that are to inherit this island way of life, if they can afford it. I also appeal to seniors from far and wide to attend every meeting on the coast. We cannot suffer the arrogance and bungling of this government any longer with regard to ferries. You are the answer. Will you be there??? I sure hope so. We all need to work as hard as possible to stop these plans and stop further increases. I can not do it alone. We need to do this! We need to make it clear! We need to be strong!

**NEWS FLASH!** I just now returned home from the meetings in Nanaimo mentioned above. Also did interviews on CBC Almanac and CTV - TV while in Nanaimo. First of all, I want to say that it is now my firm belief along with the other RD Chairs Group members that this process of proposed cuts to service, etc., is all a diversion.. a distraction from the real problems. The points I need you to make at the meeting on the 9th are these: #1, this is all about the fares being too high; not enough riders, not enough revenue, therefore more at the fare box and more increases to come in April. #2. The government MUST recognize the coastal ferry services as essential extensions of the provincial highway system and fund them as such. Please hammer home these two points.

## Other issues

I am going to make this short, as it has been a stressful day. The other issues that you need to be aware of are:

- 1) The Comox Valley Regional District Solid Waste Management Board is wanting to cut out all of the education, diversion and recycling programs in the district. Got your attention yet? Yes, that is what I said. They want to stop recycling for many reasons and they have the power of the vote to pull it off. We still have time to stop this but once again, it is going to be a fight. I need your support and I will ask for it in more detail in my next report. Please keep this point in mind and talk it up with friends.
- 2) There will be a meeting with the Q. Cove sewer expansion area land owners on Nov. 27th., 7 to 9 pm, at the Community

Centre. This will be the do or die meeting on whether or not we go ahead with an approval process such as a referendum. Come if you like. If you live in the effected area, don't miss it!

3) Had a great meeting with Island Health at the Community Centre last Thursday about "Food Security". It was attended by about 2 dozen people and came up with some really good ideas for us as islanders regarding dealing with growing, marketing and protecting our food. I'm sure there is a website, I just don't have it handy. More to follow when all the notes are compiled.

4) I met with our Highways manager last Friday and had a 2 hour discussion about all of the things that we have been trying to get for the island and what progress has been made. Many of the issues are already finished or underway and the cooperation is superb. I will detail them next issue when more are finished.

5) Last but not least! Ever been sitting in the Campbell river ferry parking lot on a hot day with kids sweltering in the back and pets panting? Well, I brought the issue up at our Ferry Advisory Committee once again, after a couple of year's break, and the committee supported it and BCFS said they would assign the terminal manager to meet with me on the issue. We have a date set for next week to look at what kind of fast growing, columnar tree we can plant all along the fence line next to the sidewalk to provide much needed shade. So, if it happens, Hurray! If not, then back to the drawing board.

That is about all I can handle for tonight. I still have reams of reports to read before bed. 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](mailto:jimabram@xplornet.ca) or by mail at Box 278 in the Cove, V0P 1N0... Lots of choices.

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

# Lightening the Load on Family Caregivers

Two Statistics Canada articles released in September, 2013 show that about 8.1 million Canadians (28% of individuals aged 15 years and older) provided care to a family member or friend with a long-term health condition, disability or aging needs in 2012. Significantly, 52% of caregivers of children, 42% of caregivers of spouses and 28% of caregivers of parents said that they would have liked more help (financial or otherwise) than they received. Quadra Island families face similar demands.

According to the articles, based on the Statistics Canada's 2012 General Social Survey on Caregiving and Care Receiving, 73% of the help which caregivers provided was transportation to run errands, shop, or attend medical appointments. About 50% of activities were house cleaning, meal preparation, house maintenance and outdoor work. Tasks including medical treatments and personal care (such as help with bathing and dressing) were provided by a lower proportion of caregivers, but were done more frequently - at least once a week.

Women (17%) were more likely than men (11%) to spend 20 or more hours a week on caregiving activities. Over one-quarter of caregivers could be considered "sandwiched" between caregiving and raising children. Most were women aged 35 to 44, who were helping their parents or parents-in law while also having at least one child under 18 living at home.

Impacts greatest for caregivers of children and spouses

The survey also examined the psychological, financial and employment consequences of caregiving 2 or more hours of care per week. At greatest risk of negative consequences were caregivers of children and spouses, reflecting their greater intensity of care. About 50% of them reported at least five symptoms of psychological distress, such as depression, feelings of isolation and disturbed sleep. This compares with 30% of those caring for their own parents and 8% caring for a grandparent. In addition, an average of 25% had to consult a medical professional as a result of their responsibilities. Also they were more likely to sustain an injury while providing care. Nevertheless, most caregivers felt that the experience of providing care was rewarding and that their relationship with their care receiver had strengthened over the previous year.

Quadra Circle has several Quadra-style programs underway to lighten the load for Island care-givers and care receivers. We are very grateful for the program grants just received from Island Health, through the assistance of Jim Abram, our Strathcona Regional District rep, and the Quadra Recreation Society. The Friday Lunch Program, Quadra Home Meals and Seniors Outreach Program with Marie Sheran, who connects seniors with resources and social activities, are already making a positive impact on people's lives. Thanks also to donations from Coastal Community Credit Union and Gowlland Harbour Resort's Chef, many Quadra seniors are eating healthy meals at home and at Friday Lunch amidst the company of old and new friends. Our Housing Committee is working hard to create options for market-based and affordable housing for seniors and young families, as well as a much-needed assisted-living residence in the Q Cove area.

In the works is a Transportation Program to provide volunteer drivers and subsidized Quadra Taxi rides, with links to low-cost transportation services off-Island. The new Intergenerational Initiative, in partnership with Quadra School, has begun with 3 senior volunteers reading stories to the children weekly - a win-win for everyone, especially those whose grandchildren or grandparents are far away. More fun activities with the children are being planned. All of these programs are run by volunteers and we welcome your skills, caring and enthusiasm in any of our projects. For more information contact Mary at 285-3084.

Quadra Home Meals: provides weekly meals for all dietary needs for a nominal cost of \$5 per meal to Island seniors or care-givers unable to cook regularly and to anyone dealing with illness or recovering from surgery. Call Marie: 285-3950, Lynda: 285-3205 or Karen: 285-3064 to order by Sunday noon.

Friday Lunch: Place: 1281 West Road (in the Quadra Bible Church's Lower Level). Arrive for 11am armchair exercises with Ann Lawrence or at noon for lunch (by donation). You'll receive a warm welcome! On Nov.22 Quadra's new Nurse Practitioner, Pat Peterson, will be the speaker. Sarah Gregg Granger, RN. talks about Foot Care Nov.29th. For details contact Karen at 285-3064 or Mary at 285-3084.

## Heidi Adele Peterson

November 30, 1956 - November 6, 2013



Heidi Adele Peterson, a vibrant spirit of Vancouver Island, passed away peacefully on November 6th, surrounded by family at the home of her daughter in Campbell River. Born in Seattle, Washington on November 30, 1956 to Warren and Sherry Peterson, she was raised on Quadra Island. Her family owned April Point lodge during its heyday as a premier resort, where Heidi grew up taking care of guests from around the world. Her concern for the well being of others became an integral part of her character, noted and appreciated by all who knew her. After extensive travel to the American Southwest, Australia and New Zealand, Heidi returned to Vancouver Island to raise two children, Evan and Alaina. She then put herself through school at North Island College where she earned an arts degree and started her own graphic design company, Chameleon Creative, still successfully in business in Campbell River. Her love for life was contagious; she always managed to make time to contribute to the community in many different ways, sitting on the board of the BPWN and Chamber of Commerce. Heidi also designed and participated in a complete remodel of her home in Willow Point as well as finding the time to travel to China, Europe, Mexico and Central America. Heidi led a full life and left it with peace in her heart and love for those around her. She will be greatly missed.

A celebration of life was held on November 16th. In lieu of flowers, please make contributions to the ALS Society or the North Island College Foundation addressed to the 'Heidi Peterson Memorial Bursary'. Memories, stories and photographs may be sent to [rememberingheidi@herreallife.com](mailto:rememberingheidi@herreallife.com)

## TIDES - HERIOT BAY

DATE	TIME PST	m.	ft.
<b>22</b> Friday	02:02	1.3	4.3
	09:36	4.8	15.7
	15:53	3.4	11.2
	19:38	3.7	12.1
<b>23</b> Saturday	02:40	1.5	4.9
	10:15	4.7	15.4
	16:51	3.2	10.5
	20:32	3.6	11.8
<b>24</b> Sunday	03:21	1.7	5.6
	10:56	4.6	15.1
	17:48	3.0	9.8
	21:46	3.4	11.2
<b>25</b> Monday	04:05	2.0	6.6
	11:37	4.6	15.1
	18:40	2.8	9.2
	23:21	3.3	10.8
<b>26</b> Tuesday	04:57	2.3	7.5
	12:16	4.5	14.8
	19:27	2.5	8.2
<b>27</b> Wed.	00:51	3.4	11.2
	05:59	2.6	8.5
	12:54	4.5	14.8
	20:08	2.1	6.9
<b>28</b> Thursday	02:10	3.6	11.8
	07:07	2.9	9.5
	13:29	4.5	14.8
	20:46	1.7	5.6
<b>29</b> Friday	03:20	3.9	12.8
	08:14	3.1	10.2
	14:03	4.6	15.1
	21:22	1.4	4.6
<b>30</b> Saturday	04:19	4.2	13.8
	09:15	3.3	10.8
	14:37	4.6	15.1
	21:58	1.1	3.6
<b>01</b> Sunday	05:10	4.5	14.8
	10:11	3.4	11.2
	15:12	4.6	15.1
	22:36	0.8	2.6
<b>02</b> Monday	05:56	4.8	15.7
	11:05	3.5	11.5
	15:50	4.6	15.1
	23:15	0.6	2.0
<b>03</b> Tuesday	06:41	5.0	16.4
	11:57	3.6	11.8
	16:33	4.6	15.1
	23:56	0.5	1.6
<b>04</b> Wed.	07:25	5.1	16.7
	12:51	3.5	11.5
	17:22	4.5	14.8
<b>05</b> Thursday	00:40	0.5	1.6
	08:10	5.2	17.1
	13:48	3.5	11.5
	18:15	4.4	14.4
<b>06</b> Friday	01:26	0.6	2.0
	08:55	5.2	17.1
	14:49	3.3	10.8
	19:14	4.2	13.8



**Be Recycle-Wise**  
Don't Dump Trash at OUR  
Recycling Depot

Read and learn what the symbols mean

# CLASSIFIEDS

## FOR RENT

### CASA SIRENAS

Comox one Queen bedroom guest lodging.  
3 min. from Airport or Hospital.  
\$50 NIGHTLY Islander Rate includes coffee. Private entrance, TV room, bathroom, patio.  
Friendly cat in residence.  
Call 250-339-6430.

## SERVICES

### TIME FOR SOME FALL CLEAN-UP!

We can help you clean and maintain your home and garden. Clean your windows, roof and gutter, finish your renovating job, Build or replace your deck, gates or fence.

We can help you with pretty much anything around your home and yard. Please call CanDoServices at 250-285-2874 or email at [candoservices@live.ca](mailto:candoservices@live.ca)

### Q-COVE

#### APPLIANCE REPAIR

Repairs and service to your domestic major appliances at competitive rates. We have a good selection of quality rebuilt washers, dryers, fridges, gas and electric ranges. All come with a one year warranty on mechanical components and free delivery for south Quadra Island. New and used parts depot. Free pick up of your unwanted recyclable appliances. 10% Seniors discount.

Please call 250-285-3425  
or cell 250-202-3425.

### FERNBANK SAWMILL

Custom cutting at your place or mine on a state-of-the-art Woodmizer mill. We cut everything from beams to siding. Call Gerry Côté: 250-285-3651

### NOLE CREEK SAWMILLS

Milling, moulding, kiln drying to all your specific requirements. Specialty beams to 32 ft. Siding, flooring & Much more. Your logs or mine. Free local pickup and delivery. Call Greg 250-204-0814  
[www.nolecreeksawmills.com](http://www.nolecreeksawmills.com)

## BUILDING SOIL AND GROWING FOOD

Certified horticulturist Ryan Nassichuk is available for consultations, problem-solving, and garden coaching. Bring years of experience in building soil fertility, solving weed problems, and growing food to your project. Call 250-202-2326, or email [nassichuk@gmail.com](mailto:nassichuk@gmail.com). Read Ryan's blog at [www.ryansgarden.com](http://www.ryansgarden.com)

## REAL ESTATE

### READ ISLAND WATERFRONT FOR SALE

10 acres, beech and deep water access.  
Serious enquiries only. 250-285-2880

## WORKSHOPS

### FIGURING OUT FORGIVENESS

November 25th to December 16th  
4 part workshop exploring the topic of forgiveness hosted by Tucker Dinnes, Connections Coaching.  
For an outline and to register please call 250-204-3349 or  
email [coachtucker.dinnes@gmail.com](mailto:coachtucker.dinnes@gmail.com)

### FINANCIAL RECOVERY

Dates: Starts in January 2014  
4 part workshop exploring your relationship and beliefs with and about your money, hosted by Tucker Dinnes, Connections Coaching. We will also develop an action plan to move forward with.  
For an outline and to register please call 250-204-3349 or  
email [coachtucker.dinnes@gmail.com](mailto:coachtucker.dinnes@gmail.com)  
This workshop will start in January 2014.

### HAPPY HEALTHY KIDS WORKSHOP NOV 22, 23

11 - 3 pm each day on Quadra Island.  
Learn how to easily understand and help children aged 0-7 years, enjoy better emotional wellbeing with Australian Bush Flower Essences.  
Bookings essential. For enquiries and registrations please contact Gypsy Mama, Tel: 250-202-8444 message or email: [gypsymama89\\_5fm@yahoo.ca](mailto:gypsymama89_5fm@yahoo.ca)  
Cost: \$175 if paid by Nov 8, or \$199 thereafter.  
Visit [www.ausflowers.com.au](http://www.ausflowers.com.au) for more information

### WOMEN'S WELLBEING WORKSHOP DEC 7, 8

on Quadra Island.  
Learn how to easily understand and help women enjoy better emotional wellbeing with the Australian Bush Flower Essences. Bookings essential.  
For enquiries and registrations please contact Gypsy Mama, Tel: 250-202-8444 messages or email: [gypsymama89\\_5fm@yahoo.ca](mailto:gypsymama89_5fm@yahoo.ca)  
Cost: \$175 if paid by Nov 23 or \$199 thereafter  
Visit [www.ausflowers.com.au](http://www.ausflowers.com.au) for more information

## SHOPS

### WAYPOINT SIGNS

Signs, Picture Framing and simple Engraving at Waypoint Signs beside Quadra Builders. Tues-Thurs, 9-noon/1-4pm. Appointments possible to suit your schedule. Friendly, efficient, personalized service with quality products at affordable rates.  
250-285-2815  
[info@waypointsigns.com](mailto:info@waypointsigns.com)

### DO YOU LOVE CHEESE?

Are you allergic to dairy - can't eat soy either?  
Amped on Nutrition has the cheezy solution.  
DAIYA Chee - It's vegan, made from pea protein. It melts just like cheese or delicious cold sliced and it's cheaper than cheese too! Amped 285-3142

## FOR SALE

### QUALITY CEDAR PRODUCTS

Planed or rough cut decking, lumber, siding, beams, fencing, 4x4s, clears, VG, custom milling, whatever your needs.  
Located On Quadra Island,  
250 830 7897

Turkish carpet straight from [East.Turkey](http://East.Turkey), 2 1/2' by 3 1/2', 80,000 threads, double knotted, Natural Dyes, took 1 year to make, beautiful autumn colours, wool on cotton. If interested call Tansy 923-8291, letter of authenticity available.

All Kids Halloween Costumes for SALE!  
Ages 3 thru 10, absolutely different and very cool. Accessories also available.  
Tansy 923-8291

## DI CLASSIFIEDS

Up to 35 Words = \$20\*  
35-70 Words = \$35\*

\*includes GST

Email, fax or drop off your ad with payment at 701 Cape Mudge Rd or at Hummingbird, or pay by credit card online at [www.discoveryislander.ca](http://www.discoveryislander.ca)

There may be cheaper ways but the DI works!!

Call 250-285-2234 or email [ads@discoveryislands.ca](mailto:ads@discoveryislands.ca) with any questions

Pay Now

