discovery I S L A N D E R



Ferry Schedules

Crossing Time: 10 minutes

010001118 1111101 10 1111114100							
Leave Camp	ave Campbell River Leave Quathiaski Cov						
Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sur				

Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
6:40 am		6:15 am	
7:30 am	7:25 am	7:05 am	7:00 am
8:30 am	†8:15 am	8:00 am	†7:50 am
9:25 am	9:15 am	!9:00 am	8:45 am
**10:25 am	10:10 am	9:55 am	9:45 am
11:25 am	11:10 am	10:55 am	10:40 am
12:25 pm	12:10 pm	11:55 am	11:40 pm
1:25 pm	1:10 pm	12:55 pm	12:40 pm
2:45 pm	2:10 pm	2:15 pm	1:40 pm
3:40 pm	3:40 pm	3:15 pm	3:15 pm
!4:40 pm	4:40 pm	**4:10 pm	4:10 pm
5:45 pm	5:45 pm	5:15 pm	5:15 pm
7:00 pm	7:00 pm	6:30 pm	6:30 pm
7:55 pm	7:55 pm	7:25 pm	7:25 pm
8:55 pm	8:55 pm	8:25 pm	8:25 pm
9:55 pm	9:55 pm	9:25 pm	9:25 pm
*10:55 pm	†10:55 pm	*10:25 pm	†10:25 pm

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Heriot Bay		Leave Whaletown	
Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
9:05 am	†8:45 am	7:50 am	†7:30 am
**11:05 am	10:45 am	9:50 am	9:30 am
1:05 pm	12:45 pm	11:50 am	11:30 am
3:20 pm	2:45 pm	**1:50 pm	1:30 pm
5:10 pm	4:35 pm	4:05 pm	3:40 pm
6:45 pm	6:25 pm	5:55 pm	5:20 pm

- ! Local Commuter Sailings, Please Avoid.
- * Fridays Only † Daily except Sundays.
- ** Tuesday sailings are for Dangerous Cargo No passengers or cars.

THEATRE STUFF

Play Proves Anything Can Happen Beneath Quadra Moon

Many islanders already concur: "anything" can happen under the Quadra moon. Upcoming performances of "The Smell of Money", written by islander Allen Perkins, will doubtless confirm any lunar suspicions. Imagine a send-up of "The Sound of Music" with parodies of many of the songs, plus a couple bonus songs from "Hair" thrown in, "and a strong streak of Quadra quirkiness" adds Perkins.

The Smell of Money features well-loved island actors Julie Douglas, John Nursall, Guy Holmes, Karen Holmes, Ford Cannon and more. It's directed by Chris Thompson, with musical direction by Linda Cannon, produced in cooperation with Theatre Quadra. Is Quadra worth plundering? Will a U.S. invasion bring "democracy"? Can the moon effect change? See The Smell of Money and discover the answers: January 30 and 31 at the Heriot Bay Inn. \$34.95 includes a two course dinner in Herons at the Heriot Bay Inn; show only \$20/per person. Advance ticket purchasing strongly recommended, call 250.285.3322 to reserve.



Quadra Youth Theatre presents: The Groom

Even though The Groom has yet to be staged, rave reviews have started pouring in. George Romero called it, "The love story I wish I'd written." The Tin man said, "I feel like I have a hole where my heart should be." The dread pirate Roberts said, "Until I saw The Groom, I thought I knew what true love was." The Groom is the story of young Maria, a recent immigrant who left persecution to seek a new life on Quadra. Forced to live in Open Bay, she soon becomes desperate to find love. As we all know, Open Bay has a dearth of eligible soul mates for a young female genius; so what's a girl to do? If you were a normal girl you might join the Quadra Youth Theatre in the hopes of finding a beau. If your last name is Frankenstein, however, you just might decide to build your own sweetheart.

All boyfriends are a DIY project to some extent, so Maria figured building one on Quadra wouldn't be much of a problem. It didn't take her long to assemble all but the last piece of her would be groom, but finding the perfect brain has proven to be a problem. It's such a big problem that when our story opens she only has until midnight to find a brain.

Will Maria get the help she needs? Will true love prevail? Come out on March 6, 7 or 8 and watch while some of the best young actors and musicians on the planet play their way into your heart. This is a love story like you've never seen before.

Let there be love! jazz! and fine dining!



choose two courses for \$34 or three courses for \$39

to begin, choice of...

wild mushroom & duck parcel · tomato confit & goat cheese terrine

second course, choice of...

braised beef short ribs · strongbow chicken · stuffed eggplant · herb-roasted sockeye perfect finish, choice of...

poached pear crème brulée · kahlua espresso cheescake · trio of chocolate mousse

February 14 in Herons Heriot Bay Inn

Herons/Inn: 285.3322 · Pub: 285.3539

a beautiful place to spend time

THE ISLAND CALENDAR

Day to Day

Saturday, January 10

- Cultural Committee: Dockside Drive, swing and show band presents "A Night at the Savoy." 7:30 pm

Monday, January 26

Family Literacy Day 10-12 at QCC

Tuesday, January 27

Hal Douglas, Don Doolittle, Adam McGuffie and Dave Tolley in concert at Heron's at the HBI. All Ages Show 7-9 Doors 6:00 Cover \$7

Friday & Saturday, January 30 & 31

Dinner Theatre in Herons. The Smell of Money Reserve 285-3322

Friday, January 30

Friday Flicks TRACKS Doors 7:30 - Showtime 7:45

Saturday, January 31

Bingo Night at Quadra Legion 7 pm

Sunday, February 1

SuperBowl Sunday at Quadra Legion 3 pm

Friday, February 6

Ensemble Vivant concert, 7:30 pm, Q.C.C.

Saturday, February 14

Valentines with The Wire Choir Heroons at the HBI Reserve now 285-3322.

The Regulars

MONDAY

Parent & Tots, QCC, 9:30 am-12pm QuadrapaLOSERS QCC 6pm Badminton at the Cape Mudge gym, 7:30pm (\$2)

TUESDAY

Al-Anon Meeting, Quadra Children's Centre, 7:30pm Folkdancing, QCC, 7:30pm, Sep 16-Dec 16, 285.3849

WEDNESDAY

1st & 3rd Wednesday Food Bank,QCC 1–2pm Hand-Drum Jam, Upper Realm, Q Cove 7:45pm

THURSDAY

Parents & Tots, QCC, 10 am-12 pm Prayer Meeting, Quadra Island Bible Church, 7pm Badminton at the Cape Mudge gym, 7:30pm (\$2)

FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY

Open Mic with Mo, 9pm at the HBI pub

SUNDAY

Buddhist Meditation, Upper Realm, 10am Family Service, Quadra Island Bible Church, 10:30am Quadra Sunday Painters, 11am – 2pm, 285.3390 United Church, 11am, 285.3163

THE NEXT DI DEADLINE is Monday, February 2 at 7pm



What's on at the Community Centre!



THIS WEEK (Jan 24-30)

SATURDAY: 10am Social Media for Artists; 2pm African Soul Train Circus

SUNDAY: 1pm Writer's Workshop; 6pm Climbing Wall

MONDAY: 10am FAMILY LITERACY DAY; 3pm Sing for Pure Joy; 4:00pm Chess; 6pm Monday Night with the

Ladies; 7pm Photo Club

TUESDAY: 10am Spinners & Knitters; 2pm Bridge; 7:30pm Folk Dance

WEDNESDAY: 11am Mom's and Babes; 12pm C.K. Lunch; 6:30pm Life Drawing

THURSDAY 10am Parents & Tots; 2pm Bridge Class; 6:45pm Quadra Singers; 7pm Boot Camp with Marion

FRIDAY: 8:30am Low Impact; 9:30am Fit On The Ball; 10am Friday Painters; 7:30 pm Friday Flicks Presents: Tracks

NEXT WEEK (Jan 31- Feb 6)

SATURDAY: 12pm Watercolour Class

SUNDAY: 6pm Climbing Wall

MONDAY: 8:30am Low Impact; 10am Parents & Tots; 3pm Sing for Pure Joy; 4pm Chess; 6pm Monday Night with the Ladies; 7pm Light Room Class

TUESDAY: 10am Spinners & Knitters; 2pm Bridge; 7pm Beginners Spanish; 7:30pm Folk Dance

WEDNESDAY: 11am Moms & Babes; 12pm C.K. Lunch; 1pm Food Bank; 6:30pm Life Drawing

THURSDAY: 10am Parents & Tots; Learn to play Bridge; 4pm Children's Choir; 7pm Conversational Spanish; 7pm Boot Camp with Marion

FRIDAY: 8:30am Low Impact; 9:30 Fit On The Ball;

10am Friday Painters





ISSUE 594 January 23, 2015

Publisher / Editor Philip Stone

The DI is published every two weeks and distributed throughout the Discovery Islands

CONTACT US

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

SUBMISSION GUIDELINES

We welcome items for publication on subjects of interest to Discovery Islands communities. Please help us by following these guidelines:

- Text articles do not need to be attached to a file. Simply send the text in the body of your email.
- Canadian spelling is preferred.
- Please use the title of your item in the email subject line.
- Remember to include credits and captions for photos and artwork.
- Please print handwritten material clearly.

WHILE EVERY EFFORT IS MADE TO INCLUDE ALL ITEMS SUBMITTED, ERRORS AND ACCIDENTAL OMISSIONS MAY OCCUR.

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Local Voluntary Subscriptions are available with Islander Benefits \$30 per calendar year Find more details online at www.DiscoveryIslander.ca

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NEXT DEADLINE

7pm on Monday February 2 for publication on Friday, February 6

AT THE HBI



Special Events

January 30 and 31: Dinner Theatre in Herons. The Smell of Money is a two act comedic musical making it's debut at the Heriot Bay Inn. Written by Islander Allen Perkins, it has a a strong streak of Quadra quirkiness. \$34.95 with two course dinner, 6:00pm seating. Show only 20.00 7:00pm.

Reserve 285-3322.

February 14: Valentines is on it's way, don't forget to enjoy the day. It's love and jazz and fine foods and wine in Herons. The Wire Choir will enchant your evening with timeless tunes while you dine on your choice of our two course dinner 34.00 or three course dinner 39.00. Reserve now. The kitchen will be open to 8:00pm. 285-3322.

February 21: The Unexpected will be opening for The Hal Douglas Band at an all ages dance in Herons. Doors open at 6:30pm, music 7:00pm to 10:00pm. 10.00 at the door. Reserve if enjoying dinner before. 285-3322.

March 6, David Gogo is one of Canada's hardest working bluesrock guitarists, and he has a string of remarkable accomplishments to show for it. Multiple Blues Music Award winner adds heart, soul and grit to the international blues scene. Gogo has garnered three Juno Nominations, the Saturday Night Blues' Great Canadian Blues Award for a lifetime contribution to the blues in Canada, WCMA Musician

of the Year, and has twice been named Maple Blues Guitarist of the Year. Bottom line: Good times. 15.00. HBI Pub. 9:00pm to 1:00am

March 11 and 12: The Arrogant Worms began as a comedy troupe performing songs and sketches on campus radio in 1991. The songs were written to make fun of a big dumb world. Luckily, the world is still dumb and The Arrogant Worms (Mike McCormick, Chris Patterson and Trevor Strong) still have plenty to sing about. The shows are fast, furious and family friendly. The wit is quick, the satire is biting and the musicianship is second to none. Show only 45.00+tax. 6:30pm. For your dining pleasure please reserve to enjoy dinner before the show.

March 20: Banana Fish Dance Orchestra is back YAY! Don't miss this 7-piece powerhouse groove sensation. 15.00. HBI Pub. 9:00pm.

March 27 and 28: The Once has been quietly making a name for themselves in their native Canada. The Newfoundlandbased band has collected a trio of Canadian Folk Music Awards, been named Newfoundland & Labrador Art Council's Artist of the Year and earned a Juno nomination for best Roots/ Traditional album. Discover the joyous, harmony-rich acoustic music that have made them such favorites in their homeland. Two course Dinner Show in Herons \$79.00. 6:00pm seating. Show

only \$59.00. Reserve 285-3322. March 27: Poetry Slam with Master Slam Duncan Shields. HBI Pub. 9:00 to 11:00pm. 10.00 at the door. This slam is a non competitive event: 1. The poems have a three minutes time limit.

2. The poets can't use musical accompaniment, animal acts, costumes,

nudity, or props.

3. The poet has to have written the poem they're performing 4. No charge for the poets - list of poets will be at the door Poets to sign up in advance. 285-3322.

Weekly Events

Tuesday (every other) Hal Douglas "A little jazz, a little blues...a lot of music". January 13 with Marnie Younger, Tommy Younger and Cameron Younger. 7:00pm to 9:00pm. \$7.00. Reserve to come early and enjoy a dinner show. Kitchen closes at 7:00pm. 285-3322

Wednesdays: UofQ January 28... Tara Taylor & Bryce Young - Get yer Goat!!Owning Goats 101! You'll hear about what it takes for keeping goats, as well as learning the truth around common myths and misconceptions. Expand your mind and visit your neighbours with Pub Education in the HBI pub. 7:00pm. Saturdays: Open Mic with Mo starts up again on January 31. get the vocal chord warmed up

and grab your instruments for

midnight. no charge.

the best jam on the coast! 9:00 to

NEWS & EVENTS

Greetings from Goosefoot Farms

Happy New Year from Goosefoot Farms! Before we sow the first seeds of the year we would first like to express our deepest appreciation for everyone who joined our 2014 vegetable box program, as well as for everyone else who visited and supported our little farm over the course of the season. Community Supported Agriculture is a partnership between food growers and their communities, and we couldn't imagine a more supportive community in which to farm than Quadra. We are tremendously excited about the 2015 season, during which we plan to expand our planting area significantly and to produce a wider variety of vegetables than ever before.

If you are curious about how our vegetable box program works, now is a great time to find out. Please email us at nassichuk@gmail.com and we will send you information regarding the 2015 vegetable box program in February. We can also be reached by phone at 250 202 2326, and www. goosefootfarms.com is worth a visit more information and photos of past harvests.



Like the DI on FaceBook

Receive updates, notifications



Restorative Yoga

NEW!! Gentle/Restorative Yoga with Kai & Trinity Gogolin

These yoga classes will focus on postures done in a nurturing and supportive way. Poses will move slowly, and in conjunction with the breath. We will also explore Restorative Yoga, learning to relax into the body with the help of props including blankets, blocks, and bolsters, allowing for relief of stress and tensions.

These classes are suitable for Seniors, those with injuries or high stress levels, or anybody wanting to explore the benefits of a renewing, restorative practice.

Quadra Community Centre upstairs in room #3.

Classes begin Sunday Feb. 15th, Evening 7-8:30pm, and also Thursday Feb. 19th, Mornings 10-11:30 am.

Sunday Evening Classes are 11/\$110 or \$12 drop in.

Thursday Morning Classes are 7/\$70 or \$12 drop in.

Please call Kai & Trinity with any questions at 250 850 9245.

Yoga Classes

Trinity's Yoga classes focus on meditation, gentle warm up movements giving way to flowing sequences of Postures or Vinyasa, done in coordination with the breath. Emphasis is on listening to the body, and feeling the poses from the inside to the outside. Modifications as well as full posture expressions are taught, allowing for a wide range of students. Classes are sprinkled with yogic philosophy and spirituality, and close with deep relaxation.

Classes begin Tuesdays starting Feb. 17th, 5-6:30pm; Wednesdays starting Feb.18th, 10-11:30am; and Thursdays starting Feb 19th, 5-6:30pm.

All classes are ongoing. 10/\$100, or \$12 drop in. Quadra Community Centre room #3.

Please call Trinity with any questions at 250 203 4529.

New Listing



Beautiful 2 bedroom home on 1/2 a block from the beach and minutes walk to Rebecca Spit.

You'll love the 660 sqft deck and 740 sqft attached studio just waiting for your ideas. The studio currently has a large open area, 2nd kitchen & loft

The level property boasts trees, small garden area, chicken coop and 200 amp service. Quick possession possible.

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REGIONAL DIRECTOR'S REPORT • News from Area C by Jim Abram

Tell, I guess I had better just jump into this one since I missed the last deadline due to other commitments. There is a lot going on both at the Regional level and within our own area. So here we go... a small sampling of issues I am dealing with.

UBCM

I will be leaving for Vancouver tomorrow to present at the Union of BC Municipalities Forum called the Local Government Leadership Academy. This is an annual event but especially important this year due to the large turn over of elected officials in this past general election. I will be part of a panel of "seasoned" elected representatives that will mentor the others that are new to their positions. It should be informative and interesting and is always an opportunity to learn new things and compare notes with other areas of the province. It will also be a great opportunity for me to convince noncoastal folks of the importance of supporting the UBCM Policy paper on BC Ferries. (I just had to mention ferries!)

I would also like to notify you that the UBCM Executive Board had two vacancies to fill due to the last general election and the Past President called me last night to tell me that the Board had voted yesterday to ask me to sit as a Director at Large on the Executive. I accepted, so am now once again on the Executive of the UBCM and in an even better position to deal not only with Ferries but many other issues that effect us provincially.

Federal presentation

On Wednesday the 21st, right after the UBCM Forum, I will be attending and presenting, by invitation, to the BC Caucus of the Federal Conservative Party. This includes all of the MP's, Ministers and Senators from BC. Can you guess the topic? If you guessed BC Ferries you are right. I have worked with the consultant who did the UBCM paper for us and have come up with a half hour presentation that will possibly be a game changer in this ongoing battle with the provincial government over BCFS. This is an election year for the Federal government and I am trying to maximize on that fact. I came up with this idea on my own and have worked at it for the past many months to bring it to fruition. I'll let you know how it turns out.

Meeting with Premier's Chief of Staff

Hot on the heels of the federal presentation I will be meeting with Dan Doyle, who is the Chief of Staff for the Premier. He is her main advisor and has been in government as long as I can remember. I will be bringing him the results of my federal efforts and outcomes. This once again, could be a game changer in the BCFS battle with the province. Arrangements for this meeting have been ongoing since September! Crazy, how long it takes to get through the gatekeepers! As you know, giving up is not an option for me.

Seniors Survey

By the time you read this the deadline will have passed for turning in the completed survey. It is extremely comprehensive and will give us a great deal of information regarding our next steps in providing for seniors and for other types of housing needs on the island. I sincerely hope that you have filled it out and returned it.

Fire pumps for RD docks

During the last two foot snowfall in Granite Bay, our Park contractor, Mark, took it upon himself to shovel off the 320 foot by 8 foot wide dock at the G. Bay wharf. I talked with ex-ferry personnel about what I remembered as ferry crews blasting off snow with salt water fire pumps and it seemed to work great. So after investigation, I convinced the SRD to contract a local supplier to supply a salt water portable pump for the dock and then to look into supplying them for all of our docks over time. They will also come in very handy in the event of a fire at the dock or in the surrounding areas. I insisted that they use local suppliers and expertise and they agreed! So a bit of income for Quadra Island business. I do try to keep our tax dollars at home.

BC Ferries meeting re: Schedule changes

In spite of the huge number of complaints that I have gotten since our present schedule was imposed on us, only about three dozen people turned out at the meeting last Wed. night to discuss possible changes to the schedule to make it better for the greatest number of people. Good discussion was had regarding the option that had been discussed

by the Ferry Advisory Committee. It was posted online for people to see prior to the meeting. After much discussion, that option was modified slightly and then sent off to BCFS for implementation. We asked for a Feb. 1st time frame and they said "No", so we asked for the end of February. They want to wait until April 1st, but we have told them that is not on. We will see what their reaction is very shortly.

SRD Communications

In the interests of openness and transparency, one of our strategic priorities for this past year has been to implement a communications plan. The website has been made more user friendly and just recently we have put in place a newsletter of some of the things going on at the SRD. The contact info for the newsletter is http://www.strathconard.ca/srd-newsletter I am sure it will improve with age as we are able to add more information to share with the public. Have a look!

Quathiaski Cove sewer issues - two of them!

The first one that I would like to bring to your attention is an easy one: To consider the adoption of Bylaw No. 212 and 213 which propose to include 2 additional properties located on Pidcock Road into the boundaries of the Quathiaski Cove Sewer Service Extension and authorize a loan authorization amendment. These are on the existing sewer line but not in the district so we had to amend the boundaries. You would think this would be a simple process but staff were getting no cooperation from the Inspector of Municipalities office.. So I called her direct and we had the approval the next day. Gotta love telephones!

The bylaws were given third reading by the Board on November 27 and September 17 respectively. So after all of that it would now be in order for the Board to proceed with final passage and adoption. And we did. So those two properties are now able to join the system.

The second issue was an update that the Quathiaski Cove sewage extension project is now underway

At our first meeting of 2015, the Regional District Board of Directors was updated on the status of the Quathiaski Cove sewage extension project. After a successful Request

For Proposal process, staff awarded the engineering services contract to Koers & Associates Engineering Ltd. Koers will be responsible for the engineering design, the construction tender management process and supervision of the construction of approximately 1.5 kilometres of sewage extension, providing sanitary sewer service to an additional 38 properties on Quadra Island.

The engineering design process of the main sewer line has already begun. Koers' expected work schedule indicates the construction tendering process will take place in March and April, with construction tentatively scheduled to begin in May. Hopefully our local contractors will be in touch with the managers to secure some work for local people. This is always a goal of mine.

Regional District staff will work closely with Koers to communicate progress of the work as it moves forward. A project newsletter will be developed and sent to all property owners and interested stakeholders, and will soon be available on a dedicated project web page on the Regional District website. Look for both in the coming weeks under Engineering Services at www. strathconard.ca.

Cook Welcome Poles restoration

The SRD was recognized by the Nyumbalees Cultural Society for its contribution to the restoration of these poles that are now known as the Dick Family Welcome Poles. Areas C (us) and Area B (Cortes) contributed along with several other community partners to support this important legacy project that helped to re-establish the traditional presence of the welcoming poles. The poles are located at the entrance to the Centre and are an important part of the history of this region.

page1image37344

Tidemark Theatre change of hours for US!

We had a presentation from the Tidemark Theatre senior staff to ask for funding for the Theatre. When she showed where their \$500,000-plus revenues from ticket sales came from it showed that 3% came from Quadra Island. (that is \$15,000.00) I took the opportunity to let the CR side understand a little better what the changes to our Ferry service are doing to the region, not just

Quadra. Voila!. \$15,000.00 dollars lost in direct revenue and then all of the money possibly spent on dinners out beforehand. With the present schedule it is impossible to stay for an entire performance that people have paid handsomely for.

Much to my surprise, due to my comments about our unworkable ferry situation, we got this back from the Society:

Dear Strathcona Regional District Directors:

Re: BC Ferries

In order to accommodate our patrons that are on Quadra Island, I have asked staff to research the ferry schedules and give consideration to starting those shows that are presented by the Tidemark Theatre Society at 7 pm. Our hope is that this will allow our patrons that reside on Quadra to catch the last ferry back at 9:55 pm.

This not only helps us, but of course, benefits the Society's revenue. But it is a start in having the people on the CR side realize that this is not just a Quadra issue.

OK.. That has got to be enough for this report... I still have to write my Federal presentation and one for the UBCM Forum tomorrow. So, 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... or on Facebook at https://www.facebook.com/JimAbram.... If it is important, my cell is 250-830-8005... 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

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QUADRA ISLAND NEWS AND EVENTS

Newcomers Welcome

New to Quadra? The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag. Please contact Judy at 250-285-2150

Quadra Seniors

As winter continues, it is not bad for the seniors so far. But I am looking forward to the Spring and the garden.

At are last meeting Ann Lawrence, who was our delegate to the 2014 convention, gave us a very educating talk regarding our speakers. The Provincial Seniors Advocate Isobel McKenzie and lawyer Tannis Braithwaite from B.C.P.I.A.C.- We also enjoyed speaker Margaret Vershuur who invited us to a course on estate planning. A pot-luck lunch was enjoyed with new members who are always welcome. For 2015 membership contact Nancy Allwarden @ 2933. For Armchair exercises & Carpet Bowling contact Ann @3325.

Our next Executive meeting at 9:30 am with members come at 10.:00 am for a coffee and a chat at10:30 am General meeting with potluck on Tuesday February 17th/15.

We would like to extend our condolences to the Terreberry family regarding the loss of Lois Aileen Terreberry, wife and Mother, a former member of our Quadra Island Seniors.

Free Firewood

is now available for low income residents of Ouadra Island. The wood is available after Wednesday's Community Lunch from 1 to 1:30 pm behind the Community Centre.

We can help you load your vehicle. If you don't own or can't borrow a friend's vehicle, phone Alan at 285.3544 or Mornay at 285.3212. We may be able to

Money can be donated to the Free Wood Association account at the Credit Union. Questions? Call us!

Writers' **Workshop Series**

Start the New Year with inspiration and literary musclebuilding. The Writers' Workshop Series offers five Sunday classes running 1-4pm every other Sunday from Jan 25th. Sessions focus narrative writing - fiction or nonfiction. Expect inclass writing, discussion, and homework assignments relevant to your project. The series is geared for those seeking followup on our previous courses and anyone with a developed story idea or work in progress.

Cost: 130.00. Registration: Book Bonanza, Q. Cove or contact Annette Yourk at 285-2673. Please purchase The Making of a Story by Alice LaPlante for the workshop series.

Free Money

Free Money distribution takes place on the first Wednesday of every month from 11:30 am to Noon in the downstairs small seminar room at the Quadra Community Centre.

The program has been going for over eight years but is now endangered by a lack of funds. Money to keep it going can be deposited to the Free Money account at our local Quadra Credit Union.

Ten dollars is in each book made available. One book per single person and two for a family.

A Little Jazz, A little Blues... A Whole Lotta Music

Heron's will host a concert on Tuesday, January 27th, with local musicians Hal Douglas, Don Doolittle, Adam McGuffie and Dave Tollev.

his work with Duffy Live! and Jazzberry Jam. Don will be showcasing his soulful blues saxaphone playing at this gig.

Adam McGuffie is known for (remember them?). Adam will be laying down the Bass at this show.

drummer and teacher. Dave is known across Canada for his work with several bands.

Hal is a singer-songwriter and music teacher known for his work with his own Blues Band and also Jazzberry Jam. Hal will be featured on guitar and vocals. usual great food and drinks will closes at 7P.M.) Showtime is 7-9 P.M. Cover charge will be \$7.

Climbing Crags **Work Party**

It won't be long now before warmer weather brings dry rock and rock climbing resumes at our local crags.

To get ready local climbers will be having a work party and crag-orientation over the weekend January 31- February 1 at Chinese Mountains.

We'll meet at 10 am Saturday and Sunday morning and spend the day along the Beech's Mountain (west side) trail improving access to the crags and identifying new climbing routes and bouldering problems.

If you're just curious or a hardcore crusher this is a perfect opportunity to check out the local climbs, meet other Quadra climbers and contribute to our very promising climbing resource.

Quadra Climbers would like to thank Jim Abram and the Strathcona Regional District for a \$500 grant and Quadra Builders for their ongoing support.

For more info join us on FaceBook.com/QuadraClimbers

Climbing Wall Sessions

In winter when the weather is less than ideal for rock climbing, hone your climbing skills on the warm, dry comfort of Q.C.C.'s indoor wall so that you will be ready to get outside on the rocks this summer!

Climbing sessions are available again 6:00 - 8:00 p.m., on Sunday's, beginning January 25th through to March 29th with Matt James.

These sessions are focused primarily as adult climbing sessions, with experience being

Parents may register their children if they are also registered to climb themselves and are fully supervising their own children. Please call the Community Centre at 285-3243 to register.

Don Doolittle is known for

his work with 101 Damnations

Dave Tolley is a multi-talented

Come join them for some musical magic in this intimate setting. The be available at this all-ages event. Doors open at 6:00 P.M. (Kitchen

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eMail chamber@discoveryislands.ca

ON THE STAGE

2015 Quadra Island Festival of **Chamber Music**

The Quadra Island Chamber Music Society will be presenting the annual Festival of Chamber Music on July 22nd to July 26th. Now going into its fifth consecutive year, the Festival will once again bring to Quadra a selection of top-calibre musicians to play in this series.

In the past we have offered "Early Bird' tickets which has caused some confusion, so this year we are doing something different. We are offering annual memberships to the Quadra Island Chamber Music Society, which include some ticket benefits.

The "Friends of the Festival" membership offers one ticket to each concert in the series and a Tax receipt for \$150.00. The Regular membership includes one free ticket to the Saturday evening concert.

The "Friends" membership must be purchased by May 15th at a cost of \$250.00. Regular memberships can be purchased at any time for \$25.00.

The Quadra Island Society of Chamber Music is a registered Society under the BC Society Act. The Board of Directors is elected from the within the membership and officers are selected from within the Board.

For more information and applications, please e-mail to: gichambermusic@gmail.com

Take Ten A Quadra Festival of Short Plays

Call for original scripts and published plays:

Theatre Quadra invites playwrights from the Discovery Islands and Campbell River area to submit original scripts for 10 minute plays.

We are also looking for published scripts from directors and actors.

The deadline for submission of original or published scripts is Wednesday, Feb. 11, by mail to Theatre Quadra, Box 308, Quathiaski Cove, V0P1N0, or by email to theatrequadra@gmail.

Public script readings will be held:

- Thursday, Feb. 19 at the Quadra Library from 6:30 to 8:00
- · Saturday, Feb. 21 at the Quadra Legion from 2:00 to 4:00

The festival will be held June 12, 13 and 14, 2015. For more information, contact Doni Laird at 250 285 3881 (barnaby@lava.net) or Darcy Mitchell at 250 285 2739 (darcm@telus.net).

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FROM BACH TO PIAZZOLLA



Quadra Island may be a long way from the great concert halls of the world, yet we're still privileged to experience truly world class live

On Friday, Feb. 6th the Cultural Committee presents the internationally acclaimed Ensemble Vivant at the Quadra Community Center. Ensemble Vivant has been hailed as "Canada's Chamber Music Treasure." Their recordings and concerts throughout North America and Europe are performances at the highest level of music-

Led by pianist Catherine Wilson, with Cory Gemmell, violin, Sybil Shanahan, cello, Norman Hathaway, viola and jazz great Don Thompson on vibes and piano, Ensemble Vivant has won international recognition for their passion, virtuosity and sublime musical sensitivity. Expect a genre-diverse concert, including arrangements written exclusively for the group by some of today's greatest jazz composers.

Virtuoso pianist and recording artist Catherine Wilson is one of Canada's most talented and innovative pianists. She has been repeatedly honoured for her exceptional artistry and sensitive musicality as well as her unique, imaginative programming. Since the beginning of her performing career, Catherine's repertoire has run the stylistic gamut from the genius of Bach, to the poetic beauty of Chopin, the elegant delicacy of Debussy, the syncopated rhythms of ragtime

and tin pan alley, Latin, jazz and the sensuous tangos of Piazzolla, as well as newly composed works in these diverse genres.

Five seasons ago, jazz legend and west coast native Don Thompson, O.C., joined the group in concert and recording. Well known in the jazz world as a brilliant multiinstrumentalist, he has enriched the jazz repertoire of the group with arrangements and compositions of his own.

Inspired by his association with Catherine Wilson and Ensemble Vivant Don wrote: "I've been a professional musician for the past 50 years and during that time I've worked with some of the greatest musicians in the world, from Glenn Gould to Oscar Peterson. But the passion and beauty of Catherine Wilson's piano playing is overwhelming. She is a beautifully gifted pianist and musician with a depth of feeling that separates her from the rest. I am honored to be part of her music and honored to join Canada's world class Ensemble Vivant."

With an exciting program drawn largely from two of their eleven recordings, "The Fugue Project" and "Latin Romance," this concert should change any preconceptions of Chamber Music.

Doors open at 7p.m., concert begins at 7:30. Advance tickets are \$17 and are available at the usual outlets: the Music Plant in Campbell River, Inspirations in Quathiaski Cove and Works of H'Art in Heriot Bay. Tickets at the door will be \$20.

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NEWS & EVENTS

Quadra Circle News

First – a hearty thank-you to Quadra Singers for their generous donation from the wonderful Christmas Concert last month!



Friday Lunch: Over age 55 and wanting to meet a fun bunch of people? Join us 11 am for armchair exercises, or at noon for lunch by donation. 1281 West Road (downstairs). Activity Centre at Quadra

School on Mondays, 10am-noon. Meet new friends over coffee, goodies, games and shared interests. Use the Quadra Circle door

on the left by School Office entrance. Info: 285-2255

Transportation Program: Seniors who need a ride to appointments, activities, shopping can call Diana: 285-3630 and give at least 24-hours notice to arrange a volunteer driver.

Seniors Outreach: Marie Sheran makes home visits and connects you with helpful services: 285-3950

Quadra Home Meals: For \$5 per meal Island seniors, care-givers, anyone dealing with surgery/illness can order tasty, nutritious meals made by the Gowlland Harbour Resort Chef. Pick them up at the Community Centre Wednesdays 11:30am-12 noon or pre-arrange delivery. Order by Sunday noon: Marie 285-

Foot Care subsidy for seniors and those with

illness or a disability who receive GIS or MSP premium assistance. Call 285-2255 to apply. Community Connections Centre helps recruit volunteers for community groups and provides information about helpful resources for seniors and their families. Currently, Quadra Emergency Services needs Parking and Security volunteers in the event of a local disaster. A Youth Volunteer is needed by the United Church at Cape Mudge for a Sunday morning children's group. Call:285-2255 Wed. thru Sat., 11am-3pm, or drop in our office beside Quadra Medical Clinic.

Thanks from **Quadra Elementary PAC**

The Quadra Elementary School students, parents, and teachers would like to thank the community members and businesses (Whiskey Point Resort, Landing Pub, Gowland Harbor Resort, and Taku Resort) who generously donated to the annual Quadra Elementary PAC Bottle Drive.

A special thank you to True Value Foods Heriot Bay and staff for all your help and contribution, as well as the Discovery Islander, Birds Eye, and The Gumboot for there generous advertising.

We had a successful bottle drive and hope you keep us in mind for next year. Thank You!



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OVER 55?

HOUSING SURVEY DONE YET?

If you're age 55, and over, please complete the Seniors Housing Questionnaire by January 26, 2015. It's easy, quick and you don't have to sign it. Confidentiality is assured as the Survey results will only discuss the type and number of housing units and services required. The Joint Housing Committee needs this data. We have to interest BC Housing in helping fund affordable units, plan support services and show prospective builders that small lots and small homes in Q Cove are in demand.

GET A SENIORS HOUSING QUESTIONNAIRE from "Seniors

Housing Survey Pick-up" boxes at: Tru Value stores on Quadra the Medical Offices and People's Drua Mart

the Quadra Circle Community Connections Office Wednesday through Saturday, 11am to 3pm. Or call us at (250) 285-2255 or email gcircle@outlook.com and we'll get one to you.

NEED HELP TO ANSWER THE QUESTIONNAIRE?

Betty Doak (250) 285-3590 will connect you with a Seniors Housing Survey volunteer who can assist you at home.

FINAL DEADLINE to return the Questionnaire is January 26, 2015.

HOW TO RETURN COMPLETED **QUESTIONNAIRES:**

Put your Questionnaire in the slotted boxes labeled "RETURN Seniors Housing Survey" at the above locations.

Or mail your Questionnaire to:

Quadra Circle Community Connections Society Seniors Housing Survey PO Box 672 Quathiaski Cove, BC, V0P1N0

SURVEY RESULTS: Attend the Public Meeting at Quadra Legion, Sunday, Feb.22, 2015 at 2pm.

Family Fun and Literacy Too!

Kids, parents and grandparents, bring your curiosity, become a marine explorer, Sing for Pure Joy, listen to a story teller, create and play! It is the annual Family Literacy event on Monday, January 26 from 10 to 12 at the Community Centre.

Families are also invited to participate in the STEAM Learning Challenge, January 26 - February 26. STEAM Learning - SCIENCE, TECHNOLOGY, ENGINEERING, ARTS, MATH. The challenges will encourage families to explore, experiment, observe and learn with your child. You can enter your STEAM Learning Challenge in a draw for a \$20.00 gift certificate from Book Bonanza. The two age categories are six and under and seven to twelve. The STEAM Learning Challenge packages will be a available at Family Literacy Day, Quadra Elementary, Quadra Children's Centre or the Quadra Library.

Children are naturally motivated to explore the world around them. A little learning time together every day fosters life-long learning and family connections that last a life time.

Family Literacy Day Celebrated Across Canada on January 27th

NANAIMO, January 20th, 2014 – On January 27th, Canadian families are invited to spend "15 Minutes of Fun" learning and reading together – in celebration of Family Literacy Day. The annual event, taking place across the nation, invites adults and children to spend "15 Minutes of Fun" – which can include visiting their library and discovering something new, being curious about a new subject or discovering a new author!

Family Literacy Day is promoted by ABC Life Literacy Canada, a non-profit organization that inspires Canadians to increase their literacy skills

Every year, Vancouver Island Regional Library celebrates with atbranch events and programs, as well as promoting its family-centered resources including online Homework Help, games and magazines, as well as new books - online and in print.

This January 27th, enjoy a learning activity as a family and join your library in celebrating Family Literacy Day!

For more information about Family Literacy Day, visit <u>virl.bc.ca/fld</u> or check out what's happening at your local library at <u>virl.bc.ca/programs</u>-and-events.

Vancouver Island Regional Library (VIRL) is the fourth largest library system in British Columbia. We serve over 430,000 people on Vancouver Island, Haida Gwaii, and Bella Coola on the Central Coast through 39 branch libraries, a virtual branch, and a books-by-mail service. VIRL's holdings number one-million and include books, magazines, CD's and DVD's. Administrative offices are located in Nanaimo.

Find your way around online...

Quadralsland.ca

Legion Events

On Saturday Jan. 31st starting at 7:00 it's BINGO Night at the Legion! Come early and enjoy a Beef Dip Dinner, proceeds to the Quadra School.

We will be watching the Super Bowl game on the big screen, Sun. Feb. 1st at 3:00 pm.

Quadra Island Outdoor Club Upcoming Events

We're trying to have some outdoor activity each week, but the weather is a challenge. We've had one snowshoeing trip to Mt. Washington and can schedule more if conditions and demand are good.

In February the arrangements will be quite informal. If you want to go hiking, give Julie a call at 285-3978 to arrange a time and place.

Here are the upcoming trips:
27 January, Tuesday - hike to
Mine Lake Bluff
2-4 February, Monday to
Wednesday - hikes in the
Ucluelet/Tofino area
February - hiking on demand
4 March, Wednesday - hike
Blindman's Bluff and Eagle Ridge
11 March, Wednesday - hike to
Maud Island
21 March, Saturday - hike to the

Quadra Karst formations
1 April, Wednesday - hike to
Stramberg Old Growth grove
More information about these
trips is available at:

http://qioutdoorclub.org/trips/ trip-schedule/schedule-fall-andwinter-2014-15/

winter-2014-15/
We will have the spring and summer planning meeting in April. If you have suggestions or would like to coordinate a trip, please e-mail to qioutdoorclub@gmail.com. For more information about the Club, visit the webpage at qioutdoorclub.org. To join or renew, contact Darcy Mitchell at darcm@telus.

Writers' Workshops for People with Projects Underway

Annette Yourk will lead five bi-monthly sessions at the Quadra Island Community Centre, starting January 25. The cost is \$130. These workshops, each with a special theme, will get you writing—and keep you writing, with peer reviews to help you gage reader response. This workshop is akin to a facilitated writers group and works well for those with a project underway, either fiction or nonfiction. Register through Annette at 250-285-2673 or at Book Bonanza in Q. Cove.

Jeanette Taylor will offer this same program through the Museum at Campbell River, starting in late January. Call the museum at 250-287-3103 to register or see thescribes.ca for more details.

Workshop - Social Media for Artists

January 24 - 10 AM - 2 PM at the Community Centre The way that artists promote themselves and events that showcase their work has changed since the advent of social media. Understanding tools such as Facebook, Twitter, Pinterest, etc. is now an important skill for creative people wishing to get their art known. This workshop will help artists and craftspeople understand how social media works and how to get set up to start using these opportunities. There is no fee for this event - but please bring a small gift from your studio for our presenter. Bring a lunch, a laptop if you have one (or a tablet or smartphone) and some material to work with (photos, some text describing yourself and your work). Questions - contact Kathryn: kamanry@gmail.com / 285-2103.

NEWS & EVENTS

Believe You Can Achieve

Brenda & Heather believe in you!!! Have you packed on some pounds? Have more love handles that you'd like? Tired of being tired? Need some accountability?Inspiration?

Join the.....

aka Monday Night with the Ladies formally the Weight Watchers group. No tracking, no counting calories just discussing eating better/exercise/healthy living with the structure of a Leader and optional weigh in each week. Share and learn with others having the same similar struggles.

What have you got to lose?
We're all in the same boat.....why not jump on board with us each week.
MONDAYS upstairs @ QCC-6pm
No meetings on Statutory holidays

Community Screening and Discussion

Wednesday January 28th, 2015

Election Day In Canada

When Voter Suppression Comes Calling Election Day In Canada examines the dramatic rise of voter suppression in Canada during the 2011 Federal Election, and the aftermath to the present day Fair Elections Act. Filmmaker and journalist Peter Smoczynski will present clips from his workin-progress documentary in a live webcast from Victoria as part of OPEN CINEMA'S Connect the Docs 'hybrid cinema' format. Cortes Literacy Now will host a screening of this live webcast, and follow it up with some local discussion of our own, as part of an online discussion taking part across Canada. Join Literacy Now for an exciting evening of cinema, community, and social media in action!

Wednesday January 28th, Screening begins at 7pm

Cortes Co-op Cafe, Manson's Landing
Doors will open at 6:30pm
This is a free event to the community!
Donations are welcome!
Come for the film. Come for the discussion.
Come for the community engagement. Come to tweet about it.
Cortes Literacy Now
cortesliteracy@gmail.com

Friday Flicks
The Friday Flicks crew has once again

The Friday Flicks crew has once again cruised and researched a slew of film titles available to us. The result is a not-to-be-missed series to get you through the depths of winter and ring in spring. Drama, documentary travelogue, history, humour, beauty and sorrow of the human condition...

Need we even mention the concession? Keep your Q. Rec calendar of events close at all times.

TRACKS – January 30 Doors 7:30 - Showtime 7:45 Admission \$5 gen'l \$4 stu/snr

TRACKS tells the true story of Robyn Davidson, a young woman who leaves city life to trek solo through the Australian desert. She sets off with her dog and four unpredictable camels on a journey of self-discovery. Along the way, she meets National Geographic photographer Rick Smolan who begins to photograph her voyage. Dreamy, semi-surreal visuals and shimmering cinematography show us the world through Davidson's eyes.

Regional District recognized for contribution to restoration of Cook Welcome Poles

The Nyumbalees Cultural Centre on Quadra Island acknowledged the Strathcona Regional District for its contribution to the Cook Welcome Poles restoration project. The Regional District was one of several community partners to support this important legacy project that helped to re-establish the traditional presence of welcoming poles. The restored Cook Welcome Poles, now referred to as the Dick Family Welcome Poles, are located at the entrance to the Centre, and are an important part of the history of this region.



Join us for the last two 'At the Table' events celebrating food and drink with an adventurous literary twist!

2015 Dates

- South America Feb. 7th
- Eastern Europe Mar. 7th

Tickets: \$87 per person

4-course dinner with pairings of Wine + Spirits + Craft Beer

To Buy Tickets

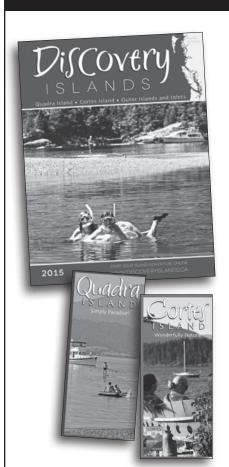
Call 250.285.3572 or visit www.GowllandHarbour.com

Series Co-hosted with Gowlland Harbour Resort and SouthEnd Farm & Vineyards





Time to Get Onboard...



Production is now underway on the 2015 editions of the annual Guide to the Discovery Islands, Quadra Island Map, Cortes Island Map and internet advertising.

If you're a new business and would like to receive information on these invaluable marketing opportunities:

Call Philip Stone

at 250-285-2234 or email ads@discoveryislands.ca

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Deadline for Visitor Magazine 30 January 2015

For more information look online at:

www.discoveryislands.ca/ advertising

HEADLINE

Quadra Island Salmon Enhancement Society January 2015 Report

Salmon counts for the fall 2014 spawning season are now in and as follows; Open Bay Creek – 3061 chum Granite Bay Creek – 710 chum, 155 coho, 1 jack

Village Bay Creek – 494 chum, 140 coho, 10 jacks

Village Bay Lakes fence - 849 total 737 coho, 68 chum and 44 jacks.

Drew Creek – 4 chum, 14 coho, 1 jack Hyacinthe Creek – 3410 chum, 2 coho Heriot Bay Creek – 2 coho McKercher Creek – approx. 200 pinks

Please note a couple of things. First the healthy counts in a couple of our creeks especially Open Bay Creek and the relatively small count from Village Bay Creek. The latter was a result of very high water due to the heavy October rains which raised the water level in the lakes by more than a metre and thus the flow down the creek. The flow was so strong that counters could not see into the water and get any kind of accurate numbers. It is also felt that, because of the powerful flow, that chum, which normally spawn here, might have had a difficult time completing their spawn. We saw evidence of chum spawn in a nearby feeder creek so they do their best to complete the life cycle.

As to the coho count at the fence, the water crested the gates for several days, allowing coho to easily jump over the gates without having to swim through the counting box. You might also notice the pink count from McKercher Creek. As pink are usually early spawners, when we have little water in our creeks, this late, large count in McKercher (feeder into Hyacinthe) is definitely an anomaly. Thanks George Murdoch, for reporting in.

It is the time of year for us to give thanks, first to Bruce Bjornson for doing our monthly books, to Laurie Brydon for our annuals and to Tru Value Foods for the fabulous points system. We could not operate without all of you and the QISES members who contribute through annual fees. Finally, a big thanks to Graham Mackay (retired treasurer) for all the hard work and dedication during his years with QISES.

Writing Your Advanced Care Directive: Putting Pen to Paper

Monday, February 2, 1-3 pm Quadra Island Bible Church, Lower level.

This is the first session for those who have given some thought to what they would like their Advanced Directive to contain and are ready to start writing. Join Betty Doak and Pat Peterson NP(F). We can help answer questions, provide some direction, and introduce some tools that may help simplify this task. The goal: to provide a document ready to sign, seal and deliver! Please call 285-3590 to register.

Q. I. Emergency Preparedness You receive an Evacuation Order.

Without any warning the police/fire department arrive at your door to inform you the propane tanker has over turned within 100 m of your home and you must evacuate now. With no time to waste, you grab the kids, dogs, (cat has disappeared) and your bag and head out, remembering to turn off the stove. You cannot start your vehicle for safety reasons and must walk to a safe area where a bus will take you to a Reception Centre. You have no idea how long you will be there and you have nothing with you, no medications, no change of clothes, no pet food, etc. The children are upset, pets cannot be let into the centre and your cell phone battery is low.

At a Reception Centre, you will find a safe environment. You will be offered refreshments and the ear of people who know how to help you. There will be people to care for your pets outside the centre and up to date information on the event will be provided. If you need somewhere to stay overnight that can be arranged when you register. But think how much less stressful the whole event would be if, when the evacuation announcement came, you could pick up an already packed bag for each member of the family and leave. These are your Grab and Go bags. Think about what you and your family require and especially think about any medications you may need. There should be enough medications for at least 3 days in the bag and 7 days would be better. Be prepared.

Pat's Health Corner EBOLA!

While most of us have followed the news with regards to the ongoing epidemic in Africa and the outbreaks in the United States, how much have we read about the actual disease and its transmission?

Ebola and its cousin Marburg are termed filoviruses, filum being Latin for 'thread-like'. They are among the most virulent in the world. With this current outbreak, the fatality rate approaches 70%. Previous outbreaks have had fatality rates as high as 80-90%.

Both are also called hemorrhagic fever viruses based on their symptoms, which included bleeding and systemic shock.

The Marburg virus is considered a single species while the Ebola virus is divided into 5 different variants whose virulence differs in humans. Of the 5, the Reston virus has a reservoir in animals, and was found initially in the Phillipines.

This current outbreak in 2014, caused by the Zaire subset of Ebola, is by far the largest Ebola outbreak known. As of November 11, 2014, the number of probable cases tallies 14.415: of these 5177 have died. This includes 570 health care workers.

Outbreaks typically occur through human contact with an infected animal (meat or blood). Human to human infection is through direct contact with blood, body fluids or the skin of the infected individual or those who have died. Infected individuals are contagious only when symptomatic. As the disease progresses, the risk of passing it to others increases.

The virus enters the body through mucous membranes, a break in the skin or parentally. It replicates rapidly in a variety of the body's cells and is spread through lymph. It causes systemic inflammation and breakdown (sepsis) as well as bleeding.

Initial symptoms include fever, headache, fatigue and malaise 6 to 12 days (but can be up to 21 days) following exposure. Diarrhea and a rash can also occur. Bleeding occurs later, commonly but not always in stool. Many die of multi-organ failure and sepsis (whole body infection). In nonfatal cases, individuals start to improve one week after diagnosis.

At present, there is no known cure. Care is largely supportive, maintaining fluid, controlling infection and its sequelae as well as bleeding. Research is ongoing with regards to a vaccine for prevention.

For more information including the status of countries with outbreaks and how to protect yourself go to www.who.int Pat Peterson
Nurse Practionor

Advanced Care Directive.

Introductory Session

Monday, January 26th, 1-3 pm, Quadra Island Bible Church, Lower level.

Join Betty Doak and Pat Peterson as we explain what an advanced directive is and why you might want to have one. Materials and references provided.

Fundraiser-Coffeehouse a True Success!

Thanks, Quadra! So much Island Love and Light for Sunday Dennis! Our community rose magnificently to the challenge of raising funds for Sunday's medical expenses. Together we raised \$22,399!

So many THANK YOU's to our generous, kind-hearted community for all you did to make the fundraising coffee-concert such a resounding success. Thanks for donating so many fabulous items, baking and serving such delectable treats, spending your savings, volunteering to create such a great event, and paying it forward.

As of this writing Sunday is still in LA near UCLA where she had her brain surgery. She is on the road to healing, finding joy in the moments and feeling strengthened by so much love and support. Her healing path may be long, please keep her in your thoughts and prayers.

Junkyard Exhibit

A new temporary exhibit opening Friday, January 23 at the Museum at Campbell River is sure to interest car buffs and junkyard enthusiasts alike. The exhibit is entitled Rust in Peace: Island Junkyards of the 1970s, a photographic retrospective, and has been curated by photographer Rick James. James' images in black and white declare its subjects as works of art that have become integrated into the surrounding landscape. Many of the vehicles are entirely overgrown with vegetation and look as if they have truly found their last resting place.

Along with James' collection, there will also be photos of the breakwater at Oyster Bay taken when the derelict ships that comprised the breakwater were still visible.

Come visit us to take in this one of a kind exhibit. The Museum is at 470 Island Highway and is open Tuesday to Sunday from 12:00pm to 5:00pm. And don't forget, Tracks 'N Trains will be up over the weekend of January 24 and 25! For further information, contact the Museum at 250-287-3103.

Lois Aileen Terreberry February 26, 1936 - January 6, 2015



It is with deep sadness that we announce the death of our much loved Lois who passed away peacefully at New Horizons Care home in Campbell River, BC after a 10 year battle with Alzheimer's disease.

Lois is survived by her husband Ralph; sons Craig of Paris, ON (Terry) and Roger of Piney Flats, TN (Jade); daughters Cindy of Campbell River (Al) and Carol Ann of Quadra Island (Ian), daughter-in-law Theresa, sons-in-law Tom and Richard; grandchildren Dale, Bobbie, Kellie, Andrea and Brayden and great-grandchildren Jackson, Alex, Bryan, Johnathan, Christopher, Kyver, Gunner and Kelsey.

Lois was predeceased by sisters Alethe Rice of Lindsay, ON and Rita Whitaker of Welland, ON and her grandson Shane Terreberry of Myrtle Beach, SC.

Lois was a beautiful, gentle soul and was loved by all who knew her. She was a bookkeeper, seamstress, knitter, quilter and golfer. She played the accordion and piano. Everything she did she did well and with much love.

Lois and Ralph were married June 1955 in Welland, ON and she moved with Ralph to Detroit, MI where the four children were born. In 1963 they moved to Cordoba, Argentina for 5 years and in 1969 the family returned to Canada and made Port Colborne, ON home. Lois and Ralph retired to Quadra Island in 1992. Lois passed away in her 60th year of marriage.

The family wishes to thank the nursing and care aide staff at New Horizons for the care they provided Lois during the 5 plus years that she lived there. Additionally many thanks to Dr. Deiter deBruin

Friends are invited to celebrate Lois's life at the Coast Discovery Inn's Quadra Room on Saturday February 14th at 1:30pm.

Heriot Bay Tides

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	IME PST	m.	ft.
23 Friday	01:08 08:14 14:20 19:30	1.1 5.2 2.7 4.3	3.6 17.1 8.9 14.1
24 Saturday	01:52 08:50 15:13 20:34	1.4 5.2 2.4 4.2	4.6 17.1 7.9 13.8
25 Sunday	02:38 09:27 16:07 21:47	1.8 5.1 2.2 4.0	5.9 16.7 7.2 13.1
26 Monday	03:26 10:06 17:05 23:13	2.3 5.0 1.9 3.9	7.5 16.4 6.2 12.8
27 Tuesday	04:20 10:49 18:05	2.8 4.8 1.7	9.2 15.7 5.6
28 Wed.	00:49 05:27 11:38 19:08	3.9 3.2 4.7 1.5	12.8 10.5 15.4 4.9
29 Thursday	02:20 06:59 12:32 20:06	4.1 3.5 4.6 1.4	13.5 11.5 15.1 4.6
30 Friday	03:31 08:31 13:28 20:58	4.3 3.6 4.5 1.3	14.1 11.8 14.8 4.3
31 Saturday	04:26 09:43 14:21 21:44	4.6 3.6 4.4 1.2	15.1 11.8 14.4 3.9
01 Feb. Sunday	05:11 10:39 15:12 22:26	4.7 3.5 4.4 1.2	15.4 11.5 14.4 3.9
02 Monday	05:49 11:25 16:02 23:04	4.8 3.4 4.3 1.2	15.7 11.2 14.1 3.9
03 Tuesday	06:23 12:05 16:50 23:41	4.9 3.3 4.3 1.3	16.1 10.8 14.1 4.3
04 Wed.	06:53 12:41 17:36	4.9 3.2 4.3	16.1 10.5 14.1
05 Thursday	00:15 07:20 13:15 18:20	1.4 4.9 3.0 4.2	4.6 16.1 9.8 13.8
06 Friday	00:48 07:46 13:49	1.6 4.8 2.9	5.2 15.7 9.5

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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

Gardening

WINTER PRUNING

Passionate Plantsman and Proficient Pruner Ryan Nassichuk is currently making bookings for the second half of his winter pruning season. Give your fruit trees, vines, and shrubs (some ornamentals as well) some attention now for delicious rewards into the future. Call 250-202-2326 or email nassichuk@gmail.com

Help Wanted

LIFE DRAWING MODELS WANTED

Respectable group of artists are looking to hire models for life drawing sessions. Payment will be \$50 per session. If you are interested please email: rebeccam.young@hotmail.com

HELP WANTED

Quadra Community Centre seeks: A contract cleaner to do part time cleaning.

Please email <u>info@quadrarec.bc.ca</u> for details.

Boost your online presence

Quadralsland.ca

List and link on Quadra Island's most visted web site

Find out more: info@quadraisland.ca

Wanted

NEEDED URGENTLY

Fifth Wheel/Camper Required by senior lady A.S.A.P. Pay to own or negotiable payment. Please call 647-768-2881 in Heriot Bay

RENTAL ACCOMMODATION

Professional couple, retired, quiet, no pets seeking clean, private rental on Quadra June to end of September, apartment, house, or cottage, furnished, wifi, up to \$1000 a month. 250-248-0704.

Services

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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

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Shops

WORKS OF H'ART

30% off all Christmas decorations, tablecloths, napkins etc. 25% off all calendars and datebooks-hurry in...they won't last long! 10% off anything red (or red in it!) until January 15th! Check out clothes on sale- new shipment of sweaters since Christmas! Any clothes without a sale tag still have 10% off!

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

For Rent

COMMERCIAL SPACE

Retail, studio, office, commercial space for rent. Q. Cove Plaza. 285-2880.

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www.quadraisland.ca/real_estate Call 250-285-2234 for more info



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Up to 35 words: \$20 (including tax) 36 to 70 words: \$35 (including tax)

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