

ISSUE 601 • MAY 1, 2015

NEWS AND EVENTS ON QUADRA, CORTES, AND THE OUTER DISCOVERY ISLANDS... SINCE 1992

discovery

I S L A N D E R

A photograph of a large fire burning in a wooded area. The fire is intense, with bright orange and yellow flames rising from a structure or ground covered in dry vegetation. Thick black smoke billows from the fire, partially obscuring the background. In the foreground, several bare trees with thin branches are visible. A fire hose is visible on the right side, spraying a stream of water towards the base of the fire. The overall scene is one of a major fire incident in a natural setting.

Are You Ready?

Emergency Fair

Sunday May 3, 12 - 4 pm

Quadra Community Centre

Ferry Schedules

Effective from February 9

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Campbell River Leave Quathias Cove

Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
6:40 am		6:20 am	
7:30 am	7:30 am	7:05 am	7:05 am
8:30 am	†8:20 am	8:00 am	†7:55 am
9:30 am	9:20 am	9:00 am	8:55 am
**10:30 am	10:15 am	10:00 am	9:50 am
11:30 am	11:15 am	11:00 am	10:45 am
12:30 pm	12:15 pm	12:00 am	11:45 pm
1:30 pm	1:15 pm	1:00 pm	12:45 pm
2:30 pm	2:15 pm	2:05 pm	1:45 pm
3:30 pm	3:30 pm	3:00 pm	3:00 pm
4:30 pm	4:30 pm	**4:00 pm	4:00 pm
5:25 pm	5:25 pm	5:00 pm	5:00 pm
6:15 pm	6:15 pm	5:50 pm	5:50 pm
7:30 pm	7:30 pm	7:00 pm	7:00 pm
8:30 pm	8:30 pm	8:00 pm	8:00 pm
9:45 pm	9:45 pm	9:15 pm	9:15 pm
*10:45 pm	†10:45 pm	*10:15 pm	†10:15 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	†8:50 am	7:50 am	†7:50 am
**11:05 am	10:50 am	9:50 am	9:35 am
1:05 pm	1:05 pm	11:50 am	11:35 am
3:05 pm	3:05 pm	**1:50 pm	1:50 pm
5:05 pm	5:05 pm	3:50 pm	3:50 pm
6:45 pm	6:45 pm	5:50 pm	5:50 pm

! Local Commuter Sailings, Please Avoid.

* Fridays Only † Daily except Sundays.

** Tuesday sailings are for Dangerous Cargo
No passengers or cars.

List Your Event



Want to post a calendar listing on page 3?
Lots of choices for getting it to the DI!

- Email us at news@discoveryislands.ca
- Drop off your listing at Inspirations in Quathias Cove
- Or you can bring it to our office, 701 Cape Mudge Road
- The mail works too! Our postal address is Box 280, Q Cove, BC V0P 1N0

EMERGENCY FAIR

Are You Ready?

Emergency Fair

Sunday May 3 12 - 4 pm

If all the recent news about earthquakes south of Haida Gwaii and of course in Nepal have got you thinking about your own family's emergency plans or lack thereof, then come to the Emergency Fair on Sunday, May 3 beginning at noon. We may not have all the answers you seek, but we probably will be able to answer most of your questions and point you in the right direction to find answers to the rest.

There will be booths set up by our own ESS group (Reception Centre, Grab and Go bags, Pet Care, Children's activities, Food Services, Health Care, etc.) plus our HAM radio operations. We have an extensive HAM radio system on the island. The neighbourhood plan will be explained and neighbourhoods from the north to the south of the island who are already organised will show you what they are doing. Emergency Evacuation routes and our new website will be shown. Quadra Island Builders will have a display of the emergency supplies they have available. BC Hydro, Coastal Fire, the Red Cross, St John Ambulance and the Salvation Army canteen will also be in attendance. These groups would be involved in an island emergency. Our Quadra Fire Dept.,

Ambulance and police will also be on site. Not only will the kids and those adults who are children at heart be able to climb into a fire truck and see how everything works, but they will also be able to watch a demonstration of a rescue operation. There will also be presentations on the stage and lots of door prizes and refreshments available.

1:00 pm: Earthquake Preparedness for the Home: Ken R Neilson, Justice Institute.

1:30 pm: Quadra Island Fire Department Demonstration. Parking Lot.

2:00 pm: Fire Smart: Mike Gall. Quadra Island Fire Department.

3:00 pm: Evacuation Procedures: Ken R. Neilson, Justice Institute.

3:45 pm Draw for door prizes.

It will be busy afternoon which we hope will help prepare fellow islanders for any emergency we may face. See you there or as they used to say in the 60s 'Be There or Be Square'.

We would like to thank the following for their financial support which has made this event possible: Strathcona Regional District, Discovery Island Chamber of Commerce, DIEPA (Discovery Island Emergency Preparedness Association), and Whiskey Point Resort.

J TOELLE CONSTRUCTION LTD



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

Above: Private home, energy rating ★ 81

SEE MORE OF OUR PROJECTS AT www.jtoelle.com

THE ISLAND CALENDAR

Day to Day

Friday, May 1

Live music with Curl, Heriot Bay Inn Pub 9pm n/c

Saturday, May 2

Quadra Singers Broadway concert QCC, doors 6:30pm

Sunday, May 3

10th Annual Broom Pull. Rebecca Spit 10am -noon
Emergency Fair. QCC 12-4pm
Quadra Philippines Connection slide show & talk
Bayview Room, HBI, 7 pm

Tuesday, May 5

Hal Douglas & Dave Blinzinger @ Heron's at HBI.
All Ages Show 7-9 Doors 6:00 Cover \$7

Friday, May 8

Live music with Blue Kats, HBI Pub 9pm n/c
Tequila Mockingbird Orchestra, Legion 9pm \$15

Saturday, May 9

Wellness Fair, Cove Centre, Q Cove 10am - 4pm
Quadra Children's Centre, Annual Garage Sale
Gonzalo Bergara Quartet, HBI Herons, pls reserve

Friday, May 15

Live music with Go Dog Go, HBI Pub 9pm n/c

Saturday, May 16

Cortes SeaFest, Gorge Harbour Marina
Duffy Live, Quadra Legion 9 pm \$10 @ door

Saturday, May 23

Quadra Island May Day!!!

**THE NEXT DI DEADLINE is
Monday, May 11 at 7pm**

The Regulars

MONDAY

Parent & Tots, QCC, 9:30am-12pm
QuadrapaLOSERS QCC 6pm
Sing for Pure Joy!, 3-4:30pm at QCC
Badminton at the Cape Mudge gym, 7:30pm (\$2)

TUESDAY

Social Rock Climbing - Chinese Mtns 6:30pm
Al-Anon Meeting, Quadra Children's Centre, 7:30pm
Folkdancing, QCC, 7:30pm, until Apr 28, 285.3849

WEDNESDAY

1st & 3rd Wednesday Food Bank, QCC 1-2pm
Mens' Night - Quadra Golf Club - May to Sept.
Poker Night - Quadra Legion, Heriot Bay 7:30 pm
Hand-Drum Jam, Upper Realm, Q Cove 7:45pm

THURSDAY

Parents & Tots, QCC, 10 am-12 pm
Ladies' Night - Quadra Golf Club - May to Sept.
Quadra Singers, 6:45pm at the QCC
Prayer Meeting, Quadra Island Bible Church, 7pm

FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY

Meat Draw - Quadra Legion, Heriot Bay 5 pm
Open Mic with Mo, 9pm at the HBI pub

SUNDAY

Buddhist Meditation, Upper Realm, 10am
Family Service, Quadra Island Bible Church, 10:30am
Social Rock Climbing - Chinese Mtns 10:30am
Quadra Sunday Painters, 11am-2pm, 285.3390
United Church, 11am, 285.3163
Meditation Practice and Teachings, 4 pm, 204.9640

At the Community Centre

May 4-8

MONDAY: 8:30am Low Impact; 10am Parents and Tots;
10am Yoga with Josephine; 3pm Sing for Pure Joy; 6pm
quadrapaLOSERS

TUESDAY: 9am Yoga with Brenda; 11:15 Parent and Tots
Yoga with Kate; 5pm Yoga with Trinity

WEDNESDAY: 10am Yoga with Trinity; 11am Moms and
Babes; 11:30am Nurse Practitioner Outreach Clinic; 12pm
C.K. Lunch; 6pm Restorative Yoga with Trinity

THURSDAY: 9am Total Body Sculpt with Marion; 9am
Yoga with Brenda; 10am Parents & Tots; 3pm Kids Creative
Dance; 5pm Yoga with Trinity; 7pm Adult Dance Class with
Kate; 7pm Bootcamp with Marion

FRIDAY: 8:30am Low Impact; 9:30am Fit On The Ball;
10am Friday Painters

May 11- May 15

MONDAY: 8:30am Low Impact; 10am Parents & Tots;
10am Yoga with Josephine; 3pm Sing for Pure Joy; 6pm
quadrapaLOSERS

TUESDAY: 9am Yoga with Brenda; 9am Quilters; 11:15
Parents and Tots Yoga with Kate; 3pm Child's Pose Yoga
with Dana; 5pm Yoga with Trinity

WEDNESDAY: 9:10am Baby Clinic; 10am Yoga with Trinity;
11:30am Nurse Practitioner Outreach Clinic; 12pm C.K.
Lunch; 6pm Restorative Yoga with Trinity

THURSDAY: 9am Yoga with Brenda; 9am Total Body Sculpt;
10am Parents & Tots; 10am Infant Massage; 3pm Creative
Dance for Kids with Kate; 5pm Yoga with Trinity; 7pm
Bootcamp with Marion; 7pm Adult Dance Class with Kate

FRIDAY: 8:30am Low Impact; 9:30am Fit on the Ball;
10am Friday Painters; 4pm Ballet; 5pm Hip Hop



**Find out
when the DI is
posted online**

Upcoming...

Curl • May 1

blues favourites, awesome originals

Roman Danylo • May 2

*stand-up & improv comedians
\$79 incl. 2 course dinner*

Blue Kats • May 8

vintage rock at its best

join in... or enjoy local talent at

Open Mic

Saturday evenings
with host Mo Davenport

lively, delicious, soulful

great food • superb events • casual fun
open every day • live music Friday & Saturday



Inn: 285.3322

Pub: 285.3539

heriotbayinn.com

Heriot Bay Inn
a beautiful place to spend time

ISSUE 601
May 1, 2015

Publisher / Editor: Philip Stone

Guest Editor / Designer: Robyn Budd

Arts Editor: Dom Fetherston

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

CONTACT US

email news@discoveryislands.ca

phone 250 285 2234

mail PO Box 280 Quathiaski Cove
BC V0P 1N0

office 701 Cape Mudge Road

hours Monday - Thursday

10am to 4pm

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.

SUBSCRIPTIONS

Gift subscriptions are available for
delivery in Canada by mail
\$90 for 12 months

Local Voluntary Subscriptions are
available with Islander Benefits
\$30 per calendar year

Find more details online at
www.DiscoveryIslander.ca

COPYRIGHT 2015
ALL RIGHTS RESERVED

NEXT DEADLINE

7pm on Monday
May 11
for publication
on Friday, May 15

FROM THE EDITOR

Wellness Fair

Spring Into Wellness, at
Quadra's Own Wellness Fair,
Saturday, May 9th, from 10 am-
4pm, at the old pharmacy site,
next to the Library in Quathiaski
Cove.

Practitioners include: chair
massage, foot care, aroma
therapy, essential oils, hot herbal
teas, videos, card readings, books
and talks on hypnotherapy,
cranial sacral, organic soil
mixtures, and more. The Senior
Circle, Kameleon Cafe, and
Robin's bookstore will make this
a neighbourhood event, and with
the library open and the Saturday
Market across the street, there
will be something for the whole
family to do on this Mother's Day
weekend!

Sponsored by:
www.thelighterside.ca Entrance
to the event by donation.

250-285-3815 for more
information.

Seniors Housing Society AGM

Quadra Island Seniors
Housing Society's AGM will
take place on **Monday June
22, 7:00 pm in Room #1 at
the Community Centre.**
Please attend to hear how the
community at Seniors Housing is
progressing.

If you are interested in putting
your name on the wait list, this
is a great opportunity to find
out more about the Society.
Community participation is
always appreciated, come out
to show support for the housing
Society.

At The Legion

Brad's Saturday Suppers at
6:00, always delicious! Tequila
Mockingbird is back for a great
night of music Friday May 8th
9:30, \$15.00 at the door. Duffy
Live will be Rockin' the Legion
Sat. May 16th 9:00-1:00, \$10. at
the door \$8. for members.

Identifying Food Sensitivities

A talk given by Dr. Anita
Komonski, ND addressing the
many reasons why your body may
have a difficult time digesting,
metabolizing and using certain
foods.

Learn about how hidden food
allergies/sensitivities may be
currently impacting your health.
We will discuss several options
for testing and give you the tools
necessary to begin an elimination
diet.

ONLY \$10

Monday, May 4 @ 7:15
upstairs at QCC

Pre register by May 3
250. 202. 3946



Like the DI on Facebook

Receive updates, notifications

THE DI MAIL BAG

Quadra Islanders Share the Wealth

I write this letter to the
editor to demonstrate that
is a special place. Quadra
Islanders are unique in sharing
their wealth with everyone. No
stealing, no violence, just love
and sharing. In the past different
methods were used.

A long time ago, There was
a man who felt a deep empathy
for the poor of this Earth. So
he hid his face with a hood and
stole from the rich and gave to
the poor. Yes, you guessed it: his
name was Robin and he became
well known as Robin Hood. But
he was caught and punished.
Whether the story is true or
not, it represents one way of
re-distributing the wealth. Bank
robberies happen all the time,
even if the modern thieves often
keep the money for themselves.

In modern times, there were
some political radicals who not
only wanted to take from the
rich and give to the poor but
also wanted to take the political
power of the rich as well. As
you know there were several
revolutions in Russia and China,
etc. But several generation latter
the radicals became millionaires
and the poor still exist.

Today, on Quadra Island, the
problem has been almost solved
without stealing like Robin Hood,
without violent revolution.
Everyone, rich or poor, can feast
like kings &

Queens at the Community
Lunch. The middle class make
donations and the poor can eat
for free if they choose to.

Nobody need go hungry on
Wednesdays.

So what is the moral of the
story? Caring local communities
(like Quadra), not individual
heroes or violent revolutionaries,
are the possible solution to
poverty.

Local community projects like
the food bank, free firewood, free
money, Thrifty Foods 10% off on
Wednesday and their donations
to community groups, individuals
you house the homeless are all
part of the solution.

True enough, the rich are
getting richer in Canada and the
average income earner isn't doing
any better than he was in the
1980's; but on Quadra the middle
class is sharing with the poor.
And it's working!

Steve Moore

Legion Scholarship Opportunity

QUADRA LEGION LADIES Auxiliary is accepting applications for the Kay Dubois Memorial Scholarship from veterans decedents entering post-secondary education. An award will be based on academic and citizenship criteria. First year students. Mail to Box 129 Heriot Bay, BC V0P1H0. Application closes May 31, 2015.

Ladies Auxiliary Plant And Bake Sale

The ladies auxiliary would like to thank everyone who donated plants and baking to our L.A Legion sale. The lovely garden basket donated by Lois Norman went to Sandra Beech. Thank you ON ROOT GREEN HOUSE for donating the hanging basket; Betty Thompson and Lill Melton went home with those beauties. As always, thank you to Deb Manery and Heidi Ridgeway for coming out every year with plant donations and plant knowledge to help with selling. The L.A. donates to many functions like Quadra school's breakfast program, our fall fair petting zoo, yearly bursary, helping families on Quadra Island and Cortez with their losses, or assisting in achievements and fundraising activities. Also making donations to the veterans care facilities; Broadmead and George Derby as well as the War amps.

'Broadway Comes to Quadra' - Singers

Come and enjoy a program of Broadway songs May 2nd when the Quadra Singers bring their voices to the stage to share a collection of favorite show tunes. The evening program includes songs from Tony award winning Broadway musicals including The Phantom of the Opera, Cats, Grease, Les Miserable, and so many more. Quadra Singers dress in their favourite character's costume so join in the fun and dress up for your favorite musical! Mark your calendar for BROADWAY COMES TO QUADRA, 7:00 PM, Saturday, May 2nd at the Quadra Community Center. Doors open at 6:30PM. Pay at the door. \$12 adults, \$5 for youth (up to 12 years), children under five are free. Learn more about Quadra Singers on the choir's Facebook page. Or contact the choir by email (quadrasingers@gmail.com).

Ready, Set, Learn and Welcome to Kindergarten

Friday, April 24 from 10:00 to 12:00

Ready, Set, Learn and Welcome to Kindergarten in the Strong Start room at Quadra Elementary

A party for children entering Kindergarten this year or in the fall of 2016. There will be activities for the children, a session just for parents, snacks and goody bags. Please contact the school at 250-285-3385 to reserve your spot.

Hand Drum Jam

THE HAND DRUM JAM

continues every Wednesday night upstairs in the Upper Realm at Spirit Books in the Quathiaski Cove shopping centre. Beginners are welcome. Extra drums are available. The jam starts at 7:45pm, the drop in fee is \$5. Call Steve at 285.3323 for more info.

Quadra Island Farmer's Market & Bazaar

The outdoor market starts Saturday May 2nd, 10am to 2pm, rain or shine! The market is located behind the Credit Union in Quathiaski Cove and takes place every Saturday from May 2nd to September 12th.

We would like to welcome all our regular vendors as well as as any new ones who would like to join in. We would especially like to see more produce.

We will continue on a first come basis and the gate will open at 8am for set up. Market parking is accessed from Green Road.

To set up a table still costs only \$5. For children under 16 it is only \$1 a table. Kids must sell their own articles, though. Local community and charitable organizations will not be charged.

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

We strongly discourage dogs at the market. If you have no other choice but to bring your dog, please make sure it is on a leash or carried and of course pick up after your pet and keep them away from the booths.

Thanks for your interest and cooperation. Hope to see you soon! Email: quadramarket@gmail.com; Naomi 250.285.2979; Audrey 250.285.2114

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

Ocean View Rancher



- 1.2 acres / 2,628 sq.ft.
- spacious rooms & large windows
- huge garage / workshop
- close to Q. Cove
- \$399,000.

Visit our office for a complete catalogue
675 Heriot Bay Road, Quathiaski Cove

Discovery
Islands
Realty Ltd.

250-285-2800

www.discoveryislandsrealty.ca

**WHEN THE GOING GETS TOUGH
THE WISE ADVERTISE**

250-285-2234

Come celebrate two decades of Quadra's support in the northern Philippines!

At 7 p.m. on Sunday, May 3rd in the Bayview Room of the Heriot Bay Inn. Carol,

Michael, Danielle and Steve will share events from their recent trip to Tabuk, Kalinga province—including daycare success, student sponsorship, recent developments and new focuses.

Our slide show will demonstrate how Quadra Islanders are helping support students and their families in the Philippines.

For twenty years, Quadra Island has helped low-income young people become teachers & nurses and day care workers, etc. Come see the results of our collective sharing. Find out what you can do to help.

In addition to supporting the annual Philippines garage sale, you can sponsor an individual child's education, which often includes food & shelter, for just \$8 a week.

Plan to be inspired as you gain first hand experience as to the full impact of sponsorship and Quadra's support of our friends in the Philippines as we share our photos, discussion and snacks on May 3rd. See you there!

Expanding Community Through the Quadra Philippines Connection - A Personal Experience!

What a joy it was for me to reconnect this past February with Remy and Sisan, the original IAT coordinators whom I had met during my original visit to the northern Philippines over 16 years ago and to now have the privilege of meeting their families as well! Being graduate IAT sponsored students themselves, there are few who are as committed as these two inspiring individuals!

It was certainly rewarding for myself, Michael, Danielle, Steve and myself to visit the villages of daycare children, parents and teachers. Over the past 2 decades Quadra islanders have supported a total of 7 preschool programs and over 1,100 children through a partnership with the small ngo IAT. Many of the original daycare children are now successful professional graduates working either in their own villages or abroad and offering support to their families. During Quadra's sponsorship, the dedicated teachers from these programs have been able to show the benefit of positive daycare over time and thus, over the past year our goal to have local government assume this responsibility has finally been met. We are now looking at supporting an innovative initiative through IAT called the Gift for Peace Program and we were honored to be participants in the special "passing of the gift" ceremony during our stay.

It was also heart-warming to meet not only our own sponsored students but children of other sponsors from Quadra. During the extent of our stay we were indeed treated as royalty and shown unending hospitality. Sharing food is an especially important part of Kalinga culture and so we were certainly well fed and nourished as we received regular invitations for meals consisting of local delicacies. One morning we were even invited for breakfast with the local mayor! For Filipinos, a meal is not a meal unless there is rice and a variety of sticky rice dishes soon became a favourite part of ours!

Our visit began with a presentation in our honor at the IAT dorm by sponsored students that included emotional introductions, inspiring speeches and an offer of music, dance and food. We also had the honor of attending Kalinga days, a celebration of traditional culture including a parade of 2000 gongs from various tribal areas and played by the participants clothed in rich, colorful Kalinga attire. Since the small ngo of IAT has been well recognized in the local Tabuk community, because

of our connection, this visit made us celebrities and we were interviewed for the radio and even local tv.

We were constantly shown genuine appreciation as to how much our humble Quadra support has meant to the children of this area and their families as well as the affect on their future. For these communities with all of their challenges, a little goes a very long way!

We look forward to sharing more of our personal experience with you on Sunday, May 3rd at 7pm in the Bay View Room of the Heriot Bay Inn. Hope to see you there!

Time to dust off your bike and register for Bike to Work Week

With only six weeks 'til Bike to Work Week, it's time to get your bike – and your team – ready.

May 25 to 31 is Bike to Work Week 2015. You can register as a workplace, school, individual, family or group of friends.



"This event is more than biking to work. It's about choosing another mode of transportation, and you get exercise, save money on fuel and prevent additional greenhouse gases from going into the atmosphere," says City of Campbell River recreation programmer Jen Furst. "Make it fun and challenge another department, organization, company or school to see who can log the most kilometres."

Bike to Work Week features prizes at the various breakfast stations and a barbecue held during the week.

For more information or to register online, visit: www.biketowork.ca/campbell-river or contact Jen Furst, jennifer.furst@campbellriver.ca.

Different Spokes for Different Folks

Bike Sales New & Used
· Electric Kits · Accessories

Island CYCLE

250-285-3627

bicycle@gicable.com

www.quadraislandcycle.com



COME ONE, COME ALL TO THE 10TH ANNUAL BROOMPULL

at Rebecca Spit, this Sunday, May 3rd.
between 10 am and noon.

Bring friends and family, spend an hour outdoors working and socialising and feel good doing something worthwhile for your PARK.

We've made a big difference AND it's a work in progress.

Bring your gloves. We'll have some broompullers on hand to deal with tough cases. See you there.

Info: Carol 3157, Mieke 3178, Riki 2640.

Advanced Directive: An Introduction

Monday, May 11, 1-3 pm

Quadra Island Bible Church, Lower Level

An advanced directive is a legal medical document in British Columbia that is a statement of an individual's wishes regarding ongoing medical care should they be in a situation where they are unable to speak for themselves. This is used in circumstances both in hospital and at home to assist health practitioners and family members to make important decisions regarding care of the individual that is consistent with their values and philosophy.

While everyone should have an advanced directive regardless of age, it becomes more important as we enter our senior years.

Join Pat Peterson, Family Nurse Practitioner, and Betty Doak as we attempt to simplify this document. Materials and references provided. Please register with Betty Doak at 285-3590. To help get you started please read the Q+A provided in the link below before attending the workshop. www.tinyurl.com/p47m488

Friday Acoustic Jam

EVERY FRIDAY NIGHT THERE IS AN ACOUSTIC jam with guitars, bass, congas, singing and other acoustic instruments.

Usually it's held after 8pm in Spirit Books, upstairs in the Upper Realm at Q Cove. If it's elsewhere (sometimes they move around), look for a sign on the downstairs door giving directions. Everyone is welcome. Call Pat for more information at 285.2807. Suggested donation is \$5 for rent. First timers get in for free!

Writing Your Advanced Care Directive

Monday, May 25, 1-3 pm

Quadra Island Bible Church, Lower Level

This workshop is intended for those who have attended the introductory session on Advanced Care and have given some thought to what they would like to put into their document. Our goal, a document that is ready for signatures.

Join Betty Doak and Pat Peterson, Family Nurse Practitioner, who can offer some suggestions as to how to get down on paper what is in your head. We will do a brief recap of the advanced care documents, then open the floor to questions and answers related to kinds of care available and your right for refusal. Please give some thought to what is important to you and your health, what kinds of care you would like to receive, as well as why you would want to refuse care and in what circumstances. The document below may be of assistance and we recommend you view it prior to the workshop.

www.tinyurl.com/p47m488

Please call Betty Doak to register at 250-285-3590.

Quadra Children's Centre Garage Sale

THE QUADRA CHILDREN'S CENTRE

Annual Garage Sale is coming up on Saturday, May 9th. We are asking the community for donations. Have you done your spring cleaning? Don't know what to do with that stuff you aren't using anymore? Well, you can deliver your gently used items to our back deck.

Make some space, simplify and support quality early care and learning in our community all at the same time. Please, no clothes, skis, computers or TVs.

For more information call 285.3511.



Life insurance

EXPLAINED

While being diagnosed with a critical illness like cancer, stroke, or heart attack could change your lifestyle, it doesn't need to change your financial plans. Critical illness insurance can help reduce your financial worries so you can focus on recovery. The money can help you:

- manage day-to-day expenses and debt,
- cover expenses related to getting better and
- protect your retirement savings (or your retirement plan).

Protect your future. I can help.



Glen Clark
Tel: 778-346-0441
glen.clark@sunlife.com
www.sunlife.ca/glen.clark
Serving Campbell River,
Quadra & Cortes Island

Sun Life Financial

Life's brighter under the sun

Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc. Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies. © Sun Life Assurance Company of Canada, 2015.

Dr. Anita Komonski, ND, CHt naturopathic physician

Effective Treatments for:

- Digestive Concerns
- Poor Immune Function
- Hormone Imbalance
- Chronic Pain
- Fatigue
- Anxiety & Depression

Addressing the root of illness; Treating the whole person.

Now taking appointments in Quathiaski Cove

250.504.0090

drkomonski.com



Spring is here...

time to schedule an appointment for
tuning up your boat's engine.

**Quadra
Marine Services**

Fast, Reliable, and Reasonable Rates.

Call Frank for an appointment today
and take care of your investment.

250-202-2853

quadramarineservices@gmail.com



New Patients Welcome!



Dr. Joseph Gris
Dr. Paul Elphick

Family Dentistry

Book an
appointment today

We Cater To
Cowards

250-285-3000

G. ROY DAHLNAS EXCAVATING LTD.

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



1402 West Rd.
285-3229



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

Quadra Kids
school age program
For 6 to 11 years

Find us online
quadrachildrencentre.weebly.com

7:30 a.m. to 6:00 p.m.
Monday to Friday

250-285-3511

Please inquire about government subsidies

**WHEN THE GOING
GETS TOUGH**

**THE WISE
ADVISE**

250-285-2234



QUADRA

Quadra Seniors

Our North Island Regional meeting was held on Wed. April 22/15 at the Royal Canadian Legion. Many members came from Fanny Bay, Cumberland and Black Creek also members at large from Union Bay.

Our invited speaker was Jennifer Coburn, President of the provincial board of the B.C. .Old Age Pensioners Organization, who is a very active woman, and is also involved with the National Pensioners. Jennifer Coburn works tirelessly to make seniors lives worthwhile and to make sure they receive all the help that is needed.

Our meeting was with a Western theme with Cowboy hats, boots, scarfs and saddles. The only items missing was herds of cows and horses.

Quadra branch President Nancy Allwarden who chaired the meeting told some wonderful stories and Secretary Heather Adams kept the minutes. After all the reports from the branches were made the Prov.Board President presented a Lifetime membership to Evelyn Bowers from Cumberland. Following we all enjoyed a delicious luncheon made by Kathy McLeod with her crew, Karen Talbot, Elena Mason, Daphne Young, also Legion Auxiliary ladies Trudy & Viann. We enjoyed a wonderful singing group with Judy Hagen, Rhonda & Jim Thieven, Marion Garland, with Murray Garland & Marcy Wolter on guitars who sang western songs from the forties. Our helpers were Lois Norman, Ann Lawrence, Hinda Simkin, Helen & Russell Swanson. Ruth Amiabel organized the donations who were graciously given by businesses- CAMPBELL RIVER-- Quality Foods, General Paints, A&W, Wal Mart, Super Store, Staples, Canadian Tire, White Spot & Dairy Queen. QUADRA ISLAND-- Walcan Seafood Products, People's Drugs, Fermentations, The Lovin Oven, Ilse Tech mechanics, Book Bonanza, On Root Gardening, Gas & Go General Store, Heriot Bay Inn, Amped on Nutrition, Quadra Island Builders, Whiskey Point Lodge, Yellow Dog Trading Co., Jack Mars Bicycles, The Landing Pub, Inspirations, Works of H'art, Café Aroma. Donations were also made by Kathy McLeod & Ruth Amiabel.

A huge thanks to Heather, Nancy, Rod, Marion & Marcy who drove people back & forth to the ferry and the board President to the Airport.

A wonderful time was had by all--Thanks to all who made the day so successful and the new members who came.

At our next meeting in May we will be electing a delegate to be sent to our O.A.P. Convention to Merritt B.C. in June. To join our happy group call Lois Norman @ 3601 or for transportation call Ruth@ 3801.

Free Money Needs Money!

WE ONLY OPERATE DURING THE WINTER months of the year, November through April.

We almost ran out of money this year despite many generous donations. Please keep this eight year long program going by donating to the Free Money account at our local credit union.

With your help, each low income single resident receives ten dollars and each family receives twenty dollars. And Community Lunch, Food Bank, and Free Firewood happen on the same day (except there's no dry wood left as of now).

Buddhist Meditation

BUDDHIST MEDITATION CONTINUES AT 10am every Sunday upstairs in the Upper Realm at Spirit Books in the Quathiaski Cove shopping centre. We meditate for 40 minutes, have refreshments and then read and discuss a book on Loving-Kindness. Everyone is welcome, free or by donation. Call Steve or Danielle for more info at 285.3323.

Insight Meditation

SUNDAYS AT 4PM ON THE SOUTH END.

A 45 minute meditation period will be followed by time for questions, instruction, and guidance and teaching. Led by Buddhist meditation teacher. All are welcome, beginners and experienced practitioners alike. For more info contact Kate at 250.204.9460.

Buddhist Mini Retreat

AN OPPORTUNITY FOR NEW AND

experienced meditators to practise with a group. Saturday, April 18, 10am to 3pm at the Children's Centre, West Road. Contact Don McEachern at 250.285.2193 or dmceach@telus.net.

Who Knew There Were So Many Ways To Cook Oysters

This year marks the 20th anniversary of the Cortes Island Seafood Association (CISA) seafood festival to celebrate our heritage from the sea. The purpose of the festival is to bring together those Cortes Islanders who make their living from the sea with the larger community, to promote a mutual understanding and appreciation of the work, and to celebrate the bounty of the ocean. The CISA is a non-profit society whose mandate is to monitor the water quality of the area surrounding Cortes Island.

The gathering began as The Seafood Festival and was held at Smelt Bay Park for many years. It migrated to the lower lawn beside the Cove restaurant in Squirrel Cove as The Oyster Festival, and then moved to the field beside the Squirrel Cove Store as SEAFEST. In 2014 SEAFEST moved to the lawns of Gorge Harbour Marina Resort to accommodate the increasing number of community members and off-island visitors who are making this a "go to event" to welcome spring and enjoy gourmet seafood. SEAFEST 2015 will again be held at the Gorge Harbour Marina on Saturday May 16 with the help of more than 60 volunteers drawn from seafood workers, our organizational partner for this year: the Cortes WiFi Society, and the community at large. We begin serving at 11:30, and anticipate fixing approximately 600 gourmet lunches on camp stoves and barbecues—quite an organizational and gastronomical feat that is worth your attendance, even if just for the show. The Island teen organization: TeenZene, will be offering the non-sea food and kids menu. The festival is becoming known for the live music, the dessert and craft tables, the spectacular natural setting, and of course, especially, for so many ways to cook oysters.

A free shuttle will meet every ferry arriving at Cortes, supported by Cortes Connection and the Strathcona Regional District. Unlike in years past, you don't need to call for a reservation, just step off the ferry and your ride awaits, or will be right back. Each year we have more vendors and organizations requesting space for their tables. If you want to be a vendor or promote your organization's passion, email Kristen at [HYPERLINK "mailto:usualmagic@gmail.com"](mailto:HYPERLINKmailto:usualmagic@gmail.com) usualmagic@gmail.com or call 250-935-6464. And believe it or not, we could still use a

few more volunteers.

This year we are retiring a popular recipe, to make way for a new way to cook oysters that involves whole wheat tortilla chips. (Really. As a wee crunchy plate.) So try this at a pre-seafood party at home before you become part of the party at SEAFEST!

DEL'S GLAZED OYSTERS

- 1 quart (1L) medium-size fresh Cortes Oysters, shucked and drained
- 1 tsp (4ml) butter *
- 1 Tbsp (15ml) lime marmalade *
- 1 Tbsp (15ml) stone-ground mustard
- 1 tsp (4ml) curry powder

Poach oysters in boiling water for 90 seconds to firm meat, drain. In heavy frying pan, melt butter, lime marmalade, mustard and curry powder. Heat until mixture turns brown. Add oyster meat. Cook 1-2 minutes until oysters begin to glaze. Serve hot.

***Chef's tip:** *The secret to this recipe is not substituting ingredients. Cooking oil is not as good, and you may have to go to Vancouver to find lime marmalade, but it's worth it.*

New to Quadra? The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag. Contact Judy @ 250.285.2150.

LANDTEC INDUSTRIES

Excavating - Blasting - Trucking

250-285-2300



*Experienced
Competitive*

Landtecindustries.com



MACDONALD

ENTERPRISE LTD.

250•285•3906 / 250•203•3906

Excavating • Trucking

Sand & Gravel

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**



Quadrate Ventures Ltd.

Building Contractors

Your Complete Home Building Specialists:

from concrete to cabinets

- Project Management
- Commercial & Residential Buildings
- Renovations
- Custom Homes & Additions
- Qualified Journeyman Carpenters

High Performance Wall Systems

Certified Installers 

Building a better Quadra Island

285-3583

quadrate@gicable.com

Fax 285-3573

HEAT PUMP SPECIALIST

Commercial & Residential

Plumbing, Heating & Gas Fitting

- Installations, Repairs & Renovations
- Boilers & Hot Water Heating
- Furnaces & Heat Pumps
- Solar & On-Demand Water Heaters
- Wood Stove Installations



Call or Email Brent

250-202-1150

brent@r4mechanical.com

Licensed-Bonded-Insured

www.r4mechanical.com

Parkinson's Support Group

IF YOU HAVE PARKINSON'S OR ARE supporting someone who has Parkinson's, you're welcome to join our small mutual support group meetings. Often we have a guest speaker and we also discuss helpful ways of dealing with Parkinson's.

We meet on the third Tuesday of each month in the downstairs small seminar room at the Quadra Community Centre at 10am. The next meeting is Tuesday, April 21.

For more information, call Marjorie Luce Haddon at 285.2280 or Steve Moore at 285.3323.

BC COAST PLAN

First Nations and Province complete marine plans

VICTORIA – Marine management took a significant step forward today, with the completion of plans under the Marine Planning Partnership (MaPP) for the North Pacific Coast; a co-led partnership between the Province of B.C. and 18 coastal Nations.

The MaPP plans provide recommendations for key areas of marine management, including uses, activities and protection and will inform decisions regarding the sustainable economic development and stewardship of the coastal marine environment in the plan areas, which extend from Haida Gwaii to Campbell River on Vancouver Island.

The marine plans do not address management of uses and activities that the Province considers to be federal government jurisdiction. Issues requiring federal government involvement would be subject to consultations with the federal government. MaPP is comprised of four separate but complementary sub-regional marine plans - Central Coast, Haida Gwaii, North Coast, and North Vancouver Island - that were developed collaboratively by all partners and were shaped by robust stakeholder advisory processes and engagement with coastal residents and other members of the public. This included public town hall meetings, extensive consultation with stakeholders from a variety of marine sectors, and guidance from members of the marine science and technical communities.

The result is a set of innovative marine plans that will advance human wellbeing, economic opportunities and ocean conservation in a region boasting globally significant ecosystems. The MaPP marine plans include:

Management objectives and strategies that support positive change and reinforce our approach to decision-making, stewardship, economic development and healthy coastal communities.

Spatial zoning that identifies marine areas for special uses, protection and general use.

Plan implementation, monitoring and amendment information which describes how we will move forward with the plans and how changes can be made.

The Province and First Nations have been conducting resource planning in this area for many years, and extending this collaborative relationship to marine and coastal areas will improve consistency in the approach to resource management for the entire region. The partners are now focused on drafting implementation agreements for future action.

MAY DAY & REC STUFF

May Day, May Day

MAY DAY is quickly approaching and Quadra Community Centre is looking for someone to organize the May Day concession, one of our biggest fundraisers of the year. Call 285-3243 or email us at info@quadrarec.bc.ca if you're interested. And don't forget to get your *super-califragilistic-expialidocious* May Day theme idea into one of our colourful suggestion boxes at Tru Value, Quadra Elementary or Quadra Community Centre.

Creative Dance for Kids

Does your child love to dance? Creative Dance for Kids with Kate starts at Quadra Community Centre May 7- May 28, AGES 4-10. She is also offering Adult Dance Classes and Parent and Tot Yoga. Call 285-3243 or email us at info@quadrarec.bc.ca for more info.

Tennis Lessons

Now that spring is here, Michael Mascall will be offering a series of tennis lessons for adults May 11-15 (weather dependent). There will be two sessions, one for beginners (4:00 to 5:00 pm) and one for intermediate (5:00 - 6:00 pm) players or those with previous tennis experience, wishing to remove the rust. The lessons will cover the forehand, backhand, serve, volley, game strategy and working together in doubles. If the weather poses a problem, some lessons will spill over into the following week. The price is \$50 per person. For more information please call Michael Mascall 202-1968. To register, please call Quadra Community 285-3243.

The May Queen at Quadra May Day

The May Queen's speech welcoming everyone to May Day is one of the highlights of the opening ceremony. Without exception, these young women have confidently delivered lively, heart-felt reminiscences and often, humorous anecdotes about growing up on Quadra and participating in May Day events. Many former May Queens have reflected that this empowering experience helped them develop the confidence to take on leadership roles in their teen years.

All girls of Grade Six age, are invited to prepare a speech that they would present if selected as May Queen. They present their speeches to a panel of former May Queen's, often from Grade 7 to university. The panel evaluates the speeches using detailed criteria that focus on content and presentation. An independent group tallies the marks and the best speaker and speech are chosen for May Queen. The next two girls are chosen to accompany the Queen. The girls invite a friend each to escort them. This group of friends will be responsible for helping to decorate the stage, ride in the parade and participate in the opening ceremonies.

On Monday, May 4 at 7 pm at the Community Centre there will be an information meeting for girls who are interested in becoming this year's May Queen. Please bring a parent! On Monday, May 11 at 7pm at the Community Centre, the girls will deliver their speeches and the May Queen will be selected.



Like the DI on FaceBook

CLIMBERS' CORNER

Rock Climbing 101

ISLAND ALPINE GUIDES ARE

OFFERING

an Intro to Rock Climbing course on Quadra the weekend of May 9th and 10th – a perfect opportunity to experience this outdoor sport in a fun and safe environment.

There are a few spaces still available!

- Day One: Movement skills on rock, belaying, rappelling, simple anchor building.
- Day Two: Complex anchors, removable protection, advanced movement skills.

On completion of this course you'll feel comfortable going top-rope climbing on your own safely and with a built-in orientation to the best places to climb on Quadra.

Cost: \$295 per person. Includes professional certified instruction, use of rock shoes, harness, helmet and group technical gear.

For more information and to book online go to: www.islandalpineguides.com/trips/110

Questions? Call us 250.400.2870 or email info@islandalpineguides.com

SOCIAL CLIMBING SESSIONS

INTERESTED IN MEETING

LOCAL CLIMBERS OR PERHAPS

YOUR CURIOUS ABOUT THE

SPORT?

Starting May 3rd Quadra Climbers will be meeting for regular social climbing sessions twice a week daytime on Sundays and Tuesday evenings.

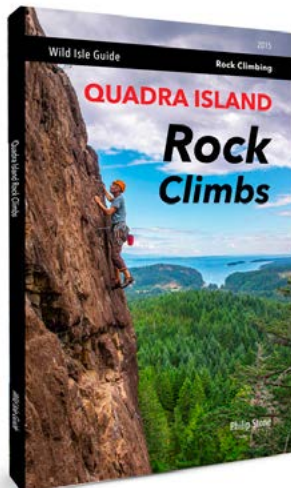
The idea for the Sunday meet-ups is to connect with climbing partners, maybe find out some information and get oriented at the crags but basically for everyone to do their own thing. Meet at the Chinese Mountains trailhead parking lot at 10:30 am.

For Tuesdays there will be a opportunity to learn some skills on the first and third Tuesdays of the month - other weeks the format will be the same as Sundays. Meet at the Chinese Mountains trailhead parking lot at 6:30 pm. All ages welcome (under 19 accompanied by a parent).

To find out more information and to make prior connections, carpool etc join Quadra Climbers on FaceBook:

www.facebook.com/groups/quadraclimbers

New 2015 Rock Climbing Guidebook Now Available



There are now over 100 developed rock climbing routes on Quadra! Word is spreading in the wider Vancouver Island climbing community about the high quality climbing here on our island.

A new edition of the Quadra Island Rock Climbs guidebook is now available with details on how to find the crags and descriptions and grades for all the climbs.

The book is \$14.95 with proceeds going toward further route development and is available at Book Bonanza or at the DI office 701 Cape Mudge Rd.

Campbell River's Home Grown Health Food Store

LEVEL GROUND

Cane Sugar

Organic

\$2.99 500g
\$10.99 2kg



Cacao Nibs
\$5.29 200g



HARD BITE

Potato Chips

\$2.49 150g



TREE ISLAND

Greek Yogurt

\$4.49 325g



lemon, chai latte, coconut lime, orange blossom cardamom, natural

Discover more savings in-store

HEALTHYWAY Natural Foods

www.healthywaynaturalfoods.com

Prices in effect until May 14 or while quantities last

QISES Review and Update

At Quadra Island Salmon Enhancement Society's recent AGM, we had the opportunity to reflect on the 2014 events and accomplishments of our dedicated board members and volunteers.

A good deal of our board meeting time was spent discussing the future of the counting fence at the outlet of Village Bay Lakes. The present system is very labour intensive during adult salmon migration, with twice daily visits by committed individuals, particularly Larry Hafemeister and Lauren Miller.

There are also safety issues since the fence must be accessed by boat during all kinds of weather in October and November. We are looking at options for a land line powered camera system in this remote location.

Since any viable options we have found so far are very expensive, we are proceeding cautiously. We continue our research and discussion around this issue in 2015.

Good rapport was maintained with relevant agencies regarding issues of mutual interest. We continue to review and comment on any TimberWest blocks that may have stream issues. At our request, Emcon promptly cleans the large woody debris blockages at the Hyacinthe Bay Road culverts. We met with Tom Rutherford from DFO, and other like-minded groups, to discuss the ongoing problem of the absence of a permanent DFO Community Advisor, despite a series of excellent temporary ones. The CA assists groups such as ours in the implementation of habitat enhancement projects.

The EcoCentre was open during July and August last summer with the help of HRDC funding. Cole Houlihan staffed the centre, with 155 visitors stopping in. We have received 2015 funding for another student interpreter; therefore, the EcoCentre will likely be open this summer pending the successful application of an enthusiastic and outgoing student who has an interest in salmon and watershed ecology. The annual release of coho fry from the pond at the EcoCenter took place

as usual in late spring, and 500 new coho fry from the Quinsam Hatchery were added to the pond, thanks to Leah Carlson at DFO. Doug Richardson, Larry Hafemeister and other volunteers kindly made upgrades and repairs to the EcoCenter building. After books and files were moved from the old office to the EcoCentre building, they were sorted and organized for future display.

As usual, the drought-proofing program on Hyacinthe Creek was active, and proved invaluable by using stored water in Mud Lake, Reed Lake and the lower wetland on Walcan Road to maintain adequate flow during the summer for both coho fry and trout. The large volume of water stored at the site #3 (lower) wetland, due to beaver activity, was used to our advantage during a very dry summer. We inserted a 4" pipe into the dam and were able to siphon water downstream at an even flow, without disturbing the beaver.

The Village Bay Lakes watershed feeder streams survey continued in 2014, with encouraging results. We hope to explore more streams, and carry out more fry trapping in 2015, using standardized field, mapping and recording protocol. Habitat enhancement work continued on Luoma Creek, headed by Frank Gleeson. A-frames built in 2013 on Luoma Creek had been damaged by high stream flows that winter. Last summer, these were repaired and a large log jam was cleared. Earlier in the year, trees provided by DFO were planted at the outlet of Luoma Creek to provide shade for salmon. Meanwhile,

the Granite Bay group of keen volunteers was busy carrying out invertebrate surveys, water quality studies and juvenile sampling on Granite Creek.

Many volunteers were out on the streams weekly in October and November counting salmon returns in Granite, Drew, Village Bay, Open Bay and part of Hyacinthe Creeks. Chum and coho returns remained good for another year. And surprisingly, approximately 200 pink salmon showed up in McKercher Creek. The counting fence at Village Bay Lakes was operational, with volunteers counting and releasing coho and chum into the lake system.

It's easy to overlook how much this group of volunteers accomplished in a year, but total volunteer time given to the society was 875 recorded hours, with likely many more unrecorded. I'd like to thank our volunteers, and particularly the board of directors, who gave many hours of their time attending meetings and stepping up when work needed to be done.

Last fall we were able to carry out a membership drive, thanks to the efforts of Eileen Sowerby. If you haven't already done so, please consider becoming a member to support QISES' efforts. Individual memberships (\$10) and family memberships (\$15) can be mailed to Box 413 Quathiaski Cove, or phone Eileen at 285-2434. You can find out more about the Society by visiting our website at quadralsalmon.ca.

Janis McLean

Bill Bradshaw Quadra Real Estate

PERSONAL REAL ESTATE CORPORATION

NEW LISTING: WATERFRONT HOME WITH RENTAL CABIN ON HERIOT BAY: \$599,000

• 135 ft walk-on waterfront and private beach • 1818 sq ft home recently renovated with nice wood finishes throughout • Open floor plan kitchen / dining / living room with large windows and great ocean views • Path leads to Buttercup Beach House, successful vacation rental since 2007 • Located a short drive from all services in Heriot Bay



Your Island Realtor®
billbradshaw@royallepage.ca
www.quadrarealestate.ca

250-285-3293



Cortes Radio

89.5 fm

Dancestreams comes to Quadra & Campbell River

Dancestreams, Vancouver Island's longest established youth dance company, is coming to Campbell River for one show only on Sunday May 3rd at the Tidemark Theatre.

Dancers in the Company are chosen annually by audition, and for thirty years, they have been coming together for six hours every Sunday from September to May, in addition to their regular home studio training. They come from a variety of communities and studios in order to learn together in a non-competitive, professional atmosphere. The sacrifice of time and energy is welcomed by these dedicated and enthusiastic dancers, in order to work with some of Canada's top professional choreographers and guest teachers.

Dancestreams has been honoured to work with such luminaries as Wen-Wei Wang, Joe Laughlin, Serge Bennathan, Bengt Jorgen, Judith Marcuse and many more. This season, the dancers have been privileged to work with former Dancestreams alumnus and now internationally acclaimed choreographer Alys Pires from Toronto.

The piece, to the music of Sinatra, is exquisite in its detail and perfectly embodies the emotional commitment of the melodies.

Dancestreams Asst. Director Julia Carr, co-director of the Vancouver-based Body Narratives Collective, reflected on her Australian multi-

disciplinary arts journey to create "from little things...". Julia was one of only 20 international artists (three Canadian) to take part in the TIME_PLACE_SPACE: NOMAD project in the Australian outback in the fall of 2014. It was where she first learned the story of Vincent Lingiari and the history of the Australian Land Rights Movement.

In March, the Dancestreams Company travelled to Los Angeles, where over a period of eight days they worked with LA choreographer Benita Bike, and visited professional training programs & companies to take classes in a variety of disciplines. Benita's piece "Bloomers" is lively and fun; sure to be a crowd pleaser! Raven Spirit Dance Company's Artistic Director Michelle Olson arrived in April to create her new work. Raven Spirit's mandate is to create, develop and produce exceptional contemporary dance that is rooted in traditional and

contemporary Aboriginal worldview. In the piece, Michelle looks at how technology can overpower our ability to be with nature, and how when it is removed, the stress of everyday life drops

away, leaving us in sync with our environment.

The program is rounded out with a piece created last season by Lisa Gelley Martin- co-director of the 605 Collective from Vancouver. The Company is looking forward to next season, when among others, the group will work with Tara

Cheyenne Friedenber and Serge Bennathan!

Dancestreams is delighted to welcome guest artists for our Tidemark Theatre production! Joining the Company will be dancers from Urban Dance Connection Classical Division as well as musicians from the "String Beans" ensemble.

Show starts 3 pm, tickets (\$15 plus applicable fees) are available through the Tidemark

Box Office (250) 287-PINK / tickets@tidemarktheatre.com.

This show is made possible due to the generosity of the Province of British Columbia, the BC Arts Council. Students at Quadra Island Elementary School will have a special treat on Friday May 1st, as Dancestreams visits their school to present a short selection of their repertoire! For more information about Dancestreams: www.dancestreams.ca



stay safe.

KEEP YOUR WARRANTY INTACT.

Make an appointment today for your scheduled maintenance — 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

FIRESMART – BECOMING AN OFFICIAL FIRESMART COMMUNITY

So far, there have been two Discovery Islander articles regarding the FireSmart program.

Article one (DI 596) described the impacts to homes and community caused by a catastrophic wildfire event. Article two (DI 597) provided a small sample of direct preventative actions individuals can take to protect their homes but focused primarily on ignition zone one, the first 10 meters immediately surrounding your home.

As there are three FireSmart ignition zones to consider and since zones two and three often involve common space associated with neighbours, article three outlines the groundwork necessary to fulfil and certify a FireSmart Community Program.

Community wildfire protection and mitigation is a long-term commitment. Becoming a FireSmart Community takes time and coordination with neighbours as well as other community resources.

Getting started is actually quite straightforward.

Making Contact – Quadra has been divided into geographical zones and neighbourhood associations through the Quadra Emergency Services System. Each association would select one person as a FireSmart Community Champion or CC. The CC simply makes contact with FireSmart Canada by phoning 780-435-7338 or by completing an online request for contact form at the FireSmart Canada website, www.firesmartcanada.ca. Based on this request, the LFR - Local FireSmart Representative will make contact.

Site Visit - A coordinated site visit will be conducted where the LFR will tour the area and assess all potential wildfire hazards. This is typically done with the Community

Champion in attendance so any access issues can be streamlined.

Community Representation – While the survey and evaluation process is underway, the designated Community Champion will be involved in recruiting others from the neighbourhood to create a FireSmart Community Board who's responsibilities would include:

- make all decisions as it relates to the development and implementation of the program
- create a FireSmart Community Plan tailored specifically to their neighbourhood needs
- initiate any direct actions based on the wildfire hazard assessment as completed by the LFR.

Assessment and Evaluation – Once the LFR has completed the assessment, a meeting is scheduled with the newly formed FireSmart Community Board and the findings are presented. Certain mitigation recommendations will likely be included in the report and it is the Board that will review and choose to accept any or all of the actionable recommendations. If accepted, the process continues; if not, the Board is terminated.

Creating a Plan – It is the FireSmart Board which will develop an action plan creating area specific solutions based on the LFR assessment report. The LFR may assist and guide but is not directly responsible for the plan. Once the final plan has been completed, the board will present the plan for approval to the FireSmart Liaison. With Liaison approval, elements may then be eligible to seek project implementation funding.

Implementation – The FireSmart Community Board is responsible for

scheduling mitigation activities or events and maintaining program integrity into the future. The events are typically work bees where groups of individuals participate in limbing, tree thinning or brush clearing within community common areas but may involve a much larger scope of activities.

Recognition – With the successful completion of one or more work events, the neighbourhood is now eligible to apply for FireSmart Community Status. The LFR may assist the Board in the evaluation and documentation process to achieve official recognition status. The neighbourhood will be provided official signage recognizing it as a FireSmart Community. Quite frankly, the results of the program are quite often very self evident....no signage needed.

Although this seems a formal process, it is less complicated than it may seem. The end result will be a neighbourhood much safer from the ravages of wildfire.

For more information, please visit www.firesmartcanada.ca.

There will be a **FireSmart presentation at the HBI on April 29th** as part of the U of Q program and again during the **ESS Fair at the Quadra Community Center May 3rd**.

Mike Gall – Quadra Island Fire Department

...the groundwork necessary to fulfil and certify a FireSmart Community Program.

For more details, please go to www.firesmart.ca

Renueable Resources School Fundraising Coupon

School Name: Quadra Elementary PAC (SD 72) 10% of proceeds paid

Customer's Name: _____ to the school

Address: _____

Phone Number: _____

Personal Information not req.

10% of bulk orders at Renewable Resources will be donated to Quadra Elementary.

This is an ongoing fundraiser which means there is no time limit, just have to bring in this coupon when you pick up or pay for your order.

Here is the link to the website with the fundraiser details. www.renuable.com/school-fundraising-opportunity
For a list of products www.renuable.com

The 2015 Beach Clean-up: A Warm Thanks to All

Our 18th Annual Beach Clean-up was another marvellous success. Once again, hosts Sierra Quadra and Discovery Passage Aquarium extend thanks to the many Islanders who scoured our beaches for unwanted detritus — mostly plastics — and did a super job of bagging it, bringing it to the designated collections points so it could be loaded on pickup trucks and then transferred to the larger vehicles for disposal.

Styrofoam and tires were abundant again this year, as was miscellaneous material from the shellfish industry. In all, we managed to rid our beaches of seven truckload equivalents of garbage, including the remnants of at least two wrecked boats and a sailboard. Sierra Quadra congratulates all those who contributed to the clean-up, with thanks to Deb Cowper for the Discovery Passage Aquarium educational table and the musical entertainment provided by Kris Wellstein, Hannah Lewandowski and Smokey Dymny. This Earth Day event has become a symbol of our caring for our beautiful island home, and a measure of the accomplishment possible when we work together as a community.

Over the years, this community event has continued to be supported with energy and enthusiasm. For our 18th annual event, we offer special thanks to the many people and many businesses who made this event possible. Beyond the many Islanders who provided pickup trucks, we want to acknowledge the owners of the large trucks who committed their big machines to the task: G. Roy Dahlnas Excavating, Sorensen-MacDonald Enterprises Ltd (two trucks), Landtec Industries (Nick Richardson), On Track Excavating (Chris Phillips) and Doug Peters with a truck for a last minute rescue to remove a large load of styrofoam that was barged from Village Bay to the Heriot Bay wharf. Waste Management supplied a very useful large dumpster. All this equipment was crucial to the project's success.

We must also thank BC Ferries for providing free passage for all the trucks taking the garbage to the landfill site in Campbell River, to the Strathcona Regional District for free tipping at the dump (in collaboration with the Manager of Solid Waste for the Comox Valley Regional District). And we wish to thank BC Parks for its co-operation and to Susan Brereton at Rebecca Spit for her assistance. Free garbage bags and a gift certificate were provided as a special contribution from Thrifty Foods. The Discovery Islander gave a helpful profile to the event as did The Bird's Eye, The Gumboot and Robyn Budd's colourful posters.

Delicious soups came from Kameleon Food and Drink, Gowlland Harbour Resort, Heriot Bay Inn and Tsa-Kwa-Luten. Coffee and urns from Cafe Aroma. And the invaluable Spirit Points from Tru Value Foods (Heriot Bay and Q Cove) provided additional food. Intense Rentals (Jim Thievin) provided the tents that housed food central, while Coastal Community Credit Union provided the musicians' tent.

Food and refreshments are a highlight of the Beach Clean-up event because they provide an opportunity to meet, visit, relax and indulge. So thanks to the many generous bakers of cakes and cookies, to the makers of sandwiches and wraps, and all those who staffed the food booth.

But our most special thanks to all Quadra Islanders who wrestled styrofoam and tires over driftwood, and who collected and bagged the unwanted beach garbage. Without your many hours of work, the Beach Clean-up would not have been a success. You have all made Quadra Island a healthier and more beautiful place to live.

— Ray Grigg

Postscript: A Shout-out to Queen Plastica & St John!

Whaaat? Who? Okay, you asked!

This year two islanders in particular got behind the Beach Clean-up in new and stylin' ways. Let's start with Queen Plastica, Discovery Passage Aquarium's best kept secret.

Bedecked in layers of pink and garbage — and a huge map showing the gyres of plastic awash in our oceans — Deb Cowper's royal alter ego took Quadra Elementary by storm. As the students learned, this icky Queen of Global Garbage despises Earth Day and promotes plastics in the ocean — and those floating islands of trash are her favourite holiday destinations! The students cheered on Rowan Gruger-Cowper as QP's slave 'Garbage' (who threw in recycling tips when the Queen's back was turned), and booed and hissed Queen Plastica off the stage. Then the whole school set off to the Q Cove beach and filled bag after bag of beach garbage for April 26th.

Meanwhile, just a little south, action of another variety was unfolding. Enter John Barclay and his fleet of volunteers who set their

sights on the beach at Tsa-Kwa-Luten Resort. As he describes it, "Three teenagers and a couple of old fogies stuffed about 75 plastic bags with 12 cubic yards of foam, plastic and tires for three hours on the beach in the sunshine on April 19th — and the pressure was on to move the bags off the beach! Then on Saturday April 25th twenty seven volunteers hauled the bags off the beach, again in the sun. After two hours, four loaded pickups headed out to meet the big trucks at the Spit on Sunday the 26th."

And so it went: another stellar all-island Beach Clean-up event. Thank you, thank you all. (For pictures please visit www.thegumboot.ca)

— Robyn Budd



Reduced



.99 of an acre in the Cove. Drilled well and an additional dwelling that needs some TLC. Main home is a two bedroom rancher boasting a vaulted ceiling with stunning beams in the living room. Recent updates include new deck and bathroom. Yard fenced for your furry friends and detached workshop! Put your sweat equity to work in this sweet property located a block from the school. Call today to arrange a personal tour. **REDUCED TO \$249,500!**

Successfully selling real estate on Quadra Island since 1995

Heidi Ridgway

Your Resident Quadra Island Realtor®

ROYAL LEPAGE
Advance Realty

250-285-2217 tel
250 202-2217 cell

Heidi@QuadraIslandRealEstate.com



www.QuadraIslandRealEstate.com

Reinhardt-inspired Gypsy Jazz Quartet at the Heriot Bay Inn

Some music can seemingly transport you through time and space; the Gonzalo Bergara Quartet creates such music. Their modern variant of Django Reinhardt-inspired gypsy jazz has density and gravity.

Composer and lead guitarist Gonzalo Bergara mixes a cascade of arpeggios with the sounds of Paris and his native Argentina. His first CD, *Porteña Soledad*, was Editor's Pick in *Guitar Player Magazine*, and *Vintage Guitar Magazine* called it a "masterpiece."



The all-acoustic Gonzalo Bergara Quartet on tour fresh from LA is appearing for one night only Saturday May 9 in Herons. The two course dinner show is sure to be jazzy: reserve your seats by calling the Inn 250.285.3322. Dinner and show \$54; limited show-only seats available for \$34.

"Gonzalo Bergara's music exists in a way that very little music does. He has lavished such care on every phrase, built each arrangement with such lapidary precision and pared away anything extraneous, the music becomes sculpture."

Molluscs 101: Explore the Mystery of the Shell

Campbell River intertidalling on a low tide is a pretty fun activity. Take it up a notch with an "intermediate" intertidalling experiences focused on Marine Molluscs. Does saying "polyplacophora" makes you smile? Then this is the trip for you. On Thursday, May 7th, from 1–3pm, the Museum at Campbell River is organizing an Intertidal Walk with NIC biology instructor Sandra Milligan. This will be the first of 3 Mollusc Walks to explore in depth the marien life found along our intertidal shores.

Meet at the parking lot on Highway 19A at Larwood Rd. To register, call the Campbell River Museum at 250-287-3103. The cost is \$30.00 per family of four, or \$15.00 for adults and \$7.50 for kids. Email Sandra.Milligan@nic.bc.ca with any questions.

Strathcona Regional District Community Health Network gains momentum

At its April 23 meeting, the Strathcona Regional District Board appointed three of its members to a Community Health Network Reference Group that will help propel the development of a regional Community Health Network. Directors Noba Anderson (Area B - Cortes Island), Ron Kerr (City of Campbell River), and Jude Schooner (Village of Tahsis), along with Chief Administrative Officer Russ Hotsenpiller, will work with representatives from Island Health and other organizations over the next 6 months to advance this initiative.

"Participation in a Community Health Network was identified as a strategic priority for the Board earlier this year, and we are very excited to get to work on it," said John MacDonald, acting Board Chair. "The Board is enthusiastic about this project, as it is an opportunity for us to work collaboratively with Island Health, community partners and each other to improve the health and well being of communities within this region."

The appointments were made following a presentation by representatives from Island Health proposing next steps to mobilize a Community Health Network in the Strathcona Regional District. Presenters recommended a reference group be established to support the project in its early stages.

Community Health Networks are mechanisms for citizens working and living in the regional district to come together and speak with a collective voice and share ideas and resources to build healthier communities. The network aims to improve health and well being and focus on the social determinants of health.

Issues identified within the regional district that could be addressed by the Community Health Network include homelessness, affordable housing and transportation, access to services, employment opportunities, social support networks and education.

The Strathcona Regional District is a partnership of four electoral areas and five municipalities providing approximately 43,000 residents with 55 services including parks, liquid and solid waste systems, fire protection, emergency preparedness programs and a full-service sports facility.

Changes and improvements underway for Campbell River roads and routes

Upgrades to Campbell River's roads and routes are underway for 2015, with a number of traffic control changes as well as several pedestrian crossings and sidewalk improvements in the works.

This spring, the intersection of Shoppers Row and 13th Ave will be changed from a two-way stop to a four-way stop to improve traffic flow at crossing or entering on Shoppers Row from the Tyee Plaza.

"Creating a four-way stop here will also assist with the numerous pedestrian crossings at this location, and provide vehicles with more crossing opportunities," says the City's transportation manager Drew Hadfield. City staff have also worked with Island Health, ICBC and the RCMP to improve traffic and pedestrian safety in the area surrounding the hospital construction site.

Signs are already up indicating the new speed limit on 2nd Ave from west of Alder St. to east of Dogwood St., reduced from 50 km/h to 30 km/h 24 hours a day.

To address parking congestion, the City has installed signs and is enforcing two-hour parking (from 8 a.m. until 6 p.m.) along both sides of 2nd Ave. and Birch St. near the hospital.

"We appreciate that Island Health anticipated the need for more parking due to construction and that they have established longer term parking to the west of their property, with a shuttle service available," Hadfield says. For 2015, pedestrian crossings that will be enhanced with solar-powered pedestrian flashers include Dogwood and 12th Ave., Dogwood and Drake (in partnership with the Campbell River Indian Band) and Hwy 19A and Barlow.

"We are also working with ICBC to review the intersection at Petersen and Cheviot as well as at 9th Ave. and Greenwood as this is a truck route, at the crest of a hill and a regular pedestrian crossing," Hadfield adds. ICBC offers annual funding for community road safety improvements, and the City of Campbell River received \$20,000 for sidewalk infill in 2014.

"The City receives a number of requests each year to review specific locations for traffic control and pedestrian crossings, and we regularly update traffic counts and review options for priority locations. With driver and pedestrian cooperation, these changes should help improve safety," Hadfield sums up.

Colorectal Cancer: Early Detection Saves Lives

As the name suggests, colorectal cancer develops in the large intestine. Globally, colorectal cancer (CRC) is the third most common cancer diagnosed in males, the second in females. There are higher rates of CRC in North America, Australia, New Zealand and Europe. The lowest rates occur in Africa and South Central Asia.

In Canada, new cases and mortality have been dropping since the mid-1980's. However, in 2014, 1 in 13 men, and 1 in 16 women were diagnosed. This amounts to 24,400 new cases per year. This represents 14% of all new cancers for men, 12% for women. The relative survival ratio is 68% for those diagnosed between the ages of 15-69. The incidence of CRC is highest in Newfoundland and Labrador, lowest in British Columbia.

The incidence of CRC is linked to those in lower socioeconomic groups. It is also associated with unhealthy behaviours such as smoking, inactivity, and obesity. Genetics can play a role in susceptibility. There are familial genetic disorders that are associated with CRC such as familial adenomatous polyps and Lynch syndrome. Male gender infers a 25% greater risk. Age also infers greater risk. The average lifetime risk of developing CRC is 5%, but 90% of these are diagnosed over the age of fifty. Risk also doubles if a first-degree relative is diagnosed with CRC.

Medical issues that can predispose one to CRC include individuals with inflammatory bowel disease (ulcerative colitis or Crohn's), adult survivors of childhood malignancies who have had abdominal radiation, those who have had radiation to the prostate, renal transplant patients, those with diabetes, previous cholecystectomy and those on androgen deprivation therapy.

There are some things that seem to protect us from CRC. Regular physical activity and a diet high in fruits and vegetables are two such things. Regular aspirin or non-steroidal anti-inflammatory use and hormone therapy also seem to infer benefit though both require individual discussion of risk versus benefit due to other side effects from these medications. CRC is usually diagnosed in one of three ways. Often asymptomatic, bleeding can be an indication of CRC through routine testing of stool or a complete blood count. Individuals can also have symptoms such as stool changes (change in frequency or size), abdominal pain, visible blood in stool or bowel obstruction. Of those with bowel habit changes, CRC is commonly from the left side of the bowel. Those with visible blood in their stool are more likely to have rectal cancers. Those with occult bleeding (not visible) are more likely to have caecal and ascending colon cancers. Diagnosis of CRC can begin with either a fecal immunochemical test (FIT) or a colonoscopy. For asymptomatic individuals and for screening purposes, FIT testing (which looks for microscopic blood in stool) is both easy to do and economical. A positive FIT test or a symptomatic individual warrants a colonoscopy, which is considered the gold standard for diagnosis. A colonoscopy is the insertion of a hollow tube with a camera into the bowels for direct visualization. Biopsies can be taken and/or polyps removed at the same time. There are different kinds of polyps that can be identified during a colonoscopy. The two most common are adenomatous and hyperplastic. Adenomatous polyps are benign polyps that can develop into cancer over time. They are generally removed and graded according to their risk of turning cancerous. This in turn often dictates timing and method of follow up. Hyperplastic polyps have no potential to turn cancerous. CT colonography can also be utilized in certain circumstances

but it lacks the direct visualization that colonoscopy provides.

Treatment of CRC usually involves surgery to remove bowel, chemotherapy, and/or radiation. Treatment regimes are individualized according to the type of CRC diagnosed, situation in the bowel and degree of advancement. Regardless of the type of CRC diagnosed, all individuals with CRC are monitored closely following treatment, either through ultrasound, CT imagery or colonoscopy. CRC recurs most often within the first five years.

Prevention is key to good outcomes. The five year survival rate for CRC at the early stages is 90%. This drops to 70% when found at the regional stage and 12% for those with other organ involvement. 1 in 5 patients with CRC still present with metastatic disease: this is why screening is so important. BC has just unfolded its new provincial program for CRC screening. This means one central organization looks after test results and prioritizes those with the highest need for colonoscopy as soon as possible.

90% of the new cases of CRC along with 95% of deaths occur in people 50 years of age or older. The median age at diagnosis is 69 years old. All health practitioners start screening asymptomatic individuals with no family history of colon cancer at age 50, usually with the FIT test. If negative, it is repeated in two years time. If an individual is symptomatic or there is a family history of CRC initial screening may involve colonoscopy. Those with a family history of a first degree relative with CRC should begin screening 10 years earlier than the relatives' age at time of diagnosis. All individuals screened with a colonoscopy do not generally need FIT testing following: a repeat colonoscopy is timed according to the surgeon who does the colonoscopy as well as the results.

Individuals with high risk polyps have repeat colonoscopies at an earlier date than those without risk.

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.discoveryislandschamber.ca
D.I.C.C. Box 790, Quathiaski Cove, BC V0P 1N0
eMail chamber@discoveryislands.ca

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

AT THE HBI

Belly laughs and good times on **Saturday May 2: Roman Danylo**, a top **Canadian comedian and his team: Denise Jones and Michael Teigen** will entertain you with a night of improv at the Heriot Bay Inn. Career highlights are his CTV series Comedy Inc and many appearances on Just for Laughs and CBC's 'The Debaters' to name only a few. Fast paced and completely spontaneous, **THE IMPROVISERS** break all the rules of traditional comedy shows. Two course dinner show in Herons. 6 pm seating. \$79.00. Show only \$59.00. Reserve 285-3322.

Sunday, May 3 Philippine Connection presentation with Carol and Michael Foort and Steve and Dannielle Moore on their trip to the Philippines; the project, the sponsored school children and daycare's that along with others so many QI people support. Come and listen to the past triumphs and future plans. We make a difference. 7:00pm. Complimentary coffee and tea.

Very cool gypsy jazz **Saturday, May 9: The Gonzalo Bergara Quartet** plays a modern variant of 1930's Django Reinhardt-inspired gypsy jazz. Composer and lead guitarist Gonzalo Bergara mixes a cascade of arpeggios with the sounds of Paris and his native Argentina. His first CD, *Porteña Soledad*, was Editor's Pick in Guitar Player Magazine, and Vintage Guitar Magazine called it a "masterpiece." Two course dinner and show in Herons \$54; show-only seats \$34. Reserve 285-3322.

Mom's the word in Herons Dining Room. **Sunday, May 10** Celebrate over a special Mothers Day Brunch from 8am to 2pm. Reservations: 285-3322

Jim Byrnes Sunday, May 31: His evocative, smoky vocals are found in a truth that doesn't come overnight. Over the years, Jim has had the great good fortune to appear with a virtual who's who of the blues. From Muddy Waters and John Lee Hooker to Taj Mahal and Robert Cray, he has been on the blues highway for 45 years. Show and two course dinner 59.00. Limited show only 39.00. Herons Dining Room. 5 pm seating. Reserve: 285-3322.

UofQ every Wednesday: May 6; **Understanding light for better photos** with Don Mottershead. 7:00pm. HBI Pub education.

Friday Night Bands: May 8: Blue Kats; vintage rock at it's best... **May 15: Go Dog Go;** Beach Blanket Time Machine! 9:00pm. HBI Pub. n\c.

Saturdays are open mic. Every Saturday brings a new show with our amazing talent and audiences alike. Join in the fun. 9 pm. HBI Pub.

OUTDOOR CLUB

Quadra Island Outdoor Club Upcoming Events

The initial summer schedule is now available on the web at:

<http://qioutdoorclub.org/trips/trip-schedule/schedule-summer-2015/>

As we have more information about specific trips it will be added to the schedule and to the trip details. The schedule currently includes a kayak/camping trip from Carrington Bay in June, a hiking/camping trip from the Ralph River campground in August, and camping/hiking/biking on Hornby Island in September. There will be lots of shorter hikes and paddles in between these trips.

Recently, the weather has presented some challenges for scheduling. In the meantime, here are the **upcoming trips**:

5 May, Tuesday - kayak in Gowlland Harbour

13 May, Wednesday - hike to Nole's Pizza Peak

3 June, Wednesday - kayaking to Village Bay

We will paddle in Gowlland Harbour from April Point, padding through the channels to the harbour and visiting the islets and bays.

The hike to Nole's Pizza Peak involves a flagged route to the west ridge of Beech's Mountain. It has great views to the south and west. There are a variety of approaches and a loop is possible.

The paddle to Village Bay will leave from Valdez road and may include Dunsterville Island.

It's important to contact the coordinator in advance of the trips. More information about these trips is available at the link given above for the summer schedule.

Scroll through the schedule to find the trip that interests you and "click for more" to find the details.

For more information about the Club, visit the webpage at qioutdoorclub.org. The memberships for 2014-15 expire at the end of April, so it's time to renew your membership, if you have not already done so, and the information for that is available at:

<https://qioutdoorclub.files.wordpress.com/2013/04/qioc-membership-app.pdf>



Like the DI on FaceBook

ON THE LINKS

Quadra Island Golf Course

The Quadra Island Golf Course, driving range and KIOSK (clothing, gift certificates & more) is **OPEN** daily with **FUN** hours for the month of May 9am-6pm. Find our 2015 calendar of events at www.quadragolf.com or call 250-285-2811 and ask about our mid-week specials!

NEW for 2015 - On the course playing instructions are now available. Scott Fraser will tee off with you and play hole #1 through hole #5, 1 " hours of instruction at reasonable rates. For more information, call the golf course KIOSK.

The next event of the season is our **annual travelling golf tournament**. This year we are off to **Comox Golf Club on Sunday May 9th!** Comox ~ Quadra Island (9+9) 18 Hole Open Golf Tournament. The entry fee is \$45 per person and includes green fees for Comox, bag lunch and snacks with the prize presentation on Quadra for the lowest score and a Men's & Ladies KP & LD on Quadra. Quadra green fees are as they apply to you with power carts an extra charge.

The format will be a 4 person scramble. We will depart on the 8:55 am ferry Saturday morning to arrive at Comox at 9:55 am for a 10:15 am shotgun start.

We hope to depart Comox at 1:15pm to connect to the 2:15pm ferry for a 3pm shotgun start on Quadra. To register, call the KIOSK at 250-285-2811.

NEW for 2015 - Family Golf is every day at the Quadra Island Golf. Kids 12 & under golf free with a paying adult.

NEW for 2015 - SAVE \$100 but only until May 31st! The Quadra Island Golf Club has a fabulous sense of camaraderie, the greatest benefit of membership. Join the club and be a part of our tremendous friendly group of people! We offer a 5 year payment plan so there has never been a better time! For membership inquiries, call us at 285-2811 or check out our website for a downloadable PDF.

Looking to host a tournament or to raise funds for your organization? We have a fantastic golf course with clubs and carts for your event. The options are endless and we would be happy to help you execute a fun successful event.

If you would like a **calendar of events for the 2015 season**, check out our website for a downloadable PDF, email us at info@quadragolf.com or call us 250-285-2811.

CORTES MUSEUM TOURS

Spring on Mitlenatch

Misty Isles Cruise to Mitlenatch
**SPRING IS BURSTING AND
HATCHING on beautiful
MITLENATCH ISLAND!**

Cruise aboard MISTY ISLES on a relaxed and leisurely day trip to this unique wildlife sanctuary in the Salish Sea. Sit on the large open deck or help raise the red sails if the wind is right.

Walk through meadows ablaze with chocolate lilies, death camas, sea blush and monkey flowers. Search for owl pellets & river otter dining tables. Experience territorial and nesting behaviours of many gulls, cormorants, pigeon guillemots, and oyster catchers – those black shore birds with pink gumboots and carrot beaks!

Ride a zodiac around Mitlenatch & encounter noisy seabird cliff rookeries, massive Steller sea lions & agile California sea lions. Keep a lookout for eagles, river otters, dolphins and orcas. Skipper/naturalist Mike Moore has a wealth of information and stories about this gem in the gulf.

Sponsored by the Cortes Museum, this cruise leaves Cortes Bay at 10:30 am, returning at 5:00 pm. Choose Friday, May 22nd or Saturday,

June 14th. Cost is \$120 (tax included).

For those coming from off island on the first ferry to Cortes (9:05 from Heriot Bay on Quadra) a shuttle service is available by donation between Cortes ferry terminal and Cortes Bay.

More summer cruises include: Fathers' Day Cruise to Laughing Oyster (June 21), 'Round Maurelle Island (July 19), Low Tide Reef Exploration (July 31), Desolation Geology – When Wrangellia Came Wandering In (August 6), Desolation Sound (August 14 and September 10), and NEW THIS YEAR is the Pictograph Tour (overnight at Homfray Lodge / August 24 – 25).



Pack your lunch, binoculars and camera. Dress for the weather – don't forget hat and sunscreen. An extra pair of shoes is recommended. For

further details and registration phone Lynne Jordan at 250-935-6472, email Cortes Museum at cimas@twincomm.ca, or call the Museum at 250-935-6340. Check the Museum's website (www.cortesmuseum.ca) for details and photos.

INTER-ISLAND CAT RESCUE

Cortes & Quadra Cat Rescue team up this spring

Cat rescue groups on Quadra and Cortes will team up this spring to reduce the number of homeless cats and kittens and to raise funds to support a spay-neuter program on the islands.

On Cortes, a small group of local cat-lovers have come together to create For the love of cats: Cortes Cat Rescue. The volunteer organization has a website (www.cortescatrescue.wordpress.com) and will provide financial assistance to have pet cats spayed or neutered, foster homes for kittens and cats as well as a lost and found service.

"To most efficiently realize these goals, Cortes Cat Rescue will piggy-back on the shoulders of the good people at Quadra Cat Rescue, a highly successful, and generous, group of Quadra Island volunteers, who have been operating for the past six years," says Ian Ross, one of the group's coordinators. "At this point, funding is our most urgent priority, to pay for spaying and neutering. We'll seek charitable and government grants and through community donations. We have opened up a bank account at Coastal Community Credit Union, and charitable tax receipts can be arranged."

With more than 400 spayed and neutered cats and countless orphans homed on Quadra, cat rescue volunteers have offered to assist the Cortes group with volunteer training, cat transportation to and from vet visits and temporary financial assistance.

Quadra Cat Rescue's most recent fundraiser was through the concession at Quadra Youth Theatre's production of The Groom. Through sales of baked goods over the three performances (thanks for the yummy goodies sent by Cortes volunteers!), enough money was to fix another two cats.

Cortes Cat Rescue can be reached at:

Samantha Statton Moore 935-6756
Ian Ross 935-8568
Kelly Wand 935-8575

To contact Quadra Cat Rescue, call 250-285-CATS (2287), or email quadracatrescue@yahoo.com.

follow us on
twitter

QuadraNews

Count me in – I support my local community newsmagazine!

☐ COMMUNITY SUPPORTER • 26 ISSUES • \$30 / YEAR

SUSTAINING SUBSCRIBERS ☐ \$50 / YEAR ☐ \$100 / YEAR

☐ OR OTHER AMOUNT _____

Thank you! Please
make your cheque
payable to the

discovery
ISLANDER

and mail to Box 280
Quathiaski Cove, BC
V0P1N0

NAME/S _____

EMAIL _____

PHONE _____

ADDRESS _____

Heriot Bay Tides

DATE	TIME PST	m.	ft.
01 Friday	04:33	4.4	14.4
	11:24	1.8	5.9
	17:49	4.1	13.5
	23:18	2.8	9.2
02 Saturday	04:59	4.4	14.4
	11:50	1.6	5.2
	18:31	4.3	14.1
	23:57	2.9	9.5
03 Sunday	05:25	4.4	14.4
	12:17	1.4	4.6
	19:10	4.5	14.8
04 Monday	00:36	3.0	9.8
	05:52	4.4	14.4
	12:47	1.2	3.9
	19:49	4.7	15.4
05 Tuesday	01:15	3.1	10.2
	06:22	4.4	14.4
	13:22	1.0	3.3
	20:30	4.7	15.4
06 Wed.	01:58	3.2	10.5
	06:57	4.3	14.1
	13:59	0.9	3.0
	21:15	4.8	15.7
07 Thursday	02:47	3.3	10.8
	07:36	4.2	13.8
	14:43	0.9	3.0
	22:03	4.8	15.7
08 Friday	03:44	3.3	10.8
	08:21	4.1	13.5
	15:29	1.0	3.3
	22:57	4.8	15.7
09 Saturday	04:51	3.2	10.5
	09:14	3.9	12.8
	16:20	1.1	3.6
	23:54	4.7	15.4
10 Sunday	06:06	3.1	10.2
	10:22	3.7	12.1
	17:15	1.3	4.3
11 Monday	00:51	4.7	15.4
	07:21	2.9	9.5
	11:54	3.6	11.8
	18:17	1.6	5.2
12 Tuesday	01:43	4.7	15.4
	08:25	2.5	8.2
	13:30	3.6	11.8
	19:26	1.9	6.2
13 Wed.	02:29	4.7	15.4
	09:19	2.1	6.9
	14:54	3.7	12.1
	20:36	2.2	7.2
14 Thursday	03:10	4.7	15.4
	10:05	1.7	5.6
	16:09	4.0	13.1
	21:41	2.5	8.2
15 Friday	03:46	4.7	15.4
	10:47	1.4	4.6

THE DI CLASSIFIEDS

Help Wanted

THE HERIOT BAY INN

is seeking housekeepers and line cooks for summer employment. Send resume to info@heriotbayinn.com.

Accommodation

WHISKEY POINT RESORT

Visiting friends & family? Ask for local rates when booking at Whiskey Point Resort, Quadra Island's convenient spare bedroom!

www.whiskeypoint.com

Comfortable rooms with TV, WiFi, kitchenettes, harbour views, BBQs, hot tub, king deluxe rooms and queen suites or standards. 250.285.2201

For Sale

QUALITY CEDAR PRODUCTS

Planed or rough cut decking, lumber, siding, beams, fencing, 4x4s, clears, VG, custom milling, whatever you need. Douglas Fir now available, and Fir Beams to 8x12x24 ft. Located on Quadra, 250.830.7897

Shops

WAYPOINT SIGNS

Signs, Picture Framing and simple Engraving at Waypoint Signs beside Quadra Builders. Tuesday to Thursday, 9 to 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



Find out when the DI is posted online

Find your way around online...

Quadraland.ca



Home & Garden

LOCAL VEGETABLES

Memberships currently offered for the 2015 Goosefoot Farms Vegetable Box Program. 26 weekly boxes of fresh, Quadra-grown vegetables for your enjoyment. Half-season (13 week) memberships also available. For more information call Ryan and Jessica at 250.202.2326 or email nassichuk@gmail.com and visit www.goosefootfarms.com

Services

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 nolecreeksawmills.com

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 me at 250.285.3425 or on my cell at 250.202.3425

DI CLASSIFIEDS

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

Email or drop off your ad with payment at 701 Cape Mudge Rd, or at Inspirations in Q Cove

You can also pay by credit card online at discoveryislander.ca

Questions? Email news@discoveryislands.ca

**Trusted content,
widest distribution**
plain and simple the D.I.
is the best value.

Editorial Runs FREE!

iCatcher \$32*	iCatcher+ \$40.00*	Biz Card \$60.00*
1.75" x 2" 2.4" x 1.5"	2.4" x 2" 1.75" x 2.75"	3.7" x 2" 1.75" x 4"
Biz Card+ \$75*	1/6 Page \$95*	1/4 Page \$125*
5" x 2" 2.4" x 4"	2.4" x 5" 3.7" x 3.25"	5" x 3.75" 7.5" x 2.5" 3.7" x 5"
1/3 Page \$145*	1/2 Page \$225*	Power Block \$255*
7.5" x 3.25" 2.4" x 10.25" 5" x 4.875"	3.7" x 10.25" 7.5" x 5"	5" x 10.25" 7.5" x 7"
Full Page \$295*	Double Page Spread \$495*	
7.5" x 10.25"	16" x 10.25"	

* Rates are per edition, for two or more editions. GST extra

Ask us about **discounts** for non-profit organizations.

Classified ads are \$20 per edition (including GST) for up to 35 words. \$15.00 per edition for two or more insertions.

Flyers can be inserted in the DI, rates vary with distribution and if provided or we print.

Call or email to find out more

For more info

250-285-2234
ads@discoveryislands.ca