

discovery

I S L A N D E R

Another Successful Sale!

Quadra Islanders are truly awesome! Both volunteers and shoppers managed to embrace the rain and make this the 21st successful fund-raising Giant Garage Sale for the Quadra Philippines Connection. This year to ease the chill, coffee was served to the dedicated and eager early-birds who lined up outside the community centre just after 9am! I believe it was everyone's positive, enthusiastic energy that encouraged the sun to shine down upon us during pack-up on Sunday afternoon. The quality of this year's donations was certainly appreciated and contributed to the ease of the sale and our net income of \$6200! The major portion of this will go to Quadra's support of the village of Katau in the northern Philippines through child sponsorship and the Gift Of Peace Program. Another portion will go in support of our own Quadra Children's Centre.

Sincere appreciation again goes to all families who offered their homes as drop-offs prior to the garage sale as well as to the drivers who transferred donations to the community centre (in the rain)! For their continued and invaluable support we thank: Tru Value Q. Cove and Heriot Bay (for spirit board points and bottle depot donations), Waste Management in Campbell River as well as BC Ferries and the Regional District for their contribution to waste disposal at the end of the sale, Aroma Coffee Roasters and Java Bay Cafe for their coffee donations, Gabriella, Inspirations and Waypoint Signs for posters and signs, Quadra Legion and of course to all of the drivers, sorters, bakers, cash-takers and labourers at the end of the sale! This event could not happen without you!

There is always a certain amount of drama connected to the giant garage sale – a volunteer's keys being misplaced during sorting on Saturday and a shopper miraculously discovering them during the sale on Sunday amongst the multitude of treasures, the hilarity and varied responses of those trying out the vibrating chair.....



but mainly the unfolding of a beautiful play of cooperation, joy and community spirit as everyone worked together to make this a successful and rewarding week-end. Community spirit flourishes on Quadra as we continue to deepen our connection with the

Philippines and expand our borders across the sea. Be sure to stay tuned for future progress with the Gift of Peace project in the village of Katau as well as letters from our two sponsored students in that community.

- Carol Foort

Ferry Schedules

Effective from February 9

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Campbell River		Leave Quathiaski 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 Quathiaski 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

COMING EVENTS...

Garden Club Fall Plant Sale

Saturday October 17th at the Legion 11 am (no early birds thanks). Club members donate hardy perennials for a new plant sale. Do you need to replace a few perennials after the dry summer? Check out our best local choices for your garden. Fall is the best time to plant hardy plants.

Sing For Pure Joy!

“There is a proverb from Zimbabwe that states, “If you can walk, you can dance. If you can talk, you can sing.”

Singing is our birthright. Those who love to sing and those who don't think they can are invited to come and claim the birthright of a singing species!

Raise your voice in glorious song with heart-felt melodies, soulful gospel songs and rousing spirituals, meditative chants and robust rounds. Songs from the sublime to the ridiculous!

No experience is necessary - only the desire to make joyful sounds to help access the joy and beauty at our core. No written music is used. All songs are taught in the traditional method of call and response.

Monday afternoons from 1:00 - 2:30 pm. Room 3 at the Community Centre. Call Mary at 285-3764 for more info.

Ballet Classes for Kids!

Chloe will be teaching ballet classes at the QCC again!

Ballet technique, jumps, turns, ballet positions, grace, musicality and FUN!

Beginners most welcome. Classes on Fridays starting October 2 to November 20 @ 4 pm until 4:50 pm at Community Centre. 8 classes \$60. Contact 250 285 3308.

At The Legion

Friday October 2nd Doors open at 8:00 \$10.-\$15. With a sliding scale, it's Compassion Gorilla: This worldbeat powerhouse will liberate feet and catapult audiences into whole-hearted dance entrancement! Infused with elements of Latin, African and Balkan music, an engaging show that leaves audiences wanting more. Bousada is a multi-instrumentalist, producer and vocalist who performs live electronic music with a loop pedal. A former Cortesian, his high-energy set sends audiences to the moon and back. Get ready to Dance!

**THE NEXT DI DEADLINE:
Monday, Oct. 5 @ 7pm**

Heaters Now Available Starting At \$29.99

QUADRA Island BUILDERS

Store Hours: Mon-Fri 8-5, Sat 9-5, Sun 10-4
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THE ISLAND CALENDAR

Day to Day

Friday, September 25

- Live music with Ray Bennett Band - HBI Pub 9pm

Friday, October 2

- Live music with Compassion Gorilla Quadra Legion 8pm

- Live music with Blue Katz - HBI Pub 9pm

Saturday, October 3

Community Winter Market starts 10 am QCC

Federal Election - All Candidates' Meeting QCC

Monday, October 5

Advanced Care Directive: An Introduction

1-3 pm Quadra Bible Church, Lower Level

Saturday, October 10

-Official opening of The Man Behind the Masks: The Life and Legacy of Chief Billy Assu 11am Nuyumbalees Cultural Centre

Sunday, October 11

Geshe YongDong speaks on "Breathing Meditations" 11 am, Q.C.C.

Saturday, October 17

Garden Club Plant Sale Legion 11 am.

Tuesday, October 20

Brain Wellness: The Secrets To Longevity, 3-4:30 pm

How To Grow A Child's Brain, 6:30 - 8pm

Multi-purpose room at Quadra Elementary.

Saturday, October 31

Halloween at the HBI with Back Eddy and the Procrastinators 9pm

The Regulars

MONDAY

Parent & Tots, QCC, 9:30am-12pm

Sing for Pure Joy!, 3-4:30pm at QCC

Junior Golf 4pm-6pm

Badminton at the Cape Mudge gym, 7:30pm (\$2)

TUESDAY

Al-Anon Meeting, Quadra Children's Centre, 7:30pm

Folkdancing, 7:30-9:30 pm QCC 285-3849.

WEDNESDAY

1st & 3rd Wednesday Food Bank, QCC 1-2pm

Men's Night, Quadra Golf Club, May to Sep

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 Sep

Quadra Singers, QCC 6:45pm Info: 2393 or 3127

Prayer Meeting, Quadra Island Bible Church, 7pm

FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY

Farmers' Market, behind Credit Union Q Cove 10-2pm

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

United Church Service, 11am, 285-3163.

Quadra Sunday Painters, 11am-2pm, 285.3390

Meditation Practice and Teachings, 4 pm, 204.9640

At the Community Centre

THIS WEEK (Sept 6- Oct 4)

SATURDAY: 7:30 Quartetto Gelato

MONDAY: 8:30 Low Impact; 10:00 Parents & Tots; 10:00 Yoga w/ Josephine; 6:00 Weight Watchers

TUESDAY: 10:00 Spinners & Knitters; 1:00 Drop-in Bridge; 3:00 Kids Yoga, 4:00 Yoginis (Girls); 5:00 Yoga w/Trinity; 5:30 Zumba w/Marion; 6:30 Boot Camp w/Marion; 7:30 Folk Dance

WEDNESDAY: 11:00 Moms & Babes; 12:00 Community Kitchen Lunch; 10:00 Yoga w/Trinity; 3:00 Kids Creative Dance; 6:30 Life Drawing

THURSDAY: 9:00 Yoga w/Brenda; 9:00 Total Body Sculpt w/Marion; 10:00 Parents & Tots & Parent & Tot Yoga; 2:00 Pilates; 3:45 Moderate Dance Fitness; 3:00 Hip Hop Dance Class; 5:00 Yoga w/Trinity; 6:45 Quadra Singers

FRIDAY: 8:30 Low Impact; 9:30 Fit on the Ball; 10:00 Friday Painters; 4:00 Ballet for kids; 7:30 Friday Flicks presents: WILD TALES

SATURDAY: 10:00 - 2:00 Winter Market, 10:00 Island Theatre Kids; 12:00 Watercolour Workshop; 7:00 All Candidates Meeting

SUNDAY: 6:00 Yoga with Kai

NEXT WEEK (Oct 5-9)

MONDAY: 8:30 Low Impact; 10:00 Parents & Tots; 10:00 Yoga w/ Josephine; 4:00 Chess; 6:00 Weight Watchers

TUESDAY: 9:00 Yoga w/Brenda; 10:00 Spinners & Knitters; 1:00 Drop-in Bridge; 3:00 Kids Yoga, 4:00 Yoginis (Girls); 5:00 Yoga w/Trinity; 5:30 Zumba w/Marion; 6:30 Boot Camp w/Marion; 7:30 Folk Dance

WEDNESDAY: 11:00 Moms & Babes; 12:00 Community Kitchen Lunch; 10:00 Yoga w/Trinity; 3:00 Kids Creative Dance; Quadra Little Circus; 6:30 Life Drawing

THURSDAY: 9:00 Yoga w/Brenda; 9:00 Total Body Sculpt w/Marion; 10:00 Parents & Tots & Parent & Tot Yoga; 2:00 Pilates; 3:45 Moderate Dance Fitness; 3:00 Hip Hop Dance Class; 5:00 Yoga w/Trinity; 6:45 Quadra Singers

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

SUBMISSION GUIDELINES

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

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

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

SUBSCRIPTIONS

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

Local Voluntary Subscriptions are welcome to help support the DI, suggested: \$30 per calendar year
Find more details online at www.DiscoveryIslander.ca

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NEXT DEADLINE

7pm on Monday

October 5

for publication
on Friday, October 9

Outside The Box On Two Bays After An Evening With Hakai

Granite and Kanish Bays are different. The first nurtures fry and grasses within a low energy coastline; the other extends from a line, distant beyond my kitchen window. Like a mirage, this line appears, disappears, marks massive transitions from the young and vulnerable to the older, differently complicated. Kanish currents stretch stronger and deeper into the Strait. These attract whales, dolphins, porpoise, seal. Granite waters rely upon invertebrates to provide for fry's, bottom dwellers, and any number of sunken boats. Within Granite, dolphins herd chum just before their run to spawn in the Granite Creek. Rains arrived way too late last year, then showed no mercy by ravaging the Creek's spawning arenas that chum and coho rely upon. After such carnage, what's left for salmon?

Eco-changes, and they are legion on Granite Bay, create all sorts of complexities, among which solid science and First Nations' verbal histories help some to sort through what we might. I continue to gather information and problem solve in context of our property of nearly 80 acres. We face sunsets on Granite Bay, and are bordered by heavily forested District Lot 318, which in turn is bordered by heavily forested District Lot 319, which in turn stretches some distance along the Provincial Park rim. These lots are slated for TimberWest harvesting. What is relevant here to people, nature and science?

Hakai Institute's apparent achievements toward solid science offers a major resource to Quadra. But one if not adequately understood, can be misunderstood by neophytes such as me. I understood some of Hakai's Wednesday [Sept 9] evening's highlights. They mesmerized such that I continue to mull through the Institute's

website. As we heard, Hakai's shellfish ecosystem interactions science is active on Kanish Bay.

What underscores my interest? People and business. TimberWest now harvests and water transports logs from our area. This, reasonably, impacts intertidal shores. I would learn to speak to the integrity of our local intertidal areas as influenced by people. In all, I must be descriptive and accurate. Therefore, I am grateful one of the presenters, Sarah Dudas, welcomed my interests in citizen science/shellfish ecosystems. Offered her influence plus the website, I'll have much to learn.

The Institute explained its interests, remains fully financed by Tula Foundation, no government funds. The Institute designs its own projects and seems to follow-through as best as can be accomplished, that is, exceptionally. Perhaps the loudest question from the audience was a fisherman's: He'd caught a deformed fish off Quadra, near one of Hakai's monitoring sites. Could, would the Institute define the cause, provide whatever information to help us all remain safe from relevant toxics?

"No," was the answer. And as I understood, not in the sense the question implied. The Institute's pristine science requires longer, more in-depth focus than DFO, or BC's Ministries of Environment or Forestry now provide, which, of course, is much less than under prior law.

Laws have been abridged, funds cut back. I see this as a people problem, to be further identified and resolved socially, politically among Islanders fortified with community science. Such need has been underscored given a providential vision of conquer, own, profit, self-justify, a continuing vision that reconfigures nature throughout

human law, a vision that would preclude Rachel Carson's experience within nature, which she understood and respected as a system of interdependent parts.

Ecologically speaking, people bear the burden we ourselves have created. On our best days, we'll be fortunate for the availability of solid science.

Vicki Biro

Helipad

On each mornings dog walk along the woodlot road I hide near the red painted H hoping a small demon comes through.

If I can figure out how it works maybe next time Harper comes for a visit

I can send him back home.

by Zuul Gozer

Have an opinion to share?
Submit your letter
to the DI by email:
news@discoveryislands.ca
PREFERRED

Regular 'ol mail with a
stamp to Box 280 in the
Cove or drop it off at
Inspirations

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

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Dear Editor,

I was greatly surprised to read Caroline Bridges' letter. She writes that the research she has done suggests to her that most scientists do not believe in the Theory of Evolution. I am curious where, and how she did her research. Surely she did not search among biologists, astronomers, cosmologists, geneticists, paleontologists, anthropologists, archaeologist or people studying phylogeny. She owes it to your readers to tell us how she arrived at her startling conclusion.

My favorite morning read WIKIPEDIA says on the matter: "An overwhelming majority of the scientific community accepts evolution as the dominant scientific theory of biological diversity. Nearly every scientific society, representing hundreds of thousands of scientists, has issued statements rejecting intelligent design, and a petition supporting the teaching of evolutionary biology was endorsed by 72 US Nobel Prize winners."

Just for interest: Catholic schools teach evolution as part of their science curriculum. They teach the fact that evolution occurs and how evolution proceeds. This is based on the statement of Pope John Paul: Evolution is "an effectively proven fact." Quote: "... new knowledge has led to the recognition of the theory of evolution as more than a hypothesis. It is indeed remarkable that this theory has been progressively accepted by researchers, following a series of discoveries in various fields of knowledge. The convergence, neither sought nor fabricated, of the results of work that was conducted independently is in itself a significant argument in favor of the theory."

Most Muslim countries, including Pakistan, Iran, Turkey, Indonesia and Egypt support the teaching of evolution, including human evolution.

Yours truly,
George Barabás

Community Winter Market

Starting up again this fall at our Community Centre on West Road.

Display and sell your creations or promote your business at our indoor market, rain or shine!

Come and enjoy a terrific assortment of local artisans.

Art, accessories, preserves, sewing, soaps, weaving, woollens, flea market finds and a lot of great gift ideas!

Calling all Gardeners! We look forward to seeing more winter veggies this year. The Market is a great place to sell those winter squashes, kale, beets, turnips, garlic, eggs, etc. Baked goods are always a welcome addition too!

Check out VAN BOVEN Products, Organic dried apples in regular apple flavor or healthy good for you cinnamon!

Our markets are on a first come basis. Doors open @ 8am for set up and tables are still \$10.00 each.

Market hours are: 10am - 2pm

Audrey will be working hard to bring you those great lunches, soup too this year* and yummy hot beverages.

For more info call Michele 250-285-3747 or Stella 250-285-3184 or quadraislandmarket@gmail.com

We'd love to see you there!

October: Saturday, October 3rd & 17th (1st and 3rd Saturday)

November: Saturday, November 7th only (Christmas Craft Fair @ QCC November 20th & 21st)

December: Saturday, December 5th & 19th (1st and 3rd Saturday)

follow us on
twitter

QuadraNews

Weight Watchers on Quadra

- Offering a 26 week program. Interested? **What have you got to lose?**

Pre-register to: mcinnish@telus.net or phone 250-202-4813. Join us for an informational meeting on Monday September 14th @ 6pm Quadra Community Centre Room 3 (upstairs) for more information

Dance Class for Adults

Tuesdays 7:00-8:00pm
767c Smith Road
\$10

Do you love to turn the music up and just get right into it when nobody's home?

Come to my dance class where you will learn fun moves and discover new friendships while cultivating core strength, coordination and proper alignment.

Free Money

Free Money is still happening but it doesn't start until Wednesday, November 4th. It happens on the first Wednesday of every month from November to April from 11:30 am to Noon just before Community Lunch in the downstairs small seminar room at Q.C.C. Single individuals receive \$10 and families receive \$20 inside a free book of their choice.

Please donate to the Free Money Account at the Quadra Credit Union to keep this program going. I put this article in early because we are short of money. There are islanders who really need your help getting through the long winter. Thanking you in advance. Call Steve at 250-285-3323 for more info.

Campbell River's Home Grown Health Food Store

Selected

BOULDER CANYON

Chips
Avocado Oil 128g
Coconut Oil 128g
Red Wine 142g
\$2.99

FARMERS MARKET

Pumpkin Organic 398ml
\$2.99
Pumpkin Pie Mix
\$2.69

SCREAMING BROS.

Dairy Free Frozen Deserts 473ml
\$6.99

PACIFIC Organic

Cranberry Sauce 473ml
\$4.99

Discover more savings in-store

HEALTHYWAY Natural Foods

www.healthywaynaturalfoods.com

Prices in effect until October 8 or while quantities last

Life and Legacy of Chief Billy Assu

Nuyumbalees Cultural Centre extends an invitation for the public to join us on Saturday, October 10th, 2015, at 11:00am, for the official opening of The Man Behind the Masks: The Life and Legacy of Chief Billy Assu and the return of his historic House Posts from Ottawa. Standing more than twenty-feet each, these poles were removed and sold from the Village of Cape Mudge almost ninety- years ago. Chief Assu's beautiful Chilkat Blanket woven by Mary Hunt and on loan from the Museum of History will also be on display.

The Cultural Centre has recently undergone a reconfiguration of its main and upper floor gallery spaces. New exhibits and information offer greater opportunities to create dialogue and discussion among community members and visitors alike. This in turn helps generate broader, more respectful dialogue on the important role our First Nations played in the settlement of British Columbia and Canada.

We hope that you will join us for this remarkable event and community feast. Everyone is welcome. Admission is by donation.

Free Firewood

Starting Wednesday, October 14, Free Firewood is available after Community Lunch from 1 pm to 1:45 pm behind the Community Centre.

Now, we need volunteers to chop and stack wood. The best time to work is before and after Community Lunch on Wednesdays, starting on September 16th and hopefully ending on October 7th. Working hours are from 10 am to 2 pm, with time off for a delicious lunch! Some folks like to work before lunch and some after. It's up to you!

If you can help, call Mornay at 250-285-3212 or 250-202-3422 or just show up with an axe. If you don't have an axe, we have some extras.

See you on any Wednesday, starting September 16. Also, if you have a chain saw, please bring it. Call Steve at 250-3323 for more info.

Please donate to the Free Wood Account (that's the name of the account) at our local Quadra Credit Union. Let's keep everyone warm this Winter.

Hand Drum Jam

EVERY WEDNESDAY NIGHT upstairs in the Upper Realm at Spirit Books in the Q Cove shopping centre. Beginners welcome. Extra drums available. 7:45pm, drop in fee \$5. Call Steve at 285.3323 for more info.

Healing Circle for Women

Irene Champagne, a Mobile Counsellor who has worked with First Nations Communities under the mandate of the United Church working for Truth and Reconciliation, will be helping to set up a Step program for women who have experienced a rough time in their lives. We will start this group in October and invite those interested to participate. Meetings will be held once a month (or more often depending on need. If you are interested in joining in call 250 285-3163. Meetings are held in confidence and will take place in the meeting room of Quadra Island United Church.

Acoustic Jam

The new Acoustic Jam in the Upper Realm at Q Cove is going to start up again in October. However, they are thinking of changing from Friday Night to Saturday Night. The next issue of the D.I. will give specific details. Call Pat at 285-2807 if you are interested and let him know if your O.K. with changing the night to Saturday.

Quadra Island Library Storytimes

Getting into the back-to-school groove? Have children too young to be in Kindergarten? Join us in September at the Quadra Island Library for Family Storytime (birth to 5 years old) on Tuesdays at 10:15 am! We'll teach you and your toddlers early literacy-skills that are fun, interactive, and will give them the tools to start reading on their own in the future! No registration required. Please call 250-287-3655 if you have any questions!



Upcoming...

Ray Bennett Band
Sept. 25 - *jump jive boogie blues*

Blue Katz
October 2 - *smooth vintage rock*

Limbo Babies
October 9 - *folky rock*

Open Mic
join in... or enjoy local talent at Saturday evenings with host Mo Davenport

lively, delicious, soulful

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




Heriot Bay Inn
a beautiful place to spend time

Inn: 285.3322
Pub: 285.3539
heriotbayinn.com

Halloween
October 31
with Back Eddy and
the Procrastinators!
\$10/door

Writing Workshops

Two Writing Workshops Start in October. Writers want interaction, encouragement, new tools and inspiration. Two upcoming workshops with Jeanette Taylor and Annette Yourk, at the Museum at Campbell River, will do just that. One is aimed at newcomers to creative writing. The other will give experienced writers with a project underway feedback and motivation. Both are suitable for fiction and nonfiction writers.

The workshop for aspiring writers runs five consecutive Sundays, starting Oct 18, 1:30 - 4:00 p.m. It covers everything from narrative planning and character development, to writing craft and revisions. Through in-class and homework exercises, writers will get their project launched and the workshop fee includes a resource binder as a continuing resource.

For experienced writers, with projects that run the gamut from short stories to family history, Yourk and Taylor offer five bi-monthly sessions on Saturdays, starting Oct 10, from 1:30 - 4:00 p.m. Participants will share ideas, engage in peer critiques and delve into key topics, from developing rounded characters, to narrator voice and the dynamics of storytelling.

The timing for these workshops fits with the Quadra ferry schedule, including a 15 minute walk to the museum.

Both classes will follow the book "Write Away" by Elizabeth George, which participants must buy from their bookseller in advance. For more info call Jeanette Taylor at 250-285-3651, or check the website: thescribes.ca. To register call the Museum at Campbell River at 250-287-3103, Tues-Sun afternoons. The fee is \$140 for both workshops. Seats are limited.



Another Successful Sale!

Quadra Islanders are truly awesome! Both volunteers and shoppers managed to embrace the rain and make this the 21st successful fund-raising Giant Garage Sale for the Quadra Philippines Connection. This year to ease the chill, coffee was served to the dedicated and eager early-birds who lined up outside the community centre just after 9am! I believe it was everyone's positive, enthusiastic energy that encouraged the sun to shine down upon us during pack-up on Sunday afternoon. The quality of this year's donations was certainly appreciated and contributed to the ease of the sale and our net income of \$6200! The major portion of this will go to Quadra's support of the village of Katau in the northern Philippines through child sponsorship and the Gift Of Peace Program. Another portion will go in support of our own Quadra Children's Centre.

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There is always a certain amount of drama connected to the giant garage sale - a volunteer's keys being misplaced during sorting on Saturday and a shopper miraculously discovering them during the sale on Sunday amongst the multitude of treasures, the hilarity and varied responses of those trying out the vibrating chair..... but mainly the unfolding of a beautiful play of cooperation, joy and community spirit as everyone worked together to make this a successful and rewarding week-end. Community spirit flourishes on Quadra as we continue to deepen our connection with the Philippines and expand our borders across the sea. Be sure to stay tuned for future progress with the Gift of Peace project in the village of Katau as well as letters from our two sponsored students in that community.

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Free VHS/DVD Videos

You may borrow up to five videos for free at the Upper Realm in Q. Cove. You can keep the videos for 10 days. We also need more DVD videos if you can donate them. VHS videos are no longer needed now. We are open on most Wednesday, Friday and Saturday afternoons. Call Steve at 285-33223 for more info.

Advanced Care Directive: An Introduction

Monday, October 5, 1-3 pm
Quadra 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 250-285-3590.

To help get you started please read the Q+A provided in the link below before attending the workshop.

www.tinyurl.com/p47m488

Writing Your Advanced Care Directive

Monday, October 19, 1-3 pm, Quadra Bible Church, Lower Level

New Patients Welcome!



Dr. Joseph Gris
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Family Dentistry

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Calling all tots!

BRING YOUR GROWN-UP (PARENTS OR grandparents) to the Community Centre to play with speedy ride-on toys and crafty supplies. Mondays and Thursdays from 10 to noon, free of charge.

Meet NDP Candidate Rachel Blaney

Rachel is coming to Quadra on Saturday, Oct. 3. In the morning, she would enjoy meeting you at the first Indoor Market of the season at Quadra Community Centre, starting at 10:00 a.m. Come out and see for yourself why so many of us are voting for her on Oct. 19.

At 7:00 that evening, Rachel will participate in the All-Candidates meeting at the Community Centre, sponsored by the Quadra Recreation Society.

Yoga at Seascap Pavilion

Sundays 9:30-10:30, 774 Cliff Road.
Families welcome! By Donation (suggested \$10)

This is a fun class with a focus on alignment and mind-body-breath connection. It's such a lovely space with a beautiful view. I hope to see you there! All levels welcome.

Island Theatre Kids

Saturdays 10:00-1:00 to Nov.28
(Mostly) at the Quadra Community Centre
\$275 per child (discounts available for siblings)

Ages 5-9

Provide your child with quality part-time training in dance, singing and drama. Island Theatre Kids is proud to offer a well rounded education not just in the disciplines of theatre, but also in teaching life skills, building confidence and providing an avenue to make life-long friends.

Creative Dance for Kids

Wednesdays 3:00-4:00

Quadra Community Centre

\$35 for 4 classes - pre-registration required

Ages 3-8

Does your child love to dance? Take them to my class where their creativity can blossom! We'll learn new moves, fun dances, improve coordination and make new friends.

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

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All Candidates' Meeting

October 3, 2015 7pm

Sponsored by Quadra Island Recreation Society At the Quadra Community Centre

970 West Rd. NDP - Rachel Blaney, Liberal - Peter Schwarzhoff, Green - Brenda Sayers, Conservative - Laura Smith

Some Heartfelt Words on Voting in the Upcoming Federal Election!

I am passionate about NOT having another Harper government. "The Stephen Harper conservatives have treated parliament with contempt, cutting off debate, using democracy killing omnibus bills to dismantle social and environmental programs, ignoring science and abusing veterans, cutting taxes for the wealthy while giving away our sovereignty in secret trade deals." This is of grave concern to me!

I know there are many of us who are supportive of Green Party philosophy and ideally would like to vote with our hearts and vote Green. I would like nothing better than to see Elizabeth May as the prime minister of Canada! However, in this election, this is highly unlikely and therefore I cannot consciously justify voting Green. Realistically, voting Green at this time most likely means splitting the vote, other than in ridings such as Elizabeth May's and the few others that have a good chance of success. It is unfortunate that our system has put us in this unfair position but I truly believe that for this election, VOTING WITH OUR HEARTS means VOTING WITH OUR HEADS and thus VOTING STRATEGICALLY so as to avoid having OUR HEARTS BROKEN with 4 more years of HEARTLESS HARPER GOVERNMENT! Tom Mulcair has promised proportional representation should the NDP get in, which would give the greens more power and hope for creating positive change in the future. I do believe that proportional representation is our only hope!

Increasing voter turn-out is imperative and I also feel that it is important for young people to contribute their input by voting in this election. I recently received the following information that I would like to share and hope that it is helpful to everyone in making an informed decision.

"In 2008, the fiercely patriotic and pragmatic Elizabeth May urged Canadians to do all they can to throw Prime Minister Harper out of office, encouraging Canadians to examine their riding and figure out how best to keep the Tories from winning."

PARTY SUPPORT - 2011 ELECTION - NORTH VANCOUVER ISLAND
Conservatives 27,206 NDP 25,379
Liberals 3,039 Green 3,018

A PRAGMATIC vote this time will get rid of Harper and reclaim parliament and better government!

"I'd rather have no Green seats and Stephen Harper lose, than a full caucus that stares across the floor at Stephen Harper as Prime Minister because his policies are too dangerous." E. May - The Star.com 09/25/2008

I wholeheartedly agree! In order to save our country, I do believe that we must combine ideology with wisdom for this election.

To get information on how to vote strategically, check out Leadnow.ca or go to their link votetogether.ca and enter your postal code.

With love, hope and faith!

Carol Foort

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Emotional health break through: Some MHSU services on Quadra.

Quadra Circle is very happy to announce that of September 22, 2015, Quadra Islanders who would have difficulty attending the Mental Health and Substance Use Centre in Campbell River can be seen by a MHSU nurse here on the Island. This essential and much awaited service is absolutely free and confidential.

People aged 19 or over will have access to this service which includes initial intake and assessment, primary care support, education and follow up for individuals with mild to moderate and relatively straight forward mental health and/or substance use issues. Those who require assistance from other agency programs will be referred to them. Seniors with conditions more appropriately handled by the psychogeriatric team (usually dementia) will not be seen by the nurse.

This service will begin on September 22, 2015 as a pilot project. Depending on the need shown, the project may continue, be increased or cease in January. The nurse's clinic hours are: every second Tuesday, 10 am -2:30 pm at the Quadra Island Medical Clinic. Dr Boegel's generously allowing the use of clinic space is much appreciated.

First time clients wanting these services should call 250-850-2620 for an appointment and note they need to be seen on Quadra Island or they can be referred by their doctor.



Like the DI on FaceBook

Quadra Circle News



EMOTIONAL WELLNESS: Sometimes we all can get hung up on the speed-bumps of life, and getting to services in

Campbell River can feel overwhelming. So Quadra Circle is partnering with Island Health's Mental Health and Substance Abuse program to have a counsellor here on Quadra twice a month, starting Tuesday, Sept.22. Arrange a referral through your doctor or call Mental Health: (250)

850-2100 and ask for an appointment on Quadra.

VOLUNTEER DRIVERS NEEDED for our Transportation Program: Drive seniors to appointments. Mileage is paid if needed and bookings can fit your schedule. Seniors who need a ride to appointments, activities, and shopping can call at least 24-hours in advance to arrange a volunteer driver. Call Diana: 285-3630.

GOT EXTRA FRUIT AND VEGGIES? The Food Bank can use them. Deliver them to the Food Bank at the Community Centre (far left side) on Wed., Oct.7 or 21. Call Rina to schedule another time: 285-3903.

Friday Lunch Sept.25 Tune up at Armchair exercise at 11am with Ann Lawrence. Please join us for a delicious lunch (\$5 suggested donation) at noon. 1281 West Road, (Quadra Bible Church, lower level).

Seniors Drop-in: Come for coffee and conversation with old and new friends on Mondays, 10am-noon at Quadra School's Literacy Room. Use the school entrance by the Garden.

Housing Initiative: Is on track to complete a feasibility study of our selected property in Q Cove. We're now looking at how to fund

the land purchase for a supported-living residence, community park and housing for young families, seasonal workers and seniors wanting to downsize to small lots. Hear more at our public meeting Nov.2. Maureen: 285-2221

Foot Care subsidy for seniors and those with illness or a disability who receive GIS or MSP premium assistance. Call 285-2255.

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

Quadra Home Meals: For \$5 per meal Island seniors and anyone with surgery/illness can order tasty, nutritious meals for all dietary needs made by Gowlland Harbour Resort's Chef. Pick up the meals at the Community Centre Wednesdays 11:30am-12 noon or pre-arrange delivery. Please order by Saturday noon: Marie 285-3950.

DID YOU KNOW that Quadra Circle volunteers contributed 7500 hours or \$196,000 in volunteer community service to our islanders last year? And they had fun doing it. Want to volunteer with the School or Quadra Circle? Need helpful info about resources for seniors? Drop in our Community Connections Centre (next to Quadra Island Medical Clinic) Wed.-Fri., 11am-3pm, or call: 285-2255.

Council of Canadians Meeting To Focus On Health Care, Democracy And The Environment

The Campbell River chapter of Council of Canadians Federal Election All-Candidates Meeting will take place on September 30th 7:00-9:30pm (doors open at 6:30pm) at the Baptist Church Auditorium 260 S. Dogwood St. in Campbell River. The debate will focus on health care, democracy and the environment.

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Thank You From Quadra Island Food Bank

A big thank you goes out to all persons and businesses who have made contributions to the food bank. Your donations, big or small are needed and very much appreciated for the continued operational success of the food bank. The resources fluctuate throughout the year so everything helps.

Monetary donations to the food bank can be made through the Quadra Island Recreation Society, Box 10, Quathiaski Cove, V0P 1N0. Tax receipts issued when donations are made through the Society. Please write on cheque' for the Food Bank'.

For more information call QIRS at 250-285-3243.

Other ways to help out the Food Bank are:

- Non perishable food donation boxes at each of our True Value Stores.
- Spirit Board Point number at True Value stores is 253.
- Fresh produce can be dropped off 1st and 3rd Wednesday of each month at 1130 at the food bank.
- At other times call QIRS 250-285-3243 for help with your donations.
- When it comes to fruit tree season, any extras you can spare are a great help.

--Ideas for non perishables are: any canned food item; soups, pasta, pasta sauce, pork and beans, beans in tomato sauce, tomatoes, tuna, chickpeas, apple juice, corn, canned kidney beans, packages of instant noodles, tea, coffee, canned milk, sardines, kippers, canned meat or stews.

Please note the food bank does not accept any home canned products.

Food distribution day is the 1st and 3rd Wednesday of the month (year round) from 1:00 to 2:00 pm.

Located to the far north door by the front entrance to the Community Centre. You will need your picture ID and BC Care Card Number. In the event of an emergency food box please call QIRS 250-285-3243.

The Food Bank is also looking for crock pots, rice cookers, and popcorn makers.

If you have any of these in good working condition and would like to donate these to the Food Bank we will gladly accept. Call 250-285-3243 or drop off on distribution days.

Thanks again Quadra for what you do for all of us...

from the Food Bank volunteers and our clients.

Quadra Island Seniors

Thanks again to everyone who helped our seniors maintain the Tourist Info Centre. A particular thanks to Judy Hagen who manages the booth.

We had many tourists again this year who were very interesting to converse with and they travel from afar to see our beautiful Quadra Island including our Discovery Islands. In fact many would like to move here.

Our seniors are planning many excursions in 2016 so keep notice on what we are doing. We are particularly planning another huge Christmas luncheon with many invites including Cortes Seniors, this event will be organized by our terrific cook Kathy McLeod and committee.

We also are planning our Wednesday events with Ann Lawrence exercises and Carpet Bowling.

For membership call Lois @ 3061----transportation call Ruth @3801 or cell- 250-895-9188.

Perrin Sparks art at the HBI Sept 17-Oct 13

The paintings on display represent recent sketches painted outside, directly from the landscape. These are called "Plein-Air" images and were created either from Quadra views or Mt Washington scenery. The etchings and engravings highlight current experiments working with Plexiglas (instead of metal plates) and incorporate watercolor and embossing. Following a 25-year career at Stanford, Baylor and UT Southwestern Medical Schools in the US, producing small,

precise, medical illustrations for limited color publication, I enjoy creating full-sized figurative paintings with a focus on drawing from life. During the last several years, I have enjoyed capturing smaller, on-site landscapes. Most recently, I've been experimenting with the new water based inks and alternate surfaces to produce etchings and engravings. The diptych engraving hanging in the HBI lobby bar is "Last Call"/"Up Stream," which won the 'Juror's Award' at this summer's Sooke Art Show.

stay safe.

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Quadra Literacy News

TELLING TALES is a digital photo story workshop where you will learn how to create your story using photographs and text. We use a program compatible with iPads. You can bring your own or borrow an iPad mini from Quadra Literacy for the duration of your project. A series of five sessions, over a three week period, will help you develop your ideas and create a project that you can share with family and friends.

Choose a series of free workshops in October or November. Mondays and Wednesdays, October 14, 19, 21, 26, 28 from 9:30-11:30 (new time). Tuesdays and Thursdays, November 3, 5, 10, 12, 17 from 3 - 5 pm. All workshops will be held in Room 2 at the Community Centre. Contact Robin for more information. New learning is good for your brain.

Speaking of brains. Don't miss Gary Anaka's presentations on **BRAIN WELLNESS: THE SECRETS FOR LONGEVITY**, Tuesday, October 20, 3 - 4:30 pm and **HOW TO GROW A CHILD'S BRAIN**, October 20, 6:30 - 8:00 in the Multi-purpose room at Quadra Elementary.

Child care is available for these sessions if you make arrangements with Robin. Telephone 250-285-3185 or email: robin.quadr literacy@gmail.com for more information.

BRAIN WELLNESS: THE SECRETS FOR LONGEVITY:

Are you experiencing brain fatigue? Memory going? Not as sharp as you used to be? Worried? Are you living and working in a multi-tasking environment? If so, you may be experiencing accelerated brain aging. Your precious brain may be burning out early. How can you connect to the future if you don't have a brain to do it with? The exciting new field of Applied Educational Neuroscience has meaningful answers for everyone regardless of age. This practical workshop provides information and techniques to make your life and job easier. Find out what a healthy brain needs and what brain killers to avoid. Gain the secrets of brain longevity to give you workable strategies for life long brain wellness. Discover how to make brain plasticity work for you every day. This energetic and lively session is filled with hope and optimism for your future.

Find out how to use it before you lose it!

HOW TO GROW A CHILD'S BRAIN
Is it possible to grow a child's brain? Definitely YES! Active living and learning builds the best brain. With the right conditions and appropriate support, the brain can grow to its fullest potential setting the path for life long learning. However, it takes years of well chosen experiences interacting with teachers, parents, elders and the community to wire the billions of complex neural circuits needed for -- language, emotions, math, logic, etc. This optimistic presentation will demonstrate how to do this in a fun and interactive way. Learn priceless leading techniques and information from Neuroscience. Teachers, caregivers, parents and children need to know - "If you don't use it, you'll lose it, EARLY!"

Geshe YongDong Speaks

After a trip to Tibet, Geshe YongDong comes to Quadra Island after a long absence. It's early to advertise, but things become very busy on Quadra in the Fall and it's on Thanksgiving weekend. So put this on your calendar if you're interested.

Geshe YongDong will be bringing another monk from Tibet named Geshe Chaphut. The topic is "Healing Breathing Meditations." The time is from 11 am to 1 pm upstairs at the Quadra Community Centre on Thanksgiving weekend, Sunday, October 11, 2015. Call Steve or Danielle for more info at 250-285-3323.

Thanks Speed Watch

The RCMP would like to thank all the volunteers that keep the Speed Watch program running. Speed Watch works with the RCMP and ICBC to enhance road safety. The volunteers work in a variety of conditions including wind, rain, and (preferably) shine. They set up the radar and speed board to help educate, remind, and slow down people on our local roads. Last week they gave a gift (donated by ICBC) to a random person that was obeying the speed limit of 60 KM/Hr. Speed Watch will be out a few more times this month and next and have more gifts to donate to safe drivers. If you are interested in joining speed watch contact the Quadra RCMP Detachment.

Cpl. Kevin CHRISTENSEN
Quadra RCMP

REQUEST FOR EXPRESSIONS OF INTEREST PROPOSED QUADRA ISLAND DOG CONTROL SERVICE

The Strathcona Regional District is currently investigating the feasibility of providing a dog control service for Quadra Island and is seeking to determine whether there is capacity to provide this service locally.

The expression of interest should include a resume of relevant experience and demonstrated ability to provide the service including the handling of dangerous dogs, seizing dogs at large, dealing with enforcement issues, responding to call outs and providing safe and humane veterinary care, transport and shelter for impounded dogs.

This is not a request for proposals or a pre-qualification for potential service providers and there is no intent to award a contract at this time. Responses will only be used to investigate the feasibility of providing a dog control service on Quadra Island and will be kept confidential. The Strathcona Regional District may conduct a formal Request for Proposals in the future should a dog control service be established.

Expressions of interest will be received at the Strathcona Regional District office at Suite 301-990 Cedar Street, Campbell River, B.C. V9W 7Z8, up until 2:00 pm, Pacific Time, October 9, 2015.

For further information about the proposed service, please contact; Victoria Smith, Planner II 250-830-6707 or vsmith@strathconard.ca



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Theatre Quadra

Theatre Quadra seeks scripts for 10 minute plays... before October 15!

Theatre Quadra's festival of short plays – "Take 10" – will return in 2016 between May 12 and 15!

It will include a wide variety of plays for adults, families and kids, and mixed audiences. We are seeking both original and published plays to be submitted to: theatrequadra@gmail.com by October 15, with public readings beginning in November.

Plays should be 10 minutes in length with a maximum of 5 characters; 2 or 3 characters is better.

When you submit a play, please include the name of your director (yourself or someone else). For more information, contact Doni Laird at doniveelaird@gmail.com.

Join with TQ to create great community theatre... ten minutes at a time!

Get Ready for Rocky!

Theatre Quadra is thrilled to announce that we will be amazing our audiences with an eye 'n ear-popping production of 'The Rocky Horror Show' at the end of October.

Yup... right in time for Halloween! This madcap musical romp promises to be a fun-filled and fantastical feast for the senses!

Follow the sexy siren call of 'Frank N. Furter' to the Quadra Community Centre...

· Fri., Oct. 30: 7:00 pm to 9:00 pm
· Sat., Oct. 31: 9:00 pm to 11:00 am (after fireworks in the field!)

· Sun., Nov. 1: 2:00 pm to 4:00 pm
Tickets will go on sale in early October... we'll let you know when they're ready to go! (In the meantime... start practicing your sing-alongs to our sensational songs!)

AND here's the best part... you can still join in all the hoopla and hijinx! We'd love to have you help us put it all together – from backstage to front of house; from setting the stage to serving the snacks (How about baking? It's there for the taking!).

And if you can spare from 5:00 to 6:30 on Monday Oct. 26, we could use the hands to help set up the stage.

Please let us know how you can help rock the show! Call Heidi at 250-202-2217 now and help rock the show!

Community Lunch Starts Up

Community Kitchen Lunch starts up again on Sept 16th. Our amazing group of Community Kitchen Lunch volunteers serves up tasty selections of hearty, healthy homemade soups, breads and snacks to warm your belly each week. As usual Lunch is by donation.

Come down and catch up with old friends or make new ones. If you are new to the island it's the best way to meet your neighbours! Lunch is at noon every Wednesday from Sept May. Come down and join your community!

Todd's Trail

We would like to express our heartfelt gratitude to Alex Hartford for dedicating a new trail in memory of Todd Scharf. "Todd's Trail" is located on the Woodlot (#25) next to the Haskin Farm trail. Once past the gate, the trail takes you on a tour of Alex's beautiful Woodlot, looping around a gentle slope above the ocean. This trail is a peaceful place and perfect tribute to Todd who spent over 30 years working in the Forest Industry, some of them working for his good friend Alex.

This Sept 30th will mark one year since Todd's passing. His legacy will continue to live on through his children and grandchildren and this trail will always be a wonderful reminder of his outgoing personality and deep love for the outdoors.

Thank you Alex!
The Scharf Family,
Lilianne, Alexandra, Jason, Tommy and Marina



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Back to the Rock (And Real Life?)

From Rivers Inlet we passed the floating shanty of Dawson's Landing, where they had everything from pasta sauce to baby booties, then down Darby Channel to explore an old Indian village site. The beach was a long midden resting below a thick wall of cedar

trees, in behind which was a flat, spacious clearing. Nearly every tree was culturally modified, so long ago that the bark had grown thick and rounded where it had been cut. From there we zigzagged across Fitz Hugh Sound. Our first crossing we made in a gale to

the deceptively named Safety Cove on Calvert Island, where we spent a night being blasted by williwaws and tossing like we were on the high seas. Safety Cove: not safe!

The next day was fine and we crossed back, in the company of whales, to a very calm and protected anchorage. We reached for Calvert Island again from there, sandwiched between the deep grey of oncoming weather and the colorful hues of a sunny day. The mixture of weather created rainbow after rainbow. At one point we saw a whale blow underneath one - guffaw!



Up Kwakshua Channel we came to the Hakai Beach Institute. We spent a day exploring, hiking to the white sandy beaches on Calvert's west coast. The following day our weather window came, so we traveled out Hakai Pass and turned to sea. Rafiki sailed like a champ towards the horizon all day, and then at sunset we turned for home. We spent the night under sail, seeing the northern lights dance behind us and the moon rise off our bow. The morning came sooner than I thought it would. Aside from having a moment with our temperamental engine, we made it to Port Hardy safe and sound and tired!

From Port Hardy it was all familiar territory on the journey home. We meandered back through the Broughtons and down the notorious Johnstone Strait to Forward Harbour. We ripped down Cordero Channel, through Big Bay, down past Read, and then home! After 36 days of exploration and fun, we made it back to Quadra.

We figure over the whole summer we traveled about 2000 nautical miles (and only burned 150 litres of fuel!). Having seen just about everywhere between Victoria and Calvert Island, we didn't find any place we would rather make our home than right here on our beautiful, loveable rock.

- Elyisia Toporowski

*So you've made your will
and named your executor.*

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- Dangers of not having a Power of Attorney

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1:00 - 2:30 pm

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To register, call Boyd's 250-287-2240 or
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Pre-Planning not Glamorous, but Vital

When Jack passed away suddenly from a massive stroke, his five children were galvanized by the commonality of grief and love. The first few family meetings went smoothly. People shared openly, with laughter and tears spontaneously interrupting the menial decisions and tasks that demanded immediate attention. But then something happened, and it caught everyone off guard. It almost felt like it had a life of its own, like they were watching a ship in slow motion veer off course and head for a rock, powerless to stop it.

The eldest daughter, Sue, was named the executor and she decided there would be no service. Straight burial with no graveside. The other four disagreed. Family was coming from out of town and they “knew” that some sort of good-bye would be expected, possibly even needed for closure and healing. Sue had always been accommodating, so everyone was sure she’d come around to their way of thinking. It didn’t happen. Family meetings became tense. “Why is she being so unreasonable?” they wondered. Emotions really skidded out of control when they finally concluded that going behind her back by talking with the funeral director was the only option left.

Sue was as shocked at her siblings’ betrayal of her legal authority as they were of her insensitive dogmatism. Four years later, the relationships have none of the joy they once had. Attempts at reconciliation helped, but the underlying strain remains. Jack never would have imagined such family strife was possible, not with his family at least. How it would have pained him.

This story is but one small example of the many ways a lack of planning can exacerbate family tension when a death occurs. Here are three common mistakes and their solutions:

Financial Lethargy

Too many people in retirement are winging it, coasting along without a thought-out plan of how best to transition their estate to their loved ones. Or, they will experiment with generic strategies they’ve read about in newspaper columns or heard about from friends and attempt to apply those strategies to their specific situation. The amateur implementation of these strategies, the

reluctance to use the experts combined with a lethargic procrastination (“we’ll address it next fall”) can yield devastating results. Thousands of dollars going to Ottawa that should have gone to the kids, joint ownership that causes more problems than it cures, administrative nightmares for the executor that a simple trust would have solved—sometimes a little information can be a dangerous thing! A good tax accountant, lawyer and financial planner is worth his or her weight in gold: Use the experts.

Dr. Anita Komonski, ND, CHT

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Estate Sloppiness

Simple steps to organize your estate documents will go a long way to alleviate stress, especially for your executor. Ensure your executor has a copy of your will. Make sure you review your will when financial or family dynamics experience a substantive change. Acquire a power of attorney. Write out a Letters of Direction listing the personal items that are not mentioned in the will (your ring, chainsaw or painting, for example) and who they go to and place that document with your will (it can be an informal document not requiring witnesses or notarization if you prefer). Two grandchildren thinking they will inherit the same ring is not the kind of legacy you want to leave behind. Every day you delay tidying up your paperwork, you are tossing the dice, but it will be your family that pays the price should your ESP be off and your gamble fail.

Family Handcuffing

We are inadvertently handcuffing our family when we fail to plan, especially when it comes to our cremation or burial. Forcing them to make decisions when they are struggling with intense emotion can lead to regret, disagreements, overspending and stress. Insisting you prefer no service in a misguided attempt to “spare” a loved one from grief is another way we handcuff family. Oftentimes, that loved one simply goes through the same amount of grief, but over a longer and more uncomfortable period of time. In fact, they end up enduring dozens of mini-funerals, at the mall, at the grocery store, as they meet with acquaintances for the first time since their spouse’s death and are forced to re-live the experience as they provide an update or listen to the acquaintance fumble awkwardly for words. We need to remember that the service is not for us when we die, it is for our spouse, our kids and our grandkids—don’t handcuff them by limiting their options. A pre-arranged cremation or burial ensures your wishes are honoured, eliminates dissension and lessens stress. It also has financial advantages: many funeral homes will freeze the cost, and the plan can grow tax free and be paid in monthly instalments rather than all at once at the time of death.

Preparing for the inevitable is not glamorous, but it is vital. And thoughtful. Be proactive, not reactive by ensuring your estate is tidy, not sloppy, your financial situation is expertly evaluated and your family is positively guided, not handcuffed.

by: Kevin N. Holte, CPC, EPC

Bill Bradshaw Quadra Real Estate

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Heriot Bay Tides

DATE	TIME PST	m.	ft.
25 Friday	03:33	4.1	13.5
	10:11	1.5	4.9
	17:03	4.7	15.4
	23:12	2.6	8.5
26 Saturday	04:35	4.2	13.8
	10:59	1.6	5.2
	17:38	4.7	15.4
	23:51	2.3	7.5
27 Sunday	05:33	4.4	14.4
	11:45	1.8	5.9
	18:10	4.8	15.7
28 Monday	00:29	1.9	6.2
	06:29	4.6	15.1
	12:30	2.0	6.6
	18:43	4.8	15.7
29 Tuesday	01:08	1.6	5.2
	07:23	4.7	15.4
	13:16	2.2	7.2
	19:16	4.8	15.7
30 Wed.	01:49	1.4	4.6
	08:16	4.8	15.7
	14:02	2.5	8.2
	19:51	4.7	15.4
01 Thursday	02:33	1.2	3.9
	09:11	4.7	15.4
	14:52	2.8	9.2
	20:29	4.6	15.1
02 Friday	03:20	1.2	3.9
	10:10	4.7	15.4
	15:47	3.0	9.8
	21:10	4.4	14.4
03 Saturday	04:10	1.2	3.9
	11:14	4.6	15.1
	16:53	3.2	10.5
	21:57	4.2	13.8
04 Sunday	05:03	1.4	4.6
	12:25	4.5	14.8
	18:16	3.3	10.8
	22:55	4.0	13.1
05 Monday	06:02	1.5	4.9
	13:37	4.5	14.8
	19:44	3.2	10.5
06 Tuesday	00:14	3.8	12.5
	07:09	1.7	5.6
	14:39	4.5	14.8
	20:58	3.0	9.8
07 Wed.	01:39	3.7	12.1
	08:17	1.9	6.2
	15:30	4.5	14.8
	21:55	2.8	9.2
08 Thursday	02:52	3.7	12.1
	09:18	2.0	6.6
	16:12	4.5	14.8
	22:40	2.6	8.5
09 Friday	03:56	3.8	12.5
	10:11	2.1	6.9

THE DI CLASSIFIEDS

Attractions

WHEELHOUSE GALLERY

Visit the New Wheelhouse Gallery at Whiskey Point Resort and see works by Perrin Sparks, Nanci Cook, Kathryn Manry, Elena Mason, more. Gifts in the lobby, soaps, pottery, cards, unique T-shirts--still growing! Open 9 AM-9 PM every day. www.whiskeypoint.com 250-285-2201

Accommodation

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

Services

FERNBANK SAWMILL

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Event Rentals

MARQUEE TENTS

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Shops

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For Sale

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Help Wanted

HELP WANTED.

Bookkeeping / Office Manager Position for busy Quadra Island Construction Company. Experience with Simply Accounting, all aspects of bookkeeping, word and excel is required. Must have strong computer skills and able to manage day to day office tasks, administrative duties and work without supervision. Please email resume to karedunn@hotmail.com Only applicants selected for interviews will be contacted.

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

Find out more: info@quadraisland.ca

Home & Garden

SKILLED GARDENER AVAILABLE

Certified horticulturist and passionate lifelong gardener Ryan Nassichuk is currently available for garden maintenance, improvement, and creation projects. This is an opportunity to bring the passion, skills, and experience of one of Quadra's best gardeners to your landscape. Ryan works in food, ornamental and mixed gardens, and also offers soil testing and fruit tree pruning services. Call 250-202-2326 or email nassichuk@gmail.com

DI CLASSIFIEDS

Up to 35 words: \$25 (including tax) - one time

36 to 70 words: \$45 (including tax) - one time

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