ISSUE 614 • NOVEMBER 06, 2015 • SINCE 1992

discovery



Christmas Craft Fair at QCC November 20 & 21

Ferry Schedules Effective from February 9

Campbell River - Quadra Island

Crossing Time: 10 minutes Larva Campball Divor Larva Quathiaski Cave

Leave Campbell River		Leave Quathiaski Cove		
M D	C . C	l M D	C . C	
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	
Sat-Sun	Mon-Fri	Sat-Sun	
†8:50 am	7:50 am	†7:50 am	
10:50 am	9:50 am	9:35 am	
1:05 pm	11:50 am	11:35 am	
3:05 pm	**1:50 pm	1:50 pm	
5:05 pm	3:50 pm	3:50 pm	
6:45 pm	5:50 pm	5:50 pm	
	Sat-Sun †8:50 am 10:50 am 1:05 pm 3:05 pm 5:05 pm	Sat-Sun Mon-Fri †8:50 am 7:50 am 10:50 am 9:50 am 1:05 pm 11:50 am 3:05 pm **1:50 pm 5:05 pm 3:50 pm	

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

List Your Event 00000

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 VOP 1NO

COMING EVENTS

Friday Flicks Nov 13: Remember (CDA, 2015)

M aster filmmaker Atom Egoyan tackles one of the darkest chapters of 20th century history in the gripping thriller Remember, starring the legendary Christopher Plummer. Zev is an elderly Holocaust survivor living in a care home. He hears that the Nazi guard who murdered his family 70-odd years ago lives in America. Despite his challenges, Zev sets out with grim purpose to find the guilty man and deliver long-delayed justice by his own trembling hand. What follows is a remarkable cross-continent road-trip with surprising consequences.



Nov 9: Wreath Making with Nigel Lambeth

Nigel Lambeth from Campbell River Garden Centre will be the guest speaker at the Garden Club meeting on Monday November 0.7 Club meeting on Monday November 9, 7pm at the Community Centre. Nigel and his wife, Shauna, purchased the Garden Centre in 1995 making 2015 their 21st year as owners. Immigrating from a small town on the south island of New Zealand, Nigel moved to Campbell River after meeting Shauna while travelling overseas. He enjoys the variety of outdoor experiences that living in this area offers including gardening (of course), fishing, camping, and skiing. Nigel was the Chairman of the Campbell River Beautification Committee, and during his time on the Committee, Campbell River won first place nationally from Communities in Bloom.

Nigel's seasonal topic will be how to make an evergreen moss framed wreath for the holidays. Just in time for decorating your home, he will demonstrate step by step the materials needed and the construction of a natural wreath. As well he will offer a question and answer session on any garden related topics. Come prepared to get some great local advice on your garden issues.

Please bring something for the show and tell table - we know there are still flowers blooming in your garden. This will be the last regular meeting of 2015 so come out and enjoy. A club potluck will take place in early December – stay tuned for the date and time of this get together. Don't forget to dig your summer bulbs, and to winterize any irrigation or hose nozzles before it is too late. Annual membership is \$10 which gives a discount at many local nurseries. Drop in \$3.



THE ISLAND CALENDAR

Day to Day

Friday, November 6

Friday Flicks: Wild Tales, 7:30 QCC Live music with Blue Katz, HBI Pub 9pm

Saturday, November 7

Fall into Winter fundraiser for Quadra Children's Centre. Herons at the HBI 6pm Legion Poppy Drive with CR Pipe Band 6pm

Monday, November 9

Garden Club presents Wreath Making with Nigel Lambeth 7pm QCC

Wednesday, November 11

Remembrance Service, Quadra Legion 10:45am

Friday, November 13

Friday Flicks: Remember, 7:30 QCC

Saturday, November 14

Facebook Workshop 2-4pm QCC Boardroom QIOC: Paddling to Alaska, 8pm Rm 3 QCC Harpdog Brown Band HBI Pub 9pm \$15 at door

Saturday-Sunday November 14-15 15th Annual Quadra Island Quilt 'Marathon' QCC

Monday, November 16

Public Hearing on shipping containers on Quadra, 7pm QCC

Friday, November 20

Christmas Craft Fair 4 to 9pm QCC

Saturday, November 21

Christmas Craft Fair 10am to 3pm QCC

The Regulars

MONDAY

Parent & Tots, QCC, 10am-12pm Sing for Pure Joy! 1-2:30pm at QCC AA, Big Book Study, 7pm Quadra United Church 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 Poker Night, Quadra Legion, Heriot Bay 7:30pm Hand-Drum Jam, Upper Realm, Q Cove 7:45pm

THURSDAY

Parents & Tots, QCC, 10am-12pm Quadra Singers, QCC 6:45pm. Info: 2393 / 3127 Prayer Meeting, Quadra Island Bible Church, 7pm Open mic at Kameleon, open 6pm, music 8pm - late. Badminton at the Cape Mudge gym, 7:30pm (\$2)

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 pu

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

At the Community Centre

THIS WEEKEND November 6-8

FRIDAY: 8:30 Low Impact; 9:30 Fit on the Ball; 10 Friday Painters; 4 Ballet for kids; 7:30 Friday Flicks Presents 'Wild Tales'

SATURDAY: 10 Winter Market; 10 Island Theatre Kids; 12 Watercolour Workshop; 1:30 Manipulating Collage; 5:30 Adult Dance with Elsa

SUNDAY: 12 Watercolour Workshop; 2 Outdoor Club

THIS WEEK November 9–13

MONDAY: 8:30 Low Impact; 10 Parents & Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 3 Jiu-Jitsu, Kids 8-9; 4 Jiu-Jitsu, Kids 5.5-7.5; 4 Chess; 7 Photo Club

TUESDAY: 9 Yoga with Brenda; 10 Quadra Quilters; 10 Spinners & Knitters; 2:30 Telling Tales; 5 Yoga with Trinity; 5:30 Zumba with Marion; 6:30 Boot Camp with Marion; 7 Tai Chi, 7:30 Folk Dance

WEDNESDAY: 10 Baby Clinic; 11 Moms & Babes; 12 Community Kitchen Lunch; 12 Nurse Practitioner; 10 Yoga with Trinity; 3 Kids Creative Dance; 3 Quadra Little Circus; 4:30 Poi Class; 6:30 Life Drawing

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

FRIDAY: 8:30 Low Impact; 9:30 Fit on the Ball; 10 Friday Painters; 4 Ballet for kids; 7:30 Friday Flicks Presents 'Remember'

NEXT WEEKEND November 14–15

SATURDAY: 8:30 Quilters Marathon; 10 Island Theatre Kids; 12 Watercolour Workshop; 1:30 Manipulating Collage; 5:30 Adult Dance with Elsa; 6:30 Outdoor Club

SUNDAY: 8:30 Quilters Marathon

NEXT WEEK November 16–20

MONDAY: 8:30 Low Impact; 10 Parents & Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 3 Jiu-Jitsu, Kids 8-9; 4 Jiu-Jitsu, Kids 5.5-7.5; 4 Chess; 6 Weight Watchers

TUESDAY: 9 Yoga with Brenda; 10 Spinners & Knitters; Parkinson's Group; 5 Yoga with Trinity; 5:30 Zumba with Marion; 6:30 Boot Camp with Marion; 7:30 Folk Dance

WEDNESDAY: 11 Moms & Babes; 12 Community Kitchen Lunch; 10 Yoga with Trinity; 11:30–1 Flu Clinic; 3 Kids Creative Dance; 3 Quadra Little Circus; 4:30 Poi Class; 6:30 Life Drawing

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

FRIDAY: 8:30 Low Impact; 9:30 Fit on the Ball; 10 Friday Painters; 4 Christmas Craft Fair



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

SUBMISSION GUIDELINES

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

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

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

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NEXT DEADLINE

7pm on Monday November 16 for publication on Friday, November 20

Island Voices

sland Voices Chamber Choir presents 'Voices in Remembrance: In Their Words' at 2 pm Wednesday November 11 at St George's United Church, 505 Sixth Street in Courtenay; and at 7pm Wednesday November 11 at St Patrick's Catholic Church, 34 South Alder in Campbell River.

Admission is by donation. For more information call 250.792.2437 or 250.285.3560, or visit www.islandvoices chamberchoir.bc.ca

Free Money

Free Money is still happening the first Wednesday of every month. The next date is Wednesday, December 2 from 11:30am to noon. The program runs from December to April, and takes place just before the Community Lunch in the Downstairs Small Seminar Room at the QCC. 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 the program going. There are islanders who really need your help getting through a long winter.

Thank you in advance. Call Steve at 250.285.3323 for more information.

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

Remembrance

Day Service

REMINDERS

Our annual Remembrance Day Service will be at the Quadra Branch of the Royal Canadian Legion on Wednesday, November 11th, 2015. Everyone is welcome and families with children are encouraged to attend. Please be seated by 10:45am sharp.

The Legion Ladies Auxiliary will host the luncheon following the morning service. The evening festivities begin with membership initiations to be conducted at 4:30pm. The social hour starts at 5pm with dinner for members and spouse/guest at 6pm.

Honours & Awards and live entertainment with the Thievin Brothers will follow dinner. RSVP for dinner to Gillian Green 285.3739. See you at the Legion!

The Ladies Auxiliary is looking for anyone who would like to donate some baked goods for this annual event. You can drop baking off at the Quadra Legion on Tuesday November 10 between 7pm and 9pm, and November 11 between 9am and 10am. Much appreciated!

Adult Dance

DO YOU LOVE TO crank the music and get right into it when nobody's home?

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

Tuesdays 7 to 8pm at 767c Smith Road, \$10.

Kids' Dance

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.

Wednesdays 3 to 4pm at the Quadra Community Centre. \$35 for 4 classes, pre-registration required. Ages 3–8.

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.

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COMMUNITY THANKS

A huge thank you goes out to all who donated and helped bring together the Community Centre's 30th anniversary Fireworks and Pumpkin Carving Party this year!

Here are your wonderful community members that helped make it possible. Donors: Strathcona Regional District, Quadra Builders, Isle Tech Auto, Inspirations, Sorensen MacDonald Enterprises, Discovery Forestry, Heriot Bay Tru Value bottle donations, All Clear Septic, Heather Kellerhals, J. Toelle Construction, LandTec Industries, Cindy and Hal Revely, Whiskey Point Estates, Quadra Island Dental Clinic, Discovery Islands Realty, and Yellow Dog.

Fireworks team: Doug Edwards, Rod Mclean, Christi Edwards and our new co-designer McKenna McLean, Bev Wall, Jamie Ely, Mitch Currie, Robert Eastland, Dawn Johnston and Sailor, Darren Karaim, Gene Burgess, and last but not least the lantern bearer; Barry 'The Hermit' Hatelt. We also have to thank Quadra Builders for the loan of their van for moving all the equipment around.

Pumpkin Carving Party volunteers: Fern James, Katherine Pengelly and Sue Mitchell. If we forgot anyone, you know who you are and we greatly appreciate you! Thank you all so much for contributing and making this Halloween a super fun time for all!



Colleen Hogg of the Quadra Island Peoples Drug Mart presents a \$1000 cheque to the Quadra Island Pathways Committee Representatives: Tanya McMartin, Jim Abram, Jack Mar and Barry Hatelt.

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WINTER FOOD MARKET

Community Winter Market and Local Food Market at QCC

SATURDAY NOVEMBER 7. Display and sell your creations or promote your business at our indoor market. Come and enjoy a great assortment of local art, accessories, preserves, sewing, soaps, weaving, woollens, flea market finds and great gift ideas! Visit our local gardeners and bakers on stage and pick up some comfort foods to see you through those fall moments. Winter squashes for oh so yummy soups (add a slice of fresh bread and supper is served!) There are still winter veggies, eggs, dried fruits preserves and greens galore! Market hours are 10am to 2pm. Set up starts at 8am. Lunch with Audrey! For more info call Stella 250.285.3184 or visit quadraislandmarket@gmail.com. See you soon!

Free Firewood on Wednesdays

ree Firewood is now available every Wednesday after the Community Lunch from 1 to 1:45pm behind the Community Centre.

We're looking for volunteers to chop and stack wood after the Community Lunch from 12:30pm to 1:45 pm. If you can help, call Mornay at 250.285.3212 or 250.285.3422, or just show up with an axe. If you don't have an axe, come anyway as we have some extras. If you have a chainsaw, please bring it.

Please consider donating to the Free Wood Account at our local Quadra Credit Union. Let's keep everyone warm this winter!



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NOVEMBER ISLAND EVENTS

15th Annual Quadra Island 'Marathon'

The 15th Annual Quadra Island 'Marathon' will be held on November 14th and 15th.
Calling all Quadra Island Quilters to participate: pedal to the metal, tripping over selvedges, and heartbeat finish lines.

Quadra Quilters have donated an average of 50 quilts per year – 750 quilts to date – to the patients at Vancouver Children's Hospital



Oncology Ward and Ronald McDonald House. Some comfort quilts are distributed as needed here on Quadra Island. Most fabric, thread, and other supplies are generously donated. The money earned this year from our "Grandmother's Flower Garden" raffle quilt will go towards the making of these quilts. This year we have five teams with team leaders guiding the quilters through fairly simple designs with precut fabrics kits. On Saturday most sewers will piece blocks and assemble quilt tops using patterns called "Disappearing Nine-Patch", "Choc-a-Block", "Sticks and Stones", or "Boxing Match" among others. On Sunday some sewers will be

'sandwiching' quilts (a top, a layer of batting, and then a cosy backing) and then stitching the layers together. The final steps are a fabric binding around all the edges, and a hand-stitched label (for posterity) on the back that says "Made with love by the Quadra Island Quilters Guild."

The public is welcome to come in and browse the colourful quilts as they are being assembled, chat to quilters, maybe enjoy a cup

of tea. If you would like to help with this event we could use your assistance to iron, cut fabric, hand stitch (or even un-stitch!). If you are curious about the process of quilt-making, then the marathon might be a wonderful learning experience... or just come and cheer us on.

Lunch is provided for helpers. Please call Arlis Scott for more information, or if you want to become involved: 285.2879

RCMP REPORT

ON OCTOBER 23, 2015 Quadra RCMP received a call of a shoplifter who was yelling and fighting with staff at the B by the Sea store. RCMP attended and located a young offender who was being held for police by two good Samaritans. A second male had run from the store but was later identified during the investigation. Police are working with the youth by offering them alternative measures to take responsibility for their wrong doing and thus keep them out of the court system.

On October 26, 2015 at 3pm Quadra RCMP conducted a traffic stop on a vehicle in Quathiaski Cove. The male driver displayed symptoms of impairment due to alcohol. He provided two different breath samples into two different approved screening devices. The results of both samples were a fail which means in excess of the legal limit. The male was served a 90 day Immediate Roadside Prohibition (IRP) and his vehicle was impounded for 30 days.

On October 27, 2015 Quadra RCMP received several reports of shots being fired after dark. Patrols were made but no one was located.

On October 30, 2015 Quadra RCMP received a report of property damage to the Quadra Circles notice box posted outside the Tru Value Foods in Quathiaski Cove. Someone smashed in the wooden and plexiglass box. This occurred sometime over the past 24 hours and so far there are no suspects or witnesses.

- Cpl.Kevin Christensen, Quadra RCMP

Harpdog Brown & the Travelin' Blues Show

HARPDOG BROWN HAS "more than 35 years of bad road" under his belt. He's performed thousands of shows, released seven albums, and has a faithful group of fans that grows, show after show. In 2014 Harpdog Brown received a Maple Blues Award for best harmonica player. Harpdog's shows are often described as a mix of 'real-deal blues and soul-felt message of life.'

On Saturday November 14, Harpdog Brown and the Travelin' Blues Show plays live on the HBI Pub stage at 9pm, and \$15 gets you in the door.

Children's Centre Fundraiser November 7

all into Winter in a most delightful way, in Herons at the Heriot Bay Inn, supporting the Quadra Children's Centre. This event includes a two course dinner, smooth swing and jazz by the Dave Blinzinger Trio and a selection of fine quality art up for bids in a silent auction.

"The Fall into Winter Fundraiser is traditionally a charming evening of quality food, quality art and excellent music," says Sarah Richardson, event co-organizer and Quadra Children's Centre board member. "The Fall into Winter fundraising evening supports island children through high quality childcare. The Children's Centre relies on the community and we truly appreciate the support we receive. It's because of Quadra's support that the Children's Centre continues to be a beacon of quality childcare."

Grahame Edwards, Rick Storm and Dave Blinzinger, offer 1930's and 40's swing in the style of Django Reinhart and Stefane Grappelli ,mixed with Latin tunes from the 40's and beyond.

Fall into Winter happens Saturday November 7 in Herons at the Heriot Bay Inn, starting at 6pm. Seats are \$55. Call the Inn at 250.285.3322 to reserve.



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CHRISTMAS CRAFT FAIR AT QCC

rtisans are preparing their work for AQuadra Island's Christmas Craft Fair. The little island community shows off its talents as well as creating a festive event to kick off the holiday season. Why buy mass produced

products from big box stores when you can meet and support locals in the friendly ambience of the Community Centre?

Delicious food from Mrs. Claus's Concession will sustain your browsing for as long as it takes to find something beautiful for everyone on your list.

Rumour has it that the man in red will arrive at

noon (and stay until 2) on Saturday, courtesy of the Quadra Fire Department; and special time is set aside for child-to-Santa consultations. This will be a perfect photo opportunity for parents and grandparents!

You'll find a vast selection of high quality crafts, woodwork, pottery, jewelry and

puzzles, glass and leather, sewn items, weaving, knitting, preserves, candles, woolens, photography and much more.

Shop local and shop early so you can take December off! The Quadra Christmas

> Craft Fair runs Friday, November 20 from 4 to 9pm and Saturday, November 21 from 10am to 3pm at the Quadra Island Community Centre, 970 West Road. Santa arrives at noon Saturday (and stays until 2pm). Admission is free.

This is one of the biggest fundraisers of the year for the Quadra

Island Community Centre, so every little bit of your support helps, whether it be table bookings or purchases in the concession, you help sustain the facility and our children's programing. Come down and check it out!

Treats in the concession are always an amazing deal and super tasty! Invite your off Island friends and family too. Why not make a special weekend tradition of it, come on over and enjoy a fine, festive event on the island together!







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NORTH ISLAND MLA'S REPORT • by Claire Trevena

Access to information

healthy democracy, and

researchers, academics

and others to be able to

is fundamental to a

is vital for journalists,

do their work.

This week Canadian journalist Mohammed Fahmy who had been in prison in Egypt for more than 400 days, wrongly accused of terrorism, visited the Legislature. It was extremely interesting to hear how he survived, how important it was for him to know people were fighting for him and his views on diplomatic involvement when a Canadian citizen has been arrested and imprisoned.

The Question Period exchange he observed was – like all of our Question Periods this week – focused on the BC Liberals' abuse of freedom of information legislation and the cover-up of issues they don't want the public to know about.

It was, however, a salutary reminder that while we rage against the BC Liberals outrageous record, we have the opportunity to challenge them in the Legislature without fear of reprisals. And this can and should be reported by our free media.

It was also perhaps appropriate that the discussion was about how the BC Liberals ignore freedom of information laws, apparently on direction from the Premier's office. Access to information is fundamental to a healthy democracy, and is vital for journalists, researchers, academics and others to do their work. However the BC Liberals prefer to erase the record rather than open up their actions to scrutiny. There is no trace of any emails in the Premier's office – not even from her communications staff. It is an extraordinarily cavalier approach to government.

The sadness of this latest cover-up is that it came to light when we, in the official opposition, asked for information about meetings the Minister of Transportation had held about the Highway of Tears. I raised that in Question Period but the Minister and the BC Liberals see no problem in the fact that all emails had been deleted and there was no information to access.

I also asked the Minister of Transportation for some clarity on the new cable ferry for Denman and Hornby Islands. The cables are said to be rusting, there are reports that the ferry's fuel consumption will be higher than the current ferry and there is no way the ferry can escape a high wind blowing down Baynes Sound. The Minister blustered as much as the wind often does but had no coherent answer for the people of Denman and Hornby, or indeed anyone who relies on ferries as our marine highway and sees this reckless experiment unfolding.

I raised concerns about the lack of equity in funding for our marine highway. As we all know, in contrast to the paved highways across the province or the inland ferries, we pay a huge amount to use our marine highway. And unlike those who rely on BC Transit, our fares also contribute to capital costs. As we also know BC Ferries has a promotion at the moment reducing certain fares by 50 percent. The reason behind this is to see whether it could introduce different fares at different times of day. I argued that it makes economic sense for such a reduction to be made permanent on all routes at all times. I also reminded the Legislature about the reason the BC Ferries system was created by WAC Bennett in the late 50s and 60s – to open up the coast and connect communities for the benefit of our economy. We still need these connections for the benefit of our communities and the provincial economy.

Debate this week again focused on the changes to the electoral boundaries. I spoke about my pride and honour in representing the North Island. The boundaries of North Island remain intact under the new map which is likely going to be in place for the 2017 election. However there are significant changes to the Comox Valley constituency to the south of us. That faces a major reorganization:

Comox, Courtenay, Black Creek and Merville will become one constituency while Cumberland and the rest of the Comox Valley will join the constituency of Alberni Pacific Rim.

We also started the discussion of a miscellaneous bill which touches on the Ministries of Advanced Education, Children and Families,

Energy and Mines and Justice. The proposed changes to legislation are: how dues are paid to student societies; how youth agreements are established for young people in care of the Ministry; implementing a number of recommendations which came from an independent review of the BC Utilities Commission; and aiming to streamline the enforcement of court orders.

I have heard concerns from a number of people in Gold River and Tahsis who are very worried about the potential loss of the pharmacy service in Gold River. I have spearheaded a campaign to fight to prevent the

change, with a number of colleagues who also represent areas which could lose pharmacies.

We have one more week in the Legislature ahead of a week in constituency around Remembrance Day. As always, I can always be reached by email at Claire.trevena.mla@leg.bc.ca or by phone in Campbell River on 250 287 5100, in Port Hardy on 250 949 9473 or toll free at 1 866 387 5100. You can also friend me on Facebook, follow me on Twitter @clairetrevena or check out my web page www.clairetrevena.ca.

Best regards, Claire

CONTACTING OUR NEW MP

NORTH ISLAND-POWELL RIVER'S NEW MP ELECT wants to make sure that constituents can get in touch with her during the current transition period. "It may take some time to set up offices in the riding but I want to make sure people can still connect with me," said MP elect Rachel Blaney. "I've spoken to our Members of Legislative Assembly, Claire Trevena and Nicholas Simons, who have agreed that anyone who has an issue or concern can drop off information at their community offices." Blaney is still waiting to be sworn in, in Ottawa. In the meantime she is getting oriented to Parliament. "It is an incredible honour to be elected and I thank all the people who voted. The support was amazing throughout the election," said Blaney. "Now I want to get on with the work of representing my constituents." People who want to connect



with Blaney can leave contact information at the MLA's offices. Calls will be returned as soon as possible.

Claire Trevena, Campbell River: 250.287.5100
Port Hardy: 250.949.9473
Toll free: 1.866.387.5100
For media contact:
Rachel Blaney 250.830.8323
Nicholas Simon, Powell River: 604.485.1249
Toll free: 1.866.373.0792

QUADRA CIRCLE NEWS

QUADRA CIRCLE IS NOW A CHARITABLE SOCIETY! We hope you will put Quadra Island charities first as you plan your annual giving. "There's no place like home, Toto!" Donations for Quadra Circle can be made to our account at Coastal Communities Credit Union or mailed to Quadra Circle, Box 672, Quathiaski Cove, BC, V0P1N0. See our website: www.quadracircle.ca

A BIG THANK-YOU TO EVERYONE who attended the Community Housing Meeting on November 2. A lot of excitement and interest was generated and the Joint Housing Committee will keep you posted on our next steps. Info: Maureen 285.2221 or Mary 285.3084.

NEW! FRIENDLY PHONECALL: Receive a daily check-in call from our volunteers for peace of mind. Free service, please call 285.2255 to apply.

FRIDAY LUNCH: Please join us for Armchair Exercise at 11am with Ann Lawrence, then a delicious lunch (\$5 suggested donation) at noon. 1281 West Road, (Quadra Bible Church, lower level).

FOOT CARE SUBSIDY for seniors and those who receive GIS or MSP premium assistance. Call 285.2255.

EMOTIONAL WELLNESS: Those aged 19 to 64 who are unable to go to Campbell River's Mental Health and Substance Abuse service can call 250.850.2620 and ask for an appointment to see an Island Health counsellor on Quadra. If you are 65 and older, screening is required so please arrange a referral through your doctor. If you have difficulty accessing this new mental health service on Quadra or in Campbell River, please call Quadra Circle's Mary McIntosh at 285.3084.

'QUIET MOMENTS' is a free, no-talking, drop-in class offered by Mental Health to learn relaxation skills and how to manage difficult emotions. No referral necessary. Alternate Tuesdays, November 3 and 17 at 12:15 to 12:45pm at the Wellness Centre above the Library. Please arrive early or attend next time.

QUADRA HOME MEALS: For \$5 to 6 per meal Island seniors and anyone with surgery/illness can order tasty, nutritious meals for most diets made by Gowlland Harbour Resort's Chef. Pick up the meals at the Community Centre Wednesdays 11:30am to noon or pre-arrange delivery. Please order by Saturday noon: Marie 285.3950.

SENIORS DROP-IN: Coffee, games and conversation with old and new friends on Mondays, 10am to noon at Quadra School's Literacy Room. Use the school entrance by the garden.

SENIORS OUTREACH: Marie Sheran makes home visits and connects you with helpful services: 285.3950.

TRANSPORTATION PROGRAM: Seniors needing a ride to appointments, activities, and shopping can call at least 24 hours in advance to arrange a volunteer driver. Call Diana to register or be a driver: 285.3630.

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drkomonski.com



Volunteer with the School or Quadra Circle? Need helpful info about resources for seniors? Visit our Community Connections Centre (beside QI Medical Clinic) Wednesday to Friday, 11am to 3pm. Call 285.2255 for info.

Yoga at Seascape Pavilion

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. Sundays 9:30 to 10:30 at 774 Cliff Road. Families welcome! By donation (suggested \$10).



News Flash

Island Cycle is for sale!

wner Jack Mar says
"It's time!" Is he leaving
the island? Definitely no!
Is he selling his bicycle
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and awesome growth
potential? Definitely yes!

Jack welcomes your inquiries and invites you to get in touch about making Island Cycle your island business!

250 285 3939 bicycle@gicable.com

Majority partnerships will be considered. For more info go to www.quadraislandcycle.com



We welcome Registered Massage Therapist

Alisha Brady, RMT to our professional offices above the Library.

Call 250.203.9014 or email alishabradyrmt@gmail.com

For leasing opportunities at Cove Centre call Kim or Ed at 250.285.3138

REGIONAL DIRECTOR'S REPORT • by Jim Abram

By the time you read this report we will have had the much awaited Community Housing Meeting at the Community Centre. I am sure others will report on it, but I will also throw in some comments after it happens. This will be very instrumental in how our Local Area Plan is implemented as part of the Q. Cove Village Plan! More to follow for sure. An incredible amount of planning and volunteer time has gone into making this process work for our community. I am really looking forward to it.

I have been extremely busy these past weeks and have attended many meetings on your behalf and dealt with countless issues. I am going to leave all of that for now since there seems to be an emerging issue that I have had a few phone calls on that I feel needs a bit of explanation. I am speaking of the Public Hearing coming up on Monday, November 16 at 7pm at the Quadra Community Centre. There seems to be a lot of confusion out there and I hope to clarify a few things.

Legion Poppy Drive

ON SATURDAY NOVEMBER 7 the Campbell River Pipe Band will do a Remembrance Day Poppy Drive starting at the Legion around 6pm with the next stop at the Heriot Bay Inn and ending at the Landing. The next Legion B I N G O is on at Saturday November 21. Proceeds will be donated to give a local family a helping hand while they're going through a difficult time.

Raise Your Voice In Glorious Song!

SINGING EXTENDS BEYOND the fizzing of synapses in our brains and the whizzing of oxygenated blood cells! Our bodies release oxytocin (the 'feel good' hormone) when we sing in a group.

SING FOR PURE JOY! with Mary and Kate at the Quadra Community Centre on Monday afternoons from 1 to 2:30pm.

New members always welcome. Drop-in fee of \$10. Fall Term is pro-rated if you join during the term.



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



Public Hearings Nov 16 at QCC

I will start by saying that a Public hearing is just that: It is a forum for the Directors of the SRD to hear what the public has to say, in a formal setting, about any proposed bylaw topic. It is not a decision. It is input. Yours! I look forward to hearing what you have to say about what is being proposed. I have heard both sides of the reasons for moving ahead and not moving ahead and want to learn more from this process before I make any kind of personal decision on this topic. The topic is the regulation of the use of shipping containers. This is a relatively recent (past few years) re-purposing of standard shipping containers, from the shipping industry. They are being used for all sorts of creative ideas, some of which are totally acceptable to most and some of which have raised some questions. This proposed bylaw is one way of dealing with the issue; there are others. Or it can be left alone.

This is not some plot by the SRD to over regulate our island. It was to deal with some complaints that were starting to show up in a number of areas, including ours. Some people seem to think that it has to do with 'bringing in the Building Code.' Well I hate to tell you, folks, but we are all subject to complying with the BC Building Code and have been for long before I was your Director. It is Provincial regulation! What we do not have in Area C is 'building inspection' and that is something that I have opposed for many years and even brought it to referendum a number of years ago

when previous staff of the CSRD wanted to impose it upon us. Thankfully, I was right and the referendum was soundly defeated. So you are totally subject to the rules of the Provincial building code but there is no building inspection and the liability for building smartly is entirely up to you, as you wanted it. The Province has threatened in the past two years to make it mandatory but so far have not acted upon it. I doubt that they will with an election looming in the next two years!

The SRD could have done this differently and held a preliminary public open house but decided to move straight to a Public Hearing since it will give the Board basically the same information. If the community wants to move forward, the Board will, and if the community wants something different, the Board can do something different, or nothing at all.

This Public Hearing was not meant in anyway to be divisive or stir up trouble, it was meant to gather information. I need your input to make good decisions. So please come to the Public Hearing with constructive ideas or criticism. Both are very helpful.

There is also another Public Hearing that night regarding a tourist lodge in one of the inlets, that has been in operation for many years and is now coming to the SRD to have it legalized. This is totally separate from the other bylaw. You can stay for one or both. I look forward to seeing you there.

Feel free to contact me between the hours of 8:30am and 7pm, Monday through Friday (please, not on weekends, folks!) at 285.3355, or you can fax me at 285.3533 or you can email me anytime at jimabram@ xplornet.ca or contact me by mail at Box 278 in the Cove, V0P 1N0... or on Facebook at https://www.facebook.com/JimAbram... If it is important, my cell is 250.830.8005... Lots of choices. Please do not use my residential phone number for SRD calls. All business calls should be on 285.3355. Many thanks! Respectfully submitted, Jim Abram

Geology Lecture at the CR Museum

THE MUSEUM AT CAMPBELL RIVER is presenting another lecture from the BC Nature Club. On Saturday November 14, from 1 to 3 pm, the President of BC Nature Kees Visser will present an illustrated lecture entitled 'Geology, Rocks and Times: An Education'. The lecture is intended for the general public. According to Visser, "My experience on Salt Spring Island and the Pacific Northwest has shown me that very few people understand the work of geologists. I will speak a lot about rocks and timescales but I will also examine LNG drilling, fracking and other geological disciplines such as paleontology, stratigraphy and tectonics." Visser will also look at how a local chapter of BC Nature can be started in this area. The cost for the lecture is \$7. Call the Museum at 287.3103 to reserve a seat.

OPINION

The Quadra Shipping Container Debate

n the last issue of the Discovery Islander was an interesting letter by Frank Wallace about how the Strathcona Regional District (SRD) may ban shipping containers as housing on Ouadra in a new bylaw.

Thanks for your letter, Frank, it left me wondering. Why would anyone try to ban used shipping containers

anyone try to ban used shipping containers (sea-cans) as buildings, now when we need more than ever to

recycle everything and when most of us need to economize? Discarded shipping containers make cheap, excellent housing and this allows us to recycle these huge steel lumps into something very useful.

I was recently talking to a tourist from the Czech Republic and he told me that in his country many middle class people use discarded shipping containers as a worthwhile, affordable housing option. He told that me his mother recently bought a used shipping container for \$1500, added a few doors and windows, insulated it, and made it into a comfortable home. When she has enough money saved she will buy another container and add it on to the existing one, and so on until she has enough rooms and space for her needs. He said this is typical throughout the Czech Republic, and I assume it's true for all of Europe as it is so crowded and housing is so expensive there.

Shipping container homes are cool and trendy, and I'm sure most kids and many

adults in the world would love to live in one. Containers are not all that much different than trailer homes in which very many Canadians and Americans already live.

Banning the use of shipping containers as buildings anywhere in Canada seems a short-sighted and backward step for a modern and affluent country – a step which could help create a

class-divided world in which people live in tents or cardboard hovels, or they live in mansions, with little or no housing options for the middle class. Used shipping containers can look good or they can look bad, just like any house, depending on how well they are maintained.

Containers cost little and make ideal, solid, upbeat, weatherproof, low-maintenance, prefabricated housing. The idea seems well-suited to our developing planet where these days seven billion people live and our million or so weekly newborns all need housing. I believe that any ban on shipping containers would be an uneducated, unnecessary, and damaging move for human ingenuity, diversity, creativity, inventiveness, and general welfare.

There will be a public meeting in the Quadra Community Centre on November 16 about this issue and it will be interesting to hear what people think about it.

-Greg Ross

DI MAILBAG

DEAR EDITOR,

LAST YEAR I PARTICIPATED in an excellent seminar given by Betty and Pat about writing an Advance Care Directive. Then last month I attended a meeting by Boyd's concerning getting my estate in order.

When I was in my 20's I heard about the Memorial Society of BC, which ensures affordable end-of-life arrangements. I became a lifetime member, and my parents and my husband's parents also joined. It made their end-of-life arrangements very simple, and I urge you to find out more at www.memsoc.org. *Yours truly, J. Baker*

Free VHS/DVD Videos

YOU MAY BORROW up to five videos for free at the Upper Realm in Q Cove. You can keep them 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 Friday and Saturday afternoons. Call Steve at 285-3323 for more info.

Calling All Tots!

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

Upcoming...

Fall Into Winter

Quadra Children's Fundraiser dinner · swingin' jazz · silent auction Nov 7 · \$55

Harpdog Brown and the Travelin' Blues Show

Nov 14 · HBI Pub · \$15/door

Harry Manx · Dec 4 & 5 \$79 incl. 2 course dinner

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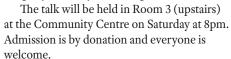
a beautiful place to spend time

OUTDOOR CLUB

Graham Vaughan: Paddling to Alaska

We're very pleased to have Graham Vaughan giving a talk on his paddle to Alaska on Saturday November 14. Graham is a guide and operations manager for Spirit of the West. He will be showing his photos and talking about this journey, with two other guides, from Quadra to

Skagway in 55 days, covering 1800 kilometres.



In the meantime, our 'summer' schedule is winding down. It's been a wonderful season for hiking and kayaking. We've had over 20 great trips. As we transition to winter we will have hiking on demand during the end of October and into November. We welcome trip requests.

The planning meeting for the winter season will be held on Sunday, November 8 at 2pm in Room 3 at the Community Centre. Think about what you would like to do this winter and brings those ideas to the meeting. We plan to have day and multi-day trips. Everyone is welcome.

For more information about the Club, visit the webpage at qioutdoorclub.org.



SIERRA QUADRA

FB 101 & This Changes Everything, the Movie!

S ierra Quadra is pleased to offer the Quadra community a series of films and events over the coming months. We're kicking off our season with a Facebook Workshop by Angela Koch on Saturday November 14 from 2 to 4pm in the Community Centre Boardroom. Angela has generously agreed to bring us all kicking and screaming (whatever it takes) into the 21st century, by sharing her expertise on using social media activism to support the things we care about: our food security, waters, forest, politics, health issues.... And don't worry, she's not forgetting about all the fun stuff that can be done with FB too!

As space is limited, we ask that you call 285.3563 to register, or email taseko1@telus.net by November 12. Please make sure you've already signed up for a (free) Facebook account, and bring a laptop if possible. (If you don't have a laptop, you can look over someone's shoulder!) Admission is by donation to Sierra Quadra.

ON SATURDAY NOVEMBER 28 come to the Quadra premiere of Avi Lewis's groundbreaking film, This Changes Everything. Based on the subject matter of Naomi Klein's award winning bestseller, Avi began working on the film long before his wife's book was actually finished. Here's what he says about it: "How to make a climate film for people (like me) who at this point are weary of the whole genre? How to make a film based on a book that hasn't been written yet? How to make a film about humanity's existential crisis that nonetheless leaves the viewer with a credible sense of hope? I found the answers in people, in the hundreds who shared their stories and lives with us during the course of shooting this film, over four years, in nine countries and five continents.

"In the fierce dignity and moral clarity of communities fighting destructive fossil fuel projects, in the drama of their struggles, I saw that a climate film doesn't have to be about polar bears. In the way the people I met connected the dots between the economic system and the havoc it is wreaking on their lives and the planet, I heard Naomi's book come to life, even while she was still in the process of writing it. And in watching

THEATRE Q

Short Play Readings

THEATRE QUADRA IS SPONSORING A

series of play readings as part of the selection process for our 2016 Spring event: 'Take Ten: A Quadra Festival of Short Plays'. We will be reciting aloud some entertaining and thought provoking original plays from local writers, as well as a number of first-rate professionally written and published plays. Dates: November 11 from 7 to 9pm at the HBI Bayview Room; November 18 from 6:30 to 8:30pm at the Quadra Library; November 25 from 7 to 9pm at the Community Centre; December 2 from 7 to 9pm at the Community Centre. Your suggestions and comments are a valuable part of the selection process, so please join us.



Plus... it's a whole lot of fun! (Forgot to submit your play? It's not too late. Contact Doni Laird 250-285-3881 or doniveelaird@gmail.com.) Hope you have a great time guesting!

John Nursall

Promotion & Publicity, Theatre Quadra

Email: jnursall@gmail.com Phone: 250.285.3752

Website: www.TheatreQuadra.com

the emergence of a new climate movement... I found hope growing in the cracks of our broken system.

"Making this film has been the most difficult and thrilling creative work of my life so far. My most passionate hope is that it can be useful, can help people burst out of isolation and avoidance and find a way to engage. Because to change everything, we need everyone."

This Changes Everything will be shown at the Quadra Community Centre on Saturday November 28 at 7:30pm. Doors open at 7, refreshments are available, and admission is by donation.

Our sincere thanks to the filmmakers and to the Council of Canadians for making this screening possible. See you there, Quadra!

BC FERRIES

The Genie is Out of the Bottle

BC FERRIES' VP OF STRATEGIC PLANNING and Community Engagement Mark Collins informed our Southern Sunshine Coast Ferry Advisory Committee on October 27 that BC Ferries will have no further discussion with our community about fare inequities or restoration of service cuts, narrowing the field for future engagement.

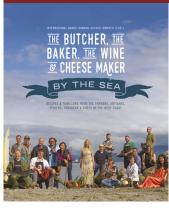
In 2001, following 10 months of broad-based community consultations, the Province announced that BC Ferries would incrementally adopt a fare structure based on distance travelled as the best way to resolve what was and remains a hodgepodge of fares.

As a member of our FAC and Co-Chair of the BC Ferry Coalition I want to thank Mark Collins for his frank and refreshing honesty. He says if communities expect to be heard with respect to fares or service levels, don't waste your breath talking to BC Ferries, go directly to the provincial government. He let the genie out of the bottle. I'm not sure his political masters will be as impressed with his candour.

Gordon Campbell's semi-private BCF management model was designed as a firewall to protect government from citizen pressure. Previous BCF spokespeople employed a strategy of delay, defer and deflect to avoid dealing with the substance of fare inequities and service cuts. Collins buried that strategy forever.

For years our FAC has been arguing for fare equity as excessive fares keep damaging our communities. Why the difference in fares you may ask? Go ask Premier Christy Clark and Transportation Minister Todd Stone directly, because BC Ferries has stopped talking! -Jef Keighley, keighley@dccnet.com

BC BOOKS



ocal flavour: 'The Butcher, the Baker, the Wine & Cheese Maker: By the Sea' is foodie Jennifer Schell's celebration of British Columbia's coastal cuisine with recipes and forklore from the region's farmers, artisans, fishers, foragers, and chefs. Treat yourself to a discovery of the most diverse and delicious food on the planet – from the fabulous food-truck fare of Tofino to the elegant dishes of downtown Vancouver's five-star restaurants,

along the Sea-to-Sky highway to the famous après-ski pub grub of Whistler and the hearty, homegrown smorgasbord of the lush farming valley of Pemberton.

In addition to providing mouth-watering recipes for every meal featuring the bounty of the region, this collection is a tribute to the remarkable innovators and culinary leaders who make up Canada's west coast food culture.

And now for the spoiler alert: this book wouldn't be complete without appearances from two Quadra Island shellfish producers. Of course we're not about to make it easy for you, DI readers - for that, you have to make a pilgrimage to Book Bonanza and buy the book yourself! You (and the friends you'll soon be inviting for dinner) will not regret it.

Author Jennifer Schell is, among other things, editor of BC Food & Wine Trails Magazine.

HAIG-BROWN HOUSE

New Writer-In-Residence

THE MUSEUM AT CAMPBELL RIVER is welcoming the community to 'meet and greet' the 2015-2016 Haig-Brown Writer-in-Residence Wayne Grady. On Sunday November 22, from 1 to 3pm, everyone is welcome to an Open House at the historic Haig-Brown House located at 2250 Campbell River Road. Coffee and snacks will be served.

Wayne Grady is the author of 14 books, the translator of 15 novels from French to English, and the editor of 11 anthologies of literary fiction and non-fiction. He was awarded the Governor General's Award for Translation in 1989 and nominated again in 1995 and 2005. His extensive travels through the Gobi Desert, Patagonia, the United States and a visit to the North Pole have all informed his extensive travel and environmental writing. 'Tree: A Life Story' was co-authored with David Suzuki in 2007 and was shortlisted for the BC Book of the Year. His first novel 'Emancipation Day' (Doubleday 2013) was long-listed for the Scotiabank Giller Award and won the Amazon First Novel Award.

During his residency in Campbell River (November to April), Grady will be engaged with the community through writing workshops, talks and community consultations. This is the 12th year for the Writer-in-Residency Program managed by the Museum and supported through the Canada Council for the Arts and the Haig-Brown Institute. -Erika Anderson

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NOTICE OF PUBLIC HEARINGS

BYLAW NO. 236 - QUADRA ISLAND ZONING BYLAW, 1990. Amendment No. 112

BYLAW NO. 234 - QUADRA ISLAND ZONING BYLAW, 1990, Amendment No. 111

Date of Public Hearings: November 16, 2015

Location of Public Hearings: Quadra Island Community Centre

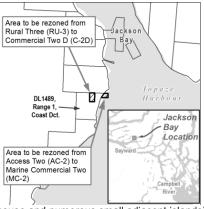
970 West Road Quathiaski Cove. BC

Public Hearing for Bylaw No. 236 will commence at: 7:00 p.m. Public Hearing for Bylaw No. 234 will commence: immediately following Public Hearing on Bylaw No. 236

BYLAW NO. 236

Area affected by proposed Bylaw No. 236: The subject area is described as that part of District Lot 1489, Range 1, Coast District and adjacent foreshore as shown outlined in bold on the map below.

Purpose of proposed Bylaw No. 236: The bylaw, if adopted, would rezone the subject area from Rural Three (RU-3) to Commercial Two D (C-2D) and from Access Two (AC-2) to Marine Commercial Two (MC-2), to permit the siting of a commercial resort and an associated foreshore dock.



BYLAW NO. 234

Area affected by proposed Bylaw No. 234: Those areas of Electoral Area C governed by Bylaw No 1213, the 'Quadra Island Zoning Bylaw, including Quadra Island and the remote outer island and mainland areas of Electoral Area excluding those areas governed by Bylaw No 1460, the 'Desolation Sound Rural Land Use Bylaw 1993'. (Sonora, Stuart, Maurell and Rendevous Islands, Church

house and numerous small adjacent islands).

Purpose of proposed Bylaw No. 234: The bylaw, if adopted, would implement text amendments to Bylaw No. 1213 that would regulate the siting and use of shipping containers in those areas of Electoral Area C governed by Bylaw No. 1213

Copies of the proposed bylaws and related information are available for inspection at the Strathcona Regional District Customer Service Centre, located at #102 - 990 Cedar Street, Campbell River, between the hours of 8:30 a.m. and 4:30 p.m., Monday to Friday, excluding statutory holidays, from November 6, 2015 until November 13, 2015 and from 8.30 a.m. until 12:00 noon on Monday, November 16, 2015. The bylaws and associated staff reports may also be viewed on the Strathcona Regional District website at www.strathconard.ca.

The public hearings will be held by a delegation of Electoral Area directors representing the Strathcona Regional District Board. Anyone who believes their interests are affected by the proposed bylaw will be given an opportunity to be heard or to file a written submission at the public hearings.

Written submissions from persons who are unable to attend the public hearings must be delivered by hand or electronically to the Regional District office no later than 12:00 noon on November 16, 2015 in order to be considered as part of the public hearing record. The Strathcona Regional District cannot consider any representations made after the close of the public hearings.

R. Hotsenpiller, Chief Administrative Officer

Inquiries should be directed to:

Aniko Nelson, Parks and Planning Supervisor Strathcona Regional District

301 - 990 Cedar Street, Campbell River BC V9W 7Z8 Tel: 250-830-6700 | 1-877-830-2990 | Fax: 250-830-6710 Web: www.strathconard.ca | Email: planning@strathconard.ca

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QUADRA ISLAND SENIORS

MANY OF OUR SENIORS have many memories of the First and Second World Wars. Many lost their fathers, aunts, uncles, brothers and grandfathers in these conflicts. We will remember them on November 11.

At our Octoberfest meeting we had a talk from Captain Sharon Clandenning of the Quadra Island Fire Department who made an educational lecture regarding kitchen fires, smoke alarms and fire extinquishers. Sharon donated three draws of extinquishers and smoke alarms.

We enjoyed a scrumptious lunch with sausages, meatballs, cabbage rolls with sauerkraut, salads and buns.

On October 28 we travelled to Halbe Hall in Black Creek for our North Island regional



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meeting. Director Ruth Amiabel gave a talk about very important senior issues including homecare, and care homes availability.

The Oyster River Fire Department also gave a very important talk about dangers in the home for seniors. They brought gifts of shopping bags and plastic cutting boards. We enjoyed soup and sandwiches with dessert and coffee and tea.

On November13 you can get your flu shots between 11:30am and 1pm at the Quadra Community Centre, or visit the island medical clinics or your pharmacy where shots are also available.

On November 17 our members are visiting Berwick by the Sea Senior Centre for a tour and lunch.

For membership call Lois at 250.285.3061. For transportation call Ruth at 250.285.3801 or Marilyn 250.285. 3354.

Preventing Falls

until six months ago, 89-year-old Doreen Wilson was still going strong, working at her son's fruit and vegetable farm. "I did all the flowers, and a lot of raking, sweeping and

cleaning." But she had a fall. Not once, but twice. "Two months later I was getting back to normal, doing some housework, and all of a sudden my slippered foot went out from under me and I went down," Wilson recalled.

This time she broke the femur in her left leg. The great-grandmother now has three pins in her hip and a metal rod in her leg. "I'm a bionic woman now," she said from her hospital bed, where she's spent the past two months doing rehab and getting falls prevention education and support.

The BC Falls and Injury Prevention Coalition (BCFIPC) is launching a monthlong public awareness campaign this November for falls prevention.

Falls are the leading cause of injury-related deaths and hospitalizations for seniors in British Columbia. Yet small things can make a difference in preventing them: • Stay physically active • Make your home safer • Get your medications reviewed by your doctor or pharmacist • Get your eyes checked yearly.

Wilson considers herself proactive when it comes to falls prevention, but there is one thing she plans to do when she gets home to make sure this doesn't happen again: "I'd better smarten up and buy myself some good slippers!"

Visit www.viha.ca/seniors/safety/falls.htm for more information about falls prevention.



Heriot Bay Tides

	_	,	_
DATE T	IME PST	m.	ft.
06 Friday	01:44 07:29 14:14 21:10	3.5 2.4 4.5 2.3	11.5 7.9 14.8 7.5
07 Saturday	02:54 08:29 14:47 21:44	3.7 2.6 4.5 2.1	12.1 8.5 14.8 6.9
08 Sunday	03:55 09:20 15:16 22:13	3.9 2.8 4.5 1.9	12.8 9.2 14.8 6.2
09 Monday	04:45 10:06 15:42 22:40	4.2 3.0 4.5 1.7	13.8 9.8 14.8 5.6
10 Tuesday	05:28 10:48 16:08 23:07	4.4 3.1 4.4 1.5	14.4 10.2 14.4 4.9
11 Wed.	06:06 11:27 16:34 23:36	4.6 3.3 4.4 1.3	15.1 10.8 14.4 4.3
12 Thursday	06:43 12:05 17:03	4.7 3.4 4.4	15.4 11.2 14.4
13 Friday	00:07 07:21 12:46 17:36	1.2 4.8 3.4 4.4	3.9 15.7 11.2 14.4
14 Saturday	00:43 08:02 13:32 18:14	1.1 4.9 3.4 4.3	3.6 16.1 11.2 14.1
15 Sunday	01:22 08:46 14:25 18:57	1.0 4.9 3.4 4.2	3.3 16.1 11.2 13.8
16 Monday	02:06 09:34 15:27 19:47	1.1 4.9 3.4 4.0	3.6 16.1 11.2 13.1
17 Tuesday	02:54 10:27 16:38 20:49	1.2 4.9 3.3 3.8	3.9 16.1 10.8 12.5
18 Wed.	03:45 11:20 17:51 22:13	1.4 4.9 3.0 3.7	4.6 16.1 9.8 12.1
19 Thursday	04:42 12:12 18:56 23:51	1.7 4.9 2.7 3.6	5.6 16.1 8.9 11.8
20	05:47	2.0	6.6

THE DI CLASSIFIEDS

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

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NEXT AD DEADLINE: Monday, November 16

AT THE HBI

Saturday November 7: Fall into Winter and in a most delightful way support the Quadra Children's Centre. Two course dinner and smooth jazz by the Dave Blinzinger Trio and silent auction in Herons. Grahame Edwards and Rick Storm join Dave to fill your evening with tunes from the 20s, 30s and 40s. The trio features saxophone, guitar and stand-up bass. 6pm, \$55, to reserve call 285.3322.

Saturday November 14: Harpdog Brown Band is performing in the HBI Pub. Harpdog Brown is an awardwinning vocalist and harmonica player who's been singing the blues since the early 80s. Show begins at 9pm, \$15 at the door – no open mic tonight.

December 4 & 5: Harry Manx dinner show in Herons. Multi-instrumentalist and composer Harry Manx has been described as an essential link between the music of the East and the music of the West. 6pm seating \$79 includes two course dinner. Show only: 7pm seating \$59. Reserve 285.3322.

December 6:

Seventh Annual Storied Brunch. Come and listen to stories old and new told by local story tellers. A fundraiser for NISHS – includes a delicious brunch and great silent auction. Seating at 10am \$34.95. Reserve 285.3322.

UofQ Wednesdays

November 4: Legion Poppy Drive: Learn about the good works the poppy drive supports with Gillian Green. November 11: Dr Anita K. talks about

November 11: Dr Anita K. talks about microbiomes. What are they? How are yours?

November 18: Women's Self Defense: Practical tips for keeping yourself and loved ones safe, as well as a demo or two with Chris Arands. HBI Pub Campus, 7pm.

Live music Bands on Fridays:

November 13: Go Dog Go... beach blanket time machine. November 20: Ray Bennett Band... jump, jive and boogie blues. Liven up these dark winter nights with good times in the HBI Pub, 9pm n/c.

Saturdays Open Mic with Mo.

Come on down and check out the talent or join in the fun. 9pm n/c.

Check out our HBI 'Bring friends, there's benefits' packages:

One night stay and pub entree for as low as \$29.88 per person.