

ISSUE 619 • JANUARY 22, 2016 • SINCE 1992

# discovery

I S L A N D E R

## #People of Quadra



Share Your Stories - Details page 18

# Ferry Schedules

## Campbell River - Quadra Island

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

## Quadra Island - Cortes Island

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, expect delays.  
 \* Fridays Only † Daily except Sundays.  
 \*\* Tuesday sailings are for Dangerous Cargo  
 No passengers or cars.

## COMMUNITY NEWS & EVENTS

### Writing Your Advanced Care Directive

**Monday, January 25, 1-3 pm,**

Quadra Island Bible Church, Lower Level

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

Join Betty Doak and Pat Peterson, Family Nurse Practitioner, who can offer some suggestions to help you get your thoughts on paper. We will do a brief recap of the advanced care documents, then open the floor to questions.

Please give some thought to what is important to you and your health, what kinds of care you would like to receive, as well as why you would want to refuse care and in what circumstances.

Please call Betty Doak to register at 250-285-3590. Visit [myspeakuplan.ca](http://myspeakuplan.ca) for help in getting started with your plan.

**NEXT DI DEADLINE**  
**Monday, February 1 at 7pm**

### Actors for Directors

Calling all actors interested in participating in Theatre Quadra's upcoming workshop: 'Directing - From First Reading to Closing Night', presented by Keith Digby. Digby has worked at top levels of live theatre in Canada and adjudicated play festivals from coast to coast. We are already fully subscribed for the directing portion of the workshop on Day 1, but will take more aspiring directors' names on a waiting list and confirm attendees on Feb. 10. Just as important, we would love to have enthusiastic actors play along with the directors on Day 2 - Sunday, February 21, 11:30 a.m. to 2:30 p.m. The actors will join us to explore and develop a common language and approach with the directors. Short scenes will be 'broken down' using the terms learned and the techniques involved in 'standing up' a sequence and moving from 'dialogue' to 'dramatic conversation': the process that makes scenes alive and energized. The workshop is free, but space is limited. Interested actors and directors please contact: [doniveclaird@gmail.com](mailto:doniveclaird@gmail.com).

### 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. 7:30pm, drop in fee \$5. Call Steve at 285.3323 for more info.

## Upcoming...

**Shari Ulrich, Barney Bental & Tom Taylor**  
**Sunday, January 24**

**At Herons.**

Dinner & Show \$49.00 5:00pm

Show only \$29.00 6:00pm .

**Reservations: 250-285-3322.**

**Saturday, January 30**

**Dance to Jilly Martini Band**

**HBI Pub 9pm**

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# THE ISLAND CALENDAR

## Day to Day

### Friday, January 22

- Karaoke at the HBI with Chris McCallum 9pm Pub

### Saturday, January 23

- Bingo & Burger Night at Quadra Legion 7-10 pm

### Sunday, January 24

- Shari Ulrich, Barney Bental and Tom Taylor - Herons.  
5pm Dinner Show \$49 6pm Show \$29: 285-3322.

### Monday, January 25,

- Writing Your Advanced Care Directive 1-3 pm,  
Quadra Island Bible Church, Lower Level

### Wednesday, January 27

- UofQ - Catherine Gilbert on Strathcona Lodge  
HBI Pub Campus 7pm

### Thursday, January 28

- Legion Arts & Entertainment meeting 7:30pm  
Quadra Legion - join us & let's get this island rockin'!

### Friday, January 29

- Karaoke at the HBI with Alex MacLean 9pm Pub

### Saturday, January 30

- Dance to Jilly Martini Band, HBI Pub 9pm

### Sunday, February 7

- 'Demystifying Visual Presentation' with Karen  
Nighswander 11-130pm O.C.C. Potluck lunch

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

### FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

### SATURDAY

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

### SUNDAY

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

## At the Community Centre

### THIS WEEK Jan 22-29)

**FRIDAY:** 10:00 Friday Painters; 7:00 Friday Flicks  
Presents: Second Mother

**SATURDAY:** 10:00 Island Theatre Kids; 12:00 Watercolour  
Painting; 1:10 Island Theatre Kids Early Stages

**SUNDAY:** 12:00 Watercolour Painting

### THIS WEEK (Jan25-29)

**MONDAY:** 10:00 Parents & Tots; 10:00 Yoga w/ Kate;  
1:00 Sing for Pure Joy; 4:00 Chess; 6:00 Weight  
Watchers; 7:00 Photo Club

**TUESDAY:** 8:30 Quilting Bee; 10:00 Spinners & Knitters;  
3:00 Mosaics For Kids; 5:30 Zumba w/Marion; 6:00 Life  
Planning; 6:30 Boot Camp w/Marion; 7:30 Folk Dance

**WEDNESDAY:** 11:00 Moms & Babes; 12:00  
Community Kitchen Lunch; 12:30 Nurse Practitioner;  
3:00 Quadra Little Circus; 3:00 Spanish for Kids; 6:00  
Salmon Enhancement Talk

**THURSDAY:** 9:00 Total Body Sculpt w/Marion; 9:00  
yoga w/Rosalind 10:00 Parents & Tots & Parent & Tot  
Yoga; 1:00 Digital Story Telling; 6:45 Quadra Singers

**FRIDAY:** 10:00 Friday Painters

### NEXT WEEK Jan 30- Feb 5

**SATURDAY:** 10:00 Island Theatre Kids; 12:30 Wood Tool  
Sharpening Wrkshp 1:10 Island Theatre kids Early Stages

**Sunday:** 6:00 Climbing Wall

**MONDAY:** 8:00 Low Impact w/ Marion 10:00 Parents  
and Tots; 10:00 Yoga w/ Kate; 1:00 Sing for Pure Joy;  
3:00 Chess 6:00 Weight Watchers; 7:00 Expedition  
Movie Screening

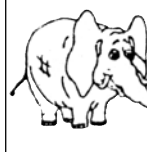
**TUESDAY:** 10:00 Spinners & Knitters; 10:00 Parkinson's  
Support Group 3:00; Mosaic for Kids; 5:30 Zumba w/  
Marion; 5:45 Life Planning; 6:30 Boot Camp w/Marion;  
7:30 Folk Dance

**WEDNESDAY:** 11:00 Moms & Babes; 11:30 Free  
Money; 12:00 Community Kitchen Lunch; 12:30 Nurse  
Practitioner; 3:00 Quadra Little Circus; 3:00 Spanish for  
Kids 7:00 Spanish for Adults

**THURSDAY:** 9:00 Total Body Sculpt w/Marion; 9:00 Yoga  
w/ Rosalind; 10:00 Parents & Tots & Parent & Tot Yoga;

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Opinions expressed in this magazine  
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### SUBMISSION GUIDELINES

We welcome items for publication  
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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.

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Find more details online at

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### NEXT DEADLINE

7pm on Monday

February 1

for publication on

Friday, February 5, 2016

## COMMUNITY NEWS & EVENTS

### RCMP Beat

On January 14th 2016 at approximately 11:15PM Quadra RCMP responded to a report of two people dressed in dark clothing sneaking around a residence at the Cape Mudge reserve. The police and several neighbours searched the area with negative results. Please keep an eye out for your neighbours property and report anything suspicious right away.

On January 15th, 2016 Quadra RCMP received a report of a male causing a disturbance at the Peoples Drug Mart in Quathiaski Cove. Police later located the male and had him return to the store where he apologized for his behaviour. No charges will be laid in this matter.

On January 16th, 2016 at 430am Quadra RCMP responded to a report of a Break and Enter in progress into the Quathiaski Ferry Terminal. Police located 7 people inside the building (4 young adults and 3 youth) who stated that they were trying to get out of the rain by crawling through a window at the Ferry Terminal.

All people were cooperative with police except one male who gave police a false name. A small amount of marijuana was seized. Some parents were woken up by a phone call from police regarding their children's early morning activities. Possible



Royal Canadian Mounted Police  
Gendarmerie royale du Canada

charges or alternative measures may be sought.

On January 16th, 2016 at 605am Quadra RCMP were investigating the Break and Enter at the Ferry Terminal and located a male who was passed out in his car with the engine running. The officer tried to wake the male several times without success as the male was in a deep sleep. The officer also noted a strong odour of liquor inside the vehicle.

The male provided two breath samples into two different screening devices both resulting in a Fail. The male was issued a 90 Day Immediate Roadside Prohibition from driving and his vehicle was impounded for 30 days.

Cpl. Kevin CHRISTENSEN  
Quadra RCMP



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DI is posted online &  
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### World Community Film Festival

The 25th annual World Community Film Festival returns to Courtenay on February 5th and 6th. It is the longest running social justice film festival in British Columbia. Over 25 documentary films cover issues relating to arts, music, food security, environment, labour, social justice and human rights on both local and global scales. Films run simultaneously in 4 different walk-to venues centered around the Sid Williams Theater. The bazaar features food for purchase and wares/ information presented by various local organizations. Tickets range from \$25 for all day Saturday, including 2 films Saturday night, to \$35 for a weekend pass (Friday night and Saturday), and can be purchased online through the Sid Williams Theatre. It is well worth seeing. Check out the World Community Film Festival website for film descriptions and more information.

- Janis McLean

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## Free Money

**FREE MONEY IS STILL** the first Wednesday of every month. 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.

**Note:** January is OK but there is no money left in the Free Money account at the Quadra Credit Union for February, March, or April. We need \$1500 to continue this ten-year long program. Please help.

## Legion News

**BINGO and Burger Night**  
Saturday, January 23 at 7pm \$20 for 12 games with proceeds going to the Children's Centre \$10 dinner to follow the Meat Draw.

**Thursday, January 28th at 7:30 pm.** The Legion invites all interested individuals to attend to help generate new arts and entertainment activities for our branch and community. Should you not be able to attend but would like to contribute please contact Sally at 250-285-3608.

## Amateur Radio Certificate

Quadra Emergency Program is sponsoring a course for the Basic Amateur Radio Certificate, starting 31 January 2016 which will run for six Sundays from 12:40 to 3:40 pm at the Quadra Firehall. Cost is \$30 each which includes a workbook.

The course is open to all, no previous experience or volunteer affiliation is required.

Amateur Radio assures communications when other means fail and can be a fascinating hobby.

The course covers basic electricity, electronics, station layout, antennas, how radio waves travel plus the amateur radio regulations.

For information please call Frank at 250-285-2297 or email basichamwork@gmail.com

## Wilderness First Aid

Slipstream First Aid are returning to Quadra with their Wilderness First Aid courses. These courses are mandatory for guides working in the adventure tourism industry and invaluable for anyone spending time in remote areas. The 50hour Essential Course runs March 23-27 and the 90hr Advanced Course runs March 23-31. For more information and to book: [www.wildernessfirstaid.ca](http://www.wildernessfirstaid.ca)

## Adaptive Yoga

If you have mobility challenges or feel out of place in a regular yoga class environment yet want to stay in touch with your body, this class is for you. The whole class is done with the aid of a chair while still offering options to take your asana practice a little further.

\*Kate's home studio is located up a stairway. If this is an issue for you, don't hesitate to call so we can make prior arrangements to accommodate you.

Wednesdays 9:30-10:30 am

767c Smith Road (keep left of the green bus shelter)

\$10 drop-in. Contact Kate to register: 250-203-6850 or [kayoga@outlook.com](mailto:kayoga@outlook.com)



Find out when the DI is posted online & receive other updates

## Studio Tour Presentation

The Quadra Island Studio Tour committee presents "Demystifying Visual Presentation", an informal conversation with guest speaker Karen Nighswander, who will share her vast experience in design and presentation. February 7, 11-1:30 QCC. Everyone welcome. Potluck lunch.

## Found

A camera memory card was found on the beach at Rebecca Spit in Mid-January. If you're missing such a card contact the finder care of this newspaper: [news@discoveryislander](mailto:news@discoveryislander)

## Campbell River's Home Grown Health Food Store

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## Upcoming Programs for Children at the Community Centre

We have got some great programs coming up for kids. Be sure to register so that these programs will not be cancelled!

### Chess

Expert player Philippe returns to coach the finer points of creativity in chess (some beginner chess experience is required). There is a limit of 10 participants, so please register early and become the player you know you really can be. Both children and adults are very welcome. The cost is \$60 per participant. Classes are Mondays, beginning January 25 (\*No class Feb 8th due to family day) – March 14th, from 4:00 – 5:00pm in Room 2. To register phone QCC at 285-3243.

### Quadra Little Circus

In this class students will work on gymnastics, pyramid building, juggling and more in a safe and fun environment. Classes are Wednesdays, starting January 20th (STILL HAS ROOM TO START AFTER THIS DATE) - February 24th and are for kids ages 4 plus, The Instructor Elsa, will meet kids off of the school bus and class time is from 3:00 to 4:30 in Room 3. The Cost is \$60 for 6, hour and a half classes (\$100 for 2 kids from the same household). To register or for more info phone QCC at: 285-3243.

### Kids Ballet Classes!

Chloe will be teaching ballet classes at the QCC again! Learn ballet technique, jumps, turns, ballet positions, grace, and musicality and have FUN!

Beginners are most welcome. Classes are on Fridays: Feb 12th; Mar 11th, 18th; Apr 8th, 15th from 4:00-4:50pm. The cost is \$35 per session. To register phone QCC at: 285-3243 or call Jolie at 285-3308 for more info.

### Spanish for Children

Instructor Elena Mason will teach children basic Spanish through games and illustration.

This class is for ages 7 – 12 and will run from Jan 27th to Feb 24th, from 3:00 – 4:00pm

The cost is \$50 and will be held in Room 2. To register phone QCC at: 285-3243 or for more info contact Elena at: 285-2343

### Mosaic for Children

Instructor Elena Mason will teach children how to create works of art using ceramic shards, tiles, wood and glue. This class is for ages 8 to 12 and runs Jan 26th - Feb 16th, from 3:00 – 4:00pm. The cost is \$ 70 and classes will be held in Room 1.

To register phone QCC at: 285-3243 or for more info contact Elena at: 285-2343

## Celebrating & Mourning Frank Smirfitt

Please join family and friends for the Celebration of Life of long-time island resident Frank Smirfitt. Service to be held at Quadra Island Legion, Branch #154 on Saturday, February 27, 2016 at 2:00pm.

## Free Firewood on Wednesdays

Free Firewood is usually available every Wednesday after Community Lunch from 1 pm to 1:45 pm behind the Community Centre. However Community Lunch doesn't happen over the Christmas Holidays but starts up again on January 13. Free Firewood also takes a break from December 23 to January 6. Free Firewood also starts up again on January 13.

We're looking for volunteers to chop and stack wood after the Community Lunch from 12:30 pm to 1:45 pm. 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, 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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eMail [chamber@discoveryislands.ca](mailto:chamber@discoveryislands.ca)

## NEWS & EVENTS

### Climbing Wall Sessions at the Community Centre - for Adults

Matt James will facilitate climbing sessions again on the Q.C.C. Climbing Wall. These sessions are focused predominately as adult climbing sessions, with experience being an asset. Parents may register their children if they are also registered to climb themselves and are fully supervising their own children. Hone your climbing skills on the warm, dry comfort of Q.C.C.'s indoor wall over the winter so that you will be ready to get outside on the rocks this summer! This is not a drop-in class all attendees must preregister. Sessions are on Sundays, starting Jan 31st – March 27th (excluding March 6th), from 6:00 -8:00pm. The cost is \$50 per person or 65 for parent & child. To register or for more info phone QCC at: 285-3243.

### Steve Quintrell



"It's with great sadness that we, the family of Steve Quintrell, would like to share of his passing. Steve passed away peacefully on Jan 9th, 2016. He will be missed a great deal by his large family and many friends.

Steve grew up in West Vancouver where he developed a love of the ocean. After moving to Quadra Island he fell in love with fishing and became a guide in the area for many years. His close ties to April Point and the friends he made there were everlasting.

Our brother, uncle and friend shared many found moments with each of us on this island he called home. His gentle soul and kind heart have now found peace. We love you very much!"

### Call to Join 2016 Studio Tour

Its time for Quadra Artists to apply for the 2016 edition of the Quadra Island Studio Tour slated for June 4th and 5th. Find an audience for your latest creative works and get feedback, inspiration and motivation. Application forms are available at Yellow Dog Trading Co. or you can apply online by emailing [studio\\_tour@quadraislandarts.com](mailto:studio_tour@quadraislandarts.com) for more information phone Maureen at 285-2547.

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## At Your HBI

**January 24**, enjoy Shari Ulrich, Barney Bental and Tom Taylor - a much loved trio in Herons. 5:00pm Dinner Show 49.00. 6:00pm show only 29.00. Tickets are selling fast, call to reserve: 285-3322.

**January Karaoke Fridays** with Guest Hosts 22nd; Chris McCallum, 29th; Alex MacLean. Sing out the January blues! 9:00pm

**Friday, January 30 dance** to Jilly Martini Band; a mixed bag of sultry blues, rock, old school country and some pop hits from many eras. 9:00pm. HBI Pub.

**Pacific Northwest Side Story**, a comedic musical satire by Allen Perkins. Enjoy a delicious two course meal and a VERY entertaining show **February 12,13,(matinee)14**, \$34.95. Reserve 285-3322.

**February 12: David Gogo Band.** David Gogo is one of Canada's hardest working blues-rock guitarists, and he has a string of remarkable accomplishments to show for it. Gogo has garnered three Juno Nominations, the Saturday Night Blues' Great Canadian Blues Award for a lifetime contribution to the blues in Canada, WCMA Musician of the Year, and has twice been named Maple Blues Guitarist of the Year. Over the years, he has performed with blues and rock legends B.B. King, Bo Diddley, George Thorogood, ZZ Top, and we get to enjoy him at the HBI. \$15.00. 9:00pm.

**February 14; Bring your sweetheart to Herons** for a lovely dinner and piano jazz with Dave Ashton. 6:00pm to 9:00pm. \$34.00 Two course menu. \$39.00 Three course menu. Reserve 285-3322

**February 27; HBI Murder Mystery night.** Your chance to dress up for the beach (bikini's to moo moos) in February with Murder in Margaritaland! Suspense and intrigue intertwined with hilarious fun and Mmmmm good food. The evening begins innocently enough at 5:30pm. \$69.00 (6+groups \$59.00ea). Phone to reserve.

**U of Q Wednesdays;**

**Jan 27...**Catherine Gilbert with a class on Strathcona Lodge;

**Feb 3...**Shane Mawhinney shows us the mysteries of ancient megalithic rock buildings;

**Feb 10...**long distance bike journeys with Sam Wright. HBI Pub Campus. 7:00pm.

**First open mic of 2016:** Mo's back February 6 to host your music, poetic, comedic entertaining selves. 9:00pm HBI Pub.

## Correction - Amendment



In a recent article **Remembering One of Quadra Island's First Schools**, Jeanette Taylor cited an incorrect road name for the approximate locale of Quadra's pioneer school, which was to the north of Pine Tree Drive. A large boulder and stove parts mark the spot on the Sjolholm's property.

Seen here is teacher Kate Smith outside the school in 1895. Photo courtesy Museum at Campbell River.

## Quadra Seniors

Let's hope that we've had all the snow and ice this winter. Come on spring so our seniors and garden growers can spend our days outside.

On Tues. January 19th/16 our branch is treating our members to a brunch after our 10:15 a:m meeting, at the Gowlland Harbour resort.

This is a treat for the hard work our members do working in the Tourist Information Booth which will be opening soon. If you can help man the booth call Judy Hagen @2150. For membership call Lois Norman @3061 or for transportation call Ruth Amiabel @ 3801 or cell ph. 250-895-9188.

In June we will be participating at the B.C.O.A.P.O. prov. convention at Matsqui. we will be having speakers and a banquet with entertainment we will be sending a delegate to represent us.

Our organization is affiliated with Council of Senior Citizens Organization and National Pensioners Org. Ruth Amiabel is the Director and Heather Adams the alternate Director of the North Island to the B.C.O.A.P.O. One main issue at this time is to write to our Prov. Govt. in order that our Medical Services Plan is not increased.



## Life Drawing Sessions at the Community Centre

Are you interested in life drawing sessions? We are arranging a regular schedule of weekly life drawing sessions at the Community Centre again. (Must have a minimum of 8 attendees pre-registered one week in advance to run the sessions).

Please register if you're interested in drawing with us. Sessions are Wednesday, beginning January 27, from 6:30-8:30 pm. The cost is \$100/10 sessions; drop-in is \$12 (fees cover model payments and room rental).

Sessions are held at QCC in Room 3. For registration and info contact Rebecca Young at: rebeccam.young@hotmail.com

## Calling all tots!

**BRING YOUR GROWN-UP (PARENTS OR grandparents)** to the Community Centre to play with speedy ride-on toys and crafty supplies. On Mondays Barb from the Children's Centre brings in a fun activity for tots to play with. Bring a scrumptious communal snack to share, and don't forget to clean up when finished. Mondays and Thursdays from 10 to noon, free of charge.

## Yoga with Kate

Quiet your mind and connect to your breath and body with yoga. Kate's classes are alignment based with an emphasis on releasing tension and having fun! Gentle hatha flow, all abilities welcome.

**Dates:** Mondays, Jan 11- Feb 29 (no classes Jan 18)  
**Time:** 10:00-11:30am  
**Cost:** \$100 for all 8 classes, or \$15 drop-in  
**Location:** Quadra Community Centre, room 3

For Questions or to Register: Contact Kate 250-203-6850 or kayoga@outlook.com

## Hand Plane Woodworking

### Setup and Sharpening Workshop at Q.C.C.

This is a community workshop on sharpening and setting up various hand planes used in woodworking, from jack planes to bloc planes. Participants in possession of sharpening stones and associated jigs should bring them, along with any dull chisels (flat blades) and scrapers (paint and wood scrapers) for sharpening. Do you have knowledge and skill? Come in and give it up. All welcome. The workshop is from 1:00 - 3:00 pm on Jan 30th in room 1 at the Community Centre. For more information and to register call the instructor John Fraser at 285- 2524.

## Childrens Theatre

### Island Theatre Kids - Main Stages

#### Sing! Dance! Act!

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 only in the disciplines of theatre, but also in teaching life skills, building confidence and providing an avenue to make life-long friends. Partial or full scholarships available- Contact Kate for more info.

**Ages:** 6-10

**Dates:** Saturdays, Jan 9 - Mar 12 (10 weeks)

**Time:** 10:00am - 1:00pm

**Cost:** \$275 (half price for additional siblings)

**Instructor:** Kate Alexandra Pokrandt

**Location:** Quadra Community Centre, Room 3

**For info & Registration:** Register through the QCC or contact Kate: 250-203-6850 (islandtheatrekids@outlook.com)

### Island Theatre Kids- Early Stages

#### Sing! Dance! Act!

Start your child out right away on their theatre adventure with quality part-time training in dance, singing and drama.

Island Theatre Kids is proud to offer a well rounded education not only in the disciplines of theatre, but also in teaching life skills, building confidence and providing an avenue to make life-long friends.

**Ages:** 3-5

**Dates:** Saturdays, Jan 9 - Mar 12 (10 weeks)

**Time:** 1:10-2:00pm

**Cost:** \$90 (half price for additional siblings)

**Instructor:** Kate Alexandra Pokrandt

**Location:** Quadra Community Centre, Room 3

**For info & Registration:** Register through the QCC or contact Kate: 250-203-6850 (islandtheatrekids@outlook.com)

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photo: Norris Weimer

## Quadra Island Outdoor Club Upcoming Events

So far in 2016, the weather has been kinder to our trips to Mt. Washington than to the local hikes, which have had to be re-scheduled due to snow at Granite Bay area. We hope to be able to continue with a mix of winter hikes and trips to Mt. Washington.

Multi-day trips always require more planning. The deadline for committing to the snowshoe trip to Kelowna is January 26th.

Here are the upcoming trips with definite dates and details:

**27 Jan, Wednesday** - Snow at Mt. Washington

**3 Feb, Wednesday** - Hike to Maud Island

**10 Feb, Wednesday** - Snow at Mt. Washington

**17 Feb, Wednesday** - Hike Bike Trails north of North Gowlland Rd

**19-22 Feb, Fri-Mon** - Snowshoeing in Kelowna

**24 Feb, Wednesday** - Naturalist trip to the karst formations (re-scheduled)

Stay tuned as the winter schedule evolves at <http://qioutdoorclub.org/trips/trip-schedule/schedule-fallwinter-2015/>. The details on these trips are available at that link by clicking for more information.

## Casting Call for 'Radio-Play'-Style Podcast

My name is Sydney Williams, and I am producing a podcast drama series about Llewellyn, the last King of Wales.

Each podcast is a play helping to tell the story of this great man. I am looking for people interested in doing some voice-over work in this project. Let me know who you think you would like to play from the list below. We will be starting the recording of this project in mid February. You can contact me at 250 285 3074. Or email me at [theoceangirl582@gmail.com](mailto:theoceangirl582@gmail.com).

**Gruffydd "Grivith,"** (Adult male): Gruffydd is the second son of Llewellyn The Great. He has four sons, and a wife. He is the head warrior of Gwynedd Wales, and one of the most feared men in all the land. He is strong willed, and fights for what he believes in.

**Owain "Oween,"** (Adult male): Owain is the eldest of Gruffydd's four sons. He is charming, and dark all at once. he is the royal strategist, and he can see right through people.

**Llewellyn** (Young adult male): Llewellyn is the second son of Gruffydd. He is a warrior like his father, and the best tracker in the land. He is loyal, and loves his family almost to a fault. He only wants to do what is right for everyone.

**Olan** (Young adult male): Olan is Llewellyn's companion. He is one year Llewellyn's junior. Gruffydd rescued him from an orphanage when he was young, and brought him to the castle to be Llewellyn's right hand man. Olan is devoted to Llewellyn, and tries everything he can to keep him safe from harm.

**Young Dafydd "Davyth,"** (Pre-teen male): Young Dafydd is the second youngest of Gruffydd's four sons. He is called Young Dafydd to differentiate him from his uncle Dafydd. He is young, and spirited. He wants more than to go off to war with his two older

brothers, and he will do whatever he must to do so.

**Rhodri** (Child male): He is the youngest of Gruffydd's four sons. He is quiet and reserved.

**Cammo** (Adult male): Cammo is a Welsh castle guard. He has known Llewellyn's family for many years. He is a hard man, and takes his job very seriously.

**Huw "Hugh"** (Young adult male): A servant in the Welsh castle.

**King Henry** (Adult male): King of England. He is a good humoured man who likes his food and drink. He rules his country with a firm hand, and tries to resolve conflicts with as little bloodshed as possible.

**Prince Edward** (Young adult male): King Henry's eldest son, and heir to the English throne. He is headstrong, and questions everything. He has been a soldier since the age of 15, and has become one of the best soldiers in the kingdom.

**Lord Edmond** (Adult male): He is King Henry's top general. He has fought in many battles over the years. He likes the thrill of the fight, and so is one of the fiercest soldiers in the royal army.

**Lord William** (Adult male): He is King Henry's lord regent, and best friend since childhood. He is always giving the king the best he can in all matters.

**Sir Stanley** (Adult male): He is the king's best knight. He is a fine fighter, devoted to his king, and will do anything for him.

**Lord Rosen** (Adult male): He is the royal accountant, and one of the king's advisers.

**English servant** (Young adult male): A servant in King Henry's castle.

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## We've Got Salmon!

The 2015 QISES salmon count is in. Most of the counting was done from early October to mid November but there was a 'chum rush' of about 1 week near the first of November when Hyacinthe and Open Bay Creeks were almost overwhelmed. Here are the counts;

A one-time trip up to Small Inlet Creek resulted in a chum count of 340.

### Hyacinthe Creek

326 pink (a recent record)  
4083 chum  
28 coho

### Open Bay Creek

100 pink  
4116 chum (record)  
No coho observed

### Village Bay Creek

954 chum  
449 coho  
16 jacks

### Granite Bay Creek

835 chum  
8 coho

### Drew Creek

5 chum  
6 coho

Notice the coho count from Hyacinthe. By sheer luck members of QISES were out on a field trip and happened to spot 24 coho at the outlet of Mud Lake where previous QISES volunteers had placed spawning gravel. We consider ourselves quite fortunate to see any coho (except for the V.B. counting fence) because they leave the ocean and "rocket" up to their spawning grounds. The coho will migrate up Quadra creeks until they hit barriers to further progress. The Granite Bay gang bushwack a long way up their creek to get the coho count. Chum and pink tend to stop much lower down the creeks in areas suitable for their spawning activity.

On a recent field trip along Stramberg Creek we found the waterfalls which are a barrier to adult coho migrating up into the lake. On Luoma Creek we opened up two big log jams that had prevented spawners from accessing the upper creek. These log jams will be inspected annually as they trap branches and other floating material thus closing off the creek to migration.

Also notice the small count in Drew Creek. Kudos to Gary and his friends for their regular trips up this creek. Access to the banks of Drew is most difficult and takes dedication and perseverance.

## QISES Special Event: Salmon And Climate Change

On Wednesday, January 27th., 7pm at the Community Centre, the Quadra Island Salmon Enhancement Society (QISES) has invited Elan Downey, Community Liaison Scientist for the Centre for Aquaculture Health Sciences (CAHS) based in Campbell River, to talk about CAHS (this organization is the only non-partisan, non-profit centre of its kind in BC). Elan will also discuss how climate change is affecting salmon locally (especially with shifts in temperature and salinity) and what we can do.

There will be time for questions afterwards. Everyone is welcome.

Doors open at 6.40pm. Refreshments. Admission by donation or free with membership (2016 renewal available at the door: \$10 [individual], \$15 [family]).

For more information please contact Eileen Sowerby 285 2434.

## How much does it cost to place an item in the DI?

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## E-Comm's 2015 Top-Ten List Of Reasons To Not Call 9-1-1

Vancouver, B.C.—To help raise awareness about the impact on emergency services, E-Comm has released the top calls that shouldn't have been made to 9-1-1 in 2015.

"We want to remind people about what's at risk when 9-1-1 is used as an information line or for other reasons that do not meet the test of a true emergency: **A police, fire or medical situation that requires immediate action because someone's health, safety, or property is in jeopardy or a crime is in progress,**" explains Jody Robertson, E-Comm's director of corporate communications.

Almost 3,400 9-1-1 calls flow through E-Comm every day. Robertson says while the majority of people use 9-1-1 responsibly, calls like the ones on this year's top ten list waste valuable emergency resources by tying up 9-1-1 call-takers' time.

This year's top reason not to call 9-1-1? Requesting the number for a local tire dealership.

2015 top reasons to not call 9-1-1:

1. Requesting the number for a local tire dealership
2. Reporting an issue with a vending machine
3. Asking for the non-emergency line
4. Because a car is parked too close to theirs
5. "My son won't put his seatbelt on"
6. Coffee shop is refusing to refill coffee
7. Asking if it's okay to park on the street
8. "My roommate used my toothbrush"
9. Asking for help getting a basketball out of a tree
10. Reporting that their building's air system is too loud and they can't sleep

"We hope that our message that 9-1-1 call-takers can't answer questions or manage non-emergency situations on 9-1-1 lifelines will encourage people to learn more about 9-1-1," adds Robertson. "There's lots of information on our web site—[ecomm911.ca](http://ecomm911.ca)—about when to use 9-1-1 and when to use non-emergency numbers for police, fire and ambulance, along with easy access to those numbers and free education materials available for order, including learning tools for children."

# Quadra Circle News



### Seniors Activity Centre:

Open Mondays. Ping-pong, anyone? Come join us from 9:30-10:30am in the school gym. It's great exercise with lots

of laughs! From 10 am to noon enjoy coffee, board games and conversation with old and new friends in Quadra School's Literacy Room. Use the school entrance by the Garden.

**Friendly Phonecall:** Receive a daily check-in call for peace of mind from our caring volunteers. Free service – call 285-2255 to apply.

**Friday Lunch:** Get fit with Armchair Exercise at 10:45am with Ann Lawrence, then a speaker at noon followed by a delicious lunch at 12:30pm (\$5 suggested donation). 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:** Beat the Winter Doldrums! Now anyone aged 19-64 can receive Mental Health and Substance Abuse service here. Just call (250) 850-2620 and ask for an appointment to see an Island Health counsellor at Quadra Medical Clinic alternate Tuesdays. If you are 65 and older, screening is required so please arrange a referral through your doctor. Info: Mary McIntosh at 285-3084.

**'Quiet Moments':** Learn relaxation skills and how to manage difficult emotions in this free, no-talking, drop-in class offered by Mental Health on Quadra. Alternate Tuesdays, January 26, Feb. 9 & 23, 12:15 to 12:45pm at the Wellness Centre above the Library. Please arrive early or attend next time.

**Transportation:** 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 to register or be a driver: 285-3630.

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

**Quadra Home Meals:** For \$5-6 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-noon or pre-arrange delivery. Please order by Saturday noon: Marie 285-3950.

**Resource Info:** Want to volunteer with the School or Quadra Circle? The students seem to glow under the attention of their school volunteers. Need info on seniors resources? Visit our Community Connections Centre (beside QI Medical Clinic) Wed.-Fri., 11am-3pm 285-2255.

**Donations for Quadra Circle** are very welcome and can be dropped off at our office or mailed to: Quadra Circle, Box 672, Quathiaski Cove, BC, V0P1N0. Income Tax receipts issued. Also please visit our website: [www.quadracircle.ca](http://www.quadracircle.ca) Thank you to our 2015 donors!

## Mindful Matters

### Depression: When The Blues Are More Than The Blues

Thursday, January 21st, 2:30-4 pm  
Quadra Community Centre, Room 2

We are delighted to have Dr. Donna Dryer join Pat Peterson, Family Nurse Practitioner host this workshop for any interested individual.

Depression is very common. It can be very devastating for those suffering including their loved ones. Depression can occur in any individual, and at any stage of life.

Topics to be discussed include depression: just what is it and how does it affect one. What does the way the brain changes have to do with depression? What specific things can one do to help lift depression. The whys and whens to medication use. What resources are available on Quadra, Cortes or Campbell River and how to access them.

Please join us.

**We would appreciate it if you could register by calling 250-285-3540** (Quadra Island Medical Clinic).



I am going to jump right in today as this is a UBCM week of meetings and I still have hundreds of pages to read in the next day. But first of all, I hope that all of you will take a break today to remember the amazing man that stood up in a tumultuous time and said "I have a dream!".. Martin Luther King. Don't ever forget what he has done for our world.

One topic that has monopolized my time almost as much as BC Ferries is connectivity: Internet, cell, data, etc. It has been a royal pain in the back side. I'll tell ya!.. Well, pasted in for your action is a website with a short survey from the CRTC (the regulating body for all of the above). Please take a few minutes to fill out the survey and let them know that Govt. needs to step up to the plate and give us the same level of service that our urban neighbours get, without limits and at lower costs. This is your chance, so please just do it! The link is below along with the article.

## How's your internet service? The CRTC wants to know

Do you have an opinion about internet speed and pricing in Canada? Canada's telecom regulator wants to hear it. Take a survey: [tinyurl.com/jnzg7ao](http://tinyurl.com/jnzg7ao)

## Other issues (in no particular order)

So, I already mentioned that I have UBCM meetings this week

for three days. Extremely intense but also extremely valuable to all of us as residents of this province. Dozens of issues will be discussed and recommendations will be made. I can't list any of it right now as it is confidential until the Executive has considered each one. More to follow...

**The Dog Bylaw** came before our committee last Wednesday and I asked for a deferral so that I can negotiate directly with the service provider for a very cheap price as opposed to what was proposed! I had my first conversation with the provider today and will meet in about a week. I'll let you know how it looks after that.

The following week I will be attending the UBCM Electoral Area Directors Forum in Richmond and I will be presenting on issues of interest to our rural areas. Lots going on.

We are in the process of **selecting our new Chief Administrative Officer** for the SRD and I chair the committee that is doing the selection. Interviews start next week. All highly confidential at this point. Hopefully we will get the right fit!

We just had a really ugly **Comox Valley Regional District Solid Waste** meeting to discuss the budget. Things are totally out of hand and I voted against all items on principal. The budget will pass anyway, since the CVRD directors "outweigh" us in voting power. Ain't democracy

grand! So that means an increase on your tax bills to pay for the landfill closures and the construction of new landfills in Campbell River and Comox Valley. It was not a fun day, I'll tell you!

I am sorry to be so brief this report, but I am holding up production! Feel free to contact me between the hours of 8:30 am and 7:00 pm, Monday through Friday (please, not on weekends, folks!) at 285-3355, or you can fax me at 285-3533 or you can

email me anytime at [jimabram@xplornet.ca](mailto:jimabram@xplornet.ca) or by mail at Box 278 in the Cove, V0P 1N0... 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

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## Seniors Housing is 5 years old!

Quadra Island Seniors Housing has had tenants since December 2010 – a 5-year milestone after 15 years of effort. The Housing Society's 2015/16 Board Directors are Maureen McDowell, President; Nancy Allwarden, Vice president; Perry Johnston, Treasurer; Trudy Wenngatz, Secretary; Directors: John Hoole; Harry Wenngatz; Betty Doak; Jerry Enns, Landscaping; Trevor Johnston, Maintenance. This Board is a cohesive and active group of community volunteers who are preparing the path to benefit future generations of seniors. Our focus in 2015 was on resurfacing the driveways with crush, making repairs to units and supporting the work of the Joint Housing Committee re seniors housing needs assessment.

Q I Seniors Housing is a community-funded project with many community members contributing their professional skills. We want to acknowledge and thank several volunteers who have helped out in 2015 by donating time or materials: Murray Abercrombie for the annual inspection of fire extinguishers; Val Barr for bark-mulch work and landscaping advice; Sandy McCairns for assisting the tenants with their shared garden; Nick Richardson and Chris Phillips for driveway work; Gerald Amundsen and Louis Mason for plumbing repairs.

An enormous thank you to Tru Value (Heriot Bay and Quathiaski Cove) for being the great philanthropic island business that you are. The donation of 1% of your sales helps all types of charitable causes. Thank you to Tru Value shoppers who donate their points to #275 Seniors Housing - please continue to think of us when you are at the cashier.

The Society appreciates every bit of financial help it gets from the community. Tax receipts are available. Please mail donations to Quadra Island Seniors Housing, Box 535, Quathiaski Cove, V0P 1N0. The Board and the nine tenants are happy with the results of all of the volunteer work and donations that have built this high-quality housing. We have had no vacancies in five years, and the present seniors expect to remain residents for the long term. We also have a waiting list of hopeful tenants-to-be. We appreciate your caring, which allows islanders to remain on Quadra as they age.

If you would like eventually to live in our Seniors Housing complex, please fill out an application and have your name added to the wait list. To apply you must have been a resident of Quadra Island for the last two years. Also you must be at least 65 years old, or you may be younger with a spouse or partner who is 65 or older. To receive an application form please phone Maureen at (250) 285-2221.

## Counting (More Than) Crows..

by Kathryn Manry

Annually, during the coldest and darkest part of the year, people all over North America rise early in the morning and head outdoors to participate in a seasonal ritual. They are not in search of the perfect Christmas tree, or even going for a chilly swim in frozen water - they are looking for birds.



In 1900 a man named Frank Chapman (a member of the newly organized Audubon Society) initiated a hunt for birds for the purpose of a population census. This was done as a reaction to the established tradition of hunting for them with guns during the holiday season (known as the Christmas Side Hunt). On that day in 1900, 27 people from Ontario to California observed and counted about 90 species of birds. This effort to go out into the woods and count as many birds as possible in one day has grown year by year until now the event takes place in many locations throughout North and Central America.

The Christmas Bird Count does not take place on Christmas Day, but on varying days scheduled between December 14 and January 5. The differing dates in various locations allows keeners to participate in multiple counts at different sites. The Quadra Count was to have been on December 27th this year, but the weather caused it to be moved to January 3rd, which turned out to be a beautiful day for looking for birds.

There are two areas counted on Quadra as part of the Campbell River count zone. The northern Quadra count area lies roughly between the north end of Gowland Harbour and Milford Road and goes south to Noble Road. The southern count area covers the island south of Noble Road. On Quadra this year, six people counted 54 species and a total of 2,011 individual birds

during the day. Some of the highlights included an Anna's hummingbird, a Brandt's cormorant, four killdeer, a Pileated woodpecker and a very high number of Red-winged crossbills.

Seeing higher numbers of crossbills may be part of what is known as an "irruption". On some years, some species such as crossbills, Purple finches, Pine siskins and Snowy owls are found outside their normal wintering zone as a response to changes in their food supply. These "irruptive years" are exciting for bird watchers as species not frequently sighted are suddenly present in an area.

In Canada the data from the Christmas Bird Count is collected and processed by Bird Studies Canada. The information is used as one of the tools for determining the health of various species populations and is a factor in decisions regarding conservation. Since the CBC has now been taking place for well over a century, the data collected offers important insight on population trends.

More information about the CBC can be found at [www.birdscanada.org/volunteer/cbc](http://www.birdscanada.org/volunteer/cbc).



## Investigating Ocean Plastics - Locals Acting Globally

Let me preface this with the fact that this is my third attempt to write a follow up to my adventure with Exxpedition. It has proved impossible thus far to summarize the experiences and lessons that have been learned. I highly recommend visiting [exxpedition.com/blog/](http://exxpedition.com/blog/) and read “24 hr. living”, “Slow living”, “Exxpedition vs. Vacation”, and “Drama in Guyana”, “Looking Back on Exxpedition”, as well as any others, provide a far better account and offer far more embellishment than I seem able to muster at the moment.

February 1, 7-9pm @ Quadra Community Centre there will be a screening of the documentary EXXPEDITION, followed by a slide show of photos from my trip as well as a Q&A. Suggested Donation of \$5-\$10 to help cover hall and any proceeds will go to supporting Local Exxpedition Projects.

Back from adventures in Brazil and 18 days on the high seas aboard Sea Dragon. The purpose of the adventure was to help collect scientific data for 11 separate scientific studies. 14 women from, 5 nationalities and various professions made up the crew. I did not know what to expect having also never really travelled abroad before. In the week I spent in Brazil prior to boarding Sea Dragon, we got to meet and collaborate with the outgoing Exxpedition Ascension group as well as members of our own crew as they arrived. During this time, we participated in a beach clean-up in conjunction with a local University, as well as presenting on ocean plastics and toxics to 3 schools (two universities and a grade school). It was incredible to feel amount of enthusiasm and interest each time.

The morning of Dec 3 the Amazon crew moved on to Sea Dragon. I had never sailed before. Boarding Sea Dragon, a 72 steel hulled yacht designed to race in the 2000 Global BT Challenge (against trade winds circumnavigation race) was surreal and has likely ruined me for ever enjoying small scale boats.

As we began our journey there was so much excitement as we busily familiarized ourselves with life aboard, and adjusted ourselves to sharing such a small space with so many others. Sitting on deck those first days watching the ocean big and blue slipping by beneath us, we learned about the upcoming science we would be performing (once outside the 200 mile Economic Trade Zone), and we talked about what inspired each of us to come on this journey. With the help of our amazing skipper Imogen Nash, First Mate Emily Caruso, and Second Mate Holly Vint we learned how to helm Sea Dragon, our floating home and life line.

By day 5 or 6 we were starting science. This was an all hands on deck activity. A trawl was used to collect samples of particles on the water's surface (plastic or organic). After collection the daily catch would be screened, examined under a microscope, identified and catalogued. The trawling related to 3 of the ongoing studies. Water sampling of various types related to most of the other experiments. Some of these test results were immediate for example temperature, salinity and pH. Others samples we will be waiting the best part of six months for results. These relate to persistent organic pollutants (POPs), nano plastics, eDNA (analysing the markers that will indicate a higher taxonomic level ie genus level, so that density and diversity of species can be analysed), and “bioassays” such as YES (related to estrogenic receptors). Most of the time science would take the best part of 3-4 hours/ day.

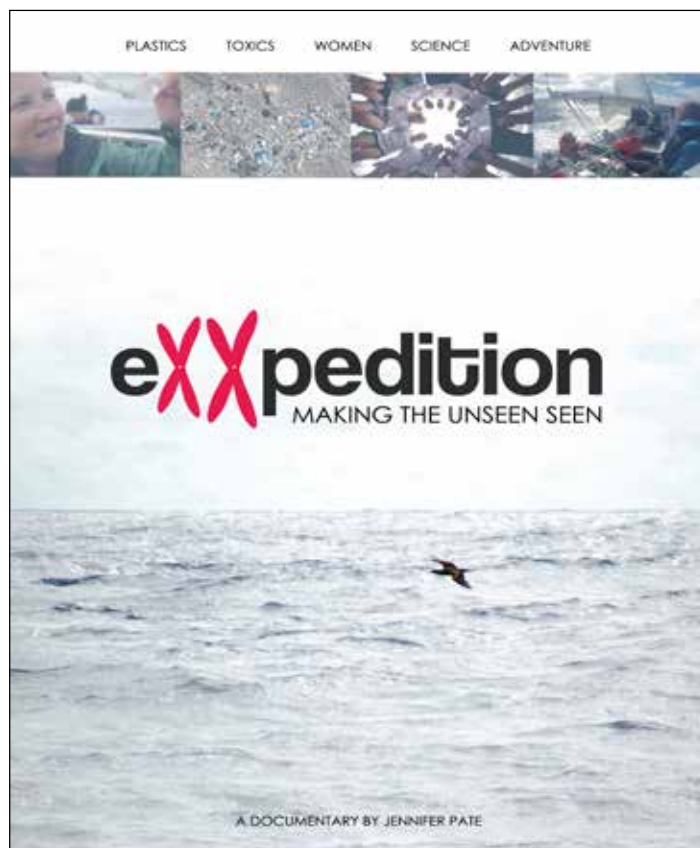
As with most things there were ups and downs along the way. I personally struggled with seasickness as did a few others on the crew. It was insanely hot, with little reprieve. I worried before leaving that I would become tired of looking at the same horizon for that length of time. The reality is that it was so incredibly beautiful and fulfilling. The Ocean has a pulse and a rhythm. Watch duty forced me reconnect with my place in the world. I will never forget on my first watch witnessing the moon rise out of the Ocean, into a sea of stars, flanked by Venus and Jupiter all while helming a 50 tonne yacht though the waters of the great Atlantic. It moved me.

At the end of it all I have learned some things.

1. Living on a boat in a beautiful analogy of sustainability and living on a budget. Your life depends on not depleting your resources or over consuming.
2. My technology has disconnected me more than it has connected me. I am not throwing out my cell phone but I am prioritizing my time differently.
3. Toxics are unseen but very real, as are the ways that they are fundamentally changing our bodies and environment. I am personally going to spend the next year learning more about the issue and reducing the toxic overload specifically in regards to personal care.
4. Lessons are so much sweeter when learned through adversity

For those that contributed to this trip either directly or through the raffle at Amped on Nutrition, thank you for your support.

- Sarah Puddy Richardson



## Isle Tech - Canucks Tix Bring Smiles to Vancouver Youngster

In the run up to Christmas Mitch & Melanie Zylstra at Isle Tech Auto Repair ran a draw for tickets to a Vancouver Canucks NHL game versus the Arizona Coyotes. The lucky winner was Quadra's John Frishholz. Congratulations John!

**But not so fast...** sadly John was unable to make the date on January 4.

John contacted TicketMaster to inquire if there was a way he could provide the tickets to some one who could benefit from them. Enter the Vancouver Canucks' **Canucks Autism Network** and they paired John's tickets with a youngster, Keegan, a participant in the Canucks Autism Network.

Below is a letter from Keegan's mom to John describing the experience:

**Dear John,**

My name is Brandi and I am the Mom of a Canucks Autism Network participant named Keegan. Last night my husband and son attended the Canucks game vs. the Coyotes thanks to your ticket donation.

So that you might truly understand the gratefulness I have to you for providing this experience here is a description:

After school my son proceeded to gear up in his Canucks Autism Network jersey. He begged me to put a hockey tattoo on his face and searched for about 30 minutes for his Canucks tattoo. His dad and him drove down from Langley to Rogers arena and enjoyed the game in what my husband said were some "incredible seats."

We have attended Lions games, Canadians games and Surrey Eagles games. This was the **FIRST** time he has made it through an entire event without having to leaving early. He was a barrel of excitement, chanting, yelling, cheering and smiling ear to ear. It was by far a memory he will never forget.

It was a wonderful gesture, you donating the ticket for someone else to enjoy. A million thanks from my family to you for your kindness.

Sincerely,  
Brandi

## Myth of Fishes Exhibit

The first exhibition of 2016 at the Campbell River Art Gallery brings together eight diverse artists with radically distinct feminist interpretations of nature.

**Myth of Fishes**, sponsored by Denise Mitchell Interiors, **opens at the Campbell River Art Gallery January 21 and continues until March 3.** Learn about this exhibition at an opening reception and talk with curator Julia Prudhomme on Saturday, January 23 at 1 pm.

The exhibition takes its name from Rhonda Abrams' 1985 short film, in which a woman's first fishing experience results in a comic-opera of uncertainty, where everyone involved, as well as the objects, emerge with physical and emotional contusions. A near-rhyming alliteration, *Myth of Fishes* is a tongue-twister, stretching the imagination, flipping the lips and slipping the S's as the mind grasps at the species of fishes in the seas, streams, oceans and lakes, evoking the North Vancouver Island community's history (and prehistory) with fishing.



**The Four Seasons (Spring) by Wendy Red Star.**

Artists Sybil Andrews, Claire Falkenberg, Meghna Haldar, Olia Mishchenko, Nadia Myre, Wendy Red Star, Jennifer Stillwell, and Holly Ward each explore notions of nature as a pure realm, redefined through political ecology, indigenous rights, and feminism.

Join us on Saturday, January 23 at 1 pm for the opening reception and curatorial talk. Everyone welcome, admission by donation.

*Myth of Fishes* runs from 21 January - 3 March 2016. The gallery will be open from Tuesday to Saturday between 12 pm and 5 pm.

The Campbell River Art Gallery graciously acknowledges the support of federal, provincial, regional and community funding.

## Museum starts preparations for 2016 fundraising Book Sale

The Museum at Campbell River is looking for your help as they prepare for their 11th annual fundraising book sale. Each year the public supports the Museum by cleaning out their book shelves and bringing boxes of gently used books for the sale. This year the book sale will take place March 5th and 6th.

Drop your previously loved books off between noon and 5:00 pm Tuesday to Sunday from now until March 1st at the Museum (preferably at the back entrance off 4th Avenue). Please note the Museum is closed on Mondays. We gratefully accept most book donations but are unable to take magazines, encyclopedias, school texts or Reader's Digest.

All proceeds from the book sale support the work that the Museum does, including exhibits and public and school programming. For more information about upcoming programs and exhibits go to [www.crmuseum.ca](http://www.crmuseum.ca).

## Royal Canadian Ladies Auxiliary

Looking to do something to help your community? Come join the Ladies Auxiliary.

We meet every third Sunday at One o'clock at the legion. We raise funds and donate back into the community. Quadra School, The Kay

Dubois Bursary, Veteran's and families from Quadra, and Cortes are offered our assistance. Need more info Call Barb, Daphne or Trudy 250 285 3611 We look forward and welcome new members male or female.

The Ladies would like to thank all the bakers who contributed baked goods for our Whimsical Christmas. Sally Houghton received our hamper and Niki Pessner received a \$25 dollar certificate. Niki donated it back to the community.

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**Quadraland.ca**



# CÒIG Bring Cape Breton Celtic Sounds to Quadra



Warm up the winter with another great performance brought to you by the Quadra Cultural Committee. Coming to the Quadra Island Community Centre in on Friday, February 12 is CÒIG (Ko-ig), an exciting ensemble of musicians from Cape Breton, said to be one of that island's most captivating young bands.

Originally coming together for a promotional tour for the Celtic Colours International Festival, the formation proved to be something special, and the group decided to continue to tour together as a band. Proving to be a serious force to be reckoned with in the traditional music scene with their driving tunes, haunting songs and infectious energy, Còig is a treat for the ears of every audience they meet.

Fiddler Chrissy Crowley, from Margaree, Cape Breton has an impressive list of awards, nominations, and international appearances. Chrissy embraces her Celtic roots and makes them her own, through

original compositions coupled with contemporary arrangements of traditional tunes.

Darren McMullen, from Hardwood Lands, NS, is a highly sought after multi-instrumentalist. Easily switching between guitar, mandolin, whistle and banjo with Còig, this "Swiss-army knife" keeps the rhythm sound diverse, and is sure to impress with his lead playing of his various "on-stage weapons".

Rachel Davis from Baddeck, Cape Breton spends her time switching from international festival stages to small local dances at home. In a genre that sees many performers pushing the envelope and testing new waters, her style of playing traditional tunes in a traditional way is a refreshing reminder of why the Cape Breton fiddle style drives so hard, and is so sought after.

Jason Roach, from Chéticamp, Cape Breton is one of the most impressive piano players you will ever hear. With a style all his own, and an unparalleled intensity on the keys, you'll have to remind yourself that there's other players on the stage.

With a combined total of over 30 nominations and awards, each of Còig's talented musicians have released their own successful solo albums, and have toured both at home and abroad before coming together as this exciting super group. Their much anticipated debut album "Five" was released in June, 2014 to rave reviews, and has earned the band the 2014 Canadian Folk Music Award for Traditional Album of the Year, the Music Nova Scotia Award for Traditional/Roots Recording of the Year, and most recently, the 2015 East Coast Music Award for Roots/Traditional Group Recording of the Year.

Tickets for this performance Tickets can be purchased on Quadra Island at Works of H'Art in Heriot Bay, Inspirations in Quathiaski Cove and in Campbell River, at the Music Plant. Advance tickets are \$17 or \$20 at the door.

Performances are made possible with sponsorship and funding from Quadra Island Recreation Centre, BC Arts Council, the Government of Canada and the Strathcona Regional District.



## Count me in – I support my local community news- magazine!

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# Introducing the People of Quadra



**Anette Grundvig** works in home care and at **Amped on Nutrition** health food store. Her favourite thing about #quadraisland is "being surrounded by nature and the low stress way of life"



**Rick Snowden** and wife **Breaune** run a successful kayak tour company **Spirit of the West Adventures**. They keep busy organizing trips for the coming season, taking bookings, arranging guides, balancing work and family. Favourite thing about #quadraisland is "the access to the ocean, peacefulness, and living in a tight community"



**Meet Keri-Lyne Schiele.** Keri keeps busy managing the **Quadra Island General Store**, raising & playing with her children. The General store provides gas, propane, video rentals, hardware supplies etc... Keri's favourite thing about #Quadra is "the community and living in it"



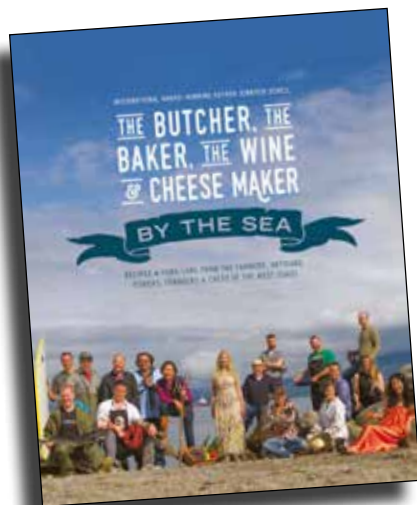
**Meet Mike Gall.** Mike is semi-retired and along with wife Carol is busy designing a **permaculture showcase** on their property. Mike is a Captain with the volunteer fire dept. Fav thing about #quadraisland is "the people and community".

People of Quadra is a photo-project putting faces in their places to create an online portrait of our close-knit, welcoming community.

Take part by posting pictures and stories on **Instagram™** with the hashtag #peopleofquadra,

on **FaceBook™** at the 'People of Quadra Island' page or **contact** Philip Stone at [people@quadraisland.ca](mailto:people@quadraisland.ca) to arrange a quick photo-shoot.

Each edition of the DI we'll feature some of the #peopleofquadra. To find out more and to meet all the people look online at [www.quadraisland.ca](http://www.quadraisland.ca)



## Great new cookbook celebrates the food and food producers of west coast

Jennifer Schell's latest cookbook, *The Butcher, the Baker, The Wine & Cheese Maker by the Sea: Recipes & Fork-Lore from the Farmers, Artisans, Fishers, Foragers & Chefs of the West Coast*, available now.

A celebration of BC's coastal cuisine, this follow-up to the bestselling *The Butcher, the Baker, the Wine & Cheese Maker: An Okanagan Cookbook*, is a collection of recipes and stories from the 120 of the remarkable innovators and culinary leaders who make up Canada's west coast food culture. Featuring collaborative recipes for every meal, this is more than a cookbook—it's a commemoration of the intricate community and culture that defines BC's coastline.

Jennifer Schell is a food and wine writer, columnist, and editor of *BC Food & Wine Trails Magazine*. Her first cookbook, *The Butcher, The Baker, The Wine & Cheese Maker: An Okanagan Cookbook*, is a Canadian bestseller and has won numerous international awards, including a Gourmand International award for Best Local Cookbook.

## Pan-Seared Wild Salmon With Butternut Squash Wild Mushrooms

This recipe is a celebration of treasures sourced from the farm, sea, and forests of the west coast. Chef Hawksworth works closely with Organic Ocean to source his seafood, and Mikuni Wild Harvest, which provides the wild mushrooms.

### The Fisherman

Organic Ocean Seafood  
Vancouver, BC

### The Chef

David Hawksworth  
Vancouver, BC

### The Wine Maker

Meyer Family Vineyards  
Okanagan Falls, BC

### Featured Ingredient

Organic Ocean salmon fillets

- 4 × 5 oz Salmon fillets, skin on
- 2 Tbsp unsalted butter
- 2 shallots, minced
- ¼ of a small butternut squash, peeled and cut into ¾-inch (2 cm) cubes
- 1 garlic clove
- 4 sprigs of fresh thyme
- 1⅓ cups chicken stock
- sea salt
- 4 oz wild mushrooms, cleaned and sliced
- 4 tsp extra-virgin olive oil
- 1 Tbsp lemon juice
- 12 cherry tomatoes, cut into quarters
- 4 sage leaves, finely chopped



**Melt 1 Tbsp butter** in a large pot over low heat. Add the shallots and cook until they are soft but not brown, about 4 to 5 minutes. Add the squash, garlic, and thyme. Cook for 5 minutes, stirring frequently, without browning. Add the chicken stock and bring to a gentle simmer. Season to taste. Cook covered until the squash is tender but not falling apart. Remove the garlic and thyme. In a medium frying pan, melt the remaining 1 Tbsp butter over medium-high heat. Add the mushrooms and sauté until soft. Season to taste and add to the squash mixture. Preheat the oven to 400°F/200°C. Heat the oil in a large, preferably nonstick frying pan that can go into the oven. Season the salmon and place in the pan skin side down. Cook without turning for 3 to 4 minutes until the fish is lightly browned around the edges. Flip the salmon and then place the frying pan in the oven and cook the fish for 7 to 10 minutes until cooked through. Re-warm sauce mixture & add lemon juice, cherry tomatoes, and sage. Spoon into warmed bowls & top with salmon fillets. **Serve immediately.**

### The Drink Paring

2011 Meyer Family Vineyards, Okanagan Valley Pinot Noir

“Expect an overt earthy nose with bits of strawberry and racy acidity and what we can now term the Meyer elegance. The palate is soft but not flabby with wild raspberry fruit, spice, Worcestershire, dried herbs, and some stony minerality.” — Anthony Gismondi



## Heriot Bay Tides

DATE	TIME PST	m.	ft.
<b>22</b> Friday	05:32	4.9	16.1
	10:54	3.6	11.8
	15:31	4.6	15.1
	22:48	0.9	3.0
<b>23</b> Saturday	06:12	5	16.4
	11:45	3.5	11.5
	16:23	4.5	14.8
	23:29	0.9	3.0
<b>24</b> Sunday	06:49	5.1	16.7
	12:31	3.3	10.8
	17:15	4.4	14.4
<b>25</b> Monday	00:09	1.1	3.6
	07:23	5.1	16.7
	13:15	3.2	10.5
	18:05	4.3	14.1
<b>26</b> Tuesday	00:47	1.3	4.3
	07:56	5.0	16.4
	13:59	3.0	9.8
	18:53	4.2	13.8
<b>27</b> Wed.	01:23	1.5	4.9
	08:27	5.0	16.4
	14:42	2.9	9.5
	19:42	4.1	13.5
<b>28</b> Thursday	01:59	1.8	5.9
	08:58	4.9	16.1
	15:26	2.7	8.9
	20:33	3.9	12.8
<b>29</b> Friday	02:35	2.2	7.2
	09:29	4.7	15.4
	16:10	2.6	8.5
	21:33	3.7	12.1
<b>30</b> Saturday	03:12	2.5	8.2
	10:00	4.6	15.1
	16:56	2.4	7.9
	22:45	3.6	11.8
<b>31</b> Sunday	03:52	2.9	9.5
	10:33	4.5	14.8
	17:46	2.2	7.2
<b>01</b> Monday	00:12	3.6	11.8
	04:41	3.2	10.5
	11:10	4.4	14.4
	18:39	2.1	6.9
<b>02</b> Tuesday	01:46	3.8	12.5
	05:46	3.5	11.5
	11:52	4.4	14.4
	19:32	1.9	6.2
<b>03</b> Wed.	03:03	4.0	13.1
	07:14	3.6	11.8
	12:40	4.3	14.1
	20:20	1.6	5.2
<b>04</b> Thursday	03:57	4.2	13.8
	08:40	3.7	12.1
	13:30	4.3	14.1
	21:04	1.4	4.6
<b>05</b> Friday	04:39	4.4	14.4
	09:42	3.7	12.1

## THE DI CLASSIFIEDS

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Information: [pstone@quadraisland.ca](mailto:pstone@quadraisland.ca)

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Questions? Email [news@discoveryislands.ca](mailto:news@discoveryislands.ca)

**NEXT AD DEADLINE:**  
**Monday, February 1**

### 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](mailto:nassichuk@gmail.com)

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

### HELP WANTED

#### THINKING ABOUT SUMMER WORK?

The Heriot Bay Inn is now accepting resumes for servers, housekeepers, dishwashers, line cooks, prep cooks. Resumé to [info@heriotbayinn.com](mailto:info@heriotbayinn.com), fax: 250-285-2708 or drop off at Front Desk.

#### HEAD CHEF

The Heriot Bay Inn is accepting resumes for Head Chef position. Resume to [info@heriotbayinn.com](mailto:info@heriotbayinn.com), fax: 250-285-2708 or drop off at Front Desk.

### Shops

#### WAYPOINT SIGNS

Signs, Picture Framing and simple Engraving at Waypoint Signs beside Quadra Builders. Tuesday to Thursday, 9 to noon, 1 to 4pm. Appointments possible to suit your schedule. Friendly, efficient, personalized service with quality products at affordable rates. 250.285.2815 [info@waypoint-signs.com](mailto:info@waypoint-signs.com)

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