

ISSUE 639 • OCTOBER 28, 2016 • SINCE 1992

# discovery

I S L A N D E R



## Halloween Fun Night

**Quadra Community Centre Oct. 31**

Check the Island Calendar on page 3 for all the spooky events

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## NEW LITERACY COORDINATOR

### Good day Quadra Island.

My name is Cathy Pengelly. I am your new Quadra Literacy Outreach Coordinator. I have been working closely with the wonderful Robin Beaton over the past few months during her transition to retirement from her role as your Literacy person.

I am so pleased that Robin has agreed to continue to support literacy on Quadra Island by remaining on our Literacy Task Group. This group meets regularly to strengthen the foundations of the Quadra Literacy Action Plan.

The goals of the plan include: "ensuring that the necessary resources, connections and communications are in place for the plans sustainability and vitality, assisting with literacy skills and services for adults, and supporting early learning and literacy for children and families." Recent activities included: A free, "Nature Play For Families" workshop in August, and an info and activity tent at the Quadra Fall Fair.

Some ongoing activities include: Family Literacy Activity Kits; available at Quadra Children's Centre for lend, and Children's Book shelves at the local medical/dental clinics. Future activities in the planning stages include: Enhanced Educational/Activity support for Parents & Tots at the Community Centre, Digital Story Telling sessions/workshops, Computer Learning Support needs assessment, Survey Monkey Literacy needs assessment and Family Literacy Day with a "Pirate Twist" to be held on Monday January 23rd, 2017. (Save the date).

If you would like more information regarding Quadra Literacy, if you would like to join our Task Group or if you would like to volunteer at the Family Literacy Day; please email me: [cathy.quadraliteracy@gmail.com](mailto:cathy.quadraliteracy@gmail.com)

Please join us on facebook: <https://www.facebook.com/groups/1856050877961664/> (Quadra Literacy)

## The DI Around the World



Esther Allen reading the last issue of the Discovery Islander at Bryce Canyon Utah October 20/16.  
(photo by M.Cherrier on an I-Pad)

## Ferry Schedule

### Leave Campbell River

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

### Leave Quathiaski Cove

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

! Local Commuter Sailings, expect delays.  
\* Fridays Only † Daily except Sundays.

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



# THE ISLAND CALENDAR

## Day to Day

### Saturday, October 29

- Halloween Party HBI Pub with THIS trio, 9pm, \$10 cover. Costumes and prizes!
- Halloween with Best Before 9pm-1am Costume prizes \$10. At the door. Quadra Legion

### Monday, October 31

- Halloween Spooktacular Fun Night at QCC, 6pm

### Friday, November 4

- Language Revitalization, Nuyumbalees CC 6:30pm
- Damn the Dam! Site C event, QCC, 7:30pm
- Live music with Sons Of Guns HBI Pub 9pm

### Saturday, November 5

- Quadra Children's Centre Goods & Services Auction Q.C.C. 7pm

### Tuesday, November 8

- Wildfire Emergency Response 2.30pm, Q.C.C.

### Friday, November 11

- Remembrance Day at the Quadra Legion and Cenotaph, starts at 10:45am, please see page 5 for all the details

### Saturday, November 12

- Blue Moon Marque, Herons at HBI 250-285-3322. to reserve

## The Regulars

### MONDAY

Tennis: Men's drop-in at QCC 4-7pm  
AA, Big Book Study, 7pm Quadra United Church  
Badminton, Cape Mudge Gym, 7:30 starts on Sept 26

### TUESDAY

Pickleball, Cape Mudge Gym, 4:30, starts Oct 18  
Al-Anon Meeting, Quadra Children's Centre, 7:30pm  
Quadra Folk Dancers, QCC, 7:30

### WEDNESDAY

1st & 3rd Wednesday Food Bank, QCC 1-2pm  
Poker Night, Quadra Legion, Heriot Bay 7:30pm  
Hand Drum Jam 7:30 p.m. Upper Realm, Q. Cove

### THURSDAY

Prayer Meeting, Quadra Island Bible Church, 7pm  
Badminton, Cape Mudge Gym, 7:30 starts on Sept 26

### 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  
Quadra Sunday Painters, 11am-2pm, 285.3390  
United Church Service 11am except for 3rd Sunday  
Evening Service, 7:30pm, 285.3163

## What's Happening at Quadra Community Centre:

Oct. 28- Nov. 11

### THIS WEEKEND (Oct 28-29)

**FRIDAY:** 10:00 Spinners and Knitters; 10:00 Friday Painters; 7:45 Friday Flicks Present; Love and Friendship

**SATURDAY:** 9:00 Quilters Marathon; 10:00 Kate's Theatre Kids

### THIS WEEK (October 31- November 4)

**MONDAY:** 8:30 Fitness w/Jeanne; 10:00 Parents & Tots; 10:00 Yoga w/Josephine; 1:00 Sing For Pure Joy; 4:00 Chess; 6:30 Halloween Fun Night; 7:00 Costume Contest; 8:00 Fireworks

**TUESDAY:** 9:00 Yoga w/Brenda; 5:00 Yoga w/Trinity; 5:30 Zumba; 6:30 Bootcamp; 7:30 Folk Dance

**WEDNESDAY:** 8:45 Bodysculpt w/Marion; 10:00 Yoga w/Trinity; 11:00 Moms and Babes; 12:00 Community Lunch; Nurse Practitioner

**THURSDAY:** 9:00 Yoga w/Brenda; 10:00 Parents and Tots Yoga; 10:00 Parents and Tots Yoga; 5:00 Yoga w/Trinity; 6:45 Singers

**FRIDAY:** 8:00 Red Cross Babysitters Course; 8:30 Fitness w/ Jeanne; 10:00 Friday Painters; 10:00 Spinners and Knitters; 7:30 Sierra Quadra, Site C, Keep the Peace

### NEXT WEEKEND (Nov 5-6)

**SATURDAY:** 10:00 Winter Market; 10:00 Kate's Theatre Kids; 7:00 Goods and Services Auction

### NEXT WEEK (November 5-6)

**MONDAY:** 8:30 Fitness w/Jeanne; 10:00 Parents & Tots; 10:00 Yoga w/Josephine; 1:00 Sing For Pure Joy; 4:00 Chess; 7:00 Spiritual Living Circle

**TUESDAY:** 9:00 Yoga w/Brenda; 9:00 Quilters; 2:30 Lessons Learned from Fort Mac; 5:00 Yoga w/Trinity; 5:30 Zumba; 5:45 Final Gifts; 6:30 Bootcamp; 7:30 Folk Dance

**WEDNESDAY:** 8:45 Body Sculpt w/Marion; 10:00 Yoga w/Trinity; 11:00 Moms and Babes; 12:00 Nurse Practitioner; 12:00 Community Lunch

**THURSDAY:** 9:00 Yoga w/ Brenda; 10:00 Parents & Tots; 10:00 Parents and Tots Yoga; 5:00 Yoga w/Trinity; 6:45 Quadra Singers 7:00 Watercolour Workshop

**FRIDAY:** 10:00 Spinners and Knitters; 10:00 Friday Painters; 7:45 Friday Flicks Presents: Koneline

#### Want to post a calendar listing?

Lots of choices for getting it to the DI!

- Email: news@discoveryislands.ca
- Drop off your listing at Inspirations in the Cove
- Or leave it at our office, 701 Cape Mudge Road
- The mail works too! Box 280, Q Cove, BC V0P 1N0

**NEXT DI DEADLINE: Monday, November 7 @ 7pm**



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**Guest Editor** Robyn Budd

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[www.discoveryislander.ca](http://www.discoveryislander.ca)

### CONTACT US

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**hours** Monday - Thursday  
10am to 4pm

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

### SUBMISSION GUIDELINES

We welcome items for publica-  
tion on subjects of interest to the  
Discovery Islands community.  
Here are a few guidelines:

- **300 words** is an ideal length for  
community announcements.
- Articles do not need to be sent as  
attachments. 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. We get a  
lot of items called 'DI Article'.
- Remember to **include credits  
and captions** for photos & artwork.

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### NEXT DEADLINE

**7pm on Monday, Nov. 7**  
for publication on  
Friday, Nov. 11, 2016

## ISLAND FORUM

### Whose Ducks Are They Anyway?

They walk Heriot Bay Road by  
the golf course. They walk down  
the middle of the road. They visit  
surrounding properties and they  
poop. When food is around they  
are very aggressive, hissing and  
getting under foot.

Today I saw a beloved pet rooster  
being brutally attacked by a  
hungry duck. I could not dislodge  
the duck off of the poor roosters  
back and I thought it would be  
drowned in the mud. How fun is  
that?

So... Who's ducks are these and  
why aren't they penned at your  
house with food and shelter.

These are not wild ducks that  
forage for food, they are domestic  
ducks! Come on people, if you  
have critters keep them at your  
house, look after their creature  
comforts and don't expect other  
people to be fond of their antics  
or excrement's.

M. Sjöholm

**New to Quadra? The  
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“x̱ilala x̱a hamaŋa lilḵalaʼc̱ q̱enc̱ ṉəwaqo”

### "We invite all our communities to come and meet" Language Revitalization Event

6:30pm

Lower Gallery

Nuyumbalees Cultural Centre

34 Weway Road, Village of Cape Mudge

Join us on Friday, November 4th, 2016 for a dinner and discussion on  
the language revitalization plans and up-coming programs. There is no  
fee to register, but you must RSVP prior to Wednesday, Nov 2nd



## ON YOUR CALENDAR

### Children's Centre Goods and Services Auction

MARK NOVEMBER 5 on your calendar. That's the date of the Quadra  
Children's Centre Goods and Services Auction, and you won't want to  
miss it. This biennial fundraiser is sure to be a good time, and all for a  
great cause. Many exciting goods and services from local businesses,  
craftspeople, and artisans will be available for your bidding pleasure.  
The evening will feature a variety of different types of auctions, as well  
as delicious food and drinks. Get a group of friends together and make a  
night of it, you won't regret it. The event takes place at the Community  
Centre and doors will open at 7. Entry costs \$2. Bidding paddles will be  
sold for \$5.

The Quadra Children's Centre depends on community support to  
continue to be able provide quality early care and learning for island  
children and their families. This is our major fundraising event of the  
year and we rely on our generous community to make it a success.  
Thank you for your support!

– Dionne, for the Quadra Children's Centre

### All Aboard!!!

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sun, fun and fish...

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## Thank You!

Lorayne and Bob would like to thank the community and also the Quadra Legion for all of their kind thoughts and generosity during this rough time. It has been greatly appreciated.

## At The Legion!

It's going to be a great **Halloween party on Sat. Oct. 29th** from 9-1 with the band Best Before playing a variety of great danceable music! Costume prizes \$10. At the door.

## Folk Dancing

EVERYONE AGED 12 AND UP IS INVITED to join our Quadra Folk Dancing group, starting up again on Tuesdays from 7:30 to 9:30 at the QCC. Learn some traditional dances from cultures around the world. No partner, nor special clothing, is necessary, and each dance is taught beforehand by our leader, Marcia Wolter. \$65 for the term will get you dancing to vibrant music and infectious rhythms for 13 weeks (an incredible deal!) or \$7 drop-in. For more info, call Marcia 285-3849.

## Richard Calver Farewell Open House

On Nov 26 & 27, from 1:00 to 4:00 pm, there will be an Open House at Richard Calver's studio, 748 West Rd, as he prepares to return to the UK after nearly 50 years in BC. This will be a last chance to purchase one of Richard's prints directly, with the frames included, and to enjoy a visit with this talented artist and community member. Watch for more details in an upcoming interview with Richard.

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## Remembrance Day at the Quadra Legion November 11

EVERYONE IS WELCOME. The ceremony will be held outside this year, weather permitting, so dress accordingly. Please do not park in front of the cenotaph. Seating is limited and reserved for veterans and those in need.

Please arrive early enough to enjoy the short parade at 10:45am. This will go from the Heriot Bay Firehall to the Legion Cenotaph. Veterans are invited to join – please muster at the Heriot Bay Firehall at 10:30am.

If the weather is stormy or rainy, the ceremony will be held inside as usual. Please arrive and be seated by 10:45am.

The Ladies Auxiliary will be hosting a luncheon following the service. There will be an evening social at 5pm and a members (with spouse/guest) dinner at 6pm.

RSVPs and any questions to Gillian Green 285.3739, email: ggillian@telus.net

## Concert at the Church

Emily Millard, (aka Miss Emily Brown) and David Simard will be playing a Concert at the United Church, Cape Mudge on Quadra Island....November 16/2016....Tickets available at Inspirations, Q-Cove and Works of H'Art, Heriot Bay.....or \$15.00 at the door!!!

## Halloween Fun Night

The Community Centre is planning to have Halloween Fun Night activities and games for kids in the Main Hall before the Fireworks, starting at 6:30 on Monday Oct 31st, but **we still need more volunteers** to make this a success.

Please call QCC at 285-3243, if you can volunteer in the kitchen to serve up free hot chocolate or help out with Halloween games for kids. Doors will be open from 6:30 –8:00 and the Fireworks start at 8:00 on Blenkin field. There will be games for kids, free hot chocolate, a toasty bonfire and beautiful sparkling fireworks for all to enjoy. Come down, join your community, and show of your costumes at this spooktacular event!

It's (almost) the season...!

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Christmas cheer!!!

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## Quadra Island Emergency Programme

The 2016 Fort McMurray Wildfire  
Tuesday, November 8, 2.30pm,  
Community Centre

On May 1, 2016, the wildfire began southwest of Fort McMurray. On May 3 it swept through the community destroying approximately 2,400 homes and buildings and forcing the largest wildfire evacuation in Alberta history. Over 80,000 people were evacuated from the Fort McMurray Region. The fire spread across approximately 590 000 hectares before it was declared under control on June 13, 2016. On June 1 re-entry to Fort McMurray commenced, 29 days after the mandatory evacuation order. It is the costliest disaster in Canadian history.

Immediately following the evacuation the Red Cross began responding to meet the needs of individual families and entire communities. On Tuesday, November 8 at 2.30 pm Derrick Harvey from the Canadian Red Cross will give a presentation on the wildfire and its aftermath at the Quadra Island Community Centre. We all watched the numerous news reports on the fire knowing this could very easily happen in our community as it has done in the past, the last major fire being 1925. Come and find out what the best response would be, what support is needed for evacuees and how it would affect us. Everyone is welcome.

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## Garden Club - Helping Pollinators

The Garden Club topic on **Monday, November 14th is: Helping Pollinators: How to Create & Sustain a Pollinator-Friendly Environment.** Organic gardener & bee-keeper Kathryn Manry first started keeping honeybees in the foothills of the Rocky Mountains about 30 years ago. When she moved to Quadra Island in 2011, she re-established a few hives and maintains them as valuable pollinators.

Kathryn will utilize her background as a teacher to explain the miraculous work of bees, insects and birds as part of the essential cycle of plant fertility and food sustainability. Kathryn will also describe the preventable hazards facing pollinators and what we can do to promote the health of all pollinators in our communities.

We meet Monday evening at 7 pm at the Community Centre. After all the rain in the last month, can you bring some flowers or produce for the show and tell table?

Annual membership is \$10 or \$15 per family. Drop Ins \$3.

## Buddhist Meditation

There is a 45 minute silent meditation every Sunday on Quadra Island.

It takes place at 10 a.m. in Spirit Books at the Upper Realm in Quathiaski Cove.

After meditation, we have refreshments and then read and discuss a few pages from a spiritual text.

Everyone is welcome. You don't have to be a Buddhist to enjoy the spiritual energy of a dozen people in silent group meditation.

It's free or by donation. Call Steve or Danielle at 250-285-3323 for more information.

### Want to submit an item to the DI!

- Email: [news@discoveryislands.ca](mailto:news@discoveryislands.ca)
- Drop off your listing at Inspirations in the Cove
- Or you can leave it at our office, 701 Cape Mudge Road
- The mail works too! Box 280, Q Cove, BC V0P 1N0

## Sing For Pure Joy! Song Circle

WE ALL KNOW THAT SINGING feels marvelous. "Group singing has been scientifically proven to lower stress, relieve anxiety and elevate endorphins." (Stacy Horn: Imperfect Harmony: How Singing With Others Changes Your Life.)

"Singing as part of a choir has the same calming health benefits as yoga." (Sarah Rainey, the Daily Telegraph.)

Singing in a choir is good for your body and soul. There is a riveting article in the March/April issue of Scientific American MIND that states: "New therapies are using rhythm, beat and melody to help patients with brain disorders recover language, hearing, motion and emotion." Music heals the brain and has an incredible power to lift mood and build connection.

Choir members who sing together have synchronized heart beats; singing is beneficial to those diagnosed with multiple sclerosis and Parkinson's; people who suffer from blocked airways and ravaged lungs; patients recovering from strokes. Studies abound that show the physical, neurological and psychological benefits of singing: not singing in the shower on your own (although that is also wonderful!) but singing in the joyful company of others. Singing together builds community and IT IS FUN!

If you are craving an added boost of 'feel good' hormones floating gleefully through your body, join our SING FOR PURE JOY! Song Circle. This is a safe, non-judgmental circle where all voices are welcome. No experience is needed – only the desire to make joyful sounds to help access and express the profound joy and beauty at our core.

No written music is used. All songs are taught in the traditional method of call and response: heartfelt melodies, soulful gospel songs and spirituals, meditative chants, luscious layered songs and robust rounds – songs from the sublime to the ridiculous!

SING FOR PURE JOY! with Mary and Kate on Monday afternoons from 1 to 2:30pm. For the next few weeks we will be meeting in Room 1.

Contact Mary at [singforpurejoy@gmail.com](mailto:singforpurejoy@gmail.com) or call 285.3764 or 202.1003.

– Mary Dennison, with gratitude and in song



## STEPPING UP, STEPPING OUT

### Gypsy Blues Duo Blue Moon Marquee In Herons



Alberta 'gypsy blues' duo Blue Moon Marquee hail out of the "Dusty Hoodoos of the Alberta Rocky Mountain Badlands". Steeped in blues traditions, Blue Moon Marquee's music is uncluttered and unified, blues with a touch of alt-country, ragtime and swing. And while there are elements of jazz and European folk music within their sound, the blues is at the core. Blue Moon Marquee is performing in Herons on **November 12**.

Jasmine Colette (the rhythm section) not only sings with an alluring and elegant voice and masters the stand up bass, but also keeps the swing with her feet by playing a kick drum with one foot, a snare and high hat with the other. A.W., with sharp eyes often hidden under the shadow of a faded black Hutterite hat, is soft spoken and warm natured, with a singing voice as thick and as black as coal smoke. Blue Moon Marquee's chemistry transcends the music itself and the music will surely make a lasting impression.

Settle in and immerse in an evening of Canadian "gypsy blues" November 12 in Herons at the Heriot Bay Inn: all seats \$15. Show seating at 7 pm. Pre-show dining is optional, 5-6:30.

Call the Inn to reserve your seats: 250.285.3322.

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### HARBOURSIDE MEDICAL CLINIC

is pleased to announce that  
**DR. OMOLOLA KAREEM** will be joining  
our practice on October 11, 2016.



She plans to work full time and will be taking on new patients. Give us a call at 250-285-2265 to arrange a meet and greet appointment.

Dr. Omolola (Lola) Kareem is a Nigerian-trained family physician who has practiced professionally in Nigeria before moving to Canada. She has recently completed an intensive Canadian Training Program. Subsequent job opportunities within the Canadian Health Sector have exposed her to a multidisciplinary approach to patient-centered care. She is married to an Information Technology consultant and she is a mother to twin girls, aged 5.



## Somatics Workshop

Back due to Popular Demand  
Sunday, November 5 from 2 to 5pm  
Quadra Island Community Centre  
Room 3 (upstairs)

ARE YOU EXPERIENCING muscular and/or joint pain? Limited mobility and range of motion, sore neck, shoulder, back or hips? Somatics teaches that most of these types of conditions are symptoms of functional problems that can be resolved. Learn how to regain control of your body with simple, gentle movements to release persistent muscle and fascial tension. Somatic movement can reduce or eliminate chronic pain, increase flexibility, improve alignment and posture and restore vitality.

As part of the ongoing focus on mental health, the Quadra mental health task group is presenting a workshop open to anyone who is ready to take control of their own physical health. It is particularly relevant for those with chronic pain. We have invited Rob Selmancov of Soulworks Body Wisdom on Cortes Island to provide a three-hour workshop on Somatics.

Somatics is a safe gentle system of neuromuscular movements that work to relieve pain and free up movement by re-educating the nervous system to release muscle tension.

In this workshop you will learn: The most common muscle reflex patterns that you may be 'locked' in • How to resolve sensory motor amnesia that is causing restriction of movement, misalignment and functional limitations • An alternative to stretching that incorporates the brain and nervous system to re-educate the body • Several somatic neuromuscular movements and exercises that you can do at home.

The cost of the workshop, which includes theory and practice, is \$40 per person. Participants must pre-register at the Quadra Island Medical Clinic. Space is limited. A \$20 deposit is required to hold your space.

Quadra Circle has some limited funding for those who may be monetarily challenged. Please drop into the Quadra Circle community connections centre (next to Quadra Island Medical Clinic) to enquire about this.

All attendees need to bring a yoga mat or blanket, a cushion or pillow, water, as well as comfortable clothing suitable for movement.

The workshop is open to people of all body types and abilities. It isn't suitable if you are unable to get up and down from the floor.

For more information about Somatics, please visit Rob's website at: [www.soulworksbodyswisdom.com](http://www.soulworksbodyswisdom.com). For additional information contact Pat Peterson, Family Nurse Practitioner at [pat@discoveryislander.ca](mailto:pat@discoveryislander.ca).

## Advanced Care Directive: An Introduction

Monday, November 7 from 1 to 3pm  
at the Cape Mudge Band Office

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

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

Join Pat Peterson, Family Nurse Practitioner, and Betty Doak as we attempt to simplify this document. Materials and references are provided. Please register with Betty Doak at 285.3590. The website [myspeakuplan.ca](http://myspeakuplan.ca) provides some interesting reading prior to the day; it will help get you started.

## Writing Your Advanced Care Directive

Monday, January 25 from 1 to 3pm  
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 is 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 285.3590. Visit [myspeakuplan.ca](http://myspeakuplan.ca) for help in getting started with your plan.

## Harbourside Medical Flu Shot Clinic

Saturday, October 22 and October 29  
For all patients of any clinic  
Call 250.285.2265 to book an appointment

SEASONAL INFLUENZA, often called the flu, is a serious, infectious and contagious respiratory illness. You can spread the flu 24 hours before showing any symptoms, and five to seven days after symptoms begin. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

Getting immunized is one of the best ways to protect yourself, and others, against the flu.

Commonly asked questions: When is flu season? The flu seasons typically runs as early as October and as late as May.

How long does the flu shot last? The flu shot lasts one full flu season.

Should I get the flu shot if I never get sick? Some lucky people get the flu and don't even know they have it. They can still pass it on to others. We give the flu shot to younger, healthy people so that they will not be able to infect young babies and the elderly.

Is the flu shot safe for pregnant woman?

Absolutely, the flu can be dangerous to expecting mothers but the flu shot is safe.

Do I have to have the flu shot? Receiving the flu shot is a personal choice every person has to make on behalf of themselves and those around them, especially the young and the elderly. How much does the flu shot cost? The flu shot is free to Canadian citizens.

Who should not get the flu shot? If you have an allergy to eggs you should talk to your doctor before receiving the flu vaccine.

### Lost Families Found

Everyone welcome. Monthly Genealogy meeting November 3rd, 7-9 pm in the Maritime Heritage Centre. Our November speaker will be Heather McEde, whose presentation has a Nova Scotia twist. Much of the story includes her search for info on the Halifax Explosion, her grandfather's ship, H.M.C.S. Niobe, her mother's orphanage, and her grandmother's unmarked grave. Pictures galore!! Library open 6-7 before meeting. For info, call Janice 250 203-0585. Campbell River Genealogy Society.



## COMMUNITY NEWS & EVENTS

### Quadra Circle News

#### Islanders Stepping Up, Stepping Out - Staying Active and Engaged:

This exciting 18 month program for Quadra Islanders is designed to get seniors together in a wide variety of activities to promote their physical and emotional wellbeing. Caregivers and support persons for seniors will also benefit from the programs. We encourage you to join us for this program. Contact Mary at 285-3084 or Maureen at 285-2221 for more information.

**SOCK IT TO ME!** Our annual socks, mitts, gloves, scarves & coats drive for adults and children who use the Food Bank run by the Community Centre. Monetary donations are also gratefully accepted. Make your cheques out to the Quadra Is. Recreation Society (designating the donation to the Food Bank). Please bring your donations to our Quadra Circle office (beside Quadra Is. Medical Clinic) Wednesday to Friday 11am-3pm. Thank you in advance for your generosity.

**Seniors Activity Centre:** Come & join us in the Community Room by Quadra School's Office entrance Monday Oct 31: 9:15am - 3pm. Ping Pong and Walking Club (on level ground), 10:am Coffee drop-in & lively socializing, 11am Exercise: Chi Gung with Denise Maile. Noon: light lunch then 1-3pm Bridge. Wednesday Nov. 2: 9:15 Ping Pong & Walking Club; 10:am Coffee drop-in & lively socializing, 11am Armchair Exercises with Ann Lawrence; Noon; light lunch; 1-2.30 EXPRESS YOURSELF with Laura McLaren. For more Information contact Claire 250-202-1276

**Friday Lunch at the Legion:** Come & join us for Armchair exercises with Ann Lawrence and then a delicious lunch. Suggested donation \$5

**Transportation;** we provided 24 hr a day transportation to social events, shopping & medical appts for seniors. 24 Hrs notice required. Call Diana at 285-3630

**Home Meals:** Seniors & anyone recovering for surgery or illness are eligible. Call Karen at 285-2064. Pre-arrange delivery or pick up at Quadra Circle Office Wednesdays 11:30am-3pm

**Emotional Wellness:** Call 250-850-2620 for a free appointment to see an Island Health Counsellor at Quadra Island Medical. Alternate Tuesdays (Nov.1). 'Quiet Moments' a free relaxation class by Mental Health Worker from 12:15-12:45pm. Alternate Tuesdays (Nov 1) at the Wellness Centre above the Library.

**For more information** on all these services, plus our Foot Care Subsidy, Friendly Phone Calls & Friendly Visits programs, or how to volunteer, please visit our office Wednesday-Friday 11am-3pm or call 285-2255. Email: qcircle@outlook.com. Website: www.quadracircle.ca



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### HBI Live Music

#### Halloween at the Pub with THIS trio

Oct. 29 - Costumes, fun, prizes! \$10

#### Sons of Guns

Nov. 4 - Rythm, blues and rock...

#### David Gogo Band

Nov. 11 - Blues-rock guitar. \$15

#### Open Mic with Mo

Saturdays at 9pm

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### Sunday Services

11am on the 1st, 2nd and  
4th Sunday of every month

### Evening Service

7:30pm on the 3rd Sunday  
of every month

### Choir

Wednesdays at 7:45pm

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## COMMUNITY NEWS & EVENTS

### Free Firewood

Free Firewood is now available behind the  
Community Centre between 1 pm and 2 pm  
after Community Lunch on Wednesdays.

Volunteers are needed to cut wood on  
Wednesdays from Noon until 3 pm. Bring  
Chainsaws and axes if you can (we have some  
axes too).

Phone Mornay if you you can help cut  
wood or have any questions.

He can be reached at home 250-285-3212  
or on his cell at 250-202-3422.

Please consider donating money to the  
free wood account at the Quadra Credit  
Union.

Thanks.

### Free Money

FREE MONEY STARTS UP AGAIN on  
Wednesday November 2 just before the  
Community Lunch from 11:30am to noon  
in the downstairs small seminar room at the  
Quadra Community Centre.

Free Money happens before the  
Community Lunch on the first Wednesday of  
every month from November to April.

However, there is one big problem. Some  
people on our island are in difficult economic  
conditions, especially when the tourists are  
gone. We usually hand out around \$500 each  
month (\$10 for a single person; \$20 for a  
family). Please consider donating money to  
the Free Money account at the Quadra Credit  
Union. Every cent goes to fellow islanders in  
need. Call Steve at 285.3323 for more info.

## Quadra Island Outdoor Club

### Upcoming Events

There are two trips planned in November  
before the winter planning meeting. Here are  
the upcoming trips:

2 November, Wednesday - North Gowlland  
bike loop

9 November, Wednesday - Morte Lake-Mud  
Lake Loop

The details for these trips can be found at:

<https://qioutdoorclub.org/trips/trip-schedule/schedule-summer-2016/>

Please be sure to contact the coordinator  
several days prior to a day-trip.

The winter planning meeting will be held on  
November 13th, Sunday, at 2:00 in room 3 of  
the Community Hall. Everyone is welcome.  
Please come and bring your ideas for winter  
hiking and snow trips. There are some  
forecasts out there that it might be a good  
winter for snow.

### Community Winter Market and Bazaar

Coming soon! Mark Saturday, November  
5th on your calendar and come join us for  
another great indoor market!

Enjoy a terrific assortment of local  
vendors. Something for everyone.

Jewelers, artists, wood workers, soaps,  
knitted toques, preserves and MMMM  
chocolate truffles too!

Savoury & Sweet is back with gluten free  
sour dough bread, cranberry pumpkin or  
chocolate quinoa cake. Ask for other gluten  
free options.

Sit and have something warm to sip on in  
our coffee corner or enjoy Audrey's yummy  
soup or brunch options.

Come check it out. Saturday, November  
4th Email: [quadraislandmarket@gmail.com](mailto:quadraislandmarket@gmail.com)  
or call Stella 250-285-3184

Fri 28 Oct	Sat 29 Oct	Sun 30 Oct	Mon 31 Oct	Tue 1 Nov
 13°C 60% Chance of showers	 11°C Cloudy	 12°C 40% Chance of showers	 11°C 60% Chance of showers	 11°C Rain
Night	Night	Night	Night	
 8°C Clear	 9°C 60% Chance of showers	 6°C 60% Chance of showers	 7°C Periods of rain	
SOURCE Environment Canada				



## Andrew Nikiforuk and Ian McAllister team up in honour of Roderick Haig-Brown

Two impassioned voices for environmental conservation will be joining together for an evening at the Tidemark Theatre in honour of early environmental activist and Campbell Riverite Roderick Haig-Brown. This is the seventh in the Annual Haig-Brown Memorial Lecture series, which has been a joint effort of the Campbell River Arts Council, the Museum at Campbell River, and the Haig-Brown Institute. This year's event is called "Two Measures of this Precious Coast". Andrew Nikiforuk will be presenting the lecture,

"Why Haig-Brown Matters More than Ever", and Ian McAllister of Pacific Wild will be opening with a talk called "The Ocean Never Sleeps".

For more than three decades Andrew Nikiforuk has written about energy, economics and the West for a variety of Canadian publications including the Walrus, Maclean's, Canadian Business, The Globe and Mail's Report on Business, Chatelaine, Georgia Straight, Equinox and Harrowsmith. Nikiforuk's journalism has won seven National Magazine Awards since 1989 and top honours for investigative writing from the Association of Canadian Journalists. This former Haig-Brown Writer-in-Residence will offer insight into why Roderick Haig-Brown remains Canada's most under-appreciated conservationist. On almost every issue including salmon protection, dam building, climate change and community resilience, Haig-Brown forged a remarkable and



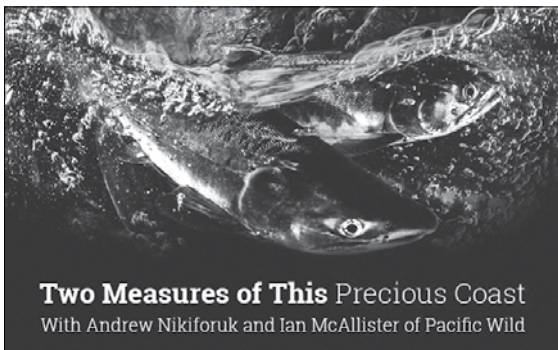
Andrew Nikiforuk and Ian McAllister will be speaking as part of an evening called Two Measures of This Precious Coast. Photo of Ian McAllister credit to April Bencze.

inspiring moral vision for ordinary people. In this lively talk Nikiforuk will explain why Haig-Brown's legacy matters more than ever.

Canada may have the longest coast-line of any nation but it has set aside the least for marine protection. Famed photographer and conservationist Ian McAllister presents a visual tour on the state of fin whales, herring and salmon in the Great Bear Rainforest. He asks, "What would Haig-Brown do today?" McAllister is an award-winning photographer and author of six books, and his images have appeared in publications around the world. He is a member of the International League of Conservation Photographers and a recipient of the North America Nature Photography Association's Vision Award and the Rainforest Action Network's Rainforest Hero award. He and his wife, Karen, were named by Time magazine amongst "Leaders of the 21st Century" for their efforts to protect British

Columbia's endangered rainforest. He lives with his family on an island in the heart of the Great Bear Rainforest.

This event will take place on Thursday November 24 at 7pm. Tickets for this lecture are available through the Tidemark Theatre for \$15 at [www.tidemarktheatre.ca](http://www.tidemarktheatre.ca) or by phoning 250-287-7465. For more information go to [www.crmuseum.ca](http://www.crmuseum.ca)



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With Andrew Nikiforuk and Ian McAllister of Pacific Wild

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## Concert with Emily Millard & David Simard

November 16/2016 - Cape Mudge United Church, Quadra Island

Doors 7:30 pm / Show 8:00 pm

Tickets \$15 from Works of H'Art & Inspirations

Emily Millard celebrates the release of her new album *By Heron & By Season* with a special concert in collaboration with fellow solo singer-songwriter David Simard.

Emily Millard is a Canadian singer/songwriter currently based in Montreal whose unique blend of art-folk has been called "inventive," "haunting" and "beautifully ethereal." Alchemically combining poetry with vintage keys, steel strings and found-instruments, Emily braves the space between silence and sound with her unmistakable voice.

Written over five years as a resident of Quadra Island's Bold Point community, Emily's new album *By Heron & By Season* is a colourful journey into the depths of memory and dreamscape. Produced by Sandro Perri, the album features some of Canada's most innovative instrumentalists including violinist Jesse Zubot (Tanya Tagaq), cellist Peggy Lee (Veda Hille), drummer Dan Gaucher (Fond Of Tigers, Woodpigeon) and bassist Colin Nealis (Andy Shauf).

David Simard has always imbued his work with a sense of space and a hint of nostalgia. Simard's arrangements evoke the landscapes he's studied and lived in, while his lyrics intimately relate the stories of characters met and imagined, along with more than a few of his own experiences.

The lyrical and musical makeup of *The Heavy Wait* is an effortless combination of gilded European elegance and small-town noir. Simard and his band recorded most of the album in a charged, live-off-the-floor session in Arcade Fire's old "Petite Eglise" studio. They dug in hard and deep to produce a quiet intensity so palpable and persistent that the album builds in strength with each passing track. Waves of horns and lap steel guitar, sparsely placed piano, and haunting clarinet lines, recorded later in Vancouver, rush to complement the live performances. "The Heavy Wait" was the band's chosen mantra during that first session and it persisted until the final note was captured.

## Damn The Dam: Site C



photo: Larry Peterson

UNESCO in the Peace: Shining an international light on Site C

The eyes of the world were focused on Site C this week as UNESCO just spent 10 days in the Peace River valley. The international agency was there to investigate how Site C endangers a UNESCO World Heritage Site — Wood Buffalo National Park. Canada has international obligations under international treaties to protect this park which is being threatened by Site C. International media scrutiny is intense and pressure is mounting both at home and abroad which could force the federal government to stop or at least put a moratorium on further construction.

What Canadians across the country have to know is that Site C is not a done deal. First Nations and Peace Valley landowners are suing BC Hydro and there are five legal cases in court right now, four of them by First Nations. Site C is strongly opposed by a wide cross-section of the B.C. citizenry. While First Nations point to violation of Treaty rights and destruction of cultural sites and traditional hunting grounds, ratepayers are waking up to the fact that Site C's hefty price tag — \$10 billion and counting.

If you have a family to feed, you might also be interested to learn that Site C would destroy some of the most productive farmland we have in this province — a food oasis in the

middle of the boreal forest that can produce heat-loving vegetables and fruits, sufficient to feed 1 million people. Fruit and vegetables are getting more expensive, while technologies for renewable power are getting cheaper by the day. This fact was not lost on B.C.'s mayors and councillors: at their annual gathering in September, they called for a full review of Site C by the utilities watchdog, the B.C. Utilities Commission. Meanwhile, the disconnect between the enormous cost of the project versus unproven need, and the B.C. government's failure to consider alternative ways of generating power, recently prompted the B.C. auditor general to investigate Site C (inquiry is currently ongoing).

Join Sierra BC's Executive Director Bob Peart, Ana Simeon, Peace Valley campaigner for Sierra Club BC, and Julian Napoleon of the Sauteau First Nation who will be speaking about the Site C development in the Peace River Region. This beautiful area can feed over a million British Columbians. Is the dam necessary? Napoleon will share stories and images of the Peace River and his people's perspective on this development.

Ray Grigg

Quadra Community Centre, Friday, November 4th. Doors open 7.00pm.

If you would like to support the Sierra Club, please contact Geraldine @ 250 285 2272.



## COMMUNITY NEWS & EVENTS

### At Your HBI

**Saturday October 29th** - Halloween... Dance party extraordinaire... Super fun costumes... Lot's of prizes... Late night snack... Join in on the fun featuring the band THIS. A trio of exceptional musicians and vocalists playing original songs and covers in rock, funk, blues, folk & country.  
**\$10.00 Cover 9pm HBI Pub.**

**November 11th** - David Gogo Band. Gogo is one of Canada's hardest working blues-rock guitarists, and he has a string of remarkable accomplishments to show for it. He has garnered three Juno Nominations, the Great Canadian Blues Award; lifetime contribution to the blues in Canada, WCMA Musician of the Year and 2x 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.

**November 12th** - Blue Moon Marquee is performing in Herons. You may have seen them playing on the balcony at an HBI wedding in August. Steeped in blues traditions, Blue Moon Marquee's music is uncluttered and unified, blues with a touch of alt-country, ragtime and swing. And while there are elements of jazz and European folk music within their sound, the blues is at the core. All seats \$20. Reserve for show or pre-show dining.

**November 25th:** Easy Pickings... Quadra's own John Toelle & Richard Christie in Herons all seats \$15. Reserve for show or pre-show dining.

**UofQ classes:** November 2; all things Credit Union past, present & a view to the future with Dale Henderson...November 9; Hummingbird Tales after studying these amazing birds for 40 years with Lee Gass...November 16;

Jaga Silk Tea maccha green tea sourcing and technique with Jared & Miya  
Nyberg in the HBI Pub • Wednesdays at 7 pm.

**HBI Pub Friday Night Bands:** Nov 4th Sons of Guns... Rythm, blues and rock...  
Nov 11th David Gogo Band (15. cover)...Nov 18 Queen Anns Revenge Classic  
Rock and dance floor tunes. 9:00pm.

**HBI Pub Saturdays Open Mic;** join Mo for a musical adventure with a new mix every week, a tasty musical jam with Mo in the HBI pub! 9:00pm.

**We're playing Hockey** on the 8' screen and 3 TV's. Good times, good friends, good food and drink at the HBI Pub!

**Our dining hours are changing for November:**  
Delicious meals served in Herons:  
Sun - Thurs 9am - 7pm; Fri & Sat 8am - 7pm;  
in the HBI Pub: 1 pm - 7pm. Enjoy a lovely warm meal in a cheery room on a dark winters night.

### Quadra Island Seniors-- B.C.O.A.P.O.-Branch 91

We have been having a very early cool fall. It would be very nice if we had a few weeks of sunshine. Seniors must be making an appointment with their doctors to have a flu shot.

At our Octoberfest meeting, in the Legion we had a great time. Ann Lawrence put us through our arm chair aerobics before our meeting got underway. Thanks to all who decorated our tables and prepared the very delicious lunch. Ann Lawrence won the best prize by having the right numbers.

At our November meeting we are planning to enjoy lunch at the Heriot Bay Inn. In early December plans to have our Christmas lunch at Homewood Hall. Daphne Young will be calling people who will be planning to attend, our Nov.& Dec. meetings.

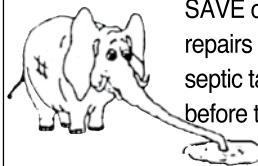
On October 26th we are driving to Fanny Bay BR. 127 for the Regional meeting where we will enjoy lunch, and entertainment, win prizes.

O.A.P. Director Ruth Amiabel will discuss the latest issues with the O.A.P.

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

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# SITE C KEEP THE PEACE



## QUADRA ISLAND

Friday November 4

Quadra Community Centre  
Doors open at 7, event begins at 7:30  
Delicious desserts, tea and coffee

Admission is by donation. All proceeds  
of the event go to support  
Treaty 8 First Nations legal challenges  
to the Site C dam.

The Peace Valley can provide fruits and vegetables for one million people - and abundant traditional harvests of Bull Trout, Moose, berries and medicinal plants for the region's First Nations. If the B.C. government is allowed to flood this land for the Site C dam, taxpayers will be on the hook for the province's largest environmental and economic catastrophe of the 21st century. How can we support the people of the Peace Valley and stop Site C?

**Julian Napoleon**, Saulteau First Nation and Working Group on Indigenous Food Sovereignty

**Ana Simeon**, Sierra Club BC and Raven Trust

**Bob Peart**, Sierra Club BC



## SIERRA CLUB BC



## SCHOOL ZONE

### Making Things Possible

I have a belief about schools; the people in the building, having the best interest of the students ever-present in their minds, want to make each student's education as great as they can. So, that said, staff have ideas swirling in their minds all the time, evenings, weekends, while on holiday, yes while on holiday! My teacher wife has often found something or come up with a connection to her job while travelling, about a cool thing she could do with her students.

The problem is sometimes the teachers don't feel they can do certain things in school or that they will meet opposition if they ask about it. When approached by staff I operate under the principle that if it is valuable, meaningful and relevant to student learners, then yes we can (Thanks Obama). I try to do my part to explore ways to get to yes. I agree to help find time, money, support or whatever else is needed to make the ideas of my staff possible. We aren't always successful but we are more often than not. The benefits of fostering a culture of "yes" is the continued free flowing of ideas and the constantly renewed energy of the staff.

Perhaps the most important result from a leadership perspective is the resulting distribution of leadership. Educators who are supported in the following of their pedagogical dreams become leaders in the school. They organize, arrange and take on responsibilities that make them better educators and more closely tied to their communities. At our school many on staff teachers and support staff included, have such great awareness of the people and resources on Quadra that they are uniquely able to make things happen for kids using their connections. I feel in these situations that my role is to get out of their way and support

them however I can. There will be many cool experiences for our Quadra Elementary students this school year and I want people to realize they come predominantly from the people that work in this building other than me. I am very proud and honoured to be their colleague.

Mike Rennie  
Principal

### Update on Rural School Review

Following up with the 10 year Facility Plan for Campbell River School District, 5 recommendations were to be addressed in the next 2 years.

In September, senior management proposed that 3 of the recommendations be dealt with this year, and 2 dealt with next year.

The board supported the recommendations, and the review of outlying / rural schools (which includes Quadra, Cortes, and Surge Narrows as well as Sayward) will be looked at next school year, Sept 2017.

This decision seemed appropriate because the government has commissioned a group to develop a Rural Education Strategy for BC, and to present a report in Feb 2017. There may be recommendations and follow-up from this report that are relevant for our district. Minister Bernier has invited Campbell River to participate in this study so we hope that opportunity will materialize sometime this fall.

We haven't heard any more at this point but will keep you posted.

Susan Wilson  
School Board Chair

### New Patients Welcome!

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Dr. Joseph Gris



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## Heriot Bay Tides

DATE	TIME PST	m.	ft.
<b>28</b> Friday	05:23	4.1	13.5
	11:04	2.6	8.5
	17:02	4.6	15.1
	23:48	1.8	5.9
<b>29</b> Saturday	06:13	4.3	14.1
	11:50	2.8	9.2
	17:31	4.5	14.8
<b>30</b> Sunday	00:18	1.6	5.2
	06:58	4.5	14.8
	12:32	2.9	9.5
	17:58	4.4	14.4
<b>31</b> Monday	00:46	1.5	4.9
	07:38	4.6	15.1
	13:12	3.1	10.2
	18:24	4.4	14.4
<b>01</b> Tuesday	01:15	1.4	4.6
	08:17	4.7	15.4
	13:51	3.3	10.8
	18:51	4.3	14.1
<b>02</b> Wed.	01:46	1.3	4.3
	08:57	4.7	15.4
	14:30	3.4	11.2
	19:19	4.2	13.8
<b>03</b> Thursday	02:19	1.3	4.3
	09:38	4.7	15.4
	15:14	3.4	11.2
	19:51	4.1	13.5
<b>04</b> Friday	02:57	1.3	4.3
	10:22	4.7	15.4
	16:07	3.5	11.5
	20:28	4.0	13.1
<b>05</b> Saturday	03:39	1.4	4.6
	11:12	4.7	15.4
	17:11	3.4	11.2
	21:13	3.8	12.5
<b>06</b> Sunday	04:25	1.5	4.9
	12:06	4.6	15.1
	18:27	3.3	10.8
	22:15	3.7	12.1
<b>07</b> Monday	05:17	1.6	5.2
	13:01	4.6	15.1
	19:39	3.1	10.2
	23:46	3.5	11.5
<b>08</b> Tuesday	06:17	1.8	5.9
	13:53	4.7	15.4
	20:39	2.9	9.5
<b>09</b> Wed.	01:23	3.6	11.8
	07:24	2.0	6.6
	14:38	4.7	15.4
	21:27	2.5	8.2
<b>10</b> Thursday	02:43	3.7	12.1
	08:32	2.2	7.2
	15:18	4.7	15.4
	22:08	2.2	7.2
<b>11</b> Friday	02:54	4.0	13.1
	08:33	2.5	8.2

## THE DI CLASSIFIEDS

### 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. Quality products at affordable rates. 250.285.2815 info@waypointsigns.com

### For Sale

#### QUALITY CEDAR PRODUCTS

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



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### Services

#### FLU SHOT CLINIC

Offered at Harbourside Medical Clinic on Saturday, October 29th. Open to all patients of any clinic. Please call 250.285.2265 to book an appointment or to find out more information.

#### Q-COVE APPLIANCE REPAIR

Repairs and service to your domestic major appliances at competitive rates. We have a good selection of quality rebuilt washers, dryers, fridges, gas and electric ranges. All come with a one year warranty on mechanical components. New and used parts depot. Free pick up of your unwanted recyclable appliances. 10% Seniors discount. Call Lonn McMartin at 250.285.3425 or 250.202.3425

#### GOT A LEAKY ROOF?

"The time to repair the roof is when the sun is shining." (John F. Kennedy) Get your roof replaced/repared for peace of mind. Schedule your free estimate today, no obligation! Professional roofing solutions by Red Seal Certified roofer. Call Java Roofing 250 204 2638.

### Found

#### SUBARU CAR KEYS

Found on West Road Sunday, October 2. 250.285.3443

### Community

#### REMEMBRANCE DAY NOV.11 AT THE LEGION 10:45AM

Everyone welcome. Short parade at 10:45am from Heriot Bay Firehall to the Legion Cenotaph followed by the service. Ladies Auxiliary Lunch, evening social 5pm, dinner 6pm. See Page 5 for more information.

### Home & Garden

#### SKILLED GARDENER AVAILABLE

Certified horticulturist and lifelong passionate 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

### Real Estate

#### SELLING -BY OWNER?

Find buyers specifically looking for Quadra Island properties by listing at the community's most visited web site: [www.quadraisland.ca/real\\_estate](http://www.quadraisland.ca/real_estate)

Listings are just \$95 for 3 months. Link to an additional information page or ask us how we can build a page for you too. Contact Philip Stone at [info@quadraisland.ca](mailto:info@quadraisland.ca) or 250-285-2234

### DI CLASSIFIEDS

Up to 35 words: \$25  
(including tax) - one time  
36 to 70 words: \$45  
(including tax) - one time

Email or drop off your ad with payment at 701 Cape Mudge Rd, or at Inspirations  
You can also pay online at [discoveryislander.ca](http://discoveryislander.ca)

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

**NEXT AD DEADLINE:**  
Monday, November 7

### With a record breaking 42 sales year to date

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**Heidi Ridgway**

Your Resident Quadra Island Realtor®

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