

ISSUE 700

MARCH 29, 2019 • SERVING QUADRA & DISCOVERY ISLANDS SINCE 1993

discovery

I S L A N D E R



Mounding Ants busy at work in the spring sunshine. See story page 14.

Quadra's 22nd Annual Beach Clean-Up: Sunday April 28

SIERRA QUADRA IS ONCE AGAIN pleased to organize our island's annual Beach Clean-up. April 28, 2019, will be the 22nd successive year in which islanders and visitors have joined with local businesses and others to make this event a resounding success. It is our contribution to the Earth Day celebrations that occur around the world.

Our usual date is the Sunday closest to Earth Day. But this year, since that Sunday occurs in the middle of the Easter long weekend, we have a logistical problem of moving trucks off-island in a timely way. So Beach Clean-up will be on the following Sunday – April 28th.

After winter's and spring's high tides and storms, we find that our beaches are once again strewn with plastic, rope, styrofoam, tires, netting, aquaculture debris, etc. These materials are not only unsightly but they can also be hazardous to all forms of marine life. We also know that wave action will eventually grind plastic into fine particles, allowing them to enter the food chain as toxins to be consumed by us.

Beach Clean-up headquarters will be set up at Rebecca Spit on April 28th. A large banner and tents will mark the site. Starting at 10am



you may pick up garbage bags from this location and then head for your favourite beach. Should you already be equipped, drop by from 11am to 2pm for free lunch, coffee, tea and juice.

To accommodate community members who are not able to join us on Sunday, April 28th, beach garbage can be collected and left at the designated pick-up sites starting on Sunday, April 21st – the TsaKwaLuten site should be used only on April 28th. We are encouraging people to take the initiative to collect beach garbage from locations that they know need cleaning, and to stockpile garbage at the advertised pick-up sites. This can be done up to a week ahead of the Beach Clean-up Day on April 28th. Some garbage bags will be available at each site. Last pickup from these sites will be at 2pm.

On April 28th, all collected garbage can also be brought to the Beach Clean-up headquarters or left at any of the following pick-up sites. A sign will be placed at each of these sites to mark where the garbage should be piled. A reminder again, the last pick up at each site is at 2pm. Any material deposited after 2pm will remain there until the following year.

- End of Petroglyph Road
- North end of Sutil Road at Kay Dubois Trail
- South end of We Wai Kai Road at Kay Dubois Trail
- Smith Road beach access
- Edgeware Road beach access
- Milford Road beach access
- Open Bay area at Valdez and Marina Roads
- TsaKwaLuten (down by the cabins)

Gloves can come in handy, as well as a pocketknife to help free tangled rope from driftwood. **DO NOT TOUCH ANY FLARE CANISTERS** (aluminum tubes about 4 inches in diameter and about two feet long) because they could still be active. Just note their location so Sierra Quadra can notify the proper military authorities for disposal. Participants with pick-up trucks are still needed to help transport garbage from the various collection sites to Rebecca Spit. If you can help, please call Ray at 250-285-3298.

This Sierra Quadra event represents the co-operation and assistance of many local businesses, of BC Ferries, and the Strathcona Regional District. Please join us by bringing friends and family for this helpful and satisfying community event.

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THE ISLAND CALENDAR

Day to Day

Friday, March 29

- Friday Flicks presents SIR at 7:45 QCC
- Live music with Duffy LIVE, HBI Pub 9pm no cover

Friday, April 5

- John Gogo at Kameleon 7pm. Dinner at 6.

Saturday, April 6

- An Elizabethan Night at QCC 6:30pm

Monday, April 8

- The Garden Club presents master gardener Arzeena Hamir, 7pm. \$3 non-members

Thursday, April 11

- Quadra Salmon Enhancement AGM, 7pm at the EcoCentre on Hyacinthe Bay Rd. All welcome.

Saturday, April 13

- Garden Club Annual Plant Sale, QCC, 11:30-1:30

Monday, April 15

- Way To Go: Psychedelic Experiences For Terminal Distress. 7 to 8:30pm, 1087 Topcliffe

Tuesday, April 16

- Advanced Care Plan, 1-3pm, Quadra Bible Church (with Betty Doak and Pat Peterson)

Sunday, April 28

- Quadra's 22nd Annual Beach Cleanup at Rebecca Spit, 11am-2pm. Hot lunch, snacks, music!

The Regulars

Mondays

AA, Big Book Study, 7pm Quadra United Church
Sing for Pure Joy, 1-2:30 QCC Rm 3
Badminton, Cape Mudge gym at 7:30 pm, \$2

Tuesdays

Pickleball at Cape Mudge Hall, 4:30, \$2
Folk Dancing, 7:15 QCC, 285.3849

Wednesdays

1st & 3rd Wednesday Food Bank, QCC 1-2pm
Prayer Meeting, Quadra Island Bible Church, 7pm
Poker Night, Quadra Legion, Heriot Bay 7:30pm
Hand Drum Jam, 7:30 pm Upper Realm, Q Cove

Thursdays

SMART Recovery group 12:30-2pm, QCC boardroom
Badminton, Cape Mudge gym at 7:30 pm, \$2

Fridays

Alcoholics Anonymous, 8pm Quadra United Church

Saturdays

Farmers Market in Quathiaski Cove 10 am-2pm
Meat Draw, Quadra Legion, Heriot Bay 5 pm
Open Mic with Mo, 9pm at the HBI pub

Sundays

Buddhist Meditation, 10 am, Children's Centre
Family Service, Quadra Island Bible Church, 10:30am
Family Service, 11am, United Church, 285.3163
Quadra Sunday Painters, 11am-2pm, 285.3390

What's Happening at Quadra Island Community Centre

COMING WEEK March 29 - April 5

FRIDAY: 8:30 fitness with Jeannie; 10 Spinners and Knitters; 5 Jazz Dance with Heidi (upstairs); 7:45 Friday Flicks presents: SIR

SUNDAY: 9 Somatics with Rob; 2:00 Ballroom Basics; 3 Dance Temple (Room 3, upstairs)

THIS WEEK April 1 - 5

MONDAY: 10 Parents and Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 1:30 Caregivers Q. Circle; 5 Iyengar Yoga

TUESDAY: 11:30 Yoga with Sarah; 5 Yoga with Trinity; 7:15 Folk Dance

WEDNESDAY: 10 Gentle Yoga with Trinity; 11 Parents and Babes; 12 noon Community Kitchen Lunch; 1 Quadra Circle's Mosaics; 5:45 Yoga with Sarah; 7 Jazz Dance with Heidi (upstairs)

THURSDAY: 10 Parents and Tots & Parents and Tots Dance; 11 Somatics Q.Circle; 12:30 SMART Recovery; 5 Yoga with Trinity; 6:45 Quadra Singers

FRIDAY: 8:30 fitness with Jeannie; 10 Spinners and Knitters; 5 Jazz Dance with Heidi (upstairs)

NEXT WEEK April 6 - 12

SATURDAY: Family Entertainment at the: Elizabethan Theatre Night! Doors open at 6:30, show starts at 7 and admission is by donation

SUNDAY: 9 Somatic Yoga with Rob Selmanovic

MONDAY: 8:30 Fitness with Jeannie, 10 Parents and Tots; 1 Sing for Pure Joy; 5 Iyengar Yoga; 7 Garden Club

TUESDAY: 9 Quilters; 9 Yoga with Brenda; 11:30 Yoga with Sarah; 5 Yoga with Trinity; 7:15 Folk Dancing

WEDNESDAY 10 Gentle Yoga with Trinity; 11 Parents and Babes; 12 noon Community Kitchen Lunch; 1 Mosaics with Quadra Circle; 5:45 Yoga with Sarah; 7 Jazz Dance with Heidi (upstairs)

THURSDAY: 10 Parents and Tots & Parents and Tots Dance; 11 Q Circle Somatics; 12:30 SMART Recovery; 5 Yoga with Trinity; 6:45 Quadra Singers

FRIDAY: 8:30 Fitness with Jeannie; 10:30 Friday painters; 10 Spinners and Knitters; 5 Jazz Dance with Heidi (upstairs)

Notice of Change of AGM Date for Quadra Island Community Centre: The AGM will now be on April 24th at 7pm.

NEXT DI DEADLINE: Monday, April 8 @ 7pm

Portable Patio Firepit Spring Sale
\$124.99

\$25.00 OFF

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29 March, 2019

Publisher/Editor Philip Stone
Guest Editor Robyn Budd

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deadlines are online:
www.discoveryislander.ca

CONTACT US

email news@discoveryislands.ca

phone 250 285 2234

mail PO Box 280 Quathias Cove
BC V0P 1N0

office 701 Cape Mudge Road

hours Monday – Thursday
10am to 4pm

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

SUBMISSION GUIDELINES

We welcome items for 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.

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

GIFT SUBSCRIPTIONS

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welcome to help support the DI,
suggested: \$30 per calendar year
Find more details online at
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NEXT DEADLINE

7pm Monday, April 8
for publication on
Friday, April 12, 2019

COMMUNITY NEWS & EVENTS

SMART Recovery Support Group

LEARN HOW to change
unhelpful habits and get more
out of life. Empower yourself
with the many SMART tools/
strategies to manage problem
substances or behaviour patterns.

This Self-Management and
Recovery Training support group
is sponsored by Quadra Circle
and is open to anyone over 19.
Meets every Thursday 12:30 to
2pm at the Community Centre,
Room 2. SMART meetings are
also in Campbell River.

For more information or
Campbell River contact info, email
Jude at smartrecoveryquadra@gmail.com



Winter Market & Bazaar

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adorable!

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Set up starts at 8am, market
hours are 10am to 2pm. Tables
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Info: quadraislandmarket@gmail.com
or call: Stella: 250-285-3184
or Michele: 250-285-3747

We're looking forward to
seeing you soon!

Free Money

THE FREE MONEY PROGRAM
continues on the first Wednesday
of the month, just before
Community Lunch, from
11:30am to noon in the small
seminar room downstairs at the
Quadra Community Centre.

Single individuals receive
\$10 and families receive \$20
inside a book of their choice. The
program is available on the first
Wednesday of each month from
November to May.

This 10-year-old program,
started through the kind initiative
of Steve Moore, could not exist
without the generous support
of Quadra Islanders. Please
consider donating to the Free
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Way to Go

JOIN US FOR THE third year of monthly Monday conversations about death and dying. Meeting format: sharing, mini-presentation, discussion, business. Mini-presentation upcoming: April 15: Psychedelic experiences for terminal distress. 7 to 8:30pm, 1087 Topcliffe, RSVP jbaker@gicable.com

Connect with AA

IS DRINKING COSTING YOU more than money? We can help. If you want to stop drinking and need to find AA near you or wish to learn more about Alcoholics Anonymous visit cr-aa.ca or call 250.287.4313 for Campbell River and Area AA. Meetings are held on Quadra Island Friday night at 8pm and Monday night at 7pm at the Cape Mudge United Church.

Paul and Debbie,

Cheering you on.
From all your caring friends.

QISES AGM

The Quadra Island Salmon Enhancement Society will be holding its AGM on Thursday, April 11, 2019 at the EcoCentre on Hyacinthe Bay Road, 7pm. Anyone interested is welcome. Following the AGM will be the regular monthly meeting.

Elizabethan Night

HAVE YOU EVER wondered what vaudeville would have been like in Shakespeare's time? Wonder no longer. The year is 1606. Edmund Spencer and Christopher Marlowe have recently died and their works are still gaining in popularity and reputation. John Donne has recently been released from jail for marrying the daughter of an English official; Ben Jonson's Volpone has just been staged and Shakespeare's Macbeth is imminent. A young Robert Herrick is just starting his career.

On Saturday, April 6th at the Quadra Community Centre, the works of Marlowe, Shakespeare, Jonson, Herrick, Spencer, Donne will be acted and read by some of Quadra Island's greatest thespians. No need to leave the kids at home. The great fight between St. George and the dragon will be reenacted in fine panto style. There will be jugglers, dancers, and singers.

The doors open at 6:30, show starts 7ish. Admission by donation.



Buddhist Meditation

JOIN US FOR A 45 minute silent meditation every Sunday at 10am at the Children's Centre. Everyone is welcome to experience the beauty of this simple practice. Free or by donation. For more information call Kai 250-850-9245.

RCMP Detachment Hours

Diane Copp, the Detachment Clerk for the Quadra Island RCMP, will be away from the office until mid April. This will effect the regular business hours of the Detachment. If you see a police vehicle parked in front of the Detachment during business hours, from Monday to Friday, there is likely a member there to assist you. Police Record checks will continue to be taken during this time; however, there may a delay in obtaining the results. We are using various strategies to minimize the disruption of routine services. **Members are always available for emergencies.**

Thank you,
Cpl. Sean Bulford

New to Quadra?

The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag.

Contact Judy at 285.2150

Coming Events...

Friday Night Bands

HBI Pub, 9pm, no cover

Duffy LIVE March 29

Queen Anne's Revenge April 5

Winnie Brave April 12

Blue Kats April 19

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National Advance Care Planning Day in Canada April 16

DO YOU HAVE an Advanced Care Plan? Is it current? Do you have questions?

Come join Betty Doak and Pat Peterson at the Quadra Island Bible Church, Tuesday April 16 from 1 to 3pm for this important discussion. Materials supplied. Come and get 'er done! Please phone and register with Betty Doak at 250-285-3590.



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Receive updates, notifications

Ferry Schedule

NEW/OLD

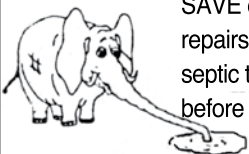
Leave Quathiaski Cove	Leave Campbell River
QUADRA ISLAND	VANCOUVER ISLAND
†6:15 am	†6:40 am
†7:05 am	†7:30 am
8:00 am	8:30 am
††9:00 am	9:30 am
10:00 am	**10:30 am
11:00 am	11:30 am
12:00 pm	12:30 pm
1:00 pm	1:30 pm
2:00 pm	2:30 pm
3:05 pm	3:30 pm
**4:00 pm	4:30 pm
5:00 pm	††5:25 pm
5:50 pm	††6:15 pm
7:00 pm	7:30 pm
8:00 pm	8:30 pm
9:00 pm	9:30 pm
10:00 pm	10:30 pm
*11:00 pm	*11:30 pm

† Daily except Dec. 25 & Jan 1.
†† Commuter sailings, expect overloads
* Fridays and Saturdays Only

** Tuesdays - Dangerous Cargo
No passengers or cars.

ALL CLEAR SEPTIC SERVICE

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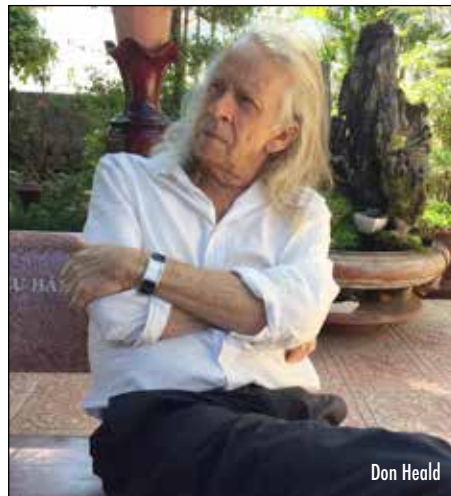
Call Ross Doak **250 204 1197**



Quadra Circle: National Volunteer Week April 7th to 13th

HOW FITTING that this year's National Volunteer Week theme is "The Volunteer Factor – Lifting Communities". Quadra Circle volunteers may not have time to reflect on the many ways their actions lift community spirit, but others surely do. Some of our volunteers lift children's self-esteem and increase their chances of success in school by helping them with reading, while others lift people's spirits with a friendly phone call or an offer to drive them to an activity or appointment. It doesn't matter what a person's need is, just knowing someone else cares and takes the time to offer help is enough to lift spirits and boost self-confidence. It's not a one-way street though; helping others and learning new skills also lifts volunteers' own spirits, boosting self-worth and sense of community with each interaction.

Nowhere is this year's theme better illustrated than at our Friday Lunches. As Virginia Wolfe once famously said, "One cannot think well, love well, sleep well, if one has not dined well." And our Friday lunchers do indeed dine well – volunteer cook Don Heald makes sure of that!



Don Heald

After his retirement eight years ago, Don, who trained in and practised the culinary arts as a young man, decided to return to his first love – food and food preparation. Quadra Circle has benefited from that decision for three years now, and regular attendees at Friday Lunch are unstinting in their praise. For his part, Don says he just enjoys the opportunity to give back to the community which has given him so much over the past 30 years.

Like many retirees, Don and wife Marg travel to warmer climates during Quadra

winters, and that's when other volunteer cooks step up to the plate to provide delicious meals, sometimes at short notice.

Two regulars are Karen Bailey and Ramesh Mahabir. Before moving to Quadra Island, they had experience with market gardening, running a cooking school and organizing wine and food tasting events in Saskatoon.

Cooking an appealing, tasty, two-course, sit-down meal for 30+ people is something many of us would find daunting, let alone the planning, shopping and preparation. Not so Ramesh and Karen, who say they are happy to support our community and derive pleasure from seeing local seniors enjoying a meal among friends.



Karen Bailey and Ramesh Mahabir

Hats off to these wonderful volunteer cooks and everyone else involved in the Friday Lunch program! Maybe Virginia Wolfe was on to something... after all, whose spirits could fail to be lifted by a delightful meal in convivial company?

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Friday Flicks March 29th: Sir

ON FRIDAY MARCH 29TH, 7:45pm at Quadra Community Centre, Friday Flicks wraps up its Spring 2019 Series with Sir (Hindi, English, Marathi with English subtitles).

The fiction-feature debut from writer-director Rohena Gera, Sir uses the charming, intimate story of forbidden attraction between a young widow and her wealthy employer to address the issue of class divide in modern India.

Ratna, a soft-spoken yet ambitious woman who was widowed shortly after her marriage, makes the difficult decision to leave her rural village and head for the skyscrapers of Mumbai in order to provide for her sister back home. There she takes a job working as a live-in domestic for Ashwin, a wealthy socialite from a family of builders, whose fiancée recently left him for another man. Ashwin seems to have it all while Ratna was raised in poverty — and their outlooks on life could not be more different. Ashwin, who previously worked as a journalist in New York, contends with family pressures and concerns about social standing while recovering from his heartbreak; Ratna, though resolute and driven, harbours private dreams of becoming a tailor, hiding fabrics and designs in her cubby of the house. As they grow to understand and support each other emotionally, these two people from two different worlds learn to live and love again, together.

Touching and beautifully acted by its two leads, Sir — which elicited buzz after pre-miering at Cannes in 2018 — is a warm and poignant romance that presents an honest look at social hierarchy. Working with cinematographer Dominique Colin, Gera expertly contrasts the vast Indian countryside with the confines of Ashwin's apartment, mirroring the economic and class constraints Ratna faces throughout her quest for purpose and freedom.



New Chamber of Comm. Exec.

AT THE DISCOVERY ISLANDS CHAMBER OF COMMERCE AGM on March 21st the 2019 slate of directors were elected: returning are Sarah Bradshaw, Valerie Stapinsky, Judy Hagen, Colleen Marlow, Lynden McMartin and new to the team is Mark Lasby and Andres Hagen.

Music at Kameleon Food & Drink

FRIDAY APRIL 5TH: WESTERN CANADIAN singer/songwriter John Gogo is from a large musical family in Nanaimo, on Vancouver Island. After a two year stint as a chokerman in a logging camp, he began his professional musical career with two of his brothers in the progressive rock band Graphics, touring around BC and Alberta.

Dinner from 6pm and show at 7pm, entrance by suggested donation of \$10 to \$20. Reservations strongly recommended: 250.285.3282



Children's Centre Garage Sale

IT IS A GREAT TIME OF YEAR for decluttering and simplifying your space while spring cleaning. The Quadra Island Children's Centre is kindly asking for donations of Quality used items for our annual Garage Sale Fundraiser. Please consider dropping off said previously loved items on the back deck of the Centre at any time before Friday, May 10th. (Please no clothes, TVs or computer equipment.)

Please join us on Saturday, May 11th from 10am to 2pm for the Garage Sale! Great deals to be had, as all sales are by donation. All proceeds go to support early care and learning in our amazing community. This is a major fundraiser for the Children's Centre and we appreciate all the generous community support we receive each year. Thank you!

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JOIN TODAY

- Forum for Island businesses.
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- Low annual membership dues

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Quadra Island Outdoor Club Upcoming Events

SPRING IS DEFINITELY HERE and the weather is great for hiking, kayaking, biking or nearly anything. Here are the upcoming trips and events:

- 2 APRIL, TUESDAY** Hiking to Stramberg Old Growth Grove
7-11 APRIL, SUNDAY TO THURSDAY Multi-day trip to Cowichan Valley
10 APRIL, WEDNESDAY Hiking in the Snowden Forest
14 APRIL, SUNDAY The Summer Planning Meeting
17 APRIL, WEDNESDAY Hiking to Ripple Rock
21 APRIL, SUNDAY Gear Sale at the Community Centre
24 APRIL, WEDNESDAY Hiking around Mt. Seymour
- SUMMER SCHEDULE ACTIVITIES:**
6-9 MAY, MONDAY TO WEDNESDAY Multi-day hiking on Cortes Island
26 JUNE, WEDNESDAY Kayak training at Mine Lake

We hope that you will come to our Gear Sale, either as a buyer or seller, on Sunday, April 21st. Details on the sale can be found in a separate article here in the Discovery Islander. You don't have to be a member to participate in this event. Please email to qioutdoorclub@gmail.com if you are interested in selling.

We will hold the Summer Planning Meeting on Sunday April 14th in room 1 of the Community Centre. This is your opportunity to bring all your suggestions for summer trips, kayaking or hiking, to the meeting or email them to us if you cannot attend. Everyone is

welcome. May is the start of the new membership year, so the meeting is also your opportunity to renew your membership.

We have scheduled our annual kayak training course on June 26th at Mine Lake with instructor Monica Russell. This will include a morning and an afternoon session to review paddling strokes and techniques, assisted and self-rescue. Let us know at qioutdoorclub@gmail.com if you are interested in participating and stay in touch for more details.

The details on most of these trips are available at the winter schedule: <https://qioutdoorclub.org/schedule-fall-winter-2018-19/>

Community Outdoor and Exercise Gear Sale

THE QUADRA ISLAND

Outdoor Club will be hosting the first Community Outdoor and Exercise Gear sale at the Community Centre on Sunday, April 21 from 12 to 2pm. Clear out your overflowing gear closet, pick up gear for a new sport, maybe buy a piece of exercise equipment you've wanted to try.... Bring your unwanted stuff, buy something different! You don't have to be a member of the QIOC to participate.

Sellers set up from 11 to 12, with first-come, first-served for tables, and take down and clean up from 2 to 3. A toonie donation to the Club from sellers to cover rental costs will be appreciated.

Sellers are responsible for setting up, selling, and removing any unsold items. Sellers please contact qioutdoorclub@gmail.com to indicate your interest.

Contact Jim Abram

BY PHONE

*Between 8:30am and 7pm,
Monday through Friday
(not on weekends please)
250-285-3355*

EMAIL ANYTIME

jimabram@xplornet.ca

BY MAIL

Box 278 Quathiaski Cove,
BC V0P 1N0

ON FACEBOOK

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around online...

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QUADRA ISLAND GARDEN CLUB



Presents

Arzeena Hamir, MSc.

Agronomist * Professional Organic Gardener



**“Springtime Gardening Tips for
Growing Your Best Garden Ever”**

When: Monday, April 8 at 7 pm

Where: Quadra Community Centre

Garden Club Members: Free * \$3 Non-members

*** Membership: \$10/Individual ~ \$15/Family**

Phone: 250-285-2213 ~ www.quadraislandgardenclub.com

QUADRA ISLAND REAL ESTATE TEAM



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Bill Bradshaw

PERSONAL REAL ESTATE CORPORATION

Sarah Bradshaw

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FAX 250.285.3292



WHAT'S ON AT YOUR HBI

Saturday May 25: Valdy Dinner Show in Herons. 6pm seating. Includes two course meal \$55. Limited Show only tickets \$35. Reserve 250-185-3322.



UofQ: Wednesdays, 7pm, HBI Pub education

March 27 Boat Prep for cruising season with Murray Abercrombie & Russ Avon

April 3 Our Experience in Forestry, with Jerry & Jordan Benner

April 10 Can Carnivores Heal the World? With Marc Doll

April 17 Technology as a Tool: Don't Let It Make a Tool Out of You, with Karen Bailey

April 24 Campbell River Search & Rescue

May 1 History & Progress of Personality Disorders, with Karen Bailey.

"Education is not preparation for life; education is life itself." John Dewey

Karaoke on Tuesday April 9 and May 21 with your host Howie! Just imagine the fun, bring a friend and sing it out together! No cover. HBI Pub

HBI Friday Night Bands

March 29 Terrific Band Announcement

April 5 Queen Anne's Revenge

April 12 Winnie Brave

April 19 Blue Kats

April 26 Go Dog Go

May 3 DUFFY LIVE!

Monday April 18 Special DJ Event!

Uncle Munt to open followed by Aspen King! Come get your groove on 9pm HBI Pub. No cover

April 25 and May 23 Rockin' Bingo with the one and only Linda G. Starting later at 6pm, come and play along, win a prize! No charge

Saturdays Open Mic

An experience like no other. 9pm. HBI Pub.
"Without music, life would be a mistake."
Friedrich Nietzsche



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Friday

April 26th - 7pm

Quadra Community Centre



Swing



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Digital Art: Jody Rodgers

Quadra Island Health Society

MARCH 2019: Last May the two doctors at the Quadra Island Medical Clinic announced their pending departure. Unless a doctor was found to carry on, the Clinic would close.

A group of residents formed a committee to save the Clinic. About a hundred islanders attended a public meeting that was convened where they expressed concern about losing the Clinic and support of our efforts to save it.

The Ministry of Health and Island Health (IH) are the two entities that control policy and money for health care. In order to deal with them the committee formalized our status as a registered society, the Quadra Island Health Society, and took ownership of the Clinic.

Membership in the Society is open to all residents of Quadra and the outer islands. Many residents have joined and provided the numbers we needed to show community support. More members mean a stronger voice. With the assistance of our MLA, Claire Trevena, and SRD Director, Jim Abram, the Society was able to convince the 'powers that be' that the Clinic was too vital to be closed. We were also able to show that it would cost funding bodies more money for Quadra residents who use the Clinic, to go off-island for health care.

The Ministry and Island Health committed to fund the Clinic until the end of 2019 to give the Society time to establish permanent stability. We currently have excellent Locum (doctors on temporary assignment) coverage and Nurse Practitioner, Pat Peterson, who have been working throughout this time and will continue to do so.

The Clinic staff members have dealt extremely well with a situation that has no doubt been unsettling at times. We very much

appreciate their loyalty and professionalism through this time of transition. We're very fortunate to have such a dedicated group.

The Clinic will continue to provide the same services, as in the past, including mental health services, foot care nursing, laboratory services and electrocardiogram heart function testing. We have Nurse Practitioner services and a walk-in clinic. This past year we have added Holter monitoring (a portable device for cardiac monitoring) and Telemedicine.

In addition, the Board of Directors of the Society has been looking at expanding the Clinic into a Community Health Centre. CHCs are common in other parts of Canada – they are designed to meet the specific healthcare needs of a community. This designation would allow us to provide additional services that are not currently available on Quadra and expand current programs, such as home care or a social worker, where there is a need.

We're hoping to convene the first annual general meeting of the Society prior to the summer and we'll provide more details on that soon. If you are interested in joining the Society or serving as a director please contact Betty Doak 250-285-3590 or email md3590@telus.net.

If you have any questions or comments about the Clinic please contact Mandy or staff members at QIMC: 250-285-3540 or email office@qimc.ca.

If you have questions or comments for the Quadra Island Health Society please contact the Chair, Dr Mary McIntosh, at 250-285-3084 or email gavinmc@gicable.com

PLEASE NOTE: The Quadra Island Medical Clinic is accepting new patients.

Young Musicians Fund Call for Performers

THE QUADRA ISLAND Young Musicians Fund is putting a call out to performers for our Second Annual Young Musicians Concert and Fundraiser. If you are a Quadra resident, 18 years old and under, and an aspiring musician, we would like you to perform at our concert.

The Second Annual Young Musicians Concert and Fundraiser will take place Saturday, April 27 from 6 to 9pm at the Quadra Community Centre.

If you would like to perform, please see the sign up list at Quadra Elementary school or drop us an email at: quadrayoungmusicians@gmail.com or phone 250-285-3027 for more information.

Deadline is Tuesday April 16, 2019. If you would like to volunteer, we have several volunteer positions available! We are also looking for a young MC to make announcements at our concert.

Admission is by donation, we hope to see you all there!



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Happy Spring, everyone! (belated!). As usual, an incredibly busy month of meetings and issues. I am going to try and just list items that have an update. Otherwise, I'll just assume that you will understand that some things just take time and that no news is good news! Hopefully that is not going to turn out to be a rash assumption!

BC FERRIES ISSUES

I started off my last report with the good news about getting our old schedule back, getting two ferries, and a number of other positive things that WE won back as a community (province wide community!).

So now I will tell you that we are obviously getting two ferries because I got a Crown Land referral a few days ago for a spot to tie up the new second ferry in Q. Cove, not Campbell River, as they had intended to do at one point. There will be ads in the papers soon I am sure but here is the "early edition"! The spot they are applying for is next to the old BC Packers land, next to the Harbour Authority docks. It will be strictly for the tie up of the ferry overnight when it is not in use. So we will have two ferries on the Quadra side!.

I spoke with our planners and asked them to confirm that the Old Ferry Road site was not available and it isn't as far as they can tell.

I insisted that if they were going to go for this new site there had to be some conditions. First of all the community would need to be consulted in public forums and mega advertising in all of our local media and all neighbours within 500 meters would need to receive written notice of the plan. I also insisted and was assured that there will be no generators at night (they would be on shore power) and that very minimal, low level lighting only would be used as necessary. All they need for a tie up is a minimal ramp for the crew to walk on and some pilings to tie up to. Nothing else.

So there you have it. Comments?

In other ferry news, I just got off the phone from a very long and not-very-nice conference call with two BC Ferries managers regarding our Ferry Advisory Committee. They want to do an arbitrary two-term limit to our stint on the committee so they can "refresh it" now and then! Well, it was quite the call. We have never been able to get anyone to sign up except for the people that are on it now (myself included). After much discussion, we suggested that they advertise

and see if anyone wants on and if they do, that they come to at least two meetings and if they decide to stay, maybe someone else would decide to leave. We left it at that. They weren't happy, but so be it. The best laid plans, etc....

COMMUNITY PATHWAY (HARPER ROAD)

I have been in discussion with our staff and with a number of local contractors regarding this long time project. I have commitment for the rough in of the path, the necessary fill and the top finishing work. I am also happy to report that we have secured a BC Hydro Re-greening grant for almost \$5,000.00 to help with the landscaping and planting of suitable trees (to them, that means ones that won't grow into the Hydro lines!).

I am very appreciative of the people that have come forward and offered to help out. What great community spirit to help create something that we planned for in the Q. Cove Village Plan. It will create a beautiful, safe, walkable link between the Library and the school area.

OTHER ISSUES

I have continued to meet with and help out the people that are trying to bring our Q. Cove Plan to life by adding more small lots to the Cove area, hopefully at a more affordable price, so we can realize that "multi-generational" community we spent five years trying to develop. I have met with agencies and planners and property owners to help speed the process along. Community input will come also as plans develop.

I have met with the Cemetery Board, the Ministry of Forests and Lands (FLNRD, too long to type out fully), and attended three days of meetings with DFO, First Nations and stakeholders regarding the creation of Marine Protected Areas and other issues of concern to us on the coast.

The SRD meetings as well as the Comox Valley and the Hospital Board meetings are being held more often as well as the Waste Management Advanced Technologies Committee.

Please refer to my last report for any of the issues that are still ongoing but not being mentioned here today.

FEEL FREE TO CONTACT ME between the hours of 8:30am and 4:30pm, Monday through Friday (please, not on weekends or holidays, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at jimabram@xplornet.ca or by mail at Box 278 in the Cove, V0P 1N0... You can read occasional updates on issues that i will post

on Facebook at <https://www.facebook.com/JimAbram>, but please do not use this medium as a way to communicate regarding SRD business. 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!

Emails and phone messages received over the weekend or on holidays will be returned promptly on the next regular work day.

Respectfully submitted,
*Jim Abram, Director, Discovery Islands-
Mainland inlets, Area C, SRD*

Open House: Future of Waste Management in Campbell River

AN OPEN HOUSE will be held from 5pm to 7pm on April 2 to provide information to residents about the Campbell River Waste Management Centre closure. The drop-in style event will provide more information about the transition from a landfill to a transfer station in the Campbell River area as the landfill reaches maximum capacity. The Open House will also include an opportunity for the public to comment on the CSWM application for a substitution to landfill gas regulations.

Your spokesperson for this event is Andrew McGifford, Senior Manager of CSWM Services. He can be reached at 250-334-6025.

*Christianne Wile
Manager of External Relations
Corporate Services Branch
Comox Valley Regional District
600 Comox Road, Courtenay, BC
Tel: 1-250-334-6066
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Garden Club: Spring Gardening Tips from an Award-Winning Pro

ORGANIC GARDENER Arzeena Hamir's February Garden Club talk was cancelled due to a snow storm. But she's coming on April 8 to give us her best springtime gardening tips. Our garden club meeting, featuring Arzeena starts at 7pm on Monday, April 8 at Quadra Community Centre. There will be door prizes and refreshments.

Here are some of Arzeena's practical tips for jump-starting your own starts indoors. If rain, sleet, or even snow is keeping you out of your garden but you are itching to get your hands in some soil and see green things growing, now is the perfect time to raise seedlings indoors. You can do it without a greenhouse!



By starting from seed, gardeners will not only be able to get a jump on the season, but also grow many heat-loving plants that cannot be directly seeded outside.

TOP THREE REASONS FOR STARTING YOUR OWN 'STARTS'

But why bother starting from seed when nurseries and garden centres are full of seedlings later in the spring? Here's why:

- **VALUE:** A packet of seeds costs about the equivalent of buying one seedling! You'll get 20 to 30 times more seedlings when you start your own from a packet of seeds.
- **VARIETY:** The varieties available in seedling starts are often limited. Growing from seed gives gardeners access to hundreds of

varieties, some only available at the local level. Ever heard of the "Merville Rocket" tomato? It's only available through Good Earth Seed in Black Creek.

• **PRODUCTIVITY:** Many early flowers and heat loving vegetables including tomatoes, peppers and eggplants need to be grown from seed indoors because they require so much heat to germinate and have a long growing season. Starting them indoors allows growers to have good temperature control and vastly increases the germination percentage.

GERMINATION EQUIPMENT: KEEPING IT SIMPLE

So what's needed to grow seedlings indoors? Let's keep it simple, yet effective. For the first part of indoor seed-starting, germination, you only need five things:

- Containers
- A medium that will hold moisture
- A source of heat
- Labels
- Seeds. Follow indoor planting instructions on seed packets

ABOUT CONTAINERS

Fortunately, seeds aren't picky about the type of container and it doesn't have to be a specialized seed-starting tray (although they are available). The container itself just needs to be able to keep its form and to provide structure for the seedling.

Most households have a variety of containers on hand which can be easily repurposed for starting seeds. These include:

- Yogurt containers
- Salad boxes ('clamshells')
- Milk cartons

Plastic, especially a container with a lid, has the added benefit of holding moisture in, which is critical for the first stage of germination.

All that's required to repurpose a plastic container is to poke drainage holes in the bottom to allow excess water to drain. Note: Although paper and cardboard products can be used, they do not hold their shape for long and tend to evaporate water very quickly.

ABOUT THE MEDIUM

The medium that holds moisture can be anything including:

- Moist paper towel. Although seeds sprout readily in paper towel, an extra step is required to transplant them into another

container to enable them to grow.

- Peat-based seed starting mix. This is what most gardeners use.

WHAT'S IN STARTING MIX?

Most seed starting mix is a mixture of one or several of the following ingredients:

- Peat: The finer the grind, the easier it is to work with
- Coconut coir: The finer the grind, the easier it is to work with
- Perlite (a puffed clay)
- Vermiculite (puffed clay)

Why not just dig up some soil or compost from the garden and use it? Here's why not: Soil is very heavy and does not take kindly to the wet/dry cycles that seedlings need to go through; it tends to harden and crack in those circumstances.

Soil can bring with it some unintended stuff, including weed seeds, fungi, bacteria, and slugs and sow bugs that love to eat your little seedlings.

For these reasons, gardeners often choose a 'soil-less mix' in order to maintain a more sterile environment during seed-starting.

ABOUT YOUR HEAT SOURCE

A dependable source of bottom heat (set to about 70F) makes seed-starting go so much faster. Commercial ventures often build sand boxes with buried heat cables to achieve the desired temperature.

But at home, an old fridge will give off heat from the top, as may a water heater.

Warning: Heating blankets are far too warm and may cook young seedlings.

WHAT ABOUT LIGHT?

Notice that there is no mention of light or food yet. That's because very few seeds require light to start germination and all seeds come with enough food for the seedling to produce its first set of seed leaves plus one true leaf.

WHAT'S NEXT? SEEDING AND LABELING

Once all the equipment is assembled...

1. Pre-moisten the seed starting medium with warm water
2. Fill the container to the top with moist medium
3. For large seeds, sprinkle or individually place the large seed so that there is enough room for each seedling to grow with space. Crowded seedlings are difficult to separate.
4. Cover the seed with a depth of mix that is two times the diameter of the seed. Note: Large seed needs lots of moisture to begin germination so it needs mix all around it, to a large depth. Small seed needs less.

5. Press the mix down so that the seed has really good contact with the moist medium.

THIS STEP IS CRITICAL: LABEL YOUR SEED STARTS!

Labels are critical. It's often impossible to tell the type of seedling (Brandywine tomatoes versus Cherokee Purple) when they are young.

Make your own labels with:

- Popsicle sticks
- Cut up yogurt containers
- Repurposed blinds

Use a wax pen or waterproof ink that won't fade. Be sure to include all of the following info:

- Type of plant
- Variety
- Date seed was sown

AN IMPORTANT REMINDER ABOUT MOISTURE

If your container doesn't come with a lid, a clear plastic bag will help hold the moisture in. Once your container is placed over a source of heat, check regularly that the mix doesn't dry out. This is especially important for small seed that is close to the surface.

ABOUT GROWING SEEDLINGS

Most seeds germinate between four and seven days. Here's where labeling the date becomes important. Warmer temperatures will help speed up the process but if the seed isn't up after two weeks, check to see if any sprouting is happening under the surface.

Once seedlings are above the soil, it is critical that:

1. The lid/plastic bag covering the container is removed
2. They are put under light
3. The temperature comes down to 55 to 60F

Cooler temperatures ensure the seedlings grow slowly. Although it sounds counterintuitive, a cool garage is an excellent place to grow seedlings (as long as the light system is set up and the garage doesn't freeze).

LET THERE BE LIGHT!

Light is essential to keep seedlings short. If they don't detect UV light, they begin to stretch and become 'leggy'. They're then very difficult to work with and the process may need to start all over again.

On the West Coast, where days are short in late winter and the quality of light is very low, it is necessary to supplement light with an artificial source, at least until mid April.

Grow lights can be purchased but fluorescent bulbs can also be used, as long as the seedling is kept to within 4" of the bulb.

The lights can be connected to a timer so that they get about 14 hours of light per day (6am to 8pm).

Reminder: Do what's necessary to keep seedlings close to their light source. Alternatively, hang the lights on chains to allow raising and lowering.

ABOUT WATERING: DON'T OVERDO IT

Gardeners are notorious for being too kind to seedlings. Unlike the germination stage, seedlings actually need the surface of the soil to dry out in between watering.

If the surface is allowed to be damp all the time, it can encourage a fungus called damping off to grow. Use the weight of the container as a better gauge for the need to water. If gardeners are worried about damping off, sprinkle cinnamon, a natural fungicide, on the surface of the soil.

THE JOY OF SEEDS

Growing your own starts from seed is a joy. Once the basic equipment is on hand and a few simple steps are followed you'll be on your way. Now is also the perfect time to attend local Seedy Saturday events, order seed catalogues, or visit garden centers for their seed collections. A whole new world of seed varieties is beckoning!

ABOUT ARZEENA HAMIR

Arzeena is an organic farmer, agronomist and mother from Merville, BC. Arzeena and her husband own Amara Farm, a 26-acre certified organic vegetable and blueberry farm just

north of Courtenay, BC. Follow Arzeena on Facebook! <https://www.facebook.com/arzeena>

Quadra Island Garden Club Annual Spring Plant Sale!

DATE: Saturday, April 13

TIME: 11:30 to 1:30

WHERE: Quadra Community Centre



This is the perfect opportunity to buy affordable, healthy plants for your garden, and get expert gardening advice from local Quadra gardeners. At the same time you're supporting your local garden club. Get all kinds of berries, ornamentals, fruit trees, shrubs, perennials, herbs, succulents and more. Hot, fresh coffee, tea and homemade baked goodies. For more info call Marie at 250-285-3950.

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COMMUNITY NEWS & EVENTS

Quadra Mounds

A YEAR AGO, I began in earnest to get information on a long brewing question: just what are those mounds of needles, one can occasionally see along West Road. I recall ten years before noticing similar 'mounds' while driving along Doyle Road, Black Creek.



Venturing close up to one of the mounds, I watched hundreds of black things moving around the dome of the mound. Bending closer to the mound, my nose picked out a somewhat familiar aroma.

With a few photographs of the mystery mounds and observations, I began an internet search, followed by time in the Library ordering up a number of books and a DVD. At the same time, I put out an information request through Quadra Cork Board, asking readers if and where other 'mounds' existed.

I am very excited to now pass on my findings. I've located and measured over 115 mounds. The average size is close to 1m in diameter by 1/2 m in height.

The mounds are the home to Formicea Rufa. The common name is Mounding or Thatching Ant. Others call them Red Ants with Black Pants. The ants exude a very distinctive odor, quite similar to Balsamic Vinegar but much more intense. You can gently touch the ants. In defence, they will squirt you with droplets of Formic Acid.

One observer mentioned that for many years she has watched a family of Ravens pace and flutter atop the mounds for a few minutes. They are purposefully being sprayed by the ants. The Formic Acid acts as a healthy anti-parasitic gas. This past winter I've noticed some mounds have coffee mug sized holes in them. My guess is they were dug into by

raccoons, looking for adults and larva for food.

Generally, I've found the vast majority of mounds are on what would be the northeast side of the road or property. This orientation gives the mound maximum day time and evening solar heating. Researchers state that a mound needs at least 100,000 residents to maintain a livable winter temperature, deep in the core of the mound. Mounds can have approximately 400,000 residents. Whatever the number, 99.99% are non-breeding females. Only for a few days each Spring are a few larva fed a special food which will have them become fertile males. The few males will mate only once, dying minutes later. A fertilized female will flutter from the air, to hopefully land on an appropriate site to begin a new mound. She can live for ten to 20 years and carry sufficient sperm for egg production during the ensuing years.

The undisputed go-to authority on ants globally is E. O. Wilson. The local library carries his books and an amazing DVD. You might also check out www.antswiki.com

In travelling around Quadra's roads, I've marked the mounds with a short piece of orange or pink flagging tape. If you know of other mounds, perhaps on your property and you'd like them to be added to the inventory, give me a call: Rod Burns at 250-285-2272, email bph@connected.bc.ca

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- Or you can bring it to our office:
701 Cape Mudge Road

Quadra Singers Spring Concert

MARK YOUR CALENDAR for Swing, 7pm, Friday April 26 at the Quadra Community Centre. Pay at the door: Adults \$12, Youth (to 12 years) \$5, Free for children under five. Doors open at 6:30pm, treats and hot drinks for sale.

For our Spring concert 2019 Quadra Singers and Friends will perform music primarily from the Big Band and jazz eras of the 1940s-60s. Do you wonder how a choir can perform the Pink Panther? Come join us and find out! The songs we will perform at this concert are infectious fun and we can't wait to share them with you. Lots of doo doo's and boo bahps! Kate is getting us to hone our skills as jazz singers. We are always looking for singers, especially for the Tenor and Bass sections, so consider joining us for the Fall 2019 session.

"The Spring Concert features songs recorded by The Manhattan Transfer, classics such as In the Mood and Chattanooga Choo Choo, and some other beautiful arrangements of jazz standards that I'm sure you will recognize," says choir director Kate Alexandra. "We look forward to getting your toes tapping and raising your spirits at this year's joyous Spring concert. We invite you to come hear how our community choir is expanding its range and pushing its musical boundaries."

Guest performers include Dave Blinzinger, Brian Wilson, and more, as well as the choir and smaller singing groups.

Learn more about Quadra Singers on the choir's Facebook page. Email (quadrasingers@gmail.com) or phone Joan Varley 250-285-2443.



Sat 03/30	Sun 03/31	Mon 04/01	Tue 04/02	Wed 04/03	Thu 04/04
Mainly sunny	Mainly sunny	Light rain	Cloudy with sunny breaks	Sunny	Sunny
15°	15°	13°	14°	13°	12°



Please Join Our Family to Honour Our Beloved CHARLOTTE GAIL COOMBS PFISTER July 23, 1951 – November 22, 2018

This special occasion is on Saturday April 27th at the Royal Canadian Legion Quadra Island Branch in Heriot Bay from 11:00 am to 3:00 pm. The Ladies Auxiliary, a wonderful group of women who Charlotte volunteered with for years, will provide a delicious salmon, chicken and baked potato meal to compliment an optional potluck contribution of your choice of green, fruit or pasta salads or any variety of desserts.

We request that you bring a healthy appetite and heartfelt vibes. Our family will begin sharing on stage by 11:15 am. During the feast and mingling, we respectfully encourage you to share your memories, feelings and stories at the mic if the desire feels right. Consider leaving something in writing in the mason jars on your tables that will be preserved for Charlotte's grandchildren and future family members. This gesture will mean so much to our family to not only better appreciate special bonds Charlotte had with you, but to learn more about her life experiences and be inspired by the courageous, dynamic and incredible woman Charlotte was to all of us. We look forward to seeing everyone and thank you for cherishing her with us!

Fondly,

Roland & Yvonne



*** We will offer transportation for those of you coming from town off the 10:30 am Campbell River and returning 4:00 pm Quadra Island ferries. Please contact us well in advance via email rolandvonnep@gmail.com or call 250-285-2570 if needing a ride. ***

Heriot Bay Tides

DATE	TIME PST	M.	FT.
29 Friday	02:49	4.4	14.4
	08:53	3.4	11.2
	12:44	3.7	12.1
	19:57	1.7	5.6
30 Saturday	03:46	4.4	14.4
	09:58	3.2	10.5
	14:02	3.6	11.8
	20:59	1.8	5.9
31 Sunday	04:30	4.5	14.8
	10:44	3.1	10.2
	15:07	3.7	12.1
	21:51	1.8	5.9
01 Monday	05:06	4.5	14.8
	11:18	2.9	9.5
	16:03	3.8	12.5
	22:36	1.8	5.9
02 Tuesday	05:36	4.5	14.8
	11:46	2.8	9.2
	16:55	4.0	13.1
	23:15	1.9	6.2
03 Wed.	06:00	4.5	14.8
	12:11	2.6	8.5
	17:43	4.1	13.5
	23:51	2.0	6.6
04 Thursday	06:23	4.5	14.8
	12:36	2.3	7.5
	18:28	4.3	14.1
05 Friday	00:26	2.2	7.2
	06:45	4.5	14.8
	13:02	2.1	6.9
	19:11	4.4	14.4
06 Saturday	01:01	2.4	7.9
	07:07	4.5	14.8
	13:32	1.8	5.9
	19:55	4.5	14.8
07 Sunday	01:38	2.6	8.5
	07:32	4.5	14.8
	14:06	1.6	5.2
	20:41	4.5	14.8
08 Monday	02:19	2.8	9.2
	07:58	4.4	14.4
	14:45	1.4	4.6
	21:33	4.6	15.1
09 Tuesday	03:05	3.0	9.8
	08:28	4.3	14.1
	15:29	1.3	4.3
	22:31	4.5	14.8
10 Wed.	03:58	3.2	10.5
	09:03	4.2	13.8
	16:17	1.2	3.9
	23:39	4.5	14.8
11 Thursday	05:04	3.4	11.2
	09:45	4.1	13.5
	17:13	1.2	3.9
12 Friday	00:54	4.5	14.8
	06:34	3.5	11.5
	10:41	3.9	12.8
	18:16	1.3	4.3

THE DI CLASSIFIEDS

Wanted

HOUSE WANTED

New doctor coming to work on Quadra this summer. We have sold our house but have nowhere to live. If you are thinking of selling please contact Steve at sphughes@doctors.org.uk

Help Wanted

TSA KWA LUTEN LODGE is hiring for the 2019 season! We look forward to receiving applications for Cooks, Housekeepers, Servers, Bussers and Dishwashers. We are a seasonal employer so these positions will run from approx the end of April to the end of September.

No phone calls please. Send your resume to desk@capemudgeresort.bc.ca or drop by in person to 1 Lighthouse Road.

HERIOT BAY INN

Heriot Bay Inn is accepting applications for spring-summer positions; Dishwasher, Line Cook, Breakfast Cook, Sous Chef, Dining Room Servers, Housekeepers. Please email resumes to info@heriotbayinn.com

Home & Garden

HEALTHY AND PRODUCTIVE GARDENS

Lifelong gardener and certified horticulturist Ryan Nassichuk offers a variety of services to help your garden thrive. Consultations, coaching, soil testing and remineralization, garden maintenance, and more. Ryan works in food, ornamental, and mixed gardens. Call 250.202.2326 or email: nassichuk@gmail.com for more information.



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discoveryislander.ca

Questions? Email
news@discoveryislands.ca

Shops

WINTER'S END SALE

At Sacred Pulse - all clothing
35% off from 26th March until
6th April - Nomads, Maha Devi,
Watuko, Laundromat - socks,
ladies underwear, scarves, tees, etc
(excludes consignment and West
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Garage Sale

GARAGE SALE

Spirit of the West Adventures /Multi-
Family Garage Sale Saturday April 6
10am-3pm at 1313 Cramer Road
Camping gear and misc household
items for sale.

NEXT DI
DEADLINE:
Monday, April 8
@ 7pm

New Listing



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towering trees on this 10 acre
oceanview property. Shared
driveway leads to a beautiful ocean
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