

ISSUE 615 • NOVEMBER 20, 2015 • SINCE 1992

discovery

I S L A N D E R

To celebrate hope and show support for the world climate conference in Paris, communities around the world are holding rallies on November 29. It'll be the day after tomorrow in our history and Campbell River. The Quadra Island organizing committee is organizing a 'Support the Paris Climate Summit' event at Spirit Square. It won't be a long event. There will be a fun short march for two, people and hopes for the future. We encourage everyone to bring themselves, bring a photo of everyone, and show support for the Paris Climate Summit in Paris. This is the time to stand up for the planet and a sustainable future for ourselves and all those living things with whom we share the earth! See you at the Square in Campbell River!



Ferry Schedules

Effective from February 9

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Campbell River Leave Quathiaski Cove

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

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Heriot Bay Leave Whaletown

Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
9:05 am	†8:50 am	7:50 am	†7:50 am
**11:05 am	10:50 am	9:50 am	9:35 am
1:05 pm	1:05 pm	11:50 am	11:35 am
3:05 pm	3:05 pm	**1:50 pm	1:50 pm
5:05 pm	5:05 pm	3:50 pm	3:50 pm
6:45 pm	6:45 pm	5:50 pm	5:50 pm

! Local Commuter Sailings, Please Avoid.

* Fridays Only † Daily except Sundays.

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

List Your Event

★★★★★

Want to post a calendar listing on page 3?

Lots of choices for getting it to the DI!

- Email us at news@discoveryislands.ca
- Drop off your listing at Inspirations in Quathiaski Cove

• Or you can bring it to our office,
701 Cape Mudge Road

• The mail works too! Our postal address is Box 280, Q Cove, BC V0P 1N0

UPCOMING EVENTS

Quadra's 4th Annual Lighted Truck Parade

It's that time of year again... time to start getting ready for our Lighted Truck Parade. Throw some lights on your vehicle of choice and enter the parade, or enjoy the twinkling lights from the sidelines. The parade will take place on Friday, December 4 at 6:30pm. The parade route will begin at the No.1 Fire Hall, travel down to Cape Mudge, pass by the Cove Plaza and Quadra School to turn left on West Road and return to the No.1 Hall via Heriot Bay Road.

Join us at the Fire Hall after the parade for hot chocolate, sugar cookies and other treats. Donations to the food bank would be appreciated. If you are interested in entering a vehicle in the parade please contact Jamie Swanson at 285.3928 or email quadrafd@gicable.com. Come on out and join the fun!

Songs of Peace

Uplifting musical moments will fill the Quadra Community Centre on December 12, when Quadra Singers and Friends perform Songs of Peace.

"There are so many wonderful songs that express a wish for peace, and the December concert will feature the choir and a number of talented musicians," says choir director Linda Cannon. "We look forward to welcoming our family, friends and neighbours to an evening of music that celebrates and inspires goodwill in our hearts and in our community." The concert will showcase the talent of Quadra singers and musicians performing contemporary and classic songs of peace. Guest performers include David Ashton on piano with David Blinzinger on saxophone and Ruby Mooney on violin, as well as the choir and smaller singing groups.

Mark your calendar for Songs of Peace, 7pm Saturday, December 12 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, and there will be treats at the intermission!

Learn more about Quadra Singers on the choir's Facebook page. Or contact the choir by email: qudrasingers@gmail.com or telephone (250.285.2393).

Linda Cannon 250.204.0874 (MP3 files available)

Margot Wood 250.285.2393 • Susan Bain 250.285.3127

Photo: Don & Jean Mottershead



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THE ISLAND CALENDAR

Day to Day

Friday, November 20

Christmas Craft Fair 4 to 9pm QCC

Saturday, November 21

Christmas Craft Fair 10am to 3pm QCC
Legion Bingo 7-10pm

Friday, November 27

Friday Flicks: 'Monsoon', 7:30pm QCC

Saturday, November 28

Sierra Quadra: 'This Changes Everything' QCC
7:30pm, doors @ 7, free admission

Sunday, November 29

People's Climate March, Spirit Square in CR, 1pm

Wednesday, December 2

Outdoor Club hike to Shellaligan Pass

Friday, December 4

Harry Manx at Herons HBI, call to reserve
Lighted Truck Parade, 6:30pm No.1 Fire Hall
Banff Mountain Film Festival, 6:30pm Tidemark CR
Friday Flicks: 'A Brilliant Young Mind', 7:30pm QCC

Saturday, December 5

Harry Manx at Herons HBI, call to reserve
Banff Mountain Film Festival, 6:30pm QCC

Sunday, December 6

'The Mystery of the Hungry Heart Motel', 7pm QCC

Don't miss the Christmas Craft Fair at QCC Friday and Saturday, November 20 and 21. All this and Santa too!

The Regulars

MONDAY

Parent & Tots, QCC, 10am-12pm
Sing for Pure Joy! 1-2:30pm at QCC
AA, Big Book Study, 7pm Quadra United Church
Badminton at the Cape Mudge gym, 7:30pm (\$2)

TUESDAY

Al-Anon Meeting, Quadra Children's Centre, 7:30pm
Folkdancing, 7:30-9:30 pm QCC 285.3849.

WEDNESDAY

1st & 3rd Wednesday Food Bank, QCC 1-2pm
Poker Night, Quadra Legion, Heriot Bay 7:30pm
Hand-Drum Jam, Upper Realm, Q Cove 7:45pm

THURSDAY

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

FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY

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

SUNDAY

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

At the Community Centre

THIS WEEKEND November 20-22

FRIDAY: 8:30 Low Impact; 9:30 Fit on the Ball; 10 Christmas Craft Fair; 10 Friday Painters; 4 Ballet for Kids
SATURDAY: 10 Christmas Craft Fair; 10 Island Theatre Kids; 5:30 Adult Dance with Elsa; 7 Poi Class

THIS WEEK November 23-27

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

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

WEDNESDAY: 11 Moms & Babes; 12 Community Kitchen Lunch; 12 Nurse Practitioner; 10 Yoga with Trinity; 3 Kids Creative Dance; 3 Quadra Little Circus; 4:30 Poi Class; 6:30 Life Drawing, 7 Theatre Quadra meeting

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

FRIDAY: 8:30 Low Impact; 10 Friday Painters; 4 Ballet for kids; 7:30 Friday Flicks Presents 'Monsoon'

NEXT WEEKEND November 27-29

FRIDAY: 7:30 Friday Flicks Presents 'Monsoon'

SATURDAY: 10 Island Theatre Kids; 5:30 Adult Dance with Elsa; 6:30 Sierra Club film 'This Changes Everything'; 7 Poi Class

SUNDAY: 4 Youth Theatre

NEXT WEEK Nov 30 - Dec 4

MONDAY: 8:30 Low Impact; 10 Parents & Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 3 Jiu-Jitsu, Kids 8-9; 4 Moderate Dance Fitness; 4 Jiu-Jitsu, Kids 5.5-7.5; 4 Chess; 6 Weight Watchers; 7 Photo Club

TUESDAY: 10:00 Spinners & Knitters; 1 Bridge Workshop; 5 Yoga with Trinity; 5:30 Zumba with Marion; 6:30 Boot Camp with Marion; 7 Tai Chi; 7:30 Folk Dance

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

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

FRIDAY: 8:30 Low Impact; 10 Friday Painters; 7 Friday Flicks Presents: 'A Brilliant Young Mind'

NEXT DI DEADLINE
Monday, November 30 at 7pm



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

SUBMISSION GUIDELINES

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

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

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NEXT DEADLINE

7pm on Monday
November 30
for publication
on Friday, December 4

FRIENDLY REMINDERS

Free Money

FREE MONEY IS STILL the first Wednesday of every month.

The next date is Wednesday, December 2 from 11:30am to noon. The program runs from December to April, and takes place just before the Community Lunch in the Downstairs Small Seminar Room at the QCC. Single individuals receive \$10 and families receive \$20 inside a free book of their choice.

Please donate to the Free Money account at the Quadra Credit Union to keep the program going. There are islanders who really need your help getting through a long winter.

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

Free VHS/DVD Videos

YOU MAY BORROW up to five videos for free at the Upper Realm in Q Cove. You can keep them for 10 days. We also need more DVD videos if you can donate them. VHS videos are no longer needed now. We are open on most Friday and Saturday afternoons. Call Steve at 285.3323 for more info.

Hand Drum Jam

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

Winter/Spring Bookings at QCC

ARE YOU INTERESTED in running a class, workshop or club in the winter/spring at the Quadra Community Centre? If so, please phone 285-3243 now to book the space. Also a reminder to all those who have already booked space, now is the time to submit your winter/spring write up (the deadline to be included is Dec 7th). Please email us a short one-paragraph description to: info@quadrarec.bc.ca

Annual Turkey Dinner Lunch

THE FINAL COMMUNITY Kitchen Lunch of 2015 will be on December 16, our annual Turkey Dinner Lunch. Come down and enjoy this festive, yummy lunch and bring the whole family! Also, we are looking for donations of potatoes and baking for this lunch. Please contact the office at 285.3243 if you are interested in donating or volunteering for the turkey dinner lunch.

Free Firewood on Wednesdays

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

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

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

Whimsical Christmas

LADIES AUXILIARY is having a Christmas sale at the Legion on December 5 at 10am. If you have any baking or garage sale items, crafts or recyclable Christmas gifts, and would like to rent a table, please call Barb at 285.3714 to reserve. Tables cost \$10.

Have an opinion to share?

Submit your letter
to the DI by email:
news@discoveryislands.ca
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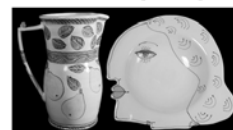
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Annual Christmas Sale

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ASHRAM REPORT

Good news from Uttar Pradesh, India

I have just returned from the Arya Sugandh Sansthan Ashram (ASSA) for disabled and orphan children in Uttar Pradesh, India.

Mainly thanks to the kindness of Quadra and Cortes islanders, \$11,647.90 has been raised since September 2014 to help the children.

This money was spent on a final solar inverter (the last of five!), repairs to mosquito screening, a kindergarten classroom, repairs to beds, tables and chairs, a roof over the school outdoor staircase, and winter shoes for the 88 children who live at the ashram. In 2016 all the children will receive fruit four or five times a week, as well as extra milk.

There is more good news in that there hasn't been a polio epidemic in the last few years – but other disabilities continue. There are five deaf children who receive little in the way of education. I have asked the manager to try to find a special tutor for them so that they can learn to communicate, and I will raise money for this.

A request has been made for another bio-gas generator – cattle being useful – which would mean the people no longer have to use wood for cooking. Trees are very precious there.

I will be at the Quadra winter markets December 5 and 19 and at Manson's market on Cortes November 27 and December 18. I have beautiful bags and purses the children have made from recycled saris and tunis or scarves, plus bookmarks and cards and plants – all for sale by donation with all proceeds going to ASSA. Thank you all again – and thank you to all those who have donated items to sell.

The photo is of me giving the money for fruit and Diwali treats to the manager Kamlesh Arya. For more info please phone me at 250.285.2434.

–Eileen Sowerby



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COMMUNITY THANKS

Chinese Mountains parking lot improvements

THE QUADRA ISLAND TRAILS COMMITTEE has recently completed some improvements to the Chinese Mountains Trail parking area. The old parking site has been expanded to about double the size, with some new side ditching, and finished off with good quality road crush. The improvements were necessary to accommodate increased usage of the area. The access road has also been repaired.

The Committee would like to thank Recreation Sites & Trails BC for providing most of the funding for this project. We would also like to thank Chris Phillips of On Track Excavating for his fast, skillful and efficient work, and Nick Richardson of Landtec Industries for his generous discount for the road crush.

Shout-out to QCC Community Kitchen!

IN PRAISE OF Wednesday's community kitchen: whether you're new to the Island or new to the Wednesday get-together over a bowl of soup, it is a great way to make friends. Two of the recent Wednesday gatherings we have sat beside two different couples new to the Island and, returning ourselves after leaving a long absence, it seems we are ourselves newcomers again.

– Lea Mann

QI SENIORS

WE HAVE ALL SEEN THE MOST BEAUTIFUL autumn leaves falling all over, red, orange, yellow, just like a colourful quilt. Our next meeting will be held at Berkshire by the Sea seniors centre on November 17; we'll be visiting Win and Frank Smirfitt who are residents in this beautiful lodge. We will also have elections for officers.

Our Christmas lunch party will be held on Tuesday, December 8 at 10:30am. The dinner will be organized by Kathy Mcleod and her crew. All seniors are welcome. Call Daphne at 285.3842 if you plan to attend.

We are receiving memberships for 2016. Please contact Lois at 285.3061 for transportation, or Ruth at 285.3801 after November 23.

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The following are just a few of the issues I am dealing with on your behalf. There are many others but these are the ones that stand out right now. First of all, I need to say the following:

Public Hearing of November 16, 2015

Since this report will not come out until after the completion of the Public Hearing on the regulation of shipping containers, I am unfortunately not allowed to speak (due to the Local Government Act and Community Charter prohibitions) on the issue at this time, since you will be reading it after the closure of the Public Hearing. I checked with our CAO this morning to insure that my interpretation of the law was correct and he has verified that it is correct. I would love nothing more than to be able to speak and put to rest some of the ugly rumours that are going around out there. The editor of the "Birds Eye" has been pursuing me for an article, but I am unable to comply. So he will write what he writes and I am sure he will give me a chance to refute it if necessary, in the next issue. Believe me, I do have a lot to say.

Community Health Network

I attended the all-day meeting at the Thunderbird Hall in Campbell River last Monday which was sponsored by the SRD and the Island Health Network. It was attended by over 100 people all interested in better "wellness" delivery to our area. This has been done in other Regional Districts and seems to be a trend. The Island Health Network is providing the funding to facilitate the process. The group is in its infancy and trying to figure out how to organize so that we will all receive better health care especially at the preventative stages. All facets of "wellness" were discussed. Another meeting will be held in January to continue the conversation.

Seniors Housing Meeting

The name is not really reflective of the intent. The meeting was about Housing" for more than seniors. It is multi-generational focused, but seniors just happen to be the ones most in immediate need of some assisted type of housing to enable them to stay on the island and "age in place". It was a great meeting attended by about 100+ people wanting to hear the results of the work that has been going on for the past few years. We heard from the main members of the committee, the consultant they hired and the consultant that has worked with us for so long on the Local Area Plan and the housing issue, David Rousseau. I spoke about how the SRD can help the process and I also brought our Chief Administrative Officer over to fill in details. It was a very successful meeting and as such meetings often do, it has generated a lot more work based on the ideas expressed at the meeting. That work has already begun by the committee and I am sure they will keep you informed.

Recycling Issues

I have been fighting a battle with the Comox Valley Regional District (the entity that runs our recycling) over the future of our recycling depot. They want to have it only open a few days a week for a few hours each day and have a full time staff person there at those times and have it fully

fenced and gated. I have flat out refused to allow them to do this citing that our depot is used on all days at any time of day and is one of the best run depots in the province thanks to the hard work and dedication of Mike Windrim (and other volunteers on occasion). Their answer has been consistently to tell me that it must change and I have continued to say, "over my dead body!". Finally, I got a letter from the head of the program just days ago saying that they have decided that they will make no changes to the Quadra Recycling depot! Yahoo! They have seen the light!

Working with the New Federal Government

I have had the pleasure of working with a previous colleague from local government who is now in the new Liberal Federal Government. She is 100% with us on Ferry issues and on coastal safety issues, such as staffed lightstations, SAR stations, CCG Radio Stations, increased Fisheries officers for monitoring and enforcement and a host of other coastal issues. She is a direct conduit to Minister Hunter Tootoo, DFO, and the Prime Minister. I will be having a long conference call with her this Saturday. I am also in the process of setting up a meeting with our new local MP, Rachel Blaney, to discuss similar issues. I am sure that they can work together for the betterment of the coast.

Meeting with Ministry of Transportation

I will be having a site visit with our Area Manager for the Ministry of Highways about all of our road and safety issues and also going to Read Island with her on another trip to look at all of their issues. She has been great to work with and I am sure will do her best to get the things that we need completed. I inform her of all issues that are brought to my attention either by individuals or by the Safety Council. She is well informed!

Annual stakeholders meeting

Once a year the Ministry of Transportation invites all "stakeholders" to come together to discuss issues of concern, with me and between agencies. This year's meeting was held two weeks

ago at the fire hall. We went over all items that agencies such as Fire, Ambulance, Emcon, School bus, RCMP and myself, might have with issues on Quadra. It is a very good exercise as it gives us all a chance to air our concerns and an avenue to have some of them dealt with.

Quathiaski Cove Sewer

I am continuing to meet and discuss the Q Cove sewer expansion process with the SRD and with the consortium of businesses here on the island that will bid on the project. We are getting closer every day to having the details worked out. We are hoping for an early spring start up of construction if the stars all line up right!

Esplanade Park Works

Our SRD staff have been busy making sure that the Esplanade Park area is cleaned up to the specifications agreed upon with the immediate neighbours. A portal sign will be put up to mark the entry. This issue was handed to me when I first became your Director in 1988 and it has taken continuous back and forth with the Ministry, the neighbours and the SRD ever since. I am so pleased that we finally all agreed on a solution and the work is actually happening. This is one more success that we should celebrate as a community!

SRD Annual Budget and Work Plan

We have started our new process of setting the budget for the next year (actually it is a five year financial plan that gets reviewed and amended annually). During that process we also talk about our work plan for the SRD as a whole and for each electoral area. Since we only have so many staff to do the work, it is always a bit of a negotiation as to who gets what in the coming year. The process will continue on through next March and will be finalized by March 31st.

Remembrance Day Ceremonies

Wendy and I attended the morning ceremonies as we always do and placed a wreath on behalf of Area C and on Behalf of the Regional District. As usual, it was a packed house at the Legion. We later came back for the dinner and socializing, remembering all of those who so bravely gave their lives so that we may enjoy our freedoms. I would like to thank the members of the Legion and all of their volunteers for keeping this tradition alive and well in our present day society.

Island Coastal Economic Trust Meeting

As the Chair of the SRD Board I sit on the advisory committee to this funding agency. They have a pot of money that they dole out to worthy applicants as long as the application has to do with economic development. The area covered is the entire North island and the Sunshine Coast, so it is a very competitive process. Directors (such

AREA C *continued*

as myself) vote on applications and whether or not they should be forwarded to the ICET Board for approval. Our area will be applying in this next year. All of the information is extremely confidential, so I can only say as much as I have so far.

UBCM / DFO Aquaculture Select Committee Meeting

I will be attending this quarterly UBCM/DFO joint meeting which the Board has nominated me to attend. My main reason for being there is to assert our powers as local govt. in the issue of siting of any facilities and ensuring that the Federal Govt. adheres to our bylaws. When they took over management of the "fishery" a while back, they did not recognize local government. With a lot of effort and support from other sectors at the table I have been able to get local government inserted just about everywhere it needs to be. A bit more work needs to be done. This has nothing to do with operations or permitting the industry, just siting.

Lots more to come! Feel free to contact me between the hours of 8:30am and 7pm, Monday through Friday (please, not on weekends, folks!) at 285.3355, or you can fax me at 285.3533 or you can email me anytime at jimabram@xplornet.ca or by mail at Box 278 in the Cove, V0P 1N0 or on Facebook at www.facebook.com/JimAbram. If it is important, my cell is 250.830.800. Lots of choices. Please do not use my residential phone number for SRD calls. All business calls should be on 285.3355. Many thanks!

Respectfully submitted,

– Jim Abram

THE DI MAILBAG

BEFORE HEADING BACK TO THE

desert I need to say "Thank you, Quadra!" You all have been so friendly and welcoming: Wendy at We Wai Kai campground, all the grocery store checkers, all the cove shops and restaurants, Barb at the Library, the Community Centre Lunches, the folks at Isle Tech, Frank and Shirley's apples and more apples, the meditative moments at Steve Moore's book store, the AA group at Cape Mudge, Chris at Builder's Square, the magical moments on land and water provided by Mother nature, and supported by all who value and protect this very special part of our planet. – *Stephanie Brown, Hawthorne, Nevada*

IT'S ABOUT RESPECT

I recently attended a talk at the Community Centre by one of the local kayak guides on his kayak trip from Quadra Island to Skagway, Alaska. The photos were beautiful, the commentary was informative and personal.

However, I was horrified when he came to the part where he cut the head off the (still living) Pacific octopus. Until the moment of the deadly deed, I anticipated that he would put it back into the ocean. Setting aside the fact that the octopus is one of the most intelligent of sea creatures, I sensed a lack of respect for the act, as witnessed by his humorous comments accompanied by twitters and giggles from some of the audience members.

I confess I have eaten meat many times, though I'm mainly vegetarian, and I love seafood. But the killing and eating of any living being, whether it's fin, feather or fur,

farmed or wild, is a sacred act whether we are conscious of it or not. I'm sure that everyone in the room that night loves the natural world and would not dream of slitting the throat of a humpback whale, a coastal wolf or a 'spirit bear', but thought little or nothing for the life of the octopus.

As Richard Wagamese says in the latest issue of Watershed Sentinel, "All my relations means *all* ... it's meant as recognition of the principles of harmony, unity and equality."

We're kin to all – there is no higher or lower status among us. If the group needed the octopus for food, then my expectation would be that they would treat it with respect, not the 'comical' way in which it was slaughtered and eaten.

– Janis McLean

WITH THIS 615TH ISSUE OF THE

Discover Islander hot off the press I would like to express appreciation to Philip Stone for his dedicated effort in keeping it alive all of these years since first taking over from David Broadland, the original "Aditor", oh so long ago. For the past 20+ years, long before Facebook, the Islander has provided an outlet for advertising, sharing events, ideas, inspirations, aspirations, as well as both 'beefs and bouquets', all contributing to the rich, diverse and special community that Quadra now is. For this valuable service, I am indeed grateful!

– Carol Foort

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E-Cigarettes: Wave of the Future or Yet Another Addiction?

Electronic or e-cigarettes have now been on the market since the mid 2000's yet what do we actually know about them? Just what are they? Who is using them and for what purpose? Are they safe, both for users and those who are exposed to their fumes? Are they regulated? Much of the information that I will impart here was compiled for the World Health Organization. For details please see E-cigarettes: A Scientific Review. *Circulation*. 2014;129:1972-1986.

E-cigarettes are represented by a variety of mechanisms on the market (many of them looking like real cigarettes) that are all comprised of a battery that when stimulated, produces heat that changes a liquid in a cartridge to vapour. Called 'vaping', it was invented by a Chinese pharmacist in the early 2000's. It has been flooding the market since all over the globe. The liquid that is heated can contain a variety of chemicals, nicotine among them though this is supposedly banned in Canada. Most e-cigarettes are produced in China and there is very little regulation of production. As a consequence, the liquid component varies widely. Most solutions contain propylene glycol or glycerol, nicotine and/or a variety of flavouring agents. The variety of heating systems also affects how the liquid is heated and thus varies the levels of chemicals and nicotine delivered to the user and the environment on exhalation of the aerosol. There is a variety of flavouring agents used (candy, cola or bubble gum), some specifically targeting adolescents. Vapers buy a 'unit', consisting of the battery, e-cigarette device and the liquid cartridge, an initial cost of between \$30 to \$100.00. Depending on how much vaping is done, the cartridges need replacement or refilling. As an example, it costs \$600.00 yearly to sustain the equivalent of a pack a day smoking habit.

In Canada it is legal to use them but they cannot contain nicotine, nor can they cannot be imported, sold or be advertised. In British Columbia, sales are limited to those over the age of 19. Their use is banned in public and private schools, indoor public places and workplaces. Many of these regulations are very recent.

Despite the ban on advertising in Canada, there has been coverage in the United States and other countries like the UK. E-cigarettes have been marketed as being harmless, healthier, cheaper, and cleaner than conventional cigarettes. They are also promoted as a more effective method for smoking cessation. Celebrities have been endorsing their use.

Who is smoking? Canadian data indicates that in 2014 the cigarette smoking rate was at 15%, the lowest ever. This has not changed significantly from 2013 (16.2% or 4.2 million smokers). 2013 data indicate that 11% of those aged 15-19 smoke cigarettes, no change from 2012 data. Thus far, data indicates that 20% of young Canadians have tried vaping. Awareness and use of e-cigarettes has doubled from 2008-2012. Most countries indicate the highest useage in adults is with current smokers, followed by former smokers, with little use among nonsmokers. With young individuals, dual use (along with cigarettes) is most common.

At this time, there is little solid data with regards to the health effects of using e-cigarettes. The main ingredients of e-liquid are propylene glycol and glycerin. Both of these chemicals can cause eye and respiratory irritation, and with prolonged exposure can affect the central nervous system, behavior and the spleen. There is also potential for both chemicals to be carcinogenic. Less serious adverse events include throat and mouth irritation, cough, nausea, and vomiting. There have also been some serious injuries noted from e-cigarettes exploding and causing fires.

As stated above, since there is very little regulation into production of e-cigarettes, the chemical constituents of each brand varies, and may not be in concordance with the labeling. Actual nicotine content tends to vary by brand due to puffing behavior and how much nicotine is released per puff. At this time, is no solid evidence that suggests e-cigarettes are cytotoxic.

E-cigarettes deliver nicotine and other chemicals by creating an aerosol of ultra-fine particles which is then inhaled by the user. Although e-cigarettes do not burn like conventional cigarettes, there is second hand vapour released on exhalation. The toxins contained in the exhalation are at a much lower level than with conventional cigarettes emissions.

While e-cigarettes are touted as effective for smoking cessation, the limited amount of research done into this suggests otherwise. Most show that those using e-cigarettes as a means of smoking cessation are statistically less likely to quit than those who do not. Furthermore, among those who attempt, most end up using both e-cigarettes and conventional cigarettes.

In conclusion, more research needs to be done into the use of e-cigarettes to determine their effects and usefulness. There also needs to be greater regulation into their production. Given that the largest number of individuals who try e-cigarettes are youth, attention must be paid to advertising by the tobacco companies touting these products as harmless.

– Pat Peterson, NP

QUADRA GOLF COURSE

New Year's Eve at QIGC

As autumn wanes and winter waxes, it's time to think about that most important holiday – no, not Christmas, the one that's the reward for making it through Christmas: New Year's Eve! Once again Quadra Island Golf Club is putting on a most excellent celebration at TsaKwaLuten Lodge. If you weren't there last year, just ask anyone who attended and they will tell you what a lively, lovely, tasty time was had by all. Last year we sold 100 tickets; this year we have 120 tickets available and we anticipate selling out. Enthusiastic word-of-mouth recommendations have already sold some tickets to people in Vancouver and Campbell River.

THE DETAILS

The gala celebration will again be held at TsaKwaLuten Lodge, and doors will open at 5 pm. There will be a buffet dinner at 7pm featuring prime rib and salmon, with appetizer snacks at midnight. We will have two bands, the Thievin Brothers Quintet, featuring the sultry stylings of Quadra diva Veronica Cormier, and the Duffy Live dance band.

Tickets are \$100 per person and available at two Quadra locations: Inspirations in Q Cove or Works of H'Art in Heriot Bay. The Music Plant in Campbell River will also have tickets.

If you would like to take the worry out of party indulgence, contact TsaKwaLuten Lodge and book a room (with optional breakfast), on a first come, first served basis.

Don't miss one of the most enjoyable, danceable social events on the Quadra calendar. Welcome 2016 with fun and friends!

CLIMATE MARCH

November 29, 1pm, Spirit Square

NOVEMBER 30 THIS YEAR IS a very important date. It marks the start of the Global Climate Summit, to be held in Paris, when leaders from around the world meet to forge a new climate plan, with the goal of decreasing global carbon emissions over the next twenty years and beyond. China and the US have already taken big steps towards

curbing their emissions and expectations are high that the stage is set for a very successful outcome to negotiations.

To celebrate this hope and show their support, cities and communities around the world are holding rallies on Sunday, November 29. It will be the largest global climate mobilization in history and Campbell River is joining in the action! The Campbell River chapter of Council of Canadians and the Quadra Island chapter of Sierra Club

are together organizing a 'Support the Climate' rally on November 29 at Spirit Square in Campbell River, beginning at 1pm. It won't be a long event – it could be cold! – but it will be a fun event. There will be some songs and a short speech or two, maybe even a short march to keep warm! But mostly we encourage people and families to come and join us as we celebrate our hopes for the future. Bring your costumes, bring your signs, bring yourselves, bring your friends! We will take a grand photo of everyone, which will be posted alongside hundreds of others and shown at the Climate Summit in Paris. This is the time to stand up for the planet and a sustainable future for ourselves and all those living things with whom we share the earth! See you there at the Square! For further info, please phone 250.337.8955 or 250.285.2779.

– Mandy Vaughan, for Council of Canadians

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RCMP

ON NOVEMBER 7, 2015 Quadra RCMP received a report of a found blue Norco bike in Quathiaski Cove. If you have a similar missing bike contact the Quadra RCMP for more details.

On November 9 in the early morning hours Quadra RCMP and Coast Guard attended to the April Point Docks for a report of a vessel that was on fire. The vessel sunk as a result of the fire. Fortunately there was no one on board at the time. If you have any information regarding this fire contact the Quadra RCMP.

– Cpl. Kevin Christensen

SIERRA QUADRA

Nov 28: This Changes Everything

JOIN SIERRA QUADRA ON SATURDAY November 28 at QCC for a free screening of Avi Lewis's award-winning film, *This Changes Everything*. Based on his wife Naomi Klein's book of the same name, he began filming long before her book actually hit the shelves.

As the book's dustjacket alludes, the *really* inconvenient truth about climate change is that "it's not about carbon – it's about capitalism." Avi Lewis starts there and travels far to deliver a film about the subject that doesn't make the genre-weary go diving for cover. His task: to make a film about humanity's biggest survival crisis to date, and leave his audience with some hope to work with. Does he succeed? Come and find out! For all you bookhounds: TCE is available at Book Bonanza.

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FRIDAY FLICKS

November 27: Monsoon

Documentary, Sturla Gunnarson (Canada) 2014: Monsoon is a visual and visceral experience of India in monsoon season with its alternately disastrous and beneficial impact on society, economy, agriculture and human life. It engenders religious awe in the face of the rain's monstrous power. It is godlike, equally able to give life and destroy it – a duality that conjures the nature of order, chaos, creation and faith in a perpetually mysterious universe.

The Monsoon creates an empathetic understanding of the toll it takes upon those at its mercy. Viewers feel the mounting humidity of the rains – and the relief when they come.

December 4: A Brilliant Young Mind

(UK) 2014: Morgan Matthews took what he learned from his doc Beautiful Young Minds and created a fiction feature film.

Numbers make perfect sense to Nathan. People do not. It takes an attentive teacher to help Nathan follow his talent. He lands him a spot on Great Britain's team at the International Mathematics Olympiad in Taipei.

This film captures the essence of a gifted mentor and draws an authentic narrative and detailed portrait of how a high functioning autistic boy like Nathan encounters the world.

Top notch performances by Butterfield and Hawkins as Nathan's mother.

OUTDOORS CLUB

Plans for winter fun

We held our winter planning meeting on November 8 and there were lots of great ideas for trips. This schedule is still a work in progress, so stay tuned. We hope to have regular day trips to Mt. Washington for snow activities, weather permitting.

We will have local hikes using the maintained hiking trails and the mountain bike trails. There was also a lot of interest in exploring old trails and logging roads.

We expect to have a few multi-day trips to break up the winter. We will be going to Sooke to visit East Sooke Regional Park, the Sooke Pot Holes, and the Galloping Goose trail. And in April we will have a trip to Linnaea Farm on Cortes, staying at the Linnaea farmhouse with Gunflint Lake and many hiking trails at our doorstep. There is even the possibility of a winter trip to Kelowna. The suggestion was also made that we continue to kayak during the winter.

For now, the upcoming trips are:

- 2 December, Wednesday: Hike to Shellaligan Pass
- 9 December, Wednesday: Exploring Open Bay logging roads

For more information about the Outdoor Club, visit: qioutdoorclub.org or email: qioutdoorclub@gmail.com.

Legion Bingo

THE NEXT LEGION BINGO IS on Saturday November 21 from 7–10pm. Proceeds will be donated to a local family, giving them a helping hand while they're going through a difficult time. Dinner available at 6pm, \$10.

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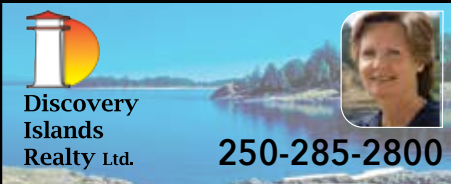
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CULTURAL COMMITTEE

Humour and Horror Come to Quadra Island!

Crime meets comedy in a hilarious thriller sketch performed by Canadian comic duo Peter 'N' Chris. Presented by the Quadra Cultural Committee on December 6, 'The Mystery of the Hungry Heart Motel' has been receiving rave reviews. An Uptown Magazine reviewer calls it "the funniest thing I have ever seen."

The story, which spoofs well known films of the horror-thriller genre such as *The Shining*, features the two hapless fellows Peter and Chris who become stranded on the side of a dark highway. They look for a place to stay, and their only option is to check in to the nearest motel. But this is no ordinary motel – the creepy motel manager (the kind of person who looks like he's been up all night killing people, because maybe he has been?) doesn't seem to perturb them; they are more concerned with the fact that they have to share a single bed. The pair neglect to notice that other motel guests are being murdered quite mysteriously around them. Who is doing all the murders at the Hungry Heart Motel? You'll have to watch the play to find out!

Peter Carlone and Chris Wilson of Vancouver are the members of this comic team. They are three time Canadian Comedy Award winners and were voted Best Sketch Troupe with the Best Comedic Play for 2013/2014. They have appeared in such well known comedy festivals as Just For Laughs, the Chicago Sketch Fest and the Toronto Sketch Comedy Festival – where, for two years in a row, they won the Audience Choice award.

Peter 'N' Chris have written five full length revues together, and are contributing writers to CBC Radio's sketch comedy program *The Irrelevant Show*. They also write for *CBC Punchline.com*, and have written and contributed video content for *CollegeHumour*.

Peter Carlone is the Artistic Director of the Vancouver Sketch Comedy Festival, now in its third year, and Chris is an Associate Producer.

The play will be performed at the Quadra Community Centre on Sunday, December 6 at 7pm. Tickets can be purchased on Quadra Island at Works of H'Art in Heriot Bay, Inspirations in Quathiaski Cove and in Campbell River, at the Music Plant. Advance tickets are \$17, or \$20 at the door.

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

– Catherine Gilbert

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THE FALL LEGISLATIVE SESSION IS coming to a close. It has been two months where there has been little innovative legislation, but the time back in the Legislature has given us, as Opposition, the opportunity of a daily question period.

Challenging government on its actions is a central role for Opposition, and we were relentless this session focusing mainly on two areas. We spent weeks asking about the desperate situation within the Ministry of Children and Families with young people taking their own lives. We then spent more weeks showing how Christy Clark's government has been covering up its actions, seemingly in all ministries.

Keeping a written record of decisions made and actions taken is simply good practice and good policy in whatever sphere one is working. When it comes to the decisions of a government, the body elected to work on behalf of millions of people, it should be essential. But clearly that's not the thinking within Ms. Clark's government. As far as she's concerned it is just fine to delete all records of conversations, of meetings and of decisions.

The Privacy Commissioner, an independent officer appointed by an all-party committee of the Legislature, was fiercely critical of this practice. But instead of acting on her recommendations when her investigation revealed the broad and deliberate practice of deleting emails and other written material, the government delayed doing anything by appointing a former privacy commissioner to examine the situation.

The reality is that records have been knowingly removed. Whether

those records are about the Highway of Tears, the lonely stretch of road from which many women have gone missing, whether they are about the health workers who were summarily and wrongly dismissed and their careers ruined, or whether they are about plans for the multi-billion dollar replacement of the Massey Tunnel, they have been wiped. There is no paper trail of decisions and consultations. Ms. Clark's government says records about these subjects are "transitory", in other words not important. We challenged them on that and argue they are important, as are all records which show how a government makes its decisions. Transparency is vital for a healthy democracy. The BC Liberals show their absolute distaste and distrust of that by allowing the continued deletion of records with one of the worst offenders being a close advisor to the Premier.

While we debated legislation during the session, much of it could be described as housekeeping and lacking any overarching vision for the province. Christy Clark's electoral promises of having vast wealth generated by LNG and a prosperity fund from which we would all benefit are still distant and have the air of fantasy about them. Most of the legislation we dealt with involved amending existing laws. The

notable exceptions were the Franchises Act, which we had introduced twice from the Opposition benches and which the government finally adopted as its own, and the Electoral Boundaries Act, which allows the number of constituencies to increase to 87.

However the Legislative system can work when given an opportunity. I have enjoyed sitting on the Finance and Government Services committee. This is chaired by a BC Liberal MLA, and has a BC Liberal majority. But we have been able to work collaboratively, hearing submissions from individuals and organizations around the province and then working together on the report so all our recommendations to the Minister of Finance are unanimous. Unfortunately, and to the detriment of our democracy, with one or two exceptions, the committee system is given very little opportunity to work in the BC Legislature.

Through the session I continued to raise the problems facing communities brought about by the mess at BC Ferries. I spoke in the Legislature about the need for a substantial reduction in fares as well as questioning the Minister about the cable ferry being brought onto the Buckley Bay -- Denman route and about the sale price for the Queen of Chilliwick. He provided no comfort to ferry reliant communities on any aspect of our marine highway.

I also worked on other areas of the Transportation portfolio -- the provincial highways and BC Transit -- during our two months in Victoria.

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CONTINUED FROM PREVIOUS PAGE

I continue to advocate on concerns that have a direct impact on the North Island: the cost of parking at our new hospital, the provision of pharmacies in small communities, internet connectivity and, of course, economic development. The latter continues to be a concern for everyone I meet. Whether seniors in Port Hardy or young people in Campbell River, we need to work together on economic development in our communities. This has been underlined by Western Forest Products move to a shift system in the North Island, the shutdown at Myra Falls, the reduction in workers at the Quinsam mine and the continuing closure of the Port Alice mill. This is a resource driven region, we must be able to access those resources and receive recompense for their use. We still see the large corporations address their shareholders concerns before the communities in which they are operating. All our North Island communities deserve a fair share.

I will be out of the mix from now into the new year as I am having a heart valve replaced. However, my wonderful staff will continue to be available to assist you. If you have a constituency concern please contact my Campbell River office at 1.250.287.5100 or my Port Hardy office at 1.250.949.9473. If you have a question or concern about transportation or BC Ferries, please call my Victoria office 1.250.387.3655. Or you can reach me by email Claire.trevena.mla@leg.bc.ca.

My very best regards and early best wishes for a wonderful Christmas and a Happy New Year,

– Claire

North Island-Powell River

LOCAL NDP MP RACHEL BLANEY has been appointed by Leader Tom Mulcair to serve as the Deputy Critic for Infrastructure and Communities and Spokesperson on Multiculturalism in Canada's progressive opposition.

Blaney will push for the party's priorities on the Infrastructure and Communities file. "It is important that smaller communities don't get left behind. My priority will be focus on affordable housing, investments in a greener economy, local jobs that encourage young people to return home and allow our communities to thrive," Blaney said. "After years of working in the area of diversity, I am incredibly proud to be a voice for Multiculturalism. Our Canada is increasingly diverse and it is an incredible strength."

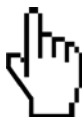


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Harry Manx Fuses East and West

Harry Manx has spent years fusing eastern musical traditions with the blues. He switches effortlessly between guitar, harmonica, banjo and the mohan veena, a 20-stringed instrument invented by Manx's mentor Vishwa Mohan Bhatt.

Manx blends Indian folk melodies with slide guitar blues, adds a sprinkle of gospel and some compelling grooves to create his unique 'mysticssippi' flavour. He quickly envelops the audience with his warm vocals and the beautiful melodies of his original songs. It's hard to resist, easy to digest and keeps audiences coming back for more.

Harry Manx has an impressive collection of awards to prove how skilled and hard-working he is. He's received seven Maple Blues Awards and his mantel shelf also holds honours from the Canadian Folk Music Awards, Vancouver magazine Georgia Straight, and the South Australia Blues Society. He received CBC Radio's Great Canadian Blues Awards for 2007 and his albums have garnered five Juno nominations.

Experience Harry Manx live December 4 and 5 at the Heriot Bay Inn. Seats are \$79 and include a two course dinner; there are a limited number of show-only seats available at \$59. Call the Heriot Bay Inn to reserve your seats: 250.285.3322.



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Artists on Site at the CR Museum

Come and meet some of our local artists at Artists on Site at the Museum at Campbell River. This annual event invites artists to demonstrate some of their latest creations and answer questions about their work. Shoppers have an opportunity to purchase quality hand made products while supporting the artists and the Museum.

Artists on Site will be held November 21 from 10am to 5pm and November 22 from 10am to 4pm. Among those participating are author Jocelyn Reekie, Gwen Kushner with books and art cards, Del Kyle with turned



wood bowls, Larry Stefanyk with fly tying (Saturday only), and Linda Lien and Lynn Doherty with pine needle baskets.

Master Drum Maker Jorge Lewis, pictured below, will be showing his work and holding a drum making workshop on Saturday,

November 21 from 1 to 4pm. Participants in the workshop will create (and keep) a 14 inch elk hide drum and will have ample opportunity to discuss the spiritual nature of drumming as they learn the traditional aspects of drum

construction. The fee for the workshop is \$200 and includes all of the needed hide and materials. Space is very limited so please call the Museum at 250.287.3103 to reserve.

Banff Mountain Film Fest, CR and Quadra!

The early winter winds are blowing across the west coast. Along with the change in seasons comes the Banff Mountain Film Festival World Tour with its annual visit to the North Island.

Every year in Banff, Alberta filmmakers from around the world gather with a collection of exhilarating and provocative films that explore life in the mountains. They highlight remote cultures, intense expeditions into exotic landscapes and bring adrenaline-packed action sports into sharp focus.

The festival celebrates mountain films and literature and a juried selection heads out from Banff to communities around the world.

This years film show plays in Campbell River at the Tidemark Theatre on Friday, December 4 and on Quadra Island at the Community Centre, on West Road, with an entirely different program the following

evening Saturday, December 5. Door open for both shows at 6:30pm and tickets are available from the Tidemark box office between noon and 4pm 250.287.7465.

In an action-packed line up look for A Line Across the Sky which won the Best Climbing Film category, sponsored by Alpine Club of Canada. This film by Peter Mortimer, Josh Lowell illustrates a daring climb traversing the iconic skyline of Patagonia's Cerro Fitz Roy by Tommy Caldwell and Alex Honnold. Their epic adventure spanned four miles and 13,000 feet across snow and ice-covered rock, with difficult route finding and endless rapelling. Honnold and Caldwell are world class climbers who were pushed to the limit through a five day push.

Also shortlisted for this years local program is Operation Moffat. This UK production by Jen Randall, Claire Carter and Alex Messenger showcases inspiration and wit from the colourful climbing life of Britain's first female mountain guide Gwen Moffat. Writer Claire Carter and filmmaker Jen Randall scramble, swim and barefoot climb through Gwen's landscapes, grappling with her preference for mountains over people, adventure over security and wilderness over tick lists.

Don't miss this superb opportunity to see cutting edge adventure films in our home town. Call the Tidemark box office for tickets and stay tuned online at wildisle.ca for news of the local program as it becomes available.

ALL CLEAR SEPTIC SERVICE

Have you thought about your septic tank in the last 3 or 4 years?



SAVE costly drain field repairs by having your septic tank pumped out before trouble attacks!

Call Ross Doak **285-3561**

Heriot Bay Tides

DATE	TIME PST	m.	ft.
20 Friday	05:47	2.0	6.6
	12:59	4.8	15.7
	19:53	2.4	7.9
21 Saturday	01:20	3.7	12.1
	06:57	2.3	7.5
	13:41	4.8	15.7
	20:41	1.9	6.2
22 Sunday	02:39	4.0	13.1
	08:05	2.6	8.5
	14:19	4.8	15.7
	21:24	1.5	4.9
23 Monday	03:50	4.3	14.1
	09:09	2.9	9.5
	14:55	4.8	15.7
	22:04	1.2	3.9
24 Tuesday	04:52	4.6	15.1
	10:08	3.1	10.2
	15:31	4.8	15.7
	22:44	0.9	3.0
25 Wed.	05:46	4.8	15.7
	11:04	3.3	10.8
	16:09	4.8	15.7
	23:23	0.7	2.3
26 Thursday	06:35	5.0	16.4
	11:59	3.4	11.2
	16:50	4.7	15.4
27 Friday	00:03	0.7	2.3
	07:21	5.1	16.7
	12:54	3.5	11.5
	17:34	4.5	14.8
28 Saturday	00:45	0.7	2.3
	08:07	5.2	17.1
	13:51	3.5	11.5
	18:21	4.4	14.4
29 Sunday	01:27	0.9	3.0
	08:52	5.1	16.7
	14:52	3.4	11.2
	19:10	4.1	13.5
30 Monday	02:10	1.1	3.6
	09:38	5.1	16.7
	15:56	3.3	10.8
	20:04	3.9	12.8
01 Tuesday	02:53	1.4	4.6
	10:24	5.0	16.4
	17:01	3.1	10.2
	21:06	3.6	11.8
02 Wed.	03:38	1.7	5.6
	11:10	4.8	15.7
	18:04	2.9	9.5
	22:24	3.4	11.2
03 Thursday	04:25	2.1	6.9
	11:54	4.7	15.4
	19:02	2.7	8.9
	23:56	3.4	11.2
04 Friday	05:19	2.5	8.2
	12:36	4.7	15.4

THE DI CLASSIFIEDS

Home & Garden

SKILLED GARDENER AVAILABLE

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

Attractions

VISITING FRIENDS & RELATIONS?

Don't forget to ask for the local discount at Whiskey Point Resort. Kitchenettes, harbour views, hot tub, comfortable clean rooms all year round!
250.285.2201 www.whiskeypoint.com
Visit our new Wheelhouse Gallery Island Fine Arts & Craft.

For Sale

QUALITY CEDAR PRODUCTS

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

Shops

WAYPOINT SIGNS

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



Services

FERNBANK SAWMILL

Custom cutting at your place or mine on a state-of-the-art Woodmizer mill. We cut everything from beams to siding. Call Gerry Côté 250.285.3651

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 and free delivery for south Quadra Island. New and used parts depot. Free pick up of your unwanted recyclable appliances. 10% Seniors discount. Please call Lonn McMartin at 250.285.3425 or 250.202.3425

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 in Q Cove

You can also pay by credit card online at discoveryislander.ca

Questions? Email news@discoveryislands.ca

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Monday, November 30

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Robyn Budd
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taseko1@telus.net • 250.285.3563

AT THE HBI

Sunday November 29: The Grey Cup! Come down and watch the pinnacle of Canadian football on the big screens at The HBI Pub! Kick-off at 3:30.

Canucks Love Poutine & Beer. Enjoy a classic poutine & a bottle of Canadian for just \$9.95. Begins one hour before and during Canucks games in the HBI Pub. Check out our calendar for game days.

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

December 6: Seventh Annual Storied Brunch. Come and listen to stories old and new told by local story tellers. A fundraiser for NISHS - includes a delicious brunch and great silent auction. Seating at 10am \$34.95. Reserve 285.3322.

Christmas gatherings at the HBI ... so many options for your personal party style. From quiet, candle lit and serene to rocking it out through the night or a little of both! You can have it all at the Heriot Bay Inn. Give us a call.

Every Tuesday in December it's Hal Douglas and Friends! Enjoy the show in Herons, 7 to 9pm \$5.

UofQ Wednesdays

November 25: History of the HBI! Our local watering hole and Inn has a fascinating history! Come learn about it with Jeanette Taylor.
December 2: Come learn about Life as a Lighthouse Keeper! Professor Gordon Schweers kept the light on up and down the coast for over 35 years! HBI Pub Campus 7pm.

Live music Bands on Fridays:

November 20: Ray Bennett Band... jump, jive and boogie blues.
November 27: Blue Kats...smooth vintage rock. Liven up these dark winter nights with good times in the HBI Pub 9pm n/c.

Saturdays Open Mic with Mo.

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

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

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



Lest We Forget

L to R: Cpl Matthew Casavant (191 CEF), Don McDonald (Veteran and Past President Br 154), Barbara Frank (President Ladies Auxiliary), Gillian Green (Sergeant-at-Arms Br 154), Tom Vaniderstine (President Br 154), MCpl Travis Rawls (191 CEF) Photo: Thanks to Denis Thievin

Quadra Branch #154 of the Royal Canadian Legion would like to express its sincere appreciation to all the volunteers who worked so hard in making our November 11 Remembrance Service possible, to the Ladies Auxiliary for the delicious lunch, to all those who attended the service in a record turn-out, and to all the veterans who honourably served. Lest We Forget.

The Branch would also like to thank the following businesses for their support of the Poppy Campaign through their purchase of a wreath or cross for display:

All Clear Septic Service
B.C.O.A.P.O. Branch 91
B.C. Ambulance Service
Book Bonanza
Bill Bradshaw/Royal LePage
Blaine Smith Painting
Cape Mudge Band Council
Café Aroma
C.A. Terreberry Consulting
Chipperfield Hollow B&B
Cape Mudge Boatworks

Coastal Community Credit Union
Discovery Island Realty
Discovery Island Chamber of Commerce
Fermentations
Harbourside Medical Centre
Heriot Bay Inn & Marina
Heriot Bay Tru Value Store
Inspirations on Quadra
Isle Tech Auto Service
Dr Anita Komonski

Kenwood Designs
Last Drop Water Systems
Landing Bar & Grill
Melary Towing
Marlena's Salon
Nuyumbalees Cultural Centre
Onomatotedia
Peoples Drug Mart
Doug Peters Excavating
Quadra Island Building Supply
Quadra Island Dental Clinic
Quadra Station General Store
Quadra Island Medical Clinic
Quadra Island Bible Church
Quadra Emergency Services (E.S.S.) Program
Quadrate Ventures Ltd.
Quadra Island Harbour Authority
Quadra Marine Services
Quadra Community Centre

Quadra Elementary School
Quadra Links Golf Course
Quadra Island Electric
Quadra Island Volunteer Fire Department
Quadra Island Cemetary
Paul Renda Landscaping
Ross McPhee Contracting
Spirit of the West
Southend Farm Vineyards
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