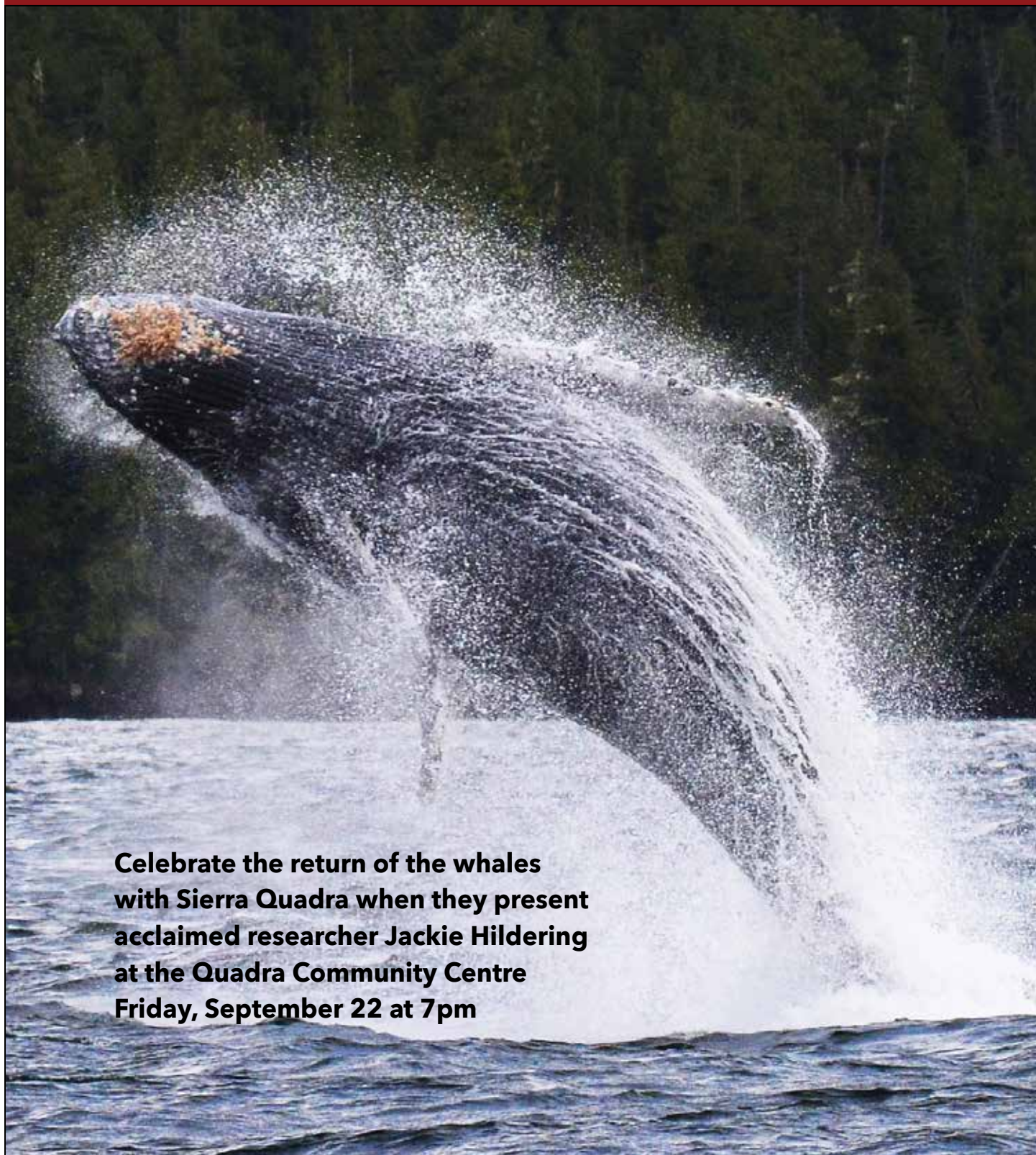


ISSUE 661

SEPTEMBER 15, 2017 • CELEBRATING 25 YEARS OF SERVICE

discovery

I S L A N D E R



**Celebrate the return of the whales
with Sierra Quadra when they present
acclaimed researcher Jackie Hildering
at the Quadra Community Centre
Friday, September 22 at 7pm**

Creative Writing Workshop

at the Museum at Campbell River

October 15 & 29, Nov 12 & 26, Dec 10
(includes Remembrance Day weekend)

Writing a memoir, family history, biography or fiction requires story crafting, editing savvy, and planning structures. The Museum at Campbell River once again offers a five-session creative writing workshop to inspire and motivate aspiring writers, October 15 through December 10. Session timing, 1:30 to 4:00 pm, links with the Quadra ferry.

Instructor Jeanette Taylor enjoys working with people of diverse skill levels and intentions. She has four non-fiction books in print, including ‘The Quadra Story,’ and she’s currently working on a biography of a Vancouver Island settler and a novel for young adults.

Taylor believes learning to write both fiction and nonfiction requires an understanding of the craft and great storytelling. “Whether you’re writing for family or hope to publish a novel, it’s all about presenting a memorable tale and characters who grab the reader’s imagination,” says Taylor.

She takes participants through all the phases of a project, from research and creative writing tips to publication options. While the class is geared to those new to creative writing, it’s also applicable to experienced scribes who want to get recharged for the winter ahead. Registrants should have a subject in mind, with the basic research done, as fodder for class exercises. The bi-monthly format allows time for writing between classes.

A comprehensive binder of articles and exercises is included in the fee of \$165.00. To register call the Museum at Campbell River at 250-287-3103. Spots are limited, to allow for an interactive class, so register soon. For more info call Jeanette Taylor at 250-285-3651.



Celebrate Humpback Whales

Internationally acclaimed Whale researcher and photographer Jackie Hilderling will show a multi-media presentation on Humpback whales. These gentle giants are frequenting our local waters now more than in recent history. Learn why they are coming here and what they find. Jackie’s presentation is full of stunning and spectacular footage of Humpbacks, feeding and breaching in BC waters and around the world. In Jackie’s own words. “They’re big, they’re beautiful, and they’re back from the brink of extinction! Everyone welcome! Join us September 22nd at the QCC for a discussion on the return of Humpback Whales to BC’s Coast by donation doors open 7.00pm for refreshments, program begins at 7.30pm.

Presenter Jackie Hilderling is a researcher with the Marine Education and Research Society and wishes to share MERS’ research with those who are most often on or near the water and discuss how we can work together to better understand these giants and the risks they face (for the sake of boater and whale safety). Information will include research on Humpback feeding and rate of entanglement and efforts to increase awareness around collision and what to do if entanglement is witnessed. As an educator, avid diver and underwater photographer, Jackie is also known as “The Marine Detective” with recent on-camera experience including being featured on Animal Planet’s “Wild Obsession” series and in the BBC productions “New threat to Canada’s Pacific humpback whales?” and “Ingenious Animals”. It indeed promises to be informative and entertaining evening! See www.mersociety.org.

September 22nd. Doors open 7.00pm for refreshments, program begin 7.30pm. By donation. Put this event on your calendars.



Ferry Schedule	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 pm	11:45 am
	1:30 pm	1:15 pm	1:00 pm	12:45 pm
	Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
	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
! Local Commuter Sailings, expect delays. * Fridays Only † Daily except Sundays.				
** Tuesday sailings are for Dangerous Cargo No passengers or cars.				

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THE ISLAND CALENDAR

Day to Day

Friday, September 15

-Live music with Sons of Guns, HBI Pub, 9pm N/C

Sunday, September 17

-Geshe YongDong Speaks 11 a.m. Q.C.C.

Monday, September 18

-Way to Go, 7 pm, 1087 Topcliffe, 285-3298.

Tuesday, September 19

-Folkdancing begins, QCC, 7:30-9:30 pm, \$65 or \$7 drop-in, 285-3298.

Friday, September 22

-Humpback whales: 7:30 QCC

Friday, September 22

-80s Murder Mystery at the HBI, dets page 11

Sunday, September 24

-Philippines Giant Garage Sale, 10-2pm Q.C.C.
-Christmas Craft Fair Table Booking 4-9pm Q.C.C.

Monday, September 25

-Understanding Shakespeare starts see page 8

Friday, September 29

-Live music with Go Dog Go, HBI Pub, 9pm N/C

Saturday, September 30

-Marc Atkinson Trio and guest Q.C.C. 7:30pm

The Regulars

MONDAY

AA, Big Book Study, 7pm Quadra United Church

TUESDAY

Al-Anon Meeting, Quadra Children's Centre, 7:30pm
Folkdancing, QCC, 7:30-9:30 pm, 285-3849.

WEDNESDAY

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 p.m. Upper Realm, Q. Cove

FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY

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

SUNDAY

Buddhist Meditation, 10 a.m., Upper Realm, Q. Cove
Family Service, Quadra Island Bible Church, 10:30am
Quadra Sunday Painters, 11am-2pm, 285.3390
Quadra Island United Church, 11am service, 285-3163



Find out
when the DI is
posted online

What's Happening at Quadra Community Centre

Christmas Craft Fair Table Booking Day

Quadra Community Centre's Christmas Craft Fair will be on Friday November 24th (from 4:00-9:00 p.m.) and Saturday November 25th (from 10:00-3:00 p.m.). Crafts people can book tables on September 30th from 9:00-2:00 p.m. by phoning Michele Sjoholm at 285-3747.

Community Kitchen Lunch Starts up Again Sept 13th

On Wednesdays at noon in the Community Centre, islanders and visitors gather together to meet new people and reconnect with neighbours while enjoying a delicious lunch served by volunteers. Admission is by donation and the first lunch is September 13th. Want to get involved? Dessert makers, prep cooks, soup chefs, buyers, set up, take down and kitchen clean up crew are needed and appreciated.

Phone 285-3243 for more info. You can also buy the community kitchen cookbook and enjoy our soups at home with all profits going towards fundraising initiatives.

New to Quadra?

The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag. Contact Judy @ 285.2150.

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Publisher Philip Stone

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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 publication 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

Are available for delivery in Canada by mail **\$90 for 12 months**

Local Voluntary Subscriptions are welcome to help support the DI, suggested: \$30 per calendar year
Find more details online at
www.DiscoveryIslander.ca

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NEXT DEADLINE

7pm on Monday, Sept. 25
for publication on
Friday, Sept. 29, 2017

ISLAND FORUM

On 'News from Nowhere'

What a treat to read the "News from Nowhere" about this individual "Truth". It brings to mind William Morris's "News" Utopia from 1850 England which envisioned a world by looking at the present and was seen as novel and daring literature as in Dickens. But this "News" story was in a delightful humour unlike the past one with it's view of the mindless desecration of the natural resource and violation of the human soul posing the question " what does one do". Moving on into our present era "Truth's" cousin must of escaped from the mayhem and madness of this deemed "reality" by moving to Quadra where it's quietly beautiful and one observes the outside world with your own presence of mind.

Escaping this" reality" is a worthwhile pursuit if one wants a different perspective, a social benefit to us, and doesn't mean one is running away from "it".

It seems everyone was running to Quadra this summer.

I've never seen so many visitors.

Such a treat to read this humour so close by.

Yours sincerely

Hugh McNab

Read Island

Have an opinion to share?

Submit your letter to the DI by email:

news@discoveryislands.ca
PREFERRED

Regular 'ol mail with a stamp to Box 280 in the Cove

If it's too long it may be chopped!

Please be concise

Editor,

Discovery Islander

With the current forest fire season in the news these days, we read in many places of fuel load in the forests being a huge culprit in causing forest fires.

A recent letter in the Victoria Times-Colonist quotes Garry Filman's report of the 2003 Kelowna fire Firestorm - The Summer B.C. Burned:


"Blocks of standing, dead trees grew bigger because falling them in BC Parks is forbidden."

At the entrance of the ill-named Main Lakes Chain Park [sic], just over the bridge at Village Bay Lake are hundreds of standing, dead trees; a fire waiting to happen.

They could be felled and stacked for Quadra residents to use for firewood, removing a huge fire load.

Parks with dead timber are not sacred, just stupid.

A. Liseth



Inspirations

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Market Music

Local musicians will be performing at the open Community Market next to the Quadra Credit Union from 10 a.m. to lunch time every Saturday.

The line up for the next four weeks is as follows:
- Mary-Ellen Wilkins sings on September 16th.
- Dave Blinzinger plays on September 23rd
- Hal Douglas does the blues on September 30th.

Come support our local vendors and please consider making generous donations to our local musicians. For more info, phone Steve at 250-285-3323

Geshe YongDong Speaks

Geshe YongDong is coming to Quadra Island to speak on a very unusual topic: "Introduction to Tibetan Bon Dream Yoga." One third of a human life or approximately 30 years is spend sleeping. Since ancient times Shamans have used dreams as a form of divination--asking the spirits, who they have a strong sense of connection with, for help in specific problems. The fundamentals of dream yoga are methods that use meditation, breathing and the four energy deities as a spiritual practice to discover and recognize our true nature of mind--our Buddha nature.

Come make your sleep time part of your spiritual practice. Geshe YongDong is speaking at the Quadra Island Community Centre on Sunday, September 17th from 11 a.m. to 1 p.m. Suggested Donation is \$10 but pay whatever you can afford. Or come for free!

Call Steve or Danielle at 250-285-3323 for more information.

COMMUNITY NEWS & EVENTS

Last Farmers' Market of Summer



Hanna's gorgeous Earthlight Pottery Photo Courtesy of James Smith

The last outdoor Quadra Farmers Market and bazaar of the season is this Saturday September 16th 10-2 and looks like great weather! Enjoy the best of seasonal produce, handcrafted artisan food and crafts, photography, books and the very talented Mary-Ellen Wilkins will be playing for us!

The Market directors would like to thank all the creative vendors, awesome musicians and our supportive community for making this summer a terrific season. We also would like to give a special thanks to the Coastal Community Credit Union for use of their lovely grounds, Steve Moore for arranging the musicians, Phillip Stone for the Discovery Islander editorial

space, What's On Digest for their online event listing and our local businesses; Inspirations, The Birds Eye and All Clear Septic for their great services.

Look to the DI in the spring for next year's market reservations and membership information or contact Naomi quadramarket@gmail.com Have a great winter!

Want to post a calendar listing? Lots of choices for getting it to the DI!

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

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Fall & Winter Yoga Classes

with Trinity Gogolin

Treat your body, mind & spirit with yoga this fall & winter at Quadra Community Centre.

• **Tuesday & Thursday evening classes** from 5 - 6:30 Hatha fusion style. We will explore traditional Yoga poses for strength and flexibility as well as some flowing Chi Gong movements for opening the body, reducing stress and tension and getting in touch with the healing life force energy. Classes will also explore breath practice, meditation, chanting with the harmonium and will end with deep relaxation.

• **Wednesday morning classes** are just before Community Lunch from 10 - 11:30. This is a Gentle and more Restorative style class designed for people with injuries or health conditions in mind. It has a slower pace with a focus on mindfulness and movement.

Some gentle Yoga poses (often using a chair) will be combined with gentle Chi Gong movements, meditation, breath practice, chanting with the harmonium, and ends with deep relaxation.

All classes are held at Q.C.C. upstairs in room 3.

Call Trinity with any questions you may have at 285-3455.

Way to Go

Come join us, once a month, to discuss group generated topics of death & dying, this month on Mon. Sept. 18, from 7:00 to 8:30 pm, 1087 Topcliffe. Please try to carpool. RSVP 285-3298 or jbaker@gicable.com

Folk Dancing

Join us Tuesday nights from 7:30 to 9:30 for international folk dancing at QCC. Exercise your body and mind, and learn some of the traditional dances from many cultures around the world. No partner is necessary for the mostly line and circle dances, which are all taught beforehand.

\$65 for Sept. 19 to Dec. 19 (except Hallowe'en) or \$7 drop-in.

Info: Marcia Wolter 250-285-3849.

Parkinson's Support Group

If you or a friend have Parkinson's disease, you can come to our local monthly support group meetings. It's a small friendly group and our next meeting is at 10 am in the downstairs seminar room at the Quadra Community Centre on Tuesday, September 19th.

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Slugs And Snails, Toads And Whales

Sierra Quadra is bringing a slithering, hopping and breaching program to you this fall.

September 22, 2017.

Internationally acclaimed Whale researcher and photographer Jackie Hildering will show a multi-media presentation on Humpback whales. These gentle giants are frequenting our local waters now more than in recent history. Learn why they are coming here and what they find. Jackie's presentation is full of stunning and spectacular footage of Humpbacks, feeding and breaching in BC waters and around the world.

As a Marine Education and Research Society researcher Jackie Hildering will also be sharing research on Humpback feeding and rate of entanglement, she will discuss how the fortunate return of these giants from the brink of extinction necessitates increased boater awareness about avoiding collision and what to do if entanglement is witnessed.

As an educator, avid diver and underwater photographer, Jackie is renown as "The Marine Detective" with recent on-camera experience including being featured on Animal Planet's "Wild Obsession" series and the BBC productions "Ingenious Animals". See www.mersociety.org.

October 20, 2017

We are also thrilled to welcome Joe Foy founder and longtime Conservation and Wilderness Campaigner of the Western Canada Wilderness Society. Joe will present the award winning film "Toad People". Millions of Western Toads leave their breeding ponds to venture afield, crossing dangerous roads and highways to reach the forest. Toad people tells the story of compassionate and dedicated "toad people" who for the love of toads work to save these intrepid travellers.

NOVEMBER 11, 2017

Joel Gibson, entomologist from the Royal BC Museum will introduce us to the wonderful world of spiders, slugs and snails of forest and garden. His talk is accompanied by colourful and surprising footage of these critters in action. More information on this intriguing presentation in later editions of the Discovery Islander.

Sierra Quadra is thrilled to have such expertise present their passion, dedication and commitment to our island community. All these events are by donation. Doors open at 7:00 for refreshments. Programs begin 7:30 pm.

For further information: Geraldine 285-2272

Island Theatre Kids

Sing! Dance! Act! Provide your child with quality part-time training in dance, singing and drama. Island Theatre Kids is proud to offer a well rounded education not only in the disciplines of theatre, but also in teaching life skills, building confidence and providing an avenue to make life-long friends.

NEW LOW PRICE!

EARLY REGISTRATION SPECIAL: \$200 if you register by August 16th!!

Ages: 6-12

Dates: Saturdays, Sept 16 - Nov 18 (10 weeks)

Time: 10:00 - 1:00

Cost: \$240 (half price for additional siblings)

Instructor: Kate Alexandra

Location: Room 3

Island Theatre Kids - Early Stages

Ages: 3-5

Dates: Saturdays, Sept 16 - Nov 18 (10 weeks)

Time: 1:10-2:00pm

Cost: \$80 (half price for additional siblings)

For info & Registration: Register through the QCC

Questions? contact Kate: 250-203-6850 (islandtheatrekids@outlook.com)

Youth Yoga

Coming to Ocean Mountain Yoga this Fall!

Tune in and unwind after school with yoga! Yoga for youth has been shown to increase focus and self-esteem in all aspects of life. In this class, learn the tools to decrease anxiety and increase physical strength, flexibility and peace of mind in a safe and fun environment. Partner poses and group games encourage youth to make new friends and build a feeling of community. This is a great class for gaining the tools to help deal with stressful situations and everyday life.

September 19th - November 21st (10 Weeks)

Tuesdays, 3:30-4:30pm

Ages 8-13 years

\$120

Instructor: Kate Alexandra

Sign up at oceanmountainyoga.com or call 250-914 5435

What is Group Lodging?

If you have been following the unfolding disaster in Houston, Texas, you will have read about and/or seen various large Civic Centres where people are sheltering. Volunteers are there to help with food, family reunification health related issues, etc. People are provided with the basic necessities.

In BC this type of shelter is called a Group Lodging Facility. If you are evacuated in an emergency, you will be directed to register

Facility was set up in the gym of an Elementary School which had one indoor toilet, not wheelchair accessible, a wash hand basin and little else. Port-a-potties provided two other toilets outside. We all survived but sleeping was difficult. Every time you moved on the cot it sounded like Chinese firecrackers going off!

Please take a few minutes to plan where you would go if we had to evacuate from Quadra Island. Contact family and friends and perhaps



Group Lodging Facility, Port Hardy, August 19, 2017

at a specific Reception Centre in your area. Not doing so can jeopardise your ability to receive support. If you have no insurance coverage for being out of your home due to an emergency situation (fire, flood, etc.) and nowhere to go, Emergency Management BC through Emergency Support Services (ESS) can provide vouchers for accommodation, food and the other necessities of life for 72 hours starting from when the emergency was declared. If you go to stay with friends for the duration it can provide a billeting allowance for the three days. If no accommodations are available a Group Lodging Facility will be set up. This will most likely be in a gymnasium or similar structure. The Red Cross will supply a cot and two blankets per person. The cots will be laid out in a grid and each person will be allocated a floor space of 40 square feet. The room will have an area for families, women and men but no real privacy. It will not be the most comfortable situation.

Recently members of the QIESS were deployed to Port Hardy to assist that community's ESS team by setting up a Group Lodging Facility. This was necessary because there were no hotel rooms or bed and breakfast beds available for people displaced by an apartment fire. The Group Lodging

set up a reciprocal arrangement. You can go to them for shelter or they can come to you if the situation is reversed. Be prepared. Remember your pets. Only service animals are allowed in Reception Centres or Group Lodging Facilities.

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Understanding Shakespeare

Join us at the Community Centre Monday evenings for the second season of Understanding Shakespeare. Arguably the greatest writer the English language, has ever seen, he had very much to say about love. This fall we will draw from a number of his plays to understand the breadth and depth of his insights into the most glorious and healing emotion we humans have. Love has many forms, consequences, and responsibilities, and Shakespeare details them all. He holds the mirror up to the human heart, finding stories full of encouragement, dire warnings, and ineffable beauty. And plenty of laughs.

Facilitator Neil Maffin holds an MFA in classical theatre performance and has performed in dozens of Shakespeare’s plays across the States and Canada, most recently at Bard on the Beach in Vancouver for two seasons. The class will be largely around a table, consisting of lecture, examples, some shared reading, and hopefully vigorous and insightful discussion of such. It will be Monday evenings, 7-9 pm, starting on Sept. 25th and running nine sessions through November 20th. Fee is \$75. For any questions or concerns call Neil at 250-285-3235, or email at neilmaffin@mac.com.

Winter Market & Bazaar 2017!
Starting again this fall, our Community Winter Market!

Display and sell your creations, your gardens bounty, promote your business or have a flea market table! Come support and enjoy a great assortment of local artisans. From delicious baking, preserves, produce, soaps, art, warm woolens, hand made children's clothing, flea market finds and everything in between. Lots of great gift ides!

Audrey will be in the kitchen serving up her great brunches as well as seasonal soups for lunch.

2017 Dates are: Saturdays, October 7th & 21st, November 4th, December 2nd & 16th

Market hours are : 10am - 2pm with set up starting at 8am, on a first come basis. Tables are still only \$10.00 each.

We'd love to have you join us! Need more info? quadraislandmarket@gmail.com or call Michele - 250-285-3747 or Stella - 250-285-3184

Christmas Craft Fair @ QCC November 24th & 25th. Table bookings Saturday, September 30th, 8am - 2pm Call Michele @ 250-285-3747)

Thank You For Bringing Music To Quadra!

Quadrpalooza would like to extend a tremendous heartfelt “Thank You!!!” to everyone who helped make this year’s arts and music festival a success. In its 6th year, Quadrpalooza brightened Labour Day weekend for many, thanks to the generous support of local businesses, hardworking volunteers, and numerous kind individuals who contributed their time, services, donations, planning and more. From local Quadra Island produce to graphic design, to invaluable artwork donated to our raffle, we are once again reminded what a gift it is to be in such a supportive community. In addition to our sponsors, we thank the many volunteers who helped keep things running more smoothly than ever, often going above and beyond the call of their volunteer shifts. Much gratitude to the Quadra Island Recreational Society and Community Centre, the Strathcona Regional District for their roles in hosting this community event, and to the We Wai Kai Nation for hosting us all. We would like to list below several, but by no means all, of the individuals and organizations who helped bring this cooperative cultural event to fruition.

ALL the community members who contributed in diverse, uncountable ways!

All-Clear Septic Service
Allan Drabble
Amped on Nutrition
Aroma Cafe
B by the Sea
BC Ferries
Cape Mudge Boatworks
CJ McCullom
Cliff Mooney Electrical
Comox Valley Arts
Cove Pharmacy
Dirtco Flowers
Discover Islander
Discover Sound
EB Horsman
Esher
Geoff McDonald
Gibson’s Glassworks
Healthyway
Heather Hilberry

Heriot Bay Inn
Inspirations
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Katheryn Wellard
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Quadra Island Fire Department
Quadra Island Legion
Quadra Island Recreation Society
Quadra RCMP
Sacred Pulse
Sarah James
Scott Fox
Steve Eley
Stone Soup Cooperative
Strathcona Regional District
Sweets by Teesh
Tara Williamson
Top Drawer Graphics
Tru-Valu Stores - Heriot Bay & Q Cove
Village Bay Lake House
Walcan Seafood
We Wai Kai Nation, Chief & Council
Yellow Dog Trading Company

Thank you, Quadra, and beyond. We couldn’t have done it without you!
Much love and respect from the Quadrpalooza team.

I will try to keep this report short, as I have had a bit of an accident with my little finger that is limiting my typing.

In my last report I mentioned a topic that seems to be on everyone's minds, year round, being the condition of our roads. I see in the Campbell River media that the contract for road maintenance is coming up in the near future. I have known this for some time and have had many visits by the Ministry of Transportation and toured our entire island’s road network more times than I have had time for. But it needed doing. I am going to reprint here part of my last report only because of the importance of your input to the road maintenance issue and because I am getting calls and emails regularly asking me for the addresses and names of the people that need to be written to. I do refer everyone back to these reports, but the requests continue to come in. So here is what I wrote:

'Highways' tour of our roads

As most of you know, I have been working on trying to get some improvement to our road conditions for many years. We have seen a steady decline and our local contractor (Emcon Services) has not been able to keep up with the decline with the personnel, equipment and supplies that they are given. I deal with them on a very regular basis as they will attest to. They do try to accommodate our requests, but our road situation is too far gone for anyone to keep up with unless they get some additional help. I have met with Ministry people on more occasions than I care to remember and they are always very receptive and all agree that the standards are not even close to being met. I just recently (July 18) toured the entire island with the two top people in charge of compliance in this area (and twice more since this was written). They are appalled at the condition of the roads, the shoulders, the ditches and the brushing. All need serious work. They will be taking that information back to their supervisors to see if there is some way of improving the situation as soon as possible. They also noted a number of times that the contract that they have with Emcon comes up this year for renewal. This will be the time where real action will be able to take place. All of the complaints that have been filed with the Ministry will be taken into account when making decisions on that contract. I receive regular complaints about road issues and they should rightfully be sent to the Ministry at Kevin.Carter@gov.bc.ca and to Anne.

Molony@gov.bc.ca and to our MLA Claire Trevena.MLA@leg.bc.ca and of course, to me at jimabram@xplornet.ca If you want your road conditions improved, please take a moment and act upon your wishes. Thanks!"

I don’t think I can be much clearer than that. This is a Provincial jurisdiction, contracted to a private company. That company’s contract is coming up for renewal. Your input is needed now! I have so many other issues to deal with and I could spend all of my time on roads alone. Please contact the people above and just copy me so I know you have done it.

Internet connectivity

As I mentioned before we are applying as a Regional District for a huge Federal/ Provincial grant to create our own internet system. The deadline for consideration of the successful applicants is rapidly approaching. We are in waiting mode, but as soon as I know, so will you. Keep your fingers crossed!

Q. Cove Pathway

Staff and I met with property owners in the effected area and have come to agreement on the path that will run along the side of the road (OFF the road) from the Library area all the way to Aroma eventually. We all seemed to be in agreement and ready to go... we will now look at clearing the path and doing the construction in the near future. This is part of the “walkable” Q. Cove Village Plan that we put in our OCP. I continue to work on other areas of the island and paths that really need a separation from vehicle traffic. I cannot believe how something that seems so simple can be so convoluted and complex. I just have to keep pushing!

Golf Course subdivision proposal

After a number of cancelled meetings of the Board, the issue is scheduled to be determined on Sept. 20th at the Electoral Area Services Committee at 9:45 in Campbell River. Of course, I cannot speak to the issue but I wanted you to know that it has not been lost in the shuffle. It is a public meeting.

Bed and Breakfast use

We have been getting a number of questions and complaints around the Bed and Breakfast issue. It seems that there is really no zone that it fits into according to our staff. So I have asked for a staff report to be brought forward on how to fix this since so many people on Quadra earn their incomes from Bed and Breakfast operations. I have asked that we look at just simply adding it to the Home

Occupation provisions in our existing bylaws. This seems to be the most straightforward way of doing it. The request for a report will be on the Sept. 20th agenda. So I am hoping that this will solve the problem for all of the B & B operators!

Dog Bylaw

This is still a very active file and our Chief Administrative Officer is taking all the info that I have been working on with the animal control people and has been trying relentlessly to contact the owner of the Animal Control business. So far he has not returned Dave's calls. He has been calling him almost daily... We will not give up on this file as I know how important it is to the island.

UBCM Annual meeting in Vancouver

So I will be heading to Vancouver on Sept. 23rd for the entire week after and will be dealing with dozens of topics on your behalf... I have meetings with seven different Ministers and a number with Ministerial staff to deal with our issues here in Area C. I mentioned in my last report that I had met with our Chief Administrative Officer here on Quadra and that we discussed a number of issues, such as but not limited to: Surplus school site acquisition on Stuart Island; the Dog Bylaw; issues at Granite Bay Park; Hoskyn Channel Wharf engineers' report (or lack thereof!); correspondence and future meeting with Chief Brian Assu about the Mt. Seymour Recreation Area proposal; the seismic upgrade of Quadra Community Centre; meeting with South Quadra Island Fire Trustees, etc., etc. Most of these issues will be discussed with the Ministers responsible while at UBCM and I am looking forward to it. We have an inordinate number of issues on the go here in our area and I have to keep all the balls in the air, so to speak! Otherwise, if I lose my place in line, I have to start all over!. So you will not see another report in Sept. Hopefully I will have lots of good news in October.

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Evans Bay Park Wharf

We are finally there. The wharf is to be installed this week at Evans Bay and should be a wonderful working facility for the community of Read Island as well as for all of the rest of us. I cannot even begin to tell you the troubles we have gone through to get this completed and the bureaucratic nonsense that has had to take place. But that is all behind us now (two years worth) and we are now going to have a first class facility at our disposal on the east side of Read Island. My thanks to the people of Read Island for this cooperation and patience. It has been brutal! Someday, someone will write a book about it.

Surge Narrows Community Assoc. AGM

I will be attending the AGM on Friday, Oct. 6th to discuss outer island issues. They are a big part of this area that I represent and do have an incredible number of issues that need dealing with. It is always a great meeting and there are lots of concerns to talk about. My finger is throbbing, so I am ending this here... Feel free to contact me between the hours of 8:30 am and 5:00 pm, 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... or on Facebook at <https://www.facebook.com/JimAbram....> If it is important, my cell is 250-830-8005... Lots of choices.

Please do not use my residential phone number for SRD calls. All business calls should be on 285-3355. Many thanks!

Respectfully submitted,

Jim Abram

Director, Discovery Islands- Mainland inlets, Area C, SRD

A Somatics Elevator Pitch

As a Somatics educator whenever I mention the word Somatics, I am often asked: "What is Somatics? How does it work?"

Well... here's my elevator pitch:

Most people have at least some general understanding of what's involved in the practice of yoga.

Although, it is like yoga, Somatics is a body-centered practice that incorporates slow deliberate movements and conscious attention, that is where the similarity ends. Where most styles of yoga place emphasis primarily on postures, Somatics is more focused on movement, placing function over form.

Somatics is for anyone who wants to feel the freedom of a body that is pain-free, moves well and ages gracefully.

I teach Somatics to individuals and groups – from youth to seniors – so they can regain voluntary control over their own neuromuscular system. Since most conditions, including muscle and joint pain, limited mobility and poor posture, have been learned and habituated, they can be un-learned and corrected.

Anyone can take charge of their bodies, their health and their wellbeing – for themselves with Somatics! It can create long-term lasting change.

Somatics movements and exercises are gentle enough for most body types to do without risk of injury. It does not require intense stretching to try to release muscle tension. Instead, Somatics involves the brain and nervous system to lengthen and re-educate muscles that have become involuntarily contracted.

With Somatics, we can identify and resolve particular muscle reflex patterns that our bodies may be locked in. Patterns that cause misalignment resulting in functional limitations and pain. This method of neuromuscular

re-education can increase mobility, range of motion and allow the body to function more efficiently. The natural outcome of this is more energy and increased vitality.

Minimal effort is encouraged, rather than pushing or striving. Somatics can be effective in resolving back pain, sciatica, shoulder issues & TMJ.

My elevator pitch can't contain my enthusiasm for Somatics. Every curious ear in that lift will be listening and wondering about their own aches, pains and other complaints. Why have they not heard about this before now? And can Somatics really help them with that achy hip, sore neck and cranky knee?

My answer is a resounding YES!


It is no surprise that Somatics cannot be adequately described during the short span of an

elevator ride. The elevator pitch is an ironic metaphor for the expansive, relaxed nature of Somatics. The very essence of this practice is learning to slow down, create space to feel and experience sensation that has been diminished or lost. Rushing or abbreviating that process is counterproductive and will only inhibit the results.

The way to really know Somatics is to take the ride. Have the experience to see and feel for yourself. Like the slow steady climb of the elevator car, or the safe smooth descent, Somatics is a journey worth taking that will surely move you and your precious body to a new and healthier place.

- Rob Selmanovic is leading Somatic Sunday – 6-week Somatic Yoga series at the Quadra Island Community Centre beginning Sept. 24.

Sierra Quadra hosts
The Return of Giants!
A presentation on Humpback Whales
September 22nd at 7 PM - Quadra Community Centre



Humpback Whale "KC" (BCY0291)
Survivor of collision and entanglement
Offshore near Campbell River / Quadra
Island, Herring

By Jackie Hilderling of the
Marine Education and Research Society

Includes essential boater information
about entanglement & how to avoid collision.

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Doors open 7 PM for refreshments.
Program begins 7:30 PM.
Admission by donation.
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Quadra Circle News

Summer Fun: Mi Tar hosted other members of Quadra Circle at her home in Bold Point, twice in August to teach us Burmese cooking. We had a chance to do some of the cooking and of course enjoyed the wonderful and delicious food she served. Thank you Mi Tar for your lovely gift to all of us.

Caregivers Support Group: meets September 25, October 6 & 30th 1:30-3pm at Quadra Community Centre. Come join the group and meet people who are experiencing the same issues you are having.

Sharing your stories is one of the first steps to feel supported and get ideas about how to help your loved one and yourself.

Seniors Activity Centre: We are in full swing back at the school Mondays & Wednesdays starting at 9:15am with Ping Pong, 10am for Coffee/Tea and socializing, 11am with exercises or Qi Gong, Lunch at noon, and afternoon activities such as Mexican Trains, Ma Jong lessons and Bridge. Call Helen at 250-285-2788 for more information

Friday Lunch at the Legion: We will resume the program September 22 starting at 12noon. There may be armchair exercises starting at 11am so please watch for more information coming to your computers in the next week or so.

Friendly Phone Calls/Friendly Visits: "Are you Lonely, Nervous or feeling Isolated." Receive daily check-in calls from our volunteers, or a visit for support & connections with services on Quadra. This could include social visits to your home, provided by our trained counsellors. This is a free service. Call our office 285-2255. Wednesday, Thursday or Friday 11am – 3pm

Emotional Wellness: Take Care of Yourself. Do you need help with their emotional health? Assistance is available twice a month here on Quadra Is.

For appointments with an Island Health Counsellor, at Quadra Island Medical &/or attend free Relaxation classes with Rebecca. Call 250-850-2620 or email Rebecca.Miller@viha.ca

Quadra Home Meals: If you're unable to cook, or are recovering from illness, injury or surgery, call us for assistance. Meals are prepared at food-cost by Gowlland Harbour Resort. The meals are ordered weekly, by noon on Saturday, & picked up at Quadra Circle Office 11:30 – noon on Wednesday. Or delivered upon request.

Call Karen: 285-3064. You will be very pleased you did.

Transportation: Need A Ride to Social Events, Medical Appts or our Support Group meetings? Call our Coordinators Diana & John, 250-285-3630. At least 24 hours notice is required to set up a driver, so please book ahead. This service is FREE

FOOT CARE: Autumn is approaching and we all need our feet in good shape for those walks, short or long. Are you have difficulty caring for your toenails and those callouses you may have?

If you receive GIS or MSP subsidy Quadra Circle can help you by subsidizing the cost of caring for your feet. You may sign up for a qualified LPN to come to your home and provide this very important service.

Drop into our office 285-2255 Wed, Thurs, Friday 11am-3pm Stay mentally & physically healthy by having happy feet.

Mystery and Murder at the Heriot Bay Inn!

80's Prom night, an exciting end to our high school years at Mahem High... dressed to the nines and ready for all the night has to offer... all of a sudden it's

"Totally Rad Gone Bad!"

.... join your hosts Christi and Alli in the search for the truth. Someone among us is guilty; Peter Prez? Sarah Social? Teach Tanner or even Principal Simpson? Will you be the most likely to succeed?



Find out for yourself Saturday September 23\17. Mystery and 3 course meal \$69.00 (group of 6+ \$59.00 each). 19+.

Phone for your character today! 250-285-3322.

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Sing For Pure Joy! with Mary & Kate

There is a Native American saying that tells us "our task is to chant the world, to chant the beauty. The world is a reflection of our chanting." Lets start manifesting this beauty by raising our voices in glorious song!

We are being inundated with articles in print, books and interviews on the airwaves touting the benefits of singing. To cite a few examples: Singing in a choir boosts your mental health; singing is good for your body and soul; choir members who sing together have synchronized heartbeats; singing is as beneficial to your health as yoga; singing is helpful to those diagnosed with multiple sclerosis and Parkinsons, people who suffer from blocked airways and ravaged lungs; patients recovering from strokes. There is so much evidence now showing the physical, neurological and psychological benefits of singing in a choir. Not singing in the shower on your own (although that is also wonderful!) but singing in the joyful company of others.

"For most of human history, people sang together. It wasn't seen as a competition or a contest. It was a joyful communal experience. In the last 500 years we have had concert halls which set up a separation between the performer and the audience that didn't exist in human history before." (Daniel Levitin - This Is Your Brain On Music)

If you are in desperate need of an added boost of endorphins floating gleefully through your body, join our SING FOR PURE JOY! Community Choir. Every voice is welcome. No experience is needed and no auditions are required - only the desire to make joyful sounds together.

No written music is used. All songs are taught in the traditional method of call and response. We build community and raise our spirits with heart-felt melodies, soulful gospel songs and rousing spirituals, meditative chants, luscious layered songs and robust rounds. Songs from the sublime to the ridiculous!

We gather in Room 3 at the Community Centre on Mondays from 1:00 - 2:30 p.m. beginning on September 11th.

As Ella Fitzgerald said "The only thing better than singing, is more singing." So if you just can't get enough of this endorphin rush, you can join us in Campbell River at The Lions Den on Wednesday afternoons from 3:00 - 4:30. The Fall Term fee allows those enthusiastic singers to participate at both venues for the same fee.

Contact Mary Dennison at singforpurejoy@gmail.com or call (250)285-3764 or (250) 202-1003 for more information.

Quadra Seniors

Well Summer is almost over but it was great to finally have a downpour of rain. Our biggest worry has been having fires on our beautiful Quadra Island.

Soon our very enjoyable task working at the Tourist Information booth will be over for 2017. Meeting all the tourists from all over the world has been wonderful.

Our gardens are soon coming to an end and we are busy preserving vegetables, making jam and jellies and pickles. I noticed that fruit on the trees haven't been as good like 2016.

Our executive have been making plans for trips with our members, and we will be notifying all our members. Our next meeting will be on Tuesday Sept. 19th come at 10:00 a.m for a Coffee and a visit before the meeting which will start at 10:30 a.m. Daphne Young will be phoning all our members to let you know of our plans. On Oct. 1 & 2-- Ruth will be attending a O.A.P Board meeting in Chilliwack-- For membership and transportation call Ruth Amiabel @3801 or 250-895-9188.

At Your HBI

Friday September 22nd David Gogo returns to The HBI pub! With three Juno nominations, Saturday Night Blues' Great Canadian Blues Award, WCMA Musician of the Year, and twice named Maple Blues Guitarist of the Year, David Gogo puts on a show not to be missed. \$15.00 Cover. 9pm HBI Pub.

80's Prom gone wrong. Murder Mystery returns to the Heriot Bay Inn!

Saturday September 23. 5:30pm. 69.00 includes three course dinner and a really great evening. Reservations 250-285-2880.

Saturday September 30; The Wilds with Holly Arnzten and Kevin Wright.

This folk-pop duo will take you on a wonderful musical story ride while you enjoy a delicious two course dinner in Herons. 45.00. 6:00pm seating.

Reservations 250-285-2880.

Saturday October 14; Fall into Winter fundraising dinner for Quadra Childrens Centre with The fabulous Thievin Brothers, Duffy Frank, Dave

Tolley and friends. 55.00 includes a 2 course meal and 36% donation.

Karaoke party every Tuesday all through September and October! Be a star, amaze and enjoy your friends! Everybody has fun at Karaoke! HBI Pub. 9:00pm

Wednesdays is Classic Rock Bingo. Our own wonderful Melissa Yates is your host. Prizes for each game! 8:00pm. HBI Pub.

HBI Friday Night Bands: September 15; Sons of Guns - rhythm & blues & rock it out tonight!... September 29th; Go Dog Go - Beach Blanket Time Machine! HBI Pub. 9pm. N/C

HBI Pub Saturdays Open Mic; Mo and the band are making music magic every Saturday!

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Two of Canada's most talented and creative musicians will join forces for the first concert of the Quadra Cultural Events 2017/2018 series.

The Marc Atkinson Trio with special guest Cameron Wilson recently opened the Victoria International Jazz Festival and brought down the house, playing with brilliant virtuosity and synchronous improvisation and clearly enjoying the process.



The Juno nominated Marc Atkinson Trio is comprised of guitarist, composer, arranger and producer Marc Atkinson with Brett Martens, rhythm guitar and Scott White on standup bass. They have toured extensively in Britain, Europe and North America, receiving standing ovations wherever they play. The group has three successful and critically acclaimed albums to their credit. The Marc

Atkinson Trio II was voted one of the top five albums in North America by Acoustic Guitar Magazine. The third album was nominated for Outstanding Album at the Western Canada Music Awards. Their recently released fourth has been praised as the best yet.

A technical master of the guitar, Marc's playing has been described as fiery and elegant, but never loses the laid-back feel that makes his music accessible to a wide audience and a joy to listen to.

Composer/arranger and virtuoso violinist Cameron Wilson is a remarkably versatile musician. Playing in concert with artists ranging from Jimmy Page and Robert Plant to Natalie Cole to Stuart McLean, he is currently a member of the classical crossover Joe Trio, Gypsy Jazz Quartet Van Django, the Hard Rubber Orchestra and Mariachi del Sol. His compositions and arrangements have been performed by symphony orchestras, ensembles and soloists across North America, and featured in several film scores. He is an in-demand session musician for recording and has appeared on numerous albums.

For anyone who just loves music, no matter what genre, this is one concert not to be missed. Genius live. You're sure to leave happier than when you came in.

7:30 p.m. Saturday, September 30th at the Quadra Community Centre.

Advance tickets \$ 17, available at Inspirations in Q. Cove and Works of H'art in Heriot Bay, the Music Plant in Campbell River and at tickets@tidemarktheatre.com. \$20 at the door.

Private Oceanfront Retreat!



Spectacular waterfront home with ocean and mountain views! This 3 bedroom, 2 bath home has a rustic feel with just the right touch of modern. Hand laid rock fireplace, beautiful wood features, vaulted ceilings, loft bedroom, and grand architectural details make this home very comfortable. Updated kitchen, flooring, and two fantastic new bathrooms.

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Coming Events...

Sons of Guns Sept. 15
- Rythm & Blues
- **rock it out tonight**

Go Dog Go Sept. 29
- Beach blanket time machine
9 pm. HBI Pub. No cover charge

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Saturdays at 9pm
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Giant Garage Sale!

Come support 23 years of caring and sharing on Quadra through another Quadra Philippines Connection GIANT GARAGE SALE. This fund-raising event will be held at Quadra Community Centre on Sunday, September 24th from 10 am until 2 pm. All items are available by donation and it is advised to come early to take advantage of the many recycled treasures and first choice selections that include everything from clothing and toys to books, household goods, tools, appliances and furniture that will cover the entire expanse of the community centre. A concession selling home-baked goodies, pizza and Aroma-roasted coffee will be available to sustain you while you shop!

Over the past 2 decades Quadra islanders have supported a total of 7 preschool programs and over 1,100 children through a partnership with the small NGO called IAT or International Association for Transformation. Many of the original daycare children are now successful professional graduates working either in their own villages or abroad and offering support to their families. During Quadra's sponsorship, the dedicated teachers from these programs have been able to show the benefit of positive daycare over time and thus, over the past year the goal to have local government assume this responsibility has finally been met. The Quadra community is now supporting a new innovative initiative through IAT called the Gift for Peace Program. This is a program for which IAT has received an international award and that that will have far reaching effects. It promotes self sufficiency and economic stability for the tribal people in the Kalinga area of northern Luzon which in turn creates a spirit of cooperation and unity among tribal people that have had a past history of conflict and violence.

Quadra continues to contribute to the Gift of Peace project by supporting the village of Cataw. The community of Cataw consists of 40 families that relocated from the mountains to the lower mainland area of Tabuk for economic benefit. Twenty families from this village will receive 20 carabao to pass on over a three year period to 20 families of another tribe where there has been past conflict. In addition to animal dispersal, training seminars on leadership, savings, animal health management, agro-forestry, health and nutrition and composting is being provided through IAT.



Garage sale line-ups start early!

This past February my husband, Michael and I had the privilege of visiting IAT's projects in the northern Philippines. We were able to visit and observe the program's progress in Cataw and the first signs of sustainability. This included seeing the first gifted carabao whose first offspring will be passed onto another community. There were many other

signs of progress...new buildings including a school, backyard gardening and a general air of optimism! We met the community's enthusiastic teacher as well as Zeah and Analiza, the two young girls whose education is currently being supported by Quadra Islanders!

Plan to contribute to this exciting endeavor by attending this year's Giant Garage Sale on September 24th. Feel free to use the four drop-off centres on the island for donations until September 22nd or drop off directly to the community centre on Saturday,

September 23rd. Volunteers for both days are still needed, especially for the final clean-up as well as drivers to take remainders away at the end of the sale! To volunteer or for further information regarding this year's sale, IAT's child sponsorship program or the Quadra Philippines Connection, contact Carol Foort at 250 2853035.

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Wild Mushroom Festival Popping up Again in October

After two years of dormancy, the Quadra Island Mushroom Festival is set to fruit again this October. The festival celebrates the wide variety of wild fungi in our coastal forests. Over the three day event both new and experienced mushroom enthusiasts will expand their knowledge of edible and non-edible species.

Festival organizers welcome as keynote speaker and workshop leader, Dr. Shannon Berch



Berch, Research Scientist with the Government of British Columbia, adjunct professor with Royal Roads University, and founding member of the South Vancouver Island Mycological Society. "Participants in past events have been delighted with Shannon's knowledge and enthusiasm; we are privileged to have her return to Quadra in 2017," said Marian McMeekin of the Quadra Island Mushroom Club.

The Wild Mushroom Festival consists of two parts: an evening with a presentation and appetizers is part one; forays and identification over two days are part two.

The Wild Mushroom Festival begins Friday October 13 at the Heriot Bay Inn with "Tales of the Chanterelle: A Mushroom's Life in the Woods" a presentation by Dr. Shannon Berch, followed by wild mushroom appetizers. The next two days, October 14 & 15 are devoted to guided collection forays (Saturday) and an identification workshop (Sunday). Tickets are \$25 for the Friday event, and \$70 for Saturday and Sunday combined. To register for either or both parts of the festival, call the Heriot Bay Inn at 250.285.3322. Additional information on the festival (e.g. what to bring for field trips) will be provided upon registration.

This fun and informative fungal event is co-sponsored by the Quadra Island Mushroom Club, the Quadra Island Outdoor Club, the Heriot Bay Inn, and the Quadra Community Centre.

Quadra Island Outdoor Club Upcoming Events

It's been a particularly hot, dry summer and, for many, an unusually busy summer. With Labour Day behind us, we're looking forward to cooler, wetter, quieter times.

Here are the upcoming trips:

20 Sept, Wed - hike to Eagle Crag

13-15 Oct, Fri-Sun - Wild Mushroom Festival

12 Nov, Sunday - Winter Planning meeting

We're still looking for more trips at the end of September and October. Please let us know your suggestions. The Outdoor Club is considering a gear sale in November. Stay tuned for more details.

For the details on (most of) these trips you can visit: <https://qioutdoorclub.org/trips/trip-schedule/schedule-summer-2017/> Remember to contact the coordinators well in advance if you are interested in a trip.

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Last minute offer for Quadra Islanders to trek the Nepal Himalaya.

Dear Friends,

I invite you to join me on a trek to Makalu Base Camp in East Nepal, 24th October -17th November 2017. The route is a challenging high altitude walk, through the Arun and Barun Valleys, offering some as the most dramatic high mountain scenery on earth, the 'Yosemite of the Himalaya'. This is a fully supported camping trip, supported by our team of local guides, cooks and porters, such that we are able to walk with day packs and enjoy the journey to it's fullest. We trek to Makalu Base Camp, the 5th highest mountain in the world, and alongside K2 possibly the most dramatic of the 8000m peaks, offering views of Everest, Lhotse and countless other Himalayan giants.



We return via a different, seldom used route to maximize our experience of this majestic mountain region.

The Makalu trek is probably the quietest of the classic mountain journeys in Nepal. There are few settlements, this is a real wild mountain trek with abundant bird life, wild flowers and wildlife in the Makalu - Barun Conservation area. The cost of the trip, 22 days fully supported trekking and all inclusive of internal flights, permits, meals and 4 nights in the beautiful 4 Star Hotel Shankar in Kathmandu is C\$4950. Plus your return flight to Kathmandu, insurance and local staff tips. (Vancouver to Kathmandu around \$1500 with Cathay Pacific as I write).

It is short notice I know, but also more than enough time to prepare should you be inspired to do so. I will give you my personal advice and support, equipment lists etc. to help with this process. Whatever works out we will be a small group travelling in great style. I hope to hear from you soon.

Yours sincerely,
 Mick

Heriot Bay Tides

DATE	TIME PST	m.	ft.
15 Friday	00:54	4.1	13.5
	08:18	1.3	4.3
	15:47	4.5	14.8
	21:34	3.3	10.8
16 Saturday	02:13	4.1	13.5
	09:21	1.2	3.9
	16:38	4.6	15.1
	22:34	3.1	10.2
17 Sunday	03:23	4.1	13.5
	10:17	1.3	4.3
	17:20	4.7	15.4
	23:21	2.8	9.2
18 Monday	04:27	4.2	13.8
	11:06	1.4	4.6
	17:57	4.8	15.7
19 Tuesday	00:02	2.6	8.5
	05:27	4.3	14.1
	11:52	1.5	4.9
	18:30	4.8	15.7
20 Wed.	00:41	2.3	7.5
	06:22	4.4	14.4
	12:35	1.7	5.6
	19:02	4.8	15.7
21 Thursday	01:18	2.1	6.9
	07:13	4.5	14.8
	13:18	2	6.6
	19:33	4.7	15.4
22 Friday	01:54	1.9	6.2
	08:02	4.5	14.8
	13:59	2.3	7.5
	20:04	4.6	15.1
23 Saturday	02:32	1.8	5.9
	08:50	4.5	14.8
	14:42	2.6	8.5
	20:34	4.5	14.8
24 Sunday	03:10	1.7	5.6
	09:41	4.4	14.4
	15:25	2.9	9.5
	21:04	4.3	14.1
25 Monday	03:49	1.7	5.6
	10:37	4.3	14.1
	16:13	3.1	10.2
	21:35	4.1	13.5
26 Tuesday	04:30	1.7	5.6
	11:40	4.2	13.8
	17:12	3.3	10.8
	22:08	3.9	12.8
27 Wed.	05:16	1.8	5.9
	12:54	4.2	13.8
	18:35	3.4	11.2
	22:50	3.8	12.5
28 Thursday	06:08	1.8	5.9
	14:07	4.2	13.8
	20:09	3.4	11.2
	23:54	3.7	12.1
29 Friday	07:10	1.9	6.2
	15:07	4.2	13.8
	21:18	3.3	10.8

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