

discovery

I S L A N D E R

Quadra Island Foundation Initiatives

INVITE US TO YOUR NEXT MEETING TO LEARN HOW WE CAN SUPPORT YOU.

Income from a socially-responsible permanent investment will be distributed as grants to eligible organizations. Quadra Island Foundation representatives are eager to answer questions and share how we can support local initiatives. If your community-minded group is holding a meeting soon, please invite us to talk with you.

Get in touch by email to info@quadraislandfoundation.ca or call Michael Mascall (250.202.1968) or Mich Hirano (250.285.3060).

THANKS TO DEATH EDUCATION FAIR ORGANIZERS!

At the Death Education Fair earlier this month, QIF board members Sarah Deagle and Michael Mascall spoke with a number of people who attended and provided printed information – including answers to frequently asked questions about the foundation.

“There was definitely some interest in giving back to Quadra, and one person said that she had already put QIF in her will,” Michael reports. “We appreciate how well organized this event was, the terrific job done by emcees Margaret Verschuur and Matthew Kelly (also a QIF board member), and the opportunity to connect with community members.”

LEAVE A LEGACY.

Donations to Quadra Island Foundation (often through wills and estates) are tax-deductible and become part of a permanent fund to enhance community quality of life and our natural environment. We’ve already invested \$10,000.

Contact any board member to learn how you can leave a legacy that supports a more resilient and self-reliant island community.



QIF board members are: Sarah Deagle, Julie Douglas, Mich Hirano, Matthew Kelly, Michael Mascall and Jody Rodgers.

APPLICATIONS FOR SMALL NEIGHBOURHOOD GRANTS UNTIL APRIL 29

Do you have an idea that builds community through acts of kindness?

Neighbourhood Small Grants can help with funding from \$50 to \$500.

Deadline to apply through the Campbell River Community Foundation is April 29.

(Quadra Island Foundation is currently building an endowment fund to offer grants for our island community in future. See how you can help above!)

Qualifying projects connect people and share skills across generations and across cultures.

For example, projects could focus on:

- Indigenous culture and language presentations and workshops
- Cross-generational skills and knowledge sharing
- Growing local food
- Arts and music
- Diversity and inclusion

Check out answers to frequently asked questions at:

<https://crfoundation.ca/grant-types/neighbourhood-small-grants/>

Questions about spring 2022 applications? Contact Gwen by email to info@crfoundation.ca or call 250.201.3757.

Check out our website!

Take a look and find out what we're all about at www.quadraislandfoundation.ca



NOTICE OF PUBLIC HEARING
BYLAW NO. 94 – QUADRA ISLAND OFFICIAL COMMUNITY PLAN
BYLAW, 2007, Amendment No. 4

BYLAW NO. 95 - QUADRA ISLAND ZONING BYLAW, 1990, Amendment No. 99

Date: Wednesday, April 20, 2022

In-person: Quadra Island Community Centre,
970 West Road, Quathiaski Cove BC
Covid-19 protocols will be observed. As per Provincial Health Order respecting gatherings and events dated March 10, 2022, proof of vaccination is not required.

Via internet: <https://srd.ca/meetnow>

Via telephone: 1-844-636-6317 (toll-free)

Conference ID: 566 524 300#

Public Hearing to commence at: 7:00 p.m.

Area affected by proposed Bylaws: The subject area is legally described as Lot 1, District Lot 208, Sayward District, Plan VIP86955 and land covered by water being part of the bed of Discovery Passage as shown on Maps 1 & 2 right.

Purpose of proposed Bylaws: Bylaw No. 94, if adopted, would re-designate the subject parcel from Silviculture to part Country Residential and part Commercial (Map 1) and Bylaw No. 95, if adopted, would rezone the subject parcel from Rural One (RU-1) to part Country Residential Two A (CR-2A) and part Commercial Two G (C-2G) as well as a partial rezoning of the foreshore from Access One (AC-1) to Marine Commercial Two (MC-2) (Map 2) to facilitate a residential subdivision, commercial resort and campground and a commercial dock.

Copies of the proposed bylaws and related information are available for inspection at the Strathcona Regional District Customer Service Centre, located at #102 – 990 Cedar Street, Campbell River, between the hours of 8:30 a.m. and 4:30 p.m., Monday to Friday, from April 6, 2022 until April 20, 2022 (excluding statutory holidays occurring on April 15 and 18, 2022). The Bylaws and associated staff reports may also be viewed on the SRD website at www.srd.ca.

The public hearing will be held by a delegation of Electoral Area Directors representing the SRD Board. The public may participate either in-person, virtually via: <https://srd.ca/meetnow> or by telephone via the teleconference number and conference ID provided above. Anyone who believes their interests are affected by the proposed bylaws will be given an opportunity to be heard at the public hearing, as either in-person speakers, virtual speakers or call-in speakers during the comments portion of the hearing.

Written submissions from persons who are attending the hearing virtually or unable to attend in-person must be delivered by hand or electronically to the Regional District office no later than 4:00 p.m. on Wednesday, April 20, 2022 in order to be considered as part of the public hearing record. The SRD cannot consider any representations made after the close of the public hearing.

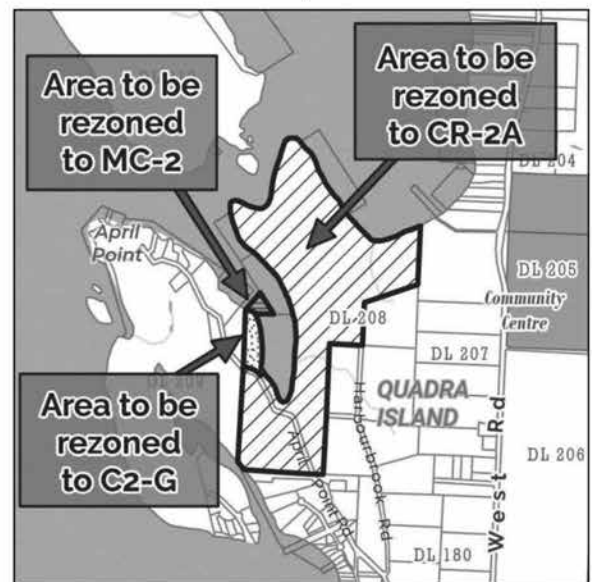
Please do not re-submit previously submitted comments regarding the current proposed bylaws, as those comments already form part of the public hearing record.

Inquiries should be directed to:

Community Services - Strathcona Regional District
301 – 990 Cedar Street, Campbell River BC V9W 7Z8
Tel: 250-830-6700 | 1-877-830-2990 | Fax: 250-830-6710
Web: www.srd.ca | Email: planning@srd.ca



Map 1



Map 2

QIRS AGM

The Quadra Island Recreation Society's AGM will be held on Tuesday May 17th at 7:00pm in the Main Hall.

This is an opportunity to hear about what QIRS and its committees did in 2021. Everyone is welcome to attend.

A Really Big Day!!

On Saturday, May 7, not only is the Summer Market opening with all of its treasures and great information, but the ICAN Water Security Team is having a workshop to help islanders learn more about water on Quadra. "Groundwater Protection from Wells to Aquifers" will be presented on Saturday, May 7, 10am to 12noon in the Quadra Community Centre. The main speaker is Sylvia Barroso, MSc, PGeo, Water Protection for the West Coast Region. Sylvia has provided support and an abundance of scientific information to the Water Team. She was involved with the first (and only) observation well on Quadra and is current with information about its status. Topics include: How groundwater and wells work; Known sources of groundwater on Quadra; Common issues affecting ground water; How to protect groundwater by individual action, monitoring, and land use. Members of the Water Team and local water experts will join Sylvia for your comments and to answer your questions. AND you will still have time to have lunch and spend the afternoon checking out more ICAN Team projects at the Summer Market!

Sail Blazers AGM

April 28, 2022, starting at 7pm, Stonehouse at Taku Resort. We are excited to kick off the 2022 sailing season.

Please email quadrasailblazers@gmail.com or phone Kirstie at 250-204-1866

Young Musicians Concert

The Young Musicians Concert returns to the Community Centre on May 7th!

We are pleased to announce our 5th Annual Young Musicians Concert, Saturday, May 7, 7-9pm LIVE at the Quadra Community Centre.

This concert is a chance for children and youth on the island to share their music with the community and get comfortable with performing. Teachers, parents, and friends often join in and the concert is always a fun and inspirational show.

Entrance is by donation. Coffee and desserts will be for sale. All proceeds go to support the Quadra Island Young Musicians Fund which supports music education and experiences for young people on Quadra.

Do you know any children or youth on Quadra who would be interested in playing in the concert this year? Please ask them to get in touch with us at quadrayoungmusicians@gmail.com. The deadline to submit songs is Monday, April 25th, at midnight.

Hope to see you on May 7th!

Dave Blinzinger and Jen Banks-Doll, organizers

At The Legion!

The next Bingo is on Sat. April 23rd from 7:00-9:30 and the next general meeting is on Wed. April 20th 7:00pm

May Day, May Day!

We NEED your theme ideas for May Day 2022!

Suggestion boxes are out at the library, both grocery stores, the school and the Community Centre. Be part of the action by giving us your theme ideas.

Submit your, creative, wild and zany ideas NOW, as the boxes will only be out for a few more weeks!!

We are excited that May Day (May 28th) can happen again at Rebecca Spit and we can carry on this historic Quadra tradition!

Most things will be pretty similar this year, but in true historic fashion we are asking that you pack your own favourite picnic lunch, as there won't be a concession this year. We sure are looking forward to celebrating our wonderful community again this May Day!

Be part of this annual celebration by volunteering, joining the parade with your own float or by simply cheering on the contestants!

This event is organized by the Quadra Island Community Centre. If you'd like to get involved by volunteering, please contact us by phone at 250-285-3243 or by email at info@quadrarec.bc.ca

OUTDOOR CONCERT! CLANNA MORNA

Saturday April 16
\$25 online + at the door

DINNER WITH DANNY RAMADAN

Saturday April 23
Two Course Dinner \$59

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HBI Pub Dining 1pm - 8pm **250.285.3322** for takeout or a reservation

Heriot Bay Inn

a beautiful place to spend time

ISSUE 778
15 APRIL, 2022

Publisher/Editor Philip Stone

The DI is published every two weeks.
Our current edition and upcoming
deadlines are online:
www.discoveryislander.ca

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

- **300 words** is an ideal length for community announcements.
- Articles do not need to be sent as attachments. Simply **send the text in the body of your email**.
- **Canadian spelling** is preferred.
- **Please use the title** of your item in the email subject line. We get a lot of items called 'DI Article'.
- Remember to **include credits and captions** for photos & artwork.

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

GIFT SUBSCRIPTIONS

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 Monday, April 25
for publication on
Friday, April 29, 2022

COMMUNITY NEWS & EVENTS

QI Outdoor Club Upcoming Events

The only outing remaining in
the "winter" schedule is our
Earth Day paddle to Main Lake,
which includes a hike. After the
summer planning meeting on
April 24th, we will start to build
the new summer schedule:

22 April, Friday - paddle and hike
in Main Lake Prov Park

24 April, Sunday - Summer
Planning Meeting

The "winter" schedule
can be found at [https://
qioutdoorclub.org/schedule-fall-
winter-2021-22/](https://qioutdoorclub.org/schedule-fall-winter-2021-22/) for details about
the season and our final outing.

With longer days and spring
flowers, this is a good time to
think about all the places you
would like to visit over the spring
and summer. We are hoping for
the full range of hiking, kayaking,
day and multi-day trips. Make
a list of your favourite and new
destinations for the planning
meeting. The planning meeting
will be held at the Community
Centre on Sunday, April 24th at
2:00 in room 3, upstairs.

For more information about the
Quadra Island Outdoor Club,
you can email to [qioutdoorclub@
gmail.com](mailto:qioutdoorclub@gmail.com) Quadra Island
Outdoor Club, you can email to
qioutdoorclub@gmail.com

QI Food Guide

ARE YOU A food producer on
Quadra? Are you aware of the
online guide for consumers to
find local fresh food? Check it
out at www.qifoodguide.ca! A
listing with the Quadra Island
Food Guide is free! If you are not
yet included in our Food Guide,
please contact Kathryn for
more information: 285.2103 or
email qifoodguide@gmail.com.
We want to connect our food
producers and consumers, and to
promote local food culture!

QES Solar Monitor Access And A Big Thank-You to ICAN Donors

ICAN ENERGY is delighted
to announce that the Quadra
community can now access the
monitor for the solar panel array
on Quadra Elementary. Just head
on over to our website at [https://
www.quadraican.ca/](https://www.quadraican.ca/) and click on
ICAN Updates; you'll see Access
to Monitor immediately on the
left. Or go directly to [https://
tinyurl.com/2k9jh6xu](https://tinyurl.com/2k9jh6xu).

The monitor provides a read-
out of the electricity being
generated in real time and
provides cumulative statistics
for the month, the year, and the
lifetime of the system. If you
have your own electricity bill to
hand, you'll be able to gauge the
effect of installing solar panels
for your own use. The monitor
also summarizes environmental
protection benefits in terms
of CO2 not generated, gas not
burned, and the like.

The system on Quadra
Elementary is a grid-tied system,
which means that it feeds
electricity into the grid. The
amount is measured and then
used to calculate a credit, which
is applied to the customer's bill.
Grid-tied systems are popular in
environments like our own where
winter days are often overcast
and the system generates less
electricity than customers
require, but summer days
generate an excess. However,
the information provided by
the monitor is strictly about the
amount of electricity generated
— it doesn't show credits
acquired or used — and so the
system will also be useful to those
considering off-grid applications.

We would like to extend an
enormous thank-you to all
the donors from the Quadra
community whose generosity
made the project a reality.
Our benefactors include, in
alphabetical order, Joyce Baker
& Ray Grigg, Sandra Burns,

Emma Chandler, Connie
Cochrane and Jack Seigel,
Paul and Deb Doherty, John
Fraser, Lara Fraser, Mike Gall,
Alex Hare & Heather Kent,
Barry and Sharron Haltelt,
Sally Houghton, Matthew
Kelly & Owen Williams, Ivan
C. Lee, Lynden McMartin,
Sabine Maibauer, the Quadra
Island Real Estate Team – Bill
Bradshaw Personal Real Estate
Corporation & Sarah Bradshaw,
Royal LePage Advance Realty,
Rockford Royko, Leona
Skovgaard, Bill Stoddart, Susan
Stratton, Colleen Swanson,
Taku Resort, Kris Wellstein, and
Jan Zwicky.

Because of a computer crash in
the autumn of 2021, it's possible
we have missed some people who
donated through our Go Fund
Me campaign. If you supported
us through Go Fund Me and
don't see your name in the list
above, please get in touch! We
are preparing a simple plaque
acknowledging our donors,
which will be mounted on the
school. You can reach us by email
at quadraicansociety@gmail.com
or by phone at 604-789-2492.

We are also grateful to BC
Hydro's Broad Impact Grant
program, to Campbell River
Community Foundation, and to
Campbell River Daybreak Rotary
Club for their support.

Quadra Island Foundation
provided crucial assistance while
ICAN was in the process of
acquiring charitable status.



Quadra Island Garden Share Program

Presented by

Quadra Island Garden Club and ICAN

- Do you need help with your garden this year?
- Do you want to help someone with their garden & gain something in return?
- Do you want to grow food but don't have the space to do it?
- Do you have more space in your garden than you need & are willing to share?

These are just some of the examples of how this program could benefit you! Quadra Island Garden Share is a new program to help make community connections in the world of gardening.

Sign up as a gardener or a land host

- Gardeners can help their host in their garden or have a plot on their host's land
- Hosts can request a helper or give some space on their land

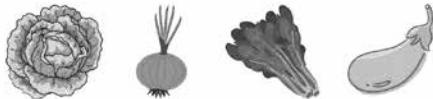
How and When

- Application time - Now until April 26th (although we will continue to accept applications ongoing)
- Garden matchmaker - Beginning April 30
- Time to Garden!

Want to learn more?

Visit our website www.quadraican.ca/gardenshare/

email- QIgardenshare@gmail.com or call/text Katie May 250-202- 9205



NISHS Auction

THE NORTH ISLAND Survivors Healing Society's Online Auction is April 4 to 6, 2022.

We invite you to visit www.nishs.ca on April 4 to start bidding. All proceeds from this fundraising event go to supporting trauma and abuse counselling.

Festival of Chamber Music

JULY - THE MONTH OF PICNICS, BEACHES AND MUSIC, MUSIC, MUSIC!

The Quadra Island Festival of Chamber Music will be held Monday-Friday, July 18-22. Prepare to be uplifted. See quadrafestival.ca for information and updates.

Easter Bazaar

MARK YOUR CALENDARS for the Whimsical Easter Bazaar at 10am on Saturday, April 16 at the Quadra Legion. Rent a table for \$10 to sell your wares, crafts or excess items from your spring clean. Donations of saleable items also accepted. Chili and hot dogs will be served. Hosted by the Ladies Auxiliary. **To book call Pat at 250.285.2202.**

QISES AGM April 14

QISES WILL BE having its Annual General Meeting on April 14 at 7pm at the EcoCentre. Public welcome and anyone interested is invited to attend. We'll discuss director nominations and the coming year's goals. The monthly director's meeting will follow afterwards at about 7:30. Feel free to contact Lauren at 285.2787 if you have any questions. Want to be more involved with salmon on Quadra? We welcome you there!

WHAT'S HAPPENING

at Quadra Community Centre

THIS WEEK: April 15 - 22

FRIDAY: 10:30 Friday Painters, 12pm Smart Recovery (to join contact Jude: smartrecovery@gmail.com)

SUNDAY: 1:00 - 3:30 Quadra Island Death Fair

MONDAY: 10am Yoga with Josephine

TUESDAY: 9:00am Quilters; 10:30 Q. Circle Strength & Balance, 5pm Yoga with Trinity, 7pm Folk Dancing; 7pm Adult Figure drawing lessons and 8:00 Life Drawing with Sophie

WEDNESDAY: 10am Yoga with Trinity, 1:30 Q Circle Mosaics; 7pm SRD Public Hearing: Bylaw NO. 94 and Bylaw NO.95, Amendment NO. 99 (Schellnick)

THURSDAY: 6:15pm Quadra Singers

FRIDAY: 12pm Smart Recovery (to join contact Jude: smartrecovery@gmail.com); Quadra Singers presents: "Here's to Song" - 7 pm. Doors open 6:30

NEXT WEEK: April 23 - 29

SATURDAY: Quadra Singers presents: "Here's to Song" - 7 pm. Doors open 6:30

MONDAY: 10am Parents and Tots, 10am Yoga with Josephine, 1pm Q.Circle Ping Pong

TUESDAY: 9:00 Yoga with Brenda; 9:30 Quadra Quilters; 10:30 Q. Circle Strength & Balance, 5pm Yoga with Trinity, 7pm Folk Dancing, 7pm Adult Figure drawing lessons and 8:00 Life Drawing with Sophie

WEDNESDAY: 10am Yoga with Trinity, 1:30pm Q Circle Mosaics; 7pm SRD Public Hearing: Bylaw NO. 458 (Turkstra)

THURSDAY: 6:15pm Quadra Singers

FRIDAY: 10am Friday Painters, 12pm Smart Recovery (to join contact Jude: smartrecovery@gmail.com)

QCC is the place for community groups and clubs, yoga, ballet, painting, folk dancing, singing, workshops, birthday parties, playing, learning... and SO much more! Thank you for all of your support! For any more info phone 250-285-3243.

You can also check out the on-line calendar at www.quadrarec.bc.ca

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Physical Changes in Dying

MY FIRST EXPERIENCE WITH THE DEATH OF A LOVED ONE WAS UNNERVING. I did not know how to interpret the physical and mental changes I witnessed. I had no capacity to learn about death while it was unfolding before me; it was difficult enough just to be there.

In bringing a baby into the world, there are opportunities to take classes, read books, and listen to the experience of others. In helping someone leave this world, we can also learn to trust that, just as the body innately knows how to birth, it also knows how to die. Although each person and journey is unique, having some knowledge about what to expect can equip us to be present and supportive.

Following is a brief summary of what we might expect.

Withdrawal: Our loved one may become less interested in everyday life and no longer enjoy the things that once gave pleasure. She may decline visitors, and sit quietly by herself for hours. He may talk less, yet still communicate with touch or gestures. She may spend a lot of time asleep and be more difficult to awaken.

Disorientation: Our loved one may pick at her bedsheets, fiddle with her clothing, or participate in another seemingly aimless activity. She may be confused regarding times, dates and events. He may speak to people who we cannot see, often people who have already died. She may become anxious.

Reduced Appetite: It is normal to eat less and less, and simply not be hungry. She may prefer only soft foods, and then only liquids. As the body shuts down, the dying person may just want to suck on ice chips to wet their mouth. We are told this is not painful.

Bowel and Bladder: Constipation and incontinence may become a concern.

"Accidents" may begin to happen. As our loved one gets closer to death, muscles relax further and control becomes more diminished. The quantity of urine decreases and often becomes stronger and darker in colour.

Restlessness: Our loved one may appear to be restless or agitated. They may seem confused, irritable, and appear to be in pain. This is common, and can be very distressing to those present. "Terminal delirium" is marked by extreme restlessness and agitation and may happen when the person is close to death. Medications may need to be adjusted.

It is important that caregivers realize that what they imagine is happening may be very different from what the dying person is experiencing. If the ability to communicate has been compromised, pay attention to any signs that communication is happening in a new way.

Temperature and Skin Colour: As circulation decreases, our loved ones' extremities begin to cool although their body is warm. He may feel hot and clammy one minute, and cold the next. Hands and feet, and then arms and legs, may become blotchy and mottled. Lips and nail beds become purplish or blue. Skin may take on a pale yellowish or bluish complexion.

Increased Energy: There may be a brief surge in energy, alertness, and engagement. He may want to get out of bed and talk to loved ones, and show interest in food again. This is common and lasts only a short time.

Breathing: Breathing may slow down. It may stop briefly and then restart again. There may be periods of no breathing for up to 45 seconds, followed by deeper and more frequent respirations. Breaths may be spaced further and further apart. Breathing may be shallow and quickened, or slow and laboured. Our loved one may gasp for air. Secretions may pool in her throat, causing a gurgling sound. When loud, this is often referred to as the "death rattle."

Although the above list may be disconcerting, familiarity with the process may enable you to trust and relax into it. Being with a loved one right to the end, where the two worlds touch, can be a great privilege.

"There is no greater honour than to be with another as they journey Home." – St. Brigit of Kildare

Dinner With Author Danny Ramadan & Musician Spencer Hiemstra

The Heriot Bay Inn is excited to offer an evening with author Danny Ramadan in Herons. Danny Ramadan is the Haig-Brown Heritage House Writer-in-Residence for 2021-2022. A two course dinner, reading, Q&A, and acoustic folk music with Vancouver Island musician Spencer Hiemstra are happening Saturday April 23. We are pleased to present this evening in partnership with The Museum at Campbell River.

Danny Ramadan is a Syrian-Canadian author and LGBTQ-refugees advocate. His debut novel, *The Clothesline Swing*, won multiple awards. His children's book *Salma the Syrian Chef*, continues to receive accolades. Both books were translated to multiple languages. His short stories and essays have appeared in publications across North America and Europe.

Tickets are \$59, purchase <https://heriotbayinn.com/events/dannyramadan/>

The Museum at Campbell River is offering a Writing Workshop with Danny Ramadan on the afternoon April 23 at the Heriot Bay Inn. Spaces are limited, please contact the <https://crmuseum.ca/2022/03/24/writing-workshop-with-danny-ramadan-quadra-island/>



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Belated Valentines Greetings from the Philippines!

The following letter recently arrived from Analiza Macad accompanied by Valentines greetings/cards created by her and Zeah Mae Paclay. These are the two students from the Kalinga area of northern Luzon in the Philippines whose education Quadra Islanders continue to support through the small NGO, IAT.

Dear Friends at Quadra Island Community,

Before anything else I want to send you Happy Valentine's Day Greetings. I hope your day of celebration was positive! How are you there at Quadra Island? I hope you are all in good condition and wonder what your weather is like in that part of the world right now. It is getting warmer here in the Philippines.

Our sports league has already started this month in our barangay but we are unable to watch because of the ongoing pandemic. My father has been busy on our farm and my mother was watching over us, especially my younger brother who became sick. I also help take care of my younger siblings when my parents go to our farm.

We have already celebrated Valentines Day in February which is a day in which we celebrate LOVE. My Valentine's was fun and special because I was with my family and grandparents.

We had a picnic together at the dam-site near our place. We cooked fried fish and adobong manok (it's a Filipino chicken dish and I wish you could try it!) While my parents were cooking, my siblings and I were playing guitar music and singing. It was a magical time and I couldn't ask for more then!

One sad thing that happened, however, was what my grandma had a problem with her eyes and fainted many times because of her situation. I pray that my grandma will get better soon because she is the one who helps to watch over my younger siblings when my parents are at the farm. Also I would like to spend more time with her.

I am doing great with my studies and soon will be completing Junior High School. The year was challenging for us with the COVID outbreak and I personally had to adjust to a lot of things. Many students like me, had to face a lot of problems in their studies because of poor internet connection. But I have persevered!

Until next time again my dear sponsors... Once again thank you for supporting me and giving me a chance to study. I am very lucky that I have this chance to study and my wish is that you always stay healthy and happy!

Two Homes on 5 acres, Quathiaski Cove



Renée Stone



Quiet, private location close to amenities in the cove. 2 bdrms & 1 bath each. Main house characterful, cozy & bright, vaulted ceilings, large deck, wood stove. Large attached workshop, over-height, detached double carport. Beautifully landscaped fully fenced gardens around the homes.

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ReneeStone@QuadraIsland.ca

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wolfdenmechanical@gmail.com

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285-3334 qcopies@telus.net

Woodlot Conversation

Coleen, thank you for your woodlot perspective letter in the last issue. I'm certainly relieved to learn the high-frequency loaded-logging-truck parade I noticed over several weeks is not continuous but rather an occasional multi-woodlot collective effort.

I also am not a biologist, but definitely a fan of wild places & wolves. I read some science which stated as few as 100 human sightings/interactions can make a pack abandon their territory: this knowledge + increased wolves on Quadra's southern areas sparked my initial letter. I've learned a further concern with clearcutting (after the initial "salad bar" phase) is the many decades of dense forest canopy which severely limits forest forage. This reduced carrying capacity for deer inevitably decreases wolf numbers also. And in my research I've also learned that sadly, it's legal to hunt wolves ten months a year: eagles have more protection than Quadra's apex predators! I'm happy to participate in this community conversation to better understand Quadra's woodlots, superior in so many ways to corporate forestry. I checked out your recommended site quadrainlandwoodlots.ca and I appreciate the current maps and detailed plans some woodlots provide. The site states Quadra's woodlots are owned by locals and have close ties to local communities within which they reside. Two of Quadra's eleven woodlots are owned by non-Quadra residents -- this must make it more challenging for them to shop locally. Woodlots are designed to promote local employment, so I'm hopeful it's a tiny percentage of woodlot logging done by the infamous feller-buncher, the machine which (according to the internet) "does the work of 10-15 men". It's fantastic that Quadra has such a wealth of woodlot foresters employing locals and managing for a healthy-forest future. Thank you.

See you on the trails, maybe in a trail on a woodlot,
Robyn Mawhinney/Discothistle

Have an opinion to share?
Submit your letter to the DI by email:

news@discoveryislands.ca
PREFERRED

Please be concise.

Opinions expressed herein
are those of the authors and do not
reflect the views of the publisher.

Kay Dubois Memorial Scholarship

THE QUADRA LEGION Ladies Auxiliary is accepting applications for the Kay Dubois Memorial Scholarship from students entering their first year of post-secondary education.

A monetary award will be based on academic and citizenship criteria.

Mail application to Box 129, Heriot Bay, B.C. V0P 1H0 or email bill_barb@telus.net
Close date is May 31, 2022.

Way to Go

Join us for our final meeting of this season, Easter Monday, April 18 for conversations about death and dying. 7:15 to 8:45 pm, QCC Rm. 3, including a time of sharing, short business, and presentation by Cliff Mooney, "From a Home Death to a Natural Burial".
Twoonie admission, masks optional, info 285-3298.

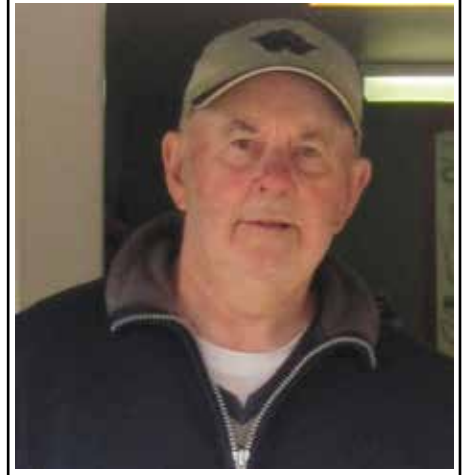
CRAAG - Artist Development

Part 2: Learn to Present your work

The second in a series of four Professional Development for Artists seminars, hosted by the Campbell River Art Gallery and the Campbell River Arts Council. April 23, 2022-1-3pm. Each seminar is \$25. Members receive a 10% discount. Register here:
<https://tinyurl.com/mmm5etc2>

Dennis Strafford Young (October 17, 1927 – April 8, 2022)

Born in North Hampton, England, my dad moved to Canada in 1953 with his wife, Daphne and his son, Roger. He lived in Québec, Ontario and finally moved to a warmer climate and a better paying job in British Columbia in 1971. Dad was a mechanic all his life; after retiring from fixing heavy equipment for the forestry industry in B.C., he operated Fox Motors on Quadra and helped islanders with their cars. Dad was an avid reader, mostly books about WWII, and he loved gardening and watching birds. His gentle soul will be missed.







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Friends of Hyacinthe Creek

The Friends of Hyacinthe Creek (FoHC), have had to say goodbye to our Honorary President -Geraldine Kenny -as she and her husband, Rod Burns, have left Quadra. Sadly, after 28 years, they cannot afford to buy a house here. Both have worked indefatigably for the environment -and I, especially, will miss Geraldine's wicked sense of humour and our shared love of music (Mick Jagger to Daniel Barenboim). Quadra's huge loss is Nova Scotia's gain.

Geraldine has urged me to list the annual Coho numbers in HC as we have records from 1947 and I have mentioned in a previous DI letter that the Coho are on an extinction course without giving details.

Rather than print all the yearly counts here I have averaged the yearly counts over 10 year increments which shows the dramatic decline more clearly. (If you want the complete data -the yearly numbers -please contact me.)

Here is the list (note-the first is for 3 years only and *there's no data for 1976-79)

1947-49 aacc 1,425 (aacc=average annual Coho count)

1950-59 aacc 277

1960-69 aacc 425

1970-79*aacc 165

1980-89 aacc 156

1990-99 aacc 61

2000-09 aacc 53

2010-19 aacc 18

In 2020 2 Coho were counted.

In 2021 16 Coho (QISES reported in the DI)

The 2021 count is especially significant as FoHC blockaded on Nov 15th -when the Coho would be ascending.

We did succeed in stopping logging around the headwaters and wetlands of Tan Creek, and also stopped Mosaic putting in a temporary 7m. steel bridge on top of the old log bridge over Tan Creek. With modern machinery all this activity would have caused siltage and debris down Tan Creek and future changes to the water flow.

Tan Creek empties into Mud lake and its lower part is a Coho spawning area. The 16 Coho were seen in Mud Lake vicinity.

Hopefully, thanks to FoHC's direct action Coho spawning was successful there last Fall. We still have not heard what Mosaic plans to do. We will continue our watch and our commitment to protect HC watershed. Thank you to all those who have supported FoHC. Eileen Sowerby

Quadra Singers Presents "Here's to Song"

Friday April 22 & Saturday April 23 – 7 pm.
Doors open 6:30, Quadra Community Centre.

Our December 2021 concerts were well appreciated and these two concerts also promise to be a treat. Pre-purchase tickets at Inspirations. \$12 – adults, \$6 – 6 to 16 years, 5 and under free. (at the door \$15 – get your tickets early and save) No concession – feel free to bring a beverage/snack.

Our interim Music Director is Jo-Anne Preston – a very experienced choir director and current soprano in Island Voices. Jo-Anne explains that in choosing songs she was thinking about why we use music – to say welcome or farewell, to express faith, to celebrate, protest, or make work more bearable. Music is an expression of our cultural identity; it enables us to dance, to show our love, and sometimes just to have fun. Our second song is dedicated to the people of Ukraine – “Sim Shalom – Let There be Peace” This concert also features the world premiere of the choral version of Heart's Content, composed by choir member Julie Douglas. With a lilt that reminds us of ocean waves, sea breezes, and love of home and family, this is truly a touching piece. We are pleased that Thom Knutson will become our Music Director in Fall 2022. Thom currently sings tenor in Quadra Singers and in Island Voices.

Instrumentalists include Joyce Baker on piano and cello, Hanna Lewandowski and David Pumple on drums and percussion by Julie Douglas and Norma MacSween.

Quadra Singers continues to welcome new members to our friendly ensemble. The ability to read music is helpful but not required. Been thinking of joining a choir? Come join us next season! Learn more about us on the choir's Facebook page or email our Chair Joan Varley quadrasingers@gmail.com We hope to see you soon!



Land Act:

Notice of Intention to Apply for Disposition of Crown Land

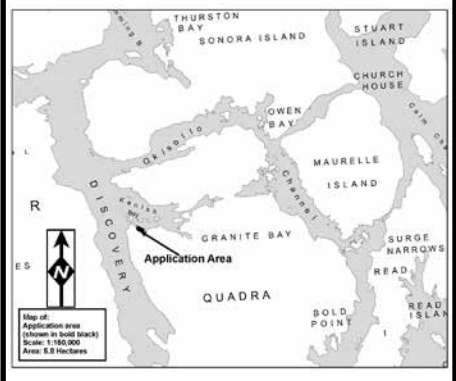
Cape Mudge Forestry Ltd., owner of Woodlot Licence (WL) W1969, intends to submit application to the Ministry of Forests, Lands, Natural Resource Operations and Rural Development (FLNRD), Campbell River District, for a **Licence of Occupation for industrial log handling, dumping, booming and storage**. The site is situated on Provincial Crown Land/water, located in **Kanish Bay, Quadra Island**.

Comments regarding the deposition of Crown land can be sent to Mark Siemens of Capacity Forest Management Ltd. on Behalf of Cape Mudge Forestry at 1761 Redwood Street, Campbell River, BC, V9W 3K7, or by email at reception@capfor.ca. If you would like to include the FLNRD please include the optional CC of Forests.CampbellRiverDistrictOffice@gov.bc.ca.

During correspondence, **please include the Lands File Number 1405637**.

Comment period for this notice will be 30 days, beginning April 15th, 2022 and ending May 15th, 2022. Please be advised that any comments to this advertisement will be considered part of the public record.

For further information contact Information Access Operations at the Ministry of Technology, Innovation and Citizens' Services in Victoria at: www.gov.bc.ca/citz/iao/



March in Real Estate

Spring is in the air and the nature is waking up from its wintery rest and hibernation (including myself!). Last few weeks have been quite busy for me therefore there was no time to contribute with an article in the last Discovery newsletter. In this edition however, I would like to share March statistics with you.

Campbell River

Inventory in the Vancouver Island Real Estate Board (VIREB) area is slowly inching up but is still far from ideal.

In Campbell River, the benchmark price of a single-family home hit \$722,400 in March, up by 28 per cent from the previous year.

Benchmark Price for an apartment: \$363,300.

Benchmark Price for a Townhouse: \$537,300.

Quadra Island

Quadra Island in March had 2 new listings, 2 sold (pending), 2 cancelled, and 1 expired listing

Cortes Island

March on Cortes Island had 1 new listing listed at \$775,000 and 3 pending.

Calgary

For the second month in a row, sales activity not only reached a monthly high but also hit new record highs for any given month. Gains

occurred across every property type as they all hit new record highs.

"While supply levels have improved from levels seen over the past four months, inventory levels are still well below what we traditionally see in March, thanks to stronger than expected sales activity," said CREB® Chief Economist Ann-Marie Lurie. "With just over one month of supply in the market, the persistently tight market conditions continue to place significant upward pressure on prices."

The benchmark price of detached homes in the city of Calgary hit \$620,500; semi-detached: \$478,400; row home: \$335,400; apartments: \$265,900.

Vancouver

"Market remained elevated in March."

"March of 2021 was the highest selling month in our history. This year's activity, while still elevated, is happening at a calmer pace than we experienced 12 months ago," Daniel John, REBGV Chair said. "Home buyers are keeping a close eye on rising interest rates, hoping to make a move before their locked-in rates expire."

The benchmark price for a detached home is \$2,118,600. This represents a 23.4 per cent increase from March 2021.

The benchmark price of an apartment home is \$835,500. This represents a 16.8 per cent increase from March 2021.

The benchmark price of an attached home is \$1,138,300. This represents a 28.1 per cent increase from March 2021.

Toronto

There were almost 11,000 Greater Toronto Area (GTA) home sales reported in March 2022, capping off the third-best March and second-best first quarter on record. Tight market conditions continued to support a double-digit annual pace of price growth, with an average selling price of \$1.3 million. The average selling price dipped slightly month-over-month, bucking the regular seasonal trend

However, we did experience more balance in the first quarter of 2022 compared to last year. If this trend continues, it is possible that the pace of price growth could moderate as we move through the year," said TRREB Chief Market Analyst Jason Mercer.

The average price for a detached home in area (416) is \$1,920,018.

The average price of a semi-detached home (416) is \$1,545,447.

The average price of a townhouse (416) is \$1,117,469.

The average price of a condo (416) is \$831,351 as reported by the Toronto Regional Real Estate Board (TREBB).

Today we are facing the most serious housing crisis ever, in this country. Yet, we continue to keep faith that our government will come and save us, even though the government has created these problems in the first place. Have you seen the latest government proposals to "help" with the housing market? I may address those in my next article. As for now.... I'm once again excited about this new gardening season.

One thing I have learned last year, the hard way, is planting seeds too early. The wait is hard, but in another week or so we should be good to go, my fellow gardeners. Thank you to all the gardeners for sharing valuable information with the community. I have lots to learn.

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Tree Huggers

Marina Abramovic is an internationally known performance artist. She teaches her fans "art pieces that experiment with time, metaphysics and the human body."

These creative exercises, which are instructions in "endurance, concentration, self-control and willpower" are intended to "reboot your life" (Guardian Weekly, 18 February, 2022). In 2020, she convinced a group of volunteers to try tree-hugging as an antidote to the isolation caused by the Covid pandemic.

This was a five-hour exercise for a Sky Arts television program. Although it seemed like a "mockmentary", the experience was transformative for those who participated. "It was amazing," Abramovic said, "how people got emotional. How much they kept inside, and how talking to a tree [was] a kind of release." But hugging a tree might have wider uses.

Consider what the experience might do to anyone who approaches a tree with a chainsaw. Even a few moments of physical contact and thoughtful communion with the tree might have an "amazing" effect. Sharing a longer silence together, before the chainsaw begins its angry scream, might be enough of a pause to at least inspire an apology. Talking to the tree would be a considerate gesture that could lead to a deeper level of communication, and the discovery that living trees have many experiences in common with living humans—death being one, although we don't really know how a tree dies and how long it takes to do so.

Because we don't usually give enough thought to understanding trees, the human gesture of hugging something so tall, patient and old could be a life-altering experience for us. The tree, after all, is a living embodiment of Abramovic's practice of cultivating such admirable attributes as "endurance, concentration, self-control and willpower". Consider the commendable attributes that trees share with our better aspirations.

For "endurance", trees can live for centuries. Even the ones that loggers routinely chainsaw as "merchantable" are likely their seniors by many years. Some are older than the histories of their families, or the country in which they live, or the hungry maw of capitalism into which the log of the tree will be fed. Some trees are older than the discovery of North

America by Europeans. A rare few, such as a nearly 5,000 year-old bristlecone pine called "Methuselah", are almost as old as human civilization itself. The most ancient of the enduring tree species is the Wollemia pine in Australia, at 200 million years. This compares to our 3 million years as primitive hominids and 200,000 as modern Homo sapiens.

"Endurance" also brings to mind the 500-million years in which trees have existed as a distinct species. In those early tree years, when soil was sparse, they developed a co-operative relationship with fungi, a trading system in which the tree exchanged essential sugars for vital minerals. Beneath the trunk of the tree and the logger's boots is the same network of intelligent communication and mutual assistance that is a sociological and biological wonder—not very different from the co-operation used by humans to build their civilizations. Trees also developed inter-individual awareness through a "wood wide web", and by using airborne pheromones, another sophistication that might make us wonder why we would treat them as objects.

Additionally, "endurance" requires "concentration". Trees live in a slow time that is not available to our failed imagination. A pathological anthropocentricity doesn't allow us to experience the short life of the fruit fly or the longevity of the tree. Maybe wrapping our arms around the coarse bark of a big conifer would offer a partial remedy to this defect in our character.

Trees have more "self-control" than we do. They know what they are and they don't try to be something different. They don't suffer an existential crisis about what they will be when they grow up, so have no need to go on protracted journeys in search of themselves. Like all enlightened beings, they have an indisputable presence of authenticity. "Willpower" is another attribute Abramovic is trying to cultivate in her performance art. So you might have noticed that trees grow where their seed has landed, regardless of the circumstances. This requires a resilience and determination that could be a sagely model for each of us as we strive to be who we are in the conditions in which we find ourselves. Soil or rock, wet or dry, flat or steep, trees heroically struggle to be themselves in the conditions that life has set for them. If we were to judge them as humans, we would call this a dignified and stoical nobility.

One of the first of many insights we could garner from hugging trees would come from

breaking the physical distance between them and us. Things don't have to be warm and cuddly to be loved. Isn't love letting things be themselves? We might then realize that we are part of the same interconnected fabric of extraordinary relationships required to make all life possible and fulfilling. We couldn't live without trees. Unfortunately, however, they are having difficulty living with us, a rather unfair and unjust arrangement given our propensity for causing ecological mayhem wherever we have planted ourselves.

The performance art of Abramovic does get us thinking, which is precisely her intention. To address anger, she suggests, first "notice the moment of anger, then stop it" by holding your breath for as long as possible. Repeat as necessary until the anger subsides.

We could use the same practice when we choose to cut down a tree. So give it a long, lingering hug. Feel its coarse bark against your cheek, smell its musty age, and sense the solid weight of its presence. Then hold your breath for as long as possible. Repeat as necessary. Try counting the tree's branches and estimating the number of its needles or leaves. Give some thought to what you are intending to do, and why you are doing it. Think of the tree's patience, perseverance, dignity, and the intricacies of its relationships. Consider that it must have some form of consciousness, otherwise it couldn't become the being that it is. Ponder the mystery of life that is shared by all living things. Isn't all life a magic to be honoured?

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Cortes Island Active Transportation Planning Project

The Strathcona Regional District (SRD) will be updating its Official Community Plan for Cortes Island in the next year. To help prepare for this update, the SRD has retained Urban Systems Ltd. to conduct a study and collect data related to active transportation networks, facilities, and challenges on Cortes Island.

This project is fully funded through the Union of BC Municipalities' Active Transportation Planning (ATP) grant program, which helps local governments add active transportation elements into planning documents (such as Official Community Plans) and to identify opportunities to improve existing active transportation networks.

Active Transportation refers to a range of human-powered modes of transport, such as walking and cycling. Through this project, the SRD hopes to better understand how residents and visitors move across the island and how the regional district can encourage more trips by active transport modes. We know that local knowledge and input is critical, so hope you will share with us!

• Online survey – www.srd.ca/cortes-active-transportation-planning

This survey is open to all Cortes community members from April 8th to May 1st and we kindly ask you to share it with your networks and neighbours.

• Active Transportation Workshops:

We will be hosting a series of workshops, one virtual and one in-person, to share an overview of this project, and to hear your thoughts on active transport priorities for Cortes Island and opportunities for collaboration with Cortes-based organizations.

If you, or another representative from your organization, are interested in participating in the workshop(s), please RSVP to arodgers@urbansystems.ca and include your preference (virtual or in-person attendance on Cortes Island). We will be sure to provide the information necessary for your participation.

• Virtual Workshop – Thursday, April 21st from 2:30-4:00 pm

• In-Person Workshop on Cortes Island – Tuesday, April 26th from 1:30-3:00 pm at Mansons Community Hall, 983 Beasley Rd.

For more information about this project, please visit www.srd.ca/cortes-active-transportation-planning or contact the project team below if you have any questions about the study.

Calling All Musicians

On Saturday June 18, 2022 at the Quadra Island Legion there will be a music jam and fundraiser for Frank Doherty to help him with his medical bills. Frank needs a complete jaw, tongue and teeth replacement due to cancer.

Frank Doherty has won a very long difficult battle of tongue cancer. He made it through numerous surgeries, chemo, radiation, hospitalizations, tube feeding to now only eating blender/liquid food. Frank is one of those very rare people that are just good to the core. He has helped many people in any community he has lived in, worked for many, undercharged for much of his stone mason skills, encouraged and taught

people how to do stone work on their own. The medical system has a minimum 2 year wait for Frank to get dental surgery to replace jaw bone and receive teeth so the poor guy can eat some food, like the rest of us!

There will be a silent auction, raffles, 50/50 draw and more. We would love for you to join with us to help Frank and also it's a great chance to jam with your fellow musicians.

If you require more information and to let me know if you are coming, please call Judi at 250 204 4876.

Hope we will see you there for a fun day!



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REGIONAL DIRECTOR'S REPORT

More spring weather! This time it is warm, beautiful sunshine (for now!). Heavy rain showers, huge hail stones, snow flurries and unseasonably cold temperatures have all been part of the mix over the past few days. April showers (etc.), bring May flowers! Right? We'll see.

So a number of important items for this report.

BC Ferries "rumours" and facts

I am sure most of you have seen the press release by BCFS letting us know that our two-ship solution has once again been delayed into the "fall" rather than a start up in July.

I have been in personal contact with the CEO and his other senior staff, to get some clarity on what is going on. Our FAC has also met with BCFS to hear the news directly, that was already in the release.

The FAC and my personal discussions proposed a number of mitigating measures, some of which were dismissed and two that were taken back for further discussion. Those are the ones you will want to hear about.

First was to not mess with our regular schedule in July and it has been made very clear to us that there will be NO schedule change whatsoever in July. So cross that one off the rumour list.

Second was to return to a priority loading system that did work when it was tried out, but was stopped after a few days. This could be for the entire day or for specific morning and late afternoon sailings. Along with it we suggested a simple solution to the personnel problems in doing the priority, by putting a person at the entry to the parking lot to direct traffic to the appropriate loading lane to take some of the burden off of the booth staff. The long term solution will be two lane traffic at

the new terminal with two attendants. This seemed to resonate with the senior staff as a possible solution, at least temporarily.

They will not be able to put on a larger vessel because they say they do not have one. They will not reduce fares for specific sailings to try and redirect the overload traffic with a "carrot solution".

The main problem is a fleet wide shortage of officer staff. Four of those are in our North Island area, based out of Little River.

That's about it for now re: ferries. There is nothing else we can do or say, if they are short staffed. Period! So plan your sailings carefully, in both directions.

Public Hearing dates

The Public Hearing for the Gowlland Harbour Views (SCHELLINCK), will be held as advertised on Wednesday, April 20th, at 7pm at the Quadra Island Community Centre as an in-person hearing with a virtual and phone component also available for those that cannot make it. That will be one of our first in-person meetings on Quadra since Covid started. I hope that most will be able to attend. We have had to postpone this hearing a number of times and it would be good to get the public input needed so a decision can be made by the Board.

On Wednesday the 27th, at 7pm, we will be holding another public hearing for a two lot subdivision at the top of Heriot Bay Rd. (TURKSTRA) This will be virtual and it will be run out of the QICC as the official meeting space. The SRD will send out notice on how to connect.

Wood Chipping program

Well, we managed to get the Province to allow us to use our wood chips from this program, on the island, without the ridiculous scheme they had of trucking them off the island!. The

SRD put out a call to community groups that might be interested and have the room for the stockpiling of the material for future use.

A long list of groups came in and it was decided by the Board to have one storage area at the north end and one at the south end. Now they are in the process of going through a Request for Interest to chippers on the island to do the chipping and hauling to the two sites. That closes on the 29th. The contact person is Shaun Koopman at the SRD.

Some of the chips will be sent to Read Island to resurface a playing area for the school kids. It will be picked up by the outer islanders and transported by boat.

Recycling Centre Development Permit - DP

We have before us on Wednesday, the DP for the new recycling centre to be established on West Rd. at Industrial Way. This is a requirement for all development in the Industrial zones. Once that goes through, the work can begin. The expected time of opening is in the fall. This has been before us for a long time and it is finally up for approval which I totally support.

In discussions with the manager in charge of this project for the Solid Waste Management service today, I was told that the re-store that we all want to see will require its own DP process and approval. I support it and will move it along as fast as I can.

Blenkin Park projects - Bike Park and Disc Golf

An application from the QIRS has come to my attention through staff and it is on our agenda this Wednesday. It is for a Disk Golf Course on the ball field area.

This has been in the works conceptually for some time but now the Rec. Society is ready

continued...



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REGIONAL DIRECTOR'S REPORT

for it to come to the Board for approval. I am in favour of it with one minor safety suggestion which I will bring up at the committee. If that is rectified, I see no reason to not proceed.

There is a second application for a Bike Park which I have long been in favour of and helped with the original rudimentary park a number of years ago. This proposal is much more involved and because it didn't come to me or the Board for approval, staff are having some problems with it. So I will be moving a motion that will hopefully move it forward once the staff concerns have been looked after.

It reads: "AMMENDED MOTION:

THAT the Committee recommend that the Board conditionally approve in principle, the bike park project of the Quadra Island Recreation Society as submitted, withholding endorsement until such time as a report identifying implications for the Regional District can be considered by the Director and the EASC." If this passes then staff can dedicate time to the project.

You can read the entire staff report on line srd.ca so that you can understand the staff concerns. I have tried to take their valid concerns into consideration by amalgamating the two options that we were given. So wish me luck!

Outer Islands Fire Brigade.

This has been a labour of love for the outer islanders led by a dedicated volunteer group to try and put together a group that can act immediately in the event of wild fire in the outer reaches until help from BC WFS can arrive. An RFP was put out for a consultant to cost this out and help provide some structure around the concept. It is being overseen by the Surge Narrows Community Association in conjunction with our Emergency Services Coordinator. After the success of community

involvement in the Owen Bay fire a year or more ago, this was a natural progression for all our rural areas. Initial attack is crucial and these folks provided it and I am sure will again.

Wharves Service for Three of our wharves

The process has been approved to start looking at a Wharves service to provide ongoing maintenance to the three wharves that were divested to us a number of years ago. They are Port Neville, Owen Bay and Surge Narrows. Transport Canada provided funding to operate them for ten years with the understanding that we would put a service in place to insure continuation of these wharves as important assets to communities and the traveling public. So we are a couple years from the end of our agreement and we need to establish a service that will benefit all for a very modest amount. The idea is to just provide enough funding to "top up" the fund to keep the wharves in good shape. This will be an ongoing process and will require consent of the population in the end. We are only at the beginning and you will certainly get your chance for input.

In Conclusion

I hope that all of you have been able to get your second (and third, where appropriate) vaccination against this plague that is disrupting our lives so incredibly. Get vaccinated, (kids also!), OK! As local government officials we have been asked repeatedly by the Province and PHO to help spread the word far and wide. We just might be getting another wave... too early to tell. But let's be prepared.

For the time being, while I am recovering from my injury, please email me rather than the other choices. After that, feel free to contact me between the hours of 9:00am and 4:00 pm, Monday through Friday (please, not on weekends or holidays, folks!) at 285-3333, 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...

Respectfully submitted,

Jim Abram, Director, Discovery Islands-Mainland inlets, Area C,

Strathcona Regional District



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Good day friends,



Our first weeks at home continue to be bittersweet.

The ups and downs

associated with a traumatic brain injury (TBI) lend to an unpredictability that is a true test of our strength and will. Each day presents us with new challenges or new accomplishments. There is so much to learn and to unlearn.

It may be hard to see the deficits in Taylor's cognitive functioning right away when interacting with her. Some of you may have been graced by her presence out and about over the past weeks without noticing the severity of this trauma. People who sustain damage to their frontal cortex can become fixated on ideas that are unsafe for themselves. The lack of impulse control and attention span sometimes leaves us feeling exhausted and dizzy. However, Taylor is a strong and bright girl who is improving every day and we trust she will heal and find herself stronger than ever. Her sweet nature and ability to find meaning and humour in the hardest moments is her biggest strength.

Through this something very beautiful has blossomed in Taylor. Often after a TBI, the individual encounters a self-transcendence that can be described as an increase in the richness of their experiences. Taylor has always had an affinity for the mystic; she puts a lot of meaning into numbers and animal sightings and other ordinary occurrences that most people would not think much of. She uses her understanding of Tarot, astrology, numerology and crystals to translate these connections. The heightened beauty of this perspective can be

overwhelming but is a wonderful reminder to always strive to expand how we interpret our experiences.

Fortunately, we have been able to access a lot of very innovative treatments with the funds that have been raised. We have engaged in a lot of research and are finding many hopeful ways to treat and manage the head injuries. At home we have an infrared sauna and a hot tub filled with epsom salts that Taylor finds very relieving. As well, we have purchased a bio photomodulation device that employs red or near-infrared light to the brain to stimulate healing. This treatment acts to reduce swelling, increase antioxidants, protect against apoptosis, and modulates microglial activation. A few weeks ago we stayed in Qualicum Beach to access consecutive visits at Oceanside Hyperbaric where Taylor began hyperbaric oxygen therapy (HBOT). HBOT is a therapy in which 100% O₂ is breathed in via an aviator mask in a pressurized chamber. This therapy dates back to the 1930s, when it was first used for treatment of decompression illness in deep sea divers. It has recently been studied and effectively used to treat an array of ailments including TBI. She enjoyed these treatments and noticed a significant reduction in pain and hopes to be able to continue with them.

We have also secured the service of an occupational therapist that works with us to support us at home. She is working with Taylor weekly to formulate an extensive recovery plan that will work for everyone. These things combined with a very carefully thought out and guided vitamin and mineral supplement plan, offer the highest level of care that is within our means.

I will admit that it has been hard for me to ask for help because

one would not ever wish to impose these struggles on anyone else. Often, there is no easy answer which leaves us feeling helpless. To our friends who have shown up for us with true and genuine understanding and care, we again and again can not thank you enough. It is not an 'answer' we are looking for rather, just the knowing that a sacred place of love is being held for us.

The messages of support and encouragement that continue to appear mean more than you could ever know. To those of you who have not known quite what to say or how to help, we feel you and love you just the same.

There are never ending lessons for us all through this. As mothers we often put our own needs on the back burner and so I appreciate all of the encouragement and reminders to be sure and take time out for me. There are certain very special people in our lives that offer unconditional care to us (me) by providing their skills of either acupressure, massages, cooking meals for us or offering to take on another chore.

The benevolent financial help that we have received from everyone continues to support our efforts and we are beyond grateful. If you wish to continue to offer us the much appreciated financial aid through this time, there is an account at the Quadra Island Credit Union that has graciously been set up on our behalf, thank you to Marie Sutherland for opening this for us and thank you to all who have accessed this to donate.

I won't lie, accepting the funds has tested my strong pride and will to be self sufficient in all of my experiences. It has been a great gift for me to win this battle with my ego. I would like to again guarantee that all of your open handed donations continue to go directly to support Taylor's recovery.

Our research into the array of innovative modalities for treating these head injuries has been very thorough. The number one message from all our research is oxygen, oxygen, oxygen. The more oxygen we can get to the damaged areas the faster and more likely regeneration of cells can occur. Currently we are looking to purchase an oxygen concentrator that will employ 10-15 litres of oxygen per minute for extended periods of time. If ever anyone has any questions or information to share about anything that might help us or if there are any insights that we may be able to offer you, please reach out.

Other valuable ways to support us can look like spending time with Taylor and encouraging her to maintain relationships with the healthy people in her life and to discourage ANY substance use. Helping Taylor to get grounded and stay there is going to take the involvement of all of those who love her and have her best interests at heart. Please continue to give Taylor messages to maintain a healthy lifestyle; have a wholesome diet, limit nicotine, caffeine, alcohol, screen time and to get a lot of restful sleep.

We both love to be out in nature and if you have the time to share we would love to have you join us, or just her, for a trip to the beach or on a walk in the forest. Taylor also loves to sing, play music and do all kinds of crafts. Keeping her busy with these healthy outlets is critical right now. Thank you for considering offering any time with her that you have to share.

Taylor is joyful, positive and full of a renewed sense of wonder for life. We remain completely humbled and in awe of the love that continues to embrace us from our people. Again, we feel so proud to live and be a part of this beautiful community.

Truly,

Cally and Family

Heriot Bay Tides

DATE	TIME PDT	M.	FT.
15	05:39	4.6	15.1
Friday	12:05	2.0	6.6
	18:09	4.3	14.1
	23:58	2.3	7.5
16	06:02	4.6	15.1
Saturday	12:35	1.6	5.2
	19:00	4.5	14.8
17	00:40	2.5	8.2
Sunday	06:26	4.6	15.1
	13:09	1.2	3.9
	19:52	4.7	15.4
18	01:24	2.8	9.2
Monday	06:51	4.6	15.1
	13:46	0.9	3.0
	20:45	4.8	15.7
19	02:12	3.1	10.2
Tuesday	07:20	4.5	14.8
	14:29	0.7	2.3
	21:43	4.8	15.7
20	03:05	3.4	11.2
Wed.	07:53	4.4	14.4
	15:16	0.7	2.3
	22:48	4.8	15.7
21	04:09	3.6	11.8
Thursday	08:31	4.3	14.1
	16:08	0.7	2.3
22	00:01	4.7	15.4
Friday	05:34	3.7	12.1
	09:17	4.1	13.5
	17:05	0.9	3.0
23	01:15	4.7	15.4
Saturday	07:16	3.6	11.8
	10:22	3.8	12.5
	18:10	1.1	3.6
24	02:19	4.7	15.4
Sunday	08:38	3.3	10.8
	12:10	3.6	11.8
	19:21	1.3	4.3
25	03:09	4.7	15.4
Monday	09:36	3.0	9.8
	13:57	3.6	11.8
	20:31	1.6	5.2
26	03:49	4.7	15.4
Tuesday	10:21	2.6	8.5
	15:20	3.7	12.1
	21:33	1.8	5.9
27	04:22	4.7	15.4
Wed.	10:59	2.2	7.2
	16:33	3.9	12.8
	22:27	2.1	6.9
28	04:52	4.7	15.4
Thursday	11:34	1.8	5.9
	17:38	4.1	13.5
	23:17	2.4	7.9
29	05:19	4.6	15.1
Friday	12:06	1.5	4.9
	18:34	4.4	14.4
30	00:06	2.7	8.9
Saturday	05:45	4.5	14.8
	12:37	1.3	4.3

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