ISSUE 796 DECEMBER 23, 2022 • SERVING QUADRA & DISCOVERY ISLANDS SINCE 1993

discovery

ISLANDER





NEWS & EVENTS

Two Island Class Vessels To Begin Service on Campbell River -Quadra Island Route

VICTORIA – Round trip service between Campbell River – Quadra Island will grow from up to 18 trips to up to 29 per day with the introduction of the Island Nagalis and Island K'ulut'a on January 18, 2023 to deliver more service at peak times and more capacity overall.

One of the vessels will provide 18-hours of service. Departure times from each terminal will be close to what is in place today to support established travel patterns. The second vessel will operate during the busiest 12-hour period of the day.

The new schedule was developed in consultation with the community and the Campbell River – Quadra Island – Cortes Island Ferry Advisory Committee through a public engagement process carried out in the spring of 2021. Key considerations from the community included:

- the importance of providing two-ship service later into the day to accommodate the return of commuter traffic from Vancouver Island;
- the impacts of two-ship service on the residents of Cortes Island who use the Campbell River – Quadra Island ferry as a vital connection to Vancouver Island; and
- providing service as close to every hour and half-hour as possible. BC Ferries also recognizes the significant efforts of the local crew in bringing two chip service to the route by portionating in training.

bringing two-ship service to the route by participating in training, trials, and preparations for the new service, and wishes to thank them for their continued dedication.

The two hybrid-electric Island Class vessels replace the MV Powell River Queen and are fitted with hybrid technology that bridges the gap until shore charging infrastructure and funding become available. From the exterior details to the engines, the design of the new vessels reduces underwater radiated noise, lowers emissions and improves customer service.

Online schedules for this new, two-ship service are available at bcferries.com.



ISLAND CALENDAR

DAY TO DAY

Monday, December 26

 Boxing Day Casino Quadra Legion, 7pm

Saturday, December 31

• DJ Mickey Moose Quadra Legion, 9pm no cover

Saturday, January 7

• Beatles - Get Back Unplugged QICC, 7:30pm

Monday, January 9

• Quadra Garden Club Slideshow QICC, 7-9 pm, details page 5

Monday, January 16

• Way to Go QICC, 7:15 pm

Saturday, January 21

• Quadra Legion's 85th! Quadra Legion, details TBA

Saturday & Sunday, Jan. 28-29

• Hobson's Choice Details page 5

NEXT DI DEADLINE Monday, January 2 at 7pm

REGULARS

Mondays

 Community Badminton Cape Mudge Gym, 7:30pm. Drop-in \$3

Wednesdays

- Emergency Firewood QICC 12:30-2pm
- Community Indoor Pickleball Cape Mudge Gym, 6:30pm, Drop-in \$3

Thursdays

• Community Badminton Cape Mudge Gym, 7:30pm. Drop-in \$3

The Island Calendar Returns!

With community events seeming to return to some semblance of normality, the DI is bringing back the Island Calendar.

With your event submission please include an abbreviated entry for the calendar in this format: Day, Date; Event Name; Location, Time.

New to Quadra?

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

Contact Judy at 285.2150

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more info or a personal tour!



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NEWS & EVENTS

Blaney Presents Certificate of Appreciation to Chris Seeley, owner of **Boston Pizza in Campbell River**

Dec. 21, 2022, Campbell River-On Dec. 20, 2022, Rachel Blaney, NDP MP for North Island – Powell River, presented a Certificate of Appreciation to Chris Seeley, owner of Boston Pizza in Campbell River. The certificate was given to recognize the food and financial contributions Boston Pizza in Campbell River has made to the Hem'?aelas Community Kitchen and the Campbell River Food Bank.

"I was so happy to learn about Chris' dedication to the community when Ian Baikie shared the story with me," Blaney says. "It's important to recognize these valued contributions. Many people want to help but aren't sure how. Chris' contributions show us that there are many different ways we can give back to our community." Every Sunday for the past 13 months, Seeley and the team at Boston Pizza in Campbell River have contributed hot meals to the Hem'?aelas Community Kitchen. They have also made financial donations to the Campbell River Food Bank.

Ian Baikie, whose contributions help keep Hem'?aelas Community Kitchen operational, says there is a commonality with people in the community who rely on these meals. Many of the people have no partners to share expenses, are on a fixed income, and/or must put most of their money towards their rent.

"My father always taught me and my family to help others in need, however we could," Seeley says. "These contributions could not happen without the help of our staff and our patrons, and we are deeply thankful to them. I know there are competing demands for many people in the community, and we appreciate their support." Joining Blaney, Seeley, and Baikie were Joanne Watson, Kitchen Lead for the Hem'?aelas Community Kitchen and Manager of the Campbell River Food Bank, and Mike Martin, General Manager of Boston Pizza in Campbell River.

"Hem'?aelas Community Kitchen feeds people every day," Blaney says. "That organization is operated by volunteers. With Boston Pizza taking it on every Sunday, those volunteers have a little less worry. They can rely on Boston Pizza and I think that's just beautiful. It's about feeding people who are hungry and it's about commitment to their community. When you help your community, there's nothing more amazing than your reliability."

Quadra Island Medical Clinic

Dr Steve Hughes CCFP MRCGP and Pat Peterson NP

- Please phone 250 285 3540 for an appointment
- Open Monday to Friday, 9 am to 4 pm
- We see patients by appointment only (no walk-ins)
- Lab & ECG by appointment only Wed & Fri, 7 am to 11 am
- Book blood tests online at v2.waitwhile.com/book/Quadralab

phone 250.285.3540 • fax 250.285.3549 • 654 Harper Rd, Q Cove



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Publisher/Editor Philip Stone

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www.discoveryislander.ca CONTACT US

email news@discoveryislands.ca phone 250 285 2234 mail PO Box 280 Quathiaski Cove BC VOP 1NO office 701 Cape Mudge Road hours Monday - Thursday 10am to 4pm

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

SUBMISSION GUIDELINES

We welcome items for 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.

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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, January 2 for publication on Friday, January 6, 2023

COMMUNITY NEWS & EVENTS

Need a Gift Idea?

Quadra Concerts presents: Beatles - Get Back Unplugged. 7:30 p.m., Sat. Jan. 7th, at the Quadra Community Centre.

It's been said that a great song can stand on its own, without the need for complex production. With the warmth of voices in five part harmony and the simple beauty of acoustic instruments, Get Back Unplugged revisits some of the best loved songs of late-period Beatles, and delivers them with joy and spontaneity.

Tickets are \$20 in advance available at Inspirations in Q Cove, Copper Coast in Heriot Bay and the Tidemark Theatre box office or online at: tickets. tidemarktheatre.com or \$25 at the door A great Christmas gift or stocking stuffer for anyone who loves live music and the Beatles.

Emergency Firewood

Firewood is available from the Emergency Firewood Program at the Community Centre, if you have none. The Emergency Firewood Program is there to fill short-term need, not to supply anyone's entire Winter's firewood. Please continue to do your best to secure your own firewood, but we are here for you in case of need.

If you need wood this winter please volunteer some of your time or encourage your friends to, on your behalf.

Firewood is available every Wednesday from 12:30 until 2pm. Please provide your own vehicle if at all possible.

The Emergency Firewood Program is volunteer run. If you would like to volunteer to deliver firewood or to help with cutting, splitting and stacking for next year, please call or text Sandy at 250 202 5928, or just show up on any Wednesday. Donations of firewood are also

very welcome.

Calling All Quadra Artists!

It's time to sign up for the annual Quadra Island Studio Tour.

This year's dates are June 3rd & 4th, 2023. Artists with suitable studios will be able to show their work and demonstrate their processes (if desired) at their studio.

For those who don't feel their studio space is appropriate for visitors, the Quadra Community Centre will be available to display your art.

This is a great way to show the work you have created and it's also a great motivator to work toward. All artists who create original 2D or 3D art are welcome.

In addition to the June 3rd & 4th weekend tour many artists participate in the annual year-round brochure or in both.

For more information pick up your application forms at Inspirations in the Q Cove Plaza. Quadra Island - discover the arts!



Quadra Children's Centre Winter Auction

Request for Donations

Attention artisans, crafters, bakers, anyone with something beautiful, delicious or creative to share! The Quadra Island Children's Centre is looking for donations for their upcoming Winter Online Auction. This is a fantastic way to promote your artistic talent or your crafty goods while at the same time supporting children and families in your community.

The Children's Centre in a non-profit organization and relies on funds raised through events such as this to maintain the highest quality operation of our centre. Please send your inquiries to

fundraising.qicc@gmail.com.

You can drop off any donations at the Children's Centre and please include a description and the value of your item with your name and or business card attached.

To participate in the fun join the Facebook group *Quadra Children's Centre Auction*.

We thank you for your ongoing support!



Al-Anon Back on Quadra

Al-anon is a 12 step anonymous program for friends and families of alcoholics.

AL-ANON is a mutual support program for people whose lives been affected by someone else's addiction. If someone's drinking is troubling you, we can help. For information on meetings e-mail: qaallon2@gmail.com

At the Legion

We are having our annual Boxing day Casino on Monday Dec.26th, 7pm with bingo, poker & black jack. Its going to be a Neon New Years Eve Party with DJ Mickey Moose! 9pm & no cover! Save the date, Sat. Jan. 21St, for a fun evening of music trivia in celebration of the Quadra Legion's 85th year! Happy Holidays & all the best in 2023!

Hobson's Choice

Hobson's Choice is Quadra's entry into the one act play festival being held in the ECHO theatre in Qualicum on January 21. It will be staged on Quadra on the 28 and 29 of January. The Quadra performances will be bolstered by a few comic, short plays to give a full evening of entertainment.

Hobson's Choice is written by Robert Scylla and directed by Persephone Charybdis and performed by The Collective (the outlaw wing of Theatre Quadra). The play is a some times comic sometimes tragic exploration of how people deal with sickness and death. The play is not meant for young children due to content and language. Admission will be by donation and all profits will go to the

Way To Go society.

Quadra Community Centre's

Community Connections & Volunteer Fair is BACK!

After a long hiatus QCC is resurrecting it's Community Connections Fair. This event is the prefect opportunity for any Quadra based community organization, non-profit or business to showcase what they are doing and to connect with other groups and organizations as well as the community at large (think trade show, but for our local community organizations, businesses and volunteers to connect and inspire). It will also be a great place to connect with folks who are looking for volunteers and people who are interested in volunteering. Quadra has so many great and divers things going on and in particular if you are new to the island this is a great way to connect and/ or for longtime locals to re-connect to what's happening in the community. The event will take place on Feb 11th from 11:00 - 3:00 in the Main Hall and we will be taking registrations for table bookings to showcase your organization or business starting January 5th. (Tables for the Fair will be \$20, which is your contribution to our Community Kitchen Lunch fundraiser). So come out and show us all what you do! We also hope to gather some amazing door prizes to give out to the public attendees

So stay tuned for more announcements in the New Year!

that day!

For more info email, Quadra Community Centre at: info@quadrarec.bc.ca

Quadra Island Garden Club Presents:

Annual Garden Slideshow

This year's theme:

"As Autumn Leaves Start to Fall"

PLUS Seed Talk - come with your recommendations!

Monday, January 9th

7-9pm @ the Quadra Community Centre Everyone welcome! Free for members and \$3 for guests, or become a member for only \$10 a year/\$15 for families.

Every year we put together a fabulous presentation, showcasing the gorgeous gardens of Quadra Island. This year's theme is "As Autumn Leaves Start to Fall" and will feature photos of Quadra gardens in autumn and early winter. We will also host a seed talk where local gardeners (you) share their best veggie varieties, as well as planting and plant care tips. A Recommended Seed List for Quadra Gardens will be compiled and shared following the meeting.

PLUS Coffee, Desserts, Show & Tell Table, Plant & Seed Table...all that fun stuff! Volunteers wanted! Join our team! Email quadraislandgardenclub@gmail.com anytime. We would love to discuss your interests and how you might be involved. Check our website for more information on our speakers and upcoming events: www. quadraislandgardenclub.com

Join us on Facebook for gardening tips & to share photos of your garden, www.facebook.com/groups/quadragardengrapevine/

Contact Us: Robin Beaton @ 285-3185 or email quadraisland gardenclub@gmail.com





Quadra Concerts Presents: Beatles Get Back Unplugged

Vancouver's thriving music scene is fertile ground for cross genre collaborations, and a great example of this is the Beatles Get Back Unplugged show. Featuring six outstanding musicians that are friends, sometimes collaborators and lifelong Beatles fans, they have enough fun performing together that it's contagious.

Cameron Wilson, violin and vocals, is recognized as one of the most versatile violinists, at home in a wide variety of musical genres. He currently performs with the crossover piano trio Joe Trio, the gypsy jazz quartet Van Django, the Wahs, the Hard Rubber Orchestra, Mariachi del Soul and the Marc Atkinson Quartet and is one of the city's most sought after studio musicians and composer/arrangers.

Andy Hillhouse, guitar and vocals, is best known as the founder of Celtic Funk band Mad Pudding. Formerly a member of the choral group musica intima and Music Director of the Universal Gospel Choir and the Sarah McLachlan Music Outreach Choir, he is presently Artistic Director of the Harrison Festival, and tours with and accompanies numerous musicians.

David Gibbons, guitar and vocals, was born in Kent, England, started on trumpet at age 8 and progressed to include guitar and bass. As singer/songwriter, he was a member of the band Groove Connection in the 80's and 90's and toured extensively in Europe with bands including Jamiroquai and Bad Manners before moving to Canada. He now leads the Vancouver based Rocabrones, plays trumpet and guitar with Mariachi del Soul and guitar and vocals as half of the Wilson-Gibbons duo.

Brent Gubbels has been playing and teaching bass in Vancouver for twenty years.



In that time he's worked with numerous musicians and ensembles. Since 1992 he has toured and recorded extensively, playing international jazz and folk festivals.

LJ Mounteney has been dubbed a "Canadian Bonnie Raitt" combining soulful vocals with high energy performances. After moving to the West coast, she spent the next several years with a variety of bands, lending her unique vocals to jazz, swing, R&B and pop. Her latest album, produced by Jack Lavin is "Mama Danced" and features 8 original songs, 5 covers and some of the best Vancouver based musicians.

Allan Dionne, accordion and vocals, has long been an active part of Vancouver's music, performing and recording with Ashley MacIsaac, Jocelyn Pettit, Alfa YaYa Diallo, Stefanie Cadman, Shona Le Mottee, Tim Readman, Mad Pudding and others. An accordionist and composer as well as a drummer, Allan is currently a member of the Francophone trio Pistache, is active in the Brazilian music scene and plays drums with the Rocabrones and the progressive rock band The Undoing.

Sat., Jan. 7th, 7:30 p.m. QICC.

Tickets \$20 at Inspirations, Copper Coast and the Tidemark. \$25 at the door, 16 and under free when accompanied by an adult.

Shakespeare

Love? Hate? Fear? Boredom?

Come join us for a relaxed discussion of the Bard and his ever-evolving influence on us and our language.

Mondays at 7:00 PM, beginning 23 January 2023, upstairs at the Community Centre. (Free to all)

For more information: Blake Rodgers, 250.702.1201; brodgers@spinemidwest.com

Quadra Island Outdoor Club Upcoming Events

We've had lots of schedule changes with the changing snow conditions and other issues. But walking at lower elevations has been fine. Cleats have been good higher up. We're keeping an eye on the weather forecast and planning to be flexible for the variable conditions. For now, here are the upcoming trips:

28 Dec, Wednesday - a hike in the rain TBD 2 Jan, 2023, Monday - a Rebecca Spit Hot Chocolate walk

TBA Jan - snow activities at Paradise Meadows

25 Jan, Wednesday - hike a Morte Lake loop 30 Jan, Monday – hike a Kay du Bois loop 15 Feb, Wednesday - hike a Shellaligan Trail

Most of the details for these outings are available at: https://qioutdoorclub.org/ schedule-fall-winter-2022-23/

For more information about the Quadra Island Outdoor Club, you can email to qioutdoorclub@gmail.com

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Quadra Children's Centre is currently seeking a

Program Worker for Quadra Kid's School Age program

Principle Duties & Responsibilities:

- Responsible for the constant supervision, safety, and well-being of the children
- Maintain accurate records, attend staff meetings, develop rich and engaging program activities
- Recognizes and responds to the needs of each child by using developmentally appropriate teaching and child behaviour guidance techniques
- Attends and participates actively in all program/centre, parental or other meetings as required
- Participates fully and consistently as a conscientious team member in caring for the children and in the overall operation of the program and centre; maintains regular and open communication with program team members and all other co-workers
- Shares responsibility for maintaining program equipment in good repair, keeping play environment and storage areas organized and clutter-free, assists with other housekeeping duties as needed.

Qualifications:

- Bright, energetic, and flexible
- Ability to relate to people from a wide range of backgrounds, understanding and valuing diversity
- Demonstrated ability to exercise good judgment, critical thinking, and creative problem solving.
- •Ability to plan and implement innovative programming
- Good organizational skills
- •Ability to handle emergencies skillfully and calmly and in compliance with Child Care Regulations
- · Valid First Aid certificate
- Current criminal record check

Hours of work - 15 hours/week

Part Time: Monday to Friday- 2:30 to 5:30 p.m. (except for Pro D Days and Holiday Breaks)

Full Time: July and August Monday to Friday

Preferred: ECEA or a combination of relevant education and experience, valid BC Drivers Licence

Minimum: Responsible Adult certificate combined with other relevant education and experience

Wages TBD based on education and experience

About Us

The Quadra Children's Centre has been offering exceptional programming for school age children since 1986, and are a visible, valued advocate for children and their families. We are a financially self- sufficient childcare, and family resource centre, supporting the Quadra community's changing needs for children and families in a nurturing, creative environment.

Stamp Donations: A Christmas Update

It's that time of the year where our mailboxes are filling up. Along with the bills and junk mail we are getting cards from friends, family and, sometimes, business associates.

I'd like to remind Islanders that regardless of what's inside, there is something worthwhile on the envelopes themselves: the stamps. For more than 30 years, stamps have been helping to save lives around the world through Oxfam's Stamp Out Poverty program. And that includes the hundreds that are dropped off every year at the Heriot Bay postal outlet.

Oxfam's Stamp Out Poverty program raises money by selling the stamps online, at semi-annual auctions and stamp shows.

Most recently the focus of the money raised by the program has been Oxfam's response to Covid in those countries with fragile health care systems. It has provided everything from hygiene kits to water tanks to public awareness campaigns to direct cash assistance.

And Oxfam continues to work internationally in a broader context to help the most vulnerable help themselves. Famine threatens millions of people in East Africa. More than six million children face acute malnutrition in South Sudan, Somalia, Kenya and Ethiopia. The organization estimates that one person will die every 36 seconds between now and the end of the year. The cause of this crisis is drought brought on by climate change, wars and economic crises.

— In Ethiopia, Oxfam is working with local partners to get emergency food packages, clean water, sanitation and hygiene kits to areas affected by the conflict.

- In Kenya, it is repairing wells and water systems as well as working to get emergency cash to people to buy food and other essential items.
- In Somalia it is working with local organizations drilling wells to provide water and sanitation as well as distributing cash, seeds and tools.
- In South Sudan it is providing safe water by rehabilitating water points such as bore holes and is also providing grants to purchase vegetable seeds and tools.

As we start getting ready for Christmas please take a minute to tear off the stamps before recycling the envelopes and donate them to the Oxfam Stamp Out Poverty program. Simply drop them in the folder on the wall by the counter at the Heriot Bay postal outlet.

Thank you Quadra Merry

Thank you Quadra, Merry Christmas and please keep the stamps coming.

Claire Trevena

Way to Go

Join us on the third
Monday of the month for
conversations about death
and dying, including a time
of sharing, presentation,
discussion & business. For
information way2go.ca, or call
285-3298. Upcoming meeting
presentations will be:
Jan. 16—My close relative's
home death, Feb. 20—Estate vs
Personal planning,
Mar. 20—Community
supported dying, Apr. 17—The
Quadra Island Foundation.

Have an opinion to share?

Submit your letter to the DI by email: news@discoveryislands.ca PREFERRED

If it's too long it may have to be chopped, so please be concise!



Quadra Elementary is Looking for Volunteers!

Quadra Elementary is a vibrant and amazing place. Looking after each member of our school community is our top priority. Literacy is an important academic goal, and teaching reading is our greatest focus.

To support all our students in reading, we run regular reading groups on Mondays, Wednesdays, Thursdays, and Fridays. If you, or someone you know, are passionate about reading and would like to volunteer to help with our reading groups or read with individual students, we would love to hear from you.

Volunteers need to have a criminal record check completed first. We have applications in the school office.

To discuss further, please contact Lorill Vining via email at lorill.vining@sd72.bc.ca, or call the office at 250-285-3385.

We would love to have your support!

Disabled Chidren's Ashram, India

This year \$8,362 was raised to help disabled children at the Arya Sugandh Sansthan Ashram (ASSA) in Uttar Pradesh, India.

The ashram was started by a humanitarian, Kamlesh Arya, to shelter and educate children physically disabled by Polio. Fortunately, there hasn't been a polio epidemic for almost 9 years (probably due to education, hygiene, healthier children, and working vaccines). Now the ashram looks after almost 100 deaf and mute children -many with mental challenges. Apparently several ashrams were closed in Delhi (due to Covid perhaps) and the children sent to ASSA. Kamlesh has never refused admission to anyone who requests it. There are also 15-20 old people, mostly women, living in the ashram whose relatives cannot or will not look after them (again, probably related to Covid). Most of these seniors are too feeble to help out at the ashram.





The money sent was used for food (due to Covid the government cut back on their funding to the ashram), clothing, and various ashram repairs (some of the children are quite destructive) and special monthly birthday meals.

If you would like to donate money there is an account at the Credit Union: The John Kim Memorial Foundation. All the money to the ashram goes through this registered non-profit society.

Thanks to all of you who have contributed - in particular for a large donation from a friend who prefers to remain anonymous. For more information, please contact me: Eileen Sowerby 285 2434.



597 Green Road



This little jewel of a house is situated on a fully fenced 1.39 acre gently sloped, partially forested lot with trails throughout. It offers few sunny gardens with fruit and nut trees. Centrally located with only 10 min. walk to the ferry and shops. Listed at \$675,000

180 Sundance Road



10 ACRE FARM! A beautiful 10 acre ALR land in the sunny south end of Quadra Island twelve minutes from the ferry and shopping. The house is custom built from insulated concrete forms, made with love. Very private and mostly forested. It's a must see! Listed at \$825,000

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250-285-3627

www.quadraislandcycle.com

THE QUADRA PROJECT

Humanity's Choice

Antonio Guterres, the Secretary-General of the United Nations, said in his introductory comments at the COP 27 meeting in Sharm el-Sheikh, Egypt, in November 2022, "Humanity has a choice: either co-operate or perish."

This is simply because we are one humanity, living on one planet. Whether we recognize it or not, the time for differences is over. All the imagined parts that we thought were separate, are interconnected. Whatever happens in one place has an effect everywhere.

This is now obvious with environmental matters. If Brazil continues destroying the Amazon forests, the whole world will suffer. A warming Arctic is already changing global weather patterns. Melting glaciers and ice caps will eventually raise ocean levels sufficiently to inundate all coastal cities, everywhere. If we don't accelerate our conversion from fossil fuels to renewable green energy, we will cook ourselves off the planet—the rich will only survive a little longer than the poor. And if some mistake or miscalculation should unleash a barrage of nuclear missiles, the remnants of human civilization will be difficult to reassemble. But this "co-operation" principle applies in economics, as well. We trade and share on a global scale. No country can isolate itself from other countries; no country "is an island unto itself". So the trade and sharing must be done with consideration and fairness. In a globalized world, our self-interest cannot be separated from our collective-interest. This is why Brexit, as the United Kingdom is discovering, was a bad idea.

And this is why Russia's invasion of Ukraine was an even worse idea. Not only is it a barbaric effort to take control of another sovereign country and a rejection of the international norms of civilized behaviour that were established at the end of World War II, but it is a violation of the essential principle of co-operation that is essential to maintain the functioning of our modern world. Wars generally are the most crude, brutal and destructive option for resolving anything. But this one is simply an unmitigated imperialistic quest. It is also a serious distraction from the focused attention that we must give to a planet in ecological crisis. Russia seems not to care. It is now a rogue state, and an embarrassment to humanity.

Russia gives us war when our real need is trust, understanding and co-operation. The challenges of feeding the world's 8 billion people will require the whole effort of an integrated world. And managing an orderly transition from fossil fuels will be difficult enough without Russia using this energy as a weapon of war. Trying to calculate our way through an artificial energy crisis induced by Russia is creating reflex responses that could set back by decades our goal of a global economy of net-zero carbon dioxide.

As a globalizing world forces us closer and closer together, the circumstances require us to think more expansively. Our self-interest has to make concessions to our collective interest. Interconnections mean that we are not free to do exactly what we want because the effects of our actions ripple out beyond our individual initiatives. The idea of unrestrained individual freedoms is an outdated notion that is becoming less

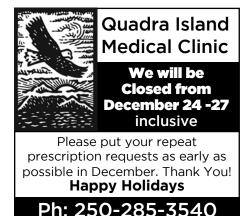
and less applicable in our new reality of compacted space and time. We are running out of space to make mistakes, and we are running out of time to make them.

On our little island in the wholeness of things, we too are running out of space and time. The world is crowding us. And we are crowding ourselves. Like everywhere, the grandiose solutions to our problems have an ironical way of becoming new problems. The most immediate escape from this conundrum doesn't reside in large schemes, but in individual acts of thoughtful restraint. Voluntary simplicity is the term for thinking smaller, for living more efficiently, and for reducing our consumption, travel and waste. The cumulative effect of little acts of conservation and consideration can be enormous. It is the power of one, multiplied by many. The climate crisis is becoming too serious to give to the responsibility of someone else. We have reached the place in an unfolding crisis where we can no longer afford to absolve our individual selves of any responsibility for the predicament in which we find our collective selves.

The longer term solution to our problems is for each of us to make thoughtful and strategic decisions that concur with our collective well-being, to remember these decisions, and then to abide by them.

The myth of unlimited individual freedom is over. It no longer exists on a planet where we must "either co-operate or perish." We have a choice of surviving together or failing collectively. If we haven't noticed, we are social beings who were never free to do whatever we wanted. We had to conform to cultural norms, to respect proprieties, and to obey laws. Unnoticed by us, a shrinking planet has been steadily limiting even our imagined freedoms. The old notion of a frontier mentality does not apply when we no longer have geographical frontiers. But information is rapidly expanding our choices, and the ones we must now make have become a matter of life or death.

Ray Grigg for Sierra Quadra





Like the DI on FaceBook Receive updates, notifications

WAY TO GO

Grief During the Holiday Season



Excerpts from a magazine article by Alan Wolfelt were summarized by Margaret Verschuur.

Por people who have experienced the death of someone

they love, holidays can be particularly difficult. What is intended to be a time of joy, family togetherness, and thankfulness instead brings feelings of sadness, loss, and emptiness.

When someone you love dies, the full sense of this loss doesn't occur immediately. During times of celebration, the absence of the person that has been a vital part of your life may be felt even more keenly with the reminder of how much has changed. People around you may try to distract you from these sad feelings, while your need is to have them acknowledged. Here are a few suggestions to help you cope with grief during the holiday season.

Include the person's name who has died in your conversations. Consider burning a candle in their honour or setting a chair for them at the table. Talk about your feelings. Surround yourself with people you find supportive and comforting. Holidays stimulate us to think of times past. Share your reflections with those who care about you. If your memories bring laughter, let yourself smile. If sadness, let yourself cry. Accept and acknowledge both your grief and your gratitude.

Don't expect too much of yourself. Although isolation isn't healthy, respect your need to have down time. Your feelings of loss will probably leave you feeling fatigued and your energy level will naturally slow. Be tolerant

of your inability to function at optimum levels during the holidays.

Plan ahead and do what is right for you. Do not over-extend or over-commit. Decide which family traditions you want to maintain and what new ones you may want to start. It may be a good idea to discuss your holiday plans with a trusted friend, as this often brings clarity to what it is you want. Structuring your time tends to help you anticipate your needs rather than just letting things happen and being swept away. Consider attending a holiday service that nurtures your spirit.

Use this occasion to gain insight on what brings you a sense of meaning and purpose. The death of someone close to you can cause you to question or more strongly embrace long held beliefs. Holidays can heighten feelings and provide a pause. This can be an opportunity to take an inventory of your life as it relates to the past, present and future.

As humans, we have been blessed with the capacity to give and receive love, and are forever changed by the experience of death in our lives. We don't 'get over' our grief, but work to reconcile ourselves to living with it. Holidays naturally bring a resurgence of intense feelings of loss and sadness. Rather than attempting to repress or deny them during this time, it is healthier to acknowledge and lean into them.

Way To Go is a once a month gathering of folks in which we talk about death, dying, and grief, educate ourselves about current and alternative approaches, and strive to make death truly a part of life in our community. Browse our website - way2go. ca.

HOBSON'S















Quadra School is Looking for Volunteers!

Quadra elementary school is a vibrant and amazing place. Looking after each and every member of our school community is our top priority. Literacy is up there as the top academic goal, and teaching reading is our greatest focus.

To support all our students in reading, we run reading groups 4 days a week; Monday, Wednesday, Thursday and Friday. If you or someone you know who is passionate about reading would like to volunteer to come to the school to help with reading groups, or even to read with individual students, we would love to hear from you.

Volunteers would need to have a criminal record check done. We have applications in the school office.

To discuss further, please contact Lorill Vining at the school via email lorill.vining@sd72.bc.ca or call Lorill through the office at 250-285-3385.

Thank you and we would love to have your support!

New! Capacitybuilding for nonprofits and groups

Hey Quadra organizations! What's your plan for 2023 and beyond? Want to meet community needs...but not sure what they are? Want to apply for grants...but don't know what's out there?

Help is here! I am starting a new business to offer support to organizations, either in person or over Zoom. My services include custom-designed community needs assessments (surveys, research, interviews, public consultation), environmental scans, grant research, facilitated meetings/planning sessions, and reports.

I am a local (5 years) Quadra volunteer and farmer, with 10 years of work experience with the Community Development Unit of the government of Alberta doing this exact type of work, plus many years of experience working in the social service sector. Please contact me for more information or a free consult: jenniferbanksdoll@gmail.com or (236) 507-7318.

Campbell River's The UPS Store and Art Hive Unify to Create Entry in Festival of Trees



Tree recognized as "Most Sustainable" at the event

Amongst the glow of the trees lining the gallery at the Museum at Campbell River, you will find one created in the spirit of unity.

Called Namwiyutola, which means "To Become One" in Kwakwala, the tree is decorated with ornaments with designs created by the Campbell River Art Gallery's Art Hive and and engraved by the team at Campbell River's The UPS Store, owned by Sebastian Saez and Yumey Cuan.

"We wanted to showcase our newest service, laser engraving, by giving back to the people in our community who need it most," said Saez. "We hope that the tree and beautiful ornaments will serve as a reminder that people from all walks of life, who may be struggling, possess amazing talents."

Saez called the project a team effort, with UPS' graphic designer Nigel Neufeld digitizing the Art Hive's designs for the laser printer and the Art Hive cleaning the ornaments of residue and adding the finishing touches.

"Any opportunity to facilitate positive conversations around homelessness and substance use is one we value. This is part of our work to reduce stigma and misinformation, and to bring people together around art and our shared humanity," said Lopez-Assu. "When we uplift each other, we succeed as a whole.

We're so grateful to the UPS Store for their help in bringing these values forward."

Namwiyutola was recognized as the "Most Sustainable Tree" by the Festival of Trees judging committee. The festival is on at The Museum at Campbell River until Dec. 30. The museum is open Tuesday-Sunday 12pm - 5pm. Attendees are encouraged to vote for their favourite tree, which will be recognized with the "People's Choice" award at the end of December.

The ornaments created by the UPS Team and the Art Hive are available for sale at the festival as well as at the Campbell River Art Gallery's Holiday Faire. The proceeds are shared between the contributing artists and the Gallery, supporting further Art Hive programming.

The Campbell River Art Gallery's Holiday Faire is open until Dec. 23, Wednesday to Saturday from 10 am - 5 pm.

A supportive space for art, the Art Hive is also a place of connection for the unhoused community here in Campbell River. Once a week artist Nadine Bariteau facilitates an open studio at the gallery, focused on art-making workshops for people with experience of mental health and substance use and people experiencing or at-risk of homelessness.

Art Hive artists whose designs are featured on these ornaments are: John A. Sharkey, Charles Jules, Alex Mark Junior, Lisa Langlais, Jen, and Shawn Decaire.

Report from the Ferry Advisory Committee

The Campbell River-Quadra-Cortes Ferry Advisory Committee (FAC) was established almost two decades ago, however, there still appears to be many residents who are unaware of its existence. There are a total of 13 FAC's on the Coast covering all minor routes served by BC Ferry Services (BCFS). The Chairs all keep in touch on a regular basis as most of the routes have similar ferry related problems, particularly with summer overloads.

The FAC's exist to act in an advisory capacity to BCFS, to advocate for the islands' residents, to pass on compliments or complaints directly through the community engagement process and to receive information back from BCFS. There are ten members on the Committee, five from each Island and the names are all listed on BC Ferries website. We are active all year round, but only meet twice per year with representatives of BCFS and their team is usually headed by a Vice President. Our next meeting is tentatively scheduled for February 3rd. 2023. A community information "drop in" meeting will be held the following day on both islands. Further announcements are expected soon on exact times, dates and locations. The meeting are open for public observation, but if you

wish to make any presentation at a meeting, please contact the chairman in advance as the agendas are usually quite tight.

Now the good news, which you will have read about by now, the two vessel ferry service is positively scheduled to commence on January 18th. This has been several years in the making and we hope that traffic will move a little faster when we have 203 sailings per week. The schedule, especially when only one ship is on duty in the evenings, may need some tweaking, so it will be on the agenda for the next meeting and by then some operational experience will be available before considering changes.

With regard to complaints, there is a process to go directly to BCFS through their website, but if you want an answer fairly quickly, feel free to contact us at the phone number or e-mail below and the item will be passed to our contacts at BCFS. An answer, even if it is one you do not want to hear, will be forthcoming quite quickly.

Sincerely,
Michael Lynch
Chair, CR-Q-C FAC
michaellynch@gicable.com
or 250-285-2422

No Foraging Please

I first cleared the Animal Farm Trail in early 1997. Local trail builders helped connect it to the Homestead Trail.

Most people have kept the trial very clean except for a minority who smoke and sometimes drop their cigarette butts.

Yet, over the years, foragers have occasionally taken it upon themselves to use the trail, or even come into the property from the roadside to harvest mushrooms. Foraging is not allowed!

I hope that if you are a responsible trail user and you see any one wandering in these woods (anyone who doesn't answer to "Smokey") would you please remind them that I only allow community access to the Animal Farm Trail. Not the whole 22 acres. In the past I have closed the trail because of other problems and I will do so again if this continues.

Smokey Dymny

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Extreme Cold Leads to Record Electricity Demand

VANCOUVER: With freezing temperatures across the province, BC Hydro set a new record on Monday evening for peak hourly electricity demand – the hour customers use the most electricity.

The previous record was set on Dec. 27, 2021 when consumption reached 10,762 megawatts. Last night, preliminary analysis found consumption between 5 and 6 p.m. reached over 10,800 megawatts – the highest ever recorded. This was driven by additional heating requirements.

"With more sub-zero temperatures in the coming days, BC Hydro expects demand will remain high and there is the potential to see this latest record fall before the cold snap ends," said Susie Rieder, BC Hydro spokesperson. "Despite the significant increase, we want to assure our customer that we will continue to be able to meet demand for electricity across the province this winter because of our large integrated hydroelectric system."

Residential electricity use is typically at its highest in the colder, darker winter months, which can lead to higher costs for some customers. BC Hydro is reminding customers there are many ways to reduce electricity use this winter, including:

Manage home heating actively by turning the heat down when no one his home or when everyone is sleeping. Consider installing a programmable thermostat to automatically adjust temperatures at different times based on your household's activities. BC Hydro recommends the following temperatures:

16 degrees Celsius when sleeping or away from home

21 degrees Celsius when relaxing, watching TV

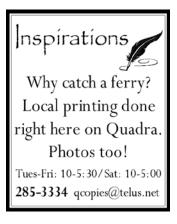
18 degrees Celsius when doing housework or cleaning

Avoid cranking up the thermostat – it does not heat the home up faster than turning it up a degree or two at a time.

Keep windows covered with blinds and drapes for an extra layer of window insulation. Window coverings can be a quick and cost-effective way to cut heat loss and block cold drafts.

Draftproof your home to reduce heat loss. Use caulking and weather stripping to seal gaps and cracks around doors, windows and outlets to prevent heat from leaking out and cold air from coming in.

For more information on how to save electricity and money this winter, visit bchydro.com.





Funding Announced for Labour Market Partnership Project

Government of Canada and Province of British Columbia commit \$250,000 to support a labour market study of Campbell River, Strathcona Regional District and Regional District of Mount Waddington.

The City of Campbell River, Regional District of Mount Waddington and Strathcona Regional District (SRD) have partnered for a Labour Market Partnership project.

"This government investment will help build stronger communities in the North Island region and help attract talent to high demand sectors such as healthcare," said Michele Babchuk, MLA for North Island. "The results of the study will help communities grow a strong and sustainable local economy that will benefit people today and strengthen future generations."

Labour market challenges remain a pressing, ongoing concern. The economic landscape of Campbell River and Vancouver Island North is shifting rapidly due to factors such as policy and regulatory changes, evolving economic drivers and global events. This is placing additional pressure on regional labour markets and impacting businesses.

"The economy of the Regional District of Mount Waddington has changed significantly over the past decade in response to evolving policies and changing demographics. We share many economic sectors with the City of Campbell River, and a study that looks at the integrated labour market of both our regions will help guide our economic development policies for the next five to ten years", said Regional District of Mount Waddington Chairman, Andrew Hory.

To help address these concerns, the City, SRD and Regional District of Mount Waddington are undertaking a labour market study of Campbell River and Vancouver Island North. Activities will include producing an updated labour market report and undertaking several initiatives to attract healthcare professionals. Key focus areas will be the regional health and wellness, aquaculture, forest and tourism sectors.

"Our communities are all stronger when we work together. This project will provide valuable information and data for Campbell River and the entire north island. All of our communities can benefit from collaborative workforce development and attraction initiatives to recruit talent to the area" said Mark Baker, SRD Board Chair.

Labour Market Partnerships provide funding to organizations to encourage, support and facilitate strategies and activities to address local labour market or human resources issues. The Government of Canada and the Province of British Columbia are providing funding support of \$250,000 through the Community and Employer Partnerships fund. Additional project costs will be covered by the City, SRD and Regional District of Mount Waddington.

A steering committee of regional representatives will help inform and shape the Labour Market Partnership project.

"We gratefully acknowledge the Government of Canada and the Province of British Columbia's support. This funding will enable us to provide updated information and tools to help decision-makers address labour market challenges, seize opportunities and strategize solutions," Mayor Dahl said.

The project's anticipated completion date will be in early 2024.

Encourage Friendships & Learning Through Recreation

The winter/spring recreation guide is now available, and program registration is open! The City of Campbell River Winter/Spring 2023 Recreation Guide, which covers January to May recreation programming, is now available online, and registration is open. City recreation programs include cooking, science, singing, arts and crafts, various sports, and more!

Program Spotlight: The Summerside Friends Club

The Summerside Friends Club provides a fun and safe space for youth to gather, particularly those living with a disability. Sports equipment is available to support physical literacy and staff are highly qualified, positive role models. This program, originally called MultiSport, has been in the community for many years. The name 'Summerside Friends Club' was an idea from the youth in the program at the time. Summerside Express is a local legend which provides summer camp experiences for children and youth living with a disability, and the Friends Club provides an opportunity for those who attended to see each other again and further their friendships, while also welcoming and encouraging new members!

Summerside Friends Club runs Thursdays at the Community Centre from 3:30 to 4:30 p.m. Snacks and juice are graciously provided by Thrifty Foods.

The City of Campbell River is grateful to Grieg Seafood and MOWI Canada West for their contributions towards Specialized Recreation programs, like Summerside Friends Club. These companies provided important and appreciated support, that covered supplies or running costs for recreation programs in 2022 that were

geared toward individuals living with a disability.

"We are thrilled to be able to support the City of Campbell River's Specialized Recreation programs," says Grieg Seafood BC Managing Director Jennifer Woodland. "These programs provide the perfect example of how we can help strengthen both individuals and communities through diversity, inclusion and social connection."

"At Mowi Canada West, our passion is healthy people through active support of the communities where we live." Says Mia Parker, Director Environmental Performance and Certification. "Specialized Recreation is an excellent example of programs that support emotional and physical health."

"The city is committed to creating and maintaining diverse programs in our community," says Robin Mitchell, Recreation and Culture Manager for the City of Campbell River. "Recreation's motto, 'All ages, stages, and abilities,' is put into action through programs like Summerside Friends Club and I would like to share a heartfelt thank-you to the community organizations that support Specialized Recreation. I encourage everyone to take a look at the latest recreation guide and sign up for one of the winter/spring programs."

Check out the Winter/Spring 2023 Recreation Guide at campbellriver.ca/ recreation-guide. Program registration is now open and can be completed online at campbellriver.ca/registration, in person at the Community Centre, or by calling 250-286-1161. Keep up to date on all City programming by following our Facebook page facebook.com/Campbellriverrec.

PUBLISHERS NOTES

Here we are, the end of another orbit around the sun and the start of an new one. Both globally and locally we have faced challenges in 2022 and with 8 billion humans now calling planet Earth home it is unlikely that any of these pressures are going to disappear any time soon.

But we are extraordinarily lucky to call this small corner of the world home. As an informed pessimist I take comfort in believing that Quadra Island is one of the few places that is positioned to weather both the literal and figurative storms ahead. To do that though we need to remember that ultimately we are far more alike than our small differences sometimes have us believe. Community cohesion, cooperation and

compassion are the keys to being prepared for whatever may come.

The DI plays a small role in that by communicating and keeping us informed and challenging us to think and participate. This in main from the insightful writings, entertaining and thoughtful events and the spirit of entrepreneurship of our local businesses.

With the books closing on 2022 I would like to thank one and all for continuing to support the Discovery Islander. Readers, contributors and advertisers all help keep this little paper running and doing its part to bind us as a community.

A special thanks to Chris Thompson for actually producing the physical paper. I just do the easy part but Chris has been a stalwart in maintaining a local press here on Quadra Island, a time-honoured trade that isn't often thought of but is a pillar of society, a free press. Thank you Chris.

To you and yours a very good holiday season, Merry Christmas if you celebrate it, happy solstice and we'll be here for you in 2023.

- Philip Stone

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	OC. 52	M.	FT.
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Thursday	11:37	4.0	13.1
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7pm Monday, January 2 for publication in DI-797 out on January 6, 2023



