

ISSUE 860 • JULY 11, 2025 • SERVING QUADRA & DISCOVERY ISLANDS SINCE 1993

DISCOVERY

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COMMUNITY NEWS & EVENTS

Quadra Island Pantry M.A.G. Memorial Bursary

(In memory of our son Michael)

Quadra Island Pantry is again offering two bursaries of \$500 each, available to assist Quadra Island students pursuing post secondary education.

Eligible applicants are Quadra Island students who have not received this bursary in the past.

Michael was a tradesman and always proud of his blue collar status, so these bursaries are open to students entering trade schools and art academies, etc, as well as academic institutes.

The bursaries are payable directly to the student to assist with travel, book fees, or any other expenses the student may incur.

Applications can be submitted by email to qipantry@gmail.com until August 31, 2025. Please include the following:

- Student's name and contact information.
- Proof of enrolment in any post secondary educational or training institution.
- Write a short letter telling us a little about yourself, how long you've lived on Quadra Island, and what the Quadra community has meant to you.
- Include your educational goals and how this bursary will help you pursue those goals.

Thank you to Island Pantry's customers for making this possible by contributing to QIP's ice cream and till jiggle buckets.

Busk and BBQ at the Tru Value to Support Young Musicians Fund!

The Quadra Island Young Musicians Fund is hosting a Busk and BBQ Fundraiser on **Saturday, July 19th, 11am - 2pm** in front of the Tru Value in Q Cove.

There will be live music by young musicians on the grassy area between the Tru Value and the book store.

Feel free to join in and jam! Burgers, smokies, hotdogs, and drinks for sale.

All proceeds go to supporting kids on Quadra learn to play music!



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ISLAND CALENDAR

DAY TO DAY

Friday, July 11

- Live music with David Gauci, HBI Pub, 9pm

Saturday, July 12

- Farmers Market & Bazaar, behind Credit Union Q-Cove 10 a, - 2pm
- Live Music with Jazz on the Rocks, Southend Winery, 4-6 pm

Friday, July 18

- Roses! A tribute to Grateful Dead, Quadra Legion, 8-12pm \$20
- Karaoke, HBI Pub, 9pm

Saturday, July 19

- Farmers Market & Bazaar, behind Credit Union Q-Cove 10 am - 2pm
- BBQ Fundraiser for Young Musicians, Q-Cove Tru-Value front 11 am to 2 pm
- Contemporary Folk - Adam Beattie & Fiona Bevan, QCC, 7pm, \$20 see pg.6
- Live Music with Phonosonics, HBI Pub, 9pm 12 am, \$10 at the door

Friday, July 25

- Live music with Blue Kats, HBI Pub, 9pm

Sunday, August 3

- Calm Breath, Calm Mind with Geshe Yong Dong, QCC, Room 3, 10:30-noon.
- Tibetan Buddhist Sound Bath with Geshe Yong Dong, QCC, 1:30-3 pm.

Pre-register: cfoort@yahoo.com

REGULARS

Sundays

- Meditation Group: Quadra Children's Centre, 10am

Mondays

- Pickleball Drop-In at Community Centre courts, 10am - 1pm

Monday & Friday nights

- Open AA meeting, at Cape Mudge United Church, 7:30-8:30pm

Wednesdays

- Pickleball Drop-In at Community Centre courts, 6pm - 8pm
- Poker Night: Quadra Legion 7:30pm

Thursdays

- Shakespeare Discussion Group QCC Room 2

Fridays

- Pickleball Drop-In at Community Centre courts, 10am - 1pm

Saturdays

- Tennis Drop-In at Community Centre courts, 10am - noon
- Pickleball Drop-In at Community Centre courts, 10am - 1 pm
- Meat Draw: Quadra Legion 5 to 6:30pm

WHAT'S ON AT QCC



Jump into the action at the Quadra Community Centre!
Come down, get involved and be part of YOUR community!

WHAT'S HAPPENING at QCC

July 11-July 25

THIS WEEKEND: July 11-13

FRIDAY: 10 Ballet Camp with Kate; 10:30 Half Day Kayaking Trip with Quadra Island Kayaks (Kids Summer Rec); Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com **SATURDAY:** 9:30 Tai Chi; 5 Theatre Quadra-Fall Production

SUNDAY: 2 365 Pro Wrestling Show

THIS WEEK: July 14-18

MONDAY: 10 Drum Jam Camp-Found Objects

TUESDAY: 10 Drum Jam Camp-Found Objects

WEDNESDAY: 10 Drum Jam Camp-Found Objects

THURSDAY: 10 Drum Jam Camp-Found Objects

FRIDAY: 10 Herbal Greetings for Teens; Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com ;

NEXT WEEKEND: July 19-20

SATURDAY: 9:30 Tai Chi; 7 Adam Beattie and Fiona Bevan Concert

NEXT WEEK: July 21-25

MONDAY: 10 You Go Girl!; 2:30 Caregivers Support Group

TUESDAY: 10 You Go Girl!; 12 Quadra Quilters Marathon

WEDNESDAY: 10 You Go Girl!

THURSDAY: 10 You Go Girl!

FRIDAY: 10 You Go Girl!; 10:30 Half Day Kayaking with Quadra Kayaks; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

SATURDAY: 9:30 Tai Chi

THE SUMMER REC GUIDE has been published! Make sure you check out all of the great Summer Rec offerings here at QCC! Visit Quadra Rec Desk at <https://quadrarec.recdesk.com/Community/Home> to register for programs!***

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Our current edition and upcoming
deadlines are available 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 publication
on subjects of interest to the
Discovery Islands community.

- **250–300 words** is a good length
for community announcements.
- Send articles in the body of an email.
- **Canadian spelling** please:
centre, colour, favourite etc...
- **Please use the title of your item**
in the email subject line.
- 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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NEXT DEADLINE

7pm Monday, July 21
for publication on
Friday, July 25, 2025

CONTEMPORARY FOLK DUO

MUSIC CONCERTS

Adam Beattie + **FIONA BEVAN**

contemporary Scottish folk
songwriter and guitar player

multiplatinum songwriter
making cinematic dream folk



JULY 19
QUADRA ISLAND
COMMUNITY
CENTRE
7 PM



JULY 20
TRINITY CHURCH
145 SIMMS ROAD
CAMPBELL RIVER
4 PM

TICKETS @ COPPER COAST GALLERY
& INSPIRATIONS
ALSO AVAILABLE @ THE DOOR \$20

TICKETS @ LONG & MCQUADE,
EVENT BRITE \$25
250-923-2300 (MORE INFO & TICKETS)

'Stirring folk balladry that champions the
indomitable nature of the human spirit'

LINE OF BEST FIT

'Startling odysseys that suggest Joanna Newsom
and Kate Bush spine-tinglingly joined'

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Jazz on the Rocks

Jazz on the Rocks will be playing favourite jazz standards at the Southend Winery July 12 from 4-6 pm. Treat yourself to an afternoon with Dave Blinzinger's smooth improvisations on saxophone, Hal Douglas's grooves on guitar, Marnie Younger's captivating vocals, fine wine and good food in a beautiful setting.

Open AA Meetings

Monday and Friday nights, 7:30 to 8:30pm at Cape Mudge United Church at 29 Tekya, Cape Mudge. Everyone Welcome!

Quadra Island Cat Rescue

Quadra Cat Rescue offers a lower-cost spay-neuter program for people needing assistance to get cats or kittens fixed. Please complete the form at: quadracatrescue.com/spay-neuter/

Support Quadra Cat Rescue by purchasing Tru Value Foods gift cards—available at Inspirations in the Cove—and by donating Spirit Board points (#280 at both stores).

At The Legion

• **Kitchen is now open** Thursday-Sunday! Lee is cooking delicious Burgers & more!!

• **Texas Hold'em Poker**, Wednesday nights starting at 7:30 & Saturday Night Meat Draws 5-7pm with all proceeds going to local non-profit groups

• **Roses!** A Grateful Dead tribute, Friday July 18th 8-12pm \$20.

• **Friday July 25th Comedy Club** at the Legion

• **We have Trout Derby Hoodies** (\$50) & T-Shirts(\$25) for sale

Meditation Group

WE MEET every Sunday at the Quadra Children's Centre at 10am for a 45 min sitting meditation on a cushion or chair, followed by a short break with tea and cookies.

There is a reading of a book based on Buddhist perspectives and meditation practices, and then a discussion on the text we read.

Everyone is welcome, a small donation is appreciated. For more info call Don at 250 285 2193 or Kai at 250 850 9245.

QI Outdoor Club

Upcoming Events

Here are our upcoming events for July:

12 July, Saturday – hike to Century Sam Lake

16 July, Wednesday – hike to Mt. Kitchener

23 July, Wednesday - hike to Newton Lake, Small Inlet and Waiatt Bay

The information about these trips can be found at: <https://qioutdoorclub.org/schedule-summer-2025/>

For more information about the Outdoor Club visit <https://qioutdoorclub.org/> or email to qioutdoorclub@gmail.com

Culvert Installation

April Point Road, Quadra Island

Drivers can expect up to 20-minute delays and single lane alternating traffic on April Point Road as crews install a culvert.

Please be courteous to Traffic Control Personnel and the roadside workers.

Where: April Point Road, Quadra Island

When: July 7 – 18 | 7:00 am – 5:00 pm

Drivers are reminded to respect cones, traffic control personnel and watch for roadside workers.

Please show respect for all roadside crews – Slow Down.

To list your event:

Email the DI at news@discoveryislands.ca

NEXT DEADLINE FOR SUBMISSIONS

MONDAY, JULY 21, 7pm

New to Quadra?

The Discovery Islands Chamber of Commerce and local businesses welcome you with a package of local incentives.

Contact Carol Ann T. at: carolannt@telus.net

GRANT LAWRENCE & Friends

JILL BARBER, JAY MALINOWSKI & STEPHANIE CADMAN all ages show

Herons Deck (weather dependent)

Tickets: \$39 show only ~ dining available

Reservations Required: 250-285-3322



MONDAY JULY 21

AN EVENING OF STORIES & SONGS

Heriot Bay Inn
a beautiful place to spend time

HBI Pub & Lawns: 11:30am–9pm
Herons: 12–9pm 7 days/week
Herons Menu: Fri–Tues 5–9pm

call **250.285.3322**
for takeout or a reservation

Contemporary Folk Duo Concert

You're invited to a concert of contemporary folk music with Scottish singer-songwriter Adam Beattie and multi-platinum singer-songwriter Fiona Bevan.

They are touring as a double headline tour of BC summer of 2025 in celebration of their new music releases. They are playing at the Vancouver Island Folk Festival and we are lucky to have them come to us on Quadra Island and in Campbell River.

Fiona Bevan is a multi-platinum Canadian-British singer-songwriter from Suffolk, with a delicate, passionate voice and a cinematic dream-folk sound, described by Björn Ulvaeus from ABBA as 'daring and exciting', and creating 'startling odysseys that suggest Joanna Newsom and Kate Bush spine-tinglingly joined' (The Guardian). Songs written for other artists include Ed Sheeran, Lewis Capaldi, Aurora, Tom Walker, One Direction, Shawn Mendes, Lights.

<https://fionabevan.co.uk>

Adam Beattie is a Scottish singer-songwriter and guitarist who has just released his fifth solo album to critical acclaim. Beattie is a "master of powerful narratives" (RnR Magazine), writing original contemporary Scottish folk songs while also drawing rich influences from other roots genres. Adam uses

beautiful, intricate, finger-picked guitar and a distinctive voice steeped in smoke and honey to create 'uplifting reveries of love' (MOJO Magazine).

www.adambeattie.com

As a multi-instrumentalist he has collaborated with Birdy, Lulu, Michael Chapman, Mikey Kenney and many others. 'Incredibly Beautiful' - Mary Anne Hobbs, BBC Radio 6 Music 'Carefully crafted, gently affecting songwriting' - Roddy Hart, BBC Radio Scotland.

Fiona and Adam play July 19th at the Quadra Community Centre at 7 pm. \$20. Tickets are available at Inspirations and Copper Coast Gallery.

They also play the following day in Campbell River, July 20th 4pm at the Trinity church.



Farmers Market and Bazaar

The Quadra Island Farmers' Market and Bazaar is off to a super busy season, a wonderful place to experience Island life for the whole family. Hopping with everything from educational booths, community events, artisan crafters, sewers, local farmers, bakers and painters and fishing lure makers and of course GREAT Live Music every week.



volunteers, not for profit, outdoors on the grass beside Cafe Aroma, in the sun, in the shade, in the wind or rain, and we are full of humans (and some furry friends)!

July Market Music line up

July 12 Dave Blinzinger

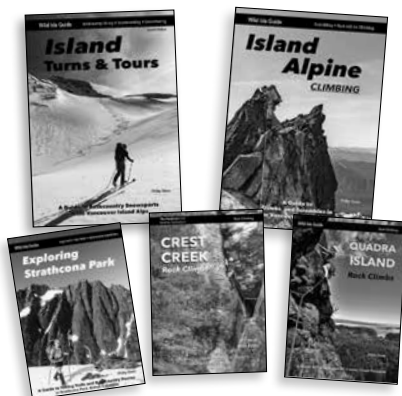
July 19 Don Utely

Every Saturday 10 - 2 May to September we cant wait to see you there!

Our Info contact is Wendy: quadramarket@gmail.com

You can find us online on our facebook page: <https://www.facebook.com/quadramarket/>

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Rock the Island! Catch the Rhythm!

Summer Music Camp registration now open

The Quadra Island Young Musicians Fund is hosting a summer music camp! For the second year, we are hosting a rock band camp, called Rock the Island! Catch the Rhythm! The focus this year will be on learning to keep the beat with your bandmates and having fun with rhythm instruments! It will also include playing your instrument and/or singing some great rock songs with the camp band. There will be a performance for families and friends at the end of the camp.

When: July 28 & 29, 10am-4pm

Where: Cape Mudge Hall and Youth Centre

Who: Youth aged 8-18 with at least one year of experience learning to play their instrument (lessons or school band) or singing (lessons or choir). Must have basic knowledge of how to play their instrument. Advanced player also welcome!

Cost: By donation at the camp.

Food: Lunch and snacks included.

Teachers: Rick Bossom (Canadian composer, musician, and teacher, see www.rickbossom.com) and Willum Ashurst (local youth drummer and pianist)

To register: Email us at quadrayoungmusicians@gmail.com and we will send you the link to the registration form. Maximum 15.

Questions? Email us! quadrayoungmusicians@gmail.com
Aura Haydon & Jen Banks-Doll, camp organizers

Tennis Lessons and Drop-In

Are you interested in learning to play tennis or brush up on your skills? Quadra Tennis Committee is offering basic instruction to prospective tennis players (teens to adults) every Saturday morning, 9:00-10:00 AM at the Quadra Community Centre's outdoor courts. Racquets are available. Call 250-285-2580 for more information.

Tennis players are invited to join us for Drop-In play, 10:00 AM to noon, every Saturday morning at the Quadra Community Centre outdoor courts. Call 250-285-2580 for more information.

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The Quadra Island Young Musicians Fund presents

ROCK THE ISLAND! CATCH THE RHYTHM! BAND CAMP 2025


with Rick Bossom & Willum Ashurst



Ages 8-18
July
28 & 29
10AM-4PM

at the Cape
Mudge Hall
& Youth Centre

All instruments and vocals welcome
Learn to play rock & pop songs with a group!
BY DONATION - lunch provided
email quadrayoungmusicians@gmail.com to register



**QUADRA ISLAND
YOUNG MUSICIANS FUND**

BBQ

Fundraiser



Live Music by Young Musicians

SATURDAY, JULY 19TH - 11AM-2PM

Q COVE TRU VALUE

HOTDOGS, SMOKIES, BURGERS, DRINKS, TREATS

SUPPORT MUSIC EDUCATION FOR KIDS ON QUADRA

National Drowning Prevention Week Event At McIvor Lake

(Campbell River, BC) — Drowning remains a leading cause of preventable death across British Columbia. In 2024 alone, Vancouver Island recorded 23 drowning fatalities— many linked to not wearing lifejackets, alcohol use, and lack of supervision around water. National Drowning Prevention Week is a vital reminder that these tragedies can be avoided with the right knowledge and safety practices.

The Strathcona Regional District (SRD) is pleased to support its staff from Strathcona Gardens Recreation Complex in hosting a free, family-friendly community event on Monday, July 21, from 11 am to 5 pm at Hill Beach, McIvor Lake.

Strathcona Gardens has invited partners from the City of Campbell River, the Campbell River RCMP, and the Campbell River Search and Rescue Society to help teach water-smart skills in, on, and around the water. Lifeguards from Strathcona Gardens will be on duty throughout the day, with a variety of activities for children, including face painting, a slip 'n slide, an inflatable water obstacle (the PEG), giant beach balls, scavenger hunts, and more. Water safety information booths will also be set up, where participants can learn about lifejacket use, supervision tips, and local swimming programs. This event is designed to promote water safety and drowning prevention through fun, hands-on experiences for the whole community.

Free transportation will be available to and from McIvor Lake from Strathcona Gardens Recreation Complex and the Sportsplex, with two departure times during the day. **Reserve your spot** at strathconagardens.com/swimbus.

“The Strathcona Gardens team is passionate about teaching swim and water safety skills to kids in our community,” said Cheri Millns, Program Coordinator of Aquatics at Strathcona Gardens. “Stop by our booth at McIvor Lake to sign up for a free one-on-one swim session in the lake with our lifeguards, or to learn more about Strathcona Gardens swim programs and certification courses.”

The National Lifesaving Society of Canada brings awareness to water safety and drowning prevention during National Drowning Prevention Week from July 20 to 26. To help keep yourself and your loved ones safe, residents are encouraged to:

- Complete the Lifesaving Society’s Swim to Survive Standard, which teaches essential skills to survive an unexpected fall into water, and consider joining a learn-to-swim program available at Strathcona Gardens.
- Always wear a properly fitted life jacket when on the water.
- Refrain from drinking alcoholic beverages while participating in aquatic activities.
- Ensure that children are under the direct supervision of an adult when around barrier-free bodies of water. Watch your kids, not your phone!

Drowning can happen in less than 10 seconds. Be informed. Be prepared. Stay safe.

Follow Strathcona Gardens on Facebook and Instagram throughout National Drowning Prevention Week for safety tips, resources, and water smart messages.



Meditation And Tibetan Buddhist Sound Bath With Geshe Yong Dong

Please join us for a Dharma talk and morning meditation on Calm Breath, Calm Mind with Lama Geshe Yong Dong in Room 3 of Quadra Community Centre on Sunday, August 3rd from 10:30 until 12:00. This session is offered by “dana” or donation and all are welcome.



Tibetan Buddhist Sound Bath

Also join us in the afternoon when Geshe-la offers a Buddhist Sound Bath using Tibetan chanting, singing bowls, gentle drumming and gongs to guide you to a place of inner peace and bliss. Through the stress of every day life, it is common to block energy within ourselves, often resulting in physical illness and mental stress.

Rang da – Tibetan for Self Sound is the natural sound we have within us. The relaxing music of a Sound Bath activates and connects us with our inner sound, helping to balance body, mind and spirit.

The Sound Bath will take place on Sunday, August 3rd at the Community Centre from 1:30 – 3:00. The cost is \$30 and pre-registration is required since space is limited. Payment can be made by e-transfer to cfoort@yahoo.com For more information or to pay cash and reserve a spot, contact Carol Foort at 250-2853035. Allow the soothing tones of the Sound Bath to wash away your stress and nurture your spirit! Some yoga mats, cushions and blankets will be available for your comfort, but please feel free to bring your own as well as an eye pillow.

Geshe Yong Dong Losar (Geshe-la) is a Buddhist master originally from Tibet. He currently lives in Courtenay, BC where he began teaching in 2002. In 2003 he established and began directing Sherab Chamma Ling, the only Tibetan Bon Buddhist Centre in Canada. He teaches in many centres, communities and universities around the world.

Geshe Yong Dong was born in 1969 in northeastern Tibet. As a boy, his desire to become a monk was intensified by the death of his mother, the death of his grandmother, and the 3 years he spent alone in the harsh Himalayan mountains tending to a flock of over 600 sheep for his uncle. At the age of 13 he entered a monastery.

Eleven years later, after completing specialized training, he was awarded the geshe degree, an academic achievement of the highest order, similar to a Western doctorate in theology. He escaped Tibet soon after, settling in India, before relocating to Canada. In 2022, Wisdom Publications published Geshe-la’s book, *Calm Breath, Calm Mind: A Guide to The Healing Power of Breath*.

We look forward to seeing you on August 3rd for the morning meditation and/or the afternoon Sound Bath as Geshe-la shares his compassionate wisdom and healing energy with us all!

Why War?

"Why war?" is a question that haunts everyone, including both Albert Einstein and Sigmund Freud. For Einstein, it was a question that had no rational answer. For Freud, war was an expression of the "death drive" for violence and destruction that was inherent in every human. If Einstein was hoping for optimism, Freud was drawing from his theoretical insights into the human character, a conclusion confirmed by the unequivocal message of history.

This question of Why War? became the subject and the title of a book by a British historian, Richard Overy, and reviewed in The Economist (August 10, 2024). Both the book and the review—the reviewer was not identified—examine this disturbing question without coming to a clear answer. "Contested, fractured and frustratingly elusive" is Overy's final conclusion about an explanation for war. But the search does provide some useful information that even has environmental implications.

The scientific approach provides no satisfactory answers. Anthropology, biology, psychology and ecology only confirm what has always happened. But the Darwinian selection of the fittest hints that war may be functioning at the sociological as well as the individual level—it is our psychology working collectively. In other words, some social structures assert their superiority over others by aggressive domination. The individual doesn't necessarily notice this, but becomes so absorbed in the feelings of the tribe or the

idea of the nation that he or she is willing to kill others for the identity and support received from the group.

The optimistic option is that people have agency, the power of personal choice, and can choose to fight or not. But this option, Overy suggests, is influenced by "four broad motivational categories", namely belief (religion), power, resources and security. These splice into psychology, and the extent to which people actually feel threatened. In many cases, they have to be convinced that this is actually the case, which raises the subject of propaganda and its invention of justifications for war, which it does by creating enemies, warping truth, building deception, and exploiting the gullibility of people.

Who are we as people? What kind of a culture are we? What do we deserve? What are our grievances? What is our future? Do we perceive others as fellow human beings, or as animals, vermin, pests and objects to be destroyed? Answers to these questions have been manipulated by propaganda to justify wars. Mythology, too, plays a role. It determines what people think of themselves, and what they are inclined to do. The Nazi notion of an "arian race" and its cultural destiny can be a powerful motivational force. Mix together all these factors and war does not become justifiable, but it does become explainable.

Mythology also has an environmental element worth considering. In the West, the basic mythological structure was determined by the Genesis account of Creation. That is, humanity

was created separate from nature, and placed in it to care and supervise it. This fundamental sense of separation has motivated and justified our treatment of nature as something foreign, alien and inferior. This is opposite to the Eastern mythologies of China and Japan in which humans are thought to have come from nature and are extensions of nature. But Eastern mythology did not prevent the abuse of nature, nor did it prevent wars.

Most indigenous peoples live in cultures that pre-date the Agricultural Revolution, which probably explains their sense of inseparability from nature. However, archeological evidence confirms that indigenous people did design weapons specifically to kill people, and that mass killings did occur. So the question remains open as to whether their honouring of nature was really inherent in their respective cultures, or whether it was merely a consequence of technological limits that committed them to total dependence on their natural surroundings.

This brings us to our current treatment of the environment. Give us the technology to build civilizations and we will exploit, degrade or destroy the natural structures that we depend upon. Again, very few exceptions contradict the historical record. Of course, if we are creatures of agency—that we can choose—then this is a testing time like no other. Unfortunately, we are running out of time to prove that we are exceptions to the rule.

As for the conclusion that Freud may have been correct, despite our current aversion to war and to environmental destruction, our response to the importance of our individual and collective survival motivates us in directions that we abhor but tolerate. Overy ends with the statement that, "If war has a very long human history, it also has a future." Maybe this is our fate. Try as we might, we may not be able to escape the character of our species.

Ray Grigg
for Sierra Quadra

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JULY 10th - 24th

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Quadra Circle News

Compassionate Community Quadra Island: The Power Of Being Present

Compassionate Community is a project to help communities better support their members who are experiencing failing health, serious illness, end of life and those who care for them as well as those who are grieving as a result of these life challenges. Quadra Island's team of Quadra Circle, Nav-CARE, and Way To Go were chosen by UBC to lead a research project that is meant to implement their toolkit and see how well it expands the concept of compassionate community into a reality for Quadra Islanders. Our society doesn't easily discuss topics of decreasing abilities (mobility, vision, hearing, mental acuity, dying). So we may be ill-equipped to understand our own response let alone those who are experiencing the loss. Giving our full attention, our full presence, to another person is one of the best gifts we can give.

As Ram Dass said, "We're all just walking each other home." Each life begins with birth and ends with death - events that each of us will experience in our own way. A human experience that connects us and separates us at the same time. Being present with each other can lighten our shared loads.

I have blended comments from several care partners and friends of persons living with declining health issues. They are experiencing the losses that accompany the losses happening to their loved ones. All three, the person experiencing the life change, the care partner, and the friend are on this journey and are in differing stages of grief. The person who is terminally ill, the care partner, and the close friend are connected by their past. This is how the care partner and friend describe their present.

Care Partner: I am exhausted. I am on alert 24/7. My partner's friends don't visit anymore. They used to go fishing or work on a project. Some of my friends still expect me to come to their place because that is what we always did. It would be such a big help if any of them would stop by. Both of us would enjoy a break. My partner would be safe and happy with someone they know and I could run to the store. We've been out of eggs for a week.

Friends: I don't know what to do. I really miss them, but things have changed. They aren't the same. We can't do what we used to do

together. It is hard to see them this way. I don't know what to say. They repeat themselves and don't even know who I am. They probably won't even remember I was there. My mother went through this and it is too hard for me - brings back too many memories. What if I mess up and say the wrong thing?

So much loss and grieving and we haven't even touched on the person living with the loss of health. What did you hear the care partner saying? The friends? They are both feeling the overwhelm of anticipatory grief (anticipating the loss before it occurs) and the sense of helplessness. What can be done? Can people learn to be present?

Nav-CARE training does provide tools especially listening skills that help us pay full attention and be fully present. We can use those skills and learnings to show up and Be Present for the persons living with failing health. Let the person living with failing health guide you. Being present means listening in such a way that you can hear how they wish to connect. They may want to share stories - reminisce about your shared past. They may enjoy having you read to them or watch a show together - maybe even with popcorn? They may not want to "do" anything. They may enjoy just knowing you are there. And you may find you feel good about connecting, even if it is in a different way. Seeing that familiar smile that gives you a warm feeling and lets you know they are ok. You will also learn about resources and how to seek out resources (ie: <https://quadrainlandhealth.ca/> for local resources). Gaining confidence and sharing how much you mean to each other in the present is a gift. The focus is on what you have now instead of what will be lost in the future.

As for those of us who don't know what to do or how to be, you are not alone. Your urge to avoid is normal and just the first part of grief. (Here is a short article that may help <https://www.health.harvard.edu/mind-and-mood/5-stages-of-grief-coping-with-the-loss-of-a-loved-one>). You may come to the conclusion that you want to connect and be part of your friend's current phase of life's journey. You can be present and make a world of difference. Grief doesn't go away, but it can be understood and accepted as part of our human journey. It may be that the grief each is feeling can be shared and deeply strengthen their connection. One person shared that her brother kept encouraging her to visit their dying father. She couldn't bear to see her strong father so weak and ill. Her brother told her it would make their father feel better. She finally went and his smile said all she needed to know.

Nav-CARE training has tools to help you connect with people who are dealing with declining health issues that impact their lives and relationships. It is available for free to everyone on Quadra. To learn more about how to sign up for Nav-CARE training and how you can support yourself, family, friends, and those in need of support on Quadra, check out our webpage at: <https://www.quadracircle.ca/compassionate-community>

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COMMUNITY NEWS & EVENTS

Thank you from Quadra Festival

That's a wrap for the 13th Quadra Island Festival of Chamber Music



The Board of the Quadra Chamber Music Society (Amy Stevenson, Heidi Ridgway, Darcy Macdougall, Claire Hefferman and Emily Whitfield) would like to thank all the sponsors, businesses, host families and individuals who donated their time, money, homes or goods to help make the Festival an affordable, enriching experience for us all.

The new June dates requested by some venues and hosts, seemed to work well, and we were thrilled to see such solid attendance from all our Quadra residents.

You are the reason that we put the effort in to hold this Festival every year! Thank you also for all your feedback survey comments. While there is lots of benefits about June, the main issue is to fix the timing of the family concert so that more of the school kids can attend! We will definitely work on this for next year. We are still looking for Board members and volunteers for the 2026 Festival, so please think about joining us. Thanks again and see you next summer!



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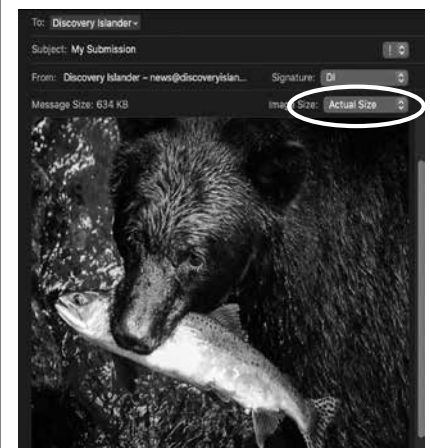
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Who Was Rachael Corrie?

by Claire Heffernan

The other day I was talking to a friend in the cove about the state of the world. We agreed we were experiencing post traumatic stress from trying to cope with all the violence and upheaval we were seeing, hearing and reading.

There was the attack on Iran's nuclear facilities by Israel and the USA that could potentially set off a nuclear war. Israel has an estimated 100 nuclear weapons and unlike Iran who has signed the Treaty on the Non-Proliferation of Nuclear Weapons, Israel refuses to sign onto this important treaty, or allow inspectors into Israel from the International Atomic Energy Agency.

The most disturbing is the genocide of Palestinians in Gaza by Israel's Defence Force (IDF) with the full support of the USA and the ethnic cleansing of Palestinians in the West Bank and East Jerusalem by primarily Zionist terrorist militia's armed by the Israeli state. The carnage is so blatant and deranged that anyone who denies it's taking place or that it is somehow justified, really needs their head examined.

Since the Hamas attack on Israel on October 7, 2023, Israel has retaliated with such sadistic brutality that Israel is now considered by many to be a pariah state. The International Criminal Court has issued arrest warrants for Israel's leaders, like Benjamin Netanyahu, for war crimes and crimes against humanity.

Since October 2023, Israel has dropped an estimated 85,000 tons of bombs pulverizing Gaza. By comparison the atomic bomb dropped by the USA in 1945 on Hiroshima Japan had an explosive yield equivalent to approximately 15,000 tons, while the bomb dropped on Nagasaki Japan had a yield of 21,000 tons, according to the Arms Control Association.

The official death toll in Gaza is now 55,000 with 127,400 wounded. The unofficial death rate is closer to 200,000 because many are buried under the rubble. Nearly 400,000 have been listed as missing. Seventy-five per cent of the casualties are women, children and the elderly. Ninety percent of Gaza's buildings have been damaged or destroyed.

The United Nations and other aid groups have been barred from rendering any assistance for three months. There are over 4,000 child amputees – the highest rate of child amputees in the world. With Israel blocking all aid, children have had their limbs amputated with no anaesthetic.

Starvation has set in and those attempting to obtain Israeli controlled food aid in these so called safe zones have to dodge snipers bullets, machine guns and tank fire to pick up meagre food packages only to discover the flour is contaminated with Oxycontin. Hundreds have been killed and thousands wounded.

Rabbi's, holocaust survivors, Jewish groups and individuals have all vehemently objected to the daily massacres. So why are many countries silent? That's because war and genocide are good for business.

A recent United Nations report named hundreds of corporations, banks, technology firms, universities, pension funds and charities that profit from the Israeli occupation and genocide. The report, which includes a database of over 1,000 corporate entities that collaborate with Israel, demands these firms and institutions sever ties with Israel or be held accountable for complicity in war crimes.

For example Caterpillar Inc. has for decades provided the IDF with the equipment used to demolish Palestinian homes, mosques and hospitals where sometimes wounded Palestinians were buried alive and killing activists like American Rachel Corrie from Olympia Washington.

Corrie was 23 in 2003, when she was crushed to death by an armoured bulldozer in Rafah, Gaza while she was acting as a human shield to prevent the demolition of the home of a local Palestinian pharmacist Samir Nasrallah. She was wearing her fluorescent orange, long sleeve jacket, she knelt down 15 meters in front of the bulldozer and waved her arms and shouted. The bulldozer ran her over crushing her to death. One witnesses stated, "It was either a gross mistake or a brutal murder."

On the day of Rachel Corrie's death, nine Palestinians were killed in Gaza, among them a four-year-old girl and a man aged 90. For years Rachel's parents fought unsuccessfully for justice in Israeli courts. You only have to read the Wikipedia account of the lawsuit trials to conclude the proceedings were a sham. In 2017, documents emerged showing Caterpillar had hired private investigators to spy on Rachel's family.

The post-Holocaust industrialists trial and the South African Truth and Reconciliation Commission laid the legal framework for recognizing the criminal responsibility of institutions and businesses that participate in international crimes.

It's time to lock them up!

July 2025

REGIONAL DIRECTOR'S REPORT

Hello,

Summer is here, and with it the bustle of busy days, the beauty of lake days, and of course, occasional ferry lineups. This report has an update on solid waste and an upcoming community consultation on solid waste diversion strategies.

Solid waste management

Solid Waste is the things we throw 'away' – garbage, recycling, and compost. Here on Quadra Island and in Area C we are part of the Comox Strathcona Waste Management Service (CSWM) – a service which manages garbage once it lands at a transfer station, recycling once it arrives at a depot, and organics from single family residences in the major centres within the service area (Comox, Courtenay, Cumberland & Campbell River). The CSWM service area is broad: it includes the Comox Valley and Strathcona Regional Districts, from Fanny Bay up to Zeballos and over to Refuge Cove.

Waste management planning

The provincial government mandates that the CSWM operates with a ten-year Solid Waste Management Plan which must be reviewed & renewed every decade. Renewing the solid waste plan is currently underway in order to tackle evolving community needs and regulations.

Community engagement is integral to developing the plan. So, CSWM staff have had meaningful engagement across the service area and have distilled the input of communities, the Regional Solid Waste Advisory Committee, and the twenty-three Directors on the CSWM Board into a potential set of waste diversion strategies to tackle over the lifespan of a new solid waste management plan.

Your opinions wanted

Community consultation on the diversion strategies is beginning soon, and CSWM staff are coming to Quadra to share info and hear from you! They will be at the Quadra Island Fall Fair's "Youngster's Harvest Happenings" festival on Sunday September 7 at the Community Centre. (Another reason to save the date, in case a little Fall Fair isn't enough).

The good folks of CSWM want to discuss the most relevant issues and share what the CSWM service provides in our community. They will have a paper survey available with them September 7th; there will also be an online input opportunity if you don't make it to the Fall Fair or want to provide deeper input.

Shaping the Solid Waste Management Plan only happens once a decade, so I hope many folks will take the opportunity to share their thoughts on preferred waste diversion strategies, pressing issues, and potential solutions. If you're eager to learn more or ask CSWM staff a question, there's a webpage to explore: engagecomoxvalley.ca/swmp. The plan renewal began in 2022 and is aiming for completion in 2026.

SRD investigation of a solid waste solution for Quadra Island

In June the SRD Board received a report titled "Quadra Island Solid Waste Collection Study" which includes exploration of a waste collection partnership model with the We Wai Kai First Nation. A consultant reviewed the operational requirements and potential costs of a coordinated service model on Quadra Island.

Insight into the scale and considerations of such a service were uncovered but determining per-household costs wasn't possible due

to several key assumptions. The study also supported ongoing evaluation by We Wai Kai First Nation of the potential to establish a waste collection enterprise as part of broader economic development goals; in recognition of the Nation's ongoing business planning the full consultant's report was not published. The We Wai Kai Nation continues to assess various waste disposal options and final feedback may take time.

The staff report further identified that the Solid Waste Management Plan planning process underway by Comox Strathcona Waste Management (as detailed above) could significantly influence the future of waste collection services in Electoral Area C, including the SRD's formal request to CSWM to establish a waste transfer station on Quadra. Also stated in the report was that the Solid Waste Management Plan may result in regional solutions, including the provision of collection services directly through CSWM.

Considering these ongoing endeavours, the Board paused further SRD investigations into solid waste collection on Quadra Island to allow additional time to see if viable options arise to support solid waste collection, directing staff to provide an update in eight months' time.

Connect

Thank you for reading! You're welcome to connect with me with questions or concerns: you can email RMawhinney@sr.ca, or call 250.203.2468. You can find previous reports at robynmaawhinney.ca.

Until next time,
Respectfully,
Director Robyn Mawhinney

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The Island Dream

- by Ann McLean

As they age many retirees dream of living on a beautiful island and some are fortunate enough to move to our quiet coastal communities. The island lifestyle offers a variety of benefits and opportunities but ageing on the islands brings it's own challenges.

Declining health often requires many health care services which are not always available in our rural communities. As we age and our health deteriorates we require trips to town and to the cities for medical tests and treatments.

When we can no longer care for ourselves we are not offered many options. Residential care is usually recommended and we are advised there are long wait lists. When an islander moves into a residential care facility, friends and family can spend hours waiting in long ferry line ups to visit. Aging spouses or family members may no longer be able to drive or walk any great distance and taxi and ferry fares can become very expensive. The thought of selling the family home and moving to town can become another source of anxiety.

However as we age on the islands there are other care options we can explore. The disease's of age can take a toll on family caregivers, Home Support Services are available and can afford a little respite for carers. However, many of the diseases of age eventually lead to the loss of our mobility and at that point we may feel that residential care is now our only choice.

If you are disabled and wish to remain in your own home, you may qualify for the CSIL program. Choice in Supports for Independent Living is a self-directed option for eligible clients who are capable of managing their own care or have a family member or representative willing to manage it for them. When approved, the client receives funds directly from the health authority to purchase their own home support services. Clients become employers who manage all aspects of their home support, from hiring and supervising staff to overseeing the management of the CSIL funds.

While this option may not be suitable for all, it offers those who wish to manage their own care and to die in their own home the ability to do so. While easing the family's burden of care it also creates employment in the community. With Choice in Supports for Independent Living we can live and die the island dream.

To die in one's own home in one's own bed with family and friends nearby is a good end to pursue. With the help of dedicated family and caregivers, CSIL can make this possible for many.



Information on the CSIL program can be found in the following websites:

CSIL on BC gov't website: <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-choice-in-supports-for-independent-living>

www.ifrcsociety.org (Individual Funding Resource Centre Society)

www.bcdisability.com

Ann McLean is giving a presentation on the CSIL program at the SouthEnd Winery on Wednesday, July 23 at 5:00-6:30pm. She will share her experience as her late husband's CSIL representative for six years. Savory snacks provided. Seating is limited so please RSVP by Sunday, July 20 to: compassionatecommunityqi@gmail.com.



How Much Does it Cost to Put Something in the DI?

This is a question I often receive so let's explain how the DI works...

Editorial items run free of charge. That's the service a community paper provides.

This includes: news stories, events, thank you's, lost and found notes, essays and press releases from local organizations, etc...

Advertising that is paid space includes:

Display advertising, the outlined graphics like you see to the left (except that's a public service notice, we run a lot of those free of charge but you see what I mean), classified ads, legal notices, obituaries, help wanted, etc...

Paid advertising is what allows us to publish all the editorial news and events without charge so advertising not only promotes your business, it supports the DI and all the organizations and businesses that rely on us to spread their word.

As always we prefer to receive material by email, so please send yours to: news@discoveryislands.ca

- Editor

Tending to a Body at Home



In British Columbia, it is entirely legal for families and friends to care for a body at home after death.

You may sit with the body, wash and dress it, build a casket, make arrangements

for burial or cremation, and transport the body to the cemetery or crematorium. There is no legal requirement to use a funeral service provider. While some funeral homes are open to flexible, family-led involvement, others may not support this approach.

Keeping the body in the home, or returning a body to the home after death, is not a new approach. It's a return to an older way to be with death that has been practiced for thousands of years.

Many of us have little or no experience with bodies and are understandably nervous about tending to one in our home. This is where the support of Way To Go volunteers can be invaluable. We can accompany and guide a family or friend group through the process, or take the lead while involving loved ones as they feel comfortable.

It's important to know that the body is no more dangerous in death than it was in life. The same basic hygiene and care apply as when the person was alive. To slow the natural changes that occur after death, it's helpful to keep the body cool. This can be done by opening a window or turning on the air conditioning, using ice packs (Way To Go has suitable ones available), or purchasing dry ice from Campbell River. Ice should be placed under the torso to help cool the internal organs. Way To Go also provides a "Care of the Body Kit" containing all that's needed for home-based body care.

What to Expect

Rigor mortis—the stiffening of the muscles—typically begins about two hours after death, peaks around 12 hours, and often begins to release after 48 hours. If possible, it's easiest to wash and dress the body within the first few hours. If that's not possible, the body can still be cared for later; gentle massage will usually release the joints.

It is common for the person's eyes and mouth to be open after they die. The eyes can be closed by gently pressing them shut and placing something soft over them if needed. To close the mouth, you can place a rolled towel under the chin or tie a soft scarf gently around the head to lift the jaw. After a couple of hours, the mouth and eyes usually stay closed on their own.

As the body relaxes after death, there may be a release of fluids—especially if the person had recently eaten or drunk. Gently massaging the abdomen can help empty the bladder.

A body can typically remain at home for several days without significant change. Some families choose to lay the body out in a central space; others may prefer a bedroom, lower level, or outbuilding. Over time, the skin may become pale or mottled and take on a waxy tone. Scents from diffusers, cedar boughs, or fresh flowers can help mask any odors. Even as decomposition begins, it need not feel disturbing. It is a natural part of the process and a quiet signal that it's time to return the body to the elements. If more time is needed or changes occur quickly, the body can be placed in a casket and moved to a cool, sheltered space like a garage until burial or cremation.

Being With the Body

Having the body present and caring for it can be a deeply powerful experience. Death often comes as a shock, and it may be difficult to believe that your loved one has truly died. Being with the body keeps returning us to this reality, painful though it may be. In this familiar setting, people can visit as often as they like—to sit, touch, speak, sing, cry, or simply be.

Children, too, can often be present more naturally with the body in the home, especially with gentle guidance and support.

Death and grief are difficult to navigate. We may find ourselves channeling intense emotions into being overly busy, creating conflict, or finding ways to numb or distract ourselves from the pain. Having the body of our loved one present keeps grief at the center of our experience. As a shared task, washing and dressing the body can become an intimate way to be present. Building a casket or decorating it provides a tangible way for grief to be expressed. The presence of the body makes the space sacred, inviting us to slow down and connect with our necessary grief.

For more guidance, including a helpful video series on post-death care at home, visit cindea.ca.

Way To Go strives to integrate death as part of life by initiating conversations, providing education, and encouraging people to prepare for end-of-life. We also empower, guide, and support the practice and process of caring for our own dead and dying, in community. Visit our website, way2go.ca; view upcoming events, join our email list, or stop by and say hello at the Farmer's Market on July 12.

- **Written by** Margaret Verschuur

Celebration for Susan Enns

Our beautiful and beloved mom and baba (Susan Enns 1947-2025) left us on a sweet morn in the month of May.

She passed away at home in the bay she adored and grew up in. She loved this island and community fiercely and would have loved for us to come together to share our collective love and joy for each other.

We lovingly invite you to celebrate our mom and this island with a potluck, laughs and giggles, hugs and music on July 30th, starting at 4pm at the bottom of 1568 Hyacinthe Bay Road.

We all may need to be creative as you know parking is a logistical nightmare. Please reach out to us if you or your loved ones have mobility issues.

With love, Natalee, Sara and Tasha



DI Submissions

Email us at

news@discoveryislands.ca

Drop off your item at *Inspirations* in Quathiaski Cove

Bring it to our office at 701 Cape Mudge Road

Heriot Bay Tides

DATE	TIME PDT	M.	FT.
11 Fri	01:23	3.87	12.7
	05:06	4.29	14.1
	12:50	0.63	2.1
	20:41	4.91	16.1
12 Sat	02:01	3.73	12.2
	06:00	4.26	14.0
	13:29	0.64	2.1
	21:11	4.96	16.3
13 Sun	02:45	3.53	11.6
	06:57	4.18	13.7
	14:09	0.75	2.5
	21:42	4.99	16.4
14 Mon	03:33	3.26	10.7
	07:57	4.04	13.3
	14:50	0.99	3.3
	22:12	4.99	16.4
15 Tue	04:23	2.90	9.5
	09:03	3.86	12.7
	15:31	1.38	4.5
	22:42	4.95	16.2
16 Wed	05:13	2.47	8.1
	10:20	3.69	12.1
	16:15	1.90	6.2
	23:12	4.87	16.0
17 Thu	06:04	2.02	6.6
	11:52	3.62	11.9
	17:02	2.50	8.2
	23:41	4.78	15.7
18 Fri	06:58	1.59	5.2
	13:35	3.71	12.2
	17:58	3.10	10.2
19 Sat	00:13	4.68	15.4
	07:55	1.20	3.9
	15:23	3.98	13.1
	19:13	3.61	11.8
20 Sun	00:49	4.60	15.1
21 Mon	01:34	4.53	14.9
	09:47	0.63	2.1
	17:53	4.63	15.2
	22:36	4.03	13.2
22 Tue	02:29	4.48	14.7
	10:37	0.47	1.5
	18:39	4.85	15.9
	23:45	3.97	13.0
23 Wed	03:28	4.44	14.6
	11:24	0.40	1.3
	19:18	4.99	16.4
24 Thu	00:37	3.83	12.6
	04:29	4.39	14.4
	12:09	0.43	1.4
	19:53	5.06	16.6
25 Fri	01:23	3.63	11.9
	05:31	4.33	14.2
	12:51	0.56	1.8
	20:25	5.07	16.6
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	06:31	4.24	13.9

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Transportation

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Horticulturists Jessica Hammersmark and Ryan Nassichuk are offering an ongoing, practical, hands-on workshop series in their garden on Quadra. Pre-registration is required. Email nassichuk@gmail.com or call/message 250-202-2326 and visit www.garden-workshops.com and www.nassichuk.com for more info.

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