

ISSUE 865 • SEPTEMBER 19, 2025 • SERVING QUADRA & DISCOVERY ISLANDS SINCE 1993

DISCOVERY

I S L A N D E R



*Emmett Swanson's
fancy flock*

*Photo: Don
Mottershead*

**Quadra's first Harvest Happenings Festival
ushers in a busy Fall season on our island!**

Details inside...

Heriot Bay – Whaletown Terminal Upgrades



Hello Quadra and Cortes Island community members,

As summer winds down, I'm pleased to share the following updates for the terminal rebuild projects. As always, I'd like to thank everyone for their ongoing patience and support while we work to upgrade the terminals to support the deployment of the Island Class Vessel between Cortes and Quadra.

At Heriot Bay, construction crews have made significant progress installing portions of the new trestle, including large steel piles and concrete beams that will eventually support the vehicle loading ramp for the new ferry. In the coming weeks, you will notice the terminal becoming quite busy as we ramp up production from both the marine and land side. The contractor is mobilizing additional marine equipment to assist the land-based crane with placing large pre-cast concrete beams and installing marine pilings. At the same time, crews will work from land to place new shoreline protection rock called rip-rap. The rock has been sourced from a local quarry on Quadra Island and will be trucked to the terminal.

The work at Whaletown has faced challenges over the last month due to unforeseen ground conditions and equipment issues. The crew has shown

perseverance and advanced the work as much as possible. We are expecting phase one marine work will conclude by the end of September and the crew will join their colleagues at Heriot Bay as production accelerates into October. You may see crews on site at Whaletown installing a concrete pad near the terminal electrical room to support new BC Hydro infrastructure.

Offsite, fabrication work for both new terminals is progressing. On September 3rd, we reached a major milestone with the launch of new floating dolphins for both terminals in Campbell River. The dolphins will be stored in Campbell River until they can be installed on-site.

We look forward to being back in your communities later this fall to discuss the details of the planned alternate service next winter (February 2026). We will share the date and time of our in-person event as soon as it is confirmed.

In the meantime, you'll continue to hear from us through service notices, mail-outs, social media, sign boards, and this regular column. You can also visit our project webpage using the link below.

If you have any questions, please don't hesitate to contact our Customer Relations team at engagement@bcferries.com.

Thanks for reading,

Jeffrey Li
Project Manager, BC Ferries

[Learn more >](#)

 **BC Ferries**

ISLAND CALENDAR

DAY TO DAY

Thursday, September 18

- Badminton starts at Cape Mudge Gym, 7:30pm, see p5
- The Legion: Clothing Swap 5-9pm

Saturday, September 20

- Draw the Line, Spirit Square in Campbell River at 2pm, see p4
- The Legion: Rebels and Royals, Discovery Island Pride Event, \$20

Sunday, September 21

- The Giant Quadra Garage Sale, 10-2pm at QCC, see p7

Friday, September 26

- Friday Flicks presents One to One: John and Yoko, QCC 7:45pm, see p6
- The Legion: Comedy open mic, 9pm

Saturday, September 27

- The Legion: Disko Derek is DJ-ing, 9pm

Sunday, September 28

- Hal Douglas and friends at the HBI Pub, 3-5pm, no cover
- The Legion: Movie Night with True, 7pm

Friday, October 3

- The Legion: Fanfare

Saturday, October 4

- 4 Seasons of Reconciliation, Cape Mudge Recreation Hall at 1:30pm, see p4
- Quadra Concerts: Gordon Grdina's Haram, QCC. Doors @ 7, show @ 7:30, see p8

Monday, October 6

- Garden Club: Building Soil Health, with Marc Doll, QCC 7-9pm, see p12

Friday, October 10

- Friday Flicks presents Santosh, QCC 7:45pm, see p6

Monday, October 20

- Way to Go Meeting on Energy work, QCC Rm 3 at 3 pm, see p5

Thursday, October 23

- Earthquake presentation by seismologist Alison Bird, at The Legion. Doors @ 6:30, presentation 7pm, see p5

REGULARS

Sundays

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

Mondays

- Badminton at the Cape Mudge gym, 7:30pm, drop-in \$3

Monday & Friday nights

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

Wednesdays

- Poker Night: Quadra Legion 7:30pm

Thursdays

- Badminton at the Cape Mudge gym, 7:30pm, drop-in \$3

**NEXT DISCOVERY ISLANDER DEADLINE
FOR ISSUE 866:**

**Monday, September 29 @ 7pm
In mailboxes on Friday, October 3**

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 September 19 to October 3

THIS WEEKEND: September 19-21

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10 Spinners and Knitters; 10:30 Friday Painters; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

SATURDAY: Drop off Day at QCC for Giant Garage Sale; 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 11 Ultimate Frisbee on the field (all level's welcome)!

SUNDAY: 10 Giant Garage Sale

THIS WEEK: September 22-26

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 1 Sing for Pure Joy; 1 Jewelry Making; 2:30 Caregivers; 5:30 Iyengar Yoga

TUESDAY: 9 Quilters Sewing B; 10:30 Balance, Core Strength and Bone Health; 2:45 Rec and Sports with Dave (school gym); 5 Yoga with Trinity; 5:30 Ultimate Frisbee; 7:15 International Folk Dancing

WEDNESDAY: 10 Yoga with Trinity; 1 Mosaics; 3 Ping Pong; 4 Intermediate Basketball (school gym)

THURSDAY: 10 Tai Chi with Nicki; 10 Parents and Tots Dance with Kate; 5 Core Strength and Stability with Nicki; 6 Indoor Floor Hockey for kids (school gym); 6:45 Quadra Singers; 7 Indoor Floor Hockey for Adults (school gym)

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10 Spinners and Knitters; 10:30 Friday Painters; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com ; 7:45 Friday Flicks presents "One to One: John & Yoko"

NEXT WEEKEND: September 27

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 11 Ultimate Frisbee on the field (all levels welcome!)

NEXT WEEK: September 29 to October 3

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 1 Sing for Pure Joy; 1 Jewelry Making; 5:30 Iyengar Yoga; 7 Photography Club

TUESDAY: 10:30 Balance, Core Strength and Bone Health; 3 Sewing Crafts for Kids; 5 Yoga with Trinity; 5:30 Ultimate Frisbee; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Kitchen Lunch; 1 Mosaics; 3 Ping Pong; 4 Intermediate Basketball (school gym)

THURSDAY: 10 Tai Chi with Nicki; 10 Parents and Tots Dance with Kate; 5 Core Strength and Stability with Nicki; 6 Indoor Floor Hockey for kids (school gym); 6:45 Quadra Singers; 7 Indoor Floor Hockey for Adults (school gym)

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10 Spinners and Knitters; 10:30 Friday Painters; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

Go to our website www.quadrarec.bc.ca to view the latest Rec Guide, OR navigate to REC DESK to register for kid's programs or see what's happening each day on the community calendar. <https://quadrarec.recdesk.com/Community/Calendar> Click on the calendar for more details! Phone the Community Centre at # 250-285-3243. Or E-mail: info@quadrarec.bc.ca

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Guest Editor Robyn Budd

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deadlines are available online:
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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, Sep 29
for publication on
Friday, October 3, 2025

COMMUNITY NEWS & EVENTS

Draw The Line

ON SATURDAY September
20, 2pm at Spirit Square,
Downtown Campbell River,
Quadra Islanders are joining
communities across Canada
to Draw the Line – for people, for
peace and for the planet. We will
gather at Spirit Square, located on
the traditional territory
of the Laichwiltach people and
the Wei Wai Kum and We Wai Kai
First Nations.

We will call for meaningful
Climate Action, Indigenous
Sovereignty and Economic
Fairness for all during the
necessary transition of society
to one that lives within the life-
sustaining capacity of nature.

A global extinction event is
underway as climate change
accelerates, now entering
dangerous tipping points
to runaway global warming. We
must act with determination and
demand change from our leaders.

This peaceful rally is part
of the international Draw the
Line weekend of action, uniting
voices from every corner of
the world to say: Enough Is
Enough! We're drawing the line
against institutional greed and
environmental destruction—
and for a future rooted in a
community that protects nature
and values and supports every
member. Community strength
comes from diversity, equity,
justice and compassion.

WHAT TO EXPECT

- Speakers: Rachel Blaney, Sue
Moen and Murray Ety will speak
on these key topics:
End the Era of Fossil Fuels
Put People Before Profit
Stop Blaming and
Exploiting Migrants
Uphold Indigenous Sovereignty
Stand for Peace with Justice, not
War
- Music to symbolize our
collective vision
- Opportunity for Group

Discussion: how to work together
to create a healthier new society
Bring your friends, placards and
banners and join us in taking back
our future from those who profit
off destroying it!

You can RSVP at www.drawtheline.world/canada; or just turn up.

4 Seasons of Reconciliation

THE DISCOVERY ISLANDS

Chamber of Commerce, in
partnership with the We Wai
Kai Nation and Quadra Literacy,
invites you to the official
launch of the Four Seasons of
Reconciliation program – a
community-wide initiative to
promote reconciliation, cultural
understanding, and economic
inclusion – on Saturday, October
4, 1:30pm at Cape Mudge
Recreation Hall.

Join us for an introduction to the
program. This is an opportunity
to learn more about how the
initiative supports reconciliation
and strengthens local economic
and community relationships.

The online learning begins in
October, is self-paced and only
three hours long, making it easy
for businesses and community
members to participate.

Special Launch Pricing: \$49 for
members, \$79 for non-members
(regular \$199).

For more information, email
admin@dicc.ca.

Encore

CONGRATULATIONS (AGAIN!) to this year's recipients of the MAG
memorial bursaries: (L to R) Ruby Mooney, Cadence Richardson, and
Willum Ashurst. (And our apologies for running only two of the three
pictures in the last issue!)



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on FaceBook

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Sounding Boards

THE COMPASSIONATE COMMUNITY Sounding Boards have been 'hanging out' at the Saturday Market once a month with the last appearance September 6th! The question was 'What is your favourite pastime?' Twelve people said they had too many to pick a favourite. Others thoughtfully sorted through their list and filled the sheet! See if any of these are your favourites: Eating; sitting on my deck in silence; canoeing to keep moving; working on my old car with my friends; looking at the sky, watching for shooting stars with my lover; cruising in my hotrod with my wife; artwork, gardening; my cat; sleeping; relaxing with sea lions while waiting for the whales; skiing; walking and taking my dog for a bike ride; e-bike/hockey/pickle ball; hiking; daydreaming at the ocean; connecting with earth, sea and humans; fishing; reading my book in the morning sunshine; doing nothing; sitting in my garden watching the birds; winning lotteries; reading outside listening to crickets and frogs; keeping it simple with long walks; love fishing, camping, swimming at the lakes; time with community especially toward a cause or in nature."

It's time to introduce the Sounding Boards in various locations throughout the community. Each Sounding Board will come with a laminated instruction sheet and a black marker. They will be in place for 3 to 5 days. If you spot one, please consider responding to the question. The anonymous responses will be shared in the DI and with UBC Researchers. This is a fun exercise that reflects the sentiments of our community. As you can see from the latest responses, they can be serious, funny, or heartfelt.

One more thing - if you have an idea for placement of a Board, email Jude at dunnjudy@hotmail.com

Jude McCormick Co-coordinator Compassionate Community project (Quadra Circle, NavCare, Way To Go)

Way to Go

JOIN US on Monday October 20 from 3pm to 4:30pm, QCC Room 3, for a time of sharing, a presentation on "Energy Work for Easing Life's Transition," discussion and business. Bring \$2 for the rental. (Note the date change from September 15.) Next meeting November 17.

Info or zoom link at way2go.ca, or 285 3298.

Can anyone offer our group free, accessible, indoor storage for a small number of items?

Music at the HBI Pub

HAL DOUGLAS will be at the HBI Pub on Sunday afternoon September 28, from 3 to 5pm. Joining Hal will be Julie Frank and Dave Blinzinger.

Come on down for great music, food and drinks. No cover.

Open AA Meetings

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

Badminton

QUADRA ISLAND Badminton will be starting the new season on Thursday, September 18th at 7:30pm. We play at Cape Mudge Gym. The drop in fee is \$3. We play every Monday and Thursday at 7:30pm. Any changes to the schedule will be announced on the Quadra Island Badminton Facebook page.

**IF YOU SEE
SIGNS OF WILDFIRE**
Call 1-800-663-5555 or 911
or text *5555 on mobile

Renowned Earthquake Expert to Give Talk at Quadra Legion

EARTHQUAKES ARE a fact of life for all of us who live and work on the West Coast. Will you be prepared or panicked when the next one hits?

To learn more about earthquakes in southwestern British Columbia so you can be better prepared, you are invited to a presentation by Alison Bird, an internationally recognized seismologist with Natural Resources Canada, on Thursday, October 23rd at the Quadra Legion Hall.

Alison is passionate about creating safer communities through natural hazard education and risk mitigation. Her presentation will cover earthquake hazards, preparedness, and the Earthquake Early Warning System, which she helped develop.

This is a great opportunity to hear, and learn from, an expert on what we can expect here on Quadra. There will be a question period after her talk.

Alison's presentation on Quadra is hosted by the Quadra Island Emergency Preparedness Program, to mark the Annual Great BC Shakeout event held in October every year. Support for the Quadra Island Emergency Preparedness Program is provided by the Strathcona Regional District, Emergency Preparedness.

Note that this presentation will be held at the Quadra Legion, next to the Heriot Bay Tru-Value Food Store. Doors open at 6:30, coffee and dessert provided. Alison's presentation starts at 7pm. Come early to hear this popular speaker as seating at this venue will be limited.

EARTHQUAKES IN SOUTHWESTERN BC
a presentation by Alison Bird

If you've ever wondered...

- Are you prepared for a major earthquake?
- What can you expect when one hits?
- How can you be prepared?
- What is the Earthquake Early Warning system?

...then this presentation is for you!

**Everyone welcome!
Free admission.**

Hosted by Quadra Island Emergency Program

When: Thursday, October 23rd.
Doors open 6:30 pm, presentation 7 - 8:30 pm

Where: Quadra Legion Hall,
1503 W Rd., Heriot Bay

Who: Alison Bird is a seismologist with Natural Resources Canada. She is involved in numerous outreach activities, and is passionate about seismic-resistant engineering, in encouraging mitigation practices for at-risk communities, and in educating the public about earthquake hazards.

Want more information? Contact Judy Hagen at (250) 285-2150 or www.quadraemergency.ca

Strathcona
REGIONAL DISTRICT

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.

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



Preschool Program

3 to 5 years

(Exemptions may be available for 2.5-year old's; please inquire)

School Age Programs

Quadra Kids
Grades 1-5

Wonderful Leaf
K - Grade 1

8:00 a.m. to 5:30 p.m.
Monday to Friday

Find us online
quadrachildrencentre.com

We are a \$10 Day Childcare Centre

When They're Not Ready to Talk About Death

THIS WAS EXTRACTED from a video by Sarah Kerr, founder of the Centre for Sacred Deathcare.



Talking about death can be difficult—especially if you're in good health and not expecting it anytime soon. But the truth is, death can come for any of

us at any time, and it's still important to have that conversation, even when it feels far away.

It's also important to talk with friends and family, even if they don't feel ready. Many people aren't open to talking about death for all kinds of reasons, and that's okay. It's essential to honour and respect where they are. The key is to approach the conversation gently, one small step at a time.

We titrate. We take tiny doses of truth, gradually. One way to begin is by creating a space for gentle witnessing. For example, instead of diving into personal feelings or plans, you might say: "I saw a movie where someone died, and it really made me think;" or "I came across a video where someone talked about caring for their loved one after they died; I found it really moving. What do you think about that?"

These kinds of abstract or third-person examples don't feel threatening. You're not

talking about your death or their death—just inviting reflection.

When you say, "This is what I want when I die," it can escalate quickly into someone confronting their love for you and their fear of losing you. That can be overwhelming.

So start with the abstract. Then, gradually move a little closer: "When Grandma died, did you think her funeral felt right?" or "My friend's mother passed, and they handled things very differently; what do you think about that?" or "When so-and-so was in hospice, how did you feel about the care they received?"

Slow steps. Going slow matters – because when people feel overwhelmed, they shut down. The goal is to keep the gates open, to gently turn the valve and let the conversation flow a little at a time. With patience, it will grow.

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, read previously written articles, and join our email list.

Margaret Verschuur

FRIDAY FLICKS

One to One: John and Yoko

FRIDAY, SEPTEMBER 26, 7:45 at Quadra Community Centre: *One to One: John and Yoko*. On August 30, 1972, in New York City, John Lennon played his only full-length show after leaving The Beatles, the One to One Benefit Concert, a rollicking, dazzling performance from him and Yoko Ono. Director Kevin Macdonald's riveting documentary *One to One: John and Yoko* takes that epic musical event and uses it as the starting point to recreate eighteen defining months in the lives of John and Yoko. By 1971 the couple was newly arrived in the United States – living in a tiny apartment in Greenwich Village and watching a huge amount of American television. The film uses a riotous mélange of American TV to conjure the era through what the two would have been seeing on the tube: the Vietnam War, The Price is Right, Nixon, Coca-Cola ads, Cronkite, The Waltons. As they experience

a year of love and transformation in the US, John and Yoko begin to change their approach to protest – ultimately leading to the One to One concert, which was inspired by a Geraldo Rivera exposé they watched on TV. Filmed in a meticulously faithful reproduction of the NYC apartment the duo shared, *One to One: John and Yoko* also includes a wealth of never-before-seen material, including home movies and numerous phone call recordings of John and Yoko to offer a unique take on a seminal time in the lives of one of music's most famous couples. "the rare rock doc that's a must-see." (Variety).

OCTOBER 10: SANTOSH. In rural Northern India, the widow of a slain police officer takes his place on a force rife with compromised ethics. The arrival of a charismatic female inspector, who takes the title character under her wing, challenges the prevailing patriarchy even as the pair discover how deep it runs.

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Save Your Stuff for the Giant Quadra Garage Sale!

SAVE YOUR STUFF and mark your calendars for the social event of the season! The Giant Quadra Garage Sale is happening at the Quadra Community Centre on Sunday September 21st, from 10am until 2pm.

Hopefully everyone has been boning up on the do's and don't's of donating with the handy infographics I have been posting on Swap and Shop and Corkboard!

But just in case you missed them, here are some of the deets so far:

- No kids' toys: There are two wonderful boxes located in Heriot Bay and the Cove where previously loved toys can be brought!
- No baby gear of any kind: We can legally get into trouble with this stuff so please, none of the following: cribs, playpens, walkers, bottles, car seats. No baby gear!
- No extremely worn, ripped or stained clothing: Let's make the mountain of clothes easier to climb!
- Out-of-date media: No CDs, DVDs, VHS tapes, instruction or service manuals, encyclopedias and finally, NO to the NG hoard we all have for some reason.
- No personal hygiene or cosmetics: I can assure you, nobody wants a half-used bottle of lotion and it's also illegal for us to resell it. So rinse it out and recycle it.
- No hide-a-beds, mattresses, soiled and/or rotting furniture.
- No straight-up garbage or recycling! I can't believe how much I have to stress this. Sometimes trash isn't treasure, it's just trash.

Finally: Drop Locations:

- 213 Quadra Loop, on the lower / water side
- 307 Sutil Road
- 858 Prentice Place

Please be respectful of these drop spots, these are people's homes. Stick to the designated areas and do not rummage through things already there.

We really like set-up volunteers, but we LOVE clean-up volunteers even more – so please, consider helping on both days!

Any questions or comments or volunteer offers? Contact Mandy at giantgaragesalequadra@gmail.com

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).



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MAPLE MEADOWS
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Quadra History Reference Source in the Local Library

DID YOU EVER WONDER what the name Okisollo (for our northerly channel) means or who planted the old orchard at Haskins' Farm? You'll get answers to these and other island obscura in a binder of research and writing I've recently placed in the Quadra Island branch of the library.

The compilation of research notes and short articles were written over the past four decades as background for local history books and for property owners caring for significant heritage sites. In some cases, I was able to go into more detail in these pieces than the word count of published books allow, complete with cited sources.

The binder opens with an index and maps and is mainly arranged by place, from Heriot Bay Road to Bold Point and Granite Bay's Lucky Jim Mine; with a sprinkling of community events such as May Day. I've also included recollections written by early residents; and a partial list of the original land holders, arranged by district lot numbers.

The binder focusses upon settlers, but I may later add notes about We-Wai-Kai families, if Band Council permission is granted; and I'll update the articles periodically as I gather more information.

The binder is available for in-house use at the library and a second copy will soon be placed in the Museum at Campbell River Archives. The articles are not intended for publication, but I hope they will inspire your own research and writing, with a nod to your source. Happy reading!

Jeanette Taylor

THANK YOU, QUADRA!

FROM THE COMMITTEE of the Quadra Island Farmers' Market and Bazaar, a big thank-you to all who came out and supported local farmers, artisans and musicians at the market. Once again we had a fantastic turnout! Many individuals, volunteers and businesses work hard to keep everything running smoothly. We would like to especially thank Dre and Daniele for use of the grounds – we are so lucky to be able to have the market on the field beside Café Aroma, what a fantastic setting! We also thank Ross Doak for the Porta Potties; Lara for our poster printing; Melissa McKinney, editor of the Birdseye, and Philip Stone, editor of the Discovery Islander, for including us in their publications; and Mary-Ellen Lane for organizing the wonderful musicians that play for us every Saturday. And as always we are so grateful to our talented and hard-working vendors.

Bye for now – we are all ready for a rest, and also sad to go. Have a great winter, everyone, and see you on the field again in May 2026. In the meantime keep a look out for many of our vendors at the winter markets starting in November!

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Quadra Concerts Presents: Gordon Grdina's Haram – Arabic Traditions Reimagined

WE'D LIKE TO EXTEND a heartfelt thank-you to the Quadra community for making our opening concert a sold-out success! Let's keep that momentum rolling with our next event:

On October 4th, the Quadra Island Community Centre will resonate with a sound unlike anything you've heard before, as Gordon Grdina's Haram takes the stage. This is not just another concert — it's a rare opportunity to experience a world-class ensemble that reimagines Arabic musical traditions through the spirit of jazz, dynamic energy, and fresh, modern textures. And with the community hall's beautiful new sound system, this ensemble will truly come alive.

Led by Vancouver-based oud master and Juno Award-winner Gordon Grdina, Haram has been captivating audiences since 2008. The ensemble was born out of Grdina's deep love of classic Arabic repertoire, from Iraqi folk to the golden age of Egyptian radio icons like Oum Kalthoum and Farid Al Atrache. But Haram doesn't simply preserve this music; they transform it. By infusing these timeless melodies with rich harmonies, vibrant rhythms, and bold arrangements, the group creates something entirely new — a meeting of past and present, tradition and innovation.

Over the years, Haram's repertoire has expanded to include Sudanese and Persian influences, drawing in the hypnotic grooves of 1960s and 70s Sudanese music while exploring the subtle intricacies of Persian modes. The result is a sonic journey that moves fluidly between moments of meditative stillness and surges of joyful, driving rhythm. Their performances are known for their intensity and emotional power, offering listeners an experience that is both deeply moving and exhilarating.

Haram is also remarkable for its lineup, bringing together some of Vancouver's most celebrated creative musicians:

Gordon Grdina – Oud, Guitar
Jesse Zubot – Violin
Chris Kelly – Saxophone
François Houle – Clarinet
Emad Armouh – Vocals/Ney
Kenton Loewen – Drums
Tim Gerwig – Darbuka
Karl Silens – Bass



With oud, ney, clarinet, saxophone, violin, guitar, bass, and an array of percussion, the textures are as lush as they are dynamic. Together, these voices create a soundscape that is deeply rooted in tradition yet alive with fresh possibilities.

Whether you're a lover of world music or simply seeking an unforgettable live experience, Gordon Grdina's Haram will transport you on October 4th with an evening of pulse, fire, and beauty — music that crosses cultures, histories, and emotions in a performance you won't want to miss.

MORE INFO: www.quadraconcerts.ca
Tickets: \$25 Advance / \$30 at the door
Available online or at Copper Coast, Inspirations, Aroma Cove Cafe
Doors: 7pm / Show: 7:30pm
Venue: Quadra Island Community Centre
(970 West Rd, Quathiaski Cove, BC V0P 0A8)

Neighbourly Kindness Returns to Quadra

SOME OF Quadra's best ideas are born at the kitchen table, on forest trails, or in casual conversations at the supermarket. The Neighbourhood Mini-Grant Program aims to help bring these small ideas to life with a little support and a lot of heart.

This fall, you can once again apply for up to \$500 to bring our neighbours together in simple and meaningful ways. The application period begins on September 15 and ends on October 31, 2025. Application materials are available online at neighbourhoodsmallgrants.ca in nine different languages.

This year's theme is "neighbourly kindness," which is fitting for Quadra, where generosity is expressed in many small and more quiet gestures.

Last year's projects were as diverse as the people behind them. Anita Murdoch introduced yoga to students at Quadra Elementary School, filling classrooms with the quiet concentration of breath and movement. Lois Taylor's Curious Co-op Learners brought together more than fifty people to imagine how cooperatives could strengthen the island's resilience.

Some gestures of kindness were quieter: Melanie Circle added five carefully selected titles to the End of Life and Caregiving Library. Others rolled up their sleeves: with a new chainsaw funded by the grant, Nevil Hand and the Beach Clean Dream Team sawed driftwood.

And at the community centre, the Community Kitchen turned its grant into a festive December dinner that brought 160 people together to enjoy good food and good company — no donations were required that day, just the gift of being together.

None of these projects were large in scale, yet they enrich our community in impressive ways. That's the power of the Small Neighbourhood Grants program: it turns small sparks into shared experiences.

If you have an idea of your own, visit neighbourhoodsmallgrants.ca. Questions can be sent to info@quadraislandfoundation.ca.

NOTE: Businesses and registered organizations are not eligible to apply, but they can help spread the word about the initiative among employees, volunteers, and community members.

If you have any questions please email me at mhirano18@gmail.com or call me at 250 285 3060. Thank you.

Mich Hirano

At The Legion

Thursday Sep 18th 5–9pm Clothing Swap
Saturday Sep 20th 8pm Rebels and Royals,
Discovery Island Pride Event! \$20
Friday Sep 26th 9pm, Comedy open mic night
is back
Saturday Sep 27th 5–7pm, in between meat
draws, Honours and Awards

Saturday Sep 27th 9pm Disco Derek will be
DJ-ing!
Sunday Sep 28th 7pm True is hosting movie
night
Friday October 3rd Fanfare
Sunday Oct 5th & Sunday Oct 19th 2–4pm
Crafts with The Lost Arts Club
Saturday Oct 25th 9pm Cove, back for another
outstanding night of music

REGIONAL DIRECTOR'S REPORT

Hello, the seasons are turning, and the cozy joys of autumn are close at hand. This report has news about municipal interest in joining the electoral area planning service, and progress towards a wood-chipping service in collaboration with Cortes Island.

MUNICIPAL INTEREST IN JOINING ELECTORAL AREA PLANNING

In August the Board received a short report and legal opinion outlining the costs and timing of municipalities joining the SRD's Planning Service. The Planning Service serves the four electoral areas of the SRD: decisions made through this service include zoning and subdivision bylaws, official community plans, development and variance permits, and other land use matters in the Electoral Areas (EAs) only. Municipalities can decide to join and pay for the EA (Part 14) Planning Service, allowing them to vote on Electoral Area planning issues, but they cannot utilize the planning services – they must manage their own land use planning within their own municipality.

At the August Board meeting this report was referred to the Municipal Services Committee (MSC) for discussion; this took place September 9. At the MSC meeting, Directors from the City of Campbell River were clear in their interest in joining the planning service despite a \$450,000+ annual cost to City ratepayers.

CAMPBELL RIVER COMMENTS

There was a robust discussion at the MSC meeting. Comments include Director Chapman who said 'growth is going to happen at the north end of the island whether we like it or not. I would like to control how that happens, where it happens and when it happens. This is us getting ahead of the train instead of being dragged behind it.'

Director Lanyon stated 'we need to have a more unified reputation as a region for development... Right now, it's a very small group influencing the land use decisions for a large area. A lot of those decisions are made not for what I would say are for mathematical, economic, or logical reasons. They're made for ideological reasons and that really bothers me.'

NEXT STEPS

The municipalities moved to 'refer the concept of joining the Planning Service to each municipal council for consideration and a request to report back the Board'. This will be discussed at the September 17 Board meeting, which is after me writing this report and before it is published.

If you're curious what the Board chooses to move forward with, SRD meeting minutes are available here: srd.ca/government/agendas-minutes. If you're interested in learning more about what was said at the Municipal Services Committee meeting, Cortes Currents reported on it, you can read the article here: bit.ly/MunisWantToControlPlanning.

SRD IS A FEDERATION

The Strathcona Regional District is a federation, a partnership of municipalities and electoral areas coming together to deliver services which makes sense to handle together, things like emergency services and regional housing.

Rural Electoral Areas have unique, community-led visions enshrined in Official Community Plans and zoning bylaws. Site specific OCP amendment applications are brought to the community through a public hearing process and decisions are thoughtfully considered by the four Electoral Area Directors in the Planning Service. Having five Campbell River councillors at the decision table pushing their desire for development onto the rural Electoral Areas is challenging to for me to reconcile with the federation model.

I've already heard concern from constituents on this. Comments I've received include 'I live here because it's quite different from town. Not everyone wants mass development', and 'I choose not to live in a municipality, why should I be ruled by it'. I appreciate the apprehension and view the issue with concern. Stay tuned, I'll be sure to share more on this as it unfolds.

And now for some completely different news...

WOOD-CHIPPING & CLIMATE RESILIENCE SERVICE

Residential wood-chipping offered by the SRD was well-used by islanders working to FireSmart their properties. For a few years the service was funded by a provincial grant, however that stopped in 2024 because the grant must support a variety of wildfire risk mitigations, not just wood-chipping.

Since then, myself and Director Vonesch of Area B/Cortes Island have been considering how best to provide this important service to islanders, and working towards creating a 'capital S' Service. A wood-chipping service would provide certainty that wood-chipping could be provided annually, potentially without the restrictions mandated by the grant

continues on p10

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Regional Director's Report continues from p9

funder (under the grant, woodchips were unable to be returned to the homeowner).

A big benefit of creating a Service is that other climate resilience grants can be applied for, as grants must have a Service to connect the funds to. Plus, having a shared service means that the participants (Areas B & C) would vote on decisions, rather than the whole Board.

DISCUSSION CONTINUES

Discussions about the Service are ongoing at the Electoral Area Committee. We recently made some recommendations to staff and are looking forward to a draft bylaw in the coming months. I reported on the beginnings of this in August 2024 and now its September 2025: yes, local government moves slowly, but it does lumber along.

REFERENDUM QUESTION IN 2026

As you are likely aware, to begin a new Service require elector assent, which can happen through an Alternative Approval Process (AAP) or a referendum. I've heard from many folks that the AAP process is not preferred as it requires those in opposition to fill out an analogue form and submit it to the SRD, while those in support are not included in the process. Director Vonesch and I agree that a referendum question on the October 2026 election ballot is a cost-effective path to determine community support on a wood-chipping & climate resilience service.

CONNECT

Thanks for taking the time to read this report. You're welcome to connect with me with questions or concerns: email RMawhinney@srd.ca, or call 250.203.2468.

Until next time,

Respectfully,

Director Robyn Mawhinney

The DI welcomes written submissions of interest to the Discovery Islands community: news, events, opinions, musings. Please keep your item to 750 words for longer articles. Email to: news@discoveryislands.ca

Just Like Home

THE SRD (Strathcona Regional District), together with its partners the Campbell River Hospital Foundation and Seymour Pacific Homes gathered yesterday, September 10th to celebrate the official start of construction for the Just Like Home (JLH) Lodge and Healthcare Workforce Housing project.

The milestone event took place on the traditional unceded territory of the Laichwiltach people and opened with a ground blessing led by Shawn Decaire, hereditary chief of the We Wai Kai Nation, together with his son Kye Decaire. Community members, government officials and project partners came together to mark the beginning of a project that will strengthen healthcare access for the North Island and Central Coast region.

The Just Like Home Lodge will offer a safe, supportive, and affordable home-away-from-home for patients and their loved ones travelling to Campbell River for medical care not available in their communities. Conveniently located next to the Campbell River Hospital, the Lodge will feature ten private units with washrooms, alongside a shared kitchen, laundry, day room, and communal living spaces that provide the comforts of home. With accessibility and comfort at its core, the Lodge will help families stay close and focus on healing rather than the challenges of travel and accommodation.

The project also includes 20 workforce housing rental suites, ranging from studio to two-bedroom layouts. These self-contained units are designed to help attract and retain doctors, nurses, and other essential healthcare professionals by easing the region's critical housing shortage. Together, the Lodge and workforce housing represent a transformative investment — enhancing patient care while strengthening the stability of the healthcare workforce across the region.

"This project is about more than construction — it's about care, community, and hope," said SRD Board Chair, Mark Baker. "The Just Like Home Lodge and Workforce Housing will directly benefit patients, families, and healthcare workers across 32 communities and improve healthcare access for more than 57,000 people in our region. Today's groundbreaking is a true celebration of what collaboration and community spirit can achieve."



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Harvest Happenings Festival Brings Fall Fair Spirit Back to Quadra

WHAT A DAY! The Harvest Happenings Festival brought the much-loved Fall Fair spirit back to Quadra Island, and the community turned out in full force to celebrate.

From morning to afternoon, the grounds were alive with energy. Live local music set the tone while families enjoyed apple pressing, fish printing, wet felting, cupcake walks, kids' games, corn-shucking contests, and the always hilarious chicken-poo bingo. A special thank-you goes to all the creative and talented youth who entered exhibits in the hall—bravo!

And of course, the highlight was once again the Zucchini Races, filling the skatepark with laughter, cheers, and a little friendly competition. Quadra truly knows how to race a zucchini!

None of this would have been possible without the incredible volunteers who poured their time and energy into making the festival a success.

A BIG list of thanks goes out to:

Tara Taylor (Quadra Roots) for the delicious baked goodies (generously offered at cost); Tony and Jamie (Fermentations) for the live apple pressing; Marla Ebell & Kat Juricic for the felting space and decorating help; Lucas (Son of a Fish) for the fish printing activity; Maureen Fox for organizing the musical line-up, with support from Dave Blinzinger (sound) and Barb Turner (tech support); Jill Ross, Margrit Johnson,

and crew (Claire, Emmett & Finn) for the tea nook, with Annik & Savanah Nimmon for their huge clean-up help;

Martina Signarowitz, William & Ben for running Chicken Poo Bingo; Terra Zuk & crew for the pony rides; Emily Whitfield & the CCCU crew for Animal Alley;

Jessica Nycholat, Rowan Weeks, Tracy Sinclair & Marnie McMahan for the Zucchini Races; Marnie McMahan, Anita Gregory & helpers for exhibit entries;

Quadra Builders for donating the bouncy castle;

Red Williams for loaning his ever-popular dunk tank;

Tara & Travis Hay for the Cupcake Walk, and Jeannie Schweitzer for baking cupcakes; Don McEachern for making the spinning

wheel;

Sarah Bible for MCing the Shuck Off and Chicken Poo Bingo; Robin Beaton, Bob Lloyd, Catherine & James O'Rourke for the welcome table; Jamie Black for set-up and clean-up help;

Mornay Vanzyl for running the BBQ with helpers Mike Gladish, Tasha Enns, Marc Doll, Jodi Duncan & Emmitt Crosson; Elke & Trevor for hauling the dunk tank;

Eamon Simmons for set up help and his handyman awesomeness in all areas;

Kid Zone helpers: Hazel Neri, Michaela



ARTIST Jade May / PHOTO Robin Beaton

Richardson, Jay Caldwell, Melissa McKinney; Face Painters: Layanne Nammour & family, Allan Mandell, Elizabeth Glidden; Tea Nook musical performers: Kate Alexander & students, Hal Douglas & students, Gabrielle & Charlotte Doll, Ivy Johnson, Mary Ellen Lane, Liza & Amos Ashurst, Shaun Weima, and Willow (Kelly, Trinity, Andrea & Maureen);

Photographers: Don Mottershead, Robin Beaton & Anika Tokarchuk; Exhibit judges: Jen Doll, Annik, Savanah, Elizabeth Glidden & the Quadra Photography Club.

There were SO many helping hands that made this festival possible – if we missed your name, please know how much we appreciate you! This was truly a team effort.

Looking ahead, organizers plan to keep the tradition alive by hosting the Fall Fair every two years. Mark your calendars – the next big Fall Fair returns in 2027!

Thank you to everyone who came out to celebrate and keep this special tradition thriving.

Sincerely, the QCC team:

Jane West, Bradford Vinson, Daniel McMurdo and Ian McEachern



ARTIST Jari Keefer

PHOTO Don Mottershead

Cliff Mooney

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The Fall Term begins on Monday, September 8th, from 1 to 2:30pm in the Main Hall at the Quadra Community Centre, and ends on December 1st.

The fee for an hour and a half is \$10 if you pay for the term (\$130 for 13 weeks). There is a \$12 drop-in fee. The term fee is prorated if you join at a later date. Family members and caregivers are half cost.

To quote Ella Fitzgerald, 'The only thing better than singing is more singing!'

For more information please call 250 202 1003 or email singforpurejoy@gmail.com.

Sep 30th Deadline for YMF Fund

FOR THE EIGHTH YEAR in a row, the Quadra Island Young Musicians Fund (YMF) is pleased to announce that we are offering Gift Certificates for music lessons to all young residents of Quadra Island. These Gift Certificates can be used to pay for private music lessons, either in person or online. Anyone can apply as long as you are a resident of Quadra Island and aged 18 or younger.

To apply, please email us for an application form or pick up a paper application at Inspirations or find one online in the Files section of our Facebook page "Quadra Island Young Musicians Fund." Fill it out and either return it to Inspirations, mail it to Box 221, Heriot Bay, BC V0P1H0, or scan and email it to quadrayoungmusicians@gmail.com. Deadline Sep 30th.

Our "Anybody Can Play" Gift Certificate Program is made possible through donations from supporters. Would you like to support our program this year? You can either send an e-transfer to quadrayoungmusicians@gmail.com, mail a cheque to the address above, or donate directly

at Coastal Community Credit Union. You can also donate your Spirit Board points to #310.

Thank you Quadra Island for all of your support and for helping us to realize our vision of "a community where the lives of all children are enriched by quality music education, and where active participation in music is valued and supported."

Dave Blinzinger, Jen Banks-Doll, and Aura Haydon, organizers

The Quadra Island Garden Club presents

Building Soil Health

and Creating Natural Fertility, with Marc Doll

MONDAY OCT 6TH 7-9pm (one week early due to Thanksgiving) at the Quadra Community Centre

How do we amplify the natural fertility in our soil? How do we avoid costly and often harmful inputs? What resources do we have around us that can help us build our natural fertility? How has soil science progressed over the last 25 years and how can we apply this knowledge to our gardens and more? These are some of the questions Marc will delve into.

Topics will include:

- Soil Food Web basics
- Natural Soil Fertility
- The Carbon/Life/Fertility Triangle
- Composting Made Easy
- Cover Crops & Green Manure
- Mulching Effectively

- Teaming up with fungi for fertility
- Favourite Books & Teachers

Marc Doll and his partner Jen Banks-Doll operate a regenerative farm on Quadra Island called Foot Forward Forest Farm. Marc has a B.Ed, a Permaculture Design Certificate, and is a graduate of Elaine Ingham's 'Soil Food Web' academy. He is also a lifelong student of the best practices of Regenerative Agriculture from around the world. His passion for soil and his curiosity for natural systems guides his agricultural practices and inspired the Farm's motto of 'Regenerate-Educate-Nourish.'



Everyone welcome! Members free, guests \$5. Come early to renew your annual membership (Individuals \$20/Family \$30), chat with fellow gardeners, and enjoy some coffee/tea and dessert. Doors open at 6:30. Stay to the end for your chance to win a great door prize!

Mark your calendars for these upcoming presentations:

- Monday, November 10th, 7-9pm: Making Gardening Easier & More Accessible with Robin Beaton
- Monday, December 8th, 7-9pm: Holiday Wreath Workshop with Colleen Carter & Team

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Toxic Positivism

THAT WE SHOULD ALWAYS look on the bright side has gone too far and may be damaging our wellbeing.” This is the opinion expressed by Conor Feehly in “The Happiness Trap” (New Scientist, June 8, 2024).

The problem with repeatedly chanting such mantras as “I am a lovable person” or “Every day in every way I’m getting better and better,” explains Feehly, is that they don’t work. Assertions such as “happiness is a choice” and that “I am in control of my emotions” turn out to be fallacies. “It’s going to be okay” may be false optimism. Devising strategies to avoid negative emotions is what Susan David of the Harvard Medical School calls “the tyranny of positivity.” Psychologists have found that these exercises in self-affirmation are ultimately ineffective primarily because they aren’t believed by those who are reciting them. The long-term effects are really to cause damage because they create a world of illusions, described as “toxic positivism.”

The present status of emotions was not particularly important until 1998 with the emergence of the positive psychology movement. But long before this recent trend was the traditional philosophy that humanity was special, and that civilization was an ascending process that would affirm just how amazing humanity was. “Toxic positivity” is the personalization of that philosophy.

Humanity’s unrealistically positive attitude about itself can probably be traced to the ascension of human power that began with the Agricultural Revolution of 12,000 years

ago. More recently, it was amplified by the Industrial Revolution and further exaggerated by our current Technological Revolution. But it was aided much earlier by the Greeks who thought of humanity as just one level beneath the gods, by the privileged position given to humanity by Christianity, by the “man the measure” attitude of the Renaissance, and by later biology that has defined Homo sapiens as the pinnacle of evolutionary theory. The “pursuit of happiness”, with its roots in the 17th century became a guiding principle of the 18th century Enlightenment and was even enshrined in the American Constitution as a human right. The dubious validity of this argument is best summarized by a quote attributed to Mark Twain in his Letters to the Earth: “Man is the noblest work of God. Now I wonder who got that idea?”

Studies did find, however, that an optimistic outlook did lead to healthier and longer lives, but both an unrealistic optimism and an unrealistic pessimism had the opposite effect.

But other studies show a broader application of “the happiness trap” is connected to socioeconomic status. People who are poor tend to be blamed for their own poverty, whereas people who are affluent tend to ascribe their prosperity to hard work and good choices. Social blame is not likely to make the poor more positive about their poverty, but the psychology is likely to make the rich feel less guilty about their wealth.

Such psychological dynamics are not going to help us in an environmental crisis where the laws of physics and biology are determining our planet’s changing climate and the resulting

ecological impacts. Indeed, this “tyranny of positivity” may ultimately be a facade of denial that is both delusional and dangerous.

The global environmental crisis is an existential one with deep roots in our psychological, philosophical, mythological and religious past, which is why it is so difficult for us to confront and surmount. It questions who we are as a species, and casts into doubt the fundamental opinion we have of ourselves. If we are now capable of destroying the biophysical structure of our entire planet, and perhaps ourselves in the process, then what does this reveal about who we are? Such a looming possibility doesn’t leave much room for positivity. Indeed, the folly of this attitude may be much more toxic than we care to imagine.

*Ray Grigg
for Sierra Quadra*

New to Quadra?

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

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carolannt@telus.net**

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Economic Diversification and Reconciliation Training

TAKE OUR SURVEY and enter to win a staycation! The Discovery Islands Chamber of Commerce has just launched a community-wide survey to help guide Quadra's economic future. We would love to hear from you! Old and new residents, businesses, non-profits, and Indigenous community members: your voice matters!

Share your voice and be entered into a prize draw for a weekend of fun and relaxation for two, right here on Quadra Island. Whether you treat yourself, or gift it to visiting family and friends, it's a chance to enjoy all the beauty and hospitality our island has to offer. Compliments of the Heriot Bay Inn, Taku Resort & Marina, Café Aroma, and Quadra Island Kayaks. Take the survey at www.surveymonkey.ca/r/Quadra Deadline: October 4th. Your input will help build a more resilient, sustainable, and welcoming future for Quadra Island.

IN PERSON COMMUNITY CONSULTATION IS ONGOING

On June 3rd we brought together 50 key knowledge keepers, representing every sector of Quadra's economy, to discuss our strengths, challenges, opportunities, and vision for the future. You can find a link to the Summary Report at www.dicc.ca/economic-diversification-planning/. On October 4th we will be reconvening to review the data we have collected so far and discuss how we can turn the vision into action. We are also doing some interviews and other data collection to ensure a robust data set. If you would like to be included in the October 4th consultation or to participate in an interview, please contact our Economic Diversification Coordinator Jen Banks-Doll at edc@dicc.ca.

4 SEASONS OF RECONCILIATION TRAINING

On October 4th at 1:30pm at the Cape Mudge Hall we will be doing a community-wide launch and info session on the 4 Seasons of

Reconciliation training program. This is your chance to learn more about this exciting program and to sign up! Online learning for Chamber members and the public will commence after the launch. This program marks a major step toward building a more inclusive and resilient local economy through education, dialogue, and meaningful relationship-building, and supports Call to Action #92 of the Truth and Reconciliation Commission, urging businesses to provide intercultural competency training and build respectful relationships with Indigenous communities. For more information about 4 Seasons of Reconciliation visit www.reconciliationeducation.ca/community.

WHAT'S NEXT?

We hope to have our draft Economic Diversification Plan ready by the end of November, at which time we will be seeking feedback on it. The final plan will be completed by the end of 2025. Then in early 2026 we will commence work on a Tourism Sustainability Plan for Quadra Island. The 4 Seasons of Reconciliation training will be ongoing over the next two years. For updates on our work and projects please go to www.dicc.ca or go to our NEW Facebook page www.facebook.com/DiscoveryIslandsChamberOfCommerce.

Funded by the Rural Economic Diversification and Infrastructure Program (REDIP) and the Island Coastal Economic Trust (ICET), these projects represent a collaborative effort between the Discovery Islands Chamber of Commerce, the We Wai Kai Nation, and the Quadra Island Foundation.

Friday Flicks: Confections & Crew Perks

FRIDAY FLICKS is looking for cinephiles who bake great treats! Our idea is to invite guest bakers to participate with our Elite Treat Team and view a free movie per offering. We have a great line-up of films this fall.

Friday Flicks movies at QCC are a long standing tradition on Quadra Island. Flicks provide a great opportunity to catch new films from Toronto International Film Festival. An enthusiastic group of volunteers keep the 'reels' running but we welcome more help. If you'd like to participate in the concession or the tasks that keep these screenings the popular event we enjoy on Quadra, call Gorde or Martha, 285-3101, and learn how easy and fun it is to be part of our crew!



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- Main level entry home with upper & lower floors, custom built in 1997. Kitchen has a large island, skylight, Kenwood cupboards & built-in desk.
- 4 bedrooms & 2 bathrooms are on the upper floor. Suite potential on this level with outside access to the family room.
- Lower floor is the unfinished basement, currently used as storage, plus laundry room.
- Nicely landscaped yard with mix of mature ornamental shrubs & trees plus a pond with water feature!



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For a Strong Start to the School Year

AS FAMILIES are busy with the return to school, Island Health's Public Health team is reminding parents and caregivers to take proactive steps to support their children's health and well-being, ensuring a strong start to the school year and in life.

"It's normal for children to feel both excitement and anxiety at the start of the school year," says Island Health medical health officer Dr. Carol Fenton.

Parents and caregivers can support children by:

- Taking time to talk openly and validate their feelings.
- Model being calm to help children co-regulate
- Establishing consistent routines for sleep, meals, and homework.
- Making opportunities for physical activity and time outdoors.

"Anxiety can become more serious and persistent," says Dr. Fenton. "If anxiety is getting in the way of day-to-day activities, like going to school or spending time with friends, then it's time to talk to a doctor or mental health professional."

Supporting children's physical health is also important to prepare them for being back together with all their classmates. With recent cases of measles reported in BC and abroad, it is especially important to ensure children's immunizations are up to date.

"Measles spreads easily through the air, especially in places where people gather closely—like schools," says Island Health medical health officer Dr. Christina Kay. "With students back to class, and many families having travelled over the summer including to areas where there are measles cases, we should ensure children are fully immunized to protect them from vaccine-preventable illnesses that can cause serious illness, long-term disability and even death."

One in 10 people who get measles are hospitalized.

Children and youth are eligible for vaccines protecting them from more than a dozen diseases including polio, chickenpox, meningitis, and human papillomavirus (HPV). To book an immunization appointment or check your child's records, visit the Island Health immunizations webpages or a local public health unit. Immunization records can also be accessed online through the Health Gateway.

A Letter to Colin Kozman and Mosaic

HI COLIN.

I met you about a year ago when you and James walked with a small group of concerned community members, including me, around another block with some old growth. At the time I remember thinking what a pleasure it was to meet you. It struck me that we both cherish so many of the same kinds of places and activities and how we love to share them with our children. Then I wondered how it was that you are working for a company intent upon mutilating the places we love, while I and others are fighting to protect what is left of our wilderness places for your children and our grandchildren.

I do understand the pressures of your age, including the need to be securely employed for the sake of the children. However, I do believe that what's involved in 'making a living,' is about to change radically and fairly quickly, perhaps?

I see that you have recently reached out to explain and expand upon all your approved amendments and strategies for this year's logging plans.

This is the dance we do.

My response is that your Mosaic and First Nations are running way behind the times. There is no time left to play at your party or dance your dance. The world is heating up fast and horridifying, (cool new word),

on all levels. We are on fire. An intelligent person can't ignore that change is not a choice anymore.

No longer should you ask why environmentalists are resisting corporate destruction. Instead, you should be asking us for permission to harvest parts of our lungs.

In reference to logging Primary Forest Block 12-651, which is wrongly classified as second growth and is both a wildlife corridor and is clearly defended by the island community, please know that I and others are thinking that you will have to harvest it over our dead bodies. It is important that people are willing to step up to defend what we love and need, to survive.

Most sincerely,
Kris Wellstein



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Heriot Bay Tides

DATE	TIME PDT	M.	FT.
19 Fri	04:01	3.996	13.1
	10:45	1.430	4.7
	17:47	4.719	15.5
	23:55	2.715	8.9
20 Sat	05:05	4.107	13.5
	11:29	1.640	5.4
	18:14	4.702	15.4
21 Sun	00:27	2.418	7.9
	06:02	4.230	13.9
	12:11	1.908	6.3
	18:39	4.654	15.3
22 Mon	00:58	2.145	7.0
	06:54	4.339	14.2
	12:51	2.219	7.3
	19:02	4.580	15.0
23 Tue	01:28	1.906	6.3
	07:43	4.413	14.5
	13:30	2.549	8.4
	19:24	4.489	14.7
24 Wed	01:59	1.710	5.6
	08:30	4.440	14.6
	14:07	2.874	9.4
	19:45	4.388	14.4
25 Thu	02:30	1.566	5.1
	09:18	4.420	14.5
	14:45	3.170	10.4
	20:05	4.283	14.1
26 Fri	03:04	1.479	4.9
	10:09	4.364	14.3
	15:24	3.418	11.2
	20:24	4.176	13.7
27 Sat	03:41	1.452	4.8
	11:07	4.293	14.1
	16:11	3.611	11.8
	20:45	4.068	13.3
28 Sun	04:23	1.476	4.8
	12:18	4.237	13.9
	17:14	3.742	12.3
	21:09	3.956	13.0
29 Mon	05:12	1.535	5.0
	13:39	4.234	13.9
	19:17	3.779	12.4
	21:43	3.836	12.6
30 Tue	06:11	1.603	5.3
	14:49	4.291	14.1
	21:03	3.679	12.1
	22:51	3.707	12.2
Oct 1 Wed	07:21	1.641	5.4
	15:38	4.377	14.4
	21:54	3.504	11.5
2 Thu	01:04	3.653	12.0
	08:29	1.640	5.4
	16:15	4.471	14.7
	22:27	3.270	10.7
3 Fri	02:34	3.740	12.3
	09:27	1.647	5.4
	16:45	4.561	15.0
	22:57	2.965	9.7

THE DI CLASSIFIEDS

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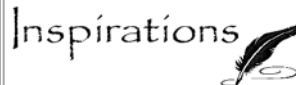
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The Society gratefully acknowledges the financial assistance of the Province of British Columbia.