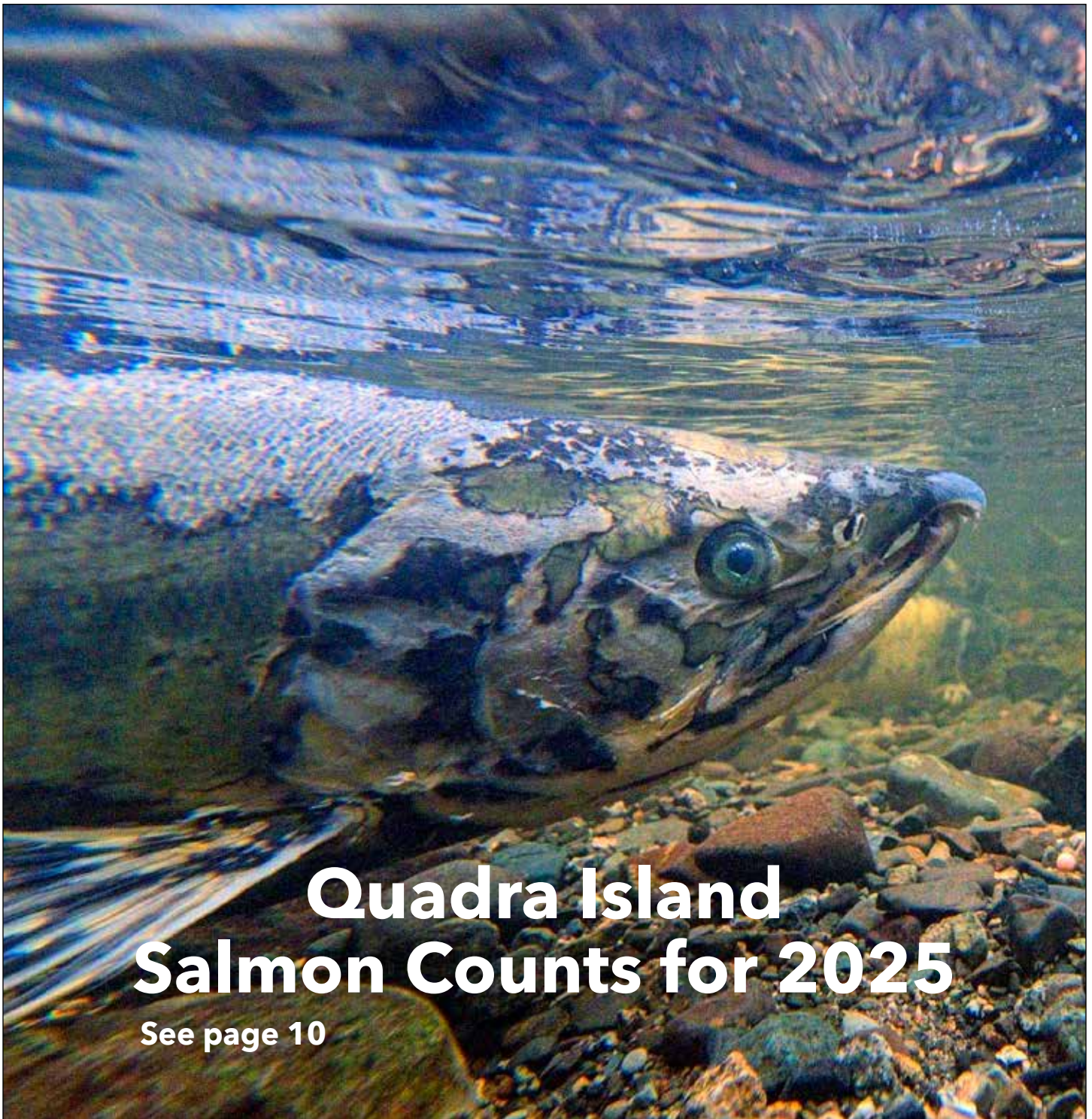


Discovery Islander

SINCE 1993

ISSUE 874 • JANUARY 23, 2026 • COMMUNITY NEWS & EVENTS FROM QUADRA & THE DISCOVERY ISLANDS



Quadra Island Salmon Counts for 2025

See page 10

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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.

Way to Go Meeting

JOIN US Mon. Feb. 23, from 3 pm to 4:30 pm, QCC Rm. 3, for a time of sharing, presentation on Wills, discussion, and business. Info or zoom link at <way2go.ca>, or 285-3298. Bring \$2 for the rental. Next mtg. on Mar. 16.

2026 Quadra Island Studio Tour applications

Applications for 2026 Quadra Island Studio Tour (June 6&7) due Feb 7 are available at the QIST box in Inspirations or by email from info@quadraislandarts.com. Check out our artist website at: www.quadraislandarts.com.

NEXT DISCOVERY ISLANDER DEADLINE FOR ISSUE 874:

Monday, February 2 @ 7pm
For publication Friday, February 6th

Cortes Radio

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Heriot Bay Inn CELEBRATES 130 yrs



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Art Show 1: Jan 24–Feb 17

Artist Reception: Jan 31st
5–7pm in the Fireside Lounge
with Wine & Cheese service!

Watch our events pages for the following art show details!



HBI Pub: open 12pm–late 7 days/week! | Call 250.285.3539 for takeout
We're cooking: 12–7pm daily | Breakfast in Herons: Sat & Sun, 9–11am

DAY TO DAY

Saturday, January 24

- Live Music - Hal Douglas, HBI Pub 3-5 pm, No cover
- Quadra Concerts - The Fretless w/ Madeleine Rogers, QCC 7pm, pg.9

Sunday, January 25

- Live Music - The Wardens, Herons at the HBI, 3-5 pm matinée

Friday, January 23

- Friday Flicks - Nouvelle Vague, QCC, 7:45pm, see page 7

Saturday, January 31

- Family Literacy Day, Quadra Elementary, 4-6:30 pm, see page 10

Monday, February 9

- Garden Club - Gardening in a Changing Climate, QCC 7-9pm, pg. 14

Friday, February 13

- Friday Flicks - Peak Everything, QCC, 7:45pm, see page 7

Monday, February 23

- Way to Go meeting on Wills, QCC Rm. 3, at 3 pm

REGULARS

Sundays

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

Mondays

- Pickleball at Cape Mudge Hall, 10am, drop-in \$3
- 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

- Pickleball at Cape Mudge Hall, 6pm, drop-in \$3
- Poker Night: Quadra Legion 7:30pm

Thursdays

- Pickleball at Cape Mudge Hall, 6pm, drop-in \$3
- Badminton at the Cape Mudge gym, 7:30pm, drop-in \$3

Fridays

- Pickleball at Cape Mudge Hall, 10am, drop-in \$3

Saturdays

- Pickleball at Cape Mudge Hall, 10am, drop-in \$3

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



WHAT'S HAPPENING at QCC ~ January 23 - February 6

THIS WEEK: Jan 23 - 30

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; 3 After School Yoga

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 7:30 Quadra Concerts - The Fretless

SUNDAY: 10 Community Sewing Bee

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Feldenkrais; 1 Sing for Pure Joy; 1 Jewelry Making - Quadra Circle; 7 Photography Club; 7:15 Candlelit Flow Yoga with Kate

TUESDAY: 9 Quadra Quilters; 9:30 Pilates; 11 Balance, Core Strength & Bone Health - Quadra Circle; 2:30 Rec and Sports with Dave; 3 Good Grief; 3 Sewing Crafts for Kids; 5 Hatha Flow Yoga with Trinity; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Lunch; 1 Mosaics; 3 Ping Pong; 4 Intermediate Basketball with Dave; 5:45 Warm Flow Yoga with Elizabeth, text 778-681-7527 to register

THURSDAY: 9:30 Pilates; 10 Parents and Tots Dance with Kate; 11 Fall Proof - Quadra Circle; 12:30 Shakespeare Discussion; 5 Core Strength and Stability with Nicki; 6 Indoor Floor Hockey for Kids - School Gym; 6:30 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 & Knitters; 10:30 Friday Painters; 12 noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com; 3 After School Yoga; 7:45 Friday Flicks - Nouvelle Vague

NEXT WEEKEND: Jan 31 - Feb 6

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki

SUNDAY: 2 Journaling Group

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Feldenkrais; 1 Sing For Pure Joy; 1 Jewelry Making - Quadra Circle; 2:30 Cares Together Group - Quadra Circle; 7:15 Candlelit Flow Yoga with Kate

TUESDAY: 9:30 Pilates; 11 Balance, Core Strength & Bone Health - Quadra Circle; 2:30 Rec and Sports with Dave; 3 Sewing Crafts for Kids; 5 Hatha Flow Yoga with Trinity; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Lunch; 1 Mosaics; 1:30 Cancer Support Group; 3 Ping Pong; 4 Intermediate Basketball with Dave; 5:45 Warm Flow Yoga with Elizabeth, text 778-681-7527 to register

THURSDAY: 9:30 Pilates; 10 Parents and Tots Dance with Kate; 11 Fall Proof - Quadra Circle; 12:30 Shakespeare Discussion; 5 Core Strength and Stability with Nicki; 6 Indoor Floor Hockey for Kids - School Gym; 6:30 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; 3 After School Yoga

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

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

CONTACT US

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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, February 2
for publication on
Friday, February 6, 2026

Mobile Heavy Equipment

service and repair

Automotive service and repair
Welding and Fabrication
Mobile and Quadra shop



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NEWS & EVENTS

Sing for Pure Joy Raise your voice in glorious song!

Sing For Pure Joy! is a safe, non-judgmental Song Circle where every voice is welcome.

No experience needed. When you sing with a group of people, you learn to subsume yourself into a group consciousness because a cappella singing is all about the immersion of self into the community. To stop being 'me' for a little while, and to become 'us.' For most of human history people sang together, and it wasn't seen as a competition; it was a joyful communal experience.



Raise your voice in splendiferous song with heart-felt melodies, soulful gospel songs and rousing spirituals, meditative chants, luscious layered songs and robust rounds from all around this glorious Earth! Songs from the sublime to the ridiculous. All songs are taught in the traditional method of call & response. Songs are led by Mary Dennison & Kate Alexandra.

The Winter Term (11 weeks) begins on Monday, January 5th from 1:00- 2:30 in the main hall at the Quadra Community Centre.

For more info contact Mary Dennison at: (250)202-1003 or singforpurejoy@gmail.com

Food Bank grateful for support

Quadra Island Food Bank once again received overwhelming support from the community and local businesses throughout 2025, but especially during the holiday season.

Shoppers purchased a total of 106 Christmas hampers produced by our two Tru Value grocery stores for donation to the food bank – which totalled 1,590lbs of food. Many shoppers also dropped off supplies at the regular donation box at the Quathiaski Cove store through the year.

Quadra golfers clubbed together to donate \$2,565 and Quadra Links added another \$1,000.

The Royal Canadian Legion Branch 154 gave \$500 in Tru Value gift cards and the Quadra Island Fire Department food drive as part of the Lighted Truck Parade brought in 340lbs of food plus some cash. Quadra Quilters Guild members also donated 147lbs of food.

Please support our local businesses as we have had some generous gifts from them.

Tantrum fishing company gave 10 cases of premium quality tuna; Walcan/SeaChange gave 96lbs of delicious salmon and seafood

products; Quadra Thrift store produced some gift certificates to hand out; The Pantry donated items throughout the year; and Spirit of the West and Hakai Institute also contributed food items.

We also know that many, many Quadra Islanders have made monetary donations and we are so grateful that you choose to support your neighbours who use our food bank.

In 2025 the food bank distributed more than 700 hampers from our location at the Community Centre. The food bank distributions are on the first and third Wednesday of each month from 1pm to 2 pm.

Meditation

WE MEET Sundays at the Quadra Children's Centre at 10 am for a 45 minute sitting meditation, followed by a short break. There is a reading of a book based on Buddhist perspectives and meditation practices, and then a discussion. Everyone is welcome, a small donation is appreciated. For more info call Don at 250 285 2193 or Kai at 250 850 9245.

5.8 Acres Walk-on Waterfront!



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Celebrate Family Literacy Day on Quadra

Experience Ligwilda'xa Storytelling and Culture

Family Literacy Day celebrates the many ways families learn together. Family literacy is about more than reading books—it includes storytelling, conversation, play, and shared experiences. When families learn together, children build language skills, confidence, and curiosity, while adults strengthen connections and model a love of learning.

An important part of family literacy is cultural literacy. Cultural literacy helps us understand the histories, traditions, and knowledge that shape our community. Learning about culture together encourages respect, empathy, and a sense of belonging. It also reminds us that learning happens in many ways—through stories, observation, and hands-on experiences passed down through generations.

To celebrate both family and cultural literacy, Quadra Literacy—along with Quadra Children's Centre, Quadra Elementary staff, the PAC, and We Wai Kai members—invites families to **Experience Ligwilda'xa Storytelling and Culture**. This free community event will be held on **January 31 from 3:30 to 6:30 pm** at Quadra Elementary School.

Families of all ages are welcome to enjoy We Wai Kai storytelling and dance, hands-on crafts and games, and talks about plant medicine. These activities highlight the importance of oral storytelling and cultural knowledge as meaningful ways of learning and sharing. By participating together, families deepen their understanding of local Indigenous culture while strengthening their own learning relationships.

Events like this show how family literacy and cultural literacy are closely connected. When families listen, create, and explore together, they build understanding and stronger bonds. Children learn that many voices and traditions are valued, and adults continue learning alongside them.

Food provided by the PAC will be available by donation - and they have a Square reader!

This free, family-friendly event welcomes families of all ages. Come to learn, connect, and celebrate the joy of family learning together while honouring the culture and stories of the land we share.

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Housing and Municipal Affairs, QI Garden Club QI Legion and QI Giant Garage Sale.

Shakespeare Discussion Group

(Free to all)

Every day, the dark veil of bigotry drops further, threatening to hide us forever from the better angels of our nature. We watch as the world fractures into “us” and “them” and the artificial separation of self and “other” descends into racial, gender and social intolerance.

Join us this winter as we discuss “otherness” in Othello, The Merchant of Venice and The Tempest.

What can a man 400 years dead teach us about prejudice, xenophobia, and fanaticism?

Was he a captive of the preconceptions of his time or was he an artist beyond Time itself, commenting on Prejudice in the only way he could?

Thursdays 12:30-2:30pm,
beginning on 15 January 2026,
Rm 2 (Board Room) Community Centre.

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

Hal Douglas

Hal Douglas will be performing at the HBI Pub on Saturday, January 24 from 3-5 pm. Joining Hal are Marnie Younger on Vocals and Dave Blinziger on Sax and Flute. Come on down for great food, drinks and music. No Cover.

Legion Centenary

During our 100th Anniversary, all new members can **join the Royal Canadian Legion for free** for 2026!

Your membership will help strengthen the Legion and our support for Veterans and our communities across the country. Plus, there are lots of great ways to get involved and have fun through your Quadra Island Legion Branch! Go to legion.ca/ join or visit our local branch to fill in a form.

Your Submissions to the DI are Welcome!

We especially appreciate submissions to be sent by email to:
news@discoveryislands.ca



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Heriot Bay –Whaletown Terminal Upgrades



Hello Quadra and Cortes Island community members,

I'm happy to share the following updates for the terminal rebuild projects underway at Heriot Bay and Whaletown and a reminder about the alternate service BC Ferries will be providing.

Construction

Significant progress was made on marine pile installation at Whaletown in December. This momentum carried into January, with further pile installation and the demolition of the existing berth on schedule for completion before the berth closure period of **February 9th to March 1st, 2026**. At Heriot Bay, work is progressing on the electrical and hydraulic systems, as well as the new waiting room. Finishing touches are also being completed on the concrete barriers, railings, and other areas around the new berth.

Alternate service

BC Ferries will provide the following alternate service between Cortes and Quadra during the Heriot Bay and Whaletown terminal closures. **Schedules for each service have been published on BC Ferries' website.** Brochures are available at terminals, ticket booths and waiting rooms, on vessels, and in community at several businesses.

Foot-passenger water taxi service (complimentary)

- Seven days a week, six round trips per day starting from Mansons Landing
- 40-person capacity, first-come, first served
- Between Mansons Landing and Heriot Bay Government Dock

Shuttle bus service (complimentary)

- Heriot Bay Government Dock to Quathiaski Cove (with a stop near the Heriot Bay Ferry Terminal)
- Timed as closely as possible to water taxi arrivals/departures, first-come, first-served

Barge service (essential goods and services only)

- Service between Heriot Bay Government Dock (Quadra) and Gorge Harbour (Cortes)
- Monday to Saturday, three round trips daily (starting from Heriot Bay)
- Dangerous goods sailings on Tuesdays (10:15 departing Heriot Bay / 14:30 departing Gorge Harbour)
- **The barge reservation request system is in place and live on BC Ferries website.**

Passenger vehicles may be accepted in special cases, depending on space and approval. A barge reservation request must be submitted in advance.

You'll continue to hear from us through service notices, mail-outs, social media, sign boards, and this regular column. **Scan the QR Code** to learn more about these services, how to submit a barge booking request, and how we will continue to keep Cortes connected during berth closures, or visit the **Heriot Bay – Whaletown Terminal Project Page: bcferriesprojects.ca/heriot-bay-whaletown-tp**

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

Thanks for reading,

Jeffrey Li

Project Manager, BC Ferries



Quadra Island Outdoor Club Upcoming Events

Here are the upcoming trips in February:

2 Feb, Monday – kayak to the Breton Islands

4 Feb, Wednesday – Hike to Nighthawk Lake

18 Feb, Wednesday – Snow (hopefully) at Mt. Washington

The schedule and the details about these events can be found at <https://qioutdoorclub.org/schedule-fall-winter-2026/>. We hope that you can join us for some of these activities.

For more information about the Outdoor Club, please visit qioutdoorclub@gmail.com.

Friday Flicks

On January 30, 7:45 at Quadra Community Centre, Friday Flicks presents *Nouvelle Vague* (France/USA). Richard Linklater's *Nouvelle Vague* is a loving, stylish tribute to one of cinema's most seismic moments — the making of Jean-Luc Godard's *À Bout de Souffle* (Breathless) in 1959. Told in French (actors largely recreating real figures like Godard, Jean Seberg, Jean-Paul Belmondo, Truffaut, Chabrol, and others), and shot in black and white with a 4:3 aspect ratio, it transports us to Paris on the cusp of a creative revolution.



Linklater doesn't just dramatize production: he evokes the spirit of youthful daring, improvisation, and rule-breaking that defined the French New Wave. Critics praise *Nouvelle Vague* for its visual fidelity, emotional warmth, and the way it captures how cinema becomes myth even in its making. Audiences should see this film to not just witness history, but to feel it: the restless energy behind each shot, the nervous uncertainty, the joy of collaboration — in short, how one film changed everything.

February 13, Peak Everything. A kennel owner, grappling with climate anxiety, falls in love with a customer service rep over the phone. Amid a natural disaster, he embarks on an adventurous, bilingual romantic journey to find her.

Featuring the winsome pairing of Patrick Hivon and Piper Perabo, this inventive rom-com from Anne Émond suggests that there's no better time to open your heart than when the world seems on the cusp of collapse.

Chamber Music Returns Again

Mark your calendars! The summer Quadra Island Festival of Chamber Music is once again bringing an enjoyable variety of live professional chamber music to Quadra Island for a 4 evening concert series **June 22 to 26, 2026.**

The Festival is continuing with its tradition of bringing diverse compositions for strings, woodwinds and piano, to Quadra venues.

There will also be a few new treats this year!

This summer festival will have a special viola presence, with 2 violas coming to Quadra (rare!) and that will enable a performance of Mozart's Quintet in Cmajor K515.

The other treat is that this year there will be a harpist! Having a professional harpist,



plus clarinet, flute and strings means that we can receive a performance of the Ravel Introduction & Allegro. The full program will be posted on the website shortly www.quadrafestival.ca. Ticket sales, through Inspirations, Copper

Coast & online at the Tidemark, will begin with full week pass, with individual concerts starting after. Save the date and keep an eye open here for more news of ticket sales and information about the summer Quadra Island Festival of Chamber Music.

Anybody Can Play!

Gift Certificates for Kids Music Lessons

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 V0P-1H0, or scan and email it to quadrayoungmusicians@gmail.com. **DEADLINE: January 31st.**

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.

SAVE THE DATE for our Annual Concert and Fundraiser on **Saturday April 25th!**

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

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A warm hello this frosty January, I trust you are rejuvenated after the festive break and energized for a wonderful 2026 (I am). This report brings news about the next steps in our Official Community Plan process (there are upcoming meetings on Quadra & Read Islands) and healthcare advocacy.

Onward with our Official Community Plan process

In late November there were two well-attended OCP Open Houses at the Quadra Community Centre, where folks weighed in on policies both current and 'for consideration'. The responses have been compiled into a 'What We Heard' report (Peruse it here: bit.ly/QI-OCP-WWH). It's interesting to see which policy objectives were most supported and read the comments which were shared on each of the ten core topics.

The ten core topics will be further explored at a series of meetings in the first half of 2026. These core topics are Settlement, Housing, Agriculture, Coastal Planning, Transportation, Water and Waste, Parks, Local Economy, Healthy Communities, and Environmentally Sensitive Areas. There are two series of meetings scheduled: one at the Quadra Community Centre, the other at the Surge Narrows Bunkhouse. Visit srd.ca/area-c-ocp/ for the complete schedule, under the 'in progress' pop-down. Next meeting is February 18th at QCC on 'Water and Waste' at 6pm. I'm hoping to see many of you at the OCP meetings!

Accessing public meetings can be extra challenging for remote-living residents of the Outer Discovery Islands & Mainland Inlets. In recognition of this, SRD Planning staff are creating a Community Consultation Workbook which covers the core OCP topics. If you can't make the meetings, a workbook can be requested by emailing planning@srd.ca or calling 250-830-6718.

Recycle Depot

Every time I drive by the new recycle depot on West Road I'm excited to see a little more progress. If you (like me) are excited for an improved recycling experience and curious when we'll be able to recycle more products without leaving Quadra Island, follow this webpage for updates: cswm.ca/quadradeptconversion.

Financial planning season

During December and January, Directors are working on budgets for the upcoming year. Budgeting is local (Area C) and regional (SRD), as well as the Regional Hospital District and Comox Strathcona Waste Service (CSWM), which include the Comox Valley and Strathcona RDs. I am very mindful of the current affordability crunch: I'm focussed on ensuring taxes are flat and that local government is working efficiently.

So far, the only budget finalized is CSWM's, which has a zero percent increase in tax requisition for 2026. As the operation of the service slowly expands, the Board is moving to increase tipping fees rather than taxes, moving the service towards a user-pay model for solid waste within the CSWM catchment area.

Advocacy spotlight: Primary care access on Quadra Island

Access to primary healthcare on Quadra Island is a growing concern on Quadra Island since Dr Hughes notified patients that he is closing his full-time practice at the end of March 2026. Quadra residents are fortunate to have the Quadra Island Health Society (QIHS) tackling this issue. QIHS has kept the Quadra Island Medical Clinic running since 2018, supported expanded access to healthcare services on Quadra, and are working diligently to recruit a new primary care practitioner.

I want to reassure Islanders that I'm supporting the QIHS as I can, including advocating to the Province through the Parliamentary Secretary for Rural Health. QIHS has a website to share information about our great community with potential practitioners, it's quadrailandhealth.ca/recruitment. Sharing this site with friends and contacts is one way you can support the primary care practitioner recruitment process.

QIHS has also built the Quadra Island Health Hub website, packed with loads of helpful links and resources on mental wellness, social & community services, seniors & much more. Find it at quadrailandhealth.ca. QIHS has shared that at this point, closure of the QI Medical Clinic is not a planned option by the Society or the Vancouver Island Health Authority, great news for continued health services on our island.

Connect

Thanks for reading! As always, you're welcome to connect with me with questions or concerns: email RMawhinney@srd.ca, or call 250.203.2468. Visit RobynMawhinney.ca for links to helpful community resources and 'back issues' of Director Reports. Visit srd.ca/government/agendas-minutes to keep up to date on SRD governance happenings.

Until next time,
Respectfully,
Robyn Mawhinney



Important Information Cortes Island Transfer Station

February 9 - March 1

**Please DO NOT Bring Items
to the Transfer Station
Use the Curbside Pickup**

**During the BC Ferries closure at Heriot Bay and
Whaletown terminals Comox Strathcona Waste
Management (CSWM) will not be transporting
waste and recycling off Cortes Island.**

**CSWM is requesting that Cortes Island residents
limit visits to the transfer station until ferry
service resumes. We appreciate the cooperation
and support of the community.**

Thank You!



For more information visit: cswm.ca

Quadra Concerts Presents: The Fretless with Madeleine Roger

Quadra Concerts is overjoyed to welcome the acclaimed Canadian ensemble The Fretless, joined by the extraordinary singer-songwriter Madeleine Roger, to the Quadra Community Centre on Saturday, January 24th at 7:00pm.



A limited number of advance tickets are still available locally at our beloved island outlets — Aroma Cove Café, Inspirations, and Copper Coast Gallery. Celebrating a World-Class Ensemble

The Fretless is redefining what a string ensemble can be. Since forming in 2011, this virtuosic Canadian group has reimagined traditional fiddle tunes and folk melodies, weaving them together with jazz, roots, and chamber music influences to create a sound that is both deeply rooted and strikingly modern.

We are truly honoured to present The Fretless here on Quadra Island and to share their extraordinary artistry with our community.

Joining The Fretless is the remarkable Madeleine Roger, a celebrated singer-songwriter whose powerful voice and evocative songwriting add a deeply expressive dimension to this performance. Her collaboration with The Fretless, including co-writing and performing on their album Glasswing, makes this concert a truly special and unique experience.

Doors open at 7:00pm there will be two sets with an intermission, bar & concession service available

Tickets: \$25 in advance, \$30 at the door

Now available online! The Quadra Island Economic Diversification Plan - Final Report

Quadra Island, BC - The Discovery Islands Chamber of Commerce is pleased to announce that the Quadra Island Economic Diversification Plan that we have been working on for the past year is now complete and available online. We have prepared two reports: the full **Economic Diversification Plan Report** and a summary of the **Economic Diversification Plan Roadmap**.

The summary highlights key themes, priorities, and strategic directions and is designed to be accessible and useful for conversation, reflection, and ongoing learning. For those who want to dive deeper, you can download the full report.

You can find the summary and the full report on the EDP website: quadraedp.ca/economic-diversification-roadmap

Both documents are intended to support discussion, collaboration, and future decision-making. We invite you to read, share, and use them in meetings, projects, and conversations about Quadra Island's economic future.

Other reports and interactive survey explorer also available!

We encourage you to take the time to delve into all of the research we did in the process of creating the Economic Diversification Plan. The survey

explorer in particular may be useful in providing you with data that you need for business planning and grant applications. You can find the reports and survey data at www.quadraedp.ca. Please email us at admin@dicc.ca with questions or to let us know what you are doing as a result of the Economic Diversification Roadmap for Quadra Island. We will post updates on the EDP website.

What the Chamber Is Working on Now

The work continues! Building on recent milestones, the Discovery Islands Chamber of Commerce is actively advancing the following initiatives:

- **Tourism Sustainability Plan for Quadra Island** - Development of a Tourism Sustainability Plan, in collaboration with the We Wai Kai Nation, is underway. This plan will guide responsible, values-based tourism development and is scheduled for completion by the end of 2026.
- **Capacity-Building Initiative for Businesses & Non-Profits** - Launching in 2026, this initiative will support local businesses and non-profits through skills development, tools, and resources. The program is being developed in partnership with the Quadra Island Foundation and in collaboration with the We Wai Kai Nation. We will be

reaching out to local businesses as details are finalized—please stay tuned.

- **Four Seasons of Reconciliation Training** - The Chamber continues to offer Four Seasons of Reconciliation training as part of its ongoing commitment to learning, relationship-building, and reconciliation.
 - **MRDT (Municipal and Regional District Tax) Campaign** - We are actively working with local hoteliers with the goal of submitting an application for the implementation of the MRDT—an important potential funding source to support community priorities.
 - **Visitor Information App & Touchscreen Kiosk** - The Chamber is supporting the development of a Visitor Information App and touchscreen kiosk, aimed at improving the visitor experience and access to local information.
- We look forward to sharing updates as these projects progress and thank our members and partners for their continued engagement and collaboration.





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2025 Salmon Counts are In

Our salmon enumeration surveys run from October until late November due to our late season chum spawning population. We survey these systems once per week with a crew designated to each creek, as it's important to have consistent observers for the same creek. Our Village Bay system is equipped with a video surveillance fish fence for a more accurate count, with videos downloaded daily and creek walks conducted approximately weekly to estimate numbers of chum that spawn downstream of the fence.

Of note this year were some appearances of pink salmon and a large number of coho jacks - coho that return a year or even two years earlier than the typical large coho adults. Jacks are typically males, and can help make a salmon run more genetically diverse. "Jills" are much more rare because it typically takes females longer to feed and fatten in the ocean to support the development of their eggs.

If you have any interest in joining us for some creek walks for the 2026 season or learning more about what else QISES does throughout the year, please visit our website at quadralsalmon.ca (where you can also find past year's salmon counts) or email us at quadralsalmon@gmail.com.

System	Open Bay Creek	Hyacinthe Creek	Drew Creek	Granite Bay Creek	Village Bay Creek
Chum	1155	3412	2	481	574
Coho	1	182	4	166	317
Coho jacks	0	95	0	25	561
Pinks	12	25	4	0	0
Surveys	6	6	6	4	-

*Pink numbers are observed live and dead totals not estimates as majority seen in unofficial surveys/early season observations

A big shout out and thanks to the field crews without whom we would not be able to do these counts: Mark Zimmerman, Bruce MacDougall, Stephen Belfry, Billy Dubois, Paul Puddy, Rob Johnson, Claire Hemingway, Colin Chapman, Lauren Miller, Pete Calverly, Dave Wills, John Ebell, Alastair Jackson, Theresa O'Brien, David Caulfield, Roger Ehlert, David Mills, Judith Hayes, Ted Hayes, Carol Murray, Nora Salland, Ryan Kemshaw, Milo & Violet Kemshaw, and everyone else who came out to help.

Our Co-op's Investors Live Here

Right beside you. Working full-time jobs while raising their families and facing the same grocery bills you are. They're your neighbours, the person ahead of you in a line up, the parent sitting beside you at a school event, or the cashier at your local co-op store.

They're you.

In a co-operative, each member-owners is an investor, investing in their community. Every purchase a member-owner makes in a co-op supports a business designed to give back to the people who use it.

Your voice matters, because what matters to you matters to the co-op. Decisions aren't driven by distant boardrooms, they're shaped right here, by the choices made by you and your neighbours.

When a member-owner shops at a co-op, their dollar doesn't disappear once it goes into the till. It circulates back into the co-op to help keep prices affordable for you and your neighbours, while strengthening the community we all depend on.

Without community owned alternatives, local choice shrinks. When large franchises dominate the market, pricing power concentrates and affordability suffers. Supporting a co-op helps protect competition, independence, and access to reasonably priced food on our island.

"Shop local," isn't just a slogan. It's accountability. It's showing up. It's living with the results of our decisions and standing behind them.

This co-op is owned by the people who live here, work here, and care deeply about this island.

There's no distant voice deciding whether the store is "profitable enough." No anonymous pressure to increase profit or to silence community concerns. Just neighbours, building something together for the long term to support all on our island.

Supporting neighbours...that's the co-ops business.

If affordable food matters to you, there are many ways to be a part of the journey:

- Follow the Co-op on Facebook for updates
- Sign up for Co-op monthly newsletter
- Ask questions and share your ideas
- Stop in and apart of the change

QI Community Food Co-op
qipantrycoop@gmail.com

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Celebrate Family Literacy on Quadra!

Experience Ligwilda'xa
Storytelling and Culture

January 31, 3:30 – 6:30 pm at
Quadra Elementary.

Enjoy We Wai Kai storytelling
and dance, crafts, games, plant
medicine talks, and more.

Food provided by PAC by
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Free • Family-friendly • All ages
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Come learn, connect, and
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StoryWalk: Big Dreamer

Families are warmly invited to
enjoy a StoryWalk—a fun, free
outdoor activity that brings
'Big Dreamer' to life as you
walk together. Stroll along,
read a story page by page,
and enjoy time connecting
through movement, reading,
and conversation. Perfect for
children of all ages, a StoryWalk
encourages family literacy,
curiosity, and a love of stories—
while enjoying the fresh air
together.

This bilingual Lik'wala/English
story by Sophia Dick, will
be installed outside Quadra
Elementary from January
27th– February 2nd and outside
the Community Centre from
February 3rd – 9th.

Make 2026 the Year of Community: Volunteer, Connect, Belong

As we step into a new year, the Quadra Island Recreation Society is inviting everyone on Quadra Island to make their New Year's resolution all about community!

2026 is a year to get out, get involved, and give back — to meet new people, build new connections, and find meaningful ways to participate in the life of our island. Quadra Island thrives on generosity, and there has never been a better time to deepen that spirit.

Whether you join a group, volunteer at an event, share a skill through teaching or mentoring, help behind the scenes, or simply show up and take part, you help this community grow stronger.

What inspires you? What brings you joy? How would you like to participate? What do you think would help our community thrive? Wherever your interests lie, there is a place for you at the Quadra Community Centre.

At QCC, we see every day how recreation and volunteering build resilience, spark creativity, and support both mental and physical well-being. Just as importantly, they bring people together — through shared activities, traditions, and service. Community doesn't just happen; it's something we create together. Winter on Quadra brings storms and short days, but it also brings a surge of community spirit.

Islanders step forward to lend their skills, creativity, and time, often experiencing a lift in mood as they connect with others and contribute to something larger than themselves.

Did you know? Research shows that volunteering boosts happiness, reduces loneliness, and improves mental health over time. Studies link volunteering to 7–9% improvements in mental and physical health and approximately 4% reductions in depressive symptoms. Among youth, the impact is even stronger — young people who volunteer have significantly higher odds of excellent health and are far more likely to be flourishing.

A Community Woven Through Service

With over 80 active organizations on Quadra Island, there are countless ways to get involved — from arts and culture to food security, recreation, environmental stewardship, emergency response, and more. Every volunteer hour strengthens the social fabric that makes Quadra special. The result is a more connected, resilient, and joyful community — one where everyone benefits. Here's to a year filled with inspiration, new experiences, and meaningful connections.

Looking for Ways to Connect?

Start with May Day! May Day is one of Quadra Island's most joyful traditions — and a wonderful way to get involved, meet people, and support your community.

Looking for something ongoing? You might also consider becoming a helper at the Community Lunch (Wednesdays at the Community Centre) — a warm, welcoming space where a few hours of your time helps create connection, nourishment, and belonging.

Do you have a special skill, talent, or trade you think kids would enjoy learning? We're always looking for new Summer Recreation ideas for July and August. This could be a one-day morning program, a full-day workshop, or a multi-day offering. Whether it's a family recipe you'd love to share, a hands-on craft, or an outdoor skill you're eager to pass on, we'd LOVE to hear from you! Staff are available to help, so you can focus on sharing what you love.

Whether you volunteer once or make it a regular part of your week, every contribution matters. Showing up is how community is built.

For more information or to get involved, please contact the Community Centre at info@quadrarec.bc.ca or 250-285-3243. Sincerely,
Jane West
Executive Director, QCC



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The Suicidal Ordinary

The ordinary is not ordinary. We become accustomed to it because it is what we experience and do everyday, so it usually evades careful examination and evaluation. The normal is supposed to be normal. And yet, from the perspective of our human history and our planet's biophysical history, what is happening now is unprecedented in almost every regard. Our knowledge is rising at a rate unparalleled in our past, while our influence on the ecosystems that have kept our planet stable and reliable for our purposes is being transformed by our activity.

What we don't seem to realize is that continuing to do what we consider to be ordinary is suicidal. By conducting our lives as we usually do, we are burning too much fossil fuel to supply our energy, occupying too much land to grow our agricultural crops, overfishing our oceans for protein, and intruding on ecosystems to the extent that we are initiating a mass extinction of species. We are also acidifying and warming our oceans, melting our glaciers and polar ice caps, and causing climate change that is instigating devastating weather extremes. And we are making and discarding massive amounts of plastics that begin by poisoning our land, soil, water and air, then end by entering our food and bodies as micro particles. We are also adding to this problem by producing and releasing into the environment toxic "forever chemicals" that won't break down by natural means. We have inadvertently embarked on a planet-wide experiment with consequences that are rapidly moving beyond our ability to control.

It would be comforting to know that this is not happening. And yet it is, confirmed by multitudinous quantitative measurement by multitudinous empirical means in multitudinous areas of investigation. Almost every study of the natural world comes with a message of warning. Indeed, these alarms are now becoming too numerous, diverse

and complex to even list. And they are all pointing in the direction of something that is profoundly wrong with the notion that our ordinary behaviour is ordinary.

In defence of ourselves—if any justification is valid for a species that is self-identified as *Homo sapiens*—this behaviour is difficult to change precisely because it is ordinary. It's what we commonly do, so it evades consideration, evaluation and judgment. If politics keeps drawing our attention away from environmental issues to our conventional values, economics and consumption, then alternatives will not register and alarms will not be heard. If everyone is flying away to distant places for exotic vacations, then the deleterious environmental effects of carbon dioxide emissions will be difficult to critique. If everyone is buying large SUVs instead of efficient compact vehicles, then the normal will seem acceptable. If our meat consumption stays too high for a sustainable form of agriculture, then the old practice will persist.

During more than half a century of warnings, the science identifying our environmental problems has become more refined, sophisticated and ominous. The actual consequences of the ecological deterioration are no longer theoretical. Indeed, they are becoming increasingly obvious, usually exceeding the worst-case scenarios of earlier predictions.

But none of this has changed our individual and our collective behaviour enough to be commensurate with the unfolding environmental crisis. The tragedy is that we know what is happening. And we individually and collectively know what to do to prevent the consequences. But adaptation has become a strategy of avoidance that prevents us from acknowledging what is actually happening. It's the survival mechanism that we use to convert the extraordinary into the ordinary until we cannot even recognize a crisis.

Ray Grigg
for Sierra Quadra

Update: Compassionate Community Mid-Point

We have reached the mid-point of the Compassionate Community research project!

The Sounding Boards have been one of the community engagement tools where a thought provoking question is posed and all are invited to add their thoughts anonymously.

The Sounding Boards appeared at the Summer Market (once a month at the Way To Go canopy), once at a neighbourhood gathering, and at the Library and the Community Centre (a couple of different Boards each for a few weeks at a time). The responses from all but the last 2 have been posted in the DI (editions 859, 861, 862, 865, 871).

Here are the responses from the latest Sounding Boards:

At the Library "What has been a valuable life lesson for you?" Responses: "Stuff, Dad"; "Mares eat oats. And doe's eat oats. And little lambs eat ivy."; "The only (?) dumb question is. The one you don't ask."; "Measure Success in small increments and you will be Successful."; "Life is a cycle"; "Stuff"; "Always be grateful And you will always be Happy"; "Every Time An Almost Was. Another Maybe Will be."; "You don't know what you don't know. Ask!"; "the fastest way is Slowly...old chinese proverb"; "Over, under, and through. This is how I think of you. Inside, outside, upside down. All the world goes 'round and 'round.'; "Keep your friends close!"; "1) family first; 2) Only 1 life; 3) Don't worry about the little things; 4) Laugh more; 5) even more; 6) LIVE"; Always assume positive intent".

At the Community Centre "What is changing your life for the better?" Responses: "Being a volunteer with Quadra Circle"; "Unplugging from social media. Connecting with people IRL"; "wheel of the year"; "YOU" (inside a big heart); "The QCC!"; "shared meals"; "Playing"; "meditation - we have this each Sunday@ children's centre"; "Mistakes help us learn"; "choir"; "Quadra Circle Health & Fitness classes! Major improvement in Balance & Mobility & energy!"; "Time in nature"; "Enjoying the wisdom that comes with living long enough to understand what is really important".

There have been 11 Sounding Boards and a total of 171 responses shared on the Boards. Thank you to all who participated and to those who pondered the questions without writing. We appreciate your consideration, your thoughtfulness, and your humour!



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Keep your eyes open for future Sounding Boards and share on the Board or in your imagination. If you have an idea for placement of a Board or a thought provoking question, please email Jude at dunnjudy@hotmail.com

Jude McCormick, Maureen McDowell,
Kathleen Monahan - your Compassionate
Community Team

Way To Go, Quadra Circle, NavCARE

Thank You Quadra!

"We would like to thank this wonderful Quadra Community for showing up in a big way to help out our neighbour who lost their home in a fire on Christmas night. The Bingo and Burger event at the Legion raised a total of \$2200.

Thank you to the artists, businesses and individuals who donated amazing goods and services to the raffle.

Thank you to everyone who attended the fundraiser night, participated in the bottle drive, donated cash and purchased raffle tickets.

Thank you to the Quadra Legion branch 154 for hosting the burger fundraiser and donating all of the proceeds from Bingo. A special thank you also to Ladies Auxillary, Inspirations, Copper Coast Gallery and Gifts, Heriot Bay Tru Value, and the team of fundraiser organizers. It is a truly beautiful thing to witness the community come together in such a way.

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Quadra Island Foundation's Potential Unleashed

After several years of work with the CRA, The Quadra Island Foundation is proud to announce an important milestone: our newly updated charitable purposes have been formally approved.

Since our inception in 2019, the financial support the Quadra Island Foundation has been able to provide to our community has been limited to other Registered charities. With the new charitable purposes, this is no longer the case.

As a grant-making public charity, the Quadra Island Foundation can as of now, truly work towards our Vision- "To Make Island Life Better" through leadership, funding, and capacity-building. With our newly expanded charitable purposes, the Foundation now has greater ability to respond to emergent and immediate needs, build upon our strengths and address long-term challenges facing our island community.

What does this mean in practice? It means the Foundation can support a wider range of initiatives that strengthen community well-being. These include advancing education through scholarships, bursaries, and community learning opportunities; relieving poverty through support for housing, food security, and basic necessities; and addressing challenges faced by children, youth, families, seniors, people with disabilities, or support for culturally appropriate programs. Our new charitable purposes also recognize the importance of environmental stewardship and resilience.

The Foundation can now also support habitat restoration, conservation of natural resources, animal welfare, and local efforts to address the impacts of climate change on water supplies and food systems. Community spaces and heritage matter too—parks, playgrounds, recreational facilities, museums, and the preservation of significant heritage sites are all part of what helps make Quadra Island a vibrant place to live.

Our imagination, volunteer capacity and capital are now the only limits to how the Foundation can help make Island life better.

Importantly, the Foundation's role as a community connector is strengthened. The updated purposes allow support for volunteerism, collaboration among local organizations, and initiatives that build strong,

inclusive local governance and community decision-making.

This approval reflects years of careful work and community-minded governance. More importantly, it reflects trust in Quadra Island's capacity to care for its people, its place, and its future.

The Foundation's potential has been unleashed, yet its purpose remains unchanged: stewarding local generosity to build a healthy, inclusive, and sustainable community in sum, to 'Make Island Life Better'.

For those looking for a meaningful way to give back to your community, donating to the Quadra Island Foundation is a powerful option. As with all Foundations across Canada, gifts and donations are pooled, stewarded, and invested locally, ensuring that generosity today continues to support community needs well into the future. Donors can contribute to existing funds or work with the Foundation to create a legacy that reflects their values and love for Quadra Island. Every donation, large or small, helps turn local care into lasting impact.

Marc Doll
- Quadra Island Foundation



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Grades 1-5

Wonderful Leaf
K - Grade 1

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Monday to Friday

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We are a \$10 Day Childcare Centre

In a Simple Shroud



"I thought the earth remembered me, she took me back so tenderly ..."

-Mary Oliver

The introduction of a shroud-only burial option in the natural burial area of the Quadra Island Cemetery marks a meaningful expansion of choice—one that honours one of humanity's oldest burial practices, being wrapped and laid directly into the earth, without a casket.

What is a shroud, what does this look like today, and why are more people choosing it? For most of human history, the dead were not enclosed in elaborate containers. They were wrapped. A shroud—simple cloth folded around the body—has been one of the oldest and most widespread ways of caring for the dead across cultures and faiths. From ancient burial practices in Europe, the Middle East, and Asia to Jewish, Muslim, and early Christian traditions, shrouds reflected a shared understanding: in death, we return to the earth.

Shrouds are, at their heart, an expression of simplicity and humility. They require little more than fabric and careful hands. For centuries, this was the norm. Coffins, and later caskets, emerged much later, shaped by changing social structures, craftsmanship, and the rise of status-based display. As woodworking skills advanced and societies became more stratified, burial containers became increasingly ornate. Over time, coffins and caskets came to signal wealth, permanence, and prestige—sometimes overshadowing the quieter, more intimate care of the body itself.

Today, many people are reconsidering these traditions and asking what truly matters at the end of life. As interest grows in

natural and green burial practices, shrouds are experiencing a thoughtful return. In natural burials, the focus is on minimizing environmental impact and allowing the body to return gently to the land. Shrouds are well suited to this intention. They are typically made from biodegradable materials such as silk, cotton, linen, wool, or bamboo—fabrics that break down naturally and do not introduce synthetic materials into the soil. Shrouds may be carefully sewn, or as simple as a bedsheet, wrapped around the body and lovingly stitched closed.

While a shroud is soft and flexible, additional support is needed to move a body and lower it into the grave. For this reason, a shrouded body is placed on a shrouding board or trundle. The board provides stable support for carrying the body with dignity and for safely lowering it into the grave. This board remains in the grave as part of the burial, and is typically made of untreated, locally sourced wood or other biodegradable materials, such as willow or cloth.

Wrapping a loved one can be a tender, unhurried act, creating space for reflection, ritual, and care. Stitching the shroud closed may be shared with family and friends, and the face is often left uncovered until the day of burial. Without the barrier of a coffin lid, the experience can feel more intimate, present, and grounded.

In returning to shrouds, we are not rejecting modernity so much as remembering an older wisdom: that death, like life, can be met with simplicity, respect, and in right relationship with the earth.

Way To Go supports our community in preparing for end-of-life through conversation and education. We help loved ones care for their own dying and deceased—offering guidance, empowerment, and assistance from

diagnosis through death and after death—making home-based, holistic care more accessible. Visit our website, way2go.ca; view upcoming events, read previously written articles, and join our email list.

Written by Margaret Verschuur.

The Quadra Island Garden Club Presents:

Gardening in a Changing Climate: Droughts and Heat Waves

with Linda Gilkeson

Video and in-person discussion on Monday, February 9th, 7-9pm at the Quadra Community Centre

We can adapt to the reality of the changing climate by rethinking what we plant and how we manage food gardens, landscape and lawns. Learn how extreme weather affects plants, low tech tools that improve plant survival, water conserving irrigation and plantings, how to use our gardens to sequester carbon. Join us for this pre-recorded talk by beloved West Coast gardening expert Linda Gilkeson, given as a fundraiser for Transition Saltspring in December 2024 (we have permission to share with you in exchange for a donation to Transition Saltspring). Stay for an in-person discussion of how it all applies to Quadra Island.

About Linda Gilkeson:

Linda earned a Ph.D. in Entomology from McGill University in 1986, then moved to British Columbia to work for Applied Bio-Nomics Ltd., a company that produces biological controls. From 1991 to 2002 she worked for the provincial government, promoting programs to reduce and eliminate pesticide use. She was head of the provincial State of Environment Reporting Unit for the next six years, then the Executive Director of the Salt Spring Island Conservancy until the end of 2011. Linda now devotes her time to writing, teaching and consulting. She is the author of two books: *Backyard Bounty: The Complete Guide to year-Round Organic Gardening in the Pacific Northwest* and *West Coast Gardening: Natural Insect, Weed & Disease Control*.

The Quadra Island Garden Club meets monthly to exchange gardening knowledge, promote sustainable and productive practices, and foster friendship among island gardeners. Everyone welcome! Members FREE, Guests \$5.00. Come early to renew your annual membership (Individuals \$20/Family \$30), chat with fellow gardeners, and enjoy some coffee/tea and goodies. Doors open at 6:30. Stay to the end for your chance to win a great door prize!

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

QUADRA ISLAND WELCOMES NURSE TO OUR HEALTH CARE TEAMS

Hi my name is Ally, I am the new primary care nurse on Quadra Island working out of both Quadra Island Medical Clinic and Harbourside Medical Clinic.

I am employed by Island Health's Primary Care Network, which is a clinical team of local primary care providers enhancing patient care using a team-based approach to care. Our goal is to collectively increase a community's capacity and to provide greater access to primary care.

I have also lived on Quadra for most of my life, leaving for a short time for my education. I am currently living and raising my family here and feel very fortunate I now get to work locally and care for our incredible community.

My nursing career spans more than 15 years and includes a broad range of clinical experiences, most recently in an acute outpatient hospital setting. Working closely alongside the emergency department, even with my incredible and dedicated colleagues striving to deliver the best quality care they can, I witnessed firsthand the prolonged wait times and frustrations many patients faced utilizing that service. For residents of Quadra Island, these challenges are often compounded by late-night discharges and limited ferry access, making it difficult to return home. Accessing timely primary care can also be challenging with the long wait times for appointments. My hope is to help bridge these gaps in care and support clients, particularly those who are more vulnerable, so they do not fall through the cracks. While this role is new to me, I am continually learning and growing each day. At the present I am only seeing patients in the clinics who are patients of either Dr. Hughes, Dr. Graham and Dr. Ratnasabapathy's. Down the road I will likely be able to extend my services to unattached patients and those who have GPs elsewhere.

My goal is to help shape this role in a way that aligns with community needs and reflects the priorities of the people I serve. I am trained in and committed to practicing with cultural safety as well as trauma informed and evidence-based practices. I can support patients through transitions across the healthcare continuum, helping to optimize health outcomes and adapt care as conditions change. With patient's consent, I collaborate closely with other health care providers and services to support care planning and ensure effective confidential communication across a range of settings, including Island Health and other community services.

In the clinic, the services that I am currently providing include:

- Assessments for all ages
- Post-op assessments and care
- Assisting with care coordination
- Assisting physician with minor procedures
- Assisting physician with PAPs
- Contraception management education and counselling
- Holter monitor tests
- ECG – non interpreting
- Injections
- Phlebotomies
- Intravenous therapies
- Allergy/immunotherapy injections
- Removal of sutures and staples
- Wound care
- Drain maintenance and care
- Urinary catheter maintenance, care and removal
- Central line care, maintenance and removal
- Monitoring vital signs
- Medication administration
- Post partum health
- Baby weights and measurements
- Immunizations and flu shots
- Ear syringing
- Health promotion and prevention education & resources
- Administering screening tools & cognitive assessments



You can call either clinic to book an appointment with me or speak with your GP about how we can work together as your care team. My email info is below. Thank you, and I look forward to meeting and working with you.

Alexandra.millard@islandhealth.ca

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Ferry Schedule

Leave Quathiaski Cove	Leave Campbell River
6:05 am	6:30 am
†7:00 am	†7:30 am
††7:30 am	††8:00 am
8:00 am	8:30 am
8:30 am	9:00 am
9:00 am	**9:30 am
9:30 am	10:00 am
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2:00 pm	2:30 pm
2:30 pm	3:00 pm
3:00 pm	3:30 pm
3:30 pm	4:00 pm
4:00 pm	4:30 pm
** 4:30 pm	5:00 pm
5:00 pm	5:25 pm
5:25 pm	5:50 pm
5:50 pm	6:15 pm
6:15 pm	6:45 pm
7:10 pm	8:10 pm
8:40 pm	9:05 pm
9:30 pm	9:55 pm
10:20 pm	10:40 pm
* 11:05 pm	* 11:30 pm

† Daily Except Sundays

†† Daily Except Saturdays and Sundays

* Fridays & Saturdays only

** Tuesdays: Dangerous Cargo, no passengers or cars

Schedule in effect September 3, 2024 to March 31, 2025
last updated here 25 Sept, 2024

Schedule may be subject to change
check BCFerries.com for Service Notices

Heriot Bay Tides

DATE	TIME PDT	M.	FT.
23 Fri	02:07	1.612	5.3
	09:11	5.029	16.5
	15:38	2.550	8.4
	20:55	3.933	12.9
24 Sat	02:49	2.080	6.8
	09:38	4.961	16.3
	16:26	2.136	7.0
	22:17	3.845	12.6
25 Sun	03:34	2.629	8.6
	10:06	4.870	16.0
	17:18	1.745	5.7
	23:53	3.880	12.7
26 Mon	04:26	3.196	10.5
	10:36	4.774	15.7
	18:15	1.402	4.6
27 Tue	01:41	4.076	13.4
	05:32	3.702	12.1
	11:11	4.688	15.4
	19:16	1.109	3.6
28 Wed	03:19	4.385	14.4
	07:13	4.055	13.3
	11:57	4.616	15.1
	20:16	0.866	2.8
29 Thu	04:27	4.683	15.4
	09:06	4.166	13.7
	12:57	4.564	15.0
	21:11	0.685	2.2
30 Fri	05:15	4.906	16.1
	10:20	4.094	13.4
	14:03	4.534	14.9
	22:00	0.588	1.9
31 Sat	05:54	5.052	16.6
	11:13	3.922	12.9
	15:08	4.511	14.8
	22:47	0.593	1.9
01 Sun	06:28	5.134	16.8
	11:57	3.684	12.1
	16:13	4.480	14.7
	23:30	0.712	2.3
02 Mon	06:59	5.164	16.9
	12:40	3.400	11.2
	17:16	4.426	14.5
03 Tue	00:11	0.944	3.1
	07:27	5.148	16.9
	13:22	3.091	10.1
	18:15	4.339	14.2
04 Wed	00:51	1.279	4.2
	07:55	5.088	16.7
	14:04	2.784	9.1
	19:12	4.214	13.8
05 Thu	01:30	1.692	5.6
	08:22	4.987	16.4
	14:47	2.500	8.2
	20:09	4.061	13.3
06 Fri	02:07	2.152	7.1
	08:48	4.849	15.9
	15:30	2.258	7.4
	21:12	3.909	12.8

CLASSIFIEDS

Home & Garden

PRUNING, SOIL CARE, AND FABULOUS GARDENS AND ORCHARDS OF ALL SORTS

Highly-skilled and passionate horticulturist Ryan Nassichuk is now making bookings for the winter of 2026 and beyond. Email nassichuk@gmail.com to get in touch, and visit www.nassichuk.com for more information no phone calls or text messages between late September of 2025 and late January of 2026

Help Wanted

BOOKKEEPER PART TIME WEEKENDS

Heriot Bay Inn, send resume to lois@heriotbayinn.com

TAKU RESORT & MARINA

Taku Resort & Marina is seeking Docks & Maintenance, and Housekeeping Team Members

Position Overview: We are looking for a hardworking and reliable Team Members to join our crew. These positions are perfect for someone who enjoys working outdoors, staying active, and taking pride in keeping the property clean, safe, and well-maintained.

The maintenance role includes a variety of tasks such as yardwork, general repairs, garbage and recycling collection, cleaning, basic maintenance as well as marina operations.

The Housekeeping position includes the cleaning of our beautiful guestrooms, public areas, and laundry.

info@takuresort.com

What we are seeking: A strong work ethic, positive attitude, and willingness to learn and have fun.

What We Offer:

- Competitive hourly wage
- On-the-job training and learning opportunities
- A fun and supportive work environment
- Beautiful workplace on the coast, surrounded by nature.

We'd love to hear from you! Send your resume and a short introduction about yourself to info@takuresort.com

Wellness

SOUL SOLE MASSAGE

by 'foot pressure' is an ancient Ayurvedic modality that uses the feet to deliver the massage. Expect deep tension release, increased mobility, relaxation and healing. Studio in Quathiaski Cove. Call/Text Jen 250 285 0070 www.soulsole.ca

MASSAGE

Massage is an exceptional tool that aids in alleviating stress and tension of body and mind. Trinity Gogolin specializes in many styles of massage from Deep Tissue and Trigger Point Release to Swedish Style and Relaxation Massage. U.S. Trained, with over 15 years experience. Offering a beautiful studio location, comfortable and conveniently located close to Q-Cove. **Call or Text 250 203 4529** email: trinitygogolin1@gmail.com

Services

ROOFING

Professional Roofing Services
www.javaroofing.com
Call JAVA ROOFING at 250.204.2638

SMALL ENGINE REPAIRS

in Q Cove. Lawn Mowers, Tractors, Chainsaws, Trimmers, Generators etc. Also some electric power tools. Please call Don @ 250.285.3960.

Discovery Islander

Services

QUADRA WASTE SOLUTIONS

Local. On-Demand. Occasionally. Weekly. Servicing Heriot Bay and South. Enquire about our Seniors' Driveway Service. Call/Text/Email. quadrawastesolutions@gmail.com 250.202.9182 Tariff-Free since 2023

SHORE PINE SIGNS & DESIGN

Custom signs for home and business, boat/vehicle decals, picture framing. Open Mon & Fri 9-2, Tues-Thurs 9-5. Next door to Q Builders. 250-285-2815 shorepinesigns@gmail.com

NOTARY PUBLIC

Notary Public on Quadra located inside Sacred Pulse at Quathiaski Cove shops, we offer notarial services, personal planning documents wills, powers of attorney, representation agreements. Call 1.855.204.6277 toll-free email info@quadranotary.ca

QUADRA SEWIST & TAILOR

Alterations, repairs, custom work done on clothing, decor and gear. Experienced with most fabric types including waterproof. Call Megan at 604-908-6347 or email mbaindesign@gmail.com

NEXT DI DEADLINE 7pm Monday, February 2nd

C - 657 INDUSTRIAL WAY \$420,000 MLS# 1014494

- Quadra Island shellfish processing company for sale!
- Well-established business has been incorporated since 2009 and provided quality products to market for years prior.
- Sale includes all the equipment at the processing plant & all safety protocols needed for year round processing.
- Sellers are willing to work with the buyers for a smooth transition into taking over the business.
- Situated in the Industrial hub of Quathiaski Cove, a short drive from all other services.



Bill + Sarah
PERSONAL REAL ESTATE CORPORATION
T. 250 285 3293 / 1 877 735 3293
billbradshaw@royallepage.ca
sarahbradshaw@royallepage.ca

QUADRA ISLAND
REAL ESTATE TEAM