

Discovery Islander

SINCE 1993

ISSUE 877 • MARCH 6, 2026 • COMMUNITY NEWS & EVENTS FROM QUADRA & THE DISCOVERY ISLANDS



Quadra Island Cemetery Update

The Quadra Island Cemetery Society invites you to attend its Annual General Meeting on Tuesday, March 31, 2026, 7:00 PM at the Quadra Island Legion, Heriot Bay.

The agenda includes: adoption of the 2025 AGM minutes, introductions and short reports by the Trustees regarding: our website, natural burial memorialization, special presentations, (and removed) shroud burial, Cemetery activity, and the presentation of the 2025 financial statement.

Everyone is welcome to attend the AGM. If you own a plot, or a family member is interred in QI Cemetery, you are a member and can vote at the AGM.

Another item to note on your calendar: the long-anticipated unveiling of the Natural Burial Memorial will take place on May 30, 2026 during the Cemetery Society and Way To Go co-hosted "A Walk in the (Memorial) Park" event. You will see more details on this soon.

The Quadra Island Cemetery Board includes: Grant Hayden (Chair), Ian MacPhee (Treas.), Vic Gladish (Sec.), John Arnold, Tom Vaniderstine, Alf Williamson, Denise Chisholm, Kelly Beamish, Jeff Dubois, and Gary Krook.

CR Art Gallery Members' Show

The Campbell River Art Gallery and the Campbell River Arts Council presents the 44th Annual Members' Show.

Exhibition Run: January 29th - April 25th, 2026 at the Campbell River Art Gallery, 1235 Shoppers Row, Campbell River, BC. V9W 2C7

Gallery and Gift Shop Hours: Tues. - Sat. 10AM - 4PM

Quadra Island Health Society AGM

The Quadra Island Health Society's 2026 Annual General Meeting will be held on Tuesday April 7, 2026 @ 7:00 pm at the Quadra Island Community Centre for members only.

Notification of the meeting will be sent to registered members and we are asking them to pre-register and a package will be sent to them. Updates to our bylaws and constitution will be considered at the AGM.

If you are not a member & would like to be, contact Jeanne @ 250-285-2835 or email quadraislandhealthsociety2019@gmail.com and a membership application will be provided.

Quadra Island Medical Clinic Update

There have been some positive moves at the Quadra Island Medical Clinic since the Quadra Island Health Society (QIHS) AGM and public meeting in December.

To the relief of his many patients and with the immense gratitude of the QIHS board Dr Steve Hughes has said he would continue to work part time. That means the clinic will remain open after April 1st.

The mental health worker, medical social worker and registered nurse will continue as normal. And the lab and foot care will also continue to be available.

While it is hard to find one individual to take on the practice to replace Dr. Hughes, Island Health's Division of Family Practice is also advertising for a group of doctors who might wish to share the job. QIHS board members are meeting with the Division every couple of weeks.

We are of course still trying to get the word out about the opportunities of working at the Quadra Island Medical Clinic both for doctors and nurse practitioners. Please let people in your circle know; word of mouth and personal recommendations do go a long way.

Many thanks to the many people who let us know about housing

possibilities. Our housing committee has a list of potential rental places for when we do get a doctor or nurse practitioner. We are always willing to add to that list so please reach out to a Quadra Island Health Society board member if you have a suite, cabin or house that could be available.

At our meeting in December we said we would have another public meeting later in the winter; there is however no real "call to action" that would necessitate such a gathering at the moment. However if you have ideas that you feel would assist in finding a doctor, please do get in touch. Our email is quadraislandhealthsociety2019@gmail.com.

Quadra Island Health Society Board

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.

QUERRA SPENCER

SATURDAY MARCH 28

7:30 - 9:30 PM IN HERONS DINING ROOM

TICKETS: \$29 SHOW ONLY

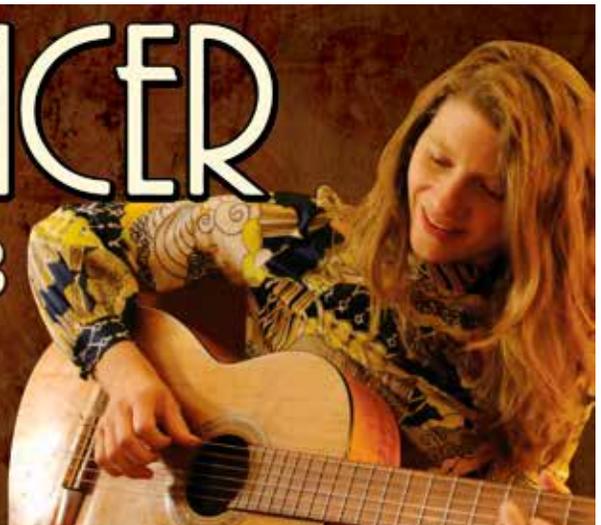
DINNER RESERVATIONS START AT 6 PM

CALL TO BOOK YOUR SEATS: 250.285.3322

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We're cooking: 12-7pm daily | Breakfast in Herons: Sat & Sun, 9-11am



Island Calendar

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



WHAT'S HAPPENING at QCC

THIS WEEK: March 6 - 13

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: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 7:30 Quadra Concerts - Elisapie

SUNDAY: 10 Geshe Yong Dong

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

TUESDAY: 9 Quadra Quilters; 9:30 Pilates; 2:30 Rec and Sports with Dave - School Gym; 3 Good Grief; 3 Sewing Crafts for Kids; 6 Adult Indoor Soccer - School Gym; 7:15 International Folk Dancing

WEDNESDAY: 10 Baby Clinic; 12 Community Lunch; 12 Digital Support with Grant Holland; 1 Mosaics; 3 Ping Pong; 4 Intermediate Basketball with Dave - School Gym; 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; 7:45 Friday Flicks - It Was Just An Accident

THIS WEEK: March 14 - 20

SATURDAY: 8 Chamber of Commerce REDIP Project; 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 1 QICSS - AGM; 1 Drum Circle

SUNDAY: 10 Natural Remedies for the Whole Family; 1 Youth Resume and Interview Prep Workshop

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

TUESDAY: 9:30 Pilates; 2:30 Rec and Sports with Dave - School Gym; 3 Sewing Crafts for Kids; 5 Hatha Flow with Trinity; 6 Adult Indoor Soccer - School Gym; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Lunch; 12 Digital Support with Grant Holland; 1 Mosaics; 1:30 Cancer Support Group; 3 Ping Pong; 4 Second Harvest - Youth Food Training; 4 Intermediate Basketball with Dave - School Gym

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

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

NEXT DISCOVERY ISLANDER DEADLINE

Monday, March 16 @ 7pm

Saturday, March 7

- Live music with Go Dog Go, HBI Pub, 7-11pm, no cover
- Quadra Concerts presents Elisapie, QCC, 7:30pm, **SOLD OUT!**
- Night of Comedy at the Legion, 8:30pm, \$20 at the door

Sunday, March 8

- Journey to Peace - Dharma talk and meditation, 10am to noon at QCC Room 3

Monday, March 9

- Garden Club - Dorothee Kieser on Plant Propagation, 7-9pm at QCC, details page 6

Friday, March 13

- Friday Flicks presents: It Was Just an Accident, QCC, 7:45pm, see page 6
- Live music with Jeremy Walsh Band, Quadra legion, \$20, 9pm

Saturday, March 14

- QI Conservancy & Stewardship Society AGM, QCC Green Room, 1pm.

Monday, March 16

- Way to Go mtg., QCC Rm. 3, at 3 pm.

Friday, March 20

- Live music with Go Dog Go, HBI Pub, 7-11pm, no cover

Saturday, March 21

- QI Community Land Trust AGM, QCC Room 2 at 1pm

Sunday, March 22

- Live music with Hal Douglas & Friends, HBI Pub, 3-5pm

Friday, March 27

- Live music with Amy Muloin & the Alley Flowers, HBI Pub, 7-11pm, no cover

Regulars

Sundays

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

Monday & Friday nights

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

Wednesdays

- Poker Night: Quadra Legion 7:30pm

List your event in our Island Calendar

Email news @ discoverylslands.ca Drop off your item at *Inspirations* in Quathiaski Cove Bring it to our office at 701 Cape Mudge Road

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Discovery Islander

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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, March 16
for publication on
Friday, March 20, 2026

Open AA Meetings

MONDAY AND FRIDAY nights, 7:30 to 8:30pm at Cape Mudge United Church at 29 Tekya, Cape Mudge. Everyone welcome!

New to Quadra?

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

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

Quadra Island Outdoor Club Upcoming Events

As we make our way into spring, here are our upcoming trips:

16 Mar, Monday – hike in Blenkin Park

24-26 Mar, Tuesday to Thursday – camping and hiking in the Qualicum area

The schedule and the details about these events can be found at 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.

Hal Douglas at the HBI Pub

Hal Douglas and Friends will be performing at the HBI Pub on **Sunday March 22 from 3-5pm.**

Joining Hal are Marnie Younger, Grant Holland and Dave Blinzinger. Come on down for great food, drink and music. No Cover.



Journey to Peace with Lama Geshe Yong Dong

WE ARE happy to welcome Lama Geshe Yong Dong back to Quadra for a morning Dharma talk entitled Journey to Peace and meditation on **Sunday, March 8th at the Quadra Community Centre, Room 3** upstairs, from 10am to 12 noon.

Through these two-hour teachings, we will explore how to let go of anger, release the grip of attachment and transform our perception. By understanding the roots of anger, we begin to let go of its grip on our lives. Attachment often fuels anger, so we will hear how to release these bonds and embrace impermanence. We will also delve into how shifting our viewpoint can lead to inner peace and compassion. Through a guided meditation we will gain tools to cultivate a calmer, more balanced mind.

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

This session is offered by 'Dana' or donation and all are welcome. We look forward to you joining us for this enlightening exploration of healing and growth. For further information contact Carol Foort at 250 285 3035 or cfoort@yahoo.com



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QICSS AGM Notice

QUADRA ISLAND Conservancy and Stewardship Society is holding its 35th Annual General Meeting on Saturday, March 14 at 1pm in the Green room of the Quadra Community Centre. We will give an update on our activities of the last year which include: Covenant inspections, Native Plant Greenhouse, Morte Lake property, Fundraising, as well as other conservation topics. This will be followed by the election of stewards. There is room for 2 new stewards this year. This is an opportunity to find out what we do and what we would like to do. Everybody is welcome. Contact Michael Mascall at 250 202 1968 for any further information, or email info@qiconservancy.ca

Your Submissions to the DI are Welcome!

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

Coming up at the Legion!

• **SATURDAY, MARCH 7** 8:30pm, B.A. Johnson Spectacular Spectacle, returning to the Legion for a night of comedic delights.

Joining him is Pooched, The Swamp City Bog Goblins also guest appearance with Quadra Island's Mystical Beast, Jethro Paul! \$20 at the door

• **SATURDAY, MARCH 7** 5:pm, Yellow Rose will be serving up their awesome Pulled Pork Sandwiches!

• **FRIDAY, MARCH 13** 9pm, Jeremy Walsh Band, Celtic Folk, Funk Magic \$20. Tix on sale now at the Legion

• **SATURDAY, MARCH 14ST**, Patrice is doing another Sushi night, it's seriously tasty

• **FRIDAY, MARCH 20TH** 8:pm, Karaoke night, with True & Audrey! Sure to be a blast

• **SUNDAY, MARCH 29** Pool Tournament \$20! Register with Ira Sanderson email ira@greenmail.net

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/

Way to Go Meeting

JOIN US for our March meeting on Mon. Mar. 16, 3 pm - 4:30 pm, QCC Rm. 3, for a time of sharing, presentation on a home-based journey to the end, discussion, and business.

Please also consider attending our **Reimaging Death Workshop** on Sun. Mar. 29 from 10 am - 4 pm, QCC Rm 3, to learn about home funerals with Emma Tius from Cortes & Margaret Verschuur. Admission by donation. Info 204-3709.

40 years with CR Genealogy Society

JOIN US for a one-day, in-person seminar on Saturday, April 18, featuring this year's theme: Migration Trails.

We're excited to welcome four well-known Vancouver Island speakers and authors: Chief Wedlidi Speck, Vanessa Winn, Jeanette Taylor, and Dave Obee.

Your \$55 registration includes: A full day of engaging presentations, a catered luncheon, and door prize draws. Seating is limited to 100 participants, so be sure to register early. For full event details and online registration, visit: <https://www.crgenealogysociety.ca/>

You may also register in person at the CRGS library, located inside the Maritime Heritage Museum by the Pier.

We look forward to celebrating with you!

Quadra Island Land Trust Society AGM

THE QUADRA ISLAND Community Land Trust Society invites all interested community residents to attend our first Annual General Meeting on Saturday March 21, 2026 at 1pm in Room 2, Quadra Island Community Centre, 970 West Road.

Join us to hear updates, elect board members and help shape the next phase of our community-led land stewardship and climate resilience initiatives on Quadra Island.

Everyone is welcome. For more information please contact QILTS Secretary Claire Heffernan Call/Text 250 880 0791, email islandhome2015@gmail.com



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Friday Flicks

On March 13, 7:45, at Quadra Community Centre Friday Flicks presents *It Was Just An Accident* (Iran, France, Luxembourg). From acclaimed filmmaker Jafar Panahi comes a quietly devastating portrait of guilt, morality, and the ripple effects of chance. What begins as a minor mishap unfolds into a powerful meditation on responsibility and the unseen costs of our choices.

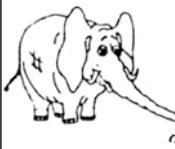
Celebrated by critics for its spare elegance, emotional force, and moral clarity, *It Was Just an Accident* is both urgent and universal. Audiences will be drawn into its subtle tension and left reflecting long after the credits roll. The film follows a group of former Iranian political prisoners who face the question of whether to exact revenge on a man they believe may be their tormentor. Panahi, who is critical of the Iranian government and has been imprisoned several times, made the film without official filming permission from the Iranian authorities.

The film had its world premiere at the main competition of the 78th Cannes Film festival on 20 May 2025, where it won the Palme d'Or, and received critical acclaim. At the 83rd Golden Globes, it became the first Iranian film to be nominated for Best Motion Picture - Drama, Best Director and Best Screenplay, and was also nominated for Best Foreign Language Film. At the 98th Academy Awards it was nominated for Best International feature Film (France) and Best original Screenplay.

March 27 - Köln 75 (Germany, Poland, Belgium) Based on a true story, Köln 75 follows 18-year-old Vera Brandes as she defies her conservative parents to organize a 1975 concert by Keith Jarrett in Cologne. Despite near failure, the impromptu performance's recording becomes the iconic *The Köln Concert*, a landmark of 20th-century music. Köln 75 captures the compelling, entertaining, and unknown backstory about Jarrett's one-hour, entirely improvised concert, becoming the best-selling solo album in jazz history.

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THE QUADRA ISLAND GARDEN CLUB PRESENTS **Propagation: Seed, Division, Cuttings, Rhizomes, and Runners**

With Dorothee Kieser
Monday, March 9th, 7 to 9pm
At the Quadra Community Centre

THE QUADRA ISLAND GARDEN CLUB welcomes Dorothee Kieser from the Vancouver Island Master Gardener Association. Come and learn all the best practices when it comes to propagating plants from your garden. Knowing how to propagate is a wonderful way to expand your garden with your favourite plants or share them with your friends. It's also a great way to produce plants to sell at our Annual Plant Sale on April 25th! Dorothee will be sharing her immense knowledge in a PowerPoint as well as doing demos and answering all your questions.

ABOUT DOROTHEE KIESER

Upon retirement as a biologist, Dorothee wholeheartedly embraced gardening. Being a Certified Master Gardener, she teaches practical gardening through hands-on and theoretical sessions. She is currently President of the Nanaimo Rhododendron Society and the Lead Mentor of the Vancouver Island Master Gardeners Association. She also regularly volunteers at the Nanaimo Community Garden and at Milner Gardens and Woodlands.

The 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. 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 6:30pm. Stay to the end for your chance to win a great door prize!

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Honouring Indigenous Teachings Through Gathering and Celebration

More than 100 community members gathered on February 21st at Quadra Elementary for a joyful and meaningful celebration of culture and connection. Throughout the afternoon, participants had the opportunity to learn about cedar bark weaving and traditional plant medicine, deepening their understanding of local Indigenous knowledge and practices.



We are incredibly grateful to everyone who helped make the event such a success. A huge thank you to the PAC for providing a delicious meal, and to the Quadra Elementary staff, the Children's Centre, and the many volunteers who ensured everything ran smoothly.

We extend our heartfelt appreciation to June U'magalis Johnson, Jason Wilson, and the Ligwiltach Elders and Youth Culture Group for sharing their time, teachings, and vibrant cultural presence. We are also deeply thankful to Knowledge Sharers Ken Cooper, Gina Hunt, Stacia Goodman, and Kirsten Dobler for generously sharing their knowledge and experience.



Events like this are made possible through collaboration, goodwill, and a shared commitment to learning together. Thank you to everyone who attended and contributed to such a memorable day.

Photos: Marjorie Haddon

Have we got a cat for you? Why yes, we do!

Looking for a furry friend? Quadra Cat Rescue has adoptable cats and kittens available—already fixed and vaccinated!



Franny (above) likes people, but not other cats. She's about six years old and was abandoned when her previous owner left the island three years ago. We're hoping to find a spot where this gorgeous, green-eyed queen can finally feel at home as the star of the household.



Littermates Ernie and Burt (above) are about seven months old. They were born outdoors and spent their first two months with their homeless (now-spayed) mother. They are friendly and playful (love their toys!) and get along with other cats in their foster home. They are comfortable around people, but don't enjoy being picked up yet. Looking for a patient home that will help them enjoy humans even more. Also suitable as friendly barn cats.

Interested? Please complete the adoption form at quadracatrescue.com.

Also, we need a temporary foster home for Tobiko (left). Approximately two years old, this spayed female cat is quite friendly with people, rubbing up and enjoying light human touch. She's still on the shy side and not yet comfortable being picked up. Tobiko gets along well with Ernie and Burt and could be adopted to a home that would give her quality indoor time to warm up even more. If you have room in your home for this kitty, please email quadracatrescue@yahoo.com.

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
10:00 am	10:30 am
10:30 am	11:00 am
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11:30 am	12:40 pm
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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

Schedule in effect September 3, 2024 to March 31, 2025 - last updated here 25 Sept, 2024
 * Fridays & Saturdays only ** Tuesdays: Dangerous Cargo, no passengers or cars
 † Daily Except Sundays †† Daily Except Saturdays and Sundays
 Schedule may be subject to change check BCFerries.com for Service Notices



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Quadra Island Pantry, on Behalf of Co-operatives

According to the 2022 Statistics Canada, Quadra Island has approximately 3,100 residents, with an average of 2.9 people per household, representing about 1,069 households on Quadra.

Based on national spending patterns, each household spends roughly \$15,164 per year on groceries, totaling about \$16.2 million annually for Quadra.

Currently, it's estimated that one-third of that spending, about \$5.4 million happens locally. The remaining \$11 million leaves the island, supporting off island businesses, land taxes, and large corporate profits. Very little of that money returns to benefit our community on Quadra.

When a resident of Quadra spends a portion of their paycheck at our local small business the money circulates on the Island and supports jobs and services. When spending happens off island, they circulate elsewhere and often flowing upward to distant corporate headquarters with no benefits to Quadra.

This is where small businesses and co-operatives matter. They are designed to keep money moving locally. When dollars circulate within the community, they help sustain essential services and shared amenities. When money leaves, local businesses struggle. Some close. Others are forced to raise prices just to survive.

Times are tough and everyone is counting their dollars, and none of this is easy. We're not asking anyone to spend 100% of their earnings on Quadra Island. But imagine the impact if each of us chose to spend just 25% more locally. That small shift would make a real difference in keeping our community viable and our remaining amenities alive. Not wildly profitable, but functional, resilient, and here for the long run.

When we chose to live here on Quadra, was it just the address that drew us here? Or was it the lifestyle, the sense of connection, and the community that comes with it?

Supporting local small businesses and co-operatives is one of the simplest ways we protect the lifestyle we came here for and to ensure our local small business are here for us in the future.

If affordable food and a resilient community matter to you, be apart of the journey:

- Follow the Co-op on Facebook for updates
- Sign up for Co-op monthly mini newspaper
- Ask questions and share your ideas
- Stop in and see what's changed

Quadra Island Community Food Co-operative qipantrycoop@gmail.com

Quadra Concerts Welcomes Elisapie

Quadra Concerts is honoured to welcome internationally acclaimed Inuk artist Elisapie as our second Artist in Residence. She will spend a week on Quadra Island surrounding her highly anticipated March 7 concert, developing new music and leading a special workshop for local Indigenous community representatives, sharing her experience, insight, and creative process.

Born and raised in Salluit in Nunavik, Northern Quebec, Elisapie has become one of Canada's most important contemporary musical voices. A JUNO Award winner and multiple Polaris Music Prize finalist, she has earned international recognition for music that weaves Inuit language, culture, and lived experience into powerful and deeply personal artistic expression. Blending folk, indie rock, and atmospheric sound worlds, her performances have captivated audiences across Canada, Europe, and beyond, bringing northern perspectives to global stages with honesty, strength, and emotional depth.

The March 7 concert will be presented as a single uninterrupted 90-minute performance with no intermission, offering audiences an immersive musical journey in the intimate setting of the Quadra Island Community Centre.

Artist residencies such as this are central to Quadra Concerts'



vision. Artists are drawn to Quadra Island not only to perform, but to create — finding here a rare combination of natural beauty, quiet focus, and deeply engaged audiences. The closeness between artist and community allows musicians space to explore new ideas, develop work in progress, and share music in an atmosphere of openness and trust.

We are profoundly grateful to our community for your ongoing support of this concert series and feel truly honoured to be hosting Elisapie. We are looking forward to sharing this next stop on our musical journey together with you, Quadra Island. See you at the concert!

Date: Saturday, March 7, 2026
Time: 7:30 pm (doors at 6:45pm)

Location: Quadra Island Community Centre

Performance: One 90-minute set, no intermission

Tickets: Sold Out — Waitlist available-visit www.quadraconcerts.ca

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Regional Director's Report

Hello,

Tendrils of spring are visible in our lengthening days and the songbird choir is beginning to assemble...

I'm grateful winter is in the rearview mirror. This report shares news from the February Board meeting where the 2026-2029 Financial Plan was finalized, another sure sign spring is around the corner!

FINANCIAL PLAN ADOPTED

The 2026 Financial Plan has been adopted by the Board, and despite inflationary pressures, the Plan balances affordability with sustainable service delivery. The tax impact to the average home in Area C (Quadra, Discovery Islands & Mainland Inlets) is a decrease of \$1.

The average residential assessment change across the Strathcona region was 2.4%. In Area C the average residential property value increased by 1.9%: the average residential property value in Area C is \$667,627 for 2026.

Regional district finances are organized into individual Services, often described as 'silos'. Each service has its own budget, funded by the areas that have chosen to participate, and every service has its own revenues and expenses, ensuring transparency among participating jurisdictions. The 2026 Financial Plan can be viewed at srd.ca/financial-planning. It shares a lot of interesting statistical information, revenue & expenses for each service, along with service details and goals for 2026.

WORKFORCE HOUSING

One of the regional initiatives in the Financial Plan is the Workforce Housing project, which has already broken ground and is anticipated to be completed in 2026. Workforce Housing, which is being built on the Campbell River Hospital campus, is the first project to be funded through the Regional Housing Service. It will offer 20 workforce housing rental suites and is intended to help attract and retain healthcare professionals, something which has been challenging in a region with a critical housing shortage.

AREA C PARKS

Closer to home, there are 17 community parks in Electoral Area C, and the Area C Parks Service has set a solid list of goals for 2026. These goals as set out in the Financial Plan include:

- Completing refurbishment of the Surge Narrows and Owen Bay wharves (federally funded as part of the divestment process);
- Commencing construction on the Surge Narrows Marine Revitalization Project (funded through a federal grant and Canada Community Building fund);
- Completion of the Granite Bay Shoreline Restoration project & continued refurbishment of the Granite Bay wharf (wharf works are grant funded);
- Completion of Blenkin Park playground equipment replacement (grant funded);
- Continued planning and development of beach access sites, and
- Planning and design work for active transportation projects.

Check out the Financial Plan at the link above for details on all the services of the SRD and Area C.

MARINE DEBRIS RESPONSE

There are many folks in Area C who dedicate time to cleaning beaches and marine debris who may be particularly interested in this. Recently the Board received correspondence from Greenways Land Trust exposing gaps in senior government policy and funding mechanisms for marine debris emergencies and highlighting two recent industrial tire events at Shelter Bay and Stories Creek as examples.

In support of the Trust's request, the Board supported the motion I put forward and resolved to write to the Ministry of Environment, the Ministry of Water, Land & Resource Stewardship, the Department of Fisheries and Oceans, and Transport Canada requesting clarity on jurisdictional responsibility for non-hydrocarbon debris removal in the intertidal zone and affirming the Board's support for the Clean Coasts Act. While answers may be a long time coming, I'm pleased the Board was willing to move this forward and seek support from other coastal regional districts for a joint resolution at UBCM.

CONNECT

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

*Until next time, respectfully,
Robyn Mawhinney*

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Roots & Neighbours: Quadra Seniors Housing News

Tenants at Quadra Island Seniors Housing recently stepped back in time for a lively evening of 1960s and 1970s trivia — and what a wonderful night it was!

The festivities began with a delicious potluck supper, where residents shared a wide variety of homemade dishes. The meal was a perfect start to the evening, giving everyone time to visit and enjoy great food before the friendly competition began.

After supper, the group dove into trivia spanning two unforgettable decades. The room was soon filled with laughter, friendly rivalry, and plenty of “Oh, I remember that!” moments as participants tested their knowledge of classic television shows, chart-topping music, historic events, and memorable pop culture. Teams collaborated enthusiastically, proving that some memories from the '60s and '70s are here to stay.

There were great prizes up for grabs, adding to the excitement, but the true highlight of the evening was the camaraderie and joy shared by all. Events like this continue to strengthen connection and community within our seniors housing — and if the laughter was any indication, another trivia night may soon be on the calendar!



Reimagining Death Workshop

On Sunday March 29 from 10 am to 4 pm, Way to Go is sponsoring a workshop called Reimagining Death at QCC Rm 3. The presenters will be Emma Tius from Cortes & Margaret Verschuur.

Emma has experience helping with over 30 particularly unique home deaths on Cortes, and along with Margaret Verschuur, who has also been involved in many home deaths on both Quadra and Cortes, will lead us in understanding how to take care of our loved ones after death.

Everyone is welcome, admission is by donation, and more information can be found on the posters or by calling 250-204-3709.

QILTS AGM Meeting Date and Places and Invitation for New Members and Directors

The Quadra Island Land Trust Society is holding its inaugural Annual General Meeting. The AGM is taking place on Saturday, March 21st 1 pm at the Community Centre, room #1.

QILTS' mission is to acquire property to be held in public trust, in perpetuity, for purposes that can include affordable options for housing, micro-business space and agriculture, for green spaces as community parks and wildlife corridors, and for protecting land with heritage or cultural assets. Land Trust acquisitions can meet changing community needs. All our acquisitions will prioritize environmental responsibility and can include lands requiring ecological restoration. Community engagement and education are important to us. We can form contractual relationships with other non-profits to manage the properties.

Properties are acquired through donations or purchase through local fundraising, grants, government contribution and traditional financing.

We welcome any suggestions from you of ideas for any general or special property interests that we can pursue on Quadra Island as a community.

Please consider selling or donating your own property (or partly donating, with purchase) or donating as a life estate or by bequest in a will as a wonderful gift to the community.

Charitable tax receipts will be provided for donations. Some property donations can receive capital gains tax benefits as well. Our board is currently acquiring Charitable Tax Status.

We are eagerly looking for new board members to join us. Anyone interested in supporting this community effort is invited to join the board. We are particularly seeking these essential skills:

- Realty and realty law expertise
- Financial expertise
- Webpage design, IT management and communications
- Grant-writing experience

We welcome New Members and donations to build the organization and volunteer base of our non-profit to help this community vision to take off.

Sign up as a member at the AGM to vote, ask questions and find out more about the opportunities a Land Trust Society can offer to our community.

This inaugural year membership is free!

Please call Pat Reid or email qilandtrust@gmail.com to discuss any ideas you have, or to request to be a director on our board. Directors can also be nominated from the floor.

REIMAGINING DEATH

March 29, 2026
10AM - 4PM

A practical, heart-centred workshop on home funeral care

Death as part of life

What if we approached death more consciously?

Join us for a one-day workshop exploring do-it-yourself, home-based funeral alternatives that are:

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Register:

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Room 3, Quadra Community Centre

Bring your own lunch or something to share

By Donation

Presented by Cortes DeathCare Collective
In partnership with Way To Go

Will Salmon Survive Long-Term on Quadra?

To be honest, we actually don't know. We do know what conditions they need: salmon depend on cool, well-oxygenated water, optimally 10-15 °C.

Higher temperatures reduce oxygen levels and increase stress and diseases; affecting survival rates from fry through to returning spawners. Prolonged temperatures above 20°C can be lethal. Coho salmon spend a year in freshwater before migrating to the ocean, and Quadra's watersheds, filled by rainfall, not snowpack, are vulnerable to weather fluctuations. Quadra Salmon has been monitoring water temperatures for years, noting warming trends consistent with observations across BC (see our last newsletter).

What we're doing:

We can do a lot to make our waters more viable for salmon. Quadra Salmon is prioritizing climate resilience in current and upcoming efforts:

- Monitoring stream and lake temperatures helps to identify where and when salmon may be most at risk - and where they can seek shelter when temperatures get high. This data helps us respond to heat events and plan long-term adaptation.
- Cold water refugia - like cooling centres for humans, "refuges" of cooler water can be life-saving for salmon during heat waves and drought. Identifying existing refugia and building more where needed is a focus of upcoming QISES projects.
- Riparian protection - Trees and other vegetation around streams create shade, cooling, and oxygen. Protecting (and sometimes creating) healthy riparian areas is one of the simplest ways to keep water livable for salmon.

Where local work reaches its limits:

Like most salmon groups, QISES focuses on local habitat work where we have the most direct impact. But climate change is a system-wide problem - even the best-protected waters become unlivable if temperatures get too high. All our local efforts rely in part on forces far beyond Quadra Island. We're not the only ones: groups around BC (and the world) are reckoning with how much effort to put toward local adaptations with tangible results vs. the more daunting world of policy, where the odds can feel insurmountable and the results nebulous.



Photo: Rob Johnson

How we can all support salmon:

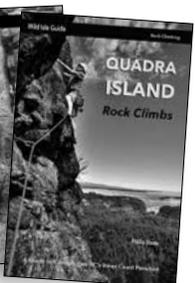
The good news is we all influence temperatures: climate research is very clear that large-scale policy decisions influence the degree of warming we experience. For salmon, just a few degrees matter! So the cumulative impact of our policy efforts - or lack thereof - is a real factor in their long-term survival.

This means that climate advocacy is salmon advocacy. From a salmon perspective, climate change is not abstract or political - it's whether waters stay cold enough for spawning, growth and migration. Anything we do that helps minimize greenhouse gas emissions contributes to global efforts. How can these efforts be most effective? More contributors and better coordination. Contacting MPs and MLAs and supporting climate organizations has more impact than striving to reduce individual carbon footprints - though both matter.

More good news is we're not alone - climate is a crux point not just for salmon, but so many creatures and their homes around the world. So when considering where to put your efforts - consider contributing to the worldwide efforts that support climates everywhere, and help the salmon keep coming home to Quadra streams.

Your Guides to Island Adventure



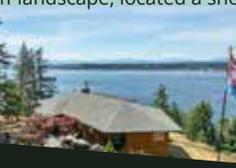
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The Green Grass of Ireland

By Claire Heffernan

You could be forgiven for not knowing much about the Irish other than on St. Patrick's day we might eat green cabbage, mushy green peas and sausage and drink green beer. Green food colouring sales skyrocket in early March.

And it rains a lot in Ireland transforming the countryside into a rich green carpet.

Even though I was born and raised in an Irish Catholic neighbourhood in Ottawa Ontario and attended St. Patrick's school and church, I didn't know much about Irish history either. I only learned a year ago that my great grandmother Mary Kelly was the only child of four daughters to survive the Atlantic crossing in one of those coffin ships leaving Ireland at the height of the famine in the late 1840's.

Until recently, I had only heard one version of the Irish famine. All the potatoes got a blight and rotted and everyone died of starvation. Being a gardener, it never made sense to me that an entire nation could live on potatoes alone. Didn't they grow anything else?

There were three major famines in Ireland but I am examining the famine that ran from 1845 to 1852. The cause was complex and the potato played only a minor role. And I don't want to sound like I'm using the English as a punching bag. Here's the reader's digest version.

Ireland became what many historians refer to as the first

British colony after the Anglo Norman invasion of 1169. What emerged was a Protestant Anglo Irish class who were granted huge tracts of land by the British Crown. As a result, the majority of Irish peasants were forced off the most productive agricultural land. Their Celtic language and music was banned and their Catholic religious practices went underground. When the Irish resisted, they were imprisoned often indefinitely without charge, hanged or worse. Ireland remained under this oppressive colonial rule for over 750 years. Other than suicidal resistance, there were two options available to the Irish. You could work as a tenant farmer on an Anglo Irish estate but you had to provide a portion of your crop to the landlord as rent. Thousands were evicted when they couldn't grow enough crops to pay the rent, making them refugees in their own country. Many had their homes demolished so they couldn't return. If this sounds like a familiar theme, compare what took place in Ireland to what is happening to Palestinians under the illegal Israeli occupation and you will begin to understand why the Irish were one of the first to sound the alarm about the genocide in Gaza.

The other option for the Irish was trying to scrape out a meagre living growing food on a rocky, boggy, windswept plot of land where the only crop that would reliably grow every year was the potato. If you owned more

than 1/4 of an acre, you were not eligible for any government assistance. Why didn't the Irish go fishing? They couldn't afford the salt required to preserve the fish. In the case of Gaza, there has been an illegal Israeli land, air and sea blockade of Gaza for 18 years. The Israeli government cynically referred to this devastating blockade that began in 2007 as putting Gazan's "on a diet."

At the beginning of the Irish famine in 1845 there were limited British government actions to alleviate famine distress like opening ports to foreign corn, stopping grain distillation, prohibiting the export of foodstuffs and providing employment through public works.

But these efforts came to a halt in 1846 with a new Whig (Conservative) administration in London. They viewed the famine as an act of Providence meant to punish the perceived shortcomings of the Irish people. Weakened from decades of food insecurity, oppression and disease, the Irish desperately needed aid. The response from the British Parliament to their plight was to withhold food.

At the height of the famine, large amounts of food were actually being exported from Ireland.

Food convoys complete with armed guards moved products such as live animals, butter, barley, oats, wheat and honey from estates in the Irish interior to ports like Galway and then on to England.

In 1847 alone, the worst year of the famine, almost 4,000 vessels carried food from Ireland to major ports in Britain. There was enough food being produced in Ireland – a country of six million – to feed 18 million people. You can start to see why the Irish famine has been incredibly distorted and this warped famine history needs some very serious correcting.

Over one million Irish died and another million were forced to leave the country before the famine ended in 1852. The famine killed almost one-eighth of the population. It destroyed the means of survival of more than one-third of the population for five years in a row.

Many Irish ate grass during this famine and they died with green stains around their mouths. This reliance on grass during the famine explains the current practice of eating green foods on Saint Patrick's Day.



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The Cost of Freedom: We Have Cookies

Written by Dave Tomblin

The old adage "nothing in life is free" has never been truer than in the digital realm. Many apps and websites offer services that appear to be free—but are they? Increasingly, the trade-off for "free" access is that you become the product.

Websites utilize cookies and trackers to harvest your data, while pop-up ads interrupt your experience to sell you goods and services. Some apps even attempt to access your device's camera and microphone without a clear functional need. This data is often sold to third-party "data brokers" who use your personal information for hyper-targeted advertising.

In my previous article, I discussed the importance of powerful passwords and two-step verification. Today, we're going to look a little deeper into the mechanics of online privacy and security.

Find My Device

This is a vital feature for the forgetful among us. It is the primary reason I keep my location services active. If you misplace your phone, you can trigger a ringtone to find it nearby, or report it lost remotely, which locks the screen and secures your data. Turn on Find My Device (Android) or Find My iPhone in your phone's Settings - and keep Location Services enabled - so you can find, lock, or protect your phone if it's lost.

Lock Screen Message

Within your device's Lock Screen or Always On Display (AOD) settings, you will find a "Contact Information" tab. I highly recommend adding a message like: "If found, please call [Phone Number]." Use a spouse's or friend's number so a Good Samaritan can reach you even while your phone is locked.

Camera & Microphone Access

Many apps request access to your camera or microphone even when they have no logical reason to use them. Routinely check your app permissions in your settings to ensure a simple calculator or flashlight app isn't "watching" or "listening" to you.

What is a Tracker?

A tracker is a small piece of software embedded in a website that records your activity. These trackers send your data back to a server owned by the tracking company.

- Invisible Presence: Most trackers are hidden within web ads or social media "Like" buttons.
- Email Tracking: Trackers can even be embedded in emails to notify a sender exactly when and where you opened their message.

• Pro Tip: In your browser settings, look for "Send a Do Not Track request." However, note that many sites ignore this request. For better protection, it is safer to use a browser that blocks trackers by default.

Social Media: The "Empty House" Risk

Platforms like Facebook, TikTok, and Instagram are great for staying connected, but we often divulge sensitive information without thinking. Imagine Bob and Sue post a photo from a cantina in Cancun. The timestamp says "30 minutes ago." A stranger can then browse Bob's older photos, use Google Lens or AI tools to identify his house, and realize the home is currently empty. It's a digital invitation for a burglary.

Action Step:

Go to your Facebook profile, click the three dots (...) next to your profile picture, and select "View As." This shows you exactly what a stranger sees. If it's too much, adjust your privacy settings to "Friends Only."

Understanding Cookies

Cookies are small files stored on your device. While some are helpful, others are purely for surveillance. Session Cookies: temporary files that are deleted as soon as you close your browser. Persistent Cookies: files that stay on your device for a set period to "remember" you. First Party Cookies: set by the site you are visiting to improve your experience (e.g., remembering your cart). Third-Party Cookies: set by advertisers to track your movement across different websites.

I personally use Google Docs for writing articles, so I often use the Chrome browser. However, Chrome's factory defaults are not always privacy-friendly. I recommend going into settings and disabling third-party cookies. There is rarely a good reason to allow them; they primarily benefit advertisers and spammers.

Action Step:

In Chrome Settings, go to Privacy and Security → Third-party cookies and choose Block third-party cookies to improve your privacy.

For a more private experience, consider browsers like Brave or DuckDuckGo. Zorin Linux uses Brave as the default browser.

Final Thoughts

Digital security isn't a "set it and forget it" task. When I got a new phone recently, I was shocked to find that the factory defaults had reset many of my preferred privacy protections.

Spend an afternoon exploring your settings and researching enhanced security tips. Your digital footprint is valuable—make sure you're the one in control of it.

As always, I welcome any feedback on my articles. I am happy to help anyone who wants to learn how to navigate the digital world. You can reach me at dave@quadraliteracy.com

To book an appointment with our new Digital Support Outreach Worker, contact Grant at digitalsupport@quadraliteracy.com.

If you have general questions about literacy or need help finding an affordable device, please contact Kathie at kathie@quadraliteracy.com

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THE QUADRA PROJECT

Intelligence

In the back pages of *New Scientist* magazine, in a section called *Almost the Last Word*, readers pose questions that are then answered, usually by well-informed other readers. In the July 13, 2024 edition, someone asked, “Once life is established, is the evolution of intelligence inevitable?”

Garry Trethewey of South Australia attempted the first answer. “Probably not. Wings have evolved four times—in birds, bats, pterosaurs and insects. Legs and eyes have evolved multiple times. Swimming ability has also evolved many times. But intelligence has only evolved once, very recently. Is it useful? Is it a survival trait? Is it somehow better than not-intelligence? Given the 8 billion of us versus the vastly greater numbers of microbes and how long they have been around, I would put my money on the microbes.”

And Graham Watson of London in the UK offers the same answer. “I say no. The dinosaurs had 165 million years and never came anywhere close to evolving what we would regard as intelligence.” And, incidentally, they came to an untimely end some 66 million years ago through no fault of their own.

Consider other species. Ants have been here for about 150 million years. Turtles? For about 230 million years. And the cockroach? It's been here, largely unchanged, for about 300 million years, its 4,600 species inhabiting every continent but Antarctica. Fungi? For

at least 1 billion years. And bacteria and archaea for about 3.5 billion years. We are now learning more about the sophisticated social organization of ants, bees and termites, and the navigational skills of birds, turtles and whales. They might not have our particular kind of intelligence, but they certainly do things that are impressive.

But the original question about the inevitable evolution of intelligence does not describe what intelligence is. It usually means the attributes that we have, a rather self-congratulatory definition that rules out all candidates but ourselves. We have been an identifiable species for about 300,000 years, a mere blip in the history of other species, and the advantages of our intelligence is yet unproven. Indeed, given the present environmental mess that we have created, plus the potential for annihilating much of the life on our planet because of the deliberate or inadvertent use of our massive stocks of nuclear weapons, the capability of our particular kind of intelligence is questionable. Neither does the reader's question regarding intelligence specify the difference between the individual and the collective. In a review of our individual lives, most of us can probably recall decisions of incredible stupidity. Collectively, our human history has been saturated with marvellous accomplishments, but also with wars, oppression, exploitation and disasters. Great civilizations have risen and fallen. All our examples of admirable cooperation, cohesion and ingenuity are usually counterbalanced with examples of destructive competition and mindless brutality. At best, our collective intelligence has a mixed record.

Because of our expansive sense of history, maybe the time has come to review our past, examine our present, and consider our future. An objective appraisal of our intelligence may find some suggestions for improvement.

Ray Grigg
for Sierra Quadra

News from a Century Past

Our anonymous columnist of the 1890s opened a February report with an oft-repeated refrain, demanding better mail service at Bob Hall's store in Quathiaski Cove. He said a ship carrying the mail as a ‘private packet’ often failed to stop. “The Captain of her should have heard the hearty anathemas bestowed upon him and his craft by the sturdy ranchers who, after waiting a month and travelling through two feet of snow to the post office, were told there was no mail.”

A few months earlier, our reporter noted Indian Agent Reginald Pidcock had warned the We-Wai-Kai people against holding their annual winter potlatches, but in February 12 missive he said there was a grand potlatch in progress.

“It is a sight to behold to anyone who has never seen the likes before. They muster pretty strong, having come from as far north as Fort Rupert and south from Nanaimo. They recently bought several hundred sacks of flour, biscuits, etc.”



We Wai Kai Village, c. 1890s.
Photo courtesy Museum at Campbell River.

Potlatching had been made illegal a decade before but attempts by Pidcock to enforce this law had resulted in cases being thrown out of court, the judge declaring it was impossible to define what a potlatch was—which made the law ‘a dead letter.’ The wording was adjusted in 1895 and Pidcock once attempted an arrest in January 1897. He charged Chief Johnny Moon and his elderly father, hosting a gathering at Cape Mudge, but when the case came to court, the judge found they'd been apprehended before the ceremony had begun. Pidcock gave up any further attempts at enforcement thereafter, leaving this to a successor several decades later—

In a mid-March 1897 submission, our reporter extols the virtues of spring.

-Jeanette Taylor



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A Healing Way to Go

The following was written by Quadra resident and death doula Joanna Lumley, who buried her father in June 2025.

Daisies, foxgloves, and the bright yellow flowers of broom will forever remind me of my dad. They lined the roads, as I raced back and forth between my home and his, early this summer. He taught me the names of things. Without explanation, he taught me knowing the names of birds and flowers was a nod of respect. The wilted vase of daisies was the last to go from his cabin, where he lived some 10 plus years. That and his rocking chair, the last place he sat while we shared one final night together. The same chair I had rocked my babies in before it was his. No shared wine that night, and only a few cautious chuckles, just two people trying their best to be brave for each other.

The cabin was where my boys learned to walk, and that grandpa made better pancakes. Where they picked buckets of fruit, climbing the ladder my dad would carefully hold for them. Where they raced the field playing “What time is it Mr. Wolf?” They would all run to his door, waiting to see what Grandpa would pretend to grumble about, before he filled them with oatcakes, pancakes, or his famous egg sandwiches.

The daisies are still in the vase. Completely dry now, but I cannot bear to throw them out. Is that not just grief? Wanting to hold on to that space in-between. That time when it is clear what to savour. He was so pleased with how long they’d lasted by his bed. “Look, they’ve barely wilted,” he said, days after I picked them for him. When he was gone, they were long slumped over, and all I wanted was to have that moment back.

My dad was everything for me from a young age. In adulthood he was at my door the minute something went wrong. Calmly, steadfastly. While I swore and cried, he would fix what was broken, without flinching. Whether it was a hot water tank, or a crumbled marriage. He never left us, and never panicked. When my husband left, my dad came out of retirement to support us. Crossing the ferry and sleeping on my awful couch, while I worked at night. My dad was quietly incredible. This loss should be catastrophic in a hundred ways. I spent most of my youth and adult life fearing this time, that is here now. Besides my children, the last of my immediate family is gone.

The months that led up to my dad’s death were something of a whirlwind. Our community, and a number of families within its fold, were hit with deep losses of their own. I’m not sure I’ve ever been so honoured to witness such a coming together. Through the network of volunteers at Way to Go, the Quadra Island Cemetery team, The Threshold Choir, and many others in the community. These families were held up, and held each other with unsurpassed capability and connectedness.

My own dad, when having to tell me he had weeks to live, in the next breath, asked to change his end of life plan. A stoic, and a practical man, it was the beauty that he saw through the work I was able to be involved in. The healing in it, that changed his mind, not the practicality. He asked for a green burial, and for me to handle all I could after his death. And I did, stubbornly, and as independently as I could, until I couldn’t. And then my community was there to catch me. Without the support of my partner, my boys, community members, and the support of my incredibly valuable team members at Way to Go, I do not believe the healing would have begun as it has for me.

I have been part of, and witnessed, some incredibly rich conversation around death and dying in this little community of ours. In sharing about what Community Supported Death Care is, there are times it can be challenging. How to craft a clear picture of the tangible value in it, or what it can look like in a myriad of ways, especially for those completely unfamiliar.

I will tell you, witnessing families create their own rituals and honourings, watching them take long tender moments to just stop and be. This has awakened a love and respect for the process, and this way of honouring our dead. An impact and understanding, that practical knowledge and learning could not. We all know, death is where time slows for those at the epicentre, to a jarring halt.

But oh, the richness and opportunity in that stopping. In the slowing right down, and tending to the vessel that carried your loved one for the time they were here with you. Honouring that. However that might look for you. There is no formula. That time can be as complex and unique as the person you are honouring. Or as simple and practical as feels right. No matter the how, that is where the deep healing starts to rise up from our bones, like an ancient gift.

This is not a new age, grass roots movement, this is a reawakening of the connectedness, quietness and healing that comes with the end of something, and the beginning of something else. From laying flowers on the grave site, to picking out the most perfect pair of pyjamas. Or nestling the right memory item into the crook of their arm, as they begin their journey back to the earth. Some of the harder things, we (at Way to Go) are here to help with. Or, we step back and talk you through what feels unknown, until you remember the knowing within you. There are a hundred moments rife with a potential healing salve.

I pivot gently, if I might, back to my own loss, my dad. He rests next to a friend’s mom in Quadra Cemetery’s Green Burial grounds. Her family bore her great loss, not long before my own. I like that they are neighbours, and we sometimes leave flowers for each other’s parents. A habit of honouring, quirkily born out of the confusion of unmarked graves.

There is a connection among those buried there. My dad taught me that naming shows respect. Some of the others near him, on their journeys back to the earth, I had the privilege of being a part of. My boys and I visit as often as we can. We walk the row, and name them all as well as we are able. They ask simple questions about the ones I knew however briefly, and challenge themselves to remember everyone by name, and their spot in the earth. I like that they are not scared, and would prefer to picnic there some days, even over the beach.

I am grateful that their first experience with the dead was without fear. Just a resting, peaceful, well honoured vessel, where grandpa once was. I am grateful they helped dig and adorn his grave, and helped shovel the earth over him. That we shared one last family birthday cake, even though no one could bring themselves to eat it through tears. That the last image my dad had was my eyes locked with his, and the painting the boys did of them all fishing in their secret spot. Dad sailing ahead in his own boat, and they in theirs. I am grateful to my neighbours, who helped us carry him out and onward, with a practical and reverent tenderness I will never forget. I am grateful I got to dress him just so, place around his familiar shape, ferns and flowers, from the land he tended. For the gift of talking to him again somehow, while I did. I am even grateful for the chasm of sorrow that I sometimes am smacked into, because that means great love once was there. And I am grateful for the healing found in supportive and connected community, ancient ways rediscovered, and the simple reminder that we are not alone. Grief is a tie that binds us all, and I am grateful for the ones it has bound me to.

This is the best I have to paint a picture in your mind’s eye, of what community supported death care can be. I have had many losses, all as they were meant to be, but this way of honouring my dad brought much more healing than I knew possible. If I had a wish around this, it would be that everyone that wanted it, had this kind of opportunity. There are a million more words and feelings. But for now, I hope my words spark conversation worth having in your homes, around your fires. After all, as Ram Dass said,

“We are just walking each other home.”

Written by Joanna Lumley

Heriot Bay Tides

DATE	TIME PDT	M.	FT.
06 Fri	01:10	2.354	7.7
	07:23	4.675	15.3
	13:57	1.900	6.2
	20:10	4.299	14.1
07 Sat	01:49	2.742	9.0
	07:47	4.535	14.9
	14:34	1.762	5.8
	21:07	4.212	13.8
08 Sun	02:29	3.104	10.2
	08:10	4.382	14.4
	15:14	1.687	5.5
	22:13	4.128	13.5
09 Mon	03:12	3.418	11.2
	08:32	4.229	13.9
	15:56	1.665	5.5
	23:37	4.087	13.4
10 Tue	04:07	3.669	12.0
	08:53	4.087	13.4
	16:44	1.678	5.5
11 Wed	01:15	4.125	13.5
	05:50	3.829	12.6
	09:18	3.963	13.0
	17:42	1.697	5.6
12 Thu	02:29	4.219	13.8
	08:08	3.824	12.5
	10:01	3.855	12.6
	18:49	1.684	5.5
13 Fri	03:20	4.318	14.2
	09:16	3.724	12.2
	11:50	3.791	12.4
	19:53	1.623	5.3
14 Sat	03:58	4.407	14.5
	09:49	3.586	11.8
	13:21	3.837	12.6
	20:46	1.550	5.1
15 Sun	04:27	4.487	14.7
	10:16	3.401	11.2
	14:28	3.946	12.9
	21:30	1.510	5.0
16 Mon	04:51	4.565	15.0
	10:42	3.152	10.3
	15:27	4.081	13.4
	22:10	1.536	5.0
17 Tue	05:13	4.640	15.2
	11:09	2.835	9.3
	16:24	4.226	13.9
	22:48	1.647	5.4
18 Wed	05:33	4.705	15.4
	11:38	2.459	8.1
	17:18	4.372	14.3
	23:26	1.849	6.1
19 Thu	05:55	4.749	15.6
	12:10	2.050	6.7
	18:11	4.503	14.8
20 Fri	00:05	2.136	7.0
	06:17	4.759	15.6
	12:45	1.648	5.4
	19:04	4.596	15.1

Discovery Islander Classifieds

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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

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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

KITTENS CAN HAVE KITTENS

Remember to "fix before six"! Spay or neuter your young cat before six months of age.

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BCSPCA
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