

ISSUE 859 • JUNE 27, 2025 • SERVING QUADRA & DISCOVERY ISLANDS SINCE 1993

DISCOVERY

I S L A N D E R



Abundant foxgloves this spring.

Heriot Bay – Whaletown Terminal Upgrades



Hello Quadra and Cortes Island community members,

I'm Jeffrey Li, the Project Manager overseeing the replacement of your ferry terminals at Heriot Bay and Whaletown. I hope you're all doing well.

We recognize how unique and resilient these communities are, and how vital the ferry is to your livelihood and connection to each other. That is why our top priority is to deliver safe, reliable long-term ferry service between Quadra and Cortes Islands—while minimizing the impacts on your daily lives.

If you haven't already heard or seen, I'm excited to share that on-site construction is now underway at both terminals as of late May. After years of planning and gathering input from the community, our teams are thrilled to be on the ground and bringing these upgrades to life.

We're committed to completing this work safely and efficiently, with as little disruption to ferry users as possible.

Each month we will bring you updates on the progress and highlights of the project and what we are looking ahead to. In this first monthly update, I'd like to share some highlights from the Heriot Bay terminal. Over the past three weeks, the team has been making excellent progress on building a temporary trestle. This structure will allow us to keep the ferry running while we remove the old trestle and construct a new one. We expect to start using the temporary trestle for ferry traffic by mid-July. What does this mean for you? You'll notice a slightly different approach to the berth, but ferry sailings will continue as scheduled.

At Whaletown, work has also begun. Our crews are currently installing foundation piles that will support the future berth structure. This phase will continue into early August, after which the team will join their colleagues at Heriot Bay to continue work there.

A heartfelt thank you to everyone who has already reached out or participated in past community engagement events. Your input has helped shape the project to reduce its impact as much as possible and contributed to a strong start on site.

You'll continue to hear from us through service notices, mail-outs, social media, sign boards, and this monthly column where you'll hear from a different member of our projects team.

You can also visit our project webpage at: bcferriesprojects.ca/heriot-bay-whaletown-tp

Thanks for reading,

Jeffrey Li
Project Manager
BC Ferries

[Learn more >](#)



ISLAND CALENDAR

DAY TO DAY

Friday, June 27

- Live music with Rebel Heart, HBI Pub 9 pm
- Comedy Night, Quadra Legion

Saturday, June 28

- Quadra Farmers Market, live music: Mary Murphy and Paul Keim, Quathiaski Cove
- Hal Douglas Blues Band, Quadra Legion, 8pm, \$10

Sunday, June 29

- Live music with Entangados, HBI Pub 8 pm, \$20 at the door

Tuesday, July 1

- CANADA DAY, all day in the true north strong and free!
- QI Fire Dept Pancake Breakfast, #1 Fire Hall Heriot Bay Rd. 9 - 11:30 am

Friday, July 4

- Live music with Go Dog Go, HBI Pub 9 pm

Saturday, July 5

- Quadra Farmers Market, live music: Hal Douglas, Quathiaski Cove

Sunday, July 6

- Two Country Artists, Bar Jay Bar & Pete Posie, Quadra Legion, 8pm, \$10.

Friday, July 18

Roses! A tribute to Grateful Dead, Quadra Legion, 8-12pm \$20.

Saturday, July 19

Live Music with Phonosonics, HBI Pub, 9pm 12 am, \$10 at the door

REGULARS

Sundays

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

Mondays

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

Monday & Friday nights

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

Wednesdays

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

Thursdays

- Shakespeare Discussion Group QCC Room 2

Fridays

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

Saturdays

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



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WHAT'S ON AT QCC



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

WHAT'S HAPPENING at QCC

June 27th-July 11th

THIS WEEKEND: June 27-29

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com ; 6 Chi Gong; 7 Chamber Music Festival Concert

SATURDAY: 9:30 Tai Chi

THIS WEEK: June 30-July 4

TUESDAY: Canada Day-Stat Holiday

WEDNESDAY: 10 Island Theatre Kids

THURSDAY: 10 Island Theatre Kids; 6:30 Sleep Yoga with Eden

FRIDAY: 10 Island Theatre Kids; 10:30 Half Day Kayaking with Quadra Kayaks

NEXT WEEKEND: July 5-6

SATURDAY: 9:30 Tai Chi; 10 Island Theatre Kids

NEXT WEEK: July 7-11

MONDAY: 8:30 (Ferry Shuttle) Dash and Splash Camp; 10 Hip Hop Dance Camp; 2:30 Caregivers Support Group

TUESDAY: 8:30 (Ferry Shuttle) Dash and Splash Camp; 10 Art for Young Kids; 10 Hip Hop Dance Camp

WEDNESDAY: 8:30 (Ferry Shuttle) Dash and Splash Camp; 10 Baby Clinic; 10 Hip Hop Dance Camp; 10 Ballet Camp

THURSDAY: 8:30 (Ferry Shuttle) Dash and Splash Camp; 10 Ballet Camp; 1 Orienteering

FRIDAY: 8:30 (Ferry Shuttle) Dash and Splash Camp; 10 Ballet Camp; 10:30 Half Day Kayaking with Quadra Kayaks

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



Cortes Radio
Drop in and tune out



Cliff Mooney
ELECTRICAL

250-895-9020

LEL 0202893 mooneycliff@gmail.com

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

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

SUBMISSION GUIDELINES

We welcome items for publication on subjects of interest to the Discovery Islands community.

- 250-300 words is a good length for community announcements.
- Send articles in the body of an email.
- Canadian spelling please: *centre, colour, favourite etc...*
- Please use the title of your item in the email subject line.
- Remember to include credits and captions for photos & artwork.

WHILE EVERY EFFORT IS MADE TO INCLUDE ALL ITEMS SUBMITTED, ERRORS AND ACCIDENTAL OMISSIONS MAY OCCUR.

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NEXT DEADLINE

7pm Monday, July 7
for publication on
Friday, July 11, 2025

2025

WEI WAI KUM PRESENTS

INDIGENOUS MULTI-SPORT SUMMER CAMP

AGES 7+

ACTIVITIES

- Lacrosse
- Soccer
- Ice Hockey
- Swimming

JULY 10-13, 2025 9:30AM-4PM

July 10/11: Drop-Off/Pick-Up at Robron Turf Field

July 12/13: Drop-Off/Pick-Up at Strathcona Gardens

Lunch will be Provided

FREE TO ATTEND

JOIN NOW

Event Inquiries:
Tayte Latimer
Recreation Worker
Wei Wai Kum First Nation
250-202-1115
Recreation@weiwaikum.ca
Azalea Milwid
First Nations Liaison
SRD
Amitwid@srd.ca

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The Douglas Blues Band

The Legion presents The Hal Douglas Blues Band Saturday June 28 at 8pm.

Joining Hal are Dylan Alps on Bass, Nick Macgregor on Drums and Dave Blinzinger on Sax. \$10 at the door.

Open AA Meetings

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

Quadra Island Cat Rescue

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

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

At The Legion

- Kitchen is now open Fridays-Sundays 5pm! Lee, is cooking delicious Burgers & more!!
 - **Friday, June 27th** Another night of Comedy! Having so much fun, we are making it a regular, so the last Friday of each month is comedy night at the Legion!
 - **Saturday, June 28th** 8pm Hal Douglas Blues Band \$10
 - **Saturday, July 5th** The kitchen will be closed for a private event!
 - **Sunday July 6th** 8pm! 2 Country Artists, Bar Jay Bar & Pete Posie \$10.
- *Friday July 18th 8-12pm Roses! A tribute to Grateful Dead \$20.

Meditation Group

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

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

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

QI Outdoor Club

Upcoming Events

Summer arrives this weekend and we're planning to enjoy it. Here are our upcoming events for the next month:

3 July, Thursday – hike to Heron Point and Mt. Sweat

8-10 July, Tuesday-Thursday – hiking and camping in the Woss Area (including the Woss Lookout and Little Huson Caves)

12 July, Saturday - hike to Century Sam Lake

16 July, Wednesday – hike to Mt. Kitchener

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

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

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

QIFD Canada Day Pancake Breakfast

Quadra Island Fire Department invites you to join us for our annual Canada Day Pancake Breakfast at the No.1 Fire Hall (844 Heriot Bay Rd) from 9:00am-11:30am on July 1st. Hope to see you there!!

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

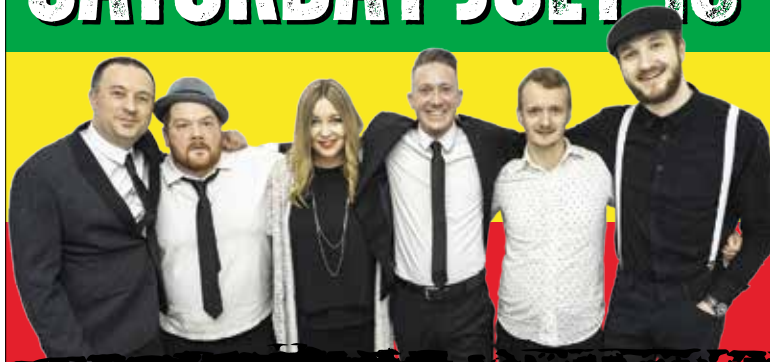
To list your event:

Email the DI at news@discoveryislands.ca

NEXT DEADLINE FOR SUBMISSIONS

MONDAY, JULY 7, 7pm

SATURDAY JULY 19 PHONOSONICS



A POWERHOUSE ROOTS REGGAE BAND FROM VICTORIA—SPECIALIZING IN VINTAGE JAMAICAN REGGAE—DELIVERING ELECTRIFYING DANCEABILITY!

9 pm – 12 am · HBI Pub
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Reducing the Digital Divide: Those Pesky Passwords

Managing computer passwords can feel like a big puzzle, especially for people who aren't very comfortable with computers. It's easy to get confused and frustrated. But there are simple ways to make it much easier and keep your online information safe.

One of the biggest hurdles is remembering all those different passwords. It's tempting to use the same easy password for everything, like "123456" or your pet's name. But this is like leaving all your keys under the doormat! If someone finds one, they can get into everything.

The simplest way to remember different passwords is to write them down. Yes, you read that right! Get a small notebook or a special password book. Don't write your passwords on sticky notes stuck to your computer. Keep your notebook in a safe, hidden place, like a drawer or a locked box. Only you should know where it is. For each website or account, write down the name of the website (like "Email" or "Bank") and your password. This way, you don't have to remember them all in your head.

Another simple trick is to create "secret sentences" instead of complicated jumbles of letters and numbers. Think of a sentence that only you would know, and then turn it into a password. For example, if your favorite color is blue and your first car was a Ford, you could make your password "MyFavoriteColorIsBlueAndMyFirstCarWas-AFord!". It's long, but

easy for you to remember, and very hard for others to guess. You can even use the first letter of each word and add a number at the end, like "MfCIBaMfCwaF24!".

Sometimes, websites ask for "two-step verification" or "two-factor authentication." This sounds fancy, but it just means an extra check to make sure it's really you. Usually, they send a code to your phone. If you have a trusted family member or friend who helps you with computer tasks, they can help you set this up. It makes your accounts much safer, like adding a second lock to your door.

Finally, always be careful about emails that ask for your password. These are often "fake" emails trying to trick you. Companies like banks or email providers will never ask for your password in an email. If you get an email like that, just delete it. If you're unsure, ask someone you trust to look at it.

By using a notebook for your passwords, creating secret sentences, and being careful about emails, you can make managing your computer passwords much less confusing and keep your important information safe and sound.

Dave Tomblin for Quadra Literacy Reducing the Digital Divide Project. dave@wedivebc.com

To contact Quadra Literacy email quadraliteracynetwork@gmail.com

Farmers Market and Bazaar

Quadra market always has beautiful artisan vendors, flowers, produce and baking but we also feature educational and community based initiatives. There is always something to learn about every Saturday 10 - 2 on the field behind cafe Aroma. See you there!

Live music line up:

June 28 Mary Murphy with Paul Keim

July 5 Hal Douglas



Cody is ready to tell you all about Discovery Islands Ecosystem mapping, a fascinating data collection program that you can get involved in! Look for him in his booth with the big plywood evergreen sign DIEM to find out more. You can also check out their link <https://diemproject.org/>

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Rock the Island! Catch the Rhythm!

Summer Music Camp registration now open

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

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

Where: Cape Mudge Hall and Youth Centre

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

Cost: By donation at the camp.

Food: Lunch and snacks included.

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


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

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

The Quadra Island Young Musicians Fund presents

ROCK THE ISLAND! CATCH THE RHYTHM! BAND CAMP 2025


with Rick Bossom & Willum Ashurst



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

at the Cape Mudge Hall & Youth Centre

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



Tennis Lessons and Drop-In

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

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

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Compassionate Community

Compassionate Community is a project funded through UBC School of Nursing and BC Centre for Palliative Care. The team of Quadra Circle, Nav-CARE, and Way To Go are heading up this multifaceted endeavour.

The definition of a Compassionate Community is "a group of people passionate about and committed to improving the experiences of those living with declining health, those who are care-giving, dying, and grieving." (draft toolkit, p. 5).

Quadra is passionate about caring for our own and this project is meant to help us expand our reach. One of the main objectives is to engage Islanders and keep them informed. We 'test drove' a fun engagement exercise called Sounding Boards at the Saturday Market. Sounding Boards pose a topic and invite people to anonymously write their answer on the Board. Two Boards were put up at the Way To Go canopy. One topic was "Before I die, I would like to..." and the other topic was "What is Palliative Care?".

We got some amazing responses and are thrilled that people participated! Some "Before I die..." ideas were: 'Win the lottery'; 'Visit my birth city'; 'See my kids make up'; 'Let go of resentments'; and lots of travel plans. The "What is Palliative Care" had: 'Good quality of life supports to keep people involved with life'; 'Very warm and comfy ending of life - no suffering'; 'Not important to me - I don't plan on dying'; 'Hanging out with friends'; 'Quiet, good death' and how helpful the supports were.

We will be placing more Sounding Boards with a variety of questions in various places through out the Summer. You are invited and encouraged to add your comments.

The answers will be shared with UBC and BCCPC and, with summaries, sent to you. Stay tuned for more ways we will connect with you so you can share your views and humour with us!

Another important way we are connecting with you is by offering the Nav-CARE training free to everyone on Quadra. The training equips you with valuable tools to help you become more confident in your ability to support and connect with those on Quadra who are dealing with declining health issues, providing caregiving, dying, or grieving. Check out our webpage to learn more about Nav-CARE training and much, much more!

Our webpage: <https://www.quadracircle.ca/compassionate-community>

For more info or to access help, contact Maureen McDowell (Quadra Circle), Jude McCormick (Way To Go), or Kathleen Monahan (Nav-Care): compassionatecommunityqi@gmail.com

NORTH ISLAND SURVIVORS' Healing Society

Trauma and Abuse Counselling Centre
Professional counselling for individuals, couples, and families.
Sessions are in-person, online or by phone.

FOR MORE INFORMATION:
Call 250-287-3325 or visit www.nishs.ca

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

Gifts to the Community

Discovering Indigenous Perspectives: One Page at a Time

by Rosanne Engblom and Kathie Landry

Stories foster human connection, enabling us to explore new worlds and discover truths in a safe environment. Reading enhances our ability to hold multiple perspectives and correct misconceptions by filling knowledge gaps. Each page offers an opportunity to broaden our understanding and gain insight that can transform our worldview. Celebrate Indigenous history all year with Indigenous authored books.

Thanks to Quadra Island Foundation's Neighbourhood Small Grants program (NSG) and with support from Quadra Literacy, Dee McPhee and Rosanne Engblom have made more Indigenous authored books available for adults and families with young children to borrow, enjoy, and increase their Indigenous knowledge.

This spring with her NSG, Dee updated 14 of Quadra Literacy's LitKits and created one new one, ensuring each kit contains at least one Indigenous authored book and one story that explores emotional literacy. Literacy kits include children's books, activities like puppets and puzzles, and resources for parents. They aim to make reading fun and engaging, helping children develop essential pre-reading and early literacy skills. These themed kits, geared for children 0 - 5, are available at Quadra Children's Centre for anyone to borrow. Quadra Literacy also funded the creation of 4 more LitKits, bringing the total to 19. If you are a parent, grandparent or caregiver, join other young families in exploring various themes like Things that Move, Animals Around Us, Folklore and Fairytales, Dragons and Monsters, Our Pacific Coast, and more. In the past year these kits have been borrowed 50 times and enjoyed by more than 20 families.

In 2024, Rosanne acquired two contemporary Indigenous-authored book sets of 12 with her NSG. One fiction book, Beautiful Beautiful by Brandon Reid, and the other non-fiction book, It's All About the Land: Collected Talks and Interviews on Indigenous Resurgence by Taiaiake Alfred, are considered valuable reads in the quest to enhance community understanding of Indigenous culture and the ongoing impact of colonization. These books are kept at Quadra Library and are available for sign-out by groups and individuals. Join Quadra Literacy and other Quadra Island reading groups as we embark on a collective journey of discovery and growth.

For more information email quadraliteracynetwork@gmail.com.

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Email: rideonquadra@gmail.com

What a Hospice Nurse Wants You to Know About Death



Julie McFadden, BSN, RN, a hospice/palliative care nurse with more than fifteen years of experience, writes:

I am asked all the time why in the world I would do something as difficult as working for hospice. People often ask, “Isn’t it so depressing?” It’s sad sometimes, yes. There’s really no way around that. But I don’t find my job to be depressing. In a way, it’s actually a sacred gift to me. The people I’ve met in their dying moments have changed my outlook on life, and far from depressing, I find their stories precious and inspiring.

Take Jason, 80, married, with children and grandchildren. When he was diagnosed with metastatic liver cancer and it was clear that he was in his final days of life, his whole family gathered in the home where he and his wife, Susan, had raised their children.

I had been Jason’s hospice nurse for a few weeks, and his condition, although terminal, remained stable. The last time I made a visit, however, his condition had changed.

In the couple’s bedroom, Jason was unconscious and unresponsive. Jason and Susan’s three children and several grandchildren were gathered around his bed, thumbing through a stack of photo albums. They were laughing and crying as each of them shared their favourite family stories and

memories: trips to the lake, Christmas and holiday highlights, secret childhood mischief. The love surrounding Jason was everything anyone could ask for as they moved toward death.

Wanting to honour that time but also be available for whatever they needed, I stationed myself in an office space across the hall to record my notes about the visit. As I worked, I heard snippets of the family’s conversation.

“We love you, Dad. We love you.” “It’s so easy to love you.”

“You’ve been the best husband.” “It’s okay. You can let go.”

“We love you.”

The entire family had transitioned effortlessly with Jason’s sudden decline and were able to say goodbye the way they wanted. To me in the other room, it felt like a powerful, sacred love. It felt, ironically, like this type of death is what life is supposed to be all about.

What I do doesn’t feel depressing because I see patients get to have these beautiful deaths, being welcomed in love to a place that’s good. I get to witness families and friends really loving each other well. I get to help people who are dying feel comfortable as they die and help them and their loved ones embrace the reality of death—which helps them live better and die better. I see the power in what is possible as we faithfully accompany people toward death. And as professionals, or as loved ones, we have the power to make a real difference in people’s lives.

So often, I hear family members dismissing the experience of the person who is dying. It can sound a variety of ways:

“Don’t say stuff like that, Dad. You’re not going to die.”

“Don’t talk about how much you love me. You’re not going to die.”

“I don’t want to learn how to take care of the garden because you’re not going to die.”

I know this can be hard, but we do the person who is dying a disservice when we don’t let them speak their truth. They know that they’re dying, and they deserve space to talk about it. Is it comfortable talking about death? Rarely. Is it a way to honor and care for the person who is dying? Absolutely. It’s always time to talk about death. Talk about it when you’re sick. Talk about it when you’re not sick. Talk about it at the Thanksgiving dinner table. There’s never a time not to talk about death.

Talking about—and even simply being around—death is thought to be a painful experience. But it doesn’t have to be.

Often, when a loved one is dying, I encourage their loved ones, to, pause and pay attention to what’s happening in you and around you. Notice the sense of stillness. Pause and be present in the moment. Notice what you feel and what you need. Take in the silence, or turn on music if you prefer.

Eventually, you’ll phone everyone who needs to know.

Ultimately, you’ll handle other responsibilities. One day, you’ll wash the sheets and make the bed.

But when the person you love dies, there’s nothing that needs to be done immediately. Death is not an emergency. Give yourself the gift of pausing to be present.

Way To Go strives to integrate death as part of life by initiating conversations, providing education, and encouraging people to prepare for end-of-life. We also empower, guide, and support the practice and process of caring for our own dead and dying, in community. Visit our website, way2go.ca; view upcoming events, read previously written articles, and join our email list.

Submitted by Margaret Verschuur

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Snippets from Quadra's Past

In April 1895, a gossipy Quadra Island column was launched in a Vancouver newspaper. The writer was anonymous, as was common with other such community reports, though occasionally initials were given, which are a match with Hosea Arminius Bull of Heriot Bay and his wife Cordelia.

The seasonal extracts presented here, with some background interpretation, provide a pinhole view into settlers' lives, with passing mention of Indigenous residents.

Hosea and Cordelia Bull started out with a store and a rudimentary hotel in a log building, but in this first column the writer noted a "big" hotel was under discussion. "We hope that he will, as that is a good site

for one. The 'Comox' calls there every week [from Vancouver] and has passengers nearly always arriving or departing."

A first school for the settlers was also announced, to be built on Heriot Bay Road, across from the current golf course.

Heriot Bay was then called Dallasville, for an earlier settler. In a June 27, 1895, the writer touted the bay as the island's hub, though there was also a store in Quathiaski Cove, which then had the only official post office.

"Everything is progressing on the island and Dallasville is the centre of it all. The picnic planned by Mrs. Hood and Miss Smith [the new teacher]... was quite a success. The party left on T. Bell's [of south Gowlland Harbour] beautiful yacht 'Blue Bell,' and but for the presence of mind of a small boy one of the lunch baskets would have been left behind. You can trust the small boy to keep his eye on the 'grub.' There will be



Photos: Courtesy Museum at Campbell River

Above: MCR 20393-2 possibly first Heriot Bay Hotel,

Below: MCR 20392-12 Cordelia & Hosea Bull at their store in Heriot Bay, with unidentified group



another picnic at the sand spit [Rebecca Spit] near Mr. Bull's on July 4th."

The writer quoted a petition sent to the premier decrying a lack of government services. "There are no roads. [A \$200 grant] was used to open a trail from Cape Mudge to Drew Harbor. This island has [about] 70 settlers and...they cannot get their produce out for shipment without packing it on their backs. A number have had to pack potatoes over a mile to the beach in order to get them to a boat to ship them to market."

"Hotel Dallas at Heriot Bay, or Dallasville, is doing some business as that is the steamboat landing place for the Island. A petition has been sent for a post office at that place."

The Ferbrache family, with a property to the south of Drew Harbour, brought a basketful of strawberries to Hotel Dallas, some measuring over six inches. "Mr. Ferbrache has the finest lot of strawberries that your correspondent has ever seen." And thirty Indigenous people from Cape Mudge set off aboard the 'Comox' for Vancouver to go to the Fraser River to fish.

Watch for the next instalment, to catch up on July and August news from 130 years ago.

Jeanette Taylor

Elbows Up Canadian Eh

Dear Editor,

As Canada Day approaches, our sense of national pride is strong. Many of us are trying to shop Canadian and are determinedly avoiding products or produce from the USA.

I would urge that people adopt the same sense of national pride to our language. We Canadians do have a distinct form of English which differs from American English. We hear it in our pronunciation and see it in our spelling.

Sadly the spelling does become sloppy. In this publication — and others — in both the writing and the advertising, American spellings too often slip in. Our Community Centre has been referred to as the Community Center and we see the loss of the letter “u” in words such as behaviour or colour.

These days we often rely on spell-check. There is always the option to set your spell-check to Canadian English and so easily avoid Americanisms.

So on this Canadian long weekend, fly our flag and buy, spell and speak Canadian.

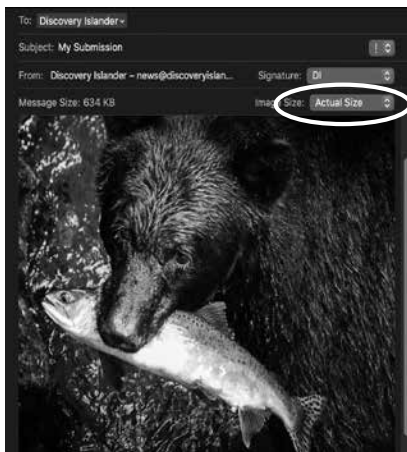
Claire Trevena

Have an opinion to share?

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

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

Sending a Photo to the DI?



Please make sure it comes with enough pixels!
1600 x 1200 pixels is a good target

Indigenous Multi-Sport Summer Camp Returns

Campbell River, B.C. – Indigenous youth are invited to take part in an exciting opportunity this summer as the **Indigenous Multi-Sport Summer Camp** returns to Campbell River from July 10–13, 2025, offering four days of fun, connection, and athletic activities.

Open to Indigenous youth ages 7 and up, the camp is free to attend and will feature a variety of sports, including lacrosse, soccer, ice hockey, and swimming. The camp is hosted in collaboration with Wei Wai Kum First Nation, the Strathcona Regional District, the City of Campbell River, and the Indigenous Sport, Physical Activity & Recreation Council.

Drop-off and pick-up locations will vary:

- July 10 – 11: Robron Turf Field
- July 12 – 13: Strathcona Gardens

Lunch will be provided each day.

“We appreciate the partnerships that make programs like this possible. Giving our youth opportunities to stay active, learn new skills, and connect with others is important — both for their present and their future,” said Chief Roberts, Wei Wai Kum First Nation.

This initiative welcomes Indigenous youth living in Campbell River and those who can travel to attend. Space is limited, and early registration is encouraged to support planning for meals, equipment, staffing, and activities. To register, please visit srd.ca/indigenous-ms-camp use QR code page 4, any problems email recreation@weiwaiikum.ca or call 250-202-1115.

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Thinking the World

We talk a lot about thinking, but rarely think about what thinking really is. René Descartes, a 17th century French philosopher, thought he had brought the subject to a close with his conclusion that, “I think, therefore I am.” But his position was countered by the 18th century French philosopher, Jean-Jacques Rousseau, who contended that, “I feel, therefore I am.” But all this speculation was centuries ago, without either having access to the wealth of neurological and cognitive evidence available in the 21st century.

What Descartes overlooked was the rather obvious fact that without a body, the mind could not exist. And what Rousseau overlooked was the other obvious fact that without a mind, the body could not exist. Neuroscience is attempting to resolve this paradox, and an interesting place to begin an exploration of this subject is in Clayton Page Aldern's 2024 book, *The Weight of Nature: How A Changing Climate Changes Our Brains*. Of particular interest to the mind/body issue is the Prologue, called *Tension*, because it provides an overview that explains the striking connection between mind, body and ecology. Indeed, the three are inseparable: the thing we call mind is the brain functioning in concert with the body, and the thing we call body is our senses functioning in concert with its natural surroundings.

The most important thinking that we do is a process of constant modelling that takes place between the body and its outside environment. Without this modelling, the body would be constantly encountering totally unpredictable events for which it would be completely unprepared to respond, and it would not survive for long. Besides, without a body, the brain would not be able to think. So, what the body is doing, via sensations that stimulate feelings, is sending information to the brain so it can predict and be prepared for what happens next. Our survival depends on the up-to-date accuracy of this information. Is the situation safe or dangerous, cold or hot, wet or dry? Where does the body get food, water and shelter? All this depends on a constant modelling of the outside world, a mapping that makes us feel comfortable by knowing that this follows that, that one thing is connected to another, that things stay in their anticipated places.

“The goal,” Aldern writes, “is to minimize the mismatch between what you expect to experience at any given moment and what you actually experience. It's the only way

you can exist continually in time. If your brain didn't seek to minimize surprises, you'd be pathologically dumbstruck, every moment of every day. You would forget that people generally have two arms; you would be terrified to learn your hands are attached to your body, and that the sky is such a remarkable shade of blue. But instead of [confronting] a constant nightmare, your model learns to expect these kinds of things so it can focus on the interesting stuff”—like Descartes thinking about thinking, Rousseau thinking about feelings, and you wondering why you are reading these words.

Feelings are the emotions that we assign to bodily sensations, the experiences that give meaning to our lives. “Much ink has been spilled,” notes Aldern, “in service of the notion of regulating our emotions. It's all roughly backward. The thing we are designed to do is let our emotions regulate us. Success in living means listening to your body.” The one thing the brain does not do is function in isolation from the body. “The stuff of thought is physical stuff. It is exposed to the world, and it makes itself in its image.”

So what happens when the world itself is in disarray? What happens when the old models of predictability and assurances no longer apply? When the weather is no longer normal? When the temperatures become extreme? When the company of a familiar species disappears? When a forest starts to mean fires, and not cool comfort, safe seclusion and green protection? When the model we have of the outside world does not fit the reality of what is actually occurring then we experience the disconnection as anxiety. This manifests internally as “climate grief, eco-anxiety, environmental melancholia, pre-traumatic stress syndrome”, and a host of other psychological and physiological symptoms.

The inside and the outside are intimately interconnected. It's how we survive. Change the outside, and the inside struggles to make a new and secure model of predictability. We adjust. But what if the structure of the outside keeps changing faster and more frequently than our ability to invent and adjust to new models? Then our sense of security is exacerbated and we experience increased symptoms of anxiety. This, however presents another dilemma because the world is such a big and diverse place that we don't all experience the same threats to our security.

Slightly more than half of humanity now lives in cities. Each individual's model of reality is different from the model of those who live in rural settings. Only a few people live in Greenland or Antarctica, so only they notice that the glaciers are melting. The Arctic is sparsely populated, so only the local inhabitants are directly aware that it is warming extremely fast—indeed, 4 times faster than the rest of the planet. Almost everyone is experiencing some manifestation of climate change—flooding, heat, forest fires, unusual diseases, droughts, extreme storms, rising sea levels—but few if any people experience these diverse symptoms all at once. Only science unifies all these different events into a single explanation that is clear, unequivocal and indisputable.

Although everyone lives in a world of technology, not everyone trusts, understands or even appreciates the assessment of scientific authority that is measuring the unfolding of a global, multidimensional, environmental crisis. Some people, from the temporary safety of their religion, their ideology, their unreliable news sources, their insulated luxury, their naive indifference or their abject ignorance, even doubt the empirical evidence. This represents a profound disconnection of the inside model of the world from the outside reality, with consequences that will probably be ominous.

Ray Grigg
for Sierra Quadra

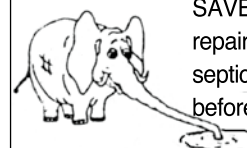
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REGIONAL DIRECTOR'S REPORT

Hello,

What a wonderful time of year, warmer days, longer evenings, and roadsides awash in blooms. This report shares info from a recent staff report on how the Strathcona Regional District (SRD) can work together with non-profit housing societies to expand access to housing.

The Rural non-profit housing societies face many barriers to achieving creation of affordable housing projects: the report outlines how the SRD can leverage resources and expertise to further the mandate of public housing, support strategic partnerships, and issue tax receipts for land donations.

Land for building an attainable housing project upon is an extremely costly barrier to be surmounted by non-profit housing societies such as the Discovery Islands Affordable Housing Society. A land donation is a huge boost to move an affordable or attainable housing project forward.

The Canada Revenue Agency (CRA) permits regional districts to issue official donation tax receipts for land donations. Typically, the tax receipt reflects the appraised fair market value, minus any advantage received (monetary compensation, access rights, or other benefits). A land donation can include specific intent -- to be used for housing, or conservation. The donation process requires appraisal to establish fair market value, acceptance by resolution of the regional district Board prior to issuance of a donation receipt. Once accepted, the Regional District may use the land in accordance with its public mandate or with conditions reasonably associated with the donation.

While the CRA regulations prohibit the Regional District issuing a receipt on behalf of another entity, such as a non-profit housing society, the Regional District may retain ownership and lease the land to a non-profit housing society under a long-term, legally binding housing agreement, sell the land and

use the proceeds to support its public housing mandate, or use the land directly as part of a housing initiative in which the Regional District retains control.

Beyond receipts for land donations, the SRD can collaborate in other ways to support housing in electoral areas. This includes pre-zoning land or identifying suitable parcels within Official Community Plans for affordable housing; expediting rezoning and development approvals for projects led by non-profit housing societies; capacity-building funding to assist smaller societies in project development and management; and facilitating partnerships between non-profits, developers, and financial institutions. If you'd like to learn more, you can read the Working with Non-Profit Housing Societies report here: bit.ly/SRD-housing-nonprofits.

Attainable and affordable housing on Quadra will support local businesses with finding and retaining employees, help attract and retain families, and support staffing the healthcare services we rely on. I'm pleased the SRD's recently formed Community Health and Wellness Committee is focusing on housing, including seeking a report to explore options for the SRD's Housing Service, and considering potential stakeholders to work with who could provide insight. I look forward to the concrete steps which will ensue.

Thank you for reading this update. You're welcome to connect with me with questions or concerns: you can email RMawhinney@srd.ca, or call 250.203.2468. And, if you or someone you know is interested in exploring a land donation, let's chat!

Until next time,

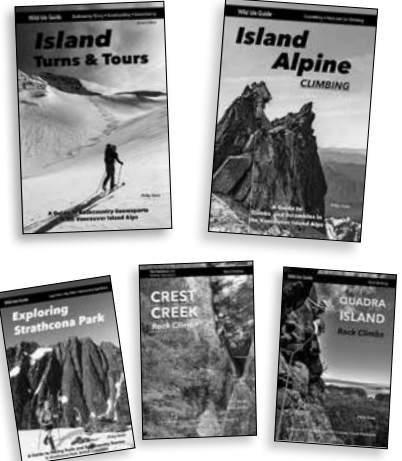
Respectfully,

Director Robyn Mawhinney



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PASSAGES

Susan Bain

Nov. 23, 1949 - June 6, 2025



Susan Bain passed peacefully in her home Friday, June 6th after months of battling cancer. She was surrounded by family and loved-ones in her final days and managed to get out a few more of her trademark cackles.

Susan was an Anchor of the Quadra Island community in the 1970s and '80s, and again from 2005 to 2025. Thanks to her contributions to the Chamber of Commerce, Quadra Emergency Services and Master Bookkeeping services, her presence will be felt around this little island for a long time to come.

Sue's many talents will be fondly remembered by those who knew her. A maestro Alto singer in Quadra singers - at least for the words she recognized. A skilled Kayaker with the improbable ability to roll a boat without getting her hair wet. A very capable skier of blue and green runs, with a pace far more reasonable than her hot-dog grandsons could fathom. A master baker and pastry chef with multiple victories in Quadra baking competitions. She swore to the end that it was just Tender-flake and love...

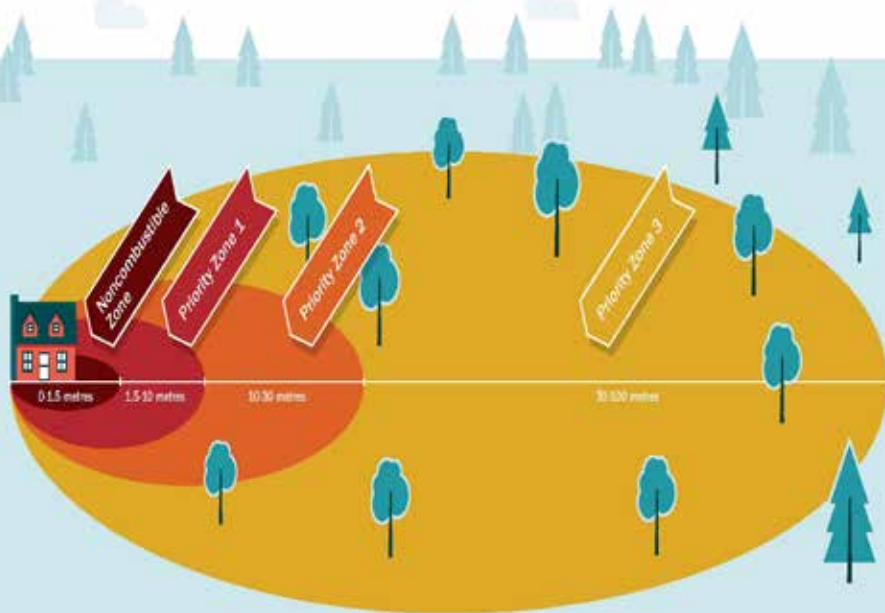
Susan is survived by her husband David, children Megan, Amanda and Nathan, and grandsons Gavin and Leif.

A Celebration of Life will be held July 2nd 2025 at the Bain residence 2pm-7pm.

We will all be listening for your laugh to come bouncing back off the mountains.



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Seeking

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Heriot Bay Tides

DATE	TIME PDT	M.	FT.
27 Fri	02:28	3.77	12.4
	06:16	4.31	14.1
	13:49	0.41	1.3
	21:33	5.14	16.9
28 Sat	03:22	3.56	11.7
	07:16	4.12	13.5
	14:31	0.69	2.2
	22:09	5.07	16.6
29 Sun	04:17	3.30	10.8
	08:16	3.89	12.8
	15:12	1.06	3.5
	22:43	4.97	16.3
30 Mon	05:11	3.01	9.9
	09:20	3.63	11.9
	15:52	1.50	4.9
	23:17	4.85	15.9
01 Tue	06:04	2.70	8.9
	10:34	3.40	11.1
	16:32	1.99	6.5
	23:49	4.71	15.4
02 Wed	06:55	2.39	7.9
	12:06	3.27	10.7
	17:14	2.49	8.2
	03 Thu	00:20	4.56
04 Fri	07:45	2.10	6.9
	13:58	3.34	10.9
	18:03	2.98	9.8
	00:50	4.43	14.5
05 Sat	08:31	1.81	6.0
	15:51	3.60	11.8
	19:11	3.40	11.2
	01:18	4.32	14.2
06 Sun	09:12	1.55	5.1
	17:09	3.94	12.9
	20:49	3.72	12.2
	01:47	4.26	14.0
07 Mon	09:50	1.31	4.3
	18:01	4.25	13.9
	22:20	3.90	12.8
	02:17	4.23	13.9
08 Tue	10:25	1.10	3.6
	18:40	4.49	14.7
	23:26	3.97	13.0
	02:52	4.23	13.9
09 Wed	11:00	0.93	3.0
	19:13	4.66	15.3
	00:12	3.98	13.1
	03:32	4.25	14.0
10 Thu	11:36	0.79	2.6
	19:43	4.76	15.6
	00:49	3.95	13.0
	04:17	4.28	14.0
11 Fri	12:12	0.69	2.3
	20:12	4.84	15.9
	01:23	3.87	12.7
	05:06	4.29	14.1
	12:50	0.63	2.1
	20:41	4.91	16.1

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