

discovery

I S L A N D E R

Tribal Journeys 2017 **Saturday, August 5th**

**Canoes are due to land at noon on the
Campbell River Spit - Dick Murphy Park**
Community Feast at Thunderbird Hall to follow landing
Opening event - Campbell River Big House
Everyone Welcome!

We're still looking for volunteers!

We need your help with all aspects of this celebration including food preparation and serving, clean up, traffic control for flaggers, hospitality, signage and more! Volunteers are needed from Aug 4th-10th.

We appreciate your support and it is only together that we can make this event a success! Gilakasla!



To Volunteer

Call Heidi Ridgway at 250-202- 2217

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MONDAY TO FRIDAY 8:30AM TO 6PM + SATURDAY 9AM TO 5PM

Ferry Schedule

	Leave Campbell River		Leave Quathiaski Cove	
	Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
	6:40 am		6:20 am	
	7:30 am	7:30 am	7:05 am	7:05 am
	8:30 am	†8:20 am	8:00 am	†7:55 am
	9:30 am	9:20 am	9:00 am	8:55 am
	**10:30 am	10:15 am	10:00 am	9:50 am
	11:30 am	11:15 am	11:00 am	10:45 am
	12:30 pm	12:15 pm	12:00 pm	11:45 am
	1:30 pm	1:15 pm	1:00 pm	12:45 pm
	2:30 pm	2:15 pm	2:05 pm	1:45 pm
	3:30 pm	3:30 pm	3:00 pm	3:00 pm
	4:30 pm	4:30 pm	**4:00 pm	4:00 pm
	5:25 pm	5:25 pm	5:00 pm	5:00 pm
	6:15 pm	6:15 pm	5:50 pm	5:50 pm
	7:30 pm	7:30 pm	7:00 pm	7:00 pm
	8:30 pm	8:30 pm	8:00 pm	8:00 pm
	9:45 pm	9:45 pm	9:15 pm	9:15 pm
	*10:45 pm	†10:45 pm	*10:15 pm	†10:15 pm

! Local Commuter Sailings, expect delays.
* Fridays Only † Daily except Sundays.

** Tuesday sailings are for Dangerous Cargo
No passengers or cars.

WILDFIRE WATCH

There is a Province-Wide OPEN FIRE Ban on NOW!!!

To report a wildfire or irresponsible behaviour call 1 800 663-5555 or *5555 from a cell phone.

All calls are answered by BC Wildfire Service staff at the Provincial Forest Fire Reporting Centre. Any information you can provide is helpful, however you can expect the emergency call taker to ask for details about the fire, such as;

- **Location** (nearest Telephone or Hydro pole number if near a road) i.e. Where is the fire? How far up the hillside/into the bush?
- **Size:** e.g. Metres? Hectares? Size of a house? Size of a football field?
- **Rate of spread** i.e. How quickly is the fire spreading?
- **Fuel** i.e. What is burning? Grass, bushes, trees?
- **Smoke/flames** i.e. What colour is the smoke? Are flames visible?
- **Threat** i.e. Are there any people or buildings at risk?
- **Action** i.e. Is anyone fighting the fire?

ALSO Call 911 as this will advise Quadra Fire as well.

If possible also advise your NEPP leader and Steve Peterson AND Judy Hagen 250-285-2150 or Betty Doak 250-285 3590

Please be extra careful out there. Fires start easily and can spread fast when we get one of those strong north winds. Also remember that the undercarriage of your vehicle is hot and can ignite dry grass.

For further information please check the article by Mike Gall in the last edition of the DI, June 31.

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billbradshaw@royallepage.ca
sarahbradshaw@royallepage.ca
202 Cove Centre, Quathiaski Cove, BC
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TOLL FREE 1.877.735.3293
FAX 250.285.3292

THE ISLAND CALENDAR

Day to Day

Friday, July 28
- Live Music - Roadside Rattle, HBI Pub 9pm N/C

Friday, July 29
- Farmers' Market Q-Cove 10 am - 2 pm

Friday, August 4
- Live Music - Duffy Live, HBI Pub 9pm N/C

Saturday - Monday, August 5-7
- Northern Georgia Strait Cetacean Census Register online www.cetaceancensus.ca

Thursday, August 10
- Steph Cameron music at Kameleon 6pm, pg.7

Friday, August 11
- Sean Ashby music at Kameleon 6pm, pg.8
- Live Music - Blue Katz, HBI Pub 9pm N/C

Friday - Sunday, August 11-13
- Group singing with Laurence Cole info page 5

Monday, August 14
- Live music with The Wilds 9pm HBI pub N/C

Friday, August 18
- Live Music - Go Dog Go, HBI Pub 9pm N/C

Saturday, August 19
- Lyp Sync in support of Cortes Radio QCC 6:30pm

Wednesday, August 23
- Live music with Entangados 9pm HBI Pub \$10

The Regulars

MONDAY
AA, Big Book Study, 7pm Quadra United Church

TUESDAY
Al-Anon Meeting, Quadra Children's Centre, 7:30pm

WEDNESDAY
1st & 3rd Wednesday Food Bank, QCC 1-2pm
Prayer Meeting, Quadra Island Bible Church, 7pm
Poker Night, Quadra Legion, Heriot Bay 7:30pm
Hand Drum Jam, 7:30 p.m. Upper Realm, Q. Cove

FRIDAY
Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY
Farmers Market in Quathiaski Cove 10 am - 2pm
Meat Draw, Quadra Legion, Heriot Bay 5 pm
Open Mic with Mo, 9pm at the HBI pub

SUNDAY
Buddhist Meditation, 10 a.m., Upper Realm, Q. Cove
Family Service, Quadra Island Bible Church, 10:30am
Quadra Sunday Painters, 11am-2pm, 285.3390
United Church Service 11am except for 3rd Sunday
Evening Service, 7:30pm, 285.3163

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What's Happening at Quadra Community Centre

COMING WEEK JULY 28 - AUGUST 4

FRIDAY: 8:30 Fitness w/Jeannie; 10:00 Ali's Wrestling for Kids; 1:00 Kids Bootcamp w/Terry

MONDAY: 8:30 Fitness w/Jeannie; 10:00 Parents & Tots

TUESDAY: 9:00 Yoga w/ Brenda; 10:00 Ali's Wrestling for Kids; 2:00 Beach & Sparkle Mobiles; 5:00 Yoga w/ Trinity; 6:30 Tai Chi

WEDNESDAY: 9:30 Yoga w/Trinity or Kai; 11:00 Moms & Babes

THURSDAY: 9:00 Yoga w/Brenda; 10:00 Sensory Play Day; 11:00 Ballet Practice; 1:00 Mug Making

FRIDAY: 8:30 Fitness with Jeannie; 10:00 Ali's Wrestling for Kids

NEXT WEEK AUGUST 5 - 11

MONDAY: 8:30 Fitness w/Jeannie; 10:00 Yoga w/ Josephine; 1:00 Soccer for kids

TUESDAY: 9:00 Yoga w/ Brenda; 10:00 Ali's Wrestling for Kids; 5:00 Yoga w/ Trinity; 1:00 Soccer for kids; Marbling on paper; 6:30 Tai Chi

WEDNESDAY: 9:30 Yoga w/Trinity or Kai; 11:00 Moms and Babes; 1:00 Soccer for kids

THURSDAY: 9:00 Yoga w/ Brenda; 10:00 Parents and Tots; 11:00 Ballet Practice; 11:00 Rock It!; 1:00 Soccer for kids; 1:00 Mug Making

FRIDAY: 8:30 Fitness with Jeannie; 10:00 Ali's Wrestling for Kids; 10:00 Skate Day

New to Quadra?

The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag.
Contact Judy @ 285.2150.

New and Used to suit anybudget

Call or text for a free trade appraisal

Nick Rose
24 year resident of Quadra Island
250-203-2085
nickr@tyeechev.ca

www.tyeechev.ca

The DI is published every two weeks. Our current edition and upcoming deadlines are 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. Here are a few guidelines:

- **300 words** is an ideal length for community announcements.
- Articles do not need to be sent as attachments. Simply **send the text in the body of your email**.
- **Canadian spelling** is preferred.
- **Please use the title** of your item in the email subject line. We get a lot of items called 'DI Article'.
- 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.

GIFT SUBSCRIPTIONS

Are available for delivery in Canada by mail **\$90 for 12 months**

Local Voluntary Subscriptions are welcome to help support the DI, suggested: \$30 per calendar year
Find more details online at www.DiscoveryIslander.ca

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NEXT DEADLINE

7pm on Monday, August 7
for publication on
Friday, August 11, 2017

COMMUNITY NEWS & EVENTS

Quadra Island Evacuation Procedures.

With the fire situation in the Interior of the Province and many weeks of dry, hot weather before us, please take time to review your preparedness for emergencies.

Preparedness

Check your Grab'n'Go bag. Does it contain up to date medications, copies of original documents (SIN #, passport, banking info, insurance info, contact numbers - local and out of province, cash in small notes, etc.)?

Review your insurance coverage. Keep gas tank half full at all times.

Pet requirements (food, medication if needed, name of vet)

Sign up with <https://strathconard.connectrocket.com> for free Emergency Notifications

Emergency Alert

Police or fire dept. personnel will knock on your door and give estimate of time you may have before you leave.

Call/text from Strathcona Emergency Notifications.

Make list of things to do before you leave.

Pack vehicle with other essentials such as camping gear, food, extra clothing, pet cages (especially for cats), medical necessities, computer and hard drive, valuables, etc.

Contact family, friends, etc. and decide where you will go.

Evacuation Order

Follows instructions from person advising you of the order.

At bottom of the evacuation order is information regarding location of Reception Centre being used.

Check with neighbours who might not have transportation.

Switch off and unplug electrical appliances, turn off water and gas. Gas can only be turned back on by a professional gas fitter.

Close windows.

Leave one outside light on to alert BC Hydro as to whether you have power.

Advise family members not at home where you are going.

Follow signed evacuation route and directions of emergency personnel.

Check in with the Reception Centre to register re your plans and obtain vouchers if you need transportation, food, clothing, accommodation

Please be aware that if we have to evacuate large numbers of people off island, vehicles will probably be left behind. Ensure you can carry your essentials like the Grab'n'Go bag.

If you do not evacuate when requested you are endangering the lives of our police and Fire Dept. who may make a second visit under more dangerous conditions.

For more information go to www.quadraemergency.com
Strathcona Emergency Program
EMBC

Theatre Quadra and Cortes Radio present Lip Sync 2017!

Following 2016's smash hit, Quadra and Cortes sync it up again on Saturday, August 19 at the QCC. Doors open 6:30, performance at 7:00. Tickets at Inspirations and Works of H'Art or at the door - \$12.00/free for children 12 and under. Proceeds will help keep community theatre rolling and Cortes Radio on the air. For information, contact Doni Laird at 250-285-3881 or theatrequadra@gmail.com.

Hand Drum Jam

Believe it or not, you can get "high" from drumming in a circle. Even beginners can experience this wonderful, warm feeling from head to toe.

So come to our weekly Drum Jam on Wednesday nights at 7:30 p.m. in Spirit Books upstairs in the Upper Realm at the Q. Cove Shopping Centre.

We can provide you with a drum if you don't have one. A \$5 donation helps pay the rent.

Call Steve at 250-285-3323 for more info.

Buddhist Meditation

There is a 40 minute silent meditation every Sunday on Quadra Island. It takes place at 10 a.m. in Spirit Books at the Upper Realm at Quathiaski Cove. After Meditation we have refreshments and read and discuss a few pages from a spiritual text.

Everyone is welcome. You don't have to be a Buddhist to enjoy the spiritual energy of a dozen people in silent group meditation. It's free or by donation. Call Steve or Danielle at 250-285-3323 for more information.

Farmers' Market

Fun, beautiful, heartfelt, handy and delicious, all things good available at the Farmers' ; Organic berries, Lots of produce and fresh baking, handcrafted soaps, creative jewellery, imported baskets and hats, used books, hand knits, wood work, all kinds of crafty things, wild berry preserves, chocolates, clothing for kids and adults. Saturdays from 10-2. Roadside Rattle plays July 29!



Unique and whimsical wind spinners made from reclaimed red cedar by Kanish Wood Craft. Photo courtesy of James Smith

Singing Together to Nourish the Soul and Re-enchant the World with Song



Friday August 11th - 13th

(come for a day or the weekend)

Join us for a weekend of jubilant group singing with West Coast composer and song leader Laurence Cole on Quadra Island. He quickly transforms any group into a joyous "insta-choir" using only what we came in with: our hearts, our voices, our bodies, our spirit, our love.

Laurence <http://www.laurencecole.com/> loves inviting folks on a journey of deep connection and joy. We hope you join us!

For more information contact Mary Dennison at singforpurejoy@gmail.com or Barbara @ joyofretirement@gmail.com

COMMUNITY NEWS & EVENTS

Northern Strait of Georgia Cetacean Census

August 5-7, 2017

The BC Cetacean Sightings Network is asking all coastal residents for their help in gathering whale, dolphin, and porpoise (cetacean) and sea turtle sightings observed in the Northern Strait of Georgia (French Creek/Madeira Park to northern Quadra Island) over the August long weekend. A localized blitz-style census effort from citizen scientists will help provide valuable information on how cetaceans use this area.

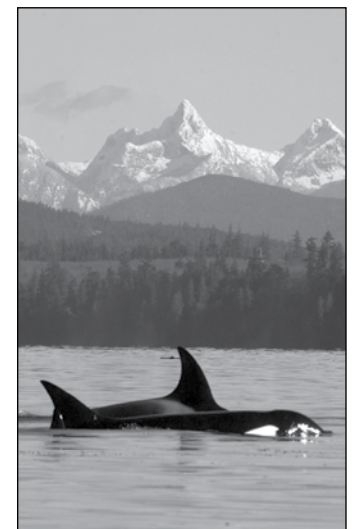
Census-style data collection has a rich history in B.C. In the early 1970s, Dr. Michael Bigg of Fisheries and Oceans Canada was asked to count the number of wild killer whales along the coast of B.C. To get a quick estimate of the killer whale population, Dr. Bigg conducted a public census, and the response was hugely successful. In 1971, thanks to reports from the public, Dr. Bigg established an estimate of approximately 550 killer whales from southeast Alaska to California; an estimate that was proven to be highly accurate. The results put a permanent end to the capture of killer whales in Canada and the U.S.

Since Dr. Bigg's census, keen members of the public have continued to report sightings of cetaceans and sea turtles in

B.C. In 1999, the B.C. Cetacean Sightings Network was established, and continues to maintain these data in one place, and in a consistent format that makes it valuable and available to researchers, NGOs and government.

This year the Sightings Network is bringing back Dr. Bigg's blitz-style weekend census with the aim of gathering specific valuable information about how cetaceans use the Northern Strait of Georgia. We hope you will join us on **August 5-7 2017!**

Find out more about the Northern Strait of Georgia cetacean census and register online at: www.cetaceancensus.ca



All Aboard!!!

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Operation Dry Water

August 5th Long Weekend

Burnaby, BC -- Drinking and boating accounts for approximately 40% of boating-related fatalities on Canadian waterways. To raise awareness and reduce alcohol related deaths, the Canadian Safe Boating Council (CSBC) is launching year 5 of an initiative called "Operation Dry Water". It's goal is to discourage this dangerous practice.

"Many boaters are unaware that when it comes to impaired driving, the rules are the same on the water as they are on the road," says Sienna Joyce, Coordinator of the Lifesaving Society's WaterWise Team. Combined with sun, wind, waves and the rocking motion of the boat, the effects of alcohol on the water can be greatly increased. "We want to remind the public that alcohol consumption can result in a criminal charge, but it can also potentially lead to a highly preventable drowning death."

"The CSBC, its partners and sponsors would like, through this and our other initiatives, to raise attention to the problem of boating under the influence and to remind boaters not to drink and boat," stated John Gullick, Chair of the Canadian Safe Boating Council. Operation Dry Water will focus on the potential risks of drinking and boating, and remedies that are currently in place to discourage it.

Federal statutes dictate that, whether or not your craft is motorized, you can be charged with Impaired Operation of a vessel under the Criminal Code of Canada if your blood alcohol level exceeds the .08 threshold. This means you can be charged even if you are impaired while operating a canoe and a judge is able to, upon conviction, suspend your boating privileges. But that's not all; it can get worse.

Operation Dry Water is aimed at reducing the number of alcohol-related accidents and fatalities on the water while fostering a stronger and more visible deterrent to alcohol use while boating. The end goal? To achieve safer and more enjoyable recreational boating.

During the August 5th long weekend, a number of Police agencies will be offering the media the chance to ride along while they conduct on-water vessel safety checks. Please contact your local detachment to see if they are offering this opportunity.

This initiative is made possible through support of Transport Canada's Office of Boating Safety.

For a 30-second PSA and additional information on boating safety please visit www.csbc.ca under CSBC Safety Campaigns.

COMMUNITY NEWS & EVENTS

Singer/Songwriter Steph Cameron

Thursday August 10th

Kameleon Food & Drink

You are invited to join us for a musical evening with talented singer/songwriter Steph Cameron.

www.stephcameron.com

"Songwriting is a way for me to feel empathy and express compassion for others, particularly those of us who are struggling with all that we are up against. Through songwriting, I am always seeking to understand the lives and characters of the people in these stories, some of whom are me while others are folks I've met along the way."

~ Steph Cameron

"Sad-Eyed Lonesome Lady delights from start to finish. Steph Cameron is the real deal." ~ Exclaim!

"There is a timelessness to Cameron's work with the heavy influence and starkness of sixties folk." ~ Spill Magazine

"...she's found a new sense of empathy, offering moving glimpses of living on the margins of society, making for another powerful statement from one of the country's brightest young voices."

~ FYI Music News

Dinner 6pm - Show 7pm, suggested donation \$10 - \$15. Reservations strongly recommended 250.285.3282

Market Music

Local musicians will be performing at the open Community Market next to the Quadra Credit Union from 10 a.m. to lunch time every Saturday.

The line up for the next 5 weeks is as follows: Roadside Rattle, a very popular group, plays for the first time this Summer on July 29th. Banjo Joe plays and sings folk music on August 5th. Roadside Rattle returns on August 12th. John Toelle returns on August 19th. Barry Hodgson completes the month on August 26th.

Come support our local vendors and please consider making generous donations to our local musicians. For more info, phone Steve at 250-285-3323

Congratulations & Best Wishes

Very warm wishes to Nancy Allwarden who hangs up the signs at Discovery Islands Realty at the end of July. Nancy, longtime business partner David Smith and Vibeke Pedersen, who has also recently retired, were welcoming committee to hundreds, perhaps thousands of new arrivals to Quadra and Cortes islands and Discovery Islands Realty has been an anchor advertiser with the DI since its earliest days.

To Nancy and Vibeke - I hope you have a wonderful retirement and thank you for being such an integral part of the community and supporting the DI for so many years.
- Philip



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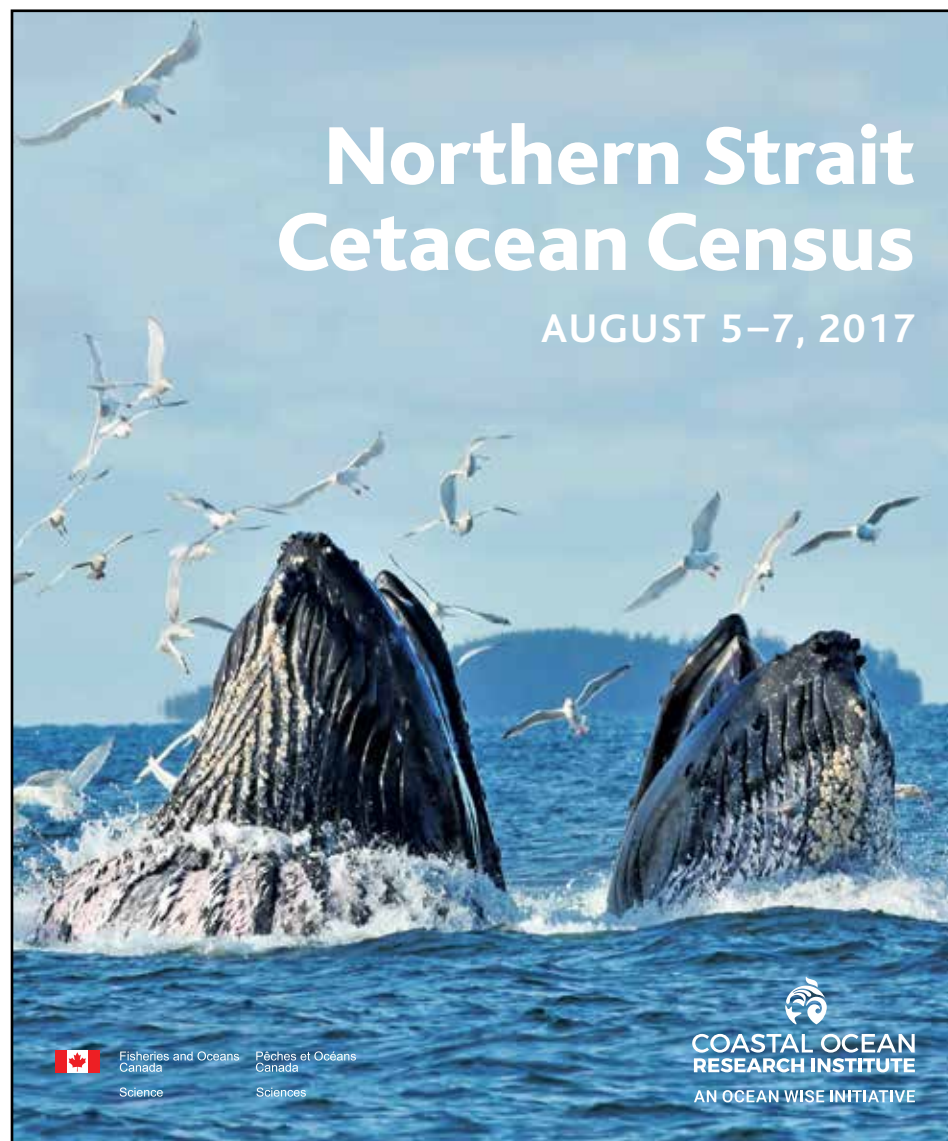
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Northern Strait Cetacean Census

AUGUST 5-7, 2017



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Science Sciences

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Report your sightings to the B.C. Cetacean Sightings Network.

Seen a whale? We want to know! The B.C. Cetacean Sightings Network is conducting a Cetacean Census from August 5th-7th in the Northern Georgia Strait (French Creek/Madeira Park to northern Quadra Island).

By reporting your sightings, you will help researchers determine the abundance, distribution and habitat use of cetaceans in the Northern Strait of Georgia.

Become a citizen scientist! Register to participate at cetaceancensus.ca

WhaleReport App

1.866.I.SAW.ONE

sightings@ocean.org

Coming Events...

Roadside Rattle July 28

- Indie folk

Duffy Live August 4

- Bring your dancing shoes!

Blue Katz August 11

- Blues & Rn'B

9 pm. HBI Pub. No cover charge

Open Mic with Mo

Saturdays at 9pm

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Guitarist Sean Ashby

Friday August 11th

Kameleon Food & Drink

We are excited to host acclaimed guitarist Sean Ashby on his 2017 Twang and Slide tour. www.seanashby.com

Chances are, if you've had a radio on today you've heard his guitar playing. As one of North America's go-to guitarists, Sean Ashby has played and recorded with Sarah McLachlan, Delirium, Ginger (former Grapes Of Wrath), and many more. Ashby, is a singer/songwriter/guitarist/producer who released his debut album "Brass and Gold" on Black Sparrow/Universal in April of 2008.

Brass and Gold, Sean's first solo outing after 10 years as leader of the award winning band Jack Tripper, was an eclectic record which showcased an impressive musical palette. The album received favourable reviews in important Canadian publications such as Exclaim magazine and the Vancouver Province, and received airplay on college radio and across the country on CBC radio.

McLachlan's guitarist on the original Lilith Fair, as well as the Mirrorball and Afterglow albums, Ashby appeared with her on "Just Like You (Cats In The Cradle)" for D from Run DMC's solo CD. Also with Sarah, he received two 4 x platinum US discs and one diamond Canadian disc for studio and live CD's. He has appeared on the Grammy Awards twice, The Tonight Show with Jay Leno five times, SNL and David Letterman three times, as well as other major TV shows. Sean's guitar playing has appeared on CD's with sales in excess of 10 million copies worldwide... so far.

Dinner 6pm - show 7pm

suggested donation \$10 - \$15

Reservations strongly recommended

250.285.3282

At Your HBI

August 5th The Heriot Bay Inn's entire property is hosting a private event. Enjoy Heron's until noon, and the HBI Pub until 3pm, after which we will be closed to the public for this event. Thank you for your understanding.

Monday August 14th; The Wilds is led by singer/songwriters Holly Arntzen - vocals, dulcimer, piano, and Kevin Wright - vocals, percussion, sax. They mix up heart and soul with edge, serious issues with humour. The sound of The Wilds is Folk Pop to Rock Your World! 9:00pm. HBI Pub. No cover.

Wednesday August 23rd; Entangados has mixed clowning theatre with genres such as rock, cuarteto, música baltánica, reggae, cumbia, ska, folklore, and tango. Each show is a fiesta musical full of dancing, humour, happiness, and energy. Don't miss this high energy event! 9:00pm. HBI Pub. \$10.00

Karaoke party every Tuesday all summer long! Show off your talent, amaze your friends! Everybody has fun at Karaoke! HBI Pub. 9:00pm

Wednesdays is Classic Rock Bingo. Our own wonderful Melissa Yates is your host. Prizes for each game! 8:00pm. HBI Pub.

HBI Friday Night Bands... July 28th; Roadside Rattle - Indie Folk... Aug 4th; Duffy Live - Bring your dancing shoes!... Aug 11th; Blue Kats - Blues and R&B... Aug 18th; Go Dog Go - Beach Blanket Time Machine. Aug 25th; Queen Anne's Revenge - Quadra Style Rock... HBI Pub. 9PM. N/C

HBI Pub Saturdays Open Mic; Mo and the band are making music magic every Saturday!

Want to post a calendar listing? Lots of choices for getting it to the DI!

- Email: news@discoveryislands.ca
- Drop off your listing at Inspirations in the Cove
- Or you can leave it at our office, 701 Cape Mudge Road
- The mail works too! Box 280, Q Cove, BC V0P 1N0

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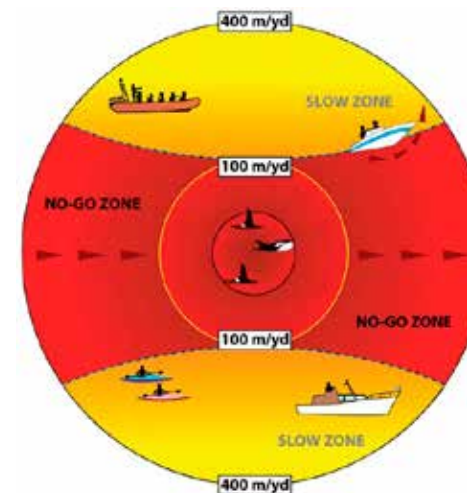
Be Whale Wise

You can help save our whales

British Columbia's killer whales are beloved and crucial members of our communities who compel and fascinate us. They are an integral part of the histories and cultures of the coast. As summer heats up, it's important to recognize how much danger they are in, the things we do that contribute to the problem, and what we can do to help.

British Columbia is home to many marine mammals including two unique sub-species of killer whales, the Southern and Northern Residents. The whales' home is located in one of the busiest shipping routes in the world. These waters see around 11,000 large vessels transiting each year, and countless smaller vessels. The Northern Resident Killer Whales, whose territory runs from northern Georgia Strait through Johnstone Strait, are listed as threatened. The Southern Resident Killer Whales, whose habitat goes from southern Georgia Strait through Juan de Fuca Strait, are listed as endangered.

Almost 10 per cent of the total number of Southern Residents died just last year, including a mother and calf who starved to death, a male who died from a vessel impact, and Granny, the world's oldest known orca. There are now only 78 left in existence.



Loss of food; toxins and pollution; and marine vessel traffic, contribute to the endangerment of resident killer whales, all of which are human-induced.

We can do much as individuals to reduce marine vessel traffic, which creates dangerous physical and acoustical disturbance.

Vessel traffic, from tankers to cruise ships to whale-watchers to private boats and kayaks, is hounding the whales to death, through noise and through proximity. Coastal BC's waterways are getting busier every year, with the waters around Victoria being the busiest whale-watching areas in the world.

Acoustical disturbance causes deafening noise that interferes with echolocation; physical disruption creates obstacles requiring valuable energy be expended for avoidance. Marine traffic distracts whales from critical activities like foraging, eating, breeding, and socializing. Noise created by motor boats disrupts their ability to hunt, communicate, and navigate. With increasing demands from commercial, tourism, and recreational sectors for access to the fragile habitat of these endangered animals, the crisis facing resident killer whales requires urgent intervention.

The good news is saving these whales is completely within our control. While an increase in large vessels is harmful, smaller boats cause the majority of disturbances.

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Quadra Circle News

"Summertime" is still here and our sponsored programs continue:

Caregivers Support Group: meets August 1st at the Community Centre.

Friendly Phone Calls/Friendly Visits: "Are you Lonely, Nervous or Isolated." Receive daily check-in calls from our volunteers, or a visit for support & connections with services on Quadra. This could include social visits to your home, provided by our trained counsellors. This is a free service. Call our office 285-2255. Wednesday, Thursday or Friday 11am – 3pm

Emotional Wellness: Take Care of Yourself. Do you need help with their emotional health? Assistance is available twice a month here on Quadra Is. For appointments with an Island Health Counsellor, at Quadra Island Medical &/or attend free Relaxation classes with Rebecca. Call 250-850-2620 or email Rebecca.Miller@viha.ca

Quadra Home Meals: If you're unable to cook, or are recovering from illness, injury or surgery, call us for assistance. Meals are prepared at food-cost by Gowlland Harbour Resort. The meals are ordered weekly, by noon on Saturday, & picked up at Quadra Circle Office 11:30 – noon on Wednesday. Or delivered upon request. Call Karen: 285-3064. You will be very pleased you did.

Transportation: Need A Ride to Social Events or Medical Appts? Call our Coordinators Diana & John, 250-285-3630. At least 24 hours notice is required to set up a driver, so please book ahead. This service is FREE

Seniors Activity Centre: We are at the **Legion in Heriot Bay on Mondays only.** From 9:30am - 3pm, Ping-Pong, Qi Gong, Social Drop-in, Light Lunch from Monday July 31st to August 28 **except the holiday Monday August 7.**

Foot Care: Do you wear sandals in the summer? Do you have difficulty doing your own toenails? Ahhhh... is the feeling of having your feet cared for by a Registered Foot Care Practitioner. If you receive GIS or MSP subsidy Quadra Circle can help you by subsidizing the cost of caring for your feet. You can sign up for a qualified LPN to come to your home and provide this very important service. Drop into our office 285-2255 Wed, Thurs, Friday 11am-3pm Stay mentally & physically healthy by having happy feet.

Friday Lunch at the Legion: We will resume the program in mid September so please look for the information in all the usual places in late August and early September. Enjoy your summer.

SMART Recovery Support group has been cancelled until early October. We plan to hold an information session sharing some of the tools and strategies used with facilitator Laura McLaren in the fall.

Helpful Information for Seniors of BC

(1) Community Living British Columbia-- email CLBCinfo@gov.bc.ca. or call toll free 1-877-660-2522-- They are located throughout B.C. & provide contacts in your region.

(2) Service B.C. can be reached toll free at 1-800-663-7867 Monday-Friday --They will assist with driver's license renewals and other info. They're located in larger cities in B.C..

(3) Service Canada is available toll free at 1-800-277-9974 If you require "Confirmation of Current Status (when you receive Guaranteed Income Supplement)-- for a possible discount at various Recreation Centres for public swimming, etc.--Contact the Recreation Centre nearest you.

(4) Low- income seniors may benefit from knowing about the following programs. Please note-- It is VERY IMPORTANT to file your taxes every year, as it will impact your ability to receive or continue receiving certain benefits.

(5) Guaranteed Income Supplement--(GIS) provides a monthly non-taxable benefit to low income Old Age Security (OAS) pension recipients living in Canada. To find out if you qualify--or confirm receipt of the GIS, please call Service Canada at 1-800-277-9914.

(6) Medical Services Plan (MSP) Premium Assistance. Low- income seniors in British Columbia qualify for assistance with MSP payments. If your annual income is less than \$42,000 and if you are paying \$75 per month for your MSP (or \$150 for a couple) then you may qualify for assistance.

If you paid the full premium for any or all of the last 6 years and your income was <\$30,000 you may be eligible for a refund.

(7) Shelter Aid for Elderly Renters (SAFER)--toll free 1-800-257-7756 Are you 60 or older? Do you pay rent or paid rent? Have you lived in B.C. for the last 12 months- Do you have a GROSS monthly income of \$ 2,223 (single) or \$2,423 (double)--if You answered YES to these questions, you may be eligible for SAFER, a rent subsidy program that provides monthly cash payments to subsidize rents for eligible seniors.

If you need more information please contact Ruth Amiabel for the above info or transportation --@ 250-285-3801 or cell ph. @ 250-895-9188--For membership contact elke Kelly @250-895-0258.

Quadra Singers Sweepstakes - Get your tickets to win unique island prizes!

Quadra's community choir is launching a major fundraising thanks to the gift of an extraordinary donation by island artists. Quadra Quilters have donated a queen-size quilt valued at \$1,700 to be a grand prize in a fundraising raffle for the community choir that kicks off July 29.

The mariner's compass quilt is more than two metres square (83 inches square, or approximately 49 square feet). It features nine blocks constructed with a paper piecing technique to ensure precision. More than 1,000 triangles border these blocks, and more than 850 triangles make up the outer border.

"The donation from Quadra Quilters is generous beyond words, and we're complementing this spectacular display of talent with a package of raffle prizes that represent unique and exceptional features of island life," says Debbie Quigg, who heads the fundraising committee.

Only 2,000 raffle tickets will be available, for \$2 each. Additional prizes include:

- Nimbus kayak paddle sponsored by Spirit of the West valued at \$220
- Half cord of seasoned firewood donated by Ford Cannon valued at \$125
- Case of wild sockeye salmon donated by Walcan valued at \$65

"We also want to thank our supporting sponsors, Dirty Girl Soap for selling raffle tickets at her market booth this summer, and Orca Dreams for a cash donation of \$250," says Quigg.

"Quadra Singers have been part of the island tapestry since 1990, and we've always worked hard to keep fees as low as possible while managing the larger costs of buying music and renting rehearsal and performance space. We have relied on Friends of Quadra Singers donations to help us stay in the black, and we hope this fundraising effort will ease the pressure on our supporters," Quigg adds.

"Funds raised will allow the choir to expand its music library, offer educational workshops and continue our bursary program to waive fees for people in need who love to sing."

A display of the prizes will be shown in the Quadra branch of the Coast Community Credit Union beginning July 25. Tickets will be available as of July 29 directly from choir members, at the Saturday market (thanks again, Dirty Girl Soap!) and at tables in both the Heriot Bay and Quathiaski Cove shopping centres throughout August.

Winning tickets will be drawn at 8:15 p.m. on Dec. 9, during intermission at the next Quadra Singers concert. Winners not in attendance will be contacted to pick up their prizes.

Interested in joining Quadra Singers? Mark your calendar for the first rehearsal at 6:45 p.m., Thursday, Sept. 14 at the Quadra Community Centre. All voices are welcome, and the ability to read music is not required. Bursaries and special family membership rates are available. Learn more about Quadra Singers on the choir's Facebook page. Or contact the choir by email (quadrasingers@gmail.com) or telephone (250-285-2393).



Quadra Island Outdoor Club Upcoming Events

Summer has definitely arrived. We have lots of destinations in the schedule that include swimming . In early August we have been invited to Savary Island for camping, hiking and kayaking. We are making arrangements for Doug Taylor to return to Quadra in September to demonstrate the advantages of Greenland paddles. In October we're expecting the return of Mushroom events!

Here are the upcoming trips:

1 Aug, Tuesday - hike at Forbidden Plateau plus Nymph Falls

7-9 Aug, Monday - Wednesday - camping, hiking and kayaking at Savary Island

16 Aug, Wednesday - hike to Nugedzi Lakes

8 Sept, Friday - introduction to Greenland paddles

For the details on (most of) these trips you can visit: <https://qioutdoorclub.org/trips/trip-schedule/schedule-summer-2017/>

Remember to contact the coordinators well in advance if you are interested in a trip and multi-day trips require extra notice.

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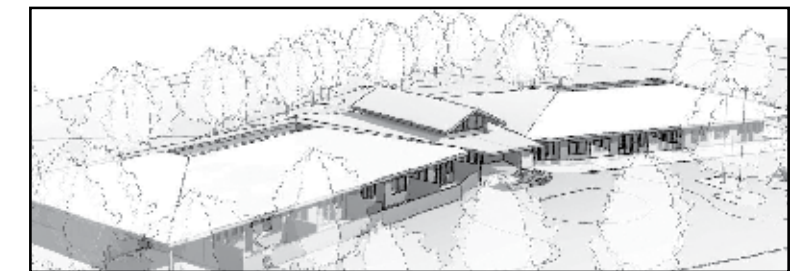
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Visit www.qishs.com to download a donation form or to donate on-line.

Mail: Quadra Island Seniors Housing Society, PO Box 535, Quathiaski Cove, BC, V0P 1N0.

Email: qishs535@gmail.com

*Tax receipts can be issued on request.

Heriot Bay Tides

DATE	TIME PST	m.	ft.
14 Friday	04:46	2.8	9.2
	09:32	3.8	12.5
	15:54	1.6	5.2
	23:06	4.8	15.7
29 Saturday	05:38	2.3	7.5
	11:06	3.6	11.8
	16:42	2.4	7.9
	23:29	4.6	15.1
30 Sunday	06:32	2.1	6.9
	12:33	3.6	11.8
	17:33	2.8	9.2
31 Monday	00:09	4.5	14.8
	07:29	1.9	6.2
	14:14	3.6	11.8
	18:37	3.1	10.2
01 Tuesday	00:52	4.3	14.1
	08:23	1.8	5.9
	15:44	3.8	12.5
	20:09	3.4	11.2
02 Wed.	01:36	4.2	13.8
	09:13	1.6	5.2
	16:50	4.1	13.5
	21:37	3.5	11.5
03 Thursday	02:21	4.2	13.8
	09:56	1.5	4.9
	17:38	4.3	14.1
	22:42	3.6	11.8
04 Friday	03:04	4.1	13.5
	10:35	1.3	4.3
	18:17	4.4	14.4
	23:31	3.6	11.8
05 Saturday	03:47	4.2	13.8
	11:11	1.2	3.9
	18:49	4.5	14.8
06 Sunday	00:08	3.5	11.5
	04:31	4.2	13.8
	11:46	1.1	3.6
	19:17	4.6	15.1
07 Monday	00:41	3.4	11.2
	05:16	4.2	13.8
	12:20	1.1	3.6
	19:43	4.7	15.4
08 Tuesday	01:13	3.3	10.8
	06:03	4.3	14.1
	12:55	1.1	3.6
	20:11	4.8	15.7
09 Wed.	01:48	3.1	10.2
	06:50	4.3	14.1
	13:31	1.2	3.9
	20:40	4.8	15.7
10 Thursday	02:28	2.9	9.5
	07:40	4.2	13.8
	14:10	1.3	4.3
	21:10	4.8	15.7
11 Friday	03:12	2.6	8.5
	08:32	4.2	13.8
	14:50	1.6	5.2
	21:43	4.8	15.7

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Notices/Events

MARK YOUR CALENDARS

Fri. Night "Nine and Dine", a Social Evening, \$12 plus applicable green fees for golf and dinner. Bevvies available. Rod Clark Tournament, a Quadra Exclusive, August 19th, Early Bird registration before August 1 includes Prize Draw 250-285-2811.

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