

ISSUE 663

OCTOBER 13, 2017 • CELEBRATING 25 YEARS OF SERVICE

# discovery

I S L A N D E R



Migrating Snow Geese - no truer sign of fall...

# OPENING OCTOBER 16TH

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## ISLAND FORUM

### Newly Installed Evans Bay Wharf

Now that the deed is done, the handsome new floats, substantial pilings and a wider, longer new ramp are welcomed and appreciated improvements, long awaited by the users of the Heritage Era multiple recycled float, and closer to seven years than two to completion, but that is part of the story, how do you keep interest and the project proceed when there is so much bureaucratic headwind to deal with, just to keep up on each and every level, long delays, blah blah blah.... every meeting is a trip to Quadra or Campbell River, things change, nobody knows for sure, elections mean a re-start, administrators come and go, a restart, everybody wants our community input which is then ignored.

Well the long and short of it is that I am unabashedly tooting the horn for Jim Abram, our Regional Director, for the perseverance

and dogged determination that we could not supply ourselves, we were always playing catch-up and never catching up. I think that without Jim's intervention it would have choked to death on it's own minutia...we may have actually gotten something very close to what was needed. and promised.

So thanks again Jim, you really carried the ball a few times when we had dis-pared.

Richard Gillmore  
Read Island

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

- Email: [news@discoveryislands.ca](mailto: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

## Cortes Radio



## New Listing



Arbutus and Cedar trees, mossy bluffs and cool forests are some of the features of this lovely 5 acre property located minutes from Main Lake Provincial Park and the Breton Islands. You will love the extremely private beach that is just minutes walk through crown land. The property has a deep drilled-well, shared driveway to the boundary. Whether you are looking to build your dream home or have your own recreational paradise this property is worth a look!!

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## Ferry Schedule

### Leave Campbell River

Mon-Fri	Sat-Sun
6:40 am	
7:30 am	7:30 am
8:30 am	†8:20 am
9:30 am	9:20 am
**10:30 am	10:15 am
11:30 am	11:15 am
12:30 pm	12:15 pm
1:30 pm	1:15 pm
2:30 pm	2:15 pm
3:30 pm	3:30 pm
4:30 pm	4:30 pm
5:25 pm	5:25 pm
6:15 pm	6:15 pm
7:30 pm	7:30 pm
8:30 pm	8:30 pm
9:45 pm	9:45 pm
*10:45 pm	†10:45 pm

### Leave Quathiaski Cove

Mon-Fri	Sat-Sun
6:20 am	
7:05 am	7:05 am
8:00 am	†7:55 am
9:00 am	8:55 am
10:00 am	9:50 am
11:00 am	10:45 am
12:00 pm	11:45 am
1:00 pm	12:45 pm
2:05 pm	1:45 pm
3:00 pm	3:00 pm
**4:00 pm	4:00 pm
5:00 pm	5:00 pm
5:50 pm	5:50 pm
7:00 pm	7:00 pm
8:00 pm	8:00 pm
9:15 pm	9:15 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.

# THE ISLAND CALENDAR

## Day to Day

### Friday, October 13

- Friday Flicks presents 'Their Finest' 7:45pm QCC
- Live Music w/ Centrepiece, HBI Pub 9pm N/C

### Saturday, October 14

- Giant Plant Sale 11am at QCC
- Fall into Winter dinner for Quadra Children's Centre, Heron's at HBI. \$55, 285-3322 to reserve

### Monday, October 16

- Garden Club presents 'Garlic 101' with Master Gardener Arzeena Hamir, 7pm at QCC
- Steph Cameron at HBI Pub, 8pm n/c

### Wednesday, October 18

- Opening Celebration, Evans Bay Wharf, 2-3pm

### Friday, October 20

- Sierra Quadra - Joe Foy 'Toad People' 7pm Q.C.C.
- Live Music w/ Go Dog Go, HBI Pub 9pm N/C

### Saturday, October 21

- Cultural Event - Sweet Scarlet 7:30pm Q.C.C.

### Wednesday, October 25

- Casey Ryder w/ Nick Mentenko 6pm at Kameleon

### Friday, October 27

- Deadline for registration CR Art Gallery Market
- Friday Flicks presents 'Rumble' 7:45pm QCC

### Saturday, October 28

- Halloween with Bonafide- HBI Pub 9pm \$10

## The Regulars

### MONDAY

AA, Big Book Study, 7pm Quadra United Church  
Badminton, Cape Mudge Gym, 7:30 pm Drop-ins \$2

### TUESDAY

Al-Anon Meeting, Quadra Children's Centre, 7:30pm  
Folkdancing, QCC, 7:30-9:30 pm, 285.3849.

### 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 pm Upper Realm, Q Cove

### THURSDAY

Badminton, Cape Mudge Gym, 7:30 pm Drop-ins \$2

### 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 am, Upper Realm, Q Cove  
Family Service, Quadra Island Bible Church, 10:30am  
Quadra Sunday Painters, 11am-2pm, 285.3390  
Quadra Island United Church, 11am service, 285.3163

# What's Happening at the Quadra Island Community Centre

## OCT 13TH - OCT 27TH

**FRIDAY:** 8:30 Fitness w/Jeannie; Spinners & Knitters; 10:30 Friday Painters; 7:45 Friday Flicks presents: Their Finest

**SATURDAY:** 10:00- 1:00 Island Theatre Kids; 1:10 -2:00 ITK Early Stages; 11:00 Fall Plant Sale; 2:00 Wild Mushroom Festival

**SUNDAY:** 9:00 Wild Mushroom Festival

## THIS WEEK (OCT 16- 20TH)

**MONDAY:** 8:30 Fitness w/Jeannie; 10:00 Parents & Tots; 10:00 Yoga with Josephine; 1:00 Sing for Pure Joy; 1:30 Caregivers Support Group; 3:00 Kids Dance w/Noelle 4:00 Chess; 7:00 Understanding Shakespeare; Garden Club

**TUESDAY:** 9:00 Yoga with Brenda; 10:00 Parkinson's Support Group; Quadra Circle 5:00 Yoga w/ Trinity; 5:30 Zumba; 6:30 Bootcamp; 7:00 Folk Dance

**WEDNESDAY:** 8:30 Body Sculpt w/Marion; 9:30 Yoga w/Trinity; 11:00 Moms & Babies; 12: Community Kitchen Lunch; 12:00 Nurse Practitioner Outreach Clinic; 2:00 Watercolour w/Perry;

**THURSDAY:** 9:00 Yoga with Brenda; 10:00 Parents and Tots & Parents & Tots Yoga; 5:00 Yoga w/ Trinity; 6:45 Quadra Singers 7:00 Life Drawing

**FRIDAY:** 8:30 Fitness w/Jeannie; Spinners & Knitters; 10:30 Friday Painters 7:00 Sierra Quadra

## NEXT WEEK: (OCT 21-27)

**SATURDAY:** 10:00 -2:00 Winter Community Market; 7:30 Sweet Scarlet

**SUNDAY:** 9:00 Somatics Yoga; 11:30 Watercolour/w Perry

**MONDAY:** 8:30 Fitness w/Jeannie; 10:00 Parents & Tots; 10:00 Yoga with Josephine; 1:00 Sing for Pure Joy; 3:00 Kids Dance; 4:00 Chess; 7:00 Understanding Shakespear

**TUESDAY:** 9:00 Yoga with Brenda; 9:00 Quadra Quilters; 11:00 Quadra Circle 5:00 Yoga w/ Trinity; 5:30 Zumba; 6:30 Bootcamp; 7:00 Folk Dance

**WEDNESDAY:** 8:30 Body Sculpt w/Marion; 9:30 Yoga w/Trinity; 11:00 Moms & Babies; 12: Community Kitchen Lunch; 12:00 Nurse Practitioner Outreach Clinic; 2:00 Watercolour w/Perry;

**THURSDAY:** 9:00 Yoga with Brenda; 10:00 Parents and Tots & Parents & Tots Yoga; 5:00 Yoga w/ Trinity; 6:45 Quadra Singers; 7:00 Life Drawing

**FRIDAY:** 8:30 Fitness w/Jeannie; 10:00 Spinners & Knitters; 10:30 Friday Painters; 7:45 Friday Flicks presents: Rumble

**NEXT DI DEADLINE: Monday, October 23 @ 7pm**



# WINTER IS COMING






**Store Hours:** Mon-Fri 8-5, Sat 9-5, Sun 10-4  
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Publisher Philip Stone

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deadlines are online:  
[www.discoveryislander.ca](http://www.discoveryislander.ca)

### CONTACT US

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**hours** Monday - Thursday  
10am to 4pm

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

### SUBMISSION GUIDELINES

We welcome items for publica-  
tion 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

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suggested: \$30 per calendar year  
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[www.DiscoveryIslander.ca](http://www.DiscoveryIslander.ca)

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### NEXT DEADLINE

**7pm on Monday, Oct. 23**  
for publication on  
Friday, Oct. 27, 2017

## COMMUNITY NEWS & EVENTS

### Artisans Take Note!

Apply by October 27 to  
participate in the Annual Artisan  
Market!

The Campbell River Art Gallery  
is seeking artisans who would  
like to have their work for sale  
in the annual Artisan Market,  
taking place this year from  
November 18 to December 24.  
During the Market, the Gallery's  
entire exhibition space will  
be transformed into a festive  
boutique, featuring unique  
handmade crafts and art created  
by regional artists and artisans.  
The pieces sell on a consignment  
basis.

All displays, inventory control,  
sales and promotion are taken  
care of by Gallery staff and  
volunteers. Entry into the Market  
is juried and entry forms are  
available at the Gallery, which is  
open from 12 - 5 p.m. Tuesday to  
Saturday. **Call 250-287-2261 for  
information. Entries are due by  
October 27.**



*Inspirations*

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[www.quadraislandcycle.com](http://www.quadraislandcycle.com)

### Thanks Quadra!

A heartfelt thank you to  
the Quadra Community for  
welcoming the 'Thirsty Scholars'  
to fantastic performance  
opportunities while on tour.  
Music is the automaton for  
authentic connectivity. The  
space felt from one note to the  
next, from country to country,  
from island to mainland should  
be something traversed often  
through artistic creation.  
Music is a powerful force for  
this. Community soup meal  
traditions are too! In sharing  
uniquely distinct soundscapes and  
melodies vibrant creative depth  
is achieved. It is through lovely  
families hosting concerts to curate  
music appreciation that posterity  
will succeed. It is through entities  
such as the Heriot Bay Inn and  
their gracious staff. Through  
excellent coffee shops like Cafe  
Aroma. Your community has  
much to share in the realm of  
kindness and beauty through  
honestly reflecting excellence to  
an ever broadening society. You  
choose to infill posterity with  
respect and a long held tradition  
to authentically care for others  
and the land itself. Daniel Macke  
and myself as music collaborators  
are indebted to your authentic  
care towards us. It inspires  
the music you heard and the  
music yet to be heard. Let your  
community perpetuate beauty  
and until we meet again, we will  
be listening to the space between.  
Marina Gittins

### Fall into Winter...

#### Quadra Children's Centre Fundraiser

Islanders have many events  
which with to mark the shifting  
seasons; a classic is the Quadra  
Children's Centre "Fall into  
Winter" fundraising evening.  
This year's event is stacked with  
talent: The Thieven Brothers,  
Duffy Frank and Dave Tolley are  
all performing, and a tasty two  
course dinner in Herons is also  
included in the ticket price. As  
well, there's a silent auction with  
quality goods on offer.

The Fall into Winter event is  
Saturday October 14 in Herons  
at the Heriot Bay Inn. Fall into  
Winter is traditionally a charming  
evening of quality food, quality  
art and excellent music; this  
fundraising evening supports  
island children through high  
quality childcare. "It's because  
of Quadra's support that the  
Children's Centre continues to  
be a beacon of quality childcare"  
stated Sarah Richardson, former  
board member.

Tickets for this great evening are  
\$55; 36% of ticket goes directly to  
the Children's Centre. Call the Inn  
to reserve seats: 250.285.3322.



### Dr. Anita Komonski, ND, CHt

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[drkomonski.com](http://drkomonski.com)



## Folk dancing with Marcia Wolter

Join us Tuesday nights from 7:30–9:30 for international folk dancing at QCC. Exercise your body and mind, and learn some of the traditional dances from many cultures around the world. No partner is necessary for the mostly line and circle dances, which are all taught beforehand. \$65 for September 19 to December 19 (except Hallowe'en) or \$7 drop-in. For more info call Marcia Wolter at 250.285.3849.

## Giant Plant Sale

The Garden Club's Fall plant sale takes place Saturday October 14th at the Community Centre. The sale begins at 11:00 (no early birds please) - enter by the main doors. If you have plants to donate please bring them to the main hall side door between 9 and 10:30 am on October 14th. Plants may be left earlier, outside the main door (out of the way). Pot up or wrap in newspaper, and label the plants with a Latin or a common name. Prices at the sale are \$1 to \$3 per plant – a real bargain. Local gardeners, will be available to give you advice. Coffee, tea and goodies will be for sale in the kitchen. This time of year is great for transplanting perennials and shrubs.

## Parkinson's Support Group

If you or a friend have Parkinson's disease, you can come to our local monthly support group meetings. It's a small friendly group and our next meeting is at 10 am in the downstairs seminar room at the Quadra Community Centre on Tuesday, September 19th.

The Community Kitchen Lunch on Wednesdays at QCC is in full swing! Everyone is welcome and admission is by donation. Want to get involved? Dessert makers, prep cooks, soup chefs, buyers, set up and take down crews are needed and much appreciated. Call the Community Centre at 285.3243 for more info. You can also buy the Community Kitchen Cookbook and enjoy our soups at home, with all profits going towards fundraising initiatives.

## Buddhist Meditation

Come join us for a 45 minute silent meditation every Sunday at 10 a.m. at Spirit Books in Q. Cove. Every one is welcome to experience the beauty of this simple practice. Free or by donation. Call Steve or Danielle at 285-3323 for more info.

## Free Money

Free Money starts up again on Wednesday, November 1 just before Community Lunch from 11:30 a.m. to Noon in the small seminar room downstairs at the Quadra Community Centre. Single individuals receive \$10 and families receive \$20 inside a book of their choice. The program is available on the first Wednesday of each month from November to April (except January when the Community Lunch starts up again on January 10). This 10 year old program could not exist without the generous support of Quadra Islanders. We need over \$3,000 to carry out program. Please donate to the Free Money account at our local Quadra Credit Union. Every cent goes to those in need. For more info call Steve Moore at 285-3323

## Harbourside Medical Clinic FLU SHOT CLINIC

Saturday, Oct. 21st and Saturday, Nov. 4th, All patients of any clinic  
Call 250-285-2265 to book an appointment to reserve your flu shot  
Seasonal influenza is a serious, infectious and contagious respiratory illness. You can spread the flu 24 hours before showing any symptoms, and five to seven days after symptoms begin. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Getting immunized is one of the best ways to protect against the flu.

**Flu season** typically runs as early as October and as late as May.

How long does the flu shot last? The flu shot lasts one full flu season. Should I get the flu shot if I never get sick? Some lucky people get the flu and don't even know they have it. They can still pass it on to others. We give the flu shot to younger, healthy people so that they will not be able to infect young babies and the elderly.

Is the flu shot safe for pregnant woman? Absolutely, the flu can be dangerous to expecting mothers but the flu shot is safe.

Do I have to have the flu shot? Receiving the flu shot is a personal choice every person has to make on behalf of themselves and those around them, especially the young and the elderly.

How much does the flu shot cost? The flu shot is free to Canadian citizens.

Who should not get the flu shot? If you have an allergy to eggs you should talk to your doctor before receiving the flu vaccine.

**TRUNK OR TREAT**

**QUADRA ISLAND COMMUNITY CENTRE**  
**HALLOWEEN FUN NIGHT**  
**OCTOBER 31, 2017**

**FEEL LIKE YOU'RE ALWAYS MISSING OUT ON GIVING OUT TREATS AND TRICKS ON HALLOWEEN?**

**BRING YOUR BEST DRESSED TRUNK OR TRUCK FILLED WITH CANDY TO THE COMMUNITY CENTRE FROM 630-830 ON HALLOWEEN .**

**\*GROWN-UPS PLEASE ARRIVE 30 EARLY FOR PARKING ALLOCATION AND SET-UP. BYOC**

**\*GOOGLE "TRUNK OR TREATING" IF YOU'VE NEVER HEARD ABOUT IT AND SEE SOME SUPER COOL IDEAS!**

**\*TROPHY FOR BEST DECORATED MODE OF TRANSPORTATION!**

**A FUN AND SAFE WAY FOR ALL TO PARTICIPATE IN THE FESTIVITIES**

# Friday Flicks

presents new films every two weeks. Movies at Quadra Community Centre begin at 7:45. Come early to enjoy a delicious snack or hot beverage.



## October 13

### Their Finest

UK, 2016 English Director: Lone Scherfig

Based on the novel *Their Finest Hour* and a *Half* by Lissa Evans, the film pops with witty banter and flows with lovely period detail. The characters are uniformly textured and the performances nuanced. Nighy is perfectly cast in his endearingly withering role, and Jeremy Irons turns up for a welcome cameo. However, Arterton ultimately steals the show, bringing subtlety, intelligence, and a range of beautifully gauged emotions to Catrin, whose path to self-renewal is an inspiring example of a talented woman forging her place in the world.

"Their Finest is the sort of crowd-pleaser that knows the difference between satisfying its viewers and flattering them, all the while showcasing surprising performances from Gemma Arterton and Sam Claflin, and an entirely unsurprising one from Bill Nighy — a

master scene-stealer pulling off yet another brazen heist."

—Andrew Barker, Variety

## October 27

### Rumble: The Indians Who Rocked the World

Canada, 2017 English, Directors: Catherine Bainbridge, Alfonso Maiorana

With: Robbie Robertson, Buffy Sainte-Marie, Martin Scorsese, George Clinton

Winner of the Rogers Audience Award for Best Canadian Documentary at the 2017 Hot Docs Film Festival, *Rumble: The Indians Who Rocked the World* tells the fascinating and largely hidden history of Indigenous influence on, and contribution to, popular music of the last century. Primarily focused on rock 'n' roll, blues, and jazz, *Rumble* gets its title from the infamous

Link Wray instrumental hit of 1958 — a song so powerful in its musicality and so emotionally resonant that it was banned from radio play despite not having a single lyric.

"The influence of Native Americans on nearly a century of popular music is eloquently demonstrated in this engaging documentary."

— Justin Lowe, The Hollywood Reporter

## Fall into Winter with the Quadra Children's Centre fundraiser at Heron's

Islanders have many events which with to mark the shifting seasons; a classic is the Quadra Children's Centre 'Fall into Winter' fundraising evening. This year's event is stacked with talent: the Thieven Brothers, Duffy Frank and Dave Tolley are all performing, and a tasty two course dinner in Herons is also included in the ticket price. As well, there's a silent auction with quality goods on offer.

The Fall into Winter event is Saturday October 14 in Herons at the Heriot Bay Inn. Fall into Winter is traditionally a charming evening of quality food, quality art and excellent music; this fundraising evening supports island children through high quality childcare. "It's because of Quadra's support that the Children's Centre continues to be a beacon of quality childcare," stated Sarah Richardson, former board member.

Tickets for this great evening are \$55 — and 36% of the ticket price goes directly to the Children's Centre. Call the Inn to reserve seats: 250.285.3322.

## Advanced Directives and Hospital Admission

### MOST: Medical Orders for Scope of Treatment

Wednesday, Oct. 18th, 1-2pm

Quadra Island Community Centre, Room 1

The province of BC along with island health is advocating for the use of new forms that go along with an Advanced Directive. Called medical orders for scope of treatment (MOST), this one page document will become part of the electronic medical record at the hospital and with BC ambulance. It is meant as a guideline to assist with individual wishes. It is particularly useful for the frail elderly or those living with life threatening chronic illnesses, and may have specific instructions for care. The info you fill out in the MOST form, should follow with your wishes for end of life care as expressed in your advanced care directive and in discussion with your physician, family and friends.

Please join Betty Doak and Pat Peterson for this informative session. Questions welcomed.

## Quadra Island United Church

### Sunday Services

11am on the 1st, 2nd and 4th Sunday of every month

### Evening Service

7:30pm on the 3rd Sunday of every month

### Choir

Wednesdays at 7:45pm

### Program for Children and Youth

We also provide assistance with Baptisms  
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Call 250 285 3163  
for more information



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7:30 a.m. to 6:00 p.m.  
Monday to Friday

**250-285-3511**

Please inquire about government subsidies

## Quadra Island Outdoor Club Upcoming Events

There are only a few hikes left in the "summer" schedule. We're looking forward to the Mushroom Festival, which is returning after a hiatus of several years. Dr. Shannon Berch will again provide her insights regarding mushrooms. There will be mushroom appies, a talk by Dr. Berch, collecting forays and an identification workshop.

Here are the upcoming trips:

13-15 Oct, Fri-Sun - Wild Mushroom Festival

25 Oct, Wed - hike to Stramberg old growth grove

1 Nov, Wed - hike an alternate Morte Lake Loop

12 Nov, Sunday - Winter Planning meeting  
Please bring all your ideas for winter trips to the winter planning meeting. This will be held in room 3 at the Community Centre at 3:00 on Sunday November 12th. We will be planning hikes, snow trips and maybe multi-day trips off Quadra. Everyone is welcome.

For the details on 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.

## Hand Drum Jam

Come join us for a hand drum jam every Wednesday at 7:30 p.m. in Spirit Books in the Upper Realm at Q. Cove. If you don't have a drum, we can provide one for you. Believe it or not, you can get a natural high from drumming in circle. The drop in fee is only \$5 but first timers are free. Call Steve at 285-3323 for more info.

## Winter Market at QCC

Display and sell your creations, your garden's bounty, promote your business, or have a flea market table! Support and enjoy our local artisans who offer baking, preserves, produce, soaps, art, warm woolens, hand made children's clothing, flea market finds and everything in between. Lots of great gift ideas! Audrey will be in the kitchen serving up her great brunches as well as seasonal soups for lunch.

**2017 Dates** Saturdays, Oct 7 & 21, Nov 4, Dec 2 & 16

**Market hours:** 10am-2pm • Set up 8am, first-come basis. Tables \$10 each.

**More info?** Email [quadraislandmarket@gmail.com](mailto:quadraislandmarket@gmail.com); call Michele 250.285.3747; Stella 250.285.3184.

**Christmas Craft Fair, QCC:** Nov 24 & 25.  
Table bookings Saturday Sep 30, 8am-2pm. Call Michele 250.285.3747.

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Call for more information  
**778-418-2288**





Sierra Quadra is thrilled to bring ( after many years of trying )Joe Foy who is the National Campaign Director for the Wilderness Committee to our island. Joe has been an outspoken advocate for the protection of wilderness and wildlife for over 30 years. Joe will be screening the film Toad People, a heart warming story of every day British Columbians doing what they can to protect wildlife at risk, including of course - toads. The film produced by the Wilderness Committee is 75 minutes long and will be followed by a Q&A discussion of endangered species issues in BC.



The western toads cover the road like a black carpet of jumping beans during the summer when they make their annual migration from wetlands to their forest homes. Capturing their perilous journey, and documenting the people working to help save them was vital for us in showing how species at risk in BC need robust protection.

We collaborated with co-directors Isabelle Groc and Mike McKinlay to produce this beautiful visual experience. Accompanied by renowned composer Mark Lazeski's atmospheric original score, the film is a cinematic treat for viewers like you.

People living in BC know we have remarkable wildlife – no other province boasts killer

whales, grizzly bears, barn owls and badgers – but many people don't realize that BC does not have provincial endangered species legislation.

With a new provincial government in Victoria, now is the time to change that. Both the BC Greens and NDP tabled legislation under the previous government to protect species at risk. Now, the NDP are mandated to make it a reality!

That's why the Toad People film screening is also a call to action. Every audience member is asked to return home and contact their MLA with a request to support a strong stand-alone endangered species law for BC as soon as possible.

We are all Toad People – and together we can get endangered species law for BC's wild nature.

So we hope you'll join SIERRA QUADRA on October 20th for the premiere of Toad People on Quadra Island,

**Where:** The Quadra Community Centre

**When:** Friday October 20th at 7.30pm. Doors open at 7pm for refreshments. By donation

## New to Quadra?

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

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## Whale Presentation Follow Up

Hello to ALL who were at the Humpback Whale presentation on Quadra,

Thank you so very much for the great interest and support. Please know how heartening and motivating it is for us to have this response and sense of community.

We have two follow-up points and some links that may be of interest.

1) How to Save a Whale: We have now launched the updated animation I shared at the presentation. We would so value if you could share it in your circles. The intent is that this goes far and wide to reduce risks to whales AND boaters.

It is at the following two links:

- Facebook: <https://www.facebook.com/mersocietybc/videos/1590832364301369/>

- Blog: [www.HowToSaveAWhale.org](http://www.HowToSaveAWhale.org)

2) Post-presentation survey: Thank you for providing you email address for the follow-up survey. Your feedback will allow us to evaluate the presentation and help us report to funders. It really should only take 5 minutes!

- The survey link is [www.surveymonkey.com/r/LRGZ8HP](http://www.surveymonkey.com/r/LRGZ8HP) and it would be valued if you could complete the survey before October 9th.

- All feedback is welcome and ooooh - you could win a Humpback Whale sponsorship for taking the effort to do the survey!

Some were asking about our upcoming fund-raising whale-watching trips (September 30th from Cowichan and October 7th from Telegraph Cove). These offer an opportunity for MERS researchers to share our work directly with you, and for you to see and learn from the astounding beauty of this coast. :) Further details are at [tps://mersociety.wordpress.com/2017/09/16/whales-researchers-you-join-us/](https://mersociety.wordpress.com/2017/09/16/whales-researchers-you-join-us/)

Below I have included further links that may be of use to you.

- If you need any further follow-up information, please don't hesitate to ask.

And again - thank you!

Very best wishes,

Jackie Hildering  
Researcher and Education Director  
Marine Education and Research Society  
[www.mersociety.org](http://www.mersociety.org)



## Theatre Quadra's Cinderella Pumpkin Challenge

**Sunday October 22, 12 to 12:30 at Quadra Community Centre**

Do you have a super large pumpkin growing in your Garden? If so, you can enter it in a competition to have it play a key, on-stage role in Theatre Quadra's production of Cinderella.

And if your pumpkin wins, not only will it be in the play but you'll also receive two tickets to the show on a date of your choice. The fun-filled pantomime will run on Friday and Saturday evenings, November 17th and 18th plus a matinee on Sunday the 19th.

Please bring your pumpkin to the Community Centre between 12 and 12:30 on Sunday October 22nd. The judges will be on hand to collect and measure your pumpkins. The winning pumpkin will be chosen based on size (circumference and height) not weight and will be announced that same day at 1 pm.

The competition will be judged by local farm owner, a Garden Club representative and a TQ member.

For more information contact: theatrequadra@gmail.com



## Learn how to grow your best garlic ever!

**Garlic 101 with Arzeena Hamir, presented by the Quadra Island Garden Club**

Master Gardener Arzeena Hamir will teach Quadra Islanders how to grow our best garlic ever. Arzeena will present her popular 'Garlic 101' talk and slide show at the monthly Garden Club meeting at Quadra Community Centre on Monday, October 16 at 7pm. Everyone is welcome.

"Garlic grows extremely well in our region," affirms Arzeena. "Learn how to plant, fertilize, and grow large garlic cloves that will feed your garlic cravings for the year."

Arzeena has been growing garlic for over ten years and hosts an annual Garlic Festival. Along with all the important details related to timing of planting, feeding and harvesting, Arzeena will also provide a list of resources she recommends.

### About Arzeena

Arzeena Hamir is a farmer and agronomist from the Comox Valley. She earned her Bachelor's degree in Crop Science from the University of Guelph and her Master's degree in Sustainable Agriculture from the University of London, England. Arzeena worked abroad for many years as a CUSO volunteer in Thailand and as a researcher in Jamaica, India, and Bangladesh. She was the staff agrologist for West Coast Seeds in the late 90s and ran her own seed company, Terra Viva Organics. From 2008 to 2012 Arzeena was the Coordinator of the Richmond Food Security Society where she oversaw a number of community projects which included a proposal to the City of Richmond to declare itself a GMO-Free Zone. In 2015, Arzeena was one of the founding members of Merville Organics Growers Cooperative, a marketing

co-operative based in the Comox Valley. Merville Organics operates a 120-share CSA and sells through through farmers markets. She is owner/operator of Amara Farms in Courtenay, BC.

### Life without garlic?

It's nearly impossible to imagine because garlic is one of the most beloved vegetables in the culinary arts. Yes, garlic is a vegetable. It's a member of the lily family, a cousin to onions, shallots, and leeks. Not only is garlic an essential ingredient in all international and ethnic cuisines, it is also revered worldwide for its medicinal value. Garlic supports heart health by reducing cholesterol, stimulating circulation, and improving arterial blood flow. As an immune supporter, garlic has been used traditionally to combat all kinds of nasty infections. Best of all, it's easy to grow and right about now is one of the best times to plant it.

– Lucretia Schanfarber, Garden Club President

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**H**appy belated Thanksgiving to everyone! I hope you were able to share some time with your loved ones, family and friends!

This could be a long report, but I will try and keep it as short as I can.

## Surge Narrows AGM

I attended the Surge Narrows Community Association Annual General Meeting on Friday Oct. 6th., at the Surge Narrows "bunkhouse" (comes from the days of the teacher living there so as to teach full time at the school, I believe). About 50 people attended and dealt with all of the usual type of business that one finds at an AGM but since I was there, the discussion broadened considerably to take in just about anything and everything. It was wonderful to talk to old friends and lots of newcomers to the area (the outer islands). Some really good feedback was shared with me on many issues and all of the needs of the community for the near future were conveyed to me. I came away with a huge list of things that need doing and left them with a list of projects that I already have underway on their behalf. So, all in all, a very productive full day with a beautiful country style luncheon of home made foods provided by volunteers.

## Evans Bay Wharf

As I have talked about for far too long in previous issues concerning the construction of the wharf and the wranglings over getting it in place, I can now announce that it is complete and in use and we will have a grand opening on Oct. 18th at the wharf. Everyone is invited! We will have a cake to celebrate and Regional District staff will attend with me to help cut the ribbon!

## Mt. Seymour Recreation Area

I had a wonderful response from Chief Brian Assu in answer to my last emails asking for a meeting to consult with him and his Council on the concept of a recreation area that would be beneficial to all of us. We are in the process of picking a date in the next week to discuss the details of the concept and I am looking forward to agreement from the Chief to participate in this as a joint venture. I assured him right from the start that we would not proceed prior to consultation with him and we are now at that stage.

## Water lease at Surge Narrows

The lease that has been in place for many years immediately adjacent to the Surge Narrows Wharf is now suspended and I am working with the Ministry responsible to secure it for community purposes. This would give us much needed space at the current facility and also retain the historic Surge Narrows Store, which has been closed for a number of years now. It is the last historic building on Read Island and worth saving. I will be working with the Ministries and Ministers to secure it as a free crown grant for community purposes. This is consistent with my and the community's vision to keep road ends and wharves in public hands and insure that the use and enjoyment of the public continues.

## Union of BC Municipalities Conference

I returned last week from six days (plus travel) of intensive meetings in Vancouver at the Annual Convention of all local governments in BC. Over 2,000 delegates attended and most of the Government Ministers and ministry staff including the Premier and Andrew Weaver. Many of the Liberal critics were also present to hear our concerns. It was absolutely exhausting getting up at 5:00 or 5:30 am and going until after 10:00 pm daily. My days were filled with meetings with Ministers, their staff, the UBCM scheduled sessions and my duties as a UBCM Executive member. I chaired portions of three days of Resolution sessions where the work of UBCM gets done setting policy for the Executive for the following year. The evenings were supposedly social but were as political as it gets as they gave an opportunity to chat with Ministers one on one and network with colleagues from all over the province on issues of mutual concern.

Officially I met with the Minister of Citizen Services regarding our application to connect to the highest level of internet service. I am bursting at the seams to be able to tell you the details by the end of the month. That is when we will hear the outcome of the meeting and our application. It looks really good! (I can say that much without jinxing it, I think).

I had a great meeting with the Minister of Education regarding our application to acquire two unused school properties, one on Stuart Island and one on Quadra. It was a great meeting and he told me to just get the

paperwork to him (which staff are working on) and he will sign it off! Was I pleased? This was great news since I have been working on this project for probably 10 years.

My SRD colleagues filled in for me in meeting with the Minister of Jobs, Trade and Technology since I had to be on stage chairing the Resolutions session. This was to try and secure more funding for the Island Coastal Economic Trust fund so we can apply for more projects in the coming years. I am told he was very supportive so that means more money for whatever we deem to be "economic development" in future applications.

I had the pleasure of meeting with Selina Robinson, the Minister of Municipal Affairs and Housing (our Minister for Local Government) to also talk about sponsoring the free crown grant for the two school properties, which is a step we have to take to get it for free. I also had the pleasure of talking with her at our pre-convention Executive dinner and at other social functions. She is a very personable and capable woman and a previous local government representative. She is willing to sponsor the leases! This is great news as the worth of the two properties would be around a million dollars at market value.

I also met with the Minister of Indigenous Relations and Reconciliation regarding working with the We Wai Kai on service agreements in the future and on the Mt. Seymour proposed Recreation Area, as they will be an integral part. He is more than willing to support anything that will bring us closer together as indigenous and non-indigenous people living as neighbours on the same island.

The icing on the cake was to have the Premier single me out during his speech at the Association of Vancouver Island and Coastal Communities luncheon congratulating me on my work on the never-ending Ferry file! It was great with cheers all around! Very humbling to say the least.

So I guess you have figured it out by now that it was a very successful Convention and was well worth the energy expended on your behalf. I think we are going to see some great things happen in the next one or two years in our area.

I was also very pleased to see new synergies develop between members of our Board and

our staff with Area C (me)... We had two senior staff in attendance which is a first for us and it was great for them to see what we, as politicians do and how they can support us in our work.

(Like I said earlier, I am going to try and keep this short!)

## Golf Course Outcome

The meeting on October 11th dealt with the recommendations of the SRD regarding the proposal to add a residential component to the existing golf course lands. The following is directly from the staff report that the Board received:

*"In the opinion of legal counsel, the proposed development appears to be inconsistent with the official community plan and it is unlikely that the Regional District would be able to sustain Bylaw No. 271 if challenged on this basis. Given that opinion, there appears to be little benefit in holding a second public hearing since it is not legally permissible to adopt a zoning bylaw in contravention of an official community plan.*

*It has also been brought to staff's attention that the applicants had previously advised, when approval for the golf course was initially being considered, that no residential development would be proposed for the site. This information was not offered for public discussion at the recent public hearing and is considered to be relevant to the current development proposal. In light of the above issues it is recommended that, following receipt of the public hearing report, the Board defeat Bylaw No. 271 at third reading"*

This leaves the Directors no other choice than to turn down the application and leave it to the applicants how they wish to proceed from there.

I know this has been a very long drawn out process and has been

hard on the applicants and on the people that were opposed to the application. I have never laboured over an application as much as I did this one. I have gone over every piece of information and made copious quantities of notes. Now we are provided with a legal opinion that does not allow us to proceed. I feel like a lot of work and energy has been expended by a lot of people, including the four Directors. I hope that this somewhat contentious issue will not divide our community and we will remember that we all live here and we are friends and neighbours with people from both sides of the equation and should keep it that way and move on.

## Seniors Housing re-zoning

I am very pleased to announce that our Committee recommendation to move forward with the rezoning has been accepted by the Board and there will be a Public Hearing held on November 6th at 7:00pm at the Community Centre. This has been a work in progress for so long and realizes yet another goal of our Q. Cove Local Area Plan! Congratulations to all of those dedicated people that have been involved in this (sometimes frustrating) process. We are finally nearing the conclusion!

## Bed and Breakfast / Home Occupation

We are also putting forward a bylaw to deal with Bed and Breakfast operations and including them in the Home Occupation provisions so that people will be able to operate with a set of guidelines in place instead of the vague and unclear rules that are floating around at present. I put this forward a couple of months ago after so many people expressed frustration with lack of rules that were set out clearly. Hopefully this will do the trick.

## Apologies to Quadra Circle

My sincerest apologies to the Quadra Circle group for not being able to attend their tenth anniversary. I was there at the group's beginning and I am afraid I have to attend our Board meeting at the same time as your celebration. May you have a wonderful retrospective and celebration.

## Apologies to Emergency Service Providers

Unfortunately I am in meetings on the day that you will be having your celebration dinner. I wish you all well and congratulate you for the incredible work you do for us on a daily basis. You are a model to the rest of this province and have been recognized as such many times. Keep up the good work.

## That's it!

Feel free to contact me between the hours of 8:30 am and 5:00 pm, Monday through Friday (please, not on weekends or holidays, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at [jimabram@xplornet.ca](mailto:jimabram@xplornet.ca) or by mail at Box 278 in the Cove, V0P 1N0... or on Facebook at <https://www.facebook.com/JimAbram....> If it is important, my cell is 250-830-8005... Lots of choices.

Please do not use my residential phone number for SRD calls. All business calls should be on 285-3355. Many thanks!

Respectfully submitted,  
Jim Abram

Director, Discovery Islands-  
Mainland inlets, Area C, SRD

## Paramedicine Update

Hello to everyone! The following letter is the result of something that we at the Strathcona Regional District have been working on for the past two years and it is finally coming to fruition. This will provide additional coverage to our excellent present coverage by our Doctors, Nurse Practitioners, Ambulance Service and Paramedics. One big happy team trying to keep us safe and healthy! I am very pleased to have been a part of the lobby effort for this improvement along with my colleagues.

Jim Abram

## Community Paramedicine Initiative

Community paramedicine will provide British Columbians in rural and remote communities with better access to primary health care and a more stabilized paramedic presence for emergency response. It is being implemented by BC Emergency Health Services (BCEHS) in partnership with the Ministry of Health, the regional Health Authorities, the Ambulance Paramedics of BC (Local 873), the First Nations Health Authority and others.

## Recruitment and Placement Schedule

Community paramedics have now been hired into regular part-time positions including Lenora (Jodie) Duncan on Quadra Island. A 14-week orientation program began on September 11 and work will start in the communities the week of December 18:

**More information** is available by visiting [bcehs.ca](http://bcehs.ca) and clicking on Our Services/Programs & Services/Community Paramedicine.

Please let us know if you have any questions by emailing [communityparamedicine@bcehs.ca](mailto:communityparamedicine@bcehs.ca).



## Flowing Feet & Ribbons

A dance class for fun and focus for little girls age 4-7. At the Community Centre, Room #3. Mondays from 3 till 4 pm, Drop ins welcome; \$5 a class. Starting October 16th through December 11th. Facilitator Noelle Maffin

"Your kids are welcome to come off the bus at the Community Centre and I will be there to greet them and walk them up to the class."

\* Parents please register your child with the office before your first class.\*

## Giant Plant Sale

The Garden Club's Fall plant sale takes place Saturday October 14th at the Community Centre. The sale begins at 11:00 (no early birds please) - enter by the main doors. If you have plants to donate please bring them to the main hall side door between 9 and 10:30 am on October 14th. Plants may be left earlier, outside the main door (out of the way). Pot up or wrap in newsprint, and label the plants with a Latin or a common name. Prices at the sale are \$1 to \$3 per plant - a real bargain. Local gardeners, will be available to give you advice. Coffee, tea and goodies will be for sale in the kitchen. This time of year is great for transplanting perennials and shrubs.

## Quadra Island Seniors-B.C.O.A.P.O. -Branch 91

Our Seniors are planning a tour of the Cranberry Farm run by the Hamilton brothers. The berries are late this year because of the shortage of water which they use to flood the fields. So the fields should be ready before Christmas.

Many of us will be attending Black Creek Regional meeting on October 17th. Our speaker will be the newly elected President of the O.A.P Jerry Gosling, games will be played with prizes and a delicious lunch will be enjoyed.

Our general meeting which will be held on Tues. October 24th with a pot-luck lunch which is always great. Following we will play card bingo. Daphne has also offered to play Euchre which is a terrific game.

Ruth Amiabel attended the Provincial Board meeting in Chilliwack where all the directors throughout the province discuss very important senior issues.

To be a member and need transportation contact Ruth Amiabel @3801--or cell ph.250-895-9188

# Quadra Community Centre's Halloween Fun Night NEEDS YOU!

Do you love dressing up and being spooky? We are in need of volunteers to man fun spooky game stations and hand out prizes to kids on Halloween. It takes many community volunteers to make these events great, so please get involved; we'd love to have you! We are also now accepting donations for Fun Night and Fireworks. Every year community members and local businesses help to make this event possible by donating funds. Any amount is greatly appreciated by all community members and the children who attend this free of charge family friendly event. Also, if you donate you can even receive a tax receipt for your donation. Please call Q.C.C. at 285-3243 for more info or to sign up to volunteer.



Here is a little more information about this year's event:

### HALLOWEEN FUN NIGHT & FIREWORKS (OCT 31ST 2017)

Before the fireworks begin in Blenkin Park (at 8:30p.m.), stop in to the Community Centre and show off your costumes and maybe even win a prize! (Judges are anonymous and winners will simply be tapped on the back and given a prize). The costume contest will take place between 7:45-8:00 p.m. but come early (from 6:30 on) for some hot chocolate, treats and spooky fun games for the kids to enjoy.

NEW!! This year thanks to the creative thinking of awesome community volunteers Mandy Hart and Lissy Miller-Fedorkie we are hoping to create a fun new Halloween tradition



here at QCC. It's called TRUNK OR TREAT (6:30 -8:00), which is a line of Halloween inspired decorated cars, where each vehicle is unique and kids get the fun experience of "trick or trunking" out vehicles transformed into: spiders, cowboy hay barns, bat caves... you name it! Rumour has it that there will even be a trophy for the best-decorated vehicle!



## Sweet Scarlet

Saturday, October 21, 2017 at 7:30 at Quadra Community Centre

A self-directed a cappella vocal ensemble based in Vancouver, Sweet Scarlet brings a captivating and compelling dimension to the A cappella music scene.

A rarity in the music scene, Sweet Scarlet is made up of six friends who love A cappella music. These six sassy women, the Scarlettes, were brought together by their shared passion for music and performing. With a background in choral music and a love for pop classics and contemporary favourites, Sweet Scarlet defines the genre of choral fusion, combining intricate harmonies with a cappella vocals, and bringing its own twist to music from around the globe.

While they are all great friends, the Scarlettes' dedication to their craft is evident when you see them perform live. In recent months, Sweet Scarlet has accumulated numerous accolades. They received the prestigious Elmer Iseler award at the 2016 International Choral Kathaumixw, and won awards of distinction in their competition categories. At Christmas 2016 Sweet Scarlet were finalists in the Most Creative Performance

category in Vancouver's 2nd Annual "Yule Duel" and won the 2016 People's Choice award - a huge honour for them!

With their signature sassiness, Sweet Scarlet will entertain you with a little jazz, a little world music, a little pop and some ensemble pieces all done with quirky choreography. So don't miss out - come and join in the fun with them! (For a sneak preview, take a look at [sweetscarletmusic.com](http://sweetscarletmusic.com))

Tickets are available at The Music Plant in Campbell River, Inspirations in Quathiaski Cove, Works of H'Art in Heriot Bay and online at Tidemark Theatre. Advance tickets are only \$17 or \$20 at the door.



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## Coming Events...

**Go Dog Go - October 20**  
Beach Blanket Time Machine  
at HBI Pub, 9pm no cover

**No Band on October 27**  
Get your costume ready for:

**HBI Halloween with**  
**BONAFIDE**

HBI Pub, 9pm \$10

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Saturdays HBI Pub, 9pm n/c

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## Discover the secret lives of fungi at the Quadra Island Wild Mushroom Festival!

We're all glad to see the autumn rains finally arrive, especially those of us waiting eagerly for the Quadra Mushroom Festival on October 13, 14 and 15.

The Festival starts with a presentation (followed by tasty mushroom appies) on Friday evening at the Heriot Bay Inn, by noted mycologist Dr. Shannon Berch. "For many of us, chanterelles are those beautiful and delicious golden trumpets that beckon from across the dark and humid forest floor. However, the chanterelle fungus is much more – mediator, combatant, and prey," says Dr. Berch. "In this presentation, we will explore what's really going on in the forest, out of sight and underground."

Saturday's guided forays will take participants to various spots around the Island to collect the largest possible range of fungi, which will form



the basis for Sunday's introduction to mushroom identification, a hands-on, interactive workshop, to discover the basics of mushroom identification. Participants should leave the workshop with practical experience in the how-to's of mushroom identification and a greater appreciation for the diversity of fungi fruiting in our forests and lawns.

Register for the Friday presentation (\$25) and/or the Saturday foray/Sunday (\$70) by calling the Heriot Bay Inn at 250.285.3322. For more information, check the Heriot Bay Inn website or qioutdoorclub.org (Quadra Island Outdoor Club).

The festival is sponsored by the Quadra Island Mushroom Club, the Heriot Bay Inn, the Quadra Island Outdoor Club and the Quadra Community Centre.

## Local Remembrance Day Service

Our annual Remembrance Day Service will be held at the Quadra Branch of the Royal Canadian Legion on Saturday November 11th, 2017 beginning at 10:45am sharp. Everyone is welcome! The Ladies Auxiliary will host a luncheon following the service. Evening festivities begin with membership initiations at 4:30pm, followed by a social hour at 5:00pm, and a dinner for Legion and L.A. members and spouse/guest at 6:00pm. Honours & Awards and dancing to follow dinner. Dinner seating is limited so RSVP for dinner before Nov 10 to Gillian at 250-285-3739 or by email [info@branch154.ca](mailto:info@branch154.ca).

## Medical Appts Off Quadra Island

Tricks and Tips of the Trade

Wednesday, November 1st, 1-2 pm

Quadra Island Community Centre, Room 1

Have you ever come away from your specialist appointment feeling disappointed or frustrated because you did not get the information you desired? Were you confused about what was said? Have you questions but not answers?

Have you ever worried about how to get to your appointment or procedure? Is the timing tricky?

Join Pat Peterson, NP, for an informal discussion on how you can get the most from your specialist appointment, get there on time and not be frazzled. I would like to share information and strategies that will assist you in doing just that. Join me!

## Steph Cameron at the HBI Pub Oct. 16

Steph Cameron's music and lifestyle seem to echo another time and place. Think of the beatniks in the 50s, hitchhiking and hopping freight trains – or perhaps a late 60s commune in northern California. Lyrically, Steph's songs dig deep, drawing upon the experiences and lessons learned from a fascinatingly nomadic and sometimes turbulent lifestyle. Cameron is a Saskatoon-raised singer and songwriter whose debut record was long-listed for the Polaris Prize in 2015.

Born in Saskatoon, she has since spent time living in East Vancouver, Vancouver Island, and the Kootenay region of BC, as well as logging serious miles traversing the country. Cameron finds creative sustenance in living simply, for the last several years in cabins she has built herself. "My dog and I used to live in an 8 by 8 foot shanty I built in the bush on Vancouver Island. In the winter, when the rain would beat down on the tin roof, it sounded like a drum. I wrote 'Goodbye Molly' about the rhythm of the rain and the feeling of water rising all around me."

Many Quadra Islanders can doubtless relate to hearing music in the rhythm of rain on a roof. Hear Steph Cameron's folk music / storytelling as her coastal tour lands her in the HBI Pub Monday October 16. No cover charge for this show, and it's an early start: 8pm, perfect for a moody Monday evening.

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## At Your Heriot Bay Inn

**Saturday, October 14:** The fabulous Thievin Brothers, Duffy Frank, Dave Tolley and friends Fall into Winter fundraising dinner for Quadra Childrens Centre. 55.00 includes a 2 course meal and 36% donation. Reserve 285-3322. Silent Auction too!

**Monday, October 16:** Special Appearance of Steph Cameron! The Saskatoon-based roots singer/songwriter's 2014 debut record Sad-Eyed Lonesome Lady received enthusiastic reviews. Now celebrating her second album, Daybreak Over Jackson Street, she graces the stage of the HBI Pub. 8pm. No Cover.

**Saturday, October 21:** Top Notch Pop up Shops in Herons. Wine and Dine and shop... or just browse and shop with friends! Clothing, jewellery, natural and sensual products. 6pm to 9pm. Herons at the HBI.

**Hall of Fame guitarist** Stephen Hardy Palmer brings his catchy original songs at once personal, familiar, and energetic. Steve's music spans 5 decades of great pop, rock, and country music, his passion to entertain is infectious. He's been featured on Vinyl Cafe, CBC and NPR programming. Friday October 27; 6:00pm seating in Herons. 39.00 includes a lovely two course meal. Reserve 285-3322.

**Saturday, October 28:** BONAFIDE IS BACK! 20 years after the release of their debut album "Coming Down the Tunnel" Bonafide returns to the HBI. Their Hip-Hop/Reggae/Ska/Punk style is guaranteed to make you want to dance all night. The show will also feature djjohnnie of Cortes Radio and MC Self Explanatory. Celebrate Halloween in style... Island Style! 9pm HBI. \$10.00 Cover. Costumes, prizes and all around spookiness!

**Karaoke Tuesdays:** Is karaoke something you'd kind of like to sort of try one day? The best audience you'll ever have is right here. Everybody has fun at Karaoke! Karaoke party every Tuesday all through October! HBI Pub, 9pm

### UofQ is back!

Oct 11...Erin Rechsteiner - Sea otters and near-shore communities.

Oct 18...CCCU - Ethical Investing.

Oct 25... Anne-Maré Annandale Executive Assistant for Hollyhock Lifelong Learning Centre. HBI Pub education. 7:00pm.

**Music Bingo** moves to Thursday nights at 5:00pm with your host Linda Gallagher. Rock on Quadra! HBI Pub.

**HBI Friday Night Bands:** Oct 20th; Go Dog Go - Beach Blanket Time Machine...Oct 27th - No Band - Get Your Costumes ready for tomorrow night with Bonafide! HBI Pub. 9pm. N/C

**HBI Pub Saturdays Open Mic;** Mo and the band are making music magic every Saturday! 9:00pm HBI Pub.

## Quadra Island Medical Clinic Flu Clinics

Saturday, October 21st, 12-3 pm

Thursday, November 2nd, 6-7 pm

Saturday, November 18th, 12-4 pm

It is that time again! QIMC will be offering flu vaccine to all interested islanders at 3 scheduled clinics. This year, the vaccine has one added strain. The vaccine types are the same with a quadrivalent offered to children 2-17 years as an injection or inhaled mist. Please join us at the following times. We will also do vaccinations during scheduled appointments, time permitting.

## Fall & winter yoga

Treat yourself to Trinity Gogolin's yoga classes at the Quadra Community Centre.

- **Tuesday & Thursday evening classes** from 5-6:30 Hatha fusion style. Traditional yoga poses as well as Chi Gong movements.

- **Wednesday morning classes** just before the Community Lunch, 10 to 11:30am. Gentle, restorative style for people with injuries or health conditions in mind.

All classes are held at QCC upstairs in Room 3. Call Trinity with any questions at 285.3455.

## Casey Ryder with Nick Mentenko at Kameleon Food and Drink

Wednesday October 25

Casey Ryder is a Victoria-based guitarist, bassist, singer & songwriter. His music is based in Roots Americana while being eclectic & diverse. He leads his own various groups as well recording & touring North America extensively for the past 7 years.

As a multi-instrumentalist and supporting artist (Bass, Vocals, Guitar) Nick has an impressive resume that begins with a diploma in Jazz Studies on the Upright Bass (2013), includes recording sessions with Juno winning producers Joby Baker (2015) and David Travers-Smith (2016), and is highlighted by touring western North America and western Europe with Western Canadian Award winning artists and Juno nominated artists extensively over the last four years with The Bills (2014, 2017), The Marc Atkinson Trio (2013-17), and West My Friend (2014-17) among many others.

Open at 6pm, show at 7pm

By donation, reservations recommended. Call (250) 285-3282.

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## Heriot Bay Tides

DATE	TIME PST	m.	ft.
<b>13</b> Friday	06:28	1.3	4.3
	14:09	4.6	15.1
	20:20	3.2	10.5
<b>14</b> Saturday	00:46	3.8	12.5
	07:40	1.5	4.9
	15:05	4.7	15.4
	21:26	2.9	9.5
<b>15</b> Sunday	02:15	3.8	12.5
	08:49	1.7	5.6
	15:51	4.7	15.4
	22:18	2.6	8.5
<b>16</b> Monday	03:30	3.9	12.8
	09:49	1.8	5.9
	16:31	4.7	15.4
	23:01	2.3	7.5
<b>17</b> Tuesday	04:37	4.1	13.5
	10:42	2	6.6
	17:06	4.7	15.4
	23:39	2	6.6
<b>18</b> Wed.	05:37	4.3	14.1
	11:31	2.2	7.2
	17:38	4.7	15.4
<b>19</b> Thursday	00:14	1.8	5.9
	06:30	4.5	14.8
	12:17	2.5	8.2
	18:09	4.6	15.1
<b>20</b> Friday	00:48	1.6	5.2
	07:19	4.6	15.1
	13:02	2.7	8.9
	18:39	4.5	14.8
<b>21</b> Saturday	01:21	1.5	4.9
	08:04	4.7	15.4
	13:47	2.9	9.5
	19:09	4.4	14.4
<b>22</b> Sunday	01:54	1.4	4.6
	08:49	4.7	15.4
	14:31	3.1	10.2
	19:38	4.3	14.1
<b>23</b> Monday	02:28	1.4	4.6
	09:35	4.7	15.4
	15:18	3.3	10.8
	20:07	4.1	13.5
<b>24</b> Tuesday	03:04	1.4	4.6
	10:23	4.6	15.1
	16:11	3.4	11.2
	20:37	4	13.1
<b>25</b> Wed.	03:43	1.5	4.9
	11:15	4.5	14.8
	17:16	3.5	11.5
	21:10	3.8	12.5
<b>26</b> Thursday	04:24	1.6	5.2
	12:12	4.5	14.8
	18:35	3.4	11.2
	21:54	3.7	12.1
<b>27</b> Friday	05:12	1.7	5.6
	13:10	4.4	14.4
	19:51	3.3	10.8
	23:06	3.5	11.5

## THE DI CLASSIFIEDS

### Services

#### RESIDENTIAL CLEANER - SMALL YARD MAINTENANCE

Come home to a clean relaxing place to put your feet up. Let me do the work for you!

Call Jen at 250-895-1276  
or email jlm\_barnes@hotmail.com.

#### JUNK REMOVAL & RECYCLING

We take away furniture, appliances, yard waste and pretty much anything else you need removed. Large 12x8ft dump truck. Can also deliver aggregates. Call 250-285-3214 or 250-857-5865 (JUNK) for free estimate.

#### ROOFING:

Metal, cedar, asphalt shingles and flat roof installations by Red Seal Certified roofer. Roof leak and emergency repairs with warranty. Insured company and WCB covered.

Call JAVA ROOFING at 250 204 2638

#### SMALL ENGINE REPAIRS

in Q-Cove. Lawn Mowers, Tractors, Chainsaws, Trimmers, Generators etc. Also some electric power tools. Please call Don @ 250-285-3960.

#### RAIN GUTTERS

Hedefine Contracting Ltd. is back on the gutters. Please call us to book today. 5" K style with lots of colour options. Call us today 250-285-2866

### Home & Garden

#### AUTUMN GARDEN RENOVATIONS

Certified horticulturist and passionate gardener Ryan Nassichuk is now taking bookings for October and November. This is the perfect time of year to improve, expand, or create the garden of your dreams. Ryan works in ornamental, food, and mixed gardens. Soil testing, winter pruning, and consultation services also available. Call 250-202-2326 or email nassichuk@gmail.com for more information.

### Help Wanted

#### CAREGIVER

Part-time 5 hours Saturdays, Mondays, Wednesdays and Fridays. Minor health care skills needed. Offering \$20/hour. Please email neilsnothot@gmail.com

#### QUADRA SCHOOL COULD USE YOUR HELP!!!!!!

VOLUNTEERS are urgently needed to help the children in various areas: one-on-one tutoring, events and outings, breakfast programme. Pls contact Carol @ 285-3737.

### Shops

#### WAYPOINT SIGNS

Signs, Picture Framing and simple Engraving at Waypoint Signs beside Quadra Builders. Tuesday to Thursday, 9 to noon, 1 to 4pm. Appointments possible to suit your schedule. Friendly, efficient, personalized service. Quality products at affordable rates. 250.285.2815 info@waypointsigns.com

### Notices

#### QUADRA LEGION MEMBERSHIP

2018 cards are in - \$47 for Early Bird renewals. New members are encouraged to join and be initiated on Remembrance Day.

For further information, contact Sally at membership@branch154.ca / 778-338-8101.

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two (each has its own title) • Lot 14 has  
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