

DISCOVERY ISLANDER

COMMUNITY NEWS & EVENTS ON QUADRA, CORTES & THE OUTER DISCOVERY ISLANDS

ISSUE 56I

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October 11, 2013



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The sailing vessel "Gratitude" official launching in the Cove with owner Gordon Schweers on the bow and Murray Abercrombie from Cape Mudge Boatworks.
Photo by: Lisa Murphy-Quigley - Outer Island Photography

FALL FAIR POETRY

First of the Seven Sacred Pools

I squeeze my sandaled feet through
razor-edged oysters, barnacle-crusteds stones,
dip into the water, its lurking unknowns.
The green teases, pulls me in. A seed
blossoms from the casings of my core.

Long strands of waterweed glow
with the intensity of talismans,
wave in the flow like brushed hair.
Fronds of moss on copper top boulders
grow mushier closer to the stream. Cliffs
tumble down one side, their shade
transforming the water black.

I wedge myself between ledges,
my legs dangling over a small waterfall.
Water pulses my lower back.
If I use my palm I can split the spill in two.
Stretch my leg and it rushes over, bend the knee
and water finds the hole behind the soft spot,
entices my calf with a force
somewhere between massage and caress.

By Carol Gall
Poetry 1st - Fall Fair 2013

Seasons

The crunch of snow beneath my feet
sitting by the fire's heat
snow will melt
flowers sprout
birds follow the sun flying north
leafy sprouts start coming forth
puddles dry
bugs scuttle by
swimming day by day
the hot sun is where I lay
colours fade to orange and rust
pumpkin pie is a must
don't forget to eat the crust
and that is a whole year round
from sunny days to snowy ground

by Zhia Mawhinney
Youth Poetry Fall Fair 2013

My apologies to the youth poet whose poem placed first as I didn't get a copy of your poem. If you email me a copy, it can be published in the Discovery Islander.
Email: robin.quadraliteracy@gmail.com

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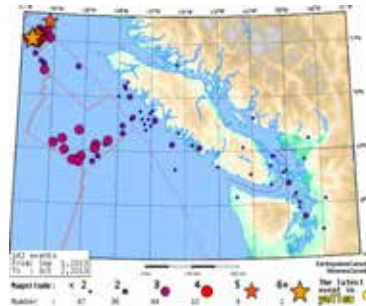
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Thursday, October 17 10:17 am
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Quadra Island Events:

Visit to school, review of their plans, and present preparedness posters
Shakeout drill at Quadra Circle Seniors lunch Friday Oct.13
Presentation to DI Chamber of Commerce Oct. 17th
Shakeout drill at Quadra Community Wednesday lunch on October 18th

For information on personal, family and
business preparedness or to request a
preparedness session for your group and/or
business, please contact:

Strathcona Emergency Program:
250-830-6702 or hsiemens@strathconard.ca



ISLAND CALENDAR



Submit your event info or news item - eMail: news@discoveryislands.ca or drop-off at 701 Cape Mudge Rd or at Hummingbird

THE REGULARS

MONDAY

- Parent & Tots, QCC, 9:30 am - 12 pm
- Sing For Pure Joy! QCC, Room 3, 3:00 - 4:30. All Welcome.
- Weight Watchers, QCC, 6 pm - 7 pm

TUESDAY

- Al-Anon Meeting, Quadra Children's Centre, 7:00 pm
- Folkdancing, 7:30 to 9:30 pm, QCC, Sept 17 to end Apr, 285-3298.

WEDNESDAY

- Parent and Babes 11 am QCC
- UofQ - HiYa education from your neighbours. HBI pub 7:00 pm
- Regular texas hold'em poker night 7:30pm at the Legion
- Hand-drum Circle, Upper Realm, 7:45 - 9:15 pm
- 1st & 3rd Wednesday Food Bank, QCC 1 - 2 pm

THURSDAY

- Parents & Tots, QCC, 10:00 am - 12 pm
- Quadra Singers, QCC 6:45 p.m
- Prayer Meeting, Quadra Island Bible Church, 7 pm

FRIDAY

- Unplugged Guitar/Singing Jam 7:45 pm Upper Realm
- Alcoholics Anonymous, 8 pm Quadra United Church
- Live bands in the HBI Pub 9:00 pm

SATURDAY

- First Saturday of month - Local Food Market at Quadra Legion from 10-2 pm
- Winter Market & Bazaar 10 am to 2 pm Quadra Community Centre
- Quadra Legion Meat Draw 5 pm
- Open mic with Mo. 9:00 pm HBI pub

SUNDAY

- Family Service, Quadra Island Bible Church, 10:30 am
- United Church, 10:45 am unless advertized, Sept 15 to end Jun, 285-3163.
- Quadra Sunday Painters, 11 am - 2 pm, 285-3390
- Buddhist meditation, Upper Realm, 10 am.

DAY TO DAY

Friday, October 11

- Friday Flicks - Unfinished Song, Doors open 7:30 pm Show 7:45 pm Q.C.C.
- Live music at the HBI Pub with Blue Kats, 9 pm

Monday, October 14

- New Orford String Quartet, QCC, 2:30 pm

Friday, October 18

- Live music at the HBI Pub with Six Foot Johnson, 9 pm

Saturday, October 19

- The Cougar: Beautiful, Wild and Dangerous, QCC 7:30 pm

Sunday, October 20

- Landscape Patterns by Rob Wood, Discovery Islands Lodge, 11 - 4 pm

Monday, October 21

- Garden Club presents Brian Crumblehulme on Herbs Q.C.C. 7pm

Friday, October 25

- Friday Flicks - The Angels' Share, Doors open 7:30 pm Show 7:45 pm Q.C.C.
- Halloween Dance with Island Rootz at the HBI Pub with Blue Kats, 9 pm

Saturday, October 26

- Quilter Marathon, Q.C.C. 10 am - 4 pm info Terry Phillips at 285-3040
- Halloween Dance with Duffy & Friends Quadra Legion 9 pm - 1 am, \$5

Sunday, October 27


- Moss Mania with Frank Boas, 11-3 pm Meet at the Hope Spring Trailhead

Thursday, October 31

- Halloween Fun Night & Fireworks, Q.C.C. & Blenkin Park 8 pm


NEXT DEADLINE: MONDAY, OCTOBER 21ST, 2013

Island Calendar is a list of on island events. Please submit separately for the **Island Calendar** and **News & Events** or indicate in your submission if you would like your event placed in both. **Following the text order exactly as above for email submissions is appreciated** (month, date, day, title, place and time), use the title as your email subject. Current advertisers welcome to submit events but not-for-profit items will be given priority. Thank you for understanding.



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Source: Government of Canada

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

Submission Guidelines

Items for publication on subjects of interest to the Discovery Islands community are welcome.

Please help us by following these simple guidelines.

- Text articles do not need to be attached in a file. Simply send the text in the body of an email.
- Please use Canadian spelling.
- Please use the title of your item as the email 'subject'.
- Please remember to include credits and captions for photos and other artwork.
- Please print had-written material clearly.

While every effort is made to include all items submitted, errors and accidental omissions do occur.

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All Rights Reserved****NEXT DEADLINE****7 pm, MONDAY
October 21**for publication
Friday, October 25**ISLAND FORUM****What's happening with the new mall in Q Cove?**

Maybe it's just me, but there seems to be a cone of silence over the proposed new mall in Quathiaski Cove. Is this because the zoning isn't at issue, so it's essentially a done deal and a non-story?

The property at the corner of Harper and Plaza Roads is zoned commercial, so the proposed new 5000+ sq ft Peoples Drug Mart/Medical Centre falls within community zoning criteria. According to the Strathcona Regional District minutes' staff report this past August, a number of bylaw variances accompanying the proposal were brought forward and duly accepted; yet it seems no public information was offered such that islanders might have discussed the viability of the variances before their acceptance. It seems odd that the only way islanders could learn of this development was if they were in the habit of reading attachments to the Regional District minutes on the SRD website.

But back to the proposal itself.

The bylaw variances that were presented and accepted at the SRD's August meeting concern parking, a landscaped public walkway, and signage.

Let's begin with the first two. The official off-street parking requirement for a building this size is 48 spaces. The applicants – Ashcon Holdings, the owners of Peoples Drug Mart in Cove Centre – proposed 26 spaces, ostensibly to enable an expansion of the area 'dedicated to the public realm.' It wasn't clear in the RD minutes whether the suggested pedestrian-friendly

landscaping and walkway were to be undertaken by Ashcon, or left for future development.

Another significant bylaw variance in the accepted proposal is the area allocated to the building's signage. While the permissible area for the building's freestanding sign is stated to be 16 square feet, the approved square footage has been bumped to 10 times that figure – 160 square feet. The justification for the tenfold increase, as reported in the RD minutes, seems confused: the staff report states that each of the two individual business signs would meet the existing size requirements; additionally, the sign will be set back from the corner of the property. These statements don't quite make sense, and nor does the math: two signs of 16 square feet each equals 32 square feet, not 160. Even if you add in the soon-to-be-displaced Community Centre's signage at 64 square feet – which the developers have offered to do – the total is only 96 square feet.

Do we really need a sign that stands 16 feet high and measures 160 square feet to advertise two island businesses? Maybe, say, for the Island Highway – but for Harper Road? The pedestrian-friendly values the developers are seeking to protect by minimizing parking stand to be overshadowed by the island's biggest commercial sign!

I'm left with the thought that Quadra has some uneasy recent history concerning development plans and communication thereof. Remember the Library? The moral of that story was 'a little public due process goes a long way' – especially on a small island.

In closing, I hope the developers

and project supporters will soon take the initiative to inform islanders of their plans and to invite their input – before the building starts. After all, Q Cove is the gateway to our island, and as such it sets the tone for how residents and visitors alike experience Quadra.

Postscript: For those wanting to read the relevant staff report on the Strathcona Regional District website and see drawings of the building, go to: www.thegumboot.ca, look for the article on the Frontpage, and follow the links at the end of the article.

– Robyn Budd

Dear Quadra Islanders,

On the evening of September 30th I was riding my bicycle home from work when I tried to negotiate a right turn from West Road onto Schooner. Unfortunately, I was going too fast, the road surface was damp and I didn't make it. As I lay there, unable to get up, I was immediately attended to by a number of my neighbours who had seen me go down or who arrived on the scene shortly thereafter. I had never even met some of you. I am extremely grateful to all of you for taking the time out of your busy days to care for me until I left in the ambulance. I am just as grateful for the care and compassion of the paramedics who looked after me to the hospital. The x-ray showed that my femur was broken and I was given first class care at the hospital from the time of my arrival until my discharge after surgery. Again, thank you to every one of you who looked after me.

Yours sincerely,
Pat Field

Dog Bylaws: Another Update

Yesterday was a great day for me and my dogs. We walked to the Spit through the campsite trail for the first time since May. I love that trail and so do my dogs. We had a lovely walk out to the end of the Spit, and as we were returning via the campsite trail, I saw a middle-aged woman approaching with a mid-sized black and white dog off-leash. Both the dog and the woman were unfamiliar to me, so I took my dogs well off the trail into the bushes and sat them down around me. As I was preparing to give them their treats, the dog charged my dogs. It's teeth were bared, it's hackles were up, and it was making a loud growling sound. This was NOT a young dog, full of fun, looking for playmates. This was an aggressive dog. The woman ran in circles around the dog blowing her whistle and calling "Jake! Jake!" repeatedly. Jake was singularly unconcerned with her. She finally managed to get ahold of him and put his leash on. She ignored me entirely. After the summer my dogs and I have had, we were all shaken.

Today we returned to the trail and the Spit, and at almost exactly the same place and at almost exactly the same time, I saw a woman below us on the beach. I thought it might be the same woman, but I did not see the dog. Not for long. The dog charged through the bushes and into my dogs doing exactly the same thing as he had done yesterday only with more forcefulness. The woman remained on the beach blowing her whistle. Jake finally went to her.

Now. I am still shaking. I have been to the RCMP to report these acts of aggression. I asked the woman for her name. She ignored me. I took her license plate number. Now. She knew from yesterday

(if not long, long before) of her dog's aggressive tendencies. She chose to leave it off-leash. I guess she thought walking on the beach would make a difference. It didn't. My question - my chronic question - is this: What makes her (or any of the people on this island like her) think that she has the right to let her dog disturb the peaceful walks of other Quadra citizens with or without dogs? Would she be pleased to have that happen to her every time she took her dog out for a walk? I am unable to understand the thought processes that allow this kind of behaviour. I won't speculate on the possible rationals.

This dog is black and white. It is medium-sized, about the size of a border collie. It had upright ears. If you have had any issues with this dog, please contact the RCMP. And much more importantly, please speak out in favour of the necessity for dog by-laws on this island. Otherwise you are speaking out in favour of people not being allowed to enjoy the trails and byways of Quadra in peace. Think about that if you would.

Maureen Mather

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THANK YOU!

On behalf of the North Island Woodlot Association who hosted the Federation of BC Woodlot Associations and the Woodlot Product Development Council AGM this September at Painters Lodge and April Point, we would like to show our appreciation to the 2013 Sponsors listed below. The sponsorship support helped to make the AGM a great success.

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MLA REPORT

by Claire Trevena MLA



It seems, sadly, to be my annual complaint: once again it is fall and once again the Legislature is not sitting. The BC Liberals have made a mockery of our parliamentary democracy, calling the Legislature into session at their whim. They have exploited people's distrust of the political system and effectively said that our Legislature is completely unimportant.

I joined a group of Opposition MLAs - including Opposition Leader Adrian Dix and House Leader John Horgan - on the steps of the Legislature on the day we were supposed to return to do the people's business. All 34 NDP MLAs would be willing and ready to be in Victoria to ask questions of the government, to debate issues important to the people of BC, to work together on bipartisan committees. This is what we are supposed to do; this is why we were elected. But the Liberal government thinks that 36 days in the House is adequate for accountability this year. Legislators in Manitoba, a province with a quarter the population of BC will have sat more than three times as long by the end of the year. The sad irony is that it was the BC Liberals who suggested fixed sessions of the Legislature; that should mean we are working in session in Victoria on behalf of the people of BC for a full six months.

I am angry about it and I hope that others, too, are angry. A parliamentary democracy should provide checks and balances. But a political party and a premier that prefer to govern without transparency, without debate, through diktat, are eroding our provincial parliamentary process. Continued public indifference to what is happening leads to authoritarianism, loss of rights, and eventually, dictatorship. I'm not being extremist: our rights can be lost.

While my calendar is booked with meetings, critic tours and events from now until Christmas, those should be in addition to our regular duties in the Legislature, not as a replacement.

In the last weeks I have been working on a number of issues, two of which come up on a regular basis: our new hospital and high speed, fibre optic internet connectivity. I have been in touch with the Minister of Health about the possibility of keeping parts of our existing hospital to supplement the new building. I hear regularly from the medical community that the new facility will be overcrowded as soon as it opens (our present hospital was well beyond capacity, with 97 patients last week: the new one officially has space for 96 people). I also hear of the need for space for seniors, for hospice care and for other ancillary health care services. It would make a great deal of sense to keep what we can of our current building, to supplement the new building, rather than find ourselves immediately desperate for new space.

The question of high-speed internet connectivity is becoming critical for our North Island communities. Although Telus is laying cable from Sayward to Port McNeill we have places where there is a 200 name wait list simply to get a subscription and other places where the promised "last mile" of high speed connection ended miles before the community. Access to high quality, high speed internet is as important for economic development in our rural communities as electrification was 70 plus years ago. I have put this front and centre in the Opposition's economic strategy and am working with MLA colleagues to connect our rural communities.

I continue to discuss other traditional economic generators with communities. There is a real fear that the balance between logging and tourism is being lost in some areas of the Discovery Islands. While on the west coast, the Ministry of Forests assures me that Western Forest Products is rethinking its logging plans on the outskirts of Tahsis.

Contracts for the \$1.4 billion John Hart Dam reconstruction should be awarded

soon. This will be hugely important to Campbell River; but we want to make sure this is the case. I am writing to BC Hydro to ask that preference be given to local, unionized companies and that, wherever possible, apprenticeships be included in the construction process. The four-year project would allow an apprentice to complete his or her full training on one job in one place. More than 60 years ago, the original construction of the John Hart Dam was instrumental in the building and diversification of Campbell River. We need to ensure the community benefits as much or more this time around.

I am using some of the time we are not in Victoria to pursue issues related to my critic portfolio for Transportation, Infrastructure and BC Ferries. This week I will be looking at problems related to the public private partnership (3P) that built the Port Mann Bridge and start discussions about the next proposed, 3-P bridge which the premier has said will replace the Massey Tunnel. I will also be discussing local highway issues - from chipseal to aggregate, pot-holes to crossing lights (at the ferry) - with representatives of the Ministry of Transportation.

Next week will take me to Washington State for discussions with bureaucrats, politicians and users of their state owned ferry system. I will be trying to find out what does and doesn't work - and how their success can be incorporated into BC Ferries. Our neighbour appears to have a state run enterprise operating smoothly without any pretense of being a commercial cruise ship company.

In the meantime, I can always be reached at claire.trevena.mla@leg.bc.ca, by phone at 250 287 5100 in Campbell River or 250 949 9473 in Port Hardy. If you are a social media hound, friend me on Facebook or follow me on Twitter @clairetrevena.

Best regards,

Claire

REGIONAL DIRECTOR'S REPORT



By Jim Abram

I would like to thank all of the people who have contacted me by one means or another to comment on my last report. I realize it was long, but there was a lot going on and there still is. I appreciate hearing feedback on my reports. It lets me know that people are actually reading them! So here we go with another one!

Ferries, Ferries and more about ferries!

As most of you already know, I am part of the Coastal Chairs Group regarding BC Ferries. It is made up of all of the Chairs of all of the coastal regional districts and the Islands Trust. I was appointed by our Board to sit in for the Chair since I have been working on this file for so very many years. Thanks to him for the appointment! I think I should back up to the UBCM convention to give you some background information just in case you missed the last report. (some of this will be repetitious... sorry!)

On Tuesday, September 17th, the Chairs group met with the Minister of Transportation and the Premier. We first had an hour-long pre-meeting to get our "script" fine tuned for the Minister and the Premier. After the actual meeting we had another hour-long meeting to de-brief and plan our actions post-UBCM.

The meeting with the Premier and Minister went very well with the usual introductions and chatter about government priorities and lack of funds. We certainly were prepared for all of that and we pushed the UBCM resolution for ferries regarding putting ferries back into

highways, that passed unanimously (B 12 if you look it up online) at the convention. We stressed that this is the only way that the government will ever make the system sustainable and affordable and the only way to increase economic development and sustain our populations on the islands, including Vancouver Island. We have, as one of our members, the representative from Metro Vancouver. This is an incredible boon to our cause since they have the major population in the province and support us 100%. We certainly stressed the economic aspects of the communities we represent and the hardship that is being placed on each and every one of them. In the end, the Premier asked, "What would you do, Jim?". That was an easy question to answer. I slid a copy of the resolution over to her (she sat right adjacent to me at the end of the table) and said, "This is the only way you can solve the problem." And then I reiterated the absolute need to treat the ferry system equitably as it is part of the terrestrial component of highways, and to make the ferry system part of the overall highways system and fund it accordingly.

The text of what I read aloud to her as the only solution was the following: "Therefore be it resolved that the provincial government recognize the coastal ferry services as essential extensions of our provincial public highway system and ensure that ferry fares are reduced and core service levels are maintained at current service levels until such time as the provincial government implements legislation that recognizes our coastal ferry services

as essential extensions of our public highways system and creates equity between B.C.'s terrestrial and marine, interior and coast highway systems." She was, surprisingly, somewhat receptive and announced that she is assigning the Parliamentary Secretary to the Minister of Transportation with the task of meeting immediately with our group to try and come to a solution. His name is Jordan Sturdy and he is not only an MLA, but also the Mayor of Pemberton.

His visits started last week and he is almost finished meeting with each and every one of us. I met with him on Friday, October 4th, along with our CAO in the Boardroom of the SRD.

We went over his mandate as assigned by the Premier and I then proceeded to give him our perspective on why the system needs to be changed. It was very surprising to hear him say that he had been told that the UBCM option was not being looked at seriously. It then became my job to convince him that the system has had ten years of trial under its present structure and has continued to fail and has continued to stress the government's patience and continually cost them more money. It was illogical to eliminate a proposal for consideration that had been put forward by the entire coastal group and validated by the entire UBCM. Our proposal must be part of the considered options. He went so far as to say, "Point well taken". He also heard similar comments from each of the other Chairs.

After expressing all of the usual concerns for coastal communities, families and

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economic development, he did suggest to me that what we need to do is present to the government an economic impact analysis. It seemed that the door had possibly opened a crack at that time. I believe that our proposal, as backed by the UBCM, will be given consideration.

I was very encouraged by the meeting and the fact that the Premier assigned him to work with us and that it all happened so quickly.

I have since reported back to the rest of the Coastal Chairs Group and have suggested a number of things.

First of all, I have suggested that we need to undertake the work suggested by MLA Sturdy on economic impact assessment. Some of this may be done by individual groups within each RD and the rest may need to be done by a qualified person / firm. If this is the case, we will need to agree on some sort of resourcing. I would assume that this would include the possibility of a small financial contribution from each RD and the Islands Trust.

After hearing from the entire group I will get back to you on this point. (if there is anyone in this community qualified to do this work, please let me know!)

The next suggestion was that we meet as soon as possible to go over all of the fine points and formulate strategy.

And lastly that we arrange to meet with MLA's McRae and Stillwell, since they are both MLA's within government and are both island representatives that could be champions for our coastal communities if they wanted to be. I am awaiting replies to all of the above from the entire group.

I believe that we are actually getting closer to some sort of buy-in from government on this issue. I believe that the reason for this is that they understand that the current model is not working and that they have a dedicated group of locally elected coastal representatives that are willing to help them find a solution.

I will keep you informed of further developments.

Kanish View Estates Road

I have been in touch with our representative at the Ministry of Transportation and she has informed me that, following my request, she has arranged to tour the road along with the Supervisor for Emcon from Campbell

River. They will note what work needs to be done right now and establish a work plan for the future upgrades that will need to take place. So, we have accomplished that goal and they are following through. This is great news for the folks that live in the area.

Esplanade Park transfer.

This Wednesday it will be my pleasure to move the motions that will finalize the transfer documents between the Ministry of Transportation and the SRD to finally transfer over the area of land known as the Esplanade, for park and trail purposes. This issue was before me when I first took office and is finally complete.

We as a community will finally have control of that area and have the backing of the SRD and not have to depend on Highways to deal with any problems that arise. My congratulations to the residents in the area who have been so helpful and cooperative in bringing this to fruition.

Granite Bay Park hydro

Just a small item to report with regard to the SRD regional park at Granite Bay. We have been working on getting hydro to the dock for the past year and we have finally completed the transaction and the work.

There is now limited power at the dock for occasional use by those who need it. This is not for use by live-aboards or any other type of residential uses at the dock, which are not permitted by by-law. This was done as a convenience to allow boaters use of power for charging batteries or a quick repair. I can put another check next to "jobs to be done"!

Heriot Bay Road upgrades

The Ministry of Transportation was on the island last Wednesday, along with engineering staff, to take a look at the needs for the stretch of road from Rebecca Spit turn off north towards Heriot Bay, along the waterfront. Only one of the engineers was able to attend as the other had family issues to deal with. Subsequent trips are planned.

We are going to finally see a useable, safe road along that stretch and I cannot thank the Ministry enough. The officials that I met with at UBCM were so up to date on our situation and so helpful in bringing this all together, after so many years of lobbying. (you can probably tell that I am very pleased!)

Q. Cove Sewer expansion meeting

On September 25th, the SRD staff (CAO, General Manager of Operations and Engineer) hosted a meeting for the residents of the area within the sewer district and for the residents of the area that a proposed expansion is planned for. It was a very informative meeting, letting people know what it would cost to add their property to the existing sewer system. The basic cost will be \$9,100.00 per property with a \$1,300.00 hook up fee (there are additional costs on the individual properties that are the responsibility of the owner and they will vary according to needs of the actual property). This is down from the last time a proposal was presented. It was for \$16,800.00 per property. The difference is due to a Gas Tax Fund contribution that I was able to convince the Board to put toward this project since it is so important to the future of the Cove. The staff suggested that the people present go away and think about it for a short time and then another meeting will be held to answer questions and give any updates. Eventually there will be a vote taken on the issue by one of the means available to local government.

Surge Narrows

I will be attending the AGM of SNCA to hear all of the issues that are important to the outer islands. They are a large part of this electoral area and I do my best to ensure that their views are represented. We have a number of road issues to deal with and I will be bringing them an update from the Ministry of Transportation regarding a tour that we did some months ago, looking at the terrible condition of their roads.

That is about it for now. Feel free to call me between the hours of 8:30 am and 7:00 pm, Monday through Friday (please, not on weekends, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at jimabram@explornet.ca or by mail at Box 278 in the Cove, V0P 1N0... 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



NEWS & EVENTS

Submit your event info or news item - eMail: news@discoveryislands.ca or drop-off at 701 Cape Mudge Rd or at Hummingbird

Haunted House Needs Volunteers!

Come get involved in a spooky, thrilling and all around exciting event at the Quadra Community Centre! We need volunteers to help coordinate a spooktacular time. Phone 285-3243 or e-mail us at (info@quadrarec.bc.ca.) to get involved.

Best of Banff Films

The annual visit of the Best of the Banff Mountain Film Festival comes to **Quadra Island on Friday, November 30th and Campbell River on Saturday, December 1st.** (Note the switch in the order of days this year)

Wild Isle is pleased to present two different programs that combine to showcase most of this year's tour line up.

Tickets are now on sale for this eye-popping extravaganza of mountain films from around the world from the Tidemark Theatre box office 250-287-7465.

For more information visit: www.wildisle.ca/events

Sunday Services

Quadra Island United Church invites you to the first of regular weekly services on Sunday, September 15 at 10:45 am. Please note the slightly earlier time. Organ preludes at 10:30 am.

Lunch-type refreshments shared after the service. Everyone welcome. Info 285-3163.

2 Day Discussion Retreat

Island resident 28 years, Buddhist ordained nun in the Tibetan tradition, offering a 2 day free discussion, meditation glimpse of the female Buddha TARA, and the wisdom of all women and men to use this knowledge as skillful activity in daily life. This is the time to air out your questions about Buddha philosophy, different traditions, and sharing in discussion your wisdom of growth and ability on your path. if interested, looking at date October 19th and 20th.... please call 250 285 2111. Ane tsultrim (joanmarie T parkin) this retreat will be held in a private home, and be very relaxed. no fee required....one pot luck supper....

Yoga with Trinity Gogolin

Ease into Autumn with the healing practice of yoga. Trinity will combine the flowing style of yoga called Vinyasa with pranayama (breathing techniques), meditation, and deep relaxation.

Classes are suitable for all levels.

Wednesday mornings 10 to 11:30 & Thursday evenings 5 to 6:30 at QCC in room # 3 9/\$90 or \$12 drop in fee

Contact Trinity Gogolin at 250-203-9245 to register, or with any questions.

At The Legion

Halloween Dance on Saturday October 26th 9:00-1:00 with Duffy & Friends, cash prizes for best costumes, \$5.00 at the door. The next general meeting is on Wednesday October 16th at 8:00.

Meditation Mini Retreat

This is an opportunity for both new and experienced meditators to practice with a group. Instruction in sitting and walking meditation and Buddhist teachings will be available. October 26, 2013 at the Children's Centre, West Road, Quadra Island, 10:00 to 3:00. Contact Don at 250 285 2192 or dmceach@telus.net. By donation. Please bring a bag lunch.

Quadra Golf

The QI Golf Course is open daily 10 am to 6 pm with last tee at 4:30 pm until the end of October. On rainy days we offer pay & play, call 250-287-6366 for details.

We offer seniors discount and twilight rates. Book your tee time, call 250-285-2811.

New Listing



Lovely 1.25 acres with a creek and mature fruit trees located walking distance to the community centre, stores and Ferry. 4 bedroom home with 2 bathrooms features hardwood floors. Detached studio with bathroom and roughed in kitchen would make a great mortgage helper. Asking \$299,900.

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Each simple exercise is based on the Nine Principles of Harmony. Practiced in a nonjudgmental atmosphere, they allow us to discover a natural, joyful connection to the body and the benefit of fully participating in life.

Classes are located at Q.C.C. room 3, every Monday 2:00-3:00pm and Friday 10:00-11:00am, from Oct. 18 -Dec. 16. Cost is \$12 drop-in or 8/\$80.

Friday Oct. 18 is a free introductory class. Everyone welcome! Wear loose stretchy clothing and socks.

With Claudia Raaen, certified Breema instructor. Call Claudia to register 250-285-3606. For more info visit www.breema.com

Free Firewood

The Free Firewood Association in co-operation with the Quadra Community Centre offers free Firewood to all Quadra residents in need. The service starts after Thanksgiving and is designed to help single parents, elders on fixed income, low income and unemployed residents and new residents who join us in mid-winter with an empty wood shed.

Call Steve Moore at 285-3323 or Alan Burnett at 285-3544 for assistance at the wood shed or for delivery if you don't have a vehicle.

Free Firewood is available at 1 pm after every Community Lunch, starting Wednesday, October 16.

The wood shed is located behind the Community Centre on the South side. Bring your vehicle or a friend's pick-up truck and we'll help you load up.

The Free Firewood program needs your help in order to keep everyone warm on our island. Please donate money to the Free Firewood Association account at our local Coastal Credit Union. Thanking you in advance. Call Steve Moore for more info.

Acoustic Jam is Back

Come to Quadra's unplugged acoustic jam every Friday Night, starting up again on September 20th. Beginners are welcome to this relaxed, laid-back music circle. Bring your voice, guitar or string instrument, hand-drum, etc.

Time: 8 p.m. to 10 p.m. Place: Spirit Books Upper Realm. Date: Every Friday Night. Pat at 285-2807 and Time at 285-2314 are your hosts. Call for more information.

Local Food Market

Hungry for Local Food?

Look no further than the **Local Food Market** coming to Quadra Island this fall/winter.

A few years ago I lived in the Comox Valley and greatly enjoyed shopping at the Comox Valley Farmers Market. I knew I could get fresh food weekly and made it part of my grocery shopping.

Our goal with this market is to make a consistent local food source where the public can get a variety of local food monthly.

We have farmers growing veggies, bakers baking, jam makers jamming and there is talk of local meat and seafood.

Kosmic Kafeteria will be hosting a hot lunch from November to April, featuring local and seasonal food on the menu.

The market will also host a "basket-case" table, where you can bring a basket or case of food from your garden, kitchen, cooler of eggs etc... and the market will sell it for you.

We would also like to welcome food producers from Vancouver Island and the outer island to join us once a month and share their bounty. This market will be held October-April the first Saturday of every month at the Quadra Legion from 10-2.

Come and visit me at our booth at the Fall Fair with your questions and ideas. We are looking for musicians and volunteers to help with set up & clean up. Please contact Amanda 250-285-3976 or join us on Facebook at www.facebook.com/LocalFoodMarket

Cultural Season Starts

The Quadra Cultural Committee is proud to present The New Orford String Quartet as the first in their concert series beginning on October 14, Thanksgiving Day at 2:30 PM at the Quadra Community Centre.

The New Orford String Quartet arose from the fame and tradition of its predecessor, The Orford String Quartet, and since its first concert in 2009, the Quartet has seen astonishing success, giving annual concerts at the Orford Arts Centre for national CBC broadcast and receiving unanimous critical acclaim, including two Opus Awards for Concert of the Year.



Hailed for their "ravishingly beautiful tone" as well as their "extraordinary technical skills and musicianship" the members of the New Orford String Quartet are all principal players in the Montreal and Toronto Symphony Orchestras. Violinists Jonathan Crow and Andrew Wan; violist, Eric Nowlin and cellist Brian Manker will be playing the early Beethoven Quartet in B-flat major, Opus 18, No. 6; Canadian R. Murray Schafer's String Quartet No. 1; and Brahms' String Quartet No. 2 in A minor, Op. 51, No. 2.

The New Orford String Quartet's debut CD of the final quartets of Schubert and Beethoven on Bridge Records received international acclaim and a JUNO Award nomination in 2012. Recently described by the CBC as "...Canada's top string quartet,... they've taken our chamber music scene by storm..." So pop your turkey in the oven, put on your raincoats and head over to Quadra Island Community Centre on Thanksgiving Day and you'll be thankful you did! Tickets are available at the Music Plant in Campbell River and at Hummingbird Office and Art Supply and Works of H'Art on Quadra. Advance tickets are \$17; \$20 at the door. Students 16 and under with an adult will be admitted free. For more information, please call 250-285-2580 or visit www.neworford.com

Hi Res - Low Res

Are you curious about computer graphics? Maybe you make posters for a local community group? Perhaps you're a budding digital photographer? Make sure your valuable time is spent wisely and your graphics, photographs and other digital media are at a specification that actually works when you hand it off to the professionals.

Get the download on digital graphics with local publisher and photographer Philip Stone.

2 classes \$50 space is limited.

Wednesdays; Nov 6th & 13th, from 7:00-9:00 pm in room 3, QCC.

Please pre-register by email
psstone@quadraisland.ca

Great Music at the HBI

David Gogo: CBC Great Canadian Blues award for lifetime contribution to the blues in Canada; 2012 Western Canadian Music award for Blues recording of the year; two time Maple Blues Guitarist of the year and four time Juno nominee. Long weekend Sunday November 10th in Herons. Two course dinner and show: 6:00pm \$39.00 or show only: 7:00pm \$19.00. Reserve 250-285-3322

Harry Manx: A few tickets left to the Friday November 29 dinner show! \$79.00 includes a two course meal.

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Thanks - Works

It seems this might be a great time for WORKS OF H'ART to give thanks....

"Thanks" to the people of Quadra Island and Cortes Island for supporting our "we-think-beautiful" gift shop.

"Thanks" for always bringing your family and guests here to admire our many local artists. Thank you Frank Boas for flying those widgeons in!

"Thanks" to the seventy or more artists and craftspeople for the inspiration to keep going!

"Thanks" for all the 'pats-on-the-back' and admiring comments! This helps feed our sometimes lagging energy!

"Thanks" for the halibut, the apples, the blackberries, the "special" coffee, the wine, the jelly, the homemade bread, the cookies, the muffins....the love!

"Thanks" for the ideas, suggestions and advice!

"Thanks" for sharing...and caring!

On to matters at hand! An order of Chindi rugs will be made in the next few weeks. If you have a special size or color request please stop by to see your options and pricing...or phone in! (250)285-2834

The very extravagant but beautiful handstitched bedcovers and cloths from India here!

Wooden cars and trucks with interchangeable accessories are ready for the road! Get your pick early and receive two free truck tattoos and a coupon for free accessories from the grab bag!

Locally made aprons make an "easy to ship" gift! You must see these..... the materials and craftsmanship are an art in themselves!

We are celebrating Bob's "Nesting".....this picture will tug at your heart!

Thanksgiving weekend will see something very different and unique from Gary Brettnacher... showing above the fireplace!

We think it is time for another draw too.... every purchase until Oct.31st will get entered for a wide range of gift certificates and treasures!

Don't forget we are now closed on Mondays.....open for 'busyness' every other day! (250)285-2834.

Etsy Made Easy

Learn how to start or perfect your own Etsy shop to sell your arts, crafts, vintage goods, or collectibles online!

Irene Blueth has been successfully selling her silver jewelry on Etsy.com and wants to share what she's learned.

For more info on the workshop, including session details and whom to contact:

www.cortesisland.com/tideline/show6248a34s/Start>Your_Own_Etsy_Craft_Shop_Online

**Pioneer Room at Manson's Hall
Wednesday, October 23, 3:30 - 5:30 pm.**

\$15 - 25 sliding scale fee benefits the WiFi Society.

Arthritis Workshop on Cortes

This 2 day workshop presented by Cari Taylor of the Arthritis Society of B.C., is recommended for those suffering from arthritis as well as their family and friends. The workshop is on October 28 and 29, at Mansons Hall. The workshop is free, but we will ask for donations to cover Cari's travel and materials expenses from Victoria.

Monday, Oct. 28, 10:30 am - 12:00 noon:
"Understanding Arthritis"

12:00- 1:00- Lunch. You may sign up for one or two lunches catered by the Coop Bakery, or bring your own.

1:00- 2:30 pm- "Chronic Pain Management"

Tuesday, Oct. 29, 10:30 am- 12:00 noon:
"Stress and Arthritis"

12:00- 1:00- Lunch

1:00- 2:30 p.m.- "Exercise Control"

Cari will give everyone a clear understanding of the disease in its various forms, as well as show many of the available tools to make life more manageable. This information is the basis for the next 3 topics.

For more information and to register for the workshop and lunch, call Carina Verhoeve at 250-935-6792, Co-ordinator of Seniors Helping Seniors

Drumming Classes

Drumming together promotes physical, emotional, mental and spiritual wellness. Rhythm naturally unifies. Claudia Raaen teaches from a foundation of 20 years study with West African drumming masters. Her teaching method is simple yet powerful.

Call for details on classes and private sessions. 250-285-3606.

Mushroom Cuisine Lovers

Chef's at our local Restaurants are busy preparing Mushroom Delights featured during the weekends: Oct 26-27 & Nov 2-3.

Mushroom Recipes were gathered from Quadra's community & the Chef's chose a number of winning recipes. Watch for the winning recipe participants & head out to taste the delights. Follow the Mushroom Trail, taste the delicious Mushroom Delights, plus at that time you can place your name in a draw for a prize.

Watch for the restaurants participating in the Mushroom Delight Trail plus the winning recipe owners.

- The Mushroom & Outdoor Club.

Local Remembrance Day Service

Our annual Remembrance Day Service will be at the Quadra Branch of the Royal Canadian Legion on Monday November 11th, 2013.

Everyone is welcome and families with children are encouraged to attend. Please be seated by 10:45 am sharp.

The Legion Ladies Auxiliary will host the luncheon following the morning service.

The evening festivities begin with membership initiations to be conducted at 4:30 pm. The social hour starts at 5:00 pm with dinner for members and spouse/guest at 6:00 pm. Honours & Awards and live entertainment with the Thievin Brothers will follow dinner.

RSVP for dinner to Len or Marilyn Lamb 250-285-3354.

See you at the Legion!

Freediving: The Path Less Travelled

What is The Path Less Travelled? If you are Kirk and Mandy-Rae Krack, the path less travelled is freediving, testing the human limits of deep diving on a breath of surface air. Kirk and Mandy-Rae run Performance Freediving International (PFI), a freedive training organization that travels the world teaching people to freedive.

Since its formation in 2000 PFI has trained over 5000 people. Kirk trained 8 of those people to 23 world records: Mandy-Rae having set 7 of them.

In 2006 they started filming on a project with the Oceanic Preservation Society (OPS). In 2010 that film project titled The Cove won an Academy Award for best documentary. Their work on the project made them much more environmentally aware and they love to share what they have learned with others in hopes of helping to save our oceans. Kirk is currently working on a second film project with OPS titled The Heist.

October 19 listen to tales of The Path Less Travelled at the fundraiser for Carihi's new



Nautical Science program while enjoying dinner in Herons at the Heriot Bay Inn. \$49/seat, includes tasty two course dinner. Seating at 6 pm; arrive early to check out the silent auction. Please call the Inn to reserve your seats: 250.285.3322.

In February of 2014, School District 72 is offering a new program for Grade 10, 11, and 12 students interested in the Nautical Sciences. The Nautical Sciences program will take the form of a small, non---profit business where students learn aspects of sailing, from appraisal and repair of sailboats to safety and navigation on the water. Taking a team approach that reflects a true workplace focused on different people working together to achieve a common goal, students will learn the practical application of skills in order to be successful.

FRIDAY FLICKS

Tonight

Unfinished Song

United Kingdom, 2012.

Q.C.C. Doors 7:30 pm

Showtime 7:45 pm

\$5 gen'l admission - \$4 students/seniors

UNFINISHED SONG is a kind of love story rarely told. It walks the well-worn path toward life's most difficult transition. Arthur's wife, Marion, is terminally ill and there is nothing he can do about it. Marion continues to do what makes her happy, like singing with the local seniors' choir. Arthur struggles with his bitterness and fears while trying to please Marion and find his way to face the inevitable with grace.



Still of Gemma Arterton in Unfinished Song

Next Up

The Angels' Share

United Kingdom, 2012.

Oct 25th.

Robbie is a rough Glaswegian with a violent edge and seems cut from the gritty cloth of all working class anti-heros. But Robbie decides to straighten out his life and settle down. He agrees to community service and works with Harry, a kindly supervisor with a connoisseur's passion for whiskey. When Harry takes Robbie (and Mo, and Rhino, and Albert), on an outing to a distillery he hatches a plan - and the trick is in the math. Two percent of every barrel evaporates over the course of a year—the so-called "angels' share".

Just a few bottles of rare Malt Mill whiskey would give the boys enough money to clear their debts and start afresh.

Loach transforms grubby realism into sprightly fable, set in the lush, rolling Scottish Highlands. This is British comedy at its warmest and most pleasurable; cask strength, unfiltered, served "neat".

live music, great meals, friendly staff
...and locally owned. So much to love about the Heriot Bay Inn!

Fri. October 11: Blue Kats

vintage rock & roll, rhythm & blues

Fri. October 18: Six Foot Johnson

Cortes original rock & dance

Fri. October 25: Island Rootz

spooky reggae Halloween dance

Rockin' Saturday evenings: Open Mic with Mo

Dining hours: Open Every Day 7 am - 10 pm

Herons/Inn: 285.3322 Pub: 285.3539



Heriot Bay Inn

being real, having fun on Quadra Island

At the HBI

Traditional Thanksgiving Dinner at the Heriot Bay Inn; organic turkey from Quadra's own Hilcrest Farms and all the trimmings! **Friday, October 11 to Monday October 14, 5:00pm to 8:00pm.** \$19.95. Herons and the HBI Pub. Giving thanks every day for where we are and what we have.

Halloween is almost upon us, oooohhhwwweeeeee! Join us for a costume extravaganza in the HBI pub with the incredible reggae band "Island Rootz". Lots of cash prizes and certificates: best costume, best couple, best in character, best hair, Lots of runner up prizes...and TONS of FUN! \$10.00. **Friday, October 25th HBI Pub. 9:00pm**

Friday night bands October 11; Blue Katz; vintage rock+roll+rhythm+blues!... **October 18; Six Foot Johnson;** Cortes original dance and rock – oh yea! Always good times in the **HBI Pub. 9:00pm.**

Karaoke Tuesdays with your host Charles. Sing a little, sing a lot, smile a little, laugh a lot!. Come on in and enjoy this entertaining evening! **HBI Pub. Starts 9:00pm.**

Wednesday pool tourney with Dak is back! Drop ins welcome. Prizes every week, weekly winners name entered for grand prize; one night in a one or two bedroom cabin at the Heriot Bay Inn! November 28 (must be there to win). **HBI Pub. Starts 7:00pm.**

UofQ is on Thursdays with Dean Bible! **October 17;** Plaster masks with the Hummingbird gals – hands on how to skills and techniques – finish and take a mask home... **October 24;** Cranial Sacral Therapy - regulating the flow of cerebrospinal fluid by using therapeutic touch with Lauren Miller. One hour class. 7:00pm. HBI Pub education!

Every Saturday generates a new show with **Mo at Open Mic!** All levels in many genres warm up the evening with good times! **9:00pm. HBI Pub.**

Win two tickets to Pearl Jam at Open Mic with **Mo November 16** (must be present to win). Answer our daily skill testing question, and two names daily go into the November 16 Pearl Jam draw.

"The Path Less Traveled". CARIHI Nautical Sciences Program Fundraiser Dinner at the HBI. **Saturday October 19.** \$49.00 includes a two course meal, Speakers, film footage, silent auction. Herons, 6:00pm. Reserve: 285-3322.

Ecosystem Mapping Community Workshops

Join fellow islanders as we explore and share our local knowledge!

For more information and to register for workshops, please email info@diemproject.org or phone 250-285-2846.

DIEM Community Workshop Landscape Patterns

Presented by Rob Wood

11 - 4 pm October 20

Discovery Islands Lodge, Surge Narrows Road

Prevent getting lost by staying found! Learn to recognize and be aware of your position relative to repeating patterns and features in the watershed landscape... Basic map & compass skills will be an asset for participants, however the presentation will start with a short review, and all skill levels are welcome. Classroom workshop will be followed by an outdoor field session.

Bring your lunch.

DIEM Community Workshop Moss Mania

with Frank Boas

11-3 pm October 27

Meet at the Hope Spring Trailhead

Learn to identify mosses along one of Quadra's beautiful trails! Hope Spring Trail climbs slowly near a patch of Devil's Club, winding through some old Douglas Fir and beside a rock wall – providing a range of habitats for numerous mosses. The ridge top features wet hollows where unusual varieties of sphagnum moss grow. The moderate climb through many wildlife habitats also offers stunning mountain vistas. After a couple of hours exploring and collecting mosses, we'll head indoors to examine and identify our treasures - and swap moss stories about the ones that got away!

Bring your lunch.

Winter Market

What a fantastic first market! There were many new faces, some from as far away as Medicine Hat!

There were the fruits of many gardens, some said they wouldn't venture into growing some of the vegetables in their own gardens!

Our friend Candace came with her fresh pressed honey! A spoonful of that makes the medicine go down a whole lot easier. Delightful flavour!

I picked up a jar of Guinness Mustard. Can't wait to try that out on some sausages. Awesome blends for your palate, try some yellow tomato basil jelly with some cheese and biscuits or jellies that sound exotic; Habanero Gold, Apple Sage or Lime Mint. Expect to see more yummy flavours!

Our friends from Cortes came with berry bushes, potted herbs and a great selection of body products.

Miki brought her fabulous jewelry collection. Ms Judi brought her accessories for keeping you warm through the season. Daniella has gorgeous hand blocked, printed textiles, homeware furnishings and jewellery. Fabrics to suit your creative side.

Speaking of creative sides. Check out Folksey Art By Linda. Art prints and beautiful painted scenes of Quadra landmarks by Ann.

Stop by Greg's books for some great reading. There was a young entrepreneur with fun colorful duct tape wallets and bags. A children's flea market table was a busy place. Good on all of you!

Timothy brought beautiful natural stones (crystals) Many different and exciting ones from all over the world in a rainbow of colours. Ask him what crystals can do for you.

There is rumor that Michele has been in her studio working on some new combinations with essential oils and other soap making ingredients. Stay tuned for the progress.

From the Kitchen: More great lunches!

Look for the fresh home baked buns, breads and sweets for your sweet tooth.

I look forward to the fresh, from the oven, sticky bun with a coffee. Life is grand!

Our next market is Saturday, October 19th 10am - 2pm

Come join us. We look forward to seeing you!

For more info: Call Michele @ 250-285-3747 or quadramarket@gmail.com

Six Foot Johnson Rocks Quadra!



darshanphotography.com

After a busy summer, perennial Cortes Island favourite Six Foot Johnson returns to the HBI pub Friday, October 18th. From hard rock to alt. country, from pop to psychedelia, this quartet keeps an upbeat groove the entire night with their original music dance tunes.

All four band members contribute to the song writing, making for an eclectic mix of infectious melodies and rhythms causing an irresistible pull to the dance floor guaranteed to rock you silly.

Six Foot Johnson has been entertaining island audiences and creating together for nearly a decade. This summer the band played a number of festivals and private parties where their island flavoured tunes were a hit on the dance floor.

Virtuosic guitar driven and harmonica laden solos make for catchy down to earth grooves. If you're looking for a night of original music with a twist, that keeps you curiously intrigued while writhing on the dance floor, don't miss Six Foot Johnson.

Danvfer Johnson – guitar, harmonica, vocals
Aaron McCulloch Gary – guitar, bass, vocals
Greg Osoba – bass, guitar, vocals
Garden Stein – drums, vocals

Artisans Sought For Glittering Christmas Market

Apply By Oct. 15

The CR Art Gallery is seeking artisans who would like to display their work in the annual Christmas Market, taking place this year from Nov. 7 to Dec. 24.

For six weeks, the Gallery's entire exhibition space is transformed into a holiday shopping extravaganza, featuring unique handmade crafts and art created by local artisans. The pieces sell on a consignment basis and the Christmas Market, sponsored by Chan, Nowosad Boates, Chartered Accountants, is a major fundraiser for Gallery exhibitions and programs.

Entry into the Market is juried and entry forms are available at the Gallery, which is open Tuesday to Saturday from 12 pm - 5 pm.

The deadline for submission is Oct. 15. Phone 250-287-2261 or email admin@crartgallery.ca for more information.

Coastal Community Credit Union rewards Frances Guthrie

On Wednesday October 2nd, 2013 Shauna Helson, Cortes Branch Manager was very pleased to present Frances Guthrie of Discovery Islands Realty with two cheques of \$250 each for her to donate to her favourite charitable organization as part of our Realtor Rewards and Recognition program. Frances chose to donate her referral rewards to the Cortes Island Museum and the SCCA.

CCCU was very happy to recognize Frances and we look forward to our ongoing partnership.

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Quadra Quilters'

Marathon October 26- 27

Let the rains come! We'll stay cosy inside while lengths of donated colourful fabrics, soft battings, busy fingers, humming motors, laughter, and light fill the Community Centre. For two full days every fall the Quadra Quilters' Guild and members of the community get together to create dozens of comfort quilts for the Quadra Island community and to benefit patients from the Oncology Unit of Vancouver Children's Hospital.

This year the Quilters' Marathon is scheduled for October 26th and 27th at the Quadra Community Centre. Anyone is invited to come between 10am and 4pm to see the process. On Saturday quilters will be piecing fabric together to make the colourful tops, and by Sunday afternoon some of the quilts will be layered together and nearing completion.

We gratefully accept help from people wishing to become involved. We can use pressers, cutters, sewers or general helpers. Volunteers can enjoy a hot lunch on either day. Terry Phillips at 285-3040.

Nature, Memory and Memoir Writing

A tribute to nature's influence on the creative process, *"Bog Tender"* is an enchanting memoir that explores nature and the act of writing, and where the two intersect. With humour and an acute sense of awareness, George Szanto writes about the bog that cuts his property in two, as he searches for the life moments of greatest consequence to him.

George Szanto is reading from his latest book and discussing the art of memoir writing in the HBI's Fireside Lounge Saturday October 26 at 7 pm. No charge for this event.

"Bog Tender" is about home and the intricate connections that evolve under and above the water. "Lushly rendered...An earthy, homespun and voyeuristically satisfying book" said the Kirkus Review. A National Magazine Award recipient and winner of the Hugh MacLennan Prize for fiction, George Szanto is the author of several books of essays and half a dozen novels, and is co-author of the Island Investigations International mystery series including *"Never Hug A Muggler On Quadra Island"*.

Right On Writing

Get started on that languishing writing project this winter with a family history and biography class at the Museum at Campbell River. Jeanette Taylor and Annette Yourk offered this popular five-part class last winter and it filled within days. A new session starts on Sunday October 6 and continues to November 10, from 1:00 to 4:00 p.m., with a break for the Thanksgiving weekend.

Yourk and Taylor have a lot to offer participants who want to advance their writing skills and learn the basics of historical research. A graduate from SFU's Writing and Publishing program, Annette Yourk also holds an instructors' diploma in adult education. She has many years of experience writing and editing, and has designed and taught coursework to a range of learners. Jeanette Taylor is a BC historian who has worked both at the BC Archives and at the Museum at Campbell River. She has four non-fiction books in print, including *River City*, *A History of Campbell River* and the *Discovery Islands* and *Tidal Passages*, a *History of the Discovery Islands*. Her current project is a history of the Victorian era on Vancouver Island, told through one man's experience.

Taylor says it's very exciting to watch participants plunge into writing, inspired by in-class exercises and take home assignments that dovetail with each individuals' project. The students in their previous class appreciated the guidance, handouts and support Taylor and Yourk provided.

"Through your presentations of your own experiences," wrote Jean Mottershead, "I gained new insights into writing and publishing. The whole experience was enjoyable and inspiring."

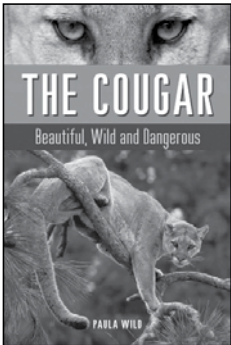
Taylor and Yourk will touch on all the elements needed for a writing project, from research and writing to self-publishing and ways to make a successful pitch to a publisher. While the class is geared to family history and biography, much of the content is also applicable to those writing memoirs.

The fee for the class is \$140.00. To register call the Museum at Campbell River at 250-287-3103. Spots are limited so you're urged to register soon.

Paula Wild Gives Presentations on Living in Cougar Country

on Quadra Island

Vancouver Island and its surrounding islands are known for having both the highest density of cougars and the most aggressive cougar population in North America. Join author Paula Wild as she gives a slideshow presentation, talk and book signing for her new book that explores our evolving relationship with this enigmatic animal—The Cougar: Beautiful, Wild and Dangerous—at the Quadra Island Community Centre (970 West Road) on Saturday, October 19 starting at 7:30pm. This presentation is sponsored by the Quadra Island Sierra Club. Doors open at 7pm, admission is by donation and refreshments are provided. Books will be for sale by Book Bonanza.



As Paula Wild says in *The Cougar*, “co-existing with cougars isn’t about fear, it’s about knowledge.” Through a skillful blend of natural history, scientific research and many first-hand accounts, along with amazing

photos and detailed information on what to do in the case of a cougar encounter, Wild explores what makes this elusive animal so beautiful, so dangerous, and why cougars remain such an important and valuable part of our environment on B.C.’s coast.

Paula Wild is the author of several books, including *One River, Two Cultures*, *The Comox Valley and Sointula: Island Utopia*, winner of a B.C. Historical Federation Certificate of Merit. She has also written for numerous periodicals, including *Beautiful British Columbia*, *Reader’s Digest* and *Canada’s History Magazine*. She lives in Courtenay, B.C. with her partner, Rick James.

For more info on this event, please contact the Quadra Island Sierra Club at 250 285 2272 or Geraldine@uniserve.com.

Quadra Island Outdoor Club

- Upcoming Events

The Quadra Island Outdoor Club arranges activities such as day hikes, backpacking, paddling and winter events.

More information, including how to join, the trip schedule and trip photos, is available on the web at qioutdoorclub.org.

In October, the QIOC and the Quadra Island Mushroom Club are joining forces to offer the following events:

October 12-13 - mushroom identification workshop with Dr. Shannon Berch

October 19 - field trip to collect and identify Island mushrooms

And in November**November 2** - second field trip to collect and identify Island mushrooms. For more details, check qioutdoorclub.org.

To register for mushroom events, contact Maureen McDowell at mcboas@gicable.com or phone 285-2221.

In addition, several local restaurants and cafes will be offering wild mushroom specialties, based on recipes submitted by Quadra mushroom enthusiasts. Look for more details in this issue of the DI.



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Toys

If we look at what makes up a {young} child's playtime, we see two elements: toys and stories.

Let's first examine toys. What is a toy and what can a toy do? A toy is an object that occupies a child's mind and thoughts. It gives the opportunity for learning and teaches concentration. A toy attracts a child through colour, shape and movement. It should be safe for the mind, soul and body, and it stimulates growth and creative thinking. It also lets a child experience accomplishment and gives an opportunity for social interaction while promoting speech and coordination. It opens the world to learning in a fun way at a child's own pace and understanding, and it teaches patience, ingenuity and concepts. With toys, children learn to make choices and develop social interests. Last but not least, the toy demands order just like life itself. As you see, a toy can be a powerful thing.

In a child's life, toys and stories are closely connected. Be it dolls, puppets, cars, blocks, trains or puzzles, all toys stimulate the children to act out creatively with their imagination, the things that are happening in their lives. Everything becomes a story. Therefore, we can greatly influence our children's behaviour by the types of toys we choose for them?

Use your own judgement. If you think a certain toy is a bad toy, it probably is. Just because it is in a store does not make it a good toy for a child. We not only have to consider the child's physical safety, but very importantly, their emotional safety.

'Toys' is an excerpt from Susan Munzer-Briner's book *Learn to Play - Play to Learn*. The book is filled with ideas for creating stories with puppets, story baskets, magnetic stages, puzzles, nature stories and dramatizing for young children. It has detailed plans and patterns for a wide variety of toys you can make. Good ideas for winter gift giving! It is available on loan through Quadra Literacy.

Contact Robin @ 250-285-3185 or robin.quadraliteracy@gmail.com

Quadra Island Garden Club Herbal Horticulture

The Garden Club topic on Monday October 21st 7 pm is **Herbs: how to grow, harvest, and use them in our kitchens.**

Brian Crumblehulme is a columnist for Island Tides newspaper. Many islanders enjoy his informative articles on island life, growing food, and cooking local produce, meat and wine. He will present his talk from an interesting background.

He and his wife, Mary began the first commercial herb farm on the Gulf Islands in 1981, supplying Canada Safeway for four years.

Brian has a background in Biology, Chemistry and Medical Technology. He is a former Chef and has taught college courses on food and cooking. He is currently writing a book titled 'The Paradox of Good Food'. He is the Island Trustee for Mayne Island and calls himself a dancer, actor and theatre director. Sounds like a dynamic island lifestyle, and he expresses this complexity in his newspaper articles.

Join us for an interesting evening - a 'how to' on self sufficiency by growing, preparing and eating a healthier diet.

Have you read his Broccoli Beneforte article in the September 26th Island Tides? Have a look, you will enjoy his writing.

The change in weather at the autumn equinox also changes our appetites when we focus on preparing warmer dishes.

Celebrate your Thanksgiving - a time when many of us eat heartily from our gardens, a time for sharing light around our homes with our family and friends.

For the **show and tell table** please bring something from your garden: flowers, some perfect carrots, or a large 'show off' squash.

Now is the season to winterize your water systems so don't forget to drain and put away those hoses soon.

Annual membership is \$10, \$15 for family. Drop Ins \$2.



In 2012 10,065 people in the Strathcona region registered to take part in the

Great BC ShakeOut



**This year's ShakeOut will be held Thursday, October 17
10:17 am**

Let's beat Comox Valley this year!

At 10:17 a.m. British Columbians will do the "drop, cover, and hold on" drill. The Great British Columbia ShakeOut, is now an annual earthquake drill event for all of BC and many parts of the world such as New Zealand, Alaska, California and Puerto Rico. The Province's first drill in 2010 had more than 470,000 BC participants and raised earthquake and emergency preparedness awareness throughout British Columbia. In 2012 BC reached 590,000 participants. This year so far there is only 500,000 participants with just a few days left to register!

Throughout the Regional District, Emergency Support Services (ESS) volunteers have been busy organizing events to support the ShakeOut goal of encouraging personal and business preparedness. Your local emergency services would love to have you check in with them to see what they have planned.

Here are a few things planned:

Quadra Island Events:

Visit to school, review of their plans, and present preparedness posters

Shakeout drill at Quadra Circle Seniors lunch Friday Oct.13

Presentation to DI Chamber of Commerce Oct. 17th

Shakeout drill at Quadra Community Wednesday lunch on October 18th

To register or find out more information, head to the BC ShakeOut web site at: www.shakeoutbc.ca or check out the Strathcona Regional District website and look under Protective Services or call 250-830-6700

ARTS REPORT

DI Arts Editor:

Dom Fetherston

artseditor@discoveryislander.ca

Currently showing at the Campbell Island Art Gallery is the North Island College faculty exhibition. The college's fine arts staff possess a wide spectrum of formal qualifications in sculpture, pottery, photography, drawing, videography, painting and more.

With a broad scope of talent, Jeff Brett's porcelain and wood fired stoneware are both top notch. His chosen tones of colouration and the versatility of his work is fluent and impressive.

Another highlight of the show was realizing that Sara Viper's portions of broken ladders randomly positioned from the ceiling at the centre of the gallery were not real, but representational ladders made of gauze, starch and thread. Viper also shows a pair of two-dimensional graphite, collage and print media works that depicted a fusion of sketches of human anatomy and flora.

Alan Burgess is exhibiting a collection of six delicately crafted black stoneware pots of varying design. The simplicity of the vessels and skillful use of colour is artfully utilized to highlight the beauty of the series.

Angela Somerset is showing two groupings of two mixed media panels

serenely flanking either side of the monochromatic works of Gordon Hutchens. His contribution to the exhibition is a series of six anagama fired stoneware of varying heights and size. The anagama is a type of large kiln that was popular in Japan during the 1600 and 1700's.

Other contributions include digital videos by Jeff Brett, Megan Wilson and Blaine Campbell, and Carrie Tannant. Tannant is also exhibiting a mixed media mass of mostly small inflated foil bags which she attached together, and titled "Cumulonibus."

The show includes three colourful photographs by Paul Bailey. Two of the three giclee (inkjet) images were intentionally blurred.

Linda Perron has presented two gum bichromate over cynotype photographs. The sepia images were juxtaposed with a line of six small icons reiterating identical prints of a single pear executed with lumen paint on wood.

The three paintings by John Hooley are of somewhat different styles. Two paintings were nicely flowing works imparting

a notion of abstracted views of sea or sky scape, but his more down-to-earth expression of rocks is weighted, pulling and more realistic.

Another realist piece by Elizabeth Russell is titled "Blanket Coat." This is a full-sized charcoal drawing of a long coat spread open on a flat surface. The artist emphasized the subject by cutting around the circumference of the coat and displaying it unframed.

This show is enjoyable because of the large range of artistic approaches and talents.

It also provides a commentary of what is being taught at the North Island College.

What do you think? Letters to the editor:

artseditor@discoveryislander.ca

The display runs until October 25. For more info, call the gallery at 250.287.2261.

DI

Heritage Choir



The Linda Tillery Cultural Heritage Choir, a Grammy-nominated, percussion-driven vocal ensemble from Berkeley, California will be ...shakin' a tail feather... at the Quadra Community Centre, Saturday, November 16, at 8:00 pm. This dynamic, five-part acappella group shares through story and song the traditions of African American music rooted in the deep south and strongly connected to their West African and Caribbean origins. Advance tickets \$20 for this rhythmic and vocal treat and are now on sale at: Hummingbird Office and Art Supply, Works of H'Art, and the Music Plant. If any tickets are left, the door price will be \$25.

For more information, call 250-285-3204 or visit the Choir's Website at: www.berkeleyagency.com. World Music Roots Linda Tillery Choir

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Local Film-Maker Hosts World Premiere

Award-winning Kwagiulth film-maker Lori Lewis hosts the world premiere screening and celebration of her new short fiction film 'My Cousin Lived Next Door' this coming Saturday, October 12 at 7 p.m. on home turf in the Quadra Island Community Centre.

Says Lewis, 'This will be the only screening of the film before it has a year of touring international film festivals.'

First independent production

- In 2008 Lewis received the Best Live Action Short Award at the 33rd Annual American Indian Film Festival in San Francisco for directing 'Niigaanibatowaad: FrontRunners', a film that continues to be aired on Aboriginal Peoples Television Network (APTN).

This past year, with assistance from The Canada Council for the Arts, Aboriginal Media Program, Lewis and her company, Laksakla Productions, took her script for 'My Cousin Lived Next Door', and with producer Heidi Ridgway and a local cast and crew, created the first piece of fiction to be filmed in Cape Mudge Village, with additional scenes in Campbell River and Vancouver.

Top Canadian talent - The Canada Council grant allowed Lewis the opportunity to bring on board some of the best production people in Canada: Don Chaput, director of photography, is known for his documentary work; John Gurdebeke, editor; Marie Clements, actor, is a Métis playwright, performer, director, producer and screenwriter, and her work 'Unnatural and Accidental'

received seven nominations at the Genie and Leo Awards; Russell Wallace, actor and composer, is a traditional Lil'wat singer who has received Juno nominations, and Aboriginal Music and Native American Music awards.

New talent - The cast boasts a group of talented local First Nations youth, and introduces Nyla Carpentier in her first screen role. Carpentier was last seen in the North Island touring schools with Axis Theatre's 'Raven Meets the Monkey King'.

The story - 'My Cousin Lived Next Door' tells the tale of Mary and Nelly, two very close cousins and best friends who grow up on a coastal Native Reserve in British Columbia. Although they are next-door-neighbours, their childhood experiences lead them on two extremely different paths to adulthood. The film, a captivating montage of scenery and imagery, recalls their different journeys as Mary reflects upon her life through her successful and perfect façade.

Where to from here? "I would love to have the film travel to international film festivals around the world," says Lewis. "At the moment it has been submitted to the Sundance Film Festival and the Vancouver International Women in Film Festival."

Admission: A suggested donation of \$5 at the door will go towards the Qwallawyuw Headstart Preschool Program in memory of Ruth Kenkel, late of Cape Mudge Village. There will be refreshments and a toonie drive to help raise funds for festival submissions.

Quadra Director Tells Story to Global Audience

by Dom Fetherston
DI Arts Editor

Lori Lewis is a Quadra Island aboriginal film-maker who has spent the past year working on a short film (12 minutes, 40 seconds) titled "My Cousin Lived Next Door." Her father was Cape Mudge's late Chief Councillor Lawrence Lewis. Lori will be honouring her home community by holding the world debut of her new film this Saturday at 7:00 pm at the Quadra Community Centre.

living on reservation. Lewis says that the short film has an important message that will resonate with both native and non-native audiences. It has been submitted to the Sundance Film Festival and to the Vancouver Native Women's Film Festival, and will also be pitched to the Winnipeg Aboriginal Film Festival and the American Indian Film Festival.

Originally, "My Cousin Lived Next Door" was a short story written by Lewis, that was in



Don Chaput

Ms Lewis grew up on Quadra Island and has a long line of credentials and experience. She became a professional actress and stage manager after securing a degree from the University of Victoria. She later earned a degree in teaching from the University of British Columbia. She toured Europe directing the play "Niigaanibatowaad" (translation: "Front Runners"), which won best live action short at the American Indian Film Festival in San Francisco in 2008.

"My Cousin Lived Next Door" is a semi-autobiographical work that chronicles the lives of two cousins that reflects on the different cultural identities between a female urban native professional and her cousin whose life is spent

part inspired by components of the Pickton massacres in Vancouver, and by the Highway of Tears in BC's interior. The story was later transformed into a short film script, and finally into the finished production which was filmed at Quadra Island, Campbell River and Vancouver.

Notable associates of the film include producer Heidi Ridgway, acclaimed director of photography Don Chaput, editor John Gurdebeke, sound designer Guy Maddin, and actors Marie Clements, Russell Wallace and Nyla Carpentier.

Admission is 5 dollars, and proceeds from the debut are being donated to Qwallawyuw Headstart Preschool Program. It is Lewis's hope that her film will be part of several film festivals and that it will touch as many people as possible. **DI**

Seniors Housing News

The fifth unit at Seniors Housing is nearing completion. After a summer of steady construction, the drywall has been installed, and the new tenant will be ready to move in on December 1. This single home was made possible by several donations over the last year. The Society received a memorial donation from the Byers family, in memory of Clarence Byers. The Strathcona Regional District, on the recommendation of Director Jim Abram, processed a grant from VIHA which is given to promote healthy communities and to help with housing. Thanks Jim. Telus and its local employee, have again given an annual charitable donation to Seniors Housing. Tru Value Stores in Heriot Bay and the Cove donate 1% of your purchases to community groups. Thanks to Seniors Housing supporters for donating your Tru Value points. Mary Thompson and Jack La Rue have mowed the lawn for the Society for the past two years as a donation to the project. The Seniors Housing Society are thankful for all of these donations which add up, and allow a local Senior to move into a brand new home. The Society was able to bring the existing mortgage down so refinancing was possible, the contractor was available to do the work this summer, and there was a waiting list of Seniors hoping to move into this positive community environment. Thanks to everyone who has made this possible.

The property at 709 O'Connor road may be allowed to add one more unit. Instead of building a duplex at the last building site, only a single unit was possible due to water levels and soil structure. To build the sixth unit, the Society will have to apply for another Development Permit from the Regional District. These processes always take considerable time. The future plans are to pay down the debt again and

to prepare the legal work to build another unit (eventually when our finances permit). If you have been thinking of making a charitable donation on Quadra, the Senior Housing Society would appreciate your consideration of our project this year. Tax receipts are available. Please mail donations to Quadra Island Seniors Housing, Box 535, Quathiaski Cove, V0P 1N0.

If you have been thinking that Seniors Housing would be a place for you to live, the Society encourages you to fill out an application and have your name added to the wait list. You must have been a resident of Quadra Island for the last two years to apply. You must be 65 years or older. If your partner or spouse is under 65, but you meet the age requirement, this is acceptable for application. To receive an application form please phone Heather at (250) 285-2553.

The present Board of Quadra Island Housing Society has eight Directors: Heather Adams, Nancy Allwarden, Ruth Amiabel, Val Barr, Al Beattie, Jerry Enns, Perry Johnston, and Maureen McDowell. Any of the Directors would be happy to answer questions about Seniors Housing, and its role in a healthy, happy community. Everyone involved in Seniors Housing thanks you, our community, for your support. We appreciate the caring that allows islanders to remain on Quadra as they age.

We would also like to mention the great accomplishments of Quadra Circle. This group of volunteers are helping Seniors to live a more comfortable life in their own homes. Quadra Circle is looking after food, housing, and transportation assistance for seniors, as well as planning for assisted living on Quadra sometime in the future. Great work, Quadra Circle, and thanks for looking after our community when we need help.

Quadra Island Seniors

Branch 91-BC Pensioners & Seniors Org.

On Oct 2nd/13 our members and friends celebrated "October Fest" in style, at the Legion. We had singing and yodelling, with Betty Frank, and marvellous stories which were exciting. Judy Hagen, Anne Lawrence, Karen Talbot, joined in the singing, with all of us. Judy Hagen & Heather Adams educated us in **emergency preparedness**, gave us all smoke alarms to take home.

After our meeting we had gifts of different types of squash by the Kellerhals, who also provided special sausages from their own stock. Special potato dishes, and lovely salads, and buns with sauerkraut. Last but not least, delicious pumpkin pie & whipped cream.

We also celebrated Cliff Hand, Rolf Kellerhal, Allard Van Veen & Dennis Youngs Birthdays with a delicious Chocolate cake & cookies.

New memberships are now available for 2014 contact Christine Dyson @285- 2207.

We are attending on October 23rd the North Island Regional meeting at Black Creeks Halbe Hall organized by Branch 126 meeting starts at 11:00 am.

The speaker will be Provincial Board President Jennifer Coburn from Savona. Lunch will be \$5.00 contact Christine Dyson @285-2207 if you would like to attend. Transportation can be provided.

On most Wednesdays we have Armchair aerobics with Anne Lawrence @ 10:00 am & Carpet Bowling @ 11:15 am, bring snacks to have with coffee or tea. Our Christmas luncheon will be held on Wed. December 4th/13 Contact Daphne Young, @ 285-3842 and make sure you will be on the list.

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Quadra Circle News

On October 2, some members of Quadra Circle's Housing Committee (Luise Grav, Maureen McDowell, Mary McIntosh, Rob McKerracher, Dirk Van Der Minne and Carol Woolsey) visited St. John the Divine Abbeyfield House, 994 8th Street in Courtenay. Our aim was to learn more about the operation of seniors housing models which might work on Quadra.

Operating Structure: Abbeyfield is a not-for-profit Society with a volunteer Board, affiliated with St. John the Divine Church for financial back-up, but is non-denominational and self-sufficient. Creating an atmosphere of mutual caring, respect and "purposeful living" for senior residents is part of the mandate - to build a sense of 'family'. It was started by local seniors who fundraised and applied to Abbeyfield Canada (see www.abbeyfield.ca) for seed money and guidance on governance, building management and fundraising. The Society obtained a mortgage from the local credit union, bought an old office building site, designed the facility with seniors in-put and an architect's help. The Abbeyfield Board sets fees to cover operating and contingency costs. The Board is hands-on to help with minor maintenance and painting rooms but hire professionals for plumbing, etc.

Suites: Abbeyfield in Courtenay is 17 years old, with 10 suites all with external and internal entrances on the ground floor. Each unit's exit door has a small patio, for private and emergency access. Suites are bed-sitting room style, approx. 300sq.ft., with toilet, sink and shower. Two suites are wheel-chair access so have 2-piece bathroom and use of the Bath/shower Room where assistance is provided. Suites are furnished by tenants, who do their own cleaning. Rooms have call buttons to Staff and medical alert. Small pets are permitted on a situation-by-situation basis.

A sheltered walkway with small trees, shrubs and plants which attract birds surrounds the building so tenants can walk safely and not get lost; it also features a shared patio with tables and chairs. Abbeyfield is in a flat, residential area across from Kiwanis seniors housing, on a bus route to downtown and near walking and scooter paths; some residents drive.

Lay-out: In the central Livingroom off the main entrance and Main hall residents can chat and read when they want company; it has plants and 2 aquariums. Tenants suites open into the Main hall, which runs the length of building and provides easy access to all the shared facilities: Entertainment room, Laundry room, Dining room, Kitchen, Office, Bath/Shower room (plus a wheel-chair access toilet at each end of the Hall). The Second floor has a shared tenant storage room, a suite for overnight staff and a bed-sitting room for family visitors. A Stair-lift was installed later through fundraising.

Costs: Residents are 55+ (oldest is 94) and must have a family member or legal representative who is empowered to make medical decisions for the person if needed. Suites rent for \$1650/ month and include 3 meals/day, snacks, utilities, internet and cable TV. Residents have their own phones. Family and guests meals and the Family suite rent are at nominal cost. The BC SAFER rental allowance covers part of the \$1650 cost. The Abbeyfield Board can provide a subsidy for tenants who can't afford the full cost; others are assisted by Veterans Affairs or family.

Staff: Key to the operation is good, longterm staff, who "go beyond" to ensure residents feel cared about secure and 'at home'. Lunch and Dinner are prepared daily by Manager/Cook who arrives in the morning to help those who need minor assistance to dress; she makes lunch and dinner, assists people during the day as needed, arranges activities. Cleaning of common area is done by a cleaning service. The Night staff person has free room and board upstairs and is paid for night call-outs. A Weekend cook relieves the Manager and has been there since the start (17 years). Problems between tenants or staff and tenants are dealt with promptly by staff or a conflict resolution professional 'from outside'.

Ageing-in-place: Although the Abbeyfield model was intended for independent living, this Society has adjusted to accommodate tenants with declining health. (This makes it a very interesting possibility for our needs on Quadra). Many residents have VIHA Home Support workers who assist

them daily. Hospice support was arranged for a dying resident who wanted to stay in their Abbeyfield suite, surrounded by friends and family there. The Board expanded their mandate to allow a family member to stay in the upper suite and provide care during their parent's final days, with assistance from a Palliative Care nurse.

Advice to Q Circle: The Abbeyfield Board suggested that we plan now for expansion later. The demand has exceeded the number of suites and they have no accommodation for couples. Plan ahead also for palliative care and respite care to allow for ageing-in-place. Quadra Circle's Housing Committee is now reviewing several housing models and will soon be engaging us as a community in the process of creating housing to meet our seniors' range of needs. For more information, call Mary: (250) 285-3084.

Quadra Home Meals

The Quadra Home Meals program provides weekly meal orders to Island seniors or care-givers unable to cook regularly and to anyone dealing with illness or recovering from surgery. These tasty, nutritious meals are cooked specially for the program by the Gowlland Harbour Resort Chef. The cost is a nominal \$5 per meal. Choices range from soup/stew with bun, to a small entree to a full meal with fish or meat, vegetables and a starch. Food preferences, allergies and special diets can be accommodated. Meals can be reheated or frozen for later use. You can pick them up at the Community Centre on Wednesdays between 11:30am and 12 noon. If needed, the meals can be delivered by our volunteers. To order by Sunday noon call Marie: 285-3950, Lynda: 285-3205 or Karen: 285-3064.

Friday Lunch: Last week 33 seniors of all ages attended Friday Lunch. Please join us Fridays at 11am for armchair exercises with Ann Lawrence or at noon to 1pm for lunch and a speaker in the Lower Level at 1181 West Road (Quadra Bible Church). You'll receive a warm welcome! We have a variety of activities and volunteer options too, if you are interested. For more information contact Karen at 285-3064 or Mary at 285-3084.



A Boater's Dream Come True...

Crowd gathers to see "Gratitude" set sail



"Gratitude" afloat at Cape Mudge.

photo: Carla Duffey

An exciting new chapter began for retired Lighthouse keeper Gordon Schweers, on Wednesday September 18th, with the launching of his new sailing vessel "Gratitude". A fair size crowd gathered on the dock to join Gordon in the celebration. Champagne glasses were distributed among friends and family along with hugs and cheers while awaiting the arrival of the newly built ketch carefully being transported from Cape Mudge to Quathiaski Cove's boat ramp.

She began her journey as a building project for David Smith. Gracefully named by David to reflect the appreciation of the life he had lived, "Gratitude" would become a culmination of several years of determination and fine workmanship. What began as a dream for one man, became a labor of love for another who would see that the sailing vessel reached completion. Illness would change the course of David's plans and although he knew he wouldn't see this project to the end, David continued working on the boat as long as he could.

This 38' x 11.5' a British Design by Maurice Griffiths is strip built of 1.5" yellow Cedar, the keel and stem of Douglas Fir and was sheathed in cloth and epoxy in Duncan. The

superstructure and hardware were built by David and close friend Kaspar Fluckiger, on Quadra Island.

Meanwhile further north on the Coast, Gordon who worked for the Coast Guard as the Langara Island Lighthouse keeper for 38 years, dreamed of one day building his own boat. When the opportunity came to purchase the unfinished boat after David's passing, Gordon had the boat surveyed and was encouraged to purchase it. This was a solid boat with great potential and he shouldn't pass it up.

For the next two years he traveled back and forth at every chance he had and set out to complete his ketch. He retired shortly afterward to devote his attention to the boat. Building such an incredible sailing vessel is quite an undertaking and demands skills, precision and great engineering, not to mention a great deal of patience. Consultations among the boating community and our local experts were many. Friends dropped by often for encouragement and to see the progress. Gordon's presence was so familiar at Cape Mudge Boatworks where the boat was kept, he became a member of the crew lending a hand when required.

Five years later, "Gratitude" was finally ready to get her feet wet. Gordon's sister Shirle had the honor of christening the boat while close friends and family of both David and Gordon cheered. Tide was perfect and the launch went without a hitch. Her new ventures had begun! With the help of a small boat tied to the stern, she was moved over to the dock for a detailed inspection. Aside from a couple small details that were quickly rectified, she was good to go. With a rigging, sails and a few more components left to be added..she will be magnificent and will soon glide the waters of the Coast.

From Lighthouse to sailboat, Gordon understands that life is richer by seaside. On the water, life moves at a different pace where time is marked by tides and weather! Full sails await!

Special thanks go to Murray Abercrombie and the entire crew of Cape Mudge Boatworks, Bowline Boat Moving Ltd, Todd Scharf and John Arnold for your assist, friends and family and the many others who attended.

- Lilianne Langevin

TIDES - HERIOT BAY

DATE	TIME PST	m.	ft.
11 Friday	04:55	1.1	3.6
	12:31	4.6	15.1
	18:19	3.3	10.8
	22:47	4.0	13.1
12 Saturday	05:57	1.3	4.3
	13:37	4.6	15.1
	19:45	3.2	10.5
13 Sunday	00:17	3.9	12.8
	07:07	1.6	5.2
	14:34	4.7	15.4
	20:55	2.9	9.5
14 Monday	01:50	3.8	12.5
	08:18	1.8	5.9
	15:21	4.7	15.4
	21:50	2.5	8.2
15 Tuesday	03:09	4.0	13.1
	09:22	2.0	6.6
	16:00	4.7	15.4
	22:36	2.2	7.2
16 Wed.	04:20	4.1	13.5
	10:19	2.2	7.2
	16:36	4.7	15.4
	23:16	1.8	5.9
17 Thursday	05:24	4.4	14.4
	11:12	2.5	8.2
	17:10	4.7	15.4
	23:54	1.6	5.2
18 Friday	06:20	4.6	15.1
	12:01	2.7	8.9
	17:43	4.6	15.1
19 Saturday	00:30	1.3	4.3
	07:10	4.7	15.4
	12:49	2.9	9.5
	18:16	4.6	15.1
20 Sunday	01:06	1.2	3.9
	07:56	4.8	15.7
	13:35	3.0	9.8
	18:49	4.5	14.8
21 Monday	01:42	1.2	3.9
	08:42	4.8	15.7
	14:22	3.2	10.5
	19:23	4.3	14.1
22 Tuesday	02:19	1.2	3.9
	09:28	4.8	15.7
	15:12	3.3	10.8
	19:57	4.2	13.8
23 Wed.	02:58	1.3	4.3
	10:15	4.7	15.4
	16:07	3.4	11.2
	20:32	4.0	13.1
24 Thursday	03:38	1.4	4.6
	11:05	4.6	15.1
	17:11	3.4	11.2
	21:10	3.8	12.5
25 Friday	04:20	1.6	5.2
	11:58	4.5	14.8
	18:24	3.4	11.2
	21:59	3.6	11.8



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