

# DISCOVERY ISLANDER

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

ISSUE 573

Serving the Discovery Islands since 1992

April 4, 2014

## Bringing It Home!

- by Karen Perras



Photo: Sally Bradshaw

L to R Back row: Al Leia, Arron Gole, Jason Jefferey, Sam Keefer, Dave Graham, Terryl Bertagnolli, Bill Bradshaw, Keiran Geraghty, Gabe Raven, John Marlow  
L to R front row: Bobby Byrne, Rob Oswald, Blaine Smith, Bill Dubois, Murry Haukeness, Daryl Ward. Missing: Rupert Gale

Quadra Island is once again home to the coveted wagon. The Quadra Old Growth hockey team won the Pioneer League playoffs in Campbell River on March 30th in a 4-2 victory against CR Glass.

Quadra scored first, and took a 3-1 lead into the half time break. They expanded their lead early in the final period, only to have CR Glass score a second goal midway through the period, really heating things up.

A late push with the goalie pulled, was not enough for CR Glass, and as the final seconds on

the clock ticked away, the crowd was on their feet. The cheering was so loud you couldn't even hear the final buzzer. Quadra Old Growth, for only the 2nd time in franchise history, was awarded the classic trophy, The Covered Wagon.

There is a story behind the trophy...An islander had bought it from the Matsqui Institution. At the time it was reading lamp. There was no trophy for the league championship, so one of our industrious islanders used the covered wagon from the lamp and turned it into the icon it is today.

Quadra Island and some of our neighbors have miraculously put together a hockey team for 20 years now. This is a true love for the game considering the lack of local ice and ferries to contend with. This was the Old Growth's 3rd time playing for the championship. Quadra took the trophy back in 2007/2008, and has had some ups and downs on the ice since. With some new players, team spirit and the relationships from our bond as islanders, this really is a great team.

Old Growth Captain, Bill Dubois said "It was a great game with a solid team effort. Our guys dug

deep and we had a good clean, fun game, just like hockey is meant to be. What made it even better was all the fans that came out to support us."



Photo: Karen Perras



Photo: Philip Stone



# IT'S TEE TIME!!!

The course is opening for the season

April hours: 10am to 6pm.

- Free club use for new local golfers
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- Ask us about our 5-year payment plan for member initiation fees.



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# ISLAND CALENDAR

Submit your event info or news item - eMail: [news@discoveryislands.ca](mailto: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.
- Drop-in Badminton, Cape Mudge Gym \$2/player Q? [kbaily@telus.net](mailto:kbaily@telus.net)

### TUESDAY

- Yoga with Trinity, QCC #3, 5-6:30pm-
- 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

- Yoga with Trinity, QCC #3, 10-11:30am
- Parent and Babes 11 am QCC
- 1st & 3rd Wednesday Food Bank, QCC 1 - 2 pm

### THURSDAY

- Parents & Tots, QCC, 10:00 am - 12 pm
- Yoga with Trinity, QCC#3, 5-6:30 pm
- Prayer Meeting, Quadra Island Bible Church, 7 pm
- Drop-in Badminton, Cape Mudge Gym \$2/player Q? [kbaily@telus.net](mailto:kbaily@telus.net)

### FRIDAY

- White Light Essences & Guided Meditation, Studio 6 Upper Realm, 1-2:30 pm
- Alcoholics Anonymous, 8 pm Quadra United Church

### 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
- 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 advertised, Sept 15 to end Jun, 285-3163.
- Quadra Sunday Painters, 11 am - 2 pm, 285-3390

**NEXT DEADLINE: MONDAY, APRIL 14<sup>TH</sup>, 2014**

Fri 4 Apr	Sat 5 Apr	Sun 6 Apr	Mon 7 Apr	Tue 8 Apr
40%	60%	40%	60%	60%
9°C	11°C	11°C	13°C	13°C
6°C	6°C	8°C	9°C	

Source: Government of Canada

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## DAY TO DAY

### Friday, April 4

- New stage party! HBI Pub four great local bands 9 pm \$10 cover

### Saturday, April 5

- School Soil & Compost fundraiser pickup, Quadra Elementary 11 am-2 pm

### Sunday, April 6

- Quadra Sailblazers AGM 7 potluck, 666 Cedar Road, 5 pm

### Wednesday, April 9

- Quadra Island Conservancy AGM Room 1 Q.C.C.

### Thursday, April 10

- QISES AGM, Eco-Centre 7 pm

### Friday, April 11

- Charlie Wells and Friends, live music, HBI Pub 9 pm

### Saturday April 12

- Poetry Workshop with Jan Zwicky, Manson's Hall, info 250-935-0347

### Sunday, April 13

- Geshe YongDong & Geshe Chaphur 11 am - 1 pm, Upper Realm, Q. Cove

### Monday April 14

- Garden Club presents Mike Yip, nature photographer QCC 7pm

### Friday, April 18

- Live music with the Jagsters, HBI Pub 9 pm

### Saturday April 19

- Honeybee Frame Building Workshop, 1536 Heriot Bay Road, 1 pm
- Live music with Ten Times Bigger, Quadra Legion 9 pm - 1am, \$10

### Sunday, April 27

- 17th Annual Beach Clean-up at Rebecca Spit, 10am to 4pm

### Saturday, May 3

- Nuyumbalees Cultural Centre, Annual Dinner and Art Auction

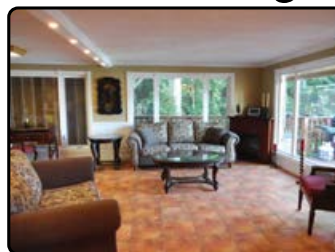
### Friday, May 9

- Boom. Slam Poetry Evening with Duncan Shields HBI Pub

### Saturday, May 10

- Quadra Children's Centre's annual garage sale, info 250-285-3511

## New Listing



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# ISLAND FORUM



Say your piece - eMail: [news@discoveryislands.ca](mailto:news@discoveryislands.ca) or drop-off at 701 Cape Mudge Rd or at Hummingbird

## Ferries - "What's next?"

### Dear Islanders

Since the March 11th Demonstration people have asked me, "What's next?" The minimum top-up of experience cards for vehicles and drivers is now \$115 dollars and \$65 for foot passengers. On April 1st rates for everyone increased by 4%, seniors discounts shrank by 50%. On April 28th the sailing schedule changes.

For us what's next is personal commitment. It's easy, it can be fun, it's satisfying and it is very important. I'm talking about writing letters, making phone calls and taking direct action. Will our continued protestations change anything? In the short term – no, eventually – yes. It is worth giving this a try.

BCFS is the focus of our frustrations, but the real bad guy is our provincial government. That is where we must focus our energies. Here are some ideas.

Travel on the Water Taxi. It is now cheaper to ride on the Water Taxi from Campbell River than it is to travel on the ferry. The Water Taxi operates weekdays at 4:30 pm and 5:30 pm for commuters. If you ride on the Taxi you will not need to top up the \$65 minimum, it's pay as you go. If enough people start doing this perhaps the Taxi will expand business and more people will boycott the ferry. This sends a direct and immediate message to both the government and BCFS.

Ride on the Water Taxi if you are a passenger in a vehicle instead of staying in the car. Meet your ride on the other side. It's a little inconvenient, but withholding your money is an excellent way to let the government know you are not pleased.

Email Christy Clark, Todd Stone- Minister of Transportation, and every other member of the Liberal caucus. This is very easy. You write one letter and send it to everybody. Here's the thorn – send them three or more per week. Letters need not be long. Better to send many short letters than one long letter.

Letter ideas – ask for a business plan, ask for a social and economic impact study, both of which they have refused to provide. Ask for a reply.

In your next letter tell them that their actions are ruining lives and communities.

Next invite them to Quadra and Cortes to see what they are wrecking. Suggest they stay in one of our many fantastic B&B's, dine in our fabulous restaurants, relax in our pubs and take home gifts from our gift shops.

Here's a brief letter – "Dear MLA, Please return our ferry system to the department of highways, or explain to me why the government refuses to do so." And a 2nd, "Dear MLA, I disagree with your government's terminology. Allocating money for the ferry system is not a subsidy, it's an infrastructure expenditure. Please explain to me why ferries are not considered marine highways."

Always ask for a reply. Someone has to read the letters, pass them on or reply to them. The key is many people sending many letters. Keep copies so when you don't get a reply you can resend them. Please ask your friends on social media to write as well.

The following link is for the email addresses and phone numbers of every mla.

<https://www.leg.bc.ca/mla/3-1-7.htm>, cut and paste the addresses, store them in a contacts list, the rest is easy.

Use the Service BC phone number [1-800-663-7867](tel:1-800-663-7867). It's Free. Talk to anyone in the Liberal caucus. Give the same message as in your letters. Remember, mla's work for you! If you are asked to leave a message, leave a long one ending with "I'll call again".

Travel with friends to Campbell River rather than driving in separate cars, but ride home on the Water Taxi.

When travelling to the US go on the Black Ball Ferry to Anacortes or Port Angeles.

Some of these ideas may seem frivolous, but they are not. This is a boycott. These are the tools available to us. This government is ruining our community and creating personal hardships, don't let them get away with it.

\*The ferry workers on our boats and at the terminals are our friends and neighbours. They are not the enemy.

Michael Stahnke

### The Unwelcome Mat

The Liberals have made BC's unwelcome mat even larger by their last decision to allow the parks open to 'desecration' (The word they used was research but we've all witnessed what their version of research is). I guess it wasn't enough to make it unaffordable for tourists to come here they had to start making sure there isn't anything to come here for. For a government that seems intent on making money, these decision don't make any cents. An unwelcome mat keeps people away... and then I got it. It only keeps certain people away.

The Liberals are turning BC into a private club. In essence Christy is pimping out the environment and our public utilities to wealthy friends. This is not a new strategy. Politicians all across time have been doing the very same thing. Greece has been living off the avails of social and environmental prostitution for thousands of years. If you can swallow your moral outrage, it's a good steady income. Treat your whores right and they can make money for you for a long time. Sadly...

Christy has decided to make millions in the short term rather than billions in the long term. The way you do that is to pimp your environment out to people who are willing to pay big bucks for doing bad things. So, you have to spend a few extra bucks at the hospital when she walks into a door. So, nice people won't talk to you anymore. So, you worked her until she was dead. It's all about the money. So, Christy... Buy yourself a caddy, get yourself a couple of gold fronts and tell us again how you stand for family values.

Chris Thompson

### NEXT DEADLINE FOR THE DI

is Monday, April 14<sup>th</sup>

[news@discoveryislands.ca](mailto:news@discoveryislands.ca)

Have an opinion to share?  
Submit your letter  
to the DI by email:  
[news@discoveryislands.ca](mailto:news@discoveryislands.ca)  
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Please be concise



# NEWS & EVENTS

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

## Sea Soil & Fish Compost Fundraiser

Students in grades 4 & 5 from Quadra Elementary School are joining forces with a group of grade 8 students from Quadra Island that attend Phoenix Middle School in a Spring Fundraiser. They are taking orders for Sea Soil and Fish Compost to support student field trips (Victoria for the elementary students and Quebec for the middle school students).

Sea Soil and Fish Compost are great additions to your garden.

Orders taken can be picked up at Quadra Elementary School on Saturday, April 5th, between 11 a.m. and 2 p.m. You can pay for your orders when you pick it up.

The Fish Compost sells for \$10.00 per bag.

The Sea Soil sells for \$12.00 per bag.

Students will be taking orders, however you can also order by phone or e-mail

250-285-2770 or [masumicanada@gmail.com](mailto:masumicanada@gmail.com)

## Fall Fair 2014

Let the collective gaiety of Spring begin! Many could argue that this is the most wonderful time of year, and I would be inclined to avoid disagreeing with those folks. As many of you are starting to venture out into your gardens and plan for the seasons ahead, you'll want to mark Sunday September 7th on your calendar, the date for this year's Fall Fair. The theme for this year's fair is "Digging Island Culture." We can hardly wait to see what that means to you!

## Island Voices

Saturday April 12 & Sunday April 13

Island Voices Chamber Choir presents The Rhythm of Life, with guest harpist, Roger Helfrick.

7 pm Sat, Apr 12, Maritime Heritage Centre, Campbell River.

7 pm Sun, Apr 13, Comox United Church, 250 Beach St.

Tickets at CR Visitor Info Centre, Laughing Oyster & Blue Heron Books.

Info CR 250-285-3560, CV 250-871-6943, [www.islandvoiceschamberchoir.bc.ca](http://www.islandvoiceschamberchoir.bc.ca)

## At The Legion

On Saturday April 19th 9:00-1:00 We have Ten Times Bigger (4 piece band from Campbell River) returning for a night of fabulous music that is sure to keep you on the dance floor! \$10.00 at the door.

## Golf Course Membership

Considering membership with the Quadra Island Golf Course? There has never been a better time to join the Club! Membership offers a wealth of benefits of which include an opportunity to play unlimited golf, participation in club events, discounts on retail, driving range\*, power carts\*, reciprocal benefits with other golf courses and more. If you need more information or you have questions, please call 250-285-2811.

## Memoir Writing

Two-session Memoir Writing Workshop; April 5 & 6, 12:30 to 5 both days; Manson's Hall, Pioneer Room; \$86 for both sessions; more info: Susanna 250-935-0347.

## QICSS AGM

This is a final reminder for the Quadra Island Conservancy and Stewardship Society's AGM to be held on April 9, 7:30 pm in room 1 at the Community Centre. The heart of Quadra's northern parks has been saved. This shows that QICSS is a handy organization to have around. But what is the future of our society? Come, listen to our reports and then present your ideas. Also think about volunteering as a steward. Our organization is ready for new ideas and new stewardship. Phone me at 2580 for more information.

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## Campbell River's Home Grown Health Food Store

Prices in effect until April 17 or while quantities last



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## Ahoy, Quadra Sailors!

The Sailblazers Sailing Club will be holding its AGM on April 6. If you are interested in sailing, come and find out what is going on! The meeting will be at 5 pm, at the home of Frank and Shirley Wallace (666 Cedar - park in the field or on the road).

It will be followed by a potluck dinner - please bring your favourite food contribution! For further information, call Kathryn @ 2103.

## Honeybee Frame Building Workshop

Come and see how it is done.

Sat. April 19 at 1 pm  
1536 Heriot Bay Road

There will be a discussion about the merits of foundationless frames for control of varroa mites. A variety of wiring techniques will be demonstrated.

Phone to register in advance if you want to assemble your own frames - 285-2654 All materials available: \$3.00 with wax foundation / \$2.00 without foundation (all frames are for deep supers)



## Mud Skippers Fundraiser

Join the Mud Skippers April 26th at the Legion for a burger night. \$10 includes burger, salad and treats! Proceeds will fund our team and the Tough Mudder charity, Wounded Warriors Canada. [www.facebook.com/quadraislandmudskippers](http://www.facebook.com/quadraislandmudskippers)

See you there! Xoxo

## Geshe YongDong Speaks

Not one, but two Tibetan Buddhist Lamas are coming to Quadra Island. Geshe YongDong and Lama Geshe Chaphur will be speaking on "Channels, Breath & Chakras."

These two Lamas will explain and demonstrate how one can use your vital breath to awaken your energetic body to wisdom, light and compassion. Tibetan religious traditions have been performing these practices known as the Tsa Lung Tsigle as part of their spiritual training since the tenth century.

Now these ancient and effective teachings are available on Quadra Island from 11 am to 1 pm on Sunday, April 13th at Spirit Books, Upper Realm, Q. Cove.

Suggested donation is \$10 but donate whatever you can afford. Call Steve or Danielle at 285-3323 or e-mail us at [daniellegi@gicable.com](mailto:daniellegi@gicable.com) for more info.

## Annual Garage Sale

Quadra Children's Centre's annual garage sale is coming Saturday, May 10th. We are asking the community for donations, they can be delivered to our back deck. No clothing, skis, or computers, please. For more information please call (250)-285-3511

## Video Editing A Workshop using iMovie

Learn & Practice in Two Sessions!

You are invited to this WiFi Society workshop with Hauke Boettcher, a video editor and film maker with experience in Documentary, Drama, and Animation genres.

Session 1, on April 7: Hauke will teach the basics of editing video, and the particulars of using iMovie to do so.

Session 2, on April 9: Bring your own laptop with iMovie on it, and practice your new skills on your own video or our sample video, while Hauke answers your questions.

- All levels of experience welcome!
- All ages!

Manson's Hall, Pioneer Room, Monday, April 7 - Skill building session, Wednesday, April 9 - Practice session, 3 - 5 pm, both days. \$12 - 20 per session, fees benefit WiFi Society programs.

Call Susanna at 935-0347 to RSVP or for more info.

## Steel Magnolias

Theatre Quadra presents the delightful drama of six memorable ladies who are as delicate as magnolias, but as tough as steel! These wonderful women are amusing, moving and richly human, always there for each other through life's triumphs and tragedies.

Quadra Community Centre  
May 2 & 3 - 7:00 & May 4 - 2:00  
(doors 30 mins. before)

Tickets at Hummingbird, Works of H'Art, Music Plant

Adults: \$12 advance / \$15 at the door

Students/Seniors: \$10 advance / \$12 at the door

## Quadrpalooza 2014

Quadrpalooza is putting out the call for volunteers, and especially organizers, to get in touch and help plan this year's Quadra Island Arts & Music Festival. Check out the website, [www.quadrpalooza.com](http://www.quadrpalooza.com), and/or email us at [info@quadrpalooza.com](mailto:info@quadrpalooza.com) - We will be holding our next planning meeting in early April - look for notices around town, on Facebook, and on The Gumboot.

Spread the Music!

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**New Stage Party - HBI Pub,  
Friday, April 4**

4 great local bands: Duffy Live, Iron Pyrites, Loud Lips, and the Hal Douglas Blues Band - 9pm \$10 cover

**Charlie Wells & Friends - Friday, April 11**  
'the classics' in the HBI Pub

**Open Mic with Mo - Saturdays**

Dining hours: Open Every Day 8 am - 7 pm

Herons/Inn: 285.3322 Pub: 285.3539



## Heriot Bay Inn

being real, having fun on Quadra Island



# Latest Fare Hikes Just Prolong Ferry Troubles

31 MARCH 2014 – Ferry fares continue their relentless climb into regions of unaffordability, accompanied by repetitive rhetoric from the provincial government that is disconnected from acceptance, or even understanding, of the needs of BC's coastal region.

With the fare increases taking effect on April 1 and fuel surcharges imposed in January, most passenger fares are up 8.4 percent and vehicle fares are up 7.4 percent over last year, yet another round of fare hikes far above inflation. And seniors now have to pay for travel from Monday to Thursday.

On those northern routes that will continue to operate, fares are up only 1.5 percent, but the fare break is too little, too late. On the northern route due for outright elimination, Route 40 serving the central coast, fares increased 60 percent and traffic dropped 43 percent in a straight line since 2007, under operating conditions that ran counter to local residents' suggestions to improve the route's efficiency. Now it's considered unprofitable, and treated as unsalvageable, regardless of the damage that will result to local communities and BC's tourism industry.

Traffic and fares on all the minor routes are following the same pattern, and the response is to cut service rather than to address the root problem - unaffordable fares. Vehicle traffic this year will be the lowest in 15 years, while passenger traffic will be the lowest in 23 years. This comes at a time when provincial GDP and populations are both increasing. While this has a direct bearing on BC Ferries' revenue, it's also a surrogate for the creeping harm that undermines coastal regions that depend on the ferries as a lifeline.

Until the provincial government addresses the real problem - adequate funding to support realistic fares - all the band-aid fixes in the world will only delay the ultimate day of reckoning. While the provincial government refers to keeping BC Ferries sustainable - a red herring - they ignore the sustainability of the ferry-dependent coastal communities, as that real economic sustainability becomes more in danger every year.

User-pay ideology has been mindlessly imposed on the ferry system, up to and beyond the tipping point where it is now crippling BC's coastal region and undermining BC's tourism reputation internationally. The provincial and federal governments contributed roughly \$180 million last year to BC Ferries' operations. Ferry users contributed more than \$500 million. At this key moment in BC Ferries' history, when so many ships and terminals need replacement, more money will be needed. There is no cheap solution nor infinite capacity of customers to absorb ever-higher fares.

We call on the Province to back away from more user pay and consider these realities:

- BC's coastal region and the ferry system are intertwined and depend on each other for survival.
- It costs money to operate and maintain assets of one of the largest ferry systems in the world.
- All of BC benefits from affordable ferry service. Policies that substantially change the service need to be supported by some analysis of costs, benefits and economic and social impacts.

## Quadra Island Seniors

Well maybe spring has sprung and we can now spend more time in our gardens.

On April 2nd/14 we are attending the North Island Regional meeting in Cumberland BR. 51 The Lamplighters are hosting the meeting.

Our guest speaker will be Provincial Board President Jennifer Coburn. We will enjoy a delicious luncheon, entertainment and prizes too.

Director Ruth Amiabel will be attending the Prov Board meeting in Chilliwack on April 7th-9th.

At our Easter Party April 9th at the Legion our speaker will be Jody Simkin from the Numbulees Cultural Centre. We will have a Easter Hat contest and enjoy a lunch at the Heriot Bay Inn. Members let Daphne Young know if you can attend.

We will also be saying good bye to our Treasurer Christine Dyson who has worked effortlessly for our branch. Marilyn Lamb will be taking the position as Treasurer and membership secretary.

If you would like to join our happy group call Marilyn at 285-3354--or Ruth at 285-3801--or cell 1250-895-9188---

We will be sending a delegate & guests to our Provincial Convention in Agassiz in June to vote on Resolutions to encourage our governments for changes. Most Wednesdays Ann Lawrence will be teaching us Armchair Aerobics at 10:00 am and bring snacks to have with coffee or Tea If enough for teams we will carpet bowl at 11:15 am Don't forget our next meeting on April 9th/14 come at 10:00 am for a coffee and a book browse.

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## QISES AGM

Put Thursday, April 10, 2014 on your activities calendar. QISES is having its Annual General Meeting which is open to all interested parties. There will be a financial report, summary of the past year's activities and you can meet and question the existing board members. The meeting starts at 7PM at the Eco Center, 2050 Hyacinthe Bay Road.

Memberships are now due for 2014, for new members and renewals. Individual \$10, Family \$15, Sustaining \$100 and Life Membership \$1000. Mail to QISES, Box 413, Q-Cove.

QISES is looking for a treasurer-in-training. Some book keeping experience would be an asset but not absolutely necessary. Grants application, some coordination with DFO and other like bodies, and day-to-day tallying of incoming and outgoing monies are the primary duties. Benefits include working with a fabulous group, including board members and other volunteers, and (optionally) the field work.

Volunteers are the basis of who we are and what we do. We're actively seeking volunteers for educational outreach, membership list coordination, fund-raising opportunities, and of course, stream work. The latter includes stream assessment, habitat restoration, drought-proofing activities, fry trapping and fall salmon counts, along with data reporting and mapping. We also carry out hiking and boat-access only trips to potential fish streams, including the amazing Village Bay and Main Lakes feeder streams, to check for fish presence and habitat quality.

For more information or to add your name to the volunteer list, contact Frances Brown at 2827.

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

## Children's Centre Raffle

Imagine a luxurious getaway at beautiful Brentwood Bay Resort and Spa, Victoria's only five star oceanfront boutique hotel, resort and spa. Throw in a \$100 gift certificate for food or spa services and a \$50 gas card from Petro Canada and you have the makings of a memorable trip. Buy a ticket for the Children's Centre raffle and this \$650 value could be yours.

That's not all. Second prize is a two night stay at Beach Acres Resort and a \$50 Gas & Go card from General Stores and Markets, a \$350 value. Third prize is a \$200 Thrifty's Smile Card, and fourth prize is a \$100 Quality Foods Card. All of these great prizes and you can feel good about supporting our very own Quadra Children's Centre.

Tickets are \$5 each and can be purchased at the Winter Market, Hummingbird, the Heriot Bay Inn, or from parents and board members of the Children's Centre. Draw will be held on April 23rd, so you still have plenty of time to get your tickets.

## Rec Update

The flowers have started blooming and May Day 2014 is almost upon us. Across the island you will see suggestion boxes available for this year's theme. If you have any innovative and inspiring ideas, please don't forget to submit to us.

This year we have some exciting news, we are in the process of organizing a May Day Dance. We have a very energetic and eager crew ready to bring a fresh and thrilling night to the Community Centre.

Get motivated, get involved, and phone the Community Centre at 285-3243 to volunteer. We need your wonderful local energy to make this event happen in the spectacular way it does every year.

If you'd like to contribute your spirit points to the celebration this year or to Community Centre events in general; Community Centre (252) May Day (299) Community Kitchen (282)

Cheers, from the Q.C.C. Staff.

## SEAFEST 2014 Saturday, May 17<sup>th</sup> at the Gorge Harbour

We hope to see you, your friends & family there! Last year we served 200 lbs of clams, an incredible amount of prawns, 200 lbs of mussels and 5400 oysters.

Serving begins at 11:30. Oysters, prawns, clams, mussels, salmon, salad, artisan bread, kid's menu, desserts. \$20 price includes ticket for raw oyster shooter. Shuttles will be in place or bring your bike as the Gorge Marina is only a 15 minute paddle. Or come the night before and stay for the weekend!

We hope to see you there!!!

Supported by Coastal Community Credit Union Legacy Fund.



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## Policing Survey

The Quadra Island RCMP Detachment is requesting assistance in evaluating police services being provided within the community. Your feedback can be provided by filling out an online survey which can be accessed through the link below. This anonymous survey will help assess the level of satisfaction from the community as well as provide an opportunity for suggestions on improvements. The survey will be made available until April 15, 2014 and may be accessed through the online publications of the Discovery Islander, the Tideline and the Gumboot.

If you do not have access to the internet, please feel free to attend your local library or the Quadra Island Detachment for a paper copy of the survey. Once completed, surveys can be returned at your preference to a local library or the Quadra Island RCMP Detachment no later than April 15, 2014.

Thank you for your assistance and feedback on policing in your community.

[www.research.net/s/Quadra\\_Island\\_RCMP\\_Feedback](http://www.research.net/s/Quadra_Island_RCMP_Feedback)

## Free Firewood Work Party

We ran out of Free Firewood for this Winter. But we need your help to cut up wood for next winter. Every Wednesday morning at 9:30 am, just before the Community Lunch, we will be cutting up wood behind the Community Centre.

Bring a chain saw or Axe or both. We have some extra axes if you don't have one. If you support or benefited from this program, please come out any Wednesday morning in April or May and help out. Call Steve for more info at 285-3323.

## Amnesty International's Yoga Day Fundraiser on Quadra

Can you imagine what it's like to receive death threats or to lose members of your family simply for trying to save the forests in your back yard? It seems unthinkable, and yet it is happening right now to brave environmental activists in Brazil such as Laísa Santos Sampaio (go to [www.amnesty.ca/events/yoga-day](http://www.amnesty.ca/events/yoga-day) to read her story). Let us join other voices in Amnesty International for a call for justice and protection for Laísa and other activists like her.

Roll out your yoga mats Sunday, April 27th. Several Quadra yoga instructors are donating their time to teach that day. Come out and stretch yourself for human rights! Introduce yourself to yoga or share your passion for a good cause. Everyone is welcome to join in.

The event will be held at the Quadra Community Center main hall from 9AM through 12:30PM. Wear comfortable clothing. There will be mats available but bring your own if you have one. Ask friends to sponsor you and bring your donations to the Community Center. If you can't attend, you can also make a donation online. Go to [www.amnesty.ca/donate](http://www.amnesty.ca/donate).

Spread the word to your friends that this is happening on April 27 and save the date!



# Quadra Circle News



We're excited about receiving a New Horizons for Seniors grant funded by Human Resources

and Skills Development Canada for our volunteer development project! We're now setting up our Community Connection Centre in "the Cubby" (beside Quadra Medical's office) in the Cove Centre. Thank you to Cove Centre owners, Kim Zapshala and Ed Fisher, for generously donating part of our rent.

**The Community Connections Centre** will be open 11am-3pm, Wednesday through Saturday and staffed by a volunteer Coordinator. People who want services and information and those who want to volunteer can drop in and learn what is available on Quadra. We will recruit, screen, train and supervise the volunteers, linking them with all the volunteer opportunities in our community, such as Quadra Circle programs, Fall Fair, Quadra Children's Centre, Quadra Trails Committee, ESS, Quadra Rec Centre, etc. We'll provide information of interest to seniors, their families and the general public on topics such as local home maintenance services, social activities, government services for seniors, wills and estate planning, etc. Partnering with Quadra Elementary School, we will also arrange for Quadra seniors and other volunteers to provide educational talks, experiences and mentoring to classes and individual children. The school principal and staff are enthusiastic about this new inter-generational program. We hope our Community Connections Centre project will be a win-win for both volunteers who want rewarding experiences and the organizations who need skilled, motivated helpers. Watch for news on our official Open House later in April. Contact: Karen: 285-3064.

**Friday Lunch Program:** Thank you to John Walton for his heart-warming reading of a Garrison Keillor story that could have described Quadra folks. On April 4th Sheelagh Elmitt gives us some tips on home safety to prevent injuries. April 11 features a mini-workshop, "Lets Talk

about Dying" on estate and funeral planning and 'dying well'. Margaret Verschuur and 3 other speakers will answer questions in small groups following their main presentation. Join us Fridays at 11 am for armchair exercises with Ann Lawrence, lunch at noon, then the presentation. 1281 West Road (Lower Level at Quadra Bible Church). For information or to arrange a ride call Karen at 285-3477.

**Quadra Circle's Housing Committee and Quadra Island Seniors Housing Society** are pleased to be working together to apply for a CMHC grant. This would fund a Needs Assessment and Financial Feasibility study of the proposed Seniors Supported Living Residence and Affordable Housing project for seniors and young families in Q Cove. Contact Maureen: 285-2221.

**Transportation Program:** welcomes volunteer drivers for seniors, particularly in the Q Cove and south-end area. Trips are pre-arranged to suit your availability. For details call Diana at 285-3630.

**Seniors Outreach:** Marie Sheran and her team offer seniors friendly visits and information on useful resources. Call 285-3950.

**Quadra Home Meals:** For \$5 per meal Island seniors, care-givers and anyone dealing with illness or recovering from surgery can order tasty, nutritious meals prepared specially for the program by the Gowlland Harbour Resort Chef. Food preferences, allergies and special diets are accommodated. Meals can be reheated or frozen for later use. Pick them up at the Community Centre on Wednesdays between 11:30am and 12 noon. If needed, volunteers can deliver meals. To order by Sunday noon call Lynda: 285-3205.

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# Skills for Effective Grassroots Groups: A Workshop

If you are a volunteer, paid staff, community member, or on the board of a Cortes organization or society, this workshop is intended for you. Everyone is welcome!

**Session 1:**  
Monday, April 14, 1:30 - 4:30

Snacks provided.

We will create shared understanding of inclusive leadership and identify participant leadership qualities needed for community mobilization and advocacy. We will explore community values of both leadership and advocacy, and link the application of inclusive leadership with mobilizing community to take action.

Participants will leave with an inventory of skills and inclusive practice for better engagement of their community.

**Session 2:**  
Tuesday, April 15, 11:00 - 3:30

Please bring a lunch.

We will explore boundaries and self-care, learn tools for effective communication and models of decision making. Through guided discussion and sharing of participant experience, we will identify the benefits and limitations of reaching decisions as a group and work through limitations of various decision making models.

Participants will leave with effective tools for communication and process, applying boundaries and self-care when decision making within their groups.

Where: Both sessions are at Linnaea, in the Lakeview Room

Cost: By donation. No one turned away for lack of funds.

**Sponsors:** This workshop is generously sponsored by a grant from Learning Initiatives for Rural and Northern BC, in partnership with PeerNet BC. Venue space is kindly provided by Linnaea Farm as a community donation, and likewise, the Natural Food Co-Op has generously agreed to supply some snacks. Thank You!

The facilitators, from PeerNet BC:

Iris Yong Pearson aspires toward a society based on equity, free from discrimination, full of compassion and activism. She developed the People Power diversity training manual and co-authored Evolve: No One Gets Left Behind, an inclusive leadership training manual. She brings with her experience in social justice – youth, diversity, inclusion, and anti-racism work but does not believe that these are separate entities nor does she focus on these exclusively.

Lydia Luk has a passion for working with diverse communities. From her volunteer experiences working with seniors to her extensive work with queer youth in the Lower mainland, Lydia brings her enthusiasm for community development and experience in community mobilization, engagement and development with respect to social justice and queer issues.

To RSVP or for more info: Call Susanna at 935-0347 or email [cortesliteracy@gmail.com](mailto:cortesliteracy@gmail.com)

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## Gilakasla

### Welcome to an Evening with Nuyumbalees Cultural Centre

On Saturday, May 3rd, community members, business leaders and local stakeholders will join with the Nuyumbalees Cultural Centre for the Annual Dinner and Art Auction. Held at the Quinsam Recreation Hall in Campbell River, the evening offers a traditional seafood buffet, performances by local artists, and both a silent and live auction featuring the works of artisans from throughout the region. All proceeds benefit the Nuyumbalees Cultural Centre which celebrates the culture, language, and traditions of the Kwak'waka, Laich-Kwil-Tach and K'omoks Peoples.

Cocktail Reception: 5:00 Dinner: 6:00pm

Program & Auction: 7:30pm

Tickets \$85.00 (Members \$75.00), Tables of 8 - \$600

For more information, to purchase tickets, or to learn about some of the exciting sponsorship opportunities available, please call 250-285-3733 or visit [nuyumbalees.com](http://nuyumbalees.com).

## Parkinson's Support Group

There is a small group of people dealing with Parkinson's disease and their supporters who meet once a month at the Quadra Community Centre. These are informal meetings that share valuable information and sometimes we have a guest speaker.

If you have Parkinson's or a related disease or are a caregiver, please consider coming to our next meeting. The time is 10 am, Tuesday, April 15. The place is the downstairs small seminar room at the Quadra Community Centre. Call Steve for more info at 285-3323

## Pitch A Play!

Theatre Quadra is "springing into fall"... and we'd love you to pitch the perfect play for production next November! It could be your own, or it could be well known. All we need are a couple of passionate paragraphs:

- 1) What's the play about?
- 2) Who will direct it?
- 3) What cast does it call for?
- 4) What drives you to do it?
- 5) Why will Quadra love it?

Let's plant a play this spring... and dig the drama next fall!

Email us your theatrical thoughts before April 30, 2014: [TheatreQuadra@gmail.com](mailto:TheatreQuadra@gmail.com)

## Quadra Outdoor Club

The Outdoor Club had a great planning meeting and potluck on Sunday, March 30th, at the Community Centre. That meeting produced more than 30 excellent suggestions for summer trips and events.

There will be a brief pause while we get these ideas to morph into a schedule of events. The schedule will include a good mix of local hiking and kayaking, along with hiking and backpacking on Vancouver Island, and kayaking in the Discovery Islands. Lots of the destinations will be new to the Club.

There will also be an emphasis on practicing and improving paddling skills. Stay tuned for this list of activities. The summer season trips will begin in May. Hope to see you then.

## Birds and Butterflies in the Garden

Vancouver Island nature photographer and columnist, Mike Yip will be the guest speaker at the Garden Club on April 14th, 7pm at the Community Centre. Mike retired from teaching in 2001 and discovered birding and photography in 2003. Since then he has created his own online magazine showcasing his photographs. Mike also writes a bi-monthly newspaper column and lectures throughout the island. He has self-published three books on Vancouver Island Birds. "Denman and Hornby Nature" published in 2010, was inspired after several excursions with local biologist and conservationist Jenny Balke. His book highlights some of the sensitive ecosystems and uncommon flora and fauna on the islands and includes rare wild flower sections on Helliwell Provincial Park. It was during this time Mike employed Macro photography along with his usual telephoto techniques and added photographs of butterflies and underwater creatures from local island photographers.

There are many reasons for birds and butterflies to be attracted to the garden. Enhancing sustainable habitats is becoming a large part of present day gardening. By planting seed and berry plants we allow native fauna to flourish in our area. For hummingbirds, warblers, and butterflies food is in the form of nectar, and for other birds like robins, it also includes worms and insects. Other attractions include nest boxes, nest material, ponds and fountains. Mike will share photos of the many birds and butterflies that he has seen in his garden as well as some of the plants that attract them.

For the show and tell table, bring some spring flowers: crocus, hellebores, Japanese plums, or forsythia. Can anyone pick a bouquet of daffodils for the meeting? Drop ins welcome \$3 at the door or buy an annual membership.



# At the HBI

**Learn Something New at UofQ:** April 10 Blowing Glass... from bongs to beads, the art of see-through sand with Gibson Sell; April 17 Dr. Boegel and NP Pat Patterson on "Alcohol and Your Health". HBI Pub education at 7pm. Free!

**Recipe for Fun on Saturday Evening:** Get yourself to the HBI Pub and check out Open Mic with host Mo Davenport. Bring your instrument (and/or voice) and join in, or sit and enjoy the great funky tunes your island neighbours provide.

The musical magic of acclaimed **folk musician Valdy** will happen at a dinner show in Herons at the Heriot Bay Inn Saturday May 10. \$55/seat, two course dinner included. Limited number of show-only seats: \$35. Call 250.285.3322 to reserve.

**Boom. Slam Poetry Evening** with a Vancouver Slam Poetry Master and other poets: May 9 in the HBI Pub. Attention Poets: jump on stage, join the slam... call the Inn to get on the mic. 250.285.3322. \$10/door.

Groove, jive, spin, rock out... the HBI Pub's dance floor is calling. Friday April 11 it's "the classics" with **Charlie Wells and Friends**. Friday April 18 the Jagsters with "classic blues + rock" are on stage.

**We're still cheering the Canucks!** And watching Canucks games on the big screen (and some small ones too) in the HBI Pub. AND... we have free appeys during Canucks games. See you at the good ol' HBI.

# Cellular Health

## - Spring Cleansing & Detox Workshops

Spring is here. The robins are singing. The trees and berry bushes are budding.

If you are like most people, you may have enjoyed many winter days spent inside cozying up by the fire while indulging perhaps a bit too much in delicious winter comfort foods.

It's simply natural that the body wants a bit of a cleanse to shake off the season of inward reflection and open like a blossom into the fresh new aliveness of spring.

For many people, simply drinking more water & eliminating processed foods as well as eating regular smaller meals with lots of vegetables and **ESPECIALLY** allowing the time to come into a deeply relaxed state after eating will catalyze the level of cleansing appropriate for them. For some, fasting can be highly beneficial, however for others it may be far too extreme – if the body can't eliminate the toxins that are released no benefit is gained.

Many people don't realize that some cleansing methods can be more harmful than good when we use them at the wrong time. Everyone is unique – and with everything from boxed health food store cleanses to the now popularized juice fasting to the extreme of water fasting as a possibility, how do you know what is the right level of cleansing for your body?

I will be offering several workshops in April to help you learn to discern which level of cleansing or detox is most supportive for your body. If you are looking for more support, as a Holistic Nutritionist and Health Coach, I also offer one-on-one sessions to help you find a specific program that is just right for you.

Join me and learn more about how to cleanse your body safely and effectively:

- on Cortes Island April 5th 7-9pm @ Manson's Hall

- on Quadra Island April 12th 5-7pm location TBA

\$20 (sliding scale available - no one turned away for lack of funds)

Pre-registration IS required...

Registration & info contact Josea (250) 935-6875 or go to [www.ombodyintegrativehealth.weebly.com/workshops.html](http://www.ombodyintegrativehealth.weebly.com/workshops.html)



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## Works

There is an air of excitement (and nervousness) starting to build inside the four walls of our Works of H'Art! Along with the new bursts of color in our gardens there are ever-so-slowly new splashes of color and genius on our walls in the form of fresh artwork from familiar local artists.....and some new and exciting talent from neighboring coastal communities as well!

Pink and purple and yellow....rabbits and chicks...tablecloths and napkins and candles for your Easter festivities....come in for some creative inspiration!

News flash...a new Linda Varro mirror (or two!!) will be arriving Easter weekend...along with my daughters and grand-daughters for the semi-annual re-decorating chaos that ultimately ends in a magical transformation of our little shop...and the inability of any of us to find anything for the next few weeks!!!

Meanwhile the markdowns of winter stock continues...perhaps a good time to pick up winter gifts at awesome prices!

The contest still is in full swing to guess which piece of artwork, carving, pottery or jewelry (only local West Coast artists) has been in the shop the longest! That piece will be the prize awarded to the correct participant! If no correct answer is given a random draw will be held! My apologies to those of you who find this is driving you crazy....you must know you are providing great entertainment for us!!! Good Luck.....see you soon...call if you are looking for anything elusive...chances are we can find it for you! (250)285-2834.

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## Spring into Yoga

West Road Yoga is now [open.Come](#) up and check out our studio upstairs at 680 Industrial Way. Our bright space has a heated wood floor, rope wall and a variety of props (including mats) to support restorative poses, help ease beginning students into their optimum poses or to challenge continuing students to go deeper.

STARTING APRIL 14 - MAY 16, 5 WEEKS.

Monday, 9-10:30 a.m. Gentle/Beginners

Tuesday, 9-10:30, Level 1/II

Tuesday, 5-6:30 pm. all levels

Thursdays, 9-10:30. all levels

For the 5 week session, one class a week \$60, two classes a week \$120 drop in \$14 For Registration or more information phone Ann at 285-3065 or 250-830-8900.

Ann Toelle is a Certified Iyengar Yoga Teacher. Her 8 years of teaching experience continue to evolve as she regularly practices and studies with Senior Iyengar Yoga teachers. Ann teaches skillfully with passion, joy and humour.

## DIEM Project Citizen Science Workshop GPS & Community Mapping

As you may know, DIEM Project is inviting Islanders to assist in collecting field observations for an inventory of ecological communities and species at risk in the Discovery Islands. GPS is one way to give us an accurate waypoint when you happen on that red-legged frog or northern goshawk – and here is a workshop if you want to learn how-to-use GPS!

DIEM Project is delighted to host community mapping pioneers Brad Mason (Community Mapping Network) and Don Chamberlain (Project Watershed, Comox Valley.) Bring (if you can) your personal GPS, USB cable, and laptop. No problem to share if you don't have equipment! EVERYONE WELCOME!

Contact: Sabina 250-935-6467 [info@diemproject.org](#) Cost: Donation appreciated for presenters' travel expenses.

## Last One... Don't Miss Out!

Last Community Market of the season!

Saturday, April 5th 10am - 2pm at the Community Centre

Our last indoor market until the fall! Where does the time go?

There will be a great assortment of local vendors. This is the place to showcase your talents!

Spring has officially arrived! Dig and divide your perennials, have a table, make some money to buy more. Or reach lots of people and advertize your business. Flea market tables are welcome.

Easter is just around the corner. Lots of ideas at the market!

Norma is back with decorative container pots for planting, jewelry, beach glass and new pendants. Don't forget her dressed up stuffies! From beautiful jewelry, to soaps, fantastic affordable art, books and everything knitted. We have it all!

### From the Kitchen:

Soup melody for your Spring pleasure

Chicken Rice Soup or Roasted pear & Parsnip or Harvest Corn Chowder with Bacon and Cheddar

Saturday is Everything day! Celebrating our last Community Market till the Fall.

Sticky buns fresh from the oven, Quinoa Cupcakes, Blueberry & Raspberry scones and other assorted surprises from the kitchen. Don't miss out!

Set up starts at 8am. Tables are \$10.00 each. Need more info? Michele@285-3747 or [quadramarket@gmail.com](mailto:quadramarket@gmail.com)

We have enjoyed seeing so many of our friends and neighbours come out and support our Community Market. Thank you!

We also look forward to seeing you at our outdoor Quadra Island Farmer's Market & Bazaar beside the Credit Union. Saturday, May 3rd. Rain or shine!

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## Quadra's 17th Annual Beach Clean-Up: Sunday April 27th

by Ray Grigg and Robyn Budd

Sierra Quadra is once again pleased to announce our island's Annual Beach Clean-up at Rebecca Spit. April 27, 2014, will mark the 17th consecutive year that islanders and visitors have joined with local businesses and others to make this event a resounding success. It's our contribution to the Earth Day celebrations taking place around the world.

We're also delighted to announce we have a new partner working with us on the event: the Discovery Passage Aquarium. Many islanders visited the Aquarium in its first season near Campbell River's Discovery Fishing Pier, across from the Maritime Heritage Centre. The hands-on Aquarium is operated by a non-profit organization with strong Quadra Island roots and support. You can learn more about the Aquarium's clean oceans program at their display table at the Spit.

Beach Clean-up headquarters are located midway along Rebecca Spit, near the parking lot by the boat ramp. The concession tent, along with Sierra and Aquarium banners, will mark the site. Starting at 10 am you can get garbage bags from this location and then head for your favourite beach. Drop by later for a delicious (and free) hot lunch, with baked goodies and hot and cold drinks, served from noon to 4pm for all volunteers.

Many islanders start collecting beach debris before the actual day of the Beach Clean-up. Collected garbage can be brought to the Clean-up tent or left at any of the following drop-off locations. A

sign at each location marks where garbage should be piled. The last pick up at each site is at 3pm on Sunday April 27.

- Beach access at Smith Rd, Milford Rd, Edgeware Rd and Petroglyph Rd
- North end of Kay Dubois Trail at We Wai Kai Rd
- South end of Kay Dubois Trail at Sutil Rd
- Rebecca Spit, south parking lot
- Rebecca Spit, parking lot near boat ramp
- Rebecca Spit, centre by narrow isthmus
- Open Bay area, Valdez and Marina Roads (look for Erik Sorensen's truck: beach debris only!)
- Tsakwaluten Resort, below the Main Lodge

What to bring? Gloves can come in handy, as well as a good pocketknife to help free tangled rope from driftwood. You also can't go wrong with sun block, sun hat, water bottle and gumboots. The only items not to be taken off the beach are any flare canisters you may come across (aluminium tubes about 4 inches in diameter and two feet long) because they could still be active. Just note their location so event organizers can notify the proper military authorities for disposal.

Participants with pick-up trucks are still needed to help transport garbage from the various collection sites to Rebecca Spit. If you can help, please give Ken a call at 285-2580.

Quadra's Annual Beach Clean-up is a truly cooperative community event, supported by local businesses, BC Ferries, the Strathcona Regional District – and you! Please join us again this year and bring your family and friends. See you at the Spit!

## Literacy News

Quadra Literacy is pleased to support Quadra residents, writers and poets with the ferry fare to attend the Poetry Workshop with Jan Zwicky on Cortes Island. Contact Robin if you can drive or would like to join a carpool and your ferry costs will be covered. Cortes Literacy sponsors the Poetry Workshop, with renowned poet, essayist, musician, and philosopher, Jan Zwicky. The workshop will be held at Manson's Hall, in the Pioneer Room, on Saturday, April 12, from 1 - 3 pm. The workshop is free to attend, though donations will happily be accepted and will benefit the Lit Now program.

The workshop will include some exercises, so please bring a pen and paper. Also, look for a poem to bring along that you are drawn to: no more than 30 lines, published in a book by a reputable press, and think ahead of time about why you like it. No fancy vocabulary is required in the poem.

Contact Susanna at (250) 935-0347 or [cortesliteracy@gmail.com](mailto:cortesliteracy@gmail.com) to RSVP or with any questions. To arrange transportation contact Robin at (250) 285-3185 or [robin.quadraliteracy@gmail.com](mailto:robin.quadraliteracy@gmail.com)

Also on Cortes, it is not too late to attend the Non-fiction/Memoir writing workshop with Jeanette Taylor and Annette Yourk. This workshop is on Sat. & Sun., April 5 & 6 from 12:30 to 5 on both days at Manson Hall in the Pioneer Room. Cost \$86. RSVP to Susanna. If you would be interested in a workshop like this on Quadra, please contact Robin.

F.O.R.C.E. – "Families Organized for Recognition and Care Equality"

The F.O.R.C.E. society for Kids' Mental Health is a provincial organization that provides families with an opportunity to speak with

other families who understand and may be able to offer support or advice on what has worked for them. The F.O.R.C.E. also provides families and professionals with information, tools and tips on how to support and assist children with mental health difficulties.

The F.O.R.C.E. mandate is to support and empower families and work collaboratively with professionals and systems in understanding and meeting the mental health needs of families. Colleen Clarke, Parent in Residence, facilitates monthly In The Know presentations and discussion groups at the Robron Centre. April In the Know: Title: Stepping In, Instead of Stepping Away: Youth Need, and Want, Caring Adults in their Lives. Date and time for this late April presentation to be announced.

A new, online support group to better understand ADHD has been created. "Let's Change the Way We View ADHD". ADHD Comox Valley is here to support, educate & create a safe place to network about ADHD. Whether you have an ADHD child, you're an ADHD parent, or both! (this group welcomes families from all areas). The link is below. This sounds like a great networking tool for parents, educators, and others. Thank you to those parents who have started this online group.

[www.facebook.com/pages/ADHD-Comox-Valley/1411587389092391](http://www.facebook.com/pages/ADHD-Comox-Valley/1411587389092391)

Finally yet importantly, the bi-partisan finance committee unanimously voted to keep annual funding for community literacy work at \$2.5 million. This week the Minister of Education awarded an additional \$1 million to the already budgeted \$1million for literacy outreach coordination for the 2013-14 fiscal year.

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**COVE**  
CENTRE



We welcome Naturopathic Doctor **Anita Komonski** ND, CHt, to our professional offices above the Library. Appointments begin April 10; call 250-504-0090.

For leasing opportunities at Cove Centre call Kim or Ed at 250-285-3138

# REGIONAL DIRECTOR'S REPORT



By Jim Abram

**W**hat a beautiful April Fool's Day! (the weather). What a dreadful April Fool's Day (all of the announcements that impact us). So take your pick! I prefer to remain positive and know that we actually are on the upswing in our battles. (no, I am not delusional!).

## Ferries!

The media interview on ferries that I did last night on Global TV at 7pm went exceptionally well and you could see in the face of the host that they are on our side. This is apparent in all of the media that is coming out on a daily basis. We have given this issue "legs" and there is no better outcome from a media perspective than being able to do that. We are rubbing the nose of the government in the mess that they have made. The Minister and the Premier are both on the defensive and we hope to keep them that way until they cave. More and more of the province is coming on-side daily. There isn't a day that goes by that there aren't a few very good media pieces showing up. So, keep your chin up and your fighting energy on "high". We will win this battle.

I am sure that you have seen the schedules that were published on-line. They will not work and will change. I am already getting calls and emails, as are the FAC, telling us which sailings do not work for them. The connector ferries from Cortes are unworkable and that will be borne out as soon as they are implemented. We are hoping to have a public meeting the first part of next week to hear your views. I know this is short notice, but that is all we have: short notice! Word will be spread as far as possible by various means.

One of the big issues that we are currently dealing with is

the loss of the night watch person. This has serious implications for the ability of the ship to sail on after-hours call outs. They do not have enough crew living on Quadra to make the required crew complement, in some cases. We need a strong case from the BC Ambulance and Paramedic groups to government and to BC Ferries to retain this position.

I know that people will be using the ferry less often and will be using creative means such as carpooling and walking on or even using the water taxi for the 4:30 and 5:25 sailings from CR (which will be at 4:40 and 5:45 come the 28th). BCFS and the govt. will see that the ridership will indeed drop since they have increased the fares. Our points of the past months will be demonstrated to both BCFS and the government. I know, you are already using the ferry as little as possible but I bet these fare increase will cause you to use it less.

## Urgent - AVICC Rally

This is an "Urgent" notice, so please read it and contact the appropriate person(s)

The AVICC (Association of Vancouver Island and Coastal Communities) is coming to Parksville/Qualicum on the 11th and 12th and 13th of April.

I was just invited by them to sit on a panel discussion about BC Ferries. Of course, I accepted.

This gathering is attended by local government leaders from the Sunshine Coast, the Central Coast and all of Vancouver Island. A few years back we held a rally at the Nanaimo AVICC and it was great venue for presenting an issue that effected us all... All of the local govt. reps. came out to the event which had lots of people from all over the coast with signs, etc. It was a "friendly" protest / affirmation of our solidarity with each other on this issue. We got tons of media coverage. The same will hold true this year.

So, this is a major part of "WHAT'S NEXT?" Any takers for organizing.??? Lannie Keller and others from Quadra worked hard on the last successful event. Heidi Ridgeway has offered to help and we will be talking later today.

Let me know your thoughts... There could be between 300 and 500 delegates at the event! I will get every media outlet there.

This event IS NOT a protest. It is a support rally for the local governments that are working hard for us to change the provincial government's mind re: ferry issues. I would suggest that signs carry messages such as:

SUPPORT for local govt actions;

NOTHING anti-Liberal.. can be anti-gvyot. action but not partisan - remember that some of these folks will be Lib's;

Destruction of our PROVINCIAL ECONOMY;

Destruction of our LOCAL economy;

Destruction of our local communities;

Destruction of our TOURISM industry;

Put Ferries back in Highways: This is our Marine Highway;

Roll back the fares.. we can't afford them!;

Stop the cuts;

Respect our Seniors;

Etc. ... I am sure you get my drift!

This is a Support exercise and a media event to keep the issue alive, and it will do so when coming from so many local governments and their supporters.

The Panel on BC Ferries will be on Friday, late afternoon. I have asked that it be moved to Saturday, the 12th, to coincide with the rally at noon for maximum participation by delegates.

I need to know if we have enough interested organizers (there won't be much to do other than a few more signs, and carpooling) before I start my media blitz to get them

all there at noon on Saturday. So please get back to me. See my contact info at the end of this report.

The Saturday sessions and rally will be at the Qualicum Beach Civic Centre. Timing should be around 12 noon to about 1:30 for maximum participation of delegates.

Please let me know as soon as possible! This is our big chance to reach the entire province all at once. It also boosts the profile of the AVICC and UBCM position on ferries which is our position too: lower the fares, stop the cuts and put us back into Highways; leave senior's fares alone.

## Quathiaski Cove Sewer Expansion

The expansion efforts have finally reached the point where we are clear on the costs (which were announced at the public sessions) and that we will be going to elector assent by referendum for the larger area (36 lots) and we will still receive a report on the 5 lots along the west side of Green Rd. I believe these 5 will be added in a very simple administrative manner so that they can proceed with hookups. They will not be subject to the cost of expansion associated with the other 36 lots, since they are already right along the existing sewer line. This should all be ready to go by June-ish if everything goes according to plan and only the effected area will vote in the referendum. Staff have been working overtime on this issue to make it happen as soon as possible.

Other Issues - ongoing work (yes, there is work beyond ferries!)

I am working with the Quadra Circle and the senior's group to look at expansion of multi-generational housing and assisted living spaces in the Cove area. Grants are being applied for and details are being looked into. I have also spent some time with the existing senior's housing folks and had a nice photo op with the people that made it happen. I was



able to direct a VIHA grant through the SRD in the amount of \$7,000.00 for the completion of the last unit.

We have had numerous rezoning applications in the past months and more to come. Many of them have been for private docks for access to properties.

I continue to sit on the BC Ferries Regional District Chairs Group and we will be meeting in the very near future (probably at AVICC) to discuss next steps.

I also continue to sit on the three province wide marine planning initiatives: PNCIMA (Federal planning); MaPP (our area up to Cape Caution - Provincial and First Nations planning); RMAC (same planning process but it is made up of five areas of the coast right up to Alaska and meets jointly in Richmond).

I also sit on the UBCM and the AVICC Select Committee on BC Ferries, and on the Federal committee on Aquaculture.

So, as you can see, there is never a dull moment. I just returned from a two day meeting in Victoria sponsored by the UBCM for all of the Chairs and Administrators from all of the RD;s in the province. This was in my role as Chair of the Board.

During that same time I attended the press conference to announce the finalization for the purchase of the Merrill Ring lands to add to our parks at the north end of Quadra. So we now have a swath of protected park land right across the isthmus of Quadra joining three other park units into one. It was an honour to be there after more than 20 years of working on this process along with the dedicated volunteers that spent all of their time trying to bring this to fruition. A great deal of gratitude goes to the late Judy Leicester. Without her dedication this would not have happened. Congratulations to all of the other volunteers and to all of Quadra for your generosity.

I think I had better quit there. 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@xplornet.ca](mailto:jimabram@xplornet.ca) or by mail at Box 278 in the Cove, V0P 1N0... or on Facebook at <https://www.facebook.com/JimAbram>.... 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



DIEM has been busy all winter, and we have mapping news to share. Behind the scenes, DIEM core team has been making presentations, writing project reports, identifying possibilities, and plotting future events. You'll see we've been given a beautiful new logo to connect our efforts; DIEM now has three project phases, with some activities near done, some fully engaged, and spring/summer community mapping just underway. Briefly, here's what's happening, and we hope you'll join in!

**DIEM Phase One - Ecosystem Mapping**  
DIEM's initial project, Sensitive Ecosystems Inventory (SEI) mapping is complete for all of the Discovery Islands. Eve Flager (from Read Island) deserves our thanks for her expertise, persistence, and countless volunteer hours creating SEI and watershed maps. To complete the SEI for government use, we must now validate the digital mapping through "ground truthing" as prescribed by BC Ministry of Environment Conservation Data Centre (CDC) which continues to provide advice and oversight. We switched from planning local teams and decided to pay for professional validation because we need to get the job done, and it also became obvious that consistent perspective is vital to reliable surveys. DIEM has contracted Ryan Durand (Durand Ecological Ltd.) and Cam Eriksson (Sonora Island) who will be conducting extensive field plots throughout May of this year. DIEM will be asking community to help house and feed these guys who will be working long and hard!

Mapping the area's enduring features has also been accomplished, by Gregory Kehm and Associates, Vancouver. Greg has also provided tremendous project energy and volunteered professional assistance, most recently with an enduring features analysis that informed and enabled a credible (and critical) response to government's Old Growth Management proposal for nearby mainland areas. Please contact [di.ecosystemsadvocacy@gmail.com](mailto:di.ecosystemsadvocacy@gmail.com) if you would like a copy of the report.

DIEM is collecting and presenting all maps and data on a website called Data Basin, (<http://databasin.org/galleries/3be38d72e6da4570869d9217183c709f>) hosted by the Conservation Biology Institute. With a little practice, you can view and layer the maps (any-which-way!) and you can filter the data to create new views according to your interests. We will continue to add map layers and DIEM will offer some mapping workshops for community members who (like many of us) find the technical learning curve a bit steep. (Note: the effort's worthwhile because when you "get it" the maps are like magic!)

# UPDATE

**DIEM Phase Two - Community Mapping** The great response to DIEM's fall workshops means we'll bring on Moss Mania II – and more! Rob Wood's Landscape Patterns presentation in November spawned an interest group that has been meeting regularly to identify our islands' watersheds – soon to be plywood jigsaw maps that can be used for community fun and learning.

Hiring out the SEI validation work has allowed DIEM to plan other mapping that will be especially fun for island residents – and anyone else who wants to help! In addition to mapping rare plant communities and species at risk, we queried community interests and (while also welcoming anyone's serious personal interest/mapping endeavour) we have decided on a few simple categories for our first community layers, including Big Trees, Big Birds, and Small Wetlands. We're also keen to create community map layers that document heritage fruit trees and past/present agricultural sites. And if a few folks would like to map Eel Grass on low summer tides (WOULD YOU?) that will be another interesting and valuable layer. Our Guide to Sensitive Ecosystems and other information about how to participate is in-the-works. We're still looking for photos of a few iconic ecosystems and special critters... If you are a naturalist photographer with photos to share, please ask for our pictures wish list.

Sabina Leader-Mense is giving her boundless enthusiasm to organizing expert presenters for DIEM's continuing lineup of information workshops.

**DIEM Phase Three – Watershed Priorities Analysis** If you've looked at the ecosystem mapping available on the Data Basin site, you probably have some sense that these are more than pretty maps. In fact, there is tons of information that's hidden until you go looking for it. And truth to tell, few of us have skills to find it. However, this is a huge part of the potential value in the DIEM mapping, and we've been brainstorming most-valuable analyses – and (since we're burnt out on writing grant applications) fantasizing financial support... Now our AMAZING news: DIEM has just received a significant donation that allows us to proceed with analyzing the mapped data to produce relevant information about the condition of our Discovery Islands Watershed. We are beyond-thrilled, and grateful for generous people.

That's the nutshell version of events. Join us on facebook [www.facebook.com/DIEMProject](http://www.facebook.com/DIEMProject) for updates and related news. Please feel free to contact us if you have questions – and we're also always interested in your ideas and good energy! Email: [info@diemproject.org](mailto:info@diemproject.org) or phone (leave a message) 250-285-2823.

## TIDES - HERIOT BAY

DATE	TIME PST	m.	ft.
<b>04</b> Friday	03:52	3.1	10.2
	09:01	4.2	13.8
	16:00	1.4	4.6
	23:10	4.5	14.8
<b>05</b> Saturday	04:55	3.3	10.8
	09:41	4.0	13.1
	16:47	1.6	5.2
<b>06</b> Sunday	00:15	4.4	14.4
	06:15	3.3	10.8
	10:29	3.8	12.5
	17:38	1.7	5.6
<b>07</b> Monday	01:23	4.3	14.1
	07:39	3.3	10.8
	11:37	3.6	11.8
	18:38	1.9	6.2
<b>08</b> Tuesday	02:22	4.3	14.1
	08:50	3.1	10.2
	13:03	3.5	11.5
	19:43	2.0	6.6
<b>09</b> Wed.	03:10	4.3	14.1
	09:42	3.0	9.8
	14:19	3.6	11.8
	20:45	2.1	6.9
<b>10</b> Thursday	03:47	4.3	14.1
	10:19	2.8	9.2
	15:23	3.7	12.1
	21:38	2.2	7.2
<b>11</b> Friday	04:18	4.3	14.1
	10:50	2.5	8.2
	16:20	3.9	12.8
	22:23	2.3	7.5
<b>12</b> Saturday	04:45	4.4	14.4
	11:17	2.3	7.5
	17:11	4.1	13.5
	23:04	2.4	7.9
<b>13</b> Sunday	05:11	4.4	14.4
	11:44	2.0	6.6
	17:58	4.3	14.1
	23:42	2.5	8.2
<b>14</b> Monday	05:37	4.5	14.8
	12:12	1.7	5.6
	18:42	4.5	14.8
<b>15</b> Tuesday	00:21	2.7	8.9
	06:04	4.5	14.8
	12:44	1.4	4.6
	19:26	4.6	15.1
<b>16</b> Wed.	01:01	2.8	9.2
	06:33	4.5	14.8
	13:19	1.2	3.9
	20:11	4.7	15.4
<b>17</b> Thursday	01:45	2.9	9.5
	07:06	4.5	14.8
	13:59	1.0	3.3
	20:59	4.8	15.7
<b>18</b> Friday	02:32	3.1	10.2
	07:43	4.4	14.4
	14:43	0.9	3.0
	21:52	4.8	15.7



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# CLASSIFIEDS

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## MOVING SALE

### BIG MOVING SALE

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Call 250-285-2234 for more info

## PRODUCE

### COMMUNITY SUPPORTED AGRICULTURE ON QUADRA

There are a few spaces left in Ryan and Jessica's Vegetable Box program for the 2014 season. Please visit [goosefootfarms.com](http://goosefootfarms.com) or call us at 250 202 2326 for more information.

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## LOST

### HEARING AID

I lost a hearing aid on Friday, March 21. If you found it I will be tickled-to-death to hear about it. Frank @ 250.285.3850

## DI CLASSIFIEDS

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