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Ferry Schedules

Effective from February 9

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Campbell River Leave Quathias Cove

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

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Heriot Bay Leave Whaletown

Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
9:05 am	†8:50 am	7:50 am	†7:50 am
**11:05 am	10:50 am	9:50 am	9:35 am
1:05 pm	1:05 pm	11:50 am	11:35 am
3:05 pm	3:05 pm	**1:50 pm	1:50 pm
5:05 pm	5:05 pm	3:50 pm	3:50 pm
6:45 pm	6:45 pm	5:50 pm	5:50 pm

! Local Commuter Sailings, Please Avoid.

* Fridays Only † Daily except Sundays.

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

List Your Event



Want to post a calendar listing on page 3?
Lots of choices for getting it to the DI!

- Email us at news@discoveryislands.ca
- Drop off your listing at Inspirations in Quathias Cove
- Or you can bring it to our office, 701 Cape Mudge Road
- The mail works too! Our postal address is Box 280, Q Cove, BC V0P 1N0

OVER AND OUT....

Quadra Community Centre 30th Anniversary and Retirement Party

My heart is full and I feel lovingly fêted after that wonderful combined, Community Centre 30th Anniversary and retirement party last Friday. Coordinators, Rebecca Young and Adrienne Mann worked the details and, with the help of dozens, pulled off an event which will star as one of the most memorable in my life. I am forever grateful to have worked and lived in this community for the last 40 years. Thank you to all my friends, and work mates and the recreation aficionados who have added joy to my life. Regional Director, Jim Abram has backed me and the QCC from day one and without him, life would be very different. This community has a gem in Jeanette Taylor who is inspired to keep our history and writes it down in delicious stories. Carol Foort quietly holds the space for spiritual awareness as all good yoga teachers do and I so appreciate all three for their presentations at the celebration.

Rebecca has kindly given me her list of volunteers for the event and we send love and appreciations to all of you involved, for without you, there would be no Quadra Community Centre spirit.

Board: Tania Mcmartin (appreciation speech), Lou Bakota (set up), Pat Field (set up & clean up), Sarah Richardson (flowers),

Sam Whittingham (lights) & Kathryn Manry (lemonade dispenser); Kitchen: Karin Mann, Masumi Umemura, Fern James, Tanya Storr; Lent: Hillary Hansen (lemonade dispenser), Sharon Hatelt (hanging flags / pennants), Diana McKerracher (hanging flags / pennants); Entertainment: Dave Ashton, Kris Wellstein, Willow Wishes (Andrea Blaseckie, Maureen Fox, Trinity Gogolin & Elsa Das Neves) and The Hal Douglas Trio (Don Doolittle, Hal Douglas & Julie Frank); Promotional: Jeannette Taylor (30th anniversary publication & speech), Annette Yourk (editing with Jeannette on her 30th publication); Candy Holmes (Billboard), Chris Thompson (slideshow & AV guy), Carol Harling-Bleeks (slideshow), Marci Wolter (slideshow) & Decorating; Zack Mann, town decorations pick up; George Murdock (sound); John & Bev Barclay (clean up); Andrea Blaseckie (clean up & entertainment); Michael McGregor SRD (Balloons); Adrienne Mann (Sandy slideshow); Clint Young (set up, clean up); Carol Woolsey (photos). And all of the rest of the party attendees that stayed and helped clean up! (Apologies to anyone missed.)

Sandy Spearing
Over and Out!

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THE ISLAND CALENDAR

Day to Day

Friday, July 10

- Rock with Elvis, Quadra Legion 7:30 pm
- Live music with Duffy Live, HBI Pub 9pm

Monday, July 13

- VIRL Public Consultation, Quadra branch 6:30pm

Tuesday, July 14

- Tribal Journey Canoes Arriving In Cape Mudge

Wednesday, July 15

- VIRL Public Consultation, Cortes branch 1:30pm

Friday, July 17

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

Friday, July 24

- Live music with Zandhunga, Quadra Legion 9pm
- Live music with Ray Bennet Band, HBI Pub 9pm

Wednesday-Sunday July 22-26

- Quadra Festival of Chamber Music. Various venues more details page 7

Saturday, August 1

- Life and Legacy of Chief Billy Assu, Nuyumbalees Cultural Centre 11 am

THE NEXT DI DEADLINE is
Monday, July 20 @ 7pm



The Regulars

MONDAY

- Parent & Tots, QCC, 9:30am-12pm
- QuadruplaLOSERS QCC 6pm
- Sing for Pure Joy!, 3-4:30pm at QCC
- Badminton at the Cape Mudge gym, 7:30pm (\$2)

TUESDAY

- Ladies Drop-in Tennis 9 am All levels & visitors welcome
- Social Rock Climbing - Chinese Mtns 6pm
- Al-Anon Meeting, Quadra Children's Centre, 7:30pm

WEDNESDAY

- 1st & 3rd Wednesday Food Bank, QCC 1-2pm
- Men's Night, Quadra Golf Club, May to Sep
- Poker Night, Quadra Legion, Heriot Bay 7:30 pm
- Hand-Drum Jam, Upper Realm, Q Cove 7:45pm

THURSDAY

- Parents & Tots, QCC, 10 am-12 pm
- Men's Drop-in Tennis, QCC courts, 5-7pm
- Ladies' Night, Quadra Golf Club, May to Sep
- Prayer Meeting, Quadra Island Bible Church, 7pm

FRIDAY

- Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY

- Farmers' Market, behind Credit Union Q Cove 10-2pm
- Meat Draw, Quadra Legion, Heriot Bay 5 pm
- Open Mic with Mo, 9pm at the HBI pub

SUNDAY

- Buddhist Meditation, Upper Realm, 10am
- Family Service, Quadra Island Bible Church, 10:30am
- Social Rock Climbing, Chinese Mtns 10:30am
- Quadra Sunday Painters, 11am-2pm, 285.3390
- Meditation Practice and Teachings, 4 pm, 204.9640

NEXT WEEK (July 13-17)

MONDAY: 8:30 Low Impact; 10:00 Parents & Tots; 10:00 Summer Rec Tennis; 10:00 Yoga w/ Josephine; 1:00 Kids Theatre Camp; 6:00 Seniors Housing Meeting; 7:00 Tai Chi

TUESDAY: 9:00 Yoga w/Brenda; 9:00 Ladies Drop-In Tennis; 10:00 Summer Rec Tennis; 1:00 Kids Theatre Camp; 5:00 Yoga w/Trinity

WEDNESDAY: 10:00 Summer Rec Tennis; 1:00 Kids Theatre Camp

THURSDAY: 9:00 Yoga w/Brenda; 9:00 Total Body Sculpt w/ Marion; 10:00 Parents & Tots; 10:00 Summer Rec Tennis; 1:00 Kids Theatre Camp; 5:00 Men's Drop-In Tennis

FRIDAY: 8:30 Yoga w/Kate; 10:00 Summer Rec Tennis; 1:00 Kids Theatre Camp

NEXT WEEK (July 20-24)

MONDAY: 8:30 Low Impact; 9:00 Babysitter SUPERSTAR Course; 9:00 Red Cross Swim Camp; 10:00 Parents & Tots; 10:00 Watercolour Workshop; 7:00 Tai Chi

TUESDAY: 9:00am Yoga w/Brenda; 9:00 Ladies Drop-In Tennis; 9:00 Babysitter SUPERSTAR Course; 9:00 Red Cross Swim Camp; 10:00 Watercolour Workshop; 5:00pm Yoga with Trinity; 7:00pm Tai Chi Group

WEDNESDAY: 9:00 Babysitter SUPERSTAR Course; 9:00 Red Cross Swim Camp; 10 Yoga with Trinity; 10:45 Creative Dance; 11:30 Hip Hop/Jazz; 3:00 Mani & Pedi Polish w/ Strawberry Daiquiri's at April Point

THURSDAY: 9:00 Yoga w/Brenda; 9:00 Total Body Sculpt w/Marion; 9:00 Babysitter SUPERSTAR Course; 9:00 Red Cross Swim Camp; 10 Parents & Tots; 10:45 Creative Dance; 11:30 Hip Hop/Jazz; 5:00pm Yoga with Trinity; 5:00 Men's Drop-In Tennis

FRIDAY: 8:30 Yoga w/Kate; 9:00 Babysitter SUPERSTAR Course; 9:00 Red Cross Swim Camp; 10:00 SproKids; 10:45 Creative Dance; 11:30 Hip Hop/Jazz

Upcoming...

Duffy Live

July 10 - *the best of classic rock*

Go Dog Go

July 17 - *beach blanket time machine*

Ray Bennet Band

July 24 - *jump, jive and boogie blues*

Open Mic

join in... or enjoy local talent at
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Opinions expressed in this magazine
are those of the contributors and are
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SUBMISSION GUIDELINES

We welcome items for publication
on subjects of interest to Discovery
Islands communities. Please help
us by following these guidelines:

- Text articles do not need to be attached to a file. Simply send the text in the body of your email.
- Canadian spelling is preferred.
- Please use the title of your item in the email subject line.
- Remember to include credits and captions for photos and artwork.
- Please print handwritten material clearly.

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NEXT DEADLINE

7pm on Monday
July 20

for publication
on Friday, July 24

THE DI MAIL BAG

Our Water

- Think Globally - Act Locally

Hello Islanders,

This letter is about OUR
water, the water in the aquifer
beneath our feet.

I am worried because
drought has now come to us
here in our 'temperate coastal
rain forest'. One might expect
drought to hit California or
similar Mediterranean-type
climatic zones, but temperate
rainforests usually stay quite
temperate. I've been here for
forty-five years, and that's the
way it's been. Mostly damp!

We cannot cause the rain and
snow to fall in order to replenish
our rivers and aquifers or to
clean our air of smoke (which is
all around as I write). However,
we CAN look after the water
under our feet. How? By using
it as sparingly as possible, by
treating it as a most precious,
life-giving resource more
valuable than gold. As there is
no 'water police' monitoring
well-owners, this has to be an
individual commitment.

I have recently heard the
following about aquifers:

1. NASA reported on
the world's major aquifers
underlying the continents.

If I remember the number
correctly, they studied twenty-
three of them and seventeen
are in trouble. We know this
as the ground-water level can
be measured and has dropped
steadily in recent years. California
is an example. Wells being
drilled there now can no longer
reach water. How much water is
down there nobody knows but
it is becoming less accessible in
two-thirds of the world's major
aquifers.

2. The B.C. Government
has not studied the aquifer
under Quadra Is. and we are
not measuring the level to see
whether it is steady or dropping.

And so, it's up to us ground-
water users to treat our water as
more precious than gold.

I'd say that means no
sprinkling, less flushing, using
grey water in the garden, putting
a basin in your sink to catch that
wasted flow - you know what I
mean....

In case you're not doing it yet,
conserve! conserve! conserve!
and give thanks for what is (still)
here for our use.

Sincerely,
Riki Vogt

Yoga with Kate

This is an alignment based
class with a focus on mind-body-
breath connection. Sequences
tailored to target a different area
each week. All levels welcome.
Upstairs at the Community
Centre 8:30-9:30am. \$10 drop in.

Tribal Journey Canoes Arriving In Cape Mudge

On Tuesday, July 14th, 2015,
Tribal Journey canoes will land
on the shores of Cape Mudge.
They will receive an official
welcome on behalf of the Nation,
and then spend the evening
camping in the Village before
departing in the morning for
Miracle Beach.

Spectators are welcome join
us beside the Band Office to take
in the festivities. Please check our
website (nuyumbalees.com) or
call 250-285-3733 for arrival and
departure times.



Royal Canadian Mounted Police
Gendarmerie royale
du Canada

RCMP News

Quadra Island RCMP had
a kayak that was turned in to
the detachment that was found
floating in the Surge just south of
Peck Island. If you have lost your
kayak contact the Quadra RCMP.

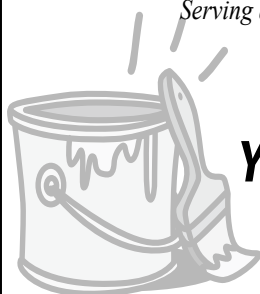
There is a complete ban on
fires and campfires due to the
extremely dry conditions. The
Quadra RCMP will be working
closely with the Quadra Island
Fire Department, Cortes Island
Fire Department, and the Fire
Wardens to ensure the ban is
strictly enforced. If you see a
campfire or someone throwing
out cigarette butts please contact
the local RCMP. The RCMP
has zero tolerance when it puts
the safety of the community in
jeopardy and severe fines will be
issued.

Cpl. Kevin CHRISTENSEN
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STRATHCONA REGION STRIKES COMMUNITY HEALTH NETWORK

Campbell River, BC - On Friday, June 26, more than 170 people from across the region gathered at Thunderbird Hall to discuss the creation of a Community Healthy Network in the Strathcona Region. First Nations leaders and health workers, local government officials and politicians, medical health professionals and others met for the all-day workshop to explore how coming together through a Community Health Network would support the health of the region.

A Community Health Network in the Strathcona region would bring people and agencies together from wide-ranging backgrounds, roles, and perspectives to take action on issues that impact health and well-being in their communities.

Friday's event, jointly organized by Island Health

and the Strathcona Regional District, focused on the social determinants of health, including homelessness and food security, and examined how a collaborative, network approach could be advantageous in helping to improve health outcomes for everyone in the region. Representatives from social service organizations, emergency services personnel, artists and community members were all part of the conversation.

Dr. Jeff Beselt, Executive Medical Director at Island Health, was clear that Island Health is only one seat at the table, and that it is all about fostering interconnectiveness with all stakeholders. "When you bring different people in, it changes the discussion," said Beselt. "The interesting thing about this process, many of the issues we're talking about today

cannot be tackled by individual organizations."

Several Community Health Networks already exist on Vancouver Island, including the Mount Waddington Health Network and the Alberni-Clayoquot Network. "Establishing a Strathcona Regional Health Network will help small and rural communities in this region build partnerships and leverage resources in a way that will benefit us all," said Jude Schooner, Municipal Director for the Strathcona Regional District and Mayor of Tahsis. "We know that the success of a health network comes from the community, and it makes sense that the more communities and stakeholders we engage, the more successful the outcome will be."

The day's discussions were captured in photos, a

video booth, and by graphic recorder Jill Banting, who's artistic rendering of the day's themes centered on shared understanding, community building and healing, the environment, and the historical context of First Nations. Participants provided written feedback, which will be collated and reported back to them for further discussion. A follow up meeting will be scheduled in the coming weeks to review the report and determine next steps.



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Storytime Outside!

Tuesdays @ 10:30am, July 14, 21, 28

It's storytime! Meet us at the library and we'll go across the street to have storytime outside on the grass! Bring your family and friends for a lively half hour of adventure, friendship and loads of other awesome things for kids of ALL AGES and their families. No registration required.

We also have some special Summer Reading Club events coming up:

Beach Yoga at Rebecca Spit!

Yoga at Rebecca Spit! All levels, abilities and ages welcome- Kids too! Every Monday morning from 9:00-10 am. We will focus on a different area each week. By donation (suggested minimum \$5). It's so beautiful and peaceful- hope to see you there!

Chilkat Robe Completes New Nuyumbalees Exhibit!

Chief Billy Assu's Chilkat Robe has arrived back in Cape Mudge after a long journey across the country. This remarkable piece, weaved by Mary Hunt, will be on display as part of a new exhibit, "The Man Behind the Masks: The Life & Legacy of Chief Billy Assu".

On loan from the Canadian Museum of History, this magnificent Robe will spend the next eleven months at Nuyumbalees Cultural Centre before heading north to Alert Bay.

The Centre is open daily from 10 - 4:00pm, including holidays. For more information email tours@nuyumbalees.com or call 250-285-3733.

Life and Legacy of Chief Billy Assu

Nuyumbalees Cultural Centre would like to extend an invitation for the public to join us on August 1st, 2015, at 11:00am, as we officially open our newest exhibit, "The Man Behind the Masks: The Life and Legacy of Chief Billy Assu." In conjunction with this, we will also celebrate the arrival of seven Potlatch pieces recently repatriated and returned to the community, after being confiscated and sold more than one hundred years ago.

The Cultural Centre has recently undergone a reconfiguration of its main and upper floor gallery spaces. New exhibits and information offer greater opportunities to create dialogue and discussion among community members and visitors alike. This in turn helps generate broader, more respectful dialogue on the important role our First Nations played in the settlement of British Columbia and Canada.

We hope that you will join us for this historic event and community feast to follow. Everyone is welcome.

Partner Yoga Workshop

Come celebrate the first International Yoga Day ever with Kate and Gibson's partner yoga workshop! We'll begin with some trust-building exercises, then learn a few stretches you can do with your partner before we soar into airplane rides! We will also indulge in a partner chakra meditation. Workshop includes tea, chocolate, a printed handout full of valuable information and some social time to connect with other partners sharing similar values and practices. Come alone or with a partner- there's a space for everyone! Sunday June 21st from 2-4pm at the Community Centre. \$25 per person.

Creative Dance for Kids

Does your child love to dance? Bring them to my class where their creativity can blossom.

We will learn new moves, fun dances and make new friends all while building confidence, honing our motor control skills and learning to work together. \$35 for 4 sessions.

Classes are pro-rated. Upstairs at the Community Centre. Ages 3-10.

Library Consultation

VIRL is hosting public community consultation sessions in our area!

The Quadra and Cortes communities are invited to join VIRL for a 2-hour session at the local branch, to provide feedback into Vancouver Island Regional Library's next five-year Strategic Plan.

For more information about these sessions, or the public survey available online, please visit virl.bc.ca. More information is also available at the local branches.

Thank you for supporting your local library!

Quadra Island Library
Branch 6:30-8:30 pm July 13

Cortes Island Library Branch
1:30-3:30 pm July 15

Summer Reading Club

Thursday, July 2nd -
Saturday, August 22nd

Jump straight into summer and register for the Summer Reading Club: get some books and start your reading adventures! Come into the library for weekly prizes and programs. Ages 2 - 12 years. Contact the library for more information.

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Located on Quadra Island

Quadra Festival of Chamber Music

The Quadra Island Chamber Music Society is delighted to welcome back for a fifth season, Music Director, Philip Hansen, Principal Cellist of the Calgary Philharmonic Orchestra. Philip will be accompanied by an ensemble of internationally acclaimed musicians from July 22 to 26.

Phil has worked diligently with Marc Destrubé, violin; Konstantin Bozhinov, lute; Marcin Swoboda, viola; and Donovan Seidle, violin, to create works that encompass "A Home of Homes". The theme celebrates BC's diversity as it introduces a panoply of cultural reflections. Our musicians are all dedicated and accomplished professionals whose impressive resumes reflect an astounding list of recordings and participation in international musical societies and festivals. This year, we are pleased to welcome Curtis Wilson from Campbell River. Curtis is a respected artist. His talents also extend to the art of drumming. On Wednesday, July 22, Curtis's magic will be featured with the group at the United Church in Cape Mudge Village. Curtis and Philip have collaborated on pieces that will highlight the theme Our Native BC.

The Festival continues to attract a high level of talent to Quadra Island where music lovers enjoy the magic of summer concerts in a variety of wonderful island venues. This year we are including a Children's Festival



on Thursday at 12:30 at the SouthEnd Farm Winery. Music, theatre and more will captivate the young and young at heart. SouthEnd will also host a concession for this family event. Sunday's concert will include a brunch catered by chef Mariana Gabilondo and feature, Tango dancers Santiago and Deborah from La Lunita in Vancouver

July 22: Our Native BC, Quadra Island United Church, 7pm. \$20. July 23: Family Concert: Tangles and Tunes, SouthEnd Farm and Winery, 12:30 pm. Family pack \$20. July 24: SouthEnd Winery -SOLD OUT. July

25: Home and Heart: Music from Eastern Europe, The Stone House, doors open 6:30. \$20. Sunday, July 26: Back in Buenos Aires, Brunch, Concert, and Tango dancers at the Quadra Island Community Centre, doors open 10:30 am. \$35.

Tickets: Quadra Island: Works of H'Art: 250-285-2834; Inspirations: 250-285-3334. Campbell River: The Music Plant: 250-87-7770 Info: www.quadrafestival.com

Buddhist Meditation

BUDDHIST MEDITATION CONTINUES AT 10am every Sunday upstairs in the Upper Realm at Spirit Books in the Quathiaski Cove shopping centre. We meditate for 40 minutes, have refreshments and then read and discuss a book on Loving-Kindness. Everyone is welcome, free or by donation. Call Steve or Danielle for more info at 285.3323.

Hand Drum Jam

EVERY WEDNESDAY NIGHT upstairs in the Upper Realm at Spirit Books in the Q Cove shopping centre. Beginners welcome. Extra drums available. 7:45pm, drop in fee \$5. Call Steve at 285.3323 for more info.



Life insurance

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At The Legion

Rock With Elvis All three era's in one fabulous night. Friday July 10/15 \$20.00 pp Show / Dance starts at 7:30

Get your tickets early. Call Barb Frank @ 285-3714 Come dance to Elvis.

ZANDHUNGA! A five piece Latin Band on Fri. July 24th 9:00-1:00. \$10. At the door. Offering a Salsa dance lesson prior to dance for \$5. Sure to be a ton of fun!! We would like to invite everyone to Celebrate Legion Week & the 191 C.E.F. from Comox finishing structural stuff & also the 90th Anniversary of the Legion organization on Friday June 26th. Appys and information about the Legion & our Branch, #154 at 7:30 & to complete the event we have the band, Best Before, so.... much fun! From 9:00 till 1:00.

Men's Tennis

EVERY THURSDAY EVENING all men with any interest in tennis are welcome to show up at the QCC tennis courts. Bring a tin of balls and a racquet. Call Michael Mascall at 202.1968 for more information... or just turn up.

New to Quadra? The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag. Contact Judy @ 250.285.2150.



Preschool Program
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Quadra Kids
school age program
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7:30 a.m. to 6:00 p.m.
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Please inquire about government subsidies

Quadra Salmon News July 2015

The Eco Centre is open for the summer, Wednesdays to Sundays, 10AM to 4PM. Please join the QISES board in welcoming Gina Nickoloff as our summer interpreter. She is a Quadra resident, a biology student at U Vic, and past volunteer with the amazing Granite Bay Creek gang. We have 500 healthy coho fry in our demonstration pond and, as of this writing, have just enough water trickling down McKercher Creek to freshen water in the pond. The old cement dam there leaks. As long as the volume of water trickling down the creek is greater than the leaks allow out, our pond survives.

As to the rest of the salmon bearing creeks which we keep our eyes on, there is just enough water in all of them to keep last autumn's spawn vital. It was a phenomenal spawn, last October into December. There seem to be fry, both coho and trout, in almost every pool that we visit. Drought proofing efforts continue in the Hyacinthe system. Given the dry conditions, nature has been kind to Hyacinthe Creek. Beaver built a dam at Site 2 in the culvert, storing quite a volume of water for use in Reed Lake. It then leaks under the culvert and into the huge wetland on the south side of Walcan Road. An old beaver dam at Site 3 retains water. (A brand new beaver dam below the old one blew out last October during two days of intense rain.) We access the existing water using a controlled drain into the actual headwater of H. Creek, enough to keep the pools vital but set to conserve water for the near future. Like all islanders, we hope desperately for rain.

QISES would again like to thank Tru Value stores for the "points" system and to those who donate to #257. It provides a significant part to our annual budget.

Al Beattie

Kids Theatre Camp!

Come play with theatre! Join us for a week of drama, dance and singing where we will create opportunities to work cooperatively with others, build confidence, strengthen your speaking/presentation techniques, hone your motor control skills and musicality, all while having fun and making new friends!

Ages 4-12

July 13th-17th, 1:00-4:00pm @ the Quadra Community Centre (Main Hall).

Instructors: Doni Laird and Kate Pokrandt
Cost: \$40

To register, call the QCC 285-3243

Ladies Drop In Tennis

Tuesdays 9-11:30 am. All levels and visitors are welcome. Any Questions, call Carole @ 285- 3737 or Louella @ 250-2580.

MEN'S DROP IN TENNIS: Thursdays 5-7 pm. Contact person is Michael, 202 1968.

Raffle Winners

Quadra Children's Centre would like to congratulate our raffle prize winners!

First Prize: Beach Acres Resort Get-A-Way - Ross McPhee

Second Prize: Taku Resort & Gift Certificate at Heron's Restaurant - Jan Bain

Third Prize: Thrifty Foods \$100 Certificate - Pamela Goijberg

Fourth Prize: Quality Foods \$100 Certificate - Carol Graham

We would like to thank Taku Resort, Beach Acres Resort and Ross McPhee for their generous donations, which greatly contributed to the success of this year's raffle!

We would also like to thank the people who purchased tickets and the sellers for your efforts, we made over \$3600 which will go towards our operation costs.

Quadra Seniors

Putting up with the heat has been very difficult for many seniors. We also must worry about our well water.

The best time to work in the garden is in the early mornings and late in the evening.

On July 8th Quadra seniors are organizing the North Island annual picnic which is held at Halbe Hall in Black Creek. We will be having

a delicious pot-luck lunch, many games, probably inside the hall if the weather is too blistering hot. There will be prizes too, even for the coolest summer attire for men & women.

We have all been very busy welcoming many people from far & wide who stop at the Tourist Information booth. Drop by and visit our cozy center. If you can assist us by working at the booth contact manager Judy Hagen @2150, for membership call Lois Norman@3061 for transportation call Ruth @ 3801 or cell--250-895-9188.

Library Annual Report

NANAIMO, July 6th, 2015 – Vancouver Island Regional Library (VIRL) announces the release of its 2014 annual report. The report "Connecting Communities", summarizes the regional library's finances, highlights a variety of accomplishments throughout 2014, acknowledges donors & recognizes the continued dedication & support from the Board of Trustees. For the first year, the 2014 Annual Report is entirely digital, taking readers directly to VIRL's online services. The format is also environmentally conscious and a vehicle for advertising VIRL's wealth of digital services.

Visit virl.bc.ca for more information, or virl.bc.ca/about-us/reports-and-plans to view the 2014 Report.

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PROTECTING THE SONORA GIANTS

In the ongoing quest for a more equitable balance between logging and forest conservation in the Discovery Islands one area is especially noteworthy, the southwest corner of Sonora Island.

While protection for other pockets of forest on Cortes, Maurelle, Read and Quadra Islands are sought, the Sonora Giants deserve special attention. Against the constant tide of logging some headway seems to have been made toward protecting a rare area of giant old-growth Douglas Fir and Western Red Cedar trees but local residents say that on balance more is needed.

While the B.C. government is considering protecting up to 1500 hectares including some of the last grand old-growth Douglas Fir in the Discovery Islands TimberWest has made a counter proposal that barely includes one fifth of that, 322 hectares.

Consistent with their blatant disregard for protecting old-growth in their Great Bear Rainforest tenures, TimberWest has refused to include hundreds of giant trees in their currently proposed protected area (called the Thurlow BMTA). This in spite of the fact that Sonora Island falls into the Great Bear Rainforest Agreements and TimberWest is required to identify and set aside



Sonora Island and Hole-In-The-Wall channel

photo: Tavish Campbell

at-risk ecosystems and habitat of key species like the Northern Goshawk.

Typical of the self-regulation model of industry oversight (or lack thereof) pervasive today TimberWest continue to classify the Sonora Island Giants Protected Area as second growth even though the reality is that this forest is home to some of the last significant stands of large old-growth Douglas Fir on the south coast. It's only due the rough terrain and the fast waters

of the Hole in the Wall Channel that these trees are still alive. But as with all resources, the rarer it gets the more money that can be made exploiting it and that time has come for TimberWest to cash in on these trees growing on public lands.

Fortunately the government seems to be listening and some headway has been made. There is a brief window until August 10, 2015 for public comment on a proposal to protect these rare trees.

If you support the protection of the Sonora Island old-growth then please let the government know the proposed area must be enlarged to adequately protect the rare rainforest giants that TimberWest has omitted.

The province is ready to consider a protected area. This is a great opportunity to make sure they get it right.

Lend your voice to this important cause: contact the Government of British Columbia before August 10, 2015.

Please email your comments to:

Great Bear Rainforest Land Use Order/BMTAs/Conservancy Ministry of Forests, Lands, and Natural Resource Operations
great.bear.rainforest@gov.bc.ca
Please CC:

Rory Annett (Executive Director – Coastal Projects Ministry of Forests, Lands & Natural Resource Operations)
Rory.Annett@gov.bc.ca

Domenico Iannidinaro – (Chief Forester, TimberWest)
IannidinaroD@timberwest.com

Rick Jeffrey (Executive Director, Coastal Forest Products Association) –
Jeffery@coastforest.org

Eduardo Sousa (Greenpeace) –
eduardo.sousa@greenpeace.org

Valerie Langer (Forest Ethics Solutions) –
valerie@forestethicsolutions.org

Jens Weiting (Sierra Club of British Columbia) –
jens@sierraclub.bc.ca

Sonora Island Community –
diamondbay@telus.net

Sign on to an online petition: <http://tinyurl.com/protectsonoragiants>



Hike with the Friends of Strathcona Park

The Friends of Strathcona Park will be hosting a hike for the public through the beautiful Bedwell Valley this summer. The hike, which will take five days and four nights, will follow a wild route through the valley which was discovered by the Friends several years ago. The hike will take place from August 1st to 5th.

"This is one of only three valleys within the park that go from the alpine all the way out to the ocean", says Kel Kelly, a director with the Friends. "The other two valleys, the Megin and the Moyeha, are much more difficult to access than the Bedwell."

The hike will require two groups, one coming down the valley from Bedwell Lake and another coming up from the Pacific, launching at Tofino. The groups will meet halfway, exchanging car keys to allow everyone to get back home. "We've done this trip several times already", says Kelly, "and it's always fun when the two groups meet and share stories of their adventures going up and down."

The Bedwell route goes through a variety of fascinating ecosystems, including alpine meadows, a rare high elevation maple forest, old growth cedar and fir groves and past several magnificent waterfalls. The river itself is never far away. Swimming at the end of a hot day of hiking is an exhilaration beyond description. Hikes with the Friends are renowned for their camaraderie and fun.

There are still spaces available. Hikers must be experienced and fit and are expected to carry everything they need for shelter, food, clothing and comfort in their backpack. The trip, which usually takes four days, has been extended to five to allow more time for enjoying the scenery. Participants will be asked to cover the costs of transportation, including the water taxi in and out of Tofino.

"We encourage anyone who is fit and eager to come with us to see one of the most beautiful places on the planet", says Kelly.

For more information contact:
Kel Kelly at 778 992 0246 or at kelkelly55@yahoo.ca.
Jack Welsh at 250 334 2321 or jackw_1@telus.net

Quadra Outdoor Club Upcoming Events

The summer schedule is available on the web at: <http://qioutdoorclub.org/trips/trip-schedule/schedule-summer-2015/>

The schedule is still evolving and trip details are usually available about one month prior to departure. Here are the upcoming trips:

13 July, Monday - kayak assisted and self-rescue practice 16:00

13 July, Monday - potluck dinner 17:30

10-13 August, Monday to Thursday - multi-day kayak trip around Read Island

25-27 August, Tuesday to Thursday - camping at Ralph River & hiking to Bedwell Lake

Come practice your kayak assisted and self-rescue techniques. It's important to stay current with these skills. We won't have any instructor, but we can help each other. We plan to have this at the Spit with a potluck to follow.

We will be circumnavigating Read Island in early August. There are several great camping spots and wonderful scenery throughout.

At the end of August, we will have a multi-day trip to Strathcona Park, staying at the Ralph River campground. The main trip will be a day hike to Bedwell Lake, with shorter hikes on the first and last day.

It's important to contact the coordinator in advance of the trips. Longer trips require more advanced planning so get in touch as soon as possible. More information about these trips is available at the link given above for the summer schedule.

Scroll through the schedule to find the trip that interests you and "click for more" to find the details.

For more information about the Club, visit the webpage at qioutdoorclub.org. To join or renew your membership the information is available at:

<https://qioutdoorclub.files.wordpress.com/2013/04/qioc-membership-app.pdf>

Market Music

Local musicians perform live music at the Saturday Market throughout the summer.

Dave Blinzinger and friends perform on Saturday, July 11. Willowishes returns on Saturday, July 18. John Toelle and Richard Christie perform on Saturday, July 25. And Banjo Joe and friends perform on Saturday, August 1.

Music plays 10:15 am to 12:15 pm. Please consider supporting our local musicians by putting some money in their guitar case or hat. Many thanks to the wonderful people selling their goods at the market because they also donate to the musicians. Call Steve at 250-285-3323 for more info.

Quadra Island Farmers' Market

Wow, the market has been jam packed the past couple of weeks with numerous new and returning vendors and as always we have managed to find room for everyone.

The variety of vendors has been great and you can find veggies, baking, jewellery, soap, art work, preserves, bedding plants, massages, chocolates, books, and so much more. Come on down and support your local craftsperson/farmer.

Join us Saturdays from 10-2 rain or shine. We are located on the lawn behind the Coastal Community Credit Union and there is market parking off of Green Rd.

Dogs are strongly discouraged at the market but if you must bring your dog please keep them leashed and under control at all times, clean up their messes, and away from the booths.

Gates open at 8am for market vendors on a first come first serve basis. Market tables are a reasonable \$5 and \$1 for children selling their own products. There is no charge for local community and charitable organizations.

We are always looking for new ideas - feel free to email or facebook us. quadramarket@gmail.com [facebook.com/quadramarket](https://www.facebook.com/quadramarket)



I am sitting here in the smoke with my house completely closed up so I can breathe, hoping that there are no serious complications for those with compromised respiratory systems. This is awful, but only a small dose of what some of our other provincial neighbours are having to put up with due to the current fires.

Every two weeks I agonize over doing my Director's Report. Why? Not because I don't want to keep you informed, but only because it is very difficult for me to go over two weeks of activity in a couple of pages of print and not bore you to death in doing so. Also, it is incredibly frustrating reliving many of the items I report on. But it is all part of the job (vocation!) and I do love it. There is so much going on every day that it is hard to even convey the intensity and quantity of the things I deal with in a day, from my desk, at local or SRD meetings in town, at Provincial meetings in other cities and even in my sleep! I can't do a job unless I do it well. So, if my reporting is lacking in eloquence, please forgive me! So, in no particular order, here we go!

Community Centre Anniversary and Sandy Spearing retirement

What a night! June 26th was the night to celebrate with a delicious potluck dinner, entertainment, speeches, memories and photos. The event was the 30th anniversary of the building of one of our most prized possessions - The Quadra Island Community Centre. It was built with love by Quadra Island and maintained ever since as the centre of our community activity.

The other part that is impossible to untangle from the Community Centre is the retirement of Sandy Spearing, who looked after all aspects of this Centre, under the Direction of the Recreation Society, for the past 30 years. That is phenomenal! You can read all about it in the last issue of the DI and

on the Gumboot. I am only going to say that it was a pleasure to work with Sandy for all of these years and to have her accomplishments live on in the Centre. She will be missed.

Her replacement, Rebecca Young, will do an admirable job of filling her shoes, I am sure. Happy retirement Sandy! We love you and thank you for all you have done.

Library Consultation

Don't worry, this is not about moving the Library or any such thing. It is about giving feedback to the Vancouver Island Regional Library Board on its next five year strategic plan. Go to virl.bc.ca for more info. I had asked for more hours for our branch but the numbers just came out and we are way up there compared to other libraries so we did not get an increase this round. Next time! Your input will help this happen, so go to the meeting Monday July 13th at the Library from 6:30 to 8:30. Our Library is one of the most successful in the province and our staff is by far the best!

Canada Day

While we are on celebrations, I would like to thank all of the people and groups that made this year's Canada Day such a success. Starting with a scrumptious breakfast at the Fire Hall, through the main event at the Golf Course, the event at South End Winery and ending with the fireworks in Drew Harbour, it was all fantastic and took a great deal of organizing. Thank you to all!

Highways meeting

I arranged a meeting and tour with our new Highways manager for this area last week. We talked about the issues and solutions to many of the issues that you call me about often. Her name is Tallina McRae (Tallina.McRae@gov.bc.ca) and she is now the person that you should contact with Highways issues that are not Emcon daily maintenance issues.

Federation of Canadian Municipalities (Edmonton)

I don't believe I have had the chance to tell you about the 5 day event comprised of over 2,000 local governments from across the entire nation. I mentioned I was going to it in a previous report. The outcomes were fantastic. I was able to meet not only with my colleagues from across the country but I was also able to meet with the leaders of the parties that will be squaring off in the next Federal election. I was able to get some meaningful face time on numerous occasions and able to bring our "Marine Transportation" issues to the forefront along with our issues around "connectivity". I was also able to find and meet with the senior policy analysts that will be drafting the platforms for each of the parties. I have found over the years of my experience that sometimes these people are more important than the leaders! If you can convince them that your issue is their issue, you are in the door! I believe I was successful with the NDP and the Liberals. Tom Mulcaire and Justin Trudeau both get it. Now we need them to act upon it. They were both extremely supportive and I was able to point out to them that the FCM has national policy on both issues, in support of my arguments. I was also afforded the opportunity to speak from the floor (to 2000 delegates) on both of these issues. It was a very worthwhile 5 days but extremely exhausting.

B.C. Hydro truck

So, as I have mentioned in past reports, I have been working on Hydro to supply us with a Hydro truck during fall / winter months, to be kept on the island. The conversations have gone from "no" to "maybe" to "possibly" to "we are going to do it" !!! I just got off the phone with their senior planner and it is all looking like they want to get on with it, and do it now! I will have more details at end of the week. So, a few more hours on the phone with

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Marvin Amelock... viola

WEDNESDAY 7:00 PM *July 22*
Our Native BC
Music of British Columbia
at Quadra Island United Church
TICKETS \$10

THURSDAY 12:30 PM *July 23*
Family Concert: Tangles and Tunes
at SouthEnd Farm Winery
www.southend.ca
TICKETS \$20 per family

TICKETS AVAILABLE AT:
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July 24 7:00 PM FRIDAY
The Celtic Roots
at SouthEnd Farm and Winery
TICKETS \$10


July 25 7:00 PM SATURDAY
Home and Heart
Music from Eastern Europe
at Stonehouse on Quadra 7500 Hwy Road
TICKETS \$20

July 26 11:00 AM SUNDAY
Back in Buenos Aires
Brunch and Concert
at Quadra Island Community Centre
Brunch Catered by A'Muse Foods
Live Tango Performance by Santiago
and Dancers from La Lunita
TICKETS \$30

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For Early bird ticket packages contact Chipperfield Hollow at 250.285.2422

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Chief Billy Asua's Chilkat Blanket on loan from the Canadian Museum of History

Nuyumbalees Cultural Centre
Village of Cape Mudge

**11:00am
SATURDAY, AUGUST 1, 2015**

**EXHIBIT OPENING & COMMUNITY FEAST
EVERYONE WELCOME**

nuyumbalees.com

all the parties after I finish my report. Yahoo!

Connectivity

We are finally getting somewhere with this issue. As I mentioned before we have made it a strategic priority at the SRD Board level and our CAO and I have been discussing strategies. The Board will have it on their agenda in the next two weeks, so I can't tell you too much until the Board decides. I am sure they will be supportive, if for no other reason than to shut me up! We are talking about going for the gold! More to follow.

Heritage Lighstations

As you may have seen in the media: tinyurl.com/q358txq and tinyurl.com/npmqcb

The Federal Govt. has finally announced the Lightstations that will be considered Heritage Lights under the Lighthouse Preservation Act, giving them full protection from their destruction by bureaucrats into the future. This is, of course, great news as far as I am concerned. We worked so long to keep staff on the Lights and won that battle in 2011 and now this protection naturally follows. There will be more designated. This is just the first grouping of 74 stations nationally.

Consideration of a dog bylaw

Saved the best for last!. The Quadra Island Safety Council and the RCMP have received a number of requests to have a dog bylaw of some type in place on Quadra so that they can do their job when unfortunate situations crop up. This has always been an unpopular topic with me since I assumed that Quadra would not support such a move. However as time has gone on, more and more complaints have come in and there is no way to deal with them without a bylaw. So, yes, it is being looked at in some minimal form. Dog owners have been supportive. I should say responsible dog owners. There are some people who do not respect the rights

of others with regard to dogs. This is not something new. It is only that it has finally come to a point where it at least needs to be looked at. Some of the out of context comments in local media suggested that my comments were totally in support of this and that Quadra has "more dogs than people". That comment was part of a larger comment that was said tongue-in-cheek to the reporter in CR suggesting that a bylaw would not be popular. Yet, it sparked unfortunate debate. The issue will be looked at and talked about and then decided upon. So, please don't jump the gun on this one. We are a long way off and it may not even be feasible in our area. Stay tuned.

BREAKING NEWS

We have been fighting hard on Face Book and through other lobbying to get the province to contract the Mars water bombers back in the air. Well, have a look at this: <http://www.albernavalleynews.com/news/311789601.html> A petition started two days ago. When I signed it there were 3,000 plus sig's on it. It was at almost 20,000 this morning and the goal was 25,000. I am sure they reached it.

OK.. I am quitting there. I have no idea if you will read all of this. I hope you do. In the meantime, feel free to contact 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 or by mail at Box 278 in the Cove, V0P 1N0... or on Facebook at <https://www.facebook.com/JimAbram>.... If it is important, my cell is 250-830-8005... Lots of choices.

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

Respectfully submitted,
Jim Abram

Director, Discovery Islands -
Mainland Inlets (Area C), SRD

Adult Dance Class

We will cover a range of styles all in the name of fun! All levels, ages and abilities welcome. \$10 drop-in. This month we are working on a cute and sexy burlesque piece. Downstairs at the Community centre every Thursday, 7:00-8:00pm.

Golf Course News

Buy One Green Fee, Get One ½ Price
Monday to Thursday before 11am but only until July 9th! The Quadra Island Golf Course, driving range and KIOSK (clothing, gift certificates & more) is OPEN daily with FUN hours for the month of June 9am-6pm.

Upcoming Events

Sunday July 12 – Annual Business Challenge - 9 Hole Tournament in scramble format @ 1:30pm

Saturday July 18 – Annual Mixed Play Open Tournament – 18 Hole Tournament with tee off @ 11am

Sunday July 26 – July's Neighbourhood Challenge – 9 Holes @ 1:30pm

Lessons

On the course playing instructions are now available. Scott Fraser will tee off with you and play hole #1 through hole #5, 1 ½ hours of instruction at reasonable rates. For more information or to book your lesson, call the golf course KIOSK.

Regulars

Junior's Club – Lessons every Monday night from 4pm to 6pm

Men's Night - Every Wednesday night at 5pm

Ladies Night – Every Thursday at 5pm

Membership

We have a fabulous sense of camaraderie, the greatest benefit of membership. Join the club and be a part of our tremendous friendly group of people! We offer a 5 year payment plan so there has never been a better time! For membership inquiries, call us at 285-2811 or check out our website for a downloadable PDF.

Tournaments

Looking to host a tournament or to raise funds for your organization? We have a fantastic golf course with clubs and carts for your event. The options are endless and we would be happy to help you execute a fun successful event.

If you would like a calendar of events for the 2015 season, check out our website for a downloadable PDF, email us at info@quadrargolf.com or call us 250-285-2811.

Summer Iyengar Yoga

Great Yoga classes to compliment all your summer activities! June 16 to July 16, five week session.
Tuesdays 9-10:30 am Level 1/II.
Thursdays 9-10:30 am All Levels.

Session cost: One class a week, \$60. Twice a week, \$110 and Drop In's welcome \$14 per class. West Road Yoga located upstairs at 680 Industrial Way. Mats and Props provided. 250-285-3065. anntoelle@gmail.com

Live Music

Every weekend at the Heriot Bay Inn;

Friday July 10...Classic Rock with the incredible Duffy Live!

Friday July 17...Go Dog Go is a beach blanket time machine.

Friday July 24...Ray Bennet Band, jump, jive, and boogie blues. We'll see you dancing and enjoying good times in the HBI Pub. 9:00 pm. n\c.

Every Saturday night at Open Mic with Mo creates a new show. From new starts to old pro's; musicians take the stage and entertain us from 9:00 pm. HBI Pub. n\c.

Enjoy a lovely summer breakfast lunch and dinner on Herons Dining Deck.

A wonderful place to spend time with friends and family. Open 7:00 am to 10:00 pm seven days a week! Classic Prime Rib every Saturday and Sunday, 5:00 pm.



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Friday: 9am – 5pm

Saturday: 9am – noon

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AVICC '17 conference to be held in Campbell River

Mayor Andy Adams is pleased to announce that the City of Campbell River has been confirmed as the host of the 2017 annual general meeting and convention of the Association of Vancouver Island and Coastal Communities – an opportunity that will bring as many as 400 people to the community in the spring of 2017.

The conference will take place April 7 to 9, 2017, and the main convention venues will be the Community Centre and Sportsplex. An average of 275 delegates attend the AVICC event each year, many with guests, and attendance and tradeshow participation is expected to increase in 2017.

“Hosting the delegates and their guests at this conference will boost business for local hotels and restaurants and support our plans to enhance and expand local economic development and tourism promotion,” says Mayor Andy Adams. “It will also provide an opportunity for people from other areas to enjoy Campbell River’s many attractions and amenities and to showcase our spectacular setting and exceptional lifestyle in Campbell River.”

“We are very pleased to award the 2017 AGM and convention to the City of Campbell River and look forward to working together to offer delegates, sponsors and their guests another great island experience,” says AVICC president and Comox Councillor Barbara Price. “The Mayor will have an opportunity at the end of the 2016 convention and during the AVICC luncheon in September that year to highlight Campbell River’s plans.”

The AVICC event will benefit from the advance planning to host the 52nd annual Tourism Vancouver Island conference, which is expected to bring more than 150 people working in the tourism industry to Campbell River this September.

“The Campbell River host committee is planning a spectacular array of first-class experiences for TAVI delegates and guests to give them a taste of the huge range of events and activities Campbell River and region offers,” says Andrea Knowles of the Campbell River Economic Development Corporation. “For the welcome reception, we will focus on this year’s theme, which is Sharing Your Story, through the settings selected and the activities during the reception. On the optional day, visitors will be able to choose from activities such as a golf tournament, tours to Elk Falls Park to visit the new suspension bridge, swimming with the salmon, whale watching, visiting Shelter Point Distillery and a full day of adventure on Quadra Island.”

ACROSS THE PASSAGE

Molluscs 101:

Explore the Mystery of Intertidal

Join the Museum at Campbell River and NIC biologist Sandra Milligan on two Intertidal Walks in July! **On Tuesday, July 14, from 10 am-12 noon**, Milligan will lead a family oriented reef walk in Willow Point. Kids will be sure to love the exploration and discovery that goes with an Intertidal experience. You’ll see the ever popular Purple Sea Stars, frilled dogwinkles for the lace-lovers, shield and mask limpets for the superheros. Special sightings may include the intricate brittle star, slippery saddleback gunnels, and squishy sea cucumbers.

And then the next day on **Wednesday, July 15, from 11 am – 1 pm**, Milligan will lead a second walk that will closely examine Marine Molluscs. Milligan will talk about shells, hinges, torsion and reproduction, exploring in depth the bivalves, gastropods, polyplacophora (aka) clams, snails and chitons found along our intertidal shores.

Essential equipment includes rubber boots or the acceptance of wet feet for both walks. Participants need to be able to walk about 1 km, some of which is in ankle-deep water. Meet at the parking lot on Highway 19A at Larwood Rd. Leave 5 minutes to park and walk; please respect the business parking at Larwood Plaza.

To register, call the Campbell River Museum at 250-287-3103. The cost is \$30.00 per family of four, or \$15.00 for adults and \$7.50 for kids. Email Sandra.Milligan@nic.bc.ca with any questions.

Museum Historic Cruises

Campbell River is blessed with some of the most adventurous waters in the world. The history, the geography and the wildlife combine to create an unforgettable experience. This summer the Museum at Campbell River is once again offering a series of guided Historic Boat Tours each Sunday during July and August that explore the Discovery Islands and points north.

The next trip is planned for July 12, from 9 am to 2 pm, travelling to amazing Desolation Sound. This tour will stop for lunch at the famous Lund Hotel, a historic village billed as the gateway to Desolation Sound. Considered to be one of the west coast’s premier cruising destinations, Desolation Sound is an iconic location on the coast.

Summer Sunday trips include Sonora Island (with lunch at Dent Island Lodge), Yorke Island, Hardwicke and the Thurlows (with lunch at Blind Channel).

Exploring the waterways of the Discovery Islands provides an insight into how wild this region is.

The cost for these trips vary from \$140 to \$160.00, including lunch and interpretive guide. **To reserve a seat call the Museum at 250-287-3103.**

The Museum is offering Historic Cruises in partnership with Discovery Marine Safaris all through the Discovery Islands this summer. For a complete listing of tours visit the website at www.crmuseum.ca



ONBOARD RAFIKI



Boat Sweet Boat

Life on the boat is a lot like life at home; we have our clothes, our books, instruments, and crafts; we have a four burner stove and an oven, pillows and blankets, a table, a toilet. But instead of being ten steps from the kitchen to the couch, it's one - actually, you just stand up and you're there. Getting in and out of bed is judged a success if you don't smack your head, a double success if your knees also survive unbattered. Every surface, save the table, is a hatch to somewhere, so cooking is a strategic endeavor. And it all has to function on the basis of teamwork: pass the potatoes from under your bum, put away your knitting, and so on.

The greatest part of this high-functioning compacted living space is we get to bring home

wherever we go! We got to loll about in our PJs in downtown Vancouver, anchored beneath Science World up False Creek. We made lunch on the high waves of the Salish Sea crossing to the Gulf Islands. We sit on the evening ocean and sip tea, wrapped in cozy blankets, and watch the sun set, turning these summer skies into pastel dreams that we are living. Like Aaron said, the ocean is our back yard and we get to play in it every day!

The Gulf Island waters are mostly new to us, and quite different from home. There is tide to contend with, and an explosive ferry population, but almost always there is wind from the straits amongst the islands with smooth water, a sensation akin to skating on flat ice. We have had incredible

sailing, traveling most days by the power of the wind and tides; we broke an unbelievable 9 knots going with both wind and tide into the Strait of Juan de Fuca! Exhilarating, I tell you. Victoria Harbour was our southernmost port of call, and we are now northbound again. Though we still have much exploring ahead, such is the human tendency to feel sadness at any time of conclusion. We won't come this far south again, possibly for some time, and to some degree that gives my heart cause to feel wistful. However, we have the whole north ahead of us, and that has always been my direction. Here's to the optimism of passages unknown and three more months of calling Rafiki home!

Child's Pose Yoga Kids' Yoga And Wellness Camp,

Child's Pose Yoga is offering our 4th annual kids' yoga and wellness camp, July 27-31 at the Community Centre!

This year we have a special theme - DREAMS!

Kids will learn the basics of yoga to help build strong healthy bodies, as well as practice meditation and breathing techniques to manage stress and anxiety.

We will work on developing mindfulness as the kids create practical yoga projects that can be used at home as part of their yoga regular practice. Lots of take-aways for your young yogis and the entire family to enjoy!

Organic, nutritious snacks will be prepared fresh each day before class.

Ages 5-7: 10 am - noon

Ages 8-12: 1-3 pm - for kids over 12, please contact Dana at info@childsposeyoga.ca

Investment: \$110 per child - all snacks and supplies included.

Includes special end of camp gift as always :)

Sign up today as space is limited.

Dana Mahon

NEW LISTING



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Heriot Bay Tides

DATE	TIME PST	m.	ft.
10 Friday	00:51	4.8	15.7
	08:11	1.5	4.9
	14:51	3.8	12.5
	19:29	3.1	10.2
11 Saturday	01:37	4.7	15.4
	09:07	1.2	3.9
	16:14	4.1	13.5
	20:57	3.4	11.2
12 Sunday	02:25	4.6	15.1
	09:58	1.0	3.3
	17:20	4.4	14.4
	22:17	3.5	11.5
13 Monday	03:14	4.5	14.8
	10:44	0.8	2.6
	18:11	4.6	15.1
	23:23	3.5	11.5
14 Tuesday	04:02	4.5	14.8
	11:27	0.8	2.6
	18:54	4.8	15.7
15 Wed.	00:19	3.4	11.2
	04:51	4.4	14.4
	12:07	0.8	2.6
	19:33	4.9	16.1
16 Thursday	01:07	3.4	11.2
	05:40	4.3	14.1
	12:46	0.8	2.6
	20:09	4.9	16.1
17 Friday	01:53	3.3	10.8
	06:29	4.2	13.8
	13:24	1.0	3.3
	20:42	4.9	16.1
18 Saturday	02:37	3.1	10.2
	07:17	4.1	13.5
	14:00	1.2	3.9
	21:14	4.9	16.1
19 Sunday	03:20	3.0	9.8
	08:04	4.0	13.1
	14:35	1.4	4.6
	21:45	4.8	15.7
20 Monday	04:04	2.8	9.2
	08:52	3.8	12.5
	15:10	1.7	5.6
	22:15	4.7	15.4
21 Tuesday	04:47	2.7	8.9
	09:45	3.6	11.8
	15:45	2.0	6.6
	22:46	4.6	15.1
22 Wed.	05:32	2.5	8.2
	10:48	3.5	11.5
	16:22	2.4	7.9
	23:17	4.5	14.8
23 Thursday	06:19	2.3	7.5
	12:05	3.4	11.2
	17:04	2.7	8.9
	23:51	4.4	14.4
24	07:09	2.1	6.9

THE DI CLASSIFIEDS

Shops

WAYPOINT SIGNS

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

Attractions

WHEELHOUSE GALLERY

Visit the New Wheelhouse Gallery at Whiskey Point Resort and see works by Perrin Sparks, Nanci Cook, Kathryn Manry, Elena Mason, more. Gifts in the lobby, soaps, pottery, cards, unique T-shirts--still growing! Open 9 AM-9 PM every day. www.whiskeypoint.com 250-285-2201

Accommodation

VISITING FRIENDS & FAMILY?

Ask for local rates when booking at Whiskey Point Resort, Quadra Island's convenient spare bedroom! www.whiskeypoint.com Comfortable rooms with TV, WiFi, kitchenettes, harbour views, BBQs, hot tub, king deluxe rooms and queen suites or standards. 250.285.2201

For Sale

QUALITY CEDAR PRODUCTS

Planned or rough cut decking, lumber, siding, beams, fencing, 4x4s, clears, VG, custom milling, whatever you need. Douglas Fir now available, and Fir Beams to 8x12x24 ft. Located on Quadra, 250.830.7897

Restaurants

FINE DINING

Come experience fine dining at Gowlland Harbour Resort's restaurant. Chef Joe Volk focuses on creating fresh, tantalizing dishes, inspired by locally-sourced ingredients. Reservations are recommended but not required. 250.285.3572 www.gowllandharbour.com

Help Wanted

HELP WANTED

Help wanted: The Heriot Bay Inn is seeking breakfast cook and dishwashers for summer employment. Send resume to info@heriotbayinn.com

HELP WANTED

Front Desk Agent at Whiskey Point Resort, able to take reservations, friendly, with computer skills, office skills, able to work independently wherever needed. Part-time, year-round. Contact Nanci 250-285-2201 resort@whiskeypoint.com

Services

FERNBANK SAWMILL

Custom cutting at your place or mine on a state-of-the-art Woodmizer mill. We cut everything from beams to siding. Call Gerry Côté 250.285.3651

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Repairs and service to your domestic major appliances at competitive rates. We have a good selection of quality rebuilt washers, dryers, fridges, gas and electric ranges. All come with a one year warranty on mechanical components and free delivery for south Quadra Island. New and used parts depot. Free pick up of your unwanted recyclable appliances. 10% Seniors discount. Please call me at 250.285.3425 or on my cell at 250.202.3425

Home & Garden

SKILLED GARDENER AVAILABLE

Certified horticulturist and lifelong gardener Ryan Nassichuk is currently available for hire for an ongoing garden maintenance project. This is a rare opportunity to bring the passion, skills, and experience of one of Quadra's best gardeners to your landscape. Call Ryan at 250.202.2326 or email nassichuk@gmail.com

Event Rentals

MARQUEE TENTS

Marquee tents are available for rent on Quadra Island. Sizes from 400 to 1600 sq ft. We also rent sound systems, lighting, popup tents, projector & screen. Call 'Intense Rentals' 250-285-3772 or visit www.intense-rentals.ca

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Up to 35 words: \$20 (including tax)
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