

# The Rats Have To Go

**S**o now we're all stopping at the stop signs and generally driving a lot safer, that means less time spent worrying about whether or not we're going to survive the next trip to the post office to pick up the new DI and more time to discuss and solve other pressing issues around the community.

So next up... what are we going to do about those rats?

Are we just going to carry on day after day bitching about them, reading Greg Ross's advice columns, continue to spill hen scratch all over the place and lay awake at night listening to their interminable scratching in our house cavities?

Surely if the entire province of Alberta can be basically rat free it's possible to eliminate our unwelcome guests from tiny Quadra Island?

I recently visited South Georgia, no, not the land of peanuts and watermelon, but the far flung island of South Georgia in the South Atlantic famed for penguins, whaling stations and the incredible story of survival by Sir Earnest Shackleton and his crew in 1916.

Up until very recently South Georgia had a rat problem. Like many islands rats were introduced by people landing from ships and the endemic wildlife, especially small burrowing birds was highly vulnerable and the effects were devastating.

But in 2012 a program was started to eradicate the rats by poison and four years later South Georgia is essentially rat free. So it can be done.

Now if memory serves this explosion in the rat population is a relatively new phenomenon and I have to wonder what has happened or changed on the island to allow the population of rats to grow so rapidly.

It seems to be no small coincidence that the rise of the rats has paralleled the demise of the cats, feral cats that is. Was the time when I would see the occasional feral cat around the property. But I can't remember the last time I saw one, yet clearly the rats are booming.

Perhaps some deeper consideration is going to have to be given to the long term neutering of feral cats

and a better understanding of the implications for rodent populations brought into future plans.

But what else?

In the limited research I've done along with a little common sense, it seems clear that the only way to bring the rat numbers in check is to implement a consistent and wide-scale effort to eliminate them. Be that trapping and/or poisoning them. And at the same time making the necessary changes to our own habits and practices to deny the rodents access to food and shelter so they can't get re-established.

I've heard that some control measures are being undertaken on a seasonal basis but surely the only way to put the rats in permanent check is to keep the pressure on them year round.

Other than poison & traps what else to do?

Keeping chickens is simply a magnet for rats, any of us with a flock of hens know this. And storing any other food stuffs, garbage containing food, inappropriate compost etc... unsecured is going to encourage and feed rats.

Keeping livestock feed secured in metal bins and only feeding as required instead of an unlimited supply are two simple steps to significantly reduce the access the rats have to food.

I'm not pretending to write an educational piece here, we need experts for that. It just seems that as with the Stop signs and a handful of other issues around the island that we need to take a step up from talking about these things in small groups, families and feeling like we're the only ones concerned and elevate it to a community-wide discussion to find long term solutions.

We each have responsibilities to learn about such things and take appropriate action but we also rely on leadership to guide the way forward on community scale issues. Is there support available from the Regional District? Is this a public health issue and therefore Island Health have a role to play?

I'm not sure, but we do need some answers and solutions because Greg Ross bless his soul is not going to be able to trap them all himself.

- Philip Stone

# Ferry Schedules

## Campbell River - Quadra Island

Leave Campbell River      Leave Quathiaski Cove

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

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, expect delays.  
 \* Fridays Only      † Daily except Sundays.  
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## COMMUNITY NEWS & EVENTS

# There's Just Never a Good Time for a Disaster

by Lee Ann Weigold

**I**t's pitch black outside! I can hear the wind blowing in the trees behind our house, the rain pelting against the bedroom windows. Something awakened us, a broken branch hitting the house perhaps. A low rumble begins far off in the distance. Very quickly, it gets louder and louder, coming closer, like a locomotive. The house vibrates like there's someone using a jack-hammer in the basement. Our puppy whimpers at the foot of the bed. The shaking is getting stronger, more violent. I can't keep my feet beneath me. The floor is heaving like a ship caught in heavy seas. Where is my flashlight? Where are my slippers? Things are falling, crashing to the floor from the shelves in the living room. The picture window in the dining room just exploded. The kids are screaming!

**"EARTHQUAKE"...**

Thank goodness, we know what to do. Coming out of deep sleep, I am so very grateful that we have secured our home, practiced our drills and prepared our family for this certainty. They said, "It's not *if*, it's *when*!" and here it is.

We have played the "Earthquake Game" so many times that it's second nature to us now. Once a week for a month, we practiced our drills after identifying all the safe places and all of the danger zones, in each room of our home. Now, once a month we take turns yelling "Earthquake" at any time of the day or night because there's never a good time for a disaster.

When someone yells earthquake, we all immediately drop what we're doing and find a safe spot to wait out the quaking. The kids are now trained and know to drop cover and hold on. Good spots are under a sturdy table or the kitchen counters. Pets will normally try to stay near you or go where they feel safe, like a kennel or doggie bed.

Practicing where the safety zones are, and getting into them, helps children remember where to go at the first sign of a quake and ensures they will naturally avoid the danger zones if you are not there to help them.

Places to avoid during a quake have also been identified in our drills. Places such as in front of the picture window or near the fireplace in the living room, next to the china cabinet in the dining room or beside the book shelves in mom's study.

There are closed toed, slip on shoes for each of us under the beds for quick access, a working flashlight on every night table. We have taken care to keep heavy pictures or other breakable artwork, chandeliers etc. away from the beds. There is a transistor radio with fresh batteries, in the survival box. Our hot water tank is securely fastened to the wall. It could be our only source of water.

Thanks to our frank and open "what if" discussions, we ALL know the location of and directions for turning off Gas, Power and Water supplies at the Main Source and where to find the First Aid Kit and Survival Box (more on this and the Grab 'n' Go Bag in future articles) Each of our "GRAB 'N' GO BAGS" is ready by the front door. Once the shaking stops, we can assess the damage, see how everyone is, and then decide what's next. Everyone knows who to call outside our area and where to go if we need help. Thank goodness we know what to do.

For more information on Earthquake Preparedness go to: [www.embc.gov.bc.ca](http://www.embc.gov.bc.ca)



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# THE ISLAND CALENDAR

## Day to Day

### Friday, March 18

- Friday Flicks presents Hitchcock/Truffaut 7:45 Q.C.C.
- Best Before - dancing tunes, HBI Pub 9 pm n/c.

### Saturday, March 19

- Bingo & Dinner on 7-10:00pm Quadra Legion

### Sunday, March 20

- Workshop with Linda Gilkenson on Organic gardening QCC 10 - 4pm

### Monday, March 21

- Quadra Seed Swap 6-7pm Q.C.C.
- Garden Club presents Linda Gilkenson on Resilient Gardens for a Changing Climate 7pm Q.C.C.

### Wednesday, March 23

- Authors' Reading, 6:30 - 8:00 pm Quadra Library

### Friday, March 25

- Sons of Guns, Rhythm & Blues, Rock HBI Pub 9 pm n/c.

### Saturday, March 26

- Syrian Fund-Raising Coffeehouse & Silent Auction Q.C.C. Doors open at 6 pm

### Wednesday, March 30

- Quadra Recreation Society AGM 7:00pm Q.C.C.

### Saturday, April 2

- Nuyumbalees dinner & art auction fund-raiser Cape Mudge Hall 5-6pm
- Elvis Show & Dance, \$20, Quadra Legion 8 pm

## The Regulars

### MONDAY

Parent & Tots, QCC, 10am-12pm  
Sing for Pure Joy! 1-2:30pm at QCC  
AA, Big Book Study, 7pm Quadra United Church  
Badminton at the Cape Mudge gym, 7:30pm (\$2)

### TUESDAY

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

### WEDNESDAY

1st & 3rd Wednesday Food Bank, QCC 1-2pm  
Poker Night, Quadra Legion, Heriot Bay 7:30pm  
Hand-Drum Jam, Upper Realm, Q Cove 7:45pm

### THURSDAY

Parents & Tots, QCC, 10am-12pm  
Quadra Singers, QCC 6:45pm. Info: 2393 / 3127  
Prayer Meeting, Quadra Island Bible Church, 7pm  
Badminton at the Cape Mudge gym, 7:30pm (\$2)

### FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

### SATURDAY

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  
United Church Service, 11am, 285.3163  
Quadra Sunday Painters, 11am-2pm, 285.3390

## At the Community Centre

### THIS WEEKEND (Mar 18 - 20)

**FRIDAY:** 10:00 Friday Painters; 7:45 Friday Flicks Presents: Hitchcock/Truffaut

**SATURDAY:** 10:00 Island Theatre Kids; 1:10 Island Theatre Kids Early Stages; 12:00 Watercolour Wrkshp; 7:00 Sierra Quadra

**SUNDAY:** 9:30 Garden Club Wrkshp; 6:00 Climbing Wall

### THIS WEEK (Mar 21 - 25)

**MONDAY:** 8:30 Low Impact; 10:00 Parents & Tots; 10:00 Yoga w/Josephine; 1:00 Sing for Pure Joy; 6:00 Weight Watchers; 6:00 Seed Swap; 7:00 Garden Club

**TUESDAY:** 9:30 Qigong; 10:00 Spinners & Knitters; 5:30 Zumba w/Marion; 5:00 Yoga w/Trinity; 5:45 Life Planning; 6:30 Boot Camp w/Marion; 7:30 Folk Dance

**WEDNESDAY:** 9:00 Baby Clinic; 10:00 Yoga w/Trinity; 11:00 Moms & Babies; 12:00 Community Kitchen Lunch; 12:30 Nurse Practitioner

**THURSDAY:** 9:00 Total Body Sculpt w/Marion; 9:00 Yoga w/Rosalind 10:00 Parents & Tots & Parent & Tot Yoga; 3:45 Moderate Dance Fitness; 4:00 Mixed Martial Arts; 5:00 Yoga w/Trinity; 6:45 Quadra Singers

**FRIDAY:** 10:00 Friday Painters

### NEXT WEEKEND (Mar 25-27)

**FRIDAY:** 10:00 Friday Painters

**SATURDAY:** 10:00 Winter Market; 10:00 Island Theatre Kids; 1:10 Island Theatre Kids Early Stages; 6:00 Syrian Coffeehouse Fundraiser

**Sunday:** 6:00 Climbing Wall

### NEXT WEEK (Mar 28 - Apr 1)

**MONDAY:** 8:00 10:00 Parents and Tots; 10:00 Yoga w/Josephine; 1:00 Sing for Pure Joy; 3:00 Chess; 6:00 Weight Watchers; 7:00 Photo Club

**TUESDAY:** 9:30 QiGong; 10:00 Spinners & Knitters; 10:00 Parkinson's Support Group 2:45 Kid's Ballet; 5:00 Yoga w/Trinity; 5:30 Zumba w/Marion; 5:45 Life Planning; 6:30 Boot Camp w/Marion; 7:30 Folk Dance

**WEDNESDAY:** 10:00 Yoga w/Trinity; 11:00 Moms & Babies; 12:00 Community Kitchen Lunch; 12:30 Nurse Practitioner; 6:00 QIRS AGM

**THURSDAY:** 9:00 Total Body Sculpt w/Marion; 9:00 Yoga w/ Rosalind; 10:00 Parents & Tots & Parent & Tot Yoga; 1:30 Mindful Matters; 3:45 Moderate Dance Fitness; 5:00 Yoga w/Trinity; 6:45 Quadra Singers; 7:00 Photo Comp. Class

**FRIDAY:** 10:00 Friday Painters; 7:45 Friday Flicks Presents: Coming Home



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you're supposed to  
stop every time.**

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Opinions expressed in this magazine  
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### SUBMISSION GUIDELINES

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- 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

March 28

for publication on  
Friday, April 1, 2016

## ISLAND FORUM

### Blind Intersections

The editorial article 'Stop means stop' reminded me of another (though related) traffic issue on Quadra : blind intersections. My specific concern is with the intersection of WeWay and Cape Mudge roads at the south end of the island.

Turning left onto Cape Mudge from WeWay can be a fearsome experience. The stop sign at the top of WeWay Road is set back from the intersection with Cape Mudge Road so that it's impossible to see north bound traffic without pulling forward into the path of counter-flow traffic.

Because of a curve in the road, pulling up to the intersection isn't enough to give a clear view of traffic speeding northbound along Cape Mudge Road.

And speed it does. (There are mornings when that particular stretch looks more like an unrestricted Autobahn than a 60 kph rural road).

All the time you're nosed out in the roadway checking for traffic coming from the right, you're directly in the path of vehicles approaching from the left. It's a dangerous situation when checking the flow of traffic from one direction means putting yourself directly in the path of traffic moving in the opposite direction.

Ideally, there would be a traffic mirror on the east side of the road so that traffic checks could be made safely before pulling out into the roadway. In the meanwhile, compliance with the 60 kph speed sign would make turning left onto Cape Mudge Road less of a daily dance with death.

Lionel Skilton

## COMMUNITY NEWS & EVENTS

### Syrian Refugee Coffeehouse And Silent Auction "With A Twist"

Participate in an exciting fund-raising event at the Quadra Community Centre on Saturday, March 26th and help bring 3 Syrian families to Campbell River! This diverse evening of food, a silent auction and entertainment is by donation and doors open at 6 pm.

Come early to enjoy a \$10 Syrian food platter prepared by Baba Ganouj Restaurant and to place bids on the many amazing items and services available at our silent auction.

Bidders will have a wide selection of art and services to choose from, all selected with Quadra Islanders in mind. Perhaps you have company arriving this summer and want to treat them (or yourself!) to something memorable with a stay at Luna Vista B & B overlooking Rebecca Spit or to a night at the Heriot Bay Inn. Top that up with a whale watching trip in the Broughton Islands, an offer by two outfitters. Planning a renovation? If so, bid on Ian Williamson's cabinetry/ carpentry or let Michael Foort Drywall deal that pesky drywall job. Maybe you need a load of logs from Snarpen Contracting to restock the woodshed. Perhaps you'd like to grace your walls with a lap quilt, a new painting, print or sculpture from a local artist or adorn your body with a new piece of jewellery or woven shawl. You can also toss your name in a draw for an enticing Quadra gift basket .

We thank the many contributors in advance for all of their generous donations!

The evening will begin with some middle eastern ambience created by Fouad Awad, Quadra drummers and belly-dancers to accompany your Syrian meal. We then welcome musicians Cat and Cal from Campbell River followed by our local favourites Smooth Edge and Willowishes. There will be delicious home baked treats and a display of beautiful quilts lovingly created and donated by Quadra Quilters for our soon to arrive Syrian families. The evening will end with a final performance by Quadra's belly dancers!

A shuttle service will be provided by Camp Homewood to meet and greet Campbell Riverites off the 5:25 ferry and return them to the 10:15 ferry. Mark March 26th on your calendar to participate in another gratifying and positive Quadra fund-raising experience!

For further information contact Carol at 285-3035.

### Have an opinion to share?

Submit your letter  
to the DI by email:  
[news@discoveryislands.ca](mailto:news@discoveryislands.ca)  
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## Library Authors' Reading

The next authors' reading will be on Wednesday March 23rd, 6:30-8:00 pm at the Quadra Library. Everyone welcome.

## Elvis Lives at the Legion

ELVIS Show & Dance @ Quadra Legion

April 2. \$20 per person

8 pm start. Check out the web site Elvis elite Steve Eliot.

## Salmon Society AGM

Quadra Island Salmon Society will hold its annual AGM at the Eco Center, 2050 Hyacinthe Bay Road on Thursday April 14 at 7PM. Public is invited to attend.

Also at this time QISES would like to thank Bruce Bjornson for his work in supporting our treasurer, Tru-Value Foods for its points system which adds significantly to our finances, and members of the public who continue to support the society.

## Ladies Auxiliary

Plant and Bake sale. April 23 10:00 am. @ Quadra Legion. Any extra plants you are digging up and wanting to donate - please call Trudy 5-3611. Daphne 5-3998. Barb 5-3714

We can pick up. Or drop off at the legion on April 23 between 9 & 10

## Free Firewood on Wednesdays

Free Firewood is available after Wednesday's Community Lunch from 1 pm to 1:45 pm behind the Community Centre.

We're looking for volunteers to chop and stack wood after Community Lunch from 12:30 pm to 2:30 pm. If you can help call Mornay at 250-285-3212 or 250-202-3422 or just show up with an axe. If you don't have an axe, come anyway as we have some extras. If you have a chainsaw, please bring it.

Please consider donating to the Free Wood Account at our local Quadra Credit Union. (The account is called Free Wood not Free Firewood) Let's keep everyone warm this winter!

## Calling all Tots!

BRING YOUR GROWN-UP (PARENTS OR grandparents) to the Community Centre to play with speedy ride-on toys and crafty supplies. On Mondays Barb from the Children's Centre brings in a fun activity for tots to play with. Bring a scrumptious communal snack to share, and don't forget to clean up when finished. Mondays and Thursdays from 10 to noon, free of charge.

## At The Legion

Bingo & Dinner on Saturday, March 19th 7:00-10:00!

Proceeds will be going towards providing a helping hand to a local Island family going through a difficult time.

## THE NEXT DI DEADLINE

Monday, Mar. 28  
@ 7pm

stay safe.

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## Highlights at the Community Centre

### Hilary Stewart Memorial Auction & Concert April 17th

Hilary Stewart, a renowned local anthropologist, author and artist loved this community and loved her Community Centre. She helped spearhead, plan, volunteer and donate to so many aspects of the Community Centre. Much of what you see and love is thanks to her commitment, passion and involvement.

We'd like to take a moment to remember and give our thanks to Hilary. Hilary's legacy continues even now, as she has bequeathed not only some of her beautiful personal works of art and some collectables to be auctioned off for a fundraiser for QCC, but she has also left us with some important funding. This funding will help the Society and some Committees be sustainable for years to come.

In thanks and memory of Hilary, we are planning a very special event in collaboration with the Rec Society's Cultural Committee. On Sunday, April 17, 2016, there will be a silent auction of some



Hilary Stewart

of her art and memorabilia and then an exciting dance/concert with the super fun group The Lemon Bucket Orchestra.

Also, thanks to Hilary, tickets are subsidized and are only \$10. The silent auction will be held in room 3 on April 17th from 12:00- 5:00 for the public to place their bids and then open again at the concert intermission concert goes to make final bids.

### Exploring Theatre for Kids

During this week together children will work on theatre skills and there will be an emphasis on improvisation. Together participants will develop dialogues, characters, stories and actions without the use of a prepared, written script. This is an excellent way to improve communication skills, build creative problem solving and develop supportive teamwork abilities. There will also be time for drama games and other confidence building activities. The camp runs from April 25th - 29th from 2:45 to 5 pm in room 3. This program is for ages 6 -12 and the cost is \$30 per student. To register or for more info phone QCC at: 285-3243.

### Quadra Recreation Society AGM

Our annual general meeting will be held on **March 30 at 7:00pm**

## Hitchcock at Friday Flicks

On March 18, 7:45 at Quadra Community Centre, Friday Flicks presents Hitchcock/ Truffaut.

In 1962, French director François Truffaut conducted a week-long interview with Alfred Hitchcock, going through the Master's career film by film. The resulting book, Hitchcock/ Truffaut, remains one of the most influential cinema publications ever written.



The documentary offers fascinating insights from Martin Scorsese (who dissects Hitchcock's shot selection in *The Wrong Man*), Kiyoshi Kurosawa (who analyzes the famous Cary Grant-Ingrid Bergman kiss in *Notorious*) and David Fincher who reflects on the perversions of *Vertigo*; all blended with original recordings and film clips.

Live Music Fridays are back!!

### Best Before

**Mar 18** - dancing tunes 60s to yesterday

### Sons of Guns

**Mar 25** - rhythm & blues and rock

### Blue Katz

**April 1** - vintage rock

### Open Mic with Mo

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### Local Photogs Help Promote Island

Praise and thanks to all the photographers who replied to the request for photos of Quadra Island. The response was great with 10 photographers submitting wonderfully emotive photographs capturing our island in all its glorious seasons.

The Quadra Island Tourism Committee members have chosen seven photos that will be used to promote our island in upcoming advertising campaigns. An award of \$100 per photo will be sent out to the following photographers: Ocean Mawhinney, Luke Roman, Jo Anne Johnson and Boomer Jerritt.

### Apply for Local Scholarship

Quadra Legion Ladies Auxiliary is accepting applications for the

#### KAY DUBOIS MEMORIAL SCHOLARSHIP

From veterans descendants entering post-secondary education. An award will be based on academic & citizenship criteria. First year students. Mail to box 129, Heriot Bay, BC VOP 1H0

Application closes May 31

### Quadra Seniors

We are all cleaning up our yards and making preparations for our gardens. Our fruit trees and daffodils, crocus, snowdrops and hyacinths are blooming.

Our March 15th meeting will be celebrating St. Patrick's Day we will also be approving resolutions to be sent in for our June convention in Abbotsford. At our meeting we will be having some fun with music & dancing before we enjoy our pot-luck lunch. We are planning to travel to Cumberland on Wednesday for their Regional meeting, they always prepare a delicious lunch, have prizes and entertainment. In May we will be opening the Quadra Island Tourist Information booth call Judy @2150 if you would like to help us or don't forget to visit us at the booth.

For membership call Lois @ 3061 and for transportation call Ruth @ 3801 or cell phone--250-895-9188.

### Free Money

**FREE MONEY IS STILL** the first Wednesday of every month. The program runs until April, just before the Community Lunch in the Downstairs Small Seminar Room at the QCC. Individuals receive \$10 & families receive \$20 inside a free book of their choice.

Please donate to the Free Money account at the Quadra Credit Union. There are islanders who really need your help getting through a long winter. Thank you in advance. Call Steve at 250.285.3323 for more info.

**Note:** Thank You Quadra Islanders for your generous contributions of \$1,000 to the Free Money account at the Quadra Credit Union.

We now have enough money for fellow islanders in need for February and March. We still need \$500 for April. Please help.

### Seed Swap

Quadra Seed Swap will be held at the Quadra Community Centre on Monday March 21st from 6-7pm. The swap will precede the Garden Club's meeting at 7 o'clock.

Bring your saved seeds (no hybrids please) and swap them up for some you might be looking for or something completely new to you. With the seeds you bring please include a description of them written on a small piece of paper. For example Green Zebra Tomato : open-pollinated, saved from last season, passed down from Grandma, heavy producer, medium-sized fruit, indeterminate growth habit, amazing tart flavour, attractive green and yellow stripes. Please bring some envelopes or small bags to bring your seeds home in if you have any.

This is not just a taking event, the intention of the exchange includes creating local resilience around food and seeds. Several Heirloom/Heritage seed companies have donated seeds so you'll be sure to find some gems!

The Seed Swap is free but you are welcome to stay and enjoy the Garden Club's guest speaker Linda Gilkeson afterwards for a non-member drop-in fee of \$3. Gilkeson is a keen organic gardener with a passion for insects and over 30 years gardening experience on the West Coast. She is the author of several gardening books including West Coast Gardening: Natural Insect, Weed and Disease Control.

The concession will be serving up coffee, tea and delicious baked goodies as well. Hope to see you there!

Questions? Call Linda Gray 250-285-2171.



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# Springtime Alert About Neonicotinoids

That's neonics for short.

That's one of the two ugly siblings, the other being glyphosate. That's Round-up for short.

Both hail from a small number of bad 'Godfather' families, e.g. Monsanto, Bayer etc. and neonics have a bad ancestor called nicotine.

Gardeners and lovers of small creatures like bees and earthworms, *please be careful* or "*bee aware*". What you bring into your garden may be toxic to insects.

Many of you will still be thinking that DDT is the pesticide culprit, but not so. Neonics have far surpassed DDT in toxicity and are the most widely used pesticide in the world.

So what's the problem? The problem is that it lays waste, kills off, the bottom of the food chain. It sterilizes the soil and the waters into which it flows or blows. No insects means starving birds and fish, for example. No soil critters means dead soil.

The problem is that it's a systemic pesticide. That means

it enters all the plant's tissues, including the pollen and nectar. Very tiny amounts disorient bees and cause nervous system problems and larger amounts kill them.

The USGA /U.S. Geological Survey did its first study of neonics in the environment of Mid-western waterways two years ago and found every body of water polluted before the growing season had begun. This showed that they persist over winter, it's persistent.

Neonics come to us in wonderfully varied forms: As granules, as foliar spray (hate those aphids?), as soil drench (got a greenhouse?), as 140 different seed treatments (corn, soy, canola, wheat....) as flea, ant, termite, bedbug, aphid, whitefly treatments (got a pet? Got roses?).

Of course, they also come as residues on our food and enter our gut. Bad news for our indispensable gut bacteria. Our microbiome is just as alive as the soil, wouldn't you say? Small

daily dose of poison, anyone?

The problem is that it showed up in about 50% of 'bee-friendly' plants bought at big-box outlets across Canada and the U.S. Two years ago Friends of the Earth had plant tissues analysed in a lab. The results were bad news for our garden insects.

What to do? Just ask questions!

Are these seeds clean or treated? Is this seed house using neonics? Are these starts or these perennials clean? Do you know your supply chain? Do your suppliers use neonics as spray, soil drench or in treated seeds? Can you guarantee anything?

Well, the good news is that Europe put a moratorium on this stuff three years ago and that the big box outlets here were working on cleaning up their supply chain last year.

Where they are at for this growing season I don't know yet.

When you can't resist that lovely plant at Home Depot or Superstore, just try to remember your questions... oh, and of course, support any efforts beekeepers make to have neonics banned or restricted.

Don't despair, just *bee* aware.

Riki Vogt

Old Farm Community Garden.

# Quadra Rocks Outdoor Festival

It's no secret to locals that Quadra Island has some fantastic outdoor recreation and increasingly our reputation is building and drawing visitors specifically interested in hiking, kayaking, biking, diving and climbing.

To open the coming summer season and celebrate the bounty of possibilities our island has to offer a festival of outdoor activities has been proposed and planning is underway.

**Quadra Rocks Outdoor Festival will be held June 4-5.**

Knowing how big events can quickly become more work than fun, central organization of this event is going to be minimal. The focus is for people to be out doing things, enjoying their favourite activity and hopefully learning what else Quadra has to offer - simple.

Local groups & businesses interested in adding special functions can organize them and submit their details and schedule to the festival calendar by email: [outdoorfestival@quadraisland.ca](mailto:outdoorfestival@quadraisland.ca)

Insurance, professional certifications etc... are all the responsibility of the workshop providers. For more information and to take part in discussions regarding the event join the organizers Facebook group at: [www.facebook.com/groups/quadraoutdoorfestival](http://www.facebook.com/groups/quadraoutdoorfestival)

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## At Your HBI



**Saturday March 19:** Sing along with *Grease the movie!* Wear your character costumes, join the chorus and your in the movie. \$10.00 donation to Quadra Singers. Herons. 7:00 pm. Reserve for show or dine before 285-3322.

**Saturday March 25:** Murray Kinsley & Wicked Grin are an Ottawa based original roots rock/blues band. 2014 Maple Blues Award. \$10.00 at the door. 9:00 pm HBI Pub.

**Friday April 8:** Back Eddy and the Procrastinators, our Cortes neighbours bring us furious ska originals with Island flavour. Dance! Dance! Dance! \$10.00 at the door. 9:00 pm HBI Pub.

### U of Q Wednesdays:

**March 23:** Making Art with Metal with Kevin McKenzie and Sue Mitchell... **March 30;** DIY bamboo Fishing Rods with George Deagle...

**April 6:** Plastic- it's everyone's problem with Sarah Richardson. HBI Pub Campus. 7:00pm.

### Live Music Friday nights:

**March 18th;** Best Before, dancing tunes 60s to yesterday.

**March 25th;** Sons of Guns, Rhythm & Blues and Rock.

**April 1st;** Blue Katz, vintage rock. 9:00 pm HBI Pub. No cover.

**Saturdays Open Mic:** Join Mo and take the stage to exercise your music, poetic, comedic entertaining selves! 9:00 pm HBI Pub.

**Dak's Weekly Pool Tourney** Sunday's at 4:00pm HBI Pub.

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## Quadra Island Trails News Spring is in the Air

At this time of the year Mother Nature provides us with a sense of renewal: most of the debris has fallen, daylight increases incrementally, the earth begins to dry, the sun's rays get stronger, and plans for outdoor projects that had been shelved are now seeing the light of day as spring embraces us.

The trails on Quadra are part of this annual cycle. During the winter months the Trails Committee has been busy removing blow downs and minimizing the effects of water erosion. We've also been undertaking annual inspections of the 55 plus kilometres of established trails.

As we move into spring we will be organizing work parties to maintain the trails and keep the salal and salmon berries at bay. We will also be putting in cribbing, developing new trails, and constructing bridges. Most of this work is done in April, May, and June before tourists and house guests arrive, and before we go on holiday. All of this work is done by volunteers (who are our greatest asset), and that's where we hope you might be able to help.

We need a pool of volunteers who can be contacted when a work party is needed. We know that people have a variety of schedules and commitments. It isn't expected that volunteers attend all work parties. If you do offer to volunteer, your name and phone number will go on a list and you'll be contacted when a work party is planned.

If you're able to attend that's great. If you're busy we'll call you another time. Experience isn't necessary. All you need is a desire to be out in the fresh air, a desire to meet new people, and a desire to enhance the trails of Quadra for the enjoyment of residents and visitors alike.

If you would like to volunteer please call Dan at 285-2647. If no one answers please leave your name and number and we'll contact you. Thank you, in advance, for your time, your commitment, and your community spirit. We look forward to seeing you on the trails.

Quadra Island Trails Committee

PS In April we will be offering a workshop on trail design, construction, and maintenance. More to come in the next DI.

## Resilient Gardening for a Changing Climate

Back by popular demand, Linda Gilkenson (Phd. in Entomology) is guest speaker at the **Garden Club's March 21st meeting, 7pm at the Community Centre.**

Linda is an expert in pest management and organic gardening. Her talk will bring local gardeners up to date on how the extreme weather of recent years affects plant development and what causes the injury and stress disorders which are appearing in our gardens and in native flora.

Learn how to be an adaptable gardener, design resilient gardens, grow trees with a future, and help plants survive weird weather – heat, cold, drought and storms. The talk will discuss plant health issues in ornamentals and trees, as well as in food crops. Find her info on the web [www.lindagilkenson.ca](http://www.lindagilkenson.ca)

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

## Workshop for local gardeners

### - Making the most of your Year Round Garden

Sunday March 20th, 10 am to 4 pm Linda Gilkenson will give a workshop that teaches how to: use soil amendments, identify and control pests, compost, plan for backyard crops and create a year round vegetable garden. These are topics of concern for all Quadra Island gardeners – great advice for novice and experienced gardeners.

Anyone who participated in Linda's workshop a few years ago, will remember how much we learned from her presentation.

**To preregister for the workshop** email JoanVarley at [jvarley@xplornet.com](mailto:jvarley@xplornet.com)

Cost is \$20 for members, \$30 for non-members.

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**COMMUNITY NEWS & EVENTS**

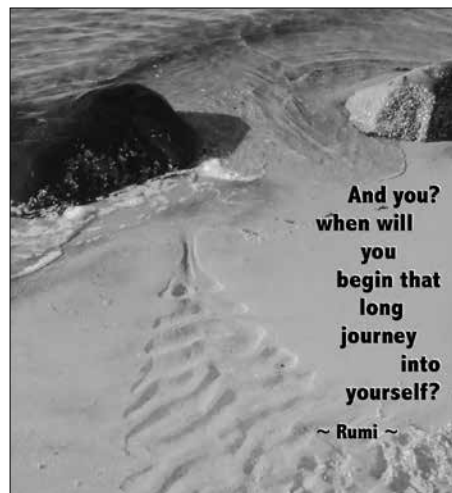
**Circle of Love**

Quadra residents might notice more love in the air between April 4 and 8, especially around Tsa-Kwa-Luten Lodge, which is hosting the third annual Circle of Love event. Coming from all over North America, the attendees, speakers and presenters get together to explore the experience of Love within community, as written about by Rumi, "Come out of the circle of time and into the circle of Love."

The event offers spiritual nourishment outside of the traditional religious framework with inspiring talks, workshops, and meditation. Keynote speakers will be Dr. David Leonard, from Alabama, and founder of the Circle of Love; Dr. Patrick Cameron, from Edmonton, currently in the process of co-authoring a book entitled Hollywood to Heaven; and Dr. Kenn Gordon, author of Mind and Manifestation, and speaker at the Parliament of World Religions along with the Dalai Lama.

Professionals at raising the musical vibration, the musical talent is coming from all over. Lisa Ferrara and Ericka Lockett, from California, and Gary Lynn Floyd from Hollywood along with Amy Bishop from Calgary will form the core of the group that is known to rock the house with upbeat and inspirational tunes.

Workshop titles include: Going Deeper with Soul Collage, Nia Fitness, Healing the Shadow, Self-Mastery Through Creativity, Putting the Fun Back in Dysfunctional. Yoga and meditation will be led each morning, with a special Taize meditation on Thursday. The public is welcome to purchase passes to these and other interesting events. Details available at: [cslcampbellriver.org](http://cslcampbellriver.org) sidebar Circle of Love, then Registration and Payment options



**Nuyumbalees  
Dinner & Art Auction**

The floors of the Cape Mudge Hall will come alive as drummers welcome guests to the traditional territory of the We Wai Kai Nation. Join with Nuyumbalees Cultural Centre for this year's Dinner and Art Auction, scheduled for April 2nd. Auction preview 5:00-6:00pm, dinner and program to follow.

This year's auction features beautifully crafted masks and other artisan pieces, including a ten foot totem pole carved specially for the auction.

The event is the most important fundraising initiative in the Nuyumbalees calendar – all proceeds support the research and repatriation efforts of the Centre.

Museum Members - \$75 - Non-Members: \$85

**Quadra Island Outdoor Club  
Upcoming Events**

Rain or shine we continue to have a trip each week. Here are the upcoming trips and activities with definite dates and details:

**23 March, Wednesday** - Hike the loop around Morte Lake

**30 March, Wednesday** - Hike the loop up to and over Beech's Mtn

**16 April, Saturday** - Summer planning meeting

**18-20 April, Monday to Wednesday** - multi-day trip to Linnaea Farm

In April, we will have a multi-day trip to Cortes, staying two nights at the historic Linnaea Farm. This is primarily a hiking trip, but kayaking is a possibility. This requires more advanced planning so please contact the coordinator well in advance.

The summer planning meeting will be held on Saturday, April 16th at 2:00 at the Community Centre. Start thinking about where you would like to go this summer and bring your suggestions to the meeting. Everyone is welcome.

The details on our trips and activities are available at <http://qioutdoorclub.org/trips/trip-schedule/schedule-fallwinter-2015/>.



## Quadra Children's Centre Raffle Fundraiser

This year's Raffle Fundraiser has 5 great prizes to win! You can purchase your tickets at the Children's Centre or from parents and Board Members.

Two of our business owners are also selling them so stop by Cafe Aroma or Inspirations and pick up a few tickets for your chances to win this year's awesome prizes listed below. Good luck everyone!

### Prizes:

1. **Get-A-Way Holiday** at Beach Acres Resort in Parksville - Value \$350
2. **Brentwood Bay Resort & Spa Gift Certificate**-Value \$250
3. **One night at Taku Resort** on Quadra Island and a **\$75 Gift Certificate for Heron's Restaurant** - Value \$225
4. **Thrifty Foods** - \$100 Certificate
5. **Quality Foods** - \$100 Certificate

We would like to thank all of the generous donators for these incredible prizes.

All of this year's profits will go directly to our operational costs.

## Easter Weekend Community Market

**Saturday, March 26 at QCC 10am-2pm**

There will be a terrific assortment of local vendors. Something to please everyone!

Jewellers, artists, wood workers, soaps, knitted goods, preserves and MMMMM chocolates by Lisa.

Emma will be showing off what's new in the world of Tupperware. Teresa Soto will offer chair massages. Relax and feel rejuvenated.

Look for these and more!

Gardeners and bakers. Start your engines! Fresh bread and goodies for Easter?

Eileen Sowerby is back! Her plants need new homes.. and many other things too.

Eileen will be playing your favorites on the piano and she will be joined by Kris Wellstein and her roving guitar.

Come join us and feel free to sing along!

Audrey serving up brunch from the kitchen. Yumm.

Set up starts for vendors at 8am on a first come basis. Tables are \$10.00 each. If you would like more info: quadraislandmarket@gmail.com or Stella 250-285-3184

See you there!

## Quadra Conservancy AGM

The Quadra Conservancy will hold it's annual general meeting at 7:30 p.m., March 29th in room 1 at the Quadra Community Centre.

On the agenda will be election of Stewards, changes to the Societies Act, financial report, updates on covenants and a summary of the years activities. However, the focus of discussion will examine the future of the Morte Lake and Chinese Mountains area and how special status as a recreation reserve might be achieved.

This area is readily accessible with a wealth of natural features and several kilometres of hiking and biking trails. We encourage anyone who is a regular recreational user of this area or has an interest in seeing it given some protection to attend and voice their ideas.

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## Good News! Fall Fair 2016 is on!

Good news, Quadra Islanders: the Quadra Island Fall Fair is happening this year. (Yeehaw!) Save the date: it's taking place September 11 on the grounds of the Quadra Community Centre. We all love seeing the delicious, fantastic, detailed, creative works made with love and care displayed in the hall, so... get growing, get sewing, get drafting, and get crafting!

It's fun to participate "behind the scenes" as well as enjoy the activities of Fair day. We'll be putting out a call for volunteers soon: how would you like to help the Fall Fair? To keep up to date on Fall Fair news, find us on Facebook and keep reading the DI.



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# Love and Limits

A free 4-session course for parents, caregivers or anyone who works/volunteers with children birth to teen.

The main focus is to support the preserving and restoring of child-to-parent relationship. Dayna Davis from Cortes Island facilitates the classes on both Quadra and Cortes in April. Register now to secure your place!

In Dayna's approach - You have what it takes to be a good parent.

You have nature's blueprint behind you every step of the way. The instinctual connection to your child begins in utero and supports you, informs you and empowers you to do your job as a parent.

Our attachment with our children is our ace in the hole. It is where our power to parent lies and it is vitally important in growing up children. Children need play, routine, nature and integration time. If we slow down, simplify and put relationship first, our job gets easier. Children who orbit around us and are securely attached to us want to be good for us, to learn from us, listen to us and take our lead. We don't need to bribe, reward or coerce.

## How do you fully tap into this?

You realize and understand the purpose of attachment, move into right relationship with your child and take back your power to parent. Just as a plant has it's cycles of germination, root development, leafing out, blossoming and onward, so it is with children. Understanding and knowing what to expect at certain stages is one of the keys to meeting children right where they are and working in partnership with this design.

## What is to be gained?

A trust in yourself; to tune in and grow into parenting as needed throughout your child's development;



An ability to allow and invite the full range of emotional expression your child needs to come to true maturity;

Confidence to step into your "alpha" role and set boundaries and limits regarding food, schedules, bedtimes, toys, screen time, peer contact, etc.

More ease and harmony in child-parent interactions;

More delight, play and joy with your child;

A trust in your child's unfolding; letting go of hurrying and pressure; allowing children to grow up at their own pace;

An ability to see behavior challenges through the lens of relationship and move to connect and correct at that level.

Does this mean that we have to be with our kids 24/7? Do we have to co-sleep, homeschool and eat organic? We might choose some of these things but ultimately the answer is no. The seedbed for growing healthy kids is their relationship with us. When we put the focus here, so much falls into place. Attachment provides the intuitive connection to decide what is right for your child. You are the parent.

Attachment helps us grow as parents too. As we tune into what our children really need, we find the will to change alongside to meet their needs. We don't need to know it all or do it all alone. We can build an attachment network with caregivers, school and family to support us. We don't have to be perfect,

hyper-vigilant or enlightened to raise healthy children. We don't have to understand complex brain research. Slowing down helps; "boredom" is okay, so is saying "no". Who we are to our children matters much more than what we do or know.

Dayna Davis, B.Ed., has 30 years experience working in public and independent schools and with homeschool groups. The parent of 2 young adults, she draws insight and inspiration from the work of Gordon Neufeld (Hold on To Your Kids), Jane Healy (Your Child's Growing Mind), Kim John Payne (Simplicity Parenting) and her background training in Waldorf Education.

## Register Now to avoid disappointment!

Cortes Island: April 9 - April 30, 2016, 4 Saturdays 10:30 am-12: 30

Pioneer Room, Manson's Hall; Childcare available by arrangement

By donation- sponsored by CCHA Family Support. **Registration for Cortes:**

**Desta Beatty - 250 935-8558**  
cortesfsc@gmail.com

Quadra Island: April 12 - May 3, 2016, 4 Tuesdays, 6-7:30 pm, Multi-purpose Room, Quadra Elementary School; Childcare available by arrangement

By donation- sponsored by Quadra Circle & Quadra School PAC

**Registration Quadra Circle office - 285-2255,**  
Wed.-Fri., 11am-3pm or leave msg ; email:  
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# Quadra Circle News



**SMILIN' - a Variety Show for Seniors** will bring some silliness to brighten dreary days!

Cosponsored by Quadra Seniors - BC OAP Branch 91 and Quadra Circle. Enjoy music, puppets and a singalong in British Music Hall-style. **Tuesday, March 22, 10:30 am-noon at Quadra Legion.** Refreshments. Free - by donation. Everyone welcome!

**Love and Limits** - a FREE Parenting Course for grandparents, parents, teachers, school volunteers and anyone who cares for children or teens. In the words of Dayna Davis, Course leader, "Our attachment with our children is our 'ace in the hole'. It is where our power to parent lies and is vitally important in growing-up children. Children need play, routine, nature and integration time. If we slow down, simplify and put relationship first, our job gets easier. Children who orbit around us and are securely attached to us want to be good for us, to learn from us, listen to us and take our lead. We don't need to bribe, reward or coerce."

**Four Tuesdays, 6-7:30 pm at Quadra School;** childcare available. Register now to book your place - at Quadra Circle's office: 285-2255 Mon-Fri., 11am-3pm (leave message) or email: [qcircle@outlook.com](mailto:qcircle@outlook.com)

**Seniors Activity Centre:** Open Mondays at Quadra School. Ping-pong in the gym from 9:30-10:30 am - great exercise, lots of laughs!

From 10 am to noon enjoy coffee, board games and conversation with old and new friends in the School's Literacy Room (entrance by the Garden).

**Friendly Phonecall:** Receive a daily check-in call for peace of mind from our caring volunteers. Free service - call 285-2255 to apply.

**Friday Lunch:** Get fit with Armchair Exercise at 11 am with Ann Lawrence, then a speaker at noon followed by a delicious lunch at 12:30 pm (\$5 suggested donation). 1281 West Road, (Quadra Bible Church, lower level).

**Foot Care subsidy** for seniors and those who receive GIS or MSP premium assistance. Call 285-2255.

**Emotional Wellness:** Free Mental Health and Substance Abuse service is here! Just call (250) 850-2620 for an appointment to see an Island Health counsellor at Quadra Medical Clinic on alternate Tuesdays (March 22, April 5, 19, ongoing).

If you are 65 and older, screening is required so please arrange a referral through your doctor. Info: Mary McIntosh at 285-3084.

**'Quiet Moments':** Learn relaxation skills and how to manage difficult emotions in this free, no-talking, drop-in class offered by Mental Health on Quadra. Alternate Tuesdays (March 22, April 5, 19, ongoing), 12:15 to 12:45pm at the Wellness Centre above the Library. Please arrive early or attend next time.

**Transportation:** Seniors who need a ride to appointments, activities, and shopping can call at least 24-hours in advance to arrange a volunteer driver. Call Diana to register or be a driver: 285-3630.

**Seniors Outreach:** Marie Sheran makes home visits and connects you with helpful services: 285-3950.

**Quadra Home Meals:** For \$5-6 per meal Island seniors and anyone with surgery/illness can order tasty, nutritious meals for most diets made by Gowlland Harbour Resort's Chef. Pick up the meals at the Community Centre Wednesdays 11:30am-noon or pre-arrange delivery. Please order by Saturday noon: Marie 285-3950.

**Resource Info:** Want to volunteer with the School or Quadra Circle? Need info on seniors resources? Visit our Community Connections Centre (beside QI Medical Clinic) Wed.-Fri., 11am-3pm 285-2255.

**Donations for Quadra Circle** are welcome and can be dropped off at our office or mailed to: Quadra Circle, Box 672, Quathiaski Cove, BC, V0P1N0. Income Tax receipts issued.

## Electric Bike Demo Days

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## QUADRA PHILIPPINES CONNECTION NEWS

The community of Cataw in the Kalinga area of the northern Philippines extends its gratitude to the Quadra community for its support to their village. They are especially appreciative that 12 partner families in Cataw have been the recent recipients of carabao (water buffalo) during the Gift for Peace Pass On Ceremony this past January. These families will in turn pass on the first offspring of these livestock to families in another village where there has been past conflict. This innovative program has been operating for the past few years and IAT has received several awards of recognition as a result of its phenomenal success in promoting and cementing peace between villages in the Kalinga area of the Philippines. This program is also serving as a model in conflict resolution for other countries with the result being less poverty and more sustainability. To access more information regarding IAT's exciting Gift for Peace Program go to <http://www.heiferphils.org/brokering%20peace%20among%20tribes.pdf>

Analiza Macad is a young student that Quadra is supporting in the village of Cataw. She is in grade 3 and has help from older sponsored IAT students with her letter writing. She sends a home-made valentine card and the following news! Dear Quadra Island Community, Wonderful and warmest greetings to all of you! My family circle hopes that your family circle is having a good new year! For our new years day, my family and I enjoyed a simple celebration. We ate a simple meal of native chicken and chay-ot or sticky rice with cooked grated coconut extract. I feel and realize that a family fellowship is very important in our life. Especially when we invited our neighbors and relatives to join us who brought their simple food to share with us.

On January 4, our great grandmother "Tammu" died and we buried her on January



Photo of Analiza Macad

7. In our culture, during the "Bagunon" or burial of the old-old person, people, relatives and her friends came from far far places. They sang a cultural song and we called it "Chergwassay" and "Chanchahhag". This is on the spot composing of songs about the life of the dead person. In our culture we are not so sad if an old-old person dies. Instead we thank the Creator for giving her so many years with us. Our grandmother's age was approximately 106 which is rare to reach for today's generation.

People in our community were very happy when the supply of water through irrigation came at the end of December. A few weeks after it came, people started to operate their rice farms. So today people are very busy but very happy. They have also been planting their backyard gardens which is helpful because then they don't have to buy vegetables from the market.

The month of February is considered a love month and here in our place in Kalinga we celebrate Kalinga Day on February 14. This day is very special to the Kalinga people because we meet with our friends and relatives from faraway places. We can watch the people from different areas drumming and dancing while wearing their Kalinga attire or costumes. These are "Baag" for the boys and "Tapis" or woven skirts for girls. My family and I were very excited waiting for this celebration day.

Speaking of love, love is very important to me. Because of love, I have you as part of my life and ambition. I thank-you so much for your Christmas cash gift which I used half for a school bag since my old bag was destroyed. The other half I gave to my parents for emergency food expenses. Thank-you again and God bless you all and more power to you!



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## Home & Garden

### SKILLED GARDENER AVAILABLE

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## Heriot Bay Tides

DATE	TIME PST	m.	ft.
18 Friday	03:47	4.5	14.8
	09:45	3.1	10.2
	14:32	4.0	13.1
	21:27	1.6	5.2
19 Saturday	04:35	4.6	15.1
	10:40	2.9	9.5
	15:38	4.0	13.1
	22:20	1.6	5.2
20 Sunday	05:16	4.6	15.1
	11:24	2.7	8.9
	16:36	4.1	13.5
	23:06	1.7	5.6
21 Monday	05:51	4.6	15.1
	12:01	2.5	8.2
	17:30	4.2	13.8
	23:49	1.8	5.9
22 Tuesday	06:22	4.6	15.1
	12:34	2.4	7.9
	18:18	4.3	14.1
23 Wed.	00:28	2.0	6.6
	06:50	4.6	15.1
	13:05	2.2	7.2
	19:03	4.4	14.4
24 Thursday	01:05	2.2	7.2
	07:17	4.5	14.8
	13:35	2.1	6.9
	19:46	4.4	14.4
25 Friday	01:40	2.4	7.9
	07:42	4.5	14.8
	14:05	1.9	6.2
	20:28	4.4	14.4
26 Saturday	02:15	2.7	8.9
	08:08	4.4	14.4
	14:38	1.8	5.9
	21:11	4.4	14.4
27 Sunday	02:51	2.9	9.5
	08:34	4.3	14.1
	15:14	1.7	5.6
	21:59	4.3	14.1
28 Monday	03:32	3.0	9.8
	09:03	4.2	13.8
	15:54	1.7	5.6
	22:52	4.3	14.1
29 Tuesday	04:20	3.2	10.5
	09:36	4.1	13.5
	16:39	1.7	5.6
	23:55	4.2	13.8
30 Wed.	05:20	3.3	10.8
	10:18	3.9	12.8
	17:31	1.7	5.6
31 Thursday	01:06	4.2	13.8
	06:41	3.4	11.2
	11:18	3.8	12.5
	18:33	1.7	5.6
01 Friday	02:15	4.3	14.1
	08:00	15.3	50.8



# Help us Help you

In order to serve you better, emergency service providers and BC Hydro are requesting that you ensure your residential address is clearly displayed at the beginning of your drive way. A residence without a properly marked and clear address impacts a timely response to a call for assistance. Whether it is emergency personnel providing a life-saving service or BC Hydro crews getting your lights back on, time is critical. Please ensure the address of your residence is clearly marked, so when you need us we can get there as quickly as possible.

