

Community paramedicine expands throughout British Columbia

VICTORIA - Health Minister Terry Lake has announced the 73 rural and remote B.C. communities that will welcome community paramedicine, a program that offers residents enhanced health services from paramedics. [including Quadra and Cortes Islands]

"The Community Paramedicine Initiative is a key component of our plan to improve access to primary health-care services in rural B.C.," Lake said. "By building upon the skills and background of paramedics, we are empowering them to expand access to care for people who live in rural and remote communities, helping patients get the care they need closer to home."

The program is just one way the Province is working to enhance the delivery of primary care services to British Columbians. The services provided may include checking blood pressure, assisting with diabetic care, helping to identify fall hazards, medication assessment, post-injury or illness evaluation, and assisting with respiratory conditions.

Under this program, paramedics will provide basic health-care services, within their scope of practice, in partnership with local health-care providers. The enhanced role is not intended to replace care provided by health professionals such as nurses, but rather to complement and support the work these important professionals do each day, delivered in non-urgent settings, in patients' homes or in the community.

"As a former BC Ambulance paramedic, I understand the potential benefits of community paramedicine," said Jordan Sturdy, MLA for West Vancouver-Sea to Sky. "Expanding the role of paramedics to help care for the health and well-being of British Columbians just makes sense."

Community paramedicine broadens the traditional focus of paramedics on pre-hospital emergency care to include disease prevention, health promotion and basic health-care services. This means a paramedic will visit rural patients in their home or community, perform assessments requested by the referring health-care professional, and record their findings to be included in the patient's file. They will also be able to teach skills such as CPR at community clinics.

"Community paramedics will focus on helping people stay healthy and the specific primary care needs of the people in these communities," said Linda Lupini, executive vice president, BC Emergency Health Services. "This program also allows us to enhance our ability to respond to medical emergencies by offering permanent employment to paramedics in rural and remote areas of the province."

"Community paramedicine brings improved patient care and more career opportunities to rural and remote areas," said Bronwyn Barter, president, Ambulance Paramedics of BC (CUPE 873). "Paramedics are well-suited

to take on this important role in health-care provision."

Community paramedicine was initially introduced in the province in 2015 in nine prototype communities. The initiative is now expanding provincewide, and will be in place in 31 communities in the Interior, 18 communities in northern B.C., 19 communities on Vancouver Island, and five communities in the Vancouver coastal area this year.

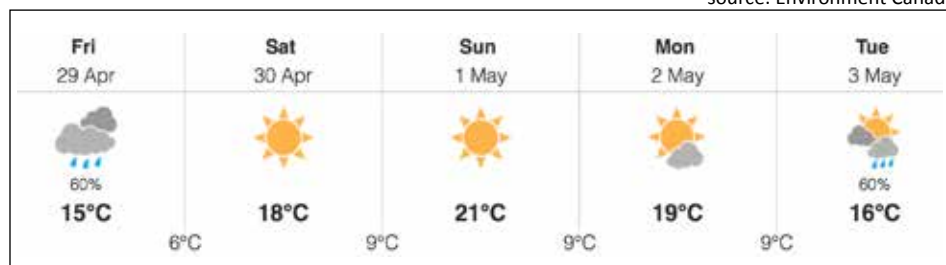
At least 80 new full-time equivalent positions will support the implementation of community paramedicine, as well as augment emergency response capabilities. Positions will be posted across the regional health authorities. The selection, orientation and placement process is expected to take about four months.

Community paramedics are expected to be delivering community health services in northern B.C. this fall, in the Interior in early 2017, on Vancouver Island and the Vancouver coastal area in the spring of 2017.

BC Emergency Health Services has been co-ordinating the implementation of community paramedicine in B.C. with the Ministry of Health, regional health authorities, the Ambulance Paramedics of BC (CUPE 873), the First Nations Health Authority and others.

Learn more: www.bcehs.ca/our-services/programs-services/community-paramedicine

source: Environment Canada



INSIDE

Island Calendar	p.3
Quadra Circle News	p.6
Quadra Emergency Preparedness	p.8
Regional Director's Report	p.9
Festival of Chamber Music Series	p.14
2016 Beach Clean-up	p.17

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		5:00 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.
 ** Tuesday sailings are for Dangerous Cargo
 No passengers or cars.

COMMUNITY NEWS & EVENTS

Tennis

Ah that feel of Springand tennis.... If you feel at all inclined to play tennis come on out... Everyone welcome at the Quadra Community Centre courts:

Every Monday evening 4 – 7 pm is a mens ‘ drop-in...

Call Carol at 285-3737 for information about womens’ tennis

If you want to learn or get the rust off your game, call Michael Mascall (202-1968) for information on lessons.

At The Legion

Action packed weekend at the Legion with something for everyone! **On Friday May 20th Latin Band Zandhunga & on Sat. May 21st its Duffy Live** for a night of classic rock music to move to!

Both nights are from 9-1, & \$10. At door.
 Bingo/Dinner on Sat. May 14th 7:00-10:00!
 Last bingo until Oct.

Terry Binnersley Family Fundraiser

Terry is fighting a rare lung cancer. Terry and Kathy raised their two boys on Quadra which makes them 4th generation Islanders. They are great friends and neighbours and have always been one of the first to help when others needed it. Quadra has always been an incredibly supportive community and this family could sure use our help.

If you would like to participate come out to the Legion on Sat. May 7 at 8 pm for an amazing live and silent auction, or check out the Terry & Kathy Binnersley gofundme page.

Chair Yoga!

Thursdays 11:00 a.m-12:00. Starting May 12. A mostly seated practice of stretching, twisting, breathing and bending to gain or re-gain your flexibility, strength, balance and peace of mind. All poses taken with the chair. No experience necessary. Bright, scent-free West Road Yoga Studio is located upstairs at 680 Industrial Way.

Thursday's May 12-June 16. 6 week session \$60 by registration only, please phone to save your chair! Ann Toelle Certified Iyengar Yoga Teacher. 285-3065 or 250-830-8900.

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THE ISLAND CALENDAR

Day to Day

Friday, April 29

- Live Music wi: Go Dog Go HBI Pub 9pm no cover

Friday, May 6

- Live Music wi: Duffy Live HBI Pub 9pm no cover

Saturday, May 7

- Terry Binnersley Family Fundraiser live & silent auction 8 pm at Quadra Legion

Sunday, May 8

- Mothers' Day Brunch Herons at HBI 10-2pm
- Mothers' Day Brunch and concert with Gary Fjellgaard details page 18, Tsa Kwa Luten Lodge

Monday, May 9

- May Day Queen Speech Info Night 7:00pm room 1 at the Quadra Community Centre

Thursday, May 12

- Theatre Quadra's dinner-theatre, Herons HBI p.8

Friday, May 13 & Saturday, May 14

- Theatre Quadra Festival of Short Plays Q.C.C. 7 pm

Monday, May 16

- Extra Ordinary Meeting - Discovery Amateur Radio Club 7 pm, #1 Firehall, 844 Heriot Bay Rd

Friday May 20

- Latin Band Zandhunga, Quadra Legion 9pm \$10

Saturday, May 21

- Duffy Live Quadra Legion 9pm \$10 at door

The Regulars

MONDAY

Parent & Tots, QCC, 10am-12pm
Sing for Pure Joy! 1-2:30pm at QCC
Tennis: Mens' drop in at QCC 4-7pm
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

THURSDAY

Parents & Tots, QCC, 10am-12pm
Quadra Singers, QCC 6:45pm. Info: 2393 / 3127
Prayer Meeting, Quadra Island Bible Church, 7pm

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

What's Happening At the Community Centre

THIS WEEKEND (April 29-May 11)

FRIDAY: 10:00 Friday Painters; 2:30 Exploring Theatre

SATURDAY: 10:00 Island Theatre Kids; 1:10 Early Stages;
7:00 Quadra Singers Concert

SUNDAY: 1:00 Bellydance

THIS WEEK (May 2- 6)

MONDAY: 8:30 Low Impact; 10:00 Parents & Tots; 10:00
Yoga w/Josephine; 1:00 Sing for Pure Joy

TUESDAY: 9:00 Yoga w/ Brenda; 10:00 Spinners &
Knitters; 5:00 Yoga w/Trinity; 5:30 Zumba w/Marion; 6:30
Boot Camp w/Marion; 7:00 Intro to Bird Watching

WEDNESDAY: 10:00 Yoga w/Trinity; 12:00 Community
Kitchen Lunch; 12:30 Nurse Practitioner; 4:00 Yoga w/
Dana; 6:00 Yoga w/Rosalind

THURSDAY: 9:00 Total Body Sculpt w/Marion; 9:00 Yoga
w/Brenda; 10:00 Parents & Tots & Parent & Tot Yoga; 2:30
Mindful Matters; 5:00 Yoga w/Trinity

FRIDAY: 10:00 Friday Painters

NEXT WEEKEND (May 7- 8)

SATURDAY: 10:00 Island Theatre Kids; 1:10 Early Stages

SUNDAY: 1:00 Bellydance; 2:00 Yoga Wrkshp

NEXT WEEK (May 9 - 13)

MONDAY: 8:00 10:00 Parents and Tots; 10:00 Yoga w/
Josephine; 1:00 Sing for Pure Joy; 6:00 May Queen Info
Night

TUESDAY: 9:00 Yoga w/Brenda; 9:00 Quilters; 10:00
Spinners & Knitters; 5:00 Yoga w/Trinity; 5:30 Zumba w/
Marion; 6:30 Boot Camp w/Marion

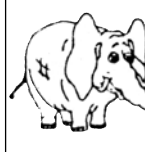
WEDNESDAY: 9:00 Baby Clinic; 10:00 Yoga w/Trinity;
11:00 Moms & Babes; 12:00 Community Kitchen Lunch;
12:30 Nurse Practitioner; 2:30 Drama Wrkshp; 4:00 Yoga
w/Dana; 6:00 Yoga w/Rosalind

THURSDAY: 9:00 Total Body Sculpt w/Marion; 9:00 Yoga
w/ Brenda; 10:00 Parents & Tots & Parent & Tot Yoga; 2:30
Drama Wrkshp; 5:00 Yoga w/Trinity; 7:00 Hospice Project

FRIDAY: 10:00 Friday Painters

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

SUBMISSION GUIDELINES

We welcome items for publica-
tion on subjects of interest to the
Discovery Islands community.
Here are a few guidelines:

- **300 words** is an ideal length for community announcements.
- Articles do not need to be sent as attachments. Simply **send the text in the body of your email**.
- **Canadian spelling** is preferred.
- **Please use the title** of your item in the email subject line. We get a lot of items called 'DI Article'.
- Remember to **include credits and captions** for photos & artwork.

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NEXT DEADLINE

7pm on Monday, May 9
for publication on
Friday, May 13, 2016

ISLAND FORUM

A Thank You

Members and directors of the Quadra Conservancy wish to extend a heartfelt thanks to Dr. George Barabas. George retired this Spring from his duties with the Conservancy after years of dedicated and productive work as secretary and in the drafting and inspection of conservation covenants. He has left some large shoes to fill and will be missed. Thank you, George.

Editor,

Concerning the proposal for a park along the central ridgeline of Quadra Island: we simply DO NOT need another park and yet another reduction in the land base available for low-intensity logging. The status quo with availability to all on what is Crown Land allows recreational pursuits and patch logging on the lower slopes in areas other than the riparian zones around streams, wetlands and lakes.

The roads and trails allowing access to these areas have been built by loggers in the past and will be in the future. Park status would help eliminate employment with no increase in tourism or advantage to anyone.

On a related topic I found the complaint about the noise and pollution from tugs in Gowlland Harbour a bit bizarre. Tugs get quieter and less polluting every year, and Glen Wheeter's tugs (Gowlland Towing, main TimberWest contractor) are mostly near new. The coal mine is currently shut down, so loading wouldn't be making noise. Perhaps waterfront living by a 100 plus year old booming ground isn't for everyone (I have lived on Gowlland Harbour for 25 years).

The message for Quadra Island living seems to be to try and get along with the balance of employment and recreation that exists and don't pander only to selfish self-interest.

A Liseth

COMMUNITY NEWS & EVENTS

Quadra Island Outdoor Club

Upcoming Events

We had a great planning meeting on April 16th. There were 36 trips suggested for hiking and kayaking destinations, both day trips and extended trips. It will certainly be a busy summer if we accomplish all that was proposed! The summer schedule will be evolving as we get coordinators, dates, and details for specific trips. In the meantime, here are the upcoming trips we know about so far:

2 May, Monday - kayaking Gowlland Harbour

13 May, Friday - exploring Mt. Seymour logging roads

16-18 May, Monday to Wednesday - hiking and camping at Sooke

8-11 June, Wednesday to Saturday - kayaking and camping at Carrington Bay

The new summer schedule is now available at:

www.qioutdoorclub.org/trips/trip-schedule/schedule-summer-2016/

Not all of the trips have detailed descriptions yet, but that's coming soon. Keep in touch as the schedule evolves.

We had a great trip to Cortes in April. We stayed at Linnaea Farm and hiked at five very different locations in three days. The trip report is available at: www.qioutdoorclub.org/2016/04/22/trip-report-cortes-linnaea-farm-18-20-apr-2016/

The annual memberships expire at the end of April, so now is the time to renew or join. The membership form is available at:

www.qioutdoorclub.files.wordpress.com/2013/04/qioc-membership-app2.pdf

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

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

Calling grade 6 speech-writing girls!

The May Day Queen Speech Info Night is on May 9th at 7:00pm in room 1 at the Quadra Community Centre. Grade 6 girls hone your speech writing and public speaking skills; enter the May Day speech-writing contest. Bring your parents and your enthusiasm!

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Notice of Extra Ordinary Meeting of the Discovery Amateur Radio Club (unincorporated)

16 May 2016, 7:00 pm, Quadra Island Firehall, 844 Heriot Bay Road.

The meeting is called to consider a proposal to close the Discovery Amateur Radio Club. Also a separate proposal will be presented to detail the disposal of club assets. It will be proposed that the assets of the Club be transferred to the Emergency Communications Team (a committee of the Emergency Social Services Program E.S.S.). The Quadra Emergency Program is willing to accept all monies and equipment presently owned by the Discovery Amateur Radio Club.

Debate and alternate ideas are welcomed.

Both of these matters will require the approval of the rank and file of the club.

If the transfer of the assets is approved, the club account at the Credit Union will be closed.

Any persons wishing to submit a claim against the assets of the Discovery Amateur Radio Club should contact the undersigned before 09 May 2016, by telephone.

Robert Sparks

Chairperson
250-285-2322

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!

Billets Needed

ATLANTA YOUNG SINGERS, a wonderful mixed youth choir (12 - 16 yrs.), from Atlanta, Georgia, will be performing here on Quadra on Sunday, July 10, 2016. Billets are needed for 30 youth, in pairs, for one night only. You would be responsible for bringing a potluck dish for a fun, group picnic lunch at Rebecca Spit upon their arrival that afternoon, dinner, transport to the Community Centre where you'll enjoy their concert, overnight accommodation, then breakfast before delivering your billets with a bag lunch to the 10:00 a.m. ferry to Campbell River on Monday, July 11th. It's a rare opportunity to open your heart as well as your home. If you have any questions or want to share in this unique experience, pls call Carol at 250-285-3737.

RARE BUSINESS OPPORTUNITY The Raving Raven Take-Out Restaurant is For Sale!



Perfectly located just before the entrance to Rebecca Spit Provincial Park this is fully self-contained **mobile** unit, skirted with a covered dining deck attached.

Fantastic summer opportunity for catering to the thousands of campers who visit the campground and Spit each year.

Buy the unit and move it, or lease the prime location.

Please contact Mark at Tsa Kwa Luten Lodge,
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eMail: markcote@capemudgeresort.bc.ca

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Quadra Circle News

New Phone contact for Quadra Home Meals: while Marie Sheran takes a break, call Karen Gair 285-3064 to place your order by Saturday noon. For \$5-6 per meal Island seniors who don't cook much 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 Quadra Circle Resource Centre office Wednesdays 11:30am- 3pm or pre-arrange delivery.

Seniors Outreach: For the month of May, Karen Gair and Quadra Circle's Resource Centre volunteers can connect you with helpful services: 285-2255. Wed.-Fri., 11am-3pm; qcircle@outlook.com.

Three babies brought their parents to join 25 other registrants in the Love and Limits – FREE Parenting Course at Quadra School last week. The course continues on Tuesdays, 6-7:30pm until the last session, May 10. To register, contact Quadra Circle's office: 285-2255 Mon-Fri., 11am-3pm (leave message) or email: qcircle@outlook.com.

Over 30 people (mostly seniors) had a lively discussion with Dr. Donna Dryer, psychiatrist, and Pat Peterson, Nurse Practitioner about how medical marijuana can be used to manage some chronic pain and mental health conditions. This is the last talk in the Mindfull Matters series, with more Wellness topics 'coming soon'.

Seniors Activity Centre: Open Mondays at Quadra School. Ping-pong in the gym from 9:30-10:30am - great exercise, lots of laughs! From 10am to noon enjoy coffee, board games and conversation with old and new friends in the School's Literacy Room (entrance by the Garden).

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.

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 11am with Ann Lawrence, and/or join us after for a speaker at noon followed by a delicious lunch at 12:30pm (\$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 (May 3, 17, 31, 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 (May 3, 17, 31, ongoing), 12:15 to 12:45pm at the Wellness Centre above the Library. Please arrive early or attend next time.

Seniors Housing Update

Quadra Island Seniors Housing Society's Board is very grateful for the recent contributions from community members. Stuart Smith of Stuart's Tree Service Plus did an efficient, professional job of cutting and chipping some 'risky' trees near the Seniors Housing units on O'Connor Road. As well, he gave us a generously-reduced rate for his excellent service. Heartfelt thanks also go to Alan Perkins and the dinner theatre actors, who donated the proceeds from their packed-house Pacific North Westside Story shows (at the HBI) to some Quadra charities, including Seniors Housing.

The Society appreciates every bit of financial help we get from our community. Tax receipts are available. Please mail donations to Quadra Island Seniors Housing, Box 535, Quathiaski Cove, V0P 1N0. We appreciate your caring, which allows islanders to remain on Quadra as they age.

The Board has been working hard to assess our best course of action based on the Seniors Housing Needs Survey, Joint Housing Committee findings and our own 'due-diligence'. We have exciting news coming soon – so WATCH THIS SPACE!

If you would like eventually to live in our current Seniors Housing independent-living units, please fill out an application and have your name added to the wait list. To apply you must have been a resident of Quadra Island for the last two years. Also you must be at least 65 years old, or younger if your spouse or partner is 65 or older. To receive an application form please phone Maureen at (250) 285-2221.

Fresh New Executive Chef at The Heriot Bay Inn

The Heriot Bay Inn has a new Executive Chef, a highly-skilled food creative. Chef Kevin Cooper brings a farm-to-table approach to the Inn's menus: "I have a love



for French and Italian cuisine, and I love to create using local and sustainable ingredients" he stated.

New chef, new menus: Sunday May 1 is when Chef Cooper reveals the four new menus he's been creating (including a late night menu served in the Pub till 11:45pm). The "Better Breakfast Bureau" menu keeps traditional favourites and adds updates like Banana Bread French Toast, a house-made granola parfait and Huevos Rancheros.

The HBI Pub menu has some tasty new options too. Cajun Salmon Tacos, Roasted Beet & Fried Feta salad, Fried Chicken and Waffle, and Dungeness Crab Mac and Cheese (contender for comfort food of the year) all appear. May 1 is the date Herons unveils its summer menu too, which features a balanced array of delightful savoury options.

Chef Kevin Cooper arrived from Osoyoos where he was corporate chef of the Great Estates Group in the Okanagan, heading up five wineries including Jackson Triggs, Iniskillin, Sumac Ridge, See Ya Later Ranch and Nk'Mip Cellars. Chef Cooper has worked in the hotel industry as product development chef for Sheraton North America. He also opened his own Italian restaurant "Olives".

He received his culinary training from Okanagan College and fine tuned his skills working in Provence France and Northern Italy. Upon returning from Europe Kevin was the executive Chef of Priddis Greens Golf & Country Club for ten years during which time they hosted the LPGA Canadian Open twice. Kevin is excited to be close to the ocean and further his knowledge in using the freshest OceanWise products available to him.

Join Us For A Very Special Mothers' Day Celebration

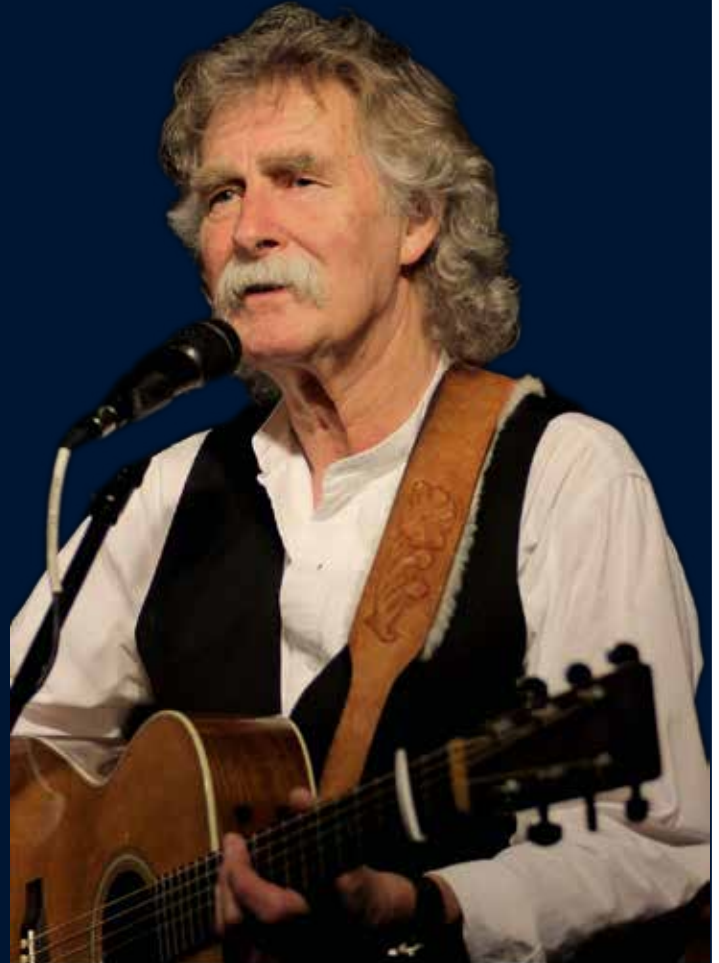
Tsa Kwa Luten Lodge
presents

Gary Fjellgaard
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www.capemudgeresort.bc.ca

Emergency Preparedness Day

Saturday May 7, 1000 - 1300 hours Fire Hall #1

Emergencies of any kind will strain our communication abilities. We need to be in touch with family and friends to assure them of our safety and check on theirs. We rely on technology more and more to keep in touch with our family, friends, and colleagues with a click of a button. But what happens in the event of a major emergency? Suddenly these tools can become vital in helping you and your family get in touch and stay informed. So here are some tips on the use of technology in an emergency:

- If possible, use non-voice channels like text messaging, email or social media. These use less bandwidth than voice communications and may work even when phone service doesn't.
- If you must use a phone, keep your conversation brief and convey only vital information to emergency personnel and/or family. This will also conserve your phone's battery.
- Unable to complete a call? Wait 10 seconds before redialing to help reduce network congestion. Note, cordless phones rely on electricity and will not work during a power outage. If you have a land-line, keep at least one corded phone in your home.
- Keep extra batteries or a charger for your mobile device in your emergency kit. Consider getting a solar-powered, crank, or vehicle phone charger. If you don't have a cell phone, keep a prepaid phone card in your emergency kit.
- Keep your contacts up to date on your phone, email and other channels. This will make it easier to reach important contacts, such as friends, family, neighbours, child's school, or insurance agent.
- If you have a smartphone, save your safe meeting location(s) on its mapping application.
- Conserve your smartphone's battery by reducing the screen's brightness, placing your phone in airplane mode, and closing apps you are not using. You never know how long a power outage will last!

Remember, in an emergency or to save a life, call 9-1-1 for help.

You cannot currently text 9-1-1. If you are not experiencing an emergency, do not call 9-1-1.

If the above has made you think about how prepared your family is, come to the Emergency Preparedness Day.

Find out how well Quadra Island is prepared and what you can do to improve your own preparedness.

Can you use a fire extinguisher properly? Do you have NEPP in your neighbourhood? How do you find out which route is safe in a disaster? Is your Grab 'n' Go bag ready with everything you might need? Have you an up to date medication list in there and some meds? How easily will first responders find you? How will they know if you need help?

Not only can you find the answers to these questions and many more at the Fire Hall on May 7 but the Fire Dept. are holding one of their famous barbecues. Be there. It may save your life.

Flow Yoga Class

Wake up your body and get centered. This is a vinyasa style class, which means we will begin with a series of standing, heat building postures (about 45 mins), then move to the ground for some longer held, cooling and calming postures. 5-10 minutes of deep relaxation included at the end of practice.

All levels welcome. Sundays (Last session Sunday, May 1) 10:30-12:00 @ KA Yoga studio, 767c Smiths Rd. \$15 drop-in. Call Kate to register: 250-203-6850

TAKE 10

Quadra Island's Festival of Short Plays

Theatre Quadra's four days of plays in May:

- Thursday, May 12, is a dinner-theatre event featuring dinner & drama at Herons Dining Room in the Heriot Bay Inn (3 yummy courses + 3 funny plays).

It all starts at 6:30 pm, with doors opening at 6:00.

Tickets are \$45 and are available only through the HBI. So please be in touch directly with the Inn.

- Friday, May 13 & Saturday, May 14 will be at the Quadra Community Centre. You'll enjoy 6 adult-oriented productions on subjects ranging from first dates to final rites! The same 6 plays will be repeated over the two nights, Friday and Saturday.

The shows are at 7:00 pm, with doors at 6:30.

Tickets are \$15 in advance and \$18 at the door.

- Sunday, May 15 will be the family-friendly event (including plays, puppets, stories, songs, sing-alongs and... dogs) at Tsa Kwa Luten Lodge.

The show starts at 2:00 pm, with doors opening at 1:30. The tickets are \$5 for children and \$10 for adults.

Tickets for the festival are available at:

- Inspirations
- Works of H'Art
- The Music Plant
- Tidemarktheatre.com (for online reservations)
- Heriot Bay Inn - exclusively for the May 12 dinner theatre event. So, take in 'TAKE 10'... the best entertainment decision you'll make this spring!

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Well here we are already at the end of April! That was fast! Many days were taken up by meetings here on Quadra, in Campbell River and other cities. Sure made the month go by quickly. Lots got done and more is in the works.

UBCM Advocacy days

Last week I spent four days with the entire UBCM Executive in Victoria meeting in groups with about 20 Ministers and MLA's.

It is our practice now to take our April Executive meeting directly to government in Victoria and pursue all of the policies that the membership has decided at last September's Convention. So, we did that and had a good tag-team effort with everyone we could get in to see. It was exhausting but worthwhile to meet face to face on our issues. Time will tell if it did any good. There is an election coming up and we always snuck that into the conversations. It never hurts!

Some Ferry information

I was confronted on the ferry last Thursday with the suggestion that I never tell the people of Quadra Island about why the Ambulance will not do after-hour runs using the ferry.

This comment was of course baseless since I have brought up the issue with the public, the ferry corporation, the FAC, the Ambulance unit, here and in Victoria, and even the Minister. I have reported their lame excuses over and over in my Reports and I am pretty sure that the population knows that we are at the mercy of the BCFS and Ambulance bureaucracy as to whether or not they will sail after hours.

They give us excuses of not enough crew on Quadra, not enough of the right level of crew, etc. It is all nonsense and I am not here to discuss it at this time. I just want to know that you know that we are at their mercy and I want you to tell me that you already knew that. Our Ferry Advisory Committee, our emergency crews and myself have been telling you that for at least two years if not longer. So, there, I have said it again.

Association of Vancouver Island & Coastal Communities (AVICC)

I also recently attended the annual AVICC Convention in Nanaimo for three days to deal with all of the coastal issues that we are all faced with. It was one of the better meetings in the past few years. Some good workshops were presented

and we got to hear some good speakers including our Minister, the Leader of the Opposition & the Leader of the BC Green Party.

The main resolution that we presented on stopping the pay parking idea at our new hospitals was defeated by the delegation. This was mainly due to the large centres like Nanaimo and Victoria that now pay and want to see that money go into the pot. The sad thing about the situation is that the excess revenue does not go into health care but into general revenue. In the mean time the unfortunate in our catchment area will be forced to add one more level of stress to their emergency visits to the hospital. We have no intention of giving up.

Alternate Director fill-in

I was very fortunate to have my capable Alternate Director to fill in for me at a couple of meetings while I was away at UBCM. Dan MacKenzie and I went over each agenda before I left and he was totally prepared for what he might face at the Board. He did a great job and will be attending two more meetings in the coming months. This time it will be because Wendy and I need a bit of time off. It has been an incredibly stressful and issue filled year and we need to recharge. Dan will be filling in for meetings but is not available for daily business. Save that for my return. I wouldn't wish that upon anyone!

Dog By-Law

The Dog By-Law will have been presented to the Board by the time you read this has been in the works for about two years and I have reported to you every time it came up at the staff or board level. The by-law that will be before us will be to establish the service, not all the details. First we need to establish the service and then we work out details. There will be lots of time for your input into this long awaited by-law. Stand by!

Sewer extension Grant

The deadline for the grant to be filed is the same day you will read this report. We are very hopeful that it will be approved this time. I did go to sit with our Minister and his entire senior staff to talk about it and then spent the day with his staff to make sure that our application met all the criteria. We have all of the approvals in place that are required and should it be granted to us we will save one heck of a lot of Gas Tax Funds that I have been keeping in reserve. That will then be available for other projects. But let's not get ahead of ourselves. Grant first; sewer installed to 38 new properties; then ???

Marine area Planning Partnership (MaPP)

I have reported on this many times before. It is a huge marine planning exercise involving the Province, First Nations and stakeholders from all walks of life. The plan itself was signed off a number of months ago and now we are meeting to establish how it will be implemented. I am on the team and will be meeting for two days solid starting tomorrow. It is going to be a whole new day! Due to this, I am going to sign off for now as I also have a Board meeting to prepare for on the 28th.

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

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Discover Quadra Outdoor Adventure 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.

Discover Quadra Outdoor Adventure Festival will be held June 4-5, 2016

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

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

Intertidal Walks with the Museum at Campbell River

Learn about the Intertidal Zone with the Museum at Campbell River

Pull on your gum boots and come out with the Museum to explore the fascinating world of the intertidal zone at the Willow Point reef. Join the Museum of Campbell River and biologist Sandra Milligan for this family-friendly afternoon of exploration.

Registration is at the Museum for the Intertidal Walks on Monday May 9th and Saturday June 4th. To register, call the Museum at Campbell River at 250-287-3103. The cost is a special family rate of \$30.00 for a family of 4 (including grandparents, parents, caregivers, respite workers and kids). Adults are \$15.00, children \$7.50. Email Sandra.Milligan@nic.bc.ca with any questions. www.crmuseum.ca



The intertidal zone is full of sea life that you will learn about on Intertidal Walks with the Museum at Campbell River

Can you help?

Quadra Cat Rescue urgently seeking foster homes and adoptive families

It's about to be kitten season, and with several pets-in-waiting already, Quadra Cat Rescue is desperately seeking adoptive families and foster homes to make room for this spring's anticipated influx of orphans.

Through a combination of people moving and leaving their cats behind, or in some cases, elderly caregivers passing away, the island rescue organization has been called upon to provide temporary homes to a number of adult cats this winter and early spring. While several cats have found new families, more cats keep coming into care, and the volunteer organization is putting out an urgent call for foster homes and adoptive families.

Cats currently available for fostering or adoption include:

- **Grady White** – purrfectly glamorous and friendly male, with unusual white, black and buff coat, about five years old
- **Misty** – long-haired Siamese knockout, three years old, loves to be cuddled
- **Larry the Awesome Cat** – named for his exceptional personality and dashing tabby tuxedo
- **Maisie and Daisy** – a shy mother-daughter Siamese-mix duo
- **Tommie the Manx** – a tailless, super-super friendly boy who needs daily tummy medication
- **Tabby Girl** – a short-haired tuxedo tabby who loves treats – a bit shy, but ready to blossom in a patient home
- **Skitty** – a short-haired tuxedo tabby who keeps herself (and foster family) entertained by using her imagination – doesn't cuddle much, but likes petting and loves treats

With almost 500 spayed and neutered cats and countless orphans adopted into loving homes, Quadra Cat Rescue also welcomes new volunteers. Foster homes would be especially helpful at this time!

Find more details at quadracats.com or check out the Quadra Cat Rescue Facebook page.

If you can help, contact Quadra Cat Rescue by email at quadracatrescue@yahoo.com or telephone 250-285-CATS (2287).



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Saturday Market Music

The Saturday Market starts in early May next door to the Coastal Community Credit Union. Live music by local Quadra Musicians is happening at every Saturday Market starting in June and ending in September.

Kris Wellstein performs on Saturday, June 11, followed by Dave Blinzinger and friends on June 18th. John Tolle and friends play the following Saturday, June 25th.

If you would like to perform at the Market, please call Steve Moore at 285-3323 and we can give you a specific date. Please make generous donations to our local musicians when you come to the Market. Your support keeps this wonderful music flowing.

Dance Workshop (for adults)

Welcome the blossoming of Spring by learning a fun, jazzy dance to Blossom Dearie's "Blossom's Blues"

This workshop will run every Tuesday @ 3:00-4:00pm for the month of April @ KA Yoga studio, 767c Smiths Rd.

The classes will consist of a warm-up including stretching, a technique portion, then we will learn the dance. \$20 (pro-rated) for the remainder of the workshop. Call Kate to register: 250-203-6850

Calling all Tots!

BRING YOUR GROWN-UP 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. Bring a snack to share, and don't forget to clean up when finished. **Mondays and Thursdays from 10 to noon, free of charge.**

Birdwatching Course

Would you like to know more about the feathered inhabitants of Quadra?

To be able to identify the different species that live around us?

This course will give you the basic skills to understand and identify our feathered friends. You will learn:

- A methodical approach to identifying birds
- About birding tools, from books to binoculars
- Basic bird biology and behaviour
- An introduction to birding by ear – recognizing bird-songs

Two classroom sessions will be followed by a weekend outing to look for birds in the field.

Classroom sessions: Tues. May 3 and 10, 7- 8:30 pm **Field trip:** Saturday, May 14 **Fee:** \$45 (a portion of the fees will be donated to Bird Studies Canada). **To register** call Kathryn Manry at 285-2103

Geshe YongDong on Enlightenment

Geshe YongDong, a Tibetan Buddhist Lama, is coming to Quadra Island to speak on "Enlightenment." The final goal of all world religions is that blessed, peaceful state of mind obtained by prayer and meditation.

Most people have heard the Buddha was enlightened and that Buddhists seek enlightenment. But what does that mean exactly? What is enlightenment, and how do you know when you've "got" it?

Geshe YongDong has been coming to Quadra Island around three times a year for the last ten years. And now he is speaking on the most important topic of all: Enlightenment. Don't miss this one!

The meeting takes place on Sunday, May 29th in the upstairs room at the Quadra Community Centre from 11 a.m. to 1 p.m.

Suggested donation is \$10 but whatever you can afford is fine.

For more information call Steve or Danielle at 250-285-3323/2016. Please consider donating to the "Free Money" account at our local Coastal Community Credit Union. Call Steve at 285-3323 for more info.

Live Music Fridays

Go Dog Go

April 29 - Beach Blanket Time Machine!

Duffy Live

May 6 - Rock & Roll, Dance Floor, Good Times 9pm in the Pub. No cover.

Mothers' Day

Sunday, May 8 - Buffet 10-2 Herons

Open Mic with Mo

join in... or enjoy local talent at

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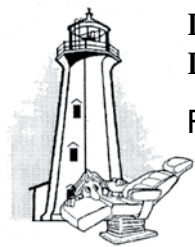
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Application closes May 31

11th Annual Broom Pull at Rebecca Spit

Once again local volunteers who love this little park will gather to pull what broom remains to be pulled. Those seeds do keep sprouting! It has mainly been an annual event with roughly twenty to thirty woman/manhours donated per year. Some years extra hours were required and the work was done either by volunteers or some muscle power was hired with a bit of financial help from the regional district.

It's been ten years now and the Spit is looking pretty clear with mostly smaller plants to deal with. We're hoping that the seed bed laid down over many years prior to our first broom-bash is slowly being depleted. Since the beginning of these events our main effort has been to prevent seed drop. This we have managed to do. However, we know that broom seed can survive at least forty years, probably longer. It has certainly survived very well these last ten years, although far fewer plants are now sprouting up every year.

Helping to clear the broom at the Spit is a sociable, satisfying hour or two spent in the open air with beauty all around. It's a family-friendly affair too where children can learn to distinguish between broom and red huckleberry and apply themselves to the smallest stuff.

Bring work gloves and maybe loppers.

Come and contribute whatever time you can. Everyone welcome.

WHEN: Sunday, May 1st, 10am - Noon.

WHERE: the Spit, meet at the parking lot before the boat ramp.

Info: Riki 2640, Carol 3157, Mieke 3178.

At Your HBI

Good old country times: Thursday April 28: Mike Lynch Band pure country music. Great entertainer. Country fun and foot stomping dancing! On tour from Ontario. **No cover.**

HBI Pub. 8 pm - yes we're starting the music early! (not 9 pm as previously advertised).

May 1, 2016: Three new menus created by our new and amazing **Chef Kevin Cooper**. Enjoy the new menus along with the opening of Herons Deck Sunday May 1. Come and breath it all in; breakfast lunch and dinner at the Heriot Bay Inn.

Mothers Day, Sunday, May 8, at the Heriot Bay Inn is a wonderful way to say "Let's treat Mom to a brunch out on the town!" **Buffet from 10am to 2pm** in Herons dining Room. Reservations: 285-3322.

The Take Ten Play Festival returns to Herons Dining room this **Thursday, May 12th**. A night of Drama, Comedy, and delicious dining. \$45.00 for three delightful plays and a three course meal. **This will be a night to remember! 6 pm seating. Reserve: 285-3322.**

Save the date: June 8, 2016. The last class for UofQ and then the 6th annual Prom! Watch for details.

Juno Award winning Folk Singer of the Year, Folk Entertainer of the Year, and our Canadian folk hero **Valdy returns to The Heriot Bay Inn** with a dinner show **June 18th**. \$55.00 Two course dinner and show. \$35.00 show only. Reserve early for this great event, 6pm seating 285-3322.

May 28, 2016 Herons Dining Room will be closed at 1:00pm for a private function. Enjoy the HBI Pub for delicious meals, then make a night of it and stay for open mic!

U of Q Wednesdays: May 4...tales of local gem Mount Cain (it's a volunteer-run ski hill!) with Neil Boreky. May 11...the Addiction of Reason and the benets of curing this addiction -- with Jim Leishman. HBI Pub Campus. 7:00pm.

Karaoke: Tuesday May 10 and May 24: with fun hosts and songs from the heart. Take the stage and be a star or come and watch, the stars need an audience too! 9:00pm. HBI Pub.

Live Music Friday nights: April 29; Go Dog Go, Beach Blanket Time Machine!...May 6; Duffy Live. Rock & Roll dance floor good times....9:00pm HBI Pub. No cover.

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

Spring Into Yoga!

Come on up to West Road Yoga for our Spring session! Classes start Tuesday May 10.

Yoga to safely develop your strength, stamina, balance and correct body alignment, bringing flexibility into body and mind. Each class teaches a well balance sequence of poses, including relaxation, with the following weekly themes:

Standing Tall

Strong, supple shoulders

Happy Hips

Oh my Awesome Back

Upside Down, Rightside Up.

Restore, Relax and Re-breathe

Tuesdays and Thursdays 9:00-10:30 a.m.

6 week session. Twice a week \$132. Once a week \$72. Drop In \$14.

Our bright and scent-free studio is upstairs at 680 Industrial Way. All props and mats provided. Summer visitors and Drop Ins welcome! Ann Toelle Certified Iyengar Yoga Teacher. Call 285-3065 or 830-8900.

Upper Realm News

There is an acoustic jam every other Friday Night at Spirit Books from 8 p.m. to 11 p.m. That's Friday, April 22 and Friday, May 6th. Call Pat at 285-2807 for more info.

The Wednesday night hand drum jam is cancelled for lack of attendance. We may start up latter. Call Steve at 285-3323 if you want to drum.

Free VHS/DVD videos are available to borrow for five days when the Spirit Books store is open on Fridays and Saturdays from 11:30 a.m. to 4:30 p.m. P.S. The Upper Realm is located upstairs above the Loving Oven.

Quadra Island Farmers Market & Bazaar

New Season 2016 Starts Saturday May 7th & every Saturday until September 17th!

Rain or shine in the lovely green space beside the Credit Union.

Come on out to this years' community market. We are all looking forward to another enjoyable season and would like to welcome back all our regular vendors and extend a warm welcome to any newcomers who may be interested in participating in this traditional island event.

Some of the great things you may find: fresh local produce, baked goods, garden starts and plants, local art, artisan works, art cards, books, knitted treasures, soaps and much more!

The market gate is open at 8am for set up and operates on a first come basis. The Market starts at 10am and ends at 2pm. The table fee for vendors is still only \$5.00 and \$1.00 for children (providing they sell their own things)

For reasons of public health, we strongly discourage dogs at the market. If you must bring your dog, they are either to be carried or on leash and please clean up after your pet! People and children play here.

Need more info? Call Naomi 250-285-2979 or email quadramarket@gmail.com

Quadra Island Farmers Market & Bazaar is on Facebook too! facebook.com/quadramarket

More to come. Stay posted. You never know what you'll find or who you'll meet!

Musicians, if you would like to play at our outdoor market please contact Steve Moore @ 250-285-3323. See you there!

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6th Annual Festival of Chamber Music Series

The Quadra Island Chamber Music Society is proud to announce the 6th Annual Festival of Chamber Music Series. This summer's theme, **Mystery And Music**, will take place from July 19 to July 24. Back with us is founder and Artistic Director of the Quadra Island Festival of Chamber Music, Phil Hansen. Phil will be accompanied by concert masters whose talents circle the globe. Phil's innovative programs include classical, contemporary, and Canadian music.

Called "a master cellist" by the Calgary Herald, Philip Hansen's commitment to diverse musical genres, education, and community have earned him distinction as a performer and innovator in the arts. His intensely personal and colourful playing is showcased in performances from baroque to jazz and in every major work written for solo cello with orchestra. As a US Department of State Cultural Ambassador to Russia, Phil was featured in concert halls from Moscow to the Far East. He has been guest artist in residence at both the Beijing and Shanghai Central Conservatories and was a long-time faculty member of the Académie Internationale Musicale in Provence, France. Phil has also performed extensively throughout Brazil. This year, Phil has divided his time as principal cellist of the Calgary Philharmonic and the Orquestra Filarmônica de Minas Gerais in Belo Horizonte, Brazil.

MUSICIANS: Konstantin Bozhiov, guitar; Laurent Grillet, viola; Phil Hansen, cello; Sara Hahn, flute; Helena Jung, cello; Donovan Seidle, violin; Stephen Sitarsky, violin; Kathleen Solose, piano; Marcin Swoboda, viola; Mulidzas-Curtis Wilson, drums.

MYSTERY AND MUSIC This season, the concerts explore several great mysteries that have intrigued and vexed humans throughout the ages in a variety of venues.

Wednesday, July 20 • Oceanics In the opening concert, Mulidzas-Curtis Wilson returns for another musical collaboration with Phil Hansen. The evening also explores our fascination with our oceans as portrayed by Claude Debussy, Arvo Pärt, Toru Takemitsu, and Philip Hansen. Venue: The historic Quadra Island United Church in the Village of Cape Mudge-\$20. Doors Open: 6:30pm Concert: 7:00 pm. Cushion recommended.

Friday, July 22 • Roots/ Fruits Composers throughout history made it their mission to interpret and demystify the greatest of folk melodies. Music of Luigi Boccherini, Zoltan Kodály, and more. Luigi Boccherini: Quintet for Guitar and Strings. Zoltan Kodály: Finale from Sonata for Solo Cello Sulkhan Tsintsadze: Miniatures for String Quartet. Venue: SouthEnd Winery-\$45 Tapas included. Doors Open: 6:30pm Concert: 7:00pm

Saturday, July 23 • Night Gallery presents the masterful, early tonal work of Arnold Schoenberg. Transfigured Night reflects the timeless story of love and the fragility of the human condition. Mozart's popular Eine Kleine Nachtmusik and Arnold Schoenberg's Verklärte Nacht (Transfigured Night) round out an exquisite experience in the unique venue: Stone House- \$20. Doors Open: 6:30pm Concert: 7:00pm

Sunday, July 24 • The Russian Tradition Partly Europe and partly Asia, the expanse of Russia is a wonder to behold. Soak up the lush vastness of Tchaikovsky, Rachmaninoff, and other greats. P.I. Tchaikovsky: Souvenir de Florence for String Sextet, Sergei Rachmaninoff: Andante from Sonata for Cello and Piano, Sergei Prokofiev: Sonata for Flute and Piano. Venue: Quadra Island Community Centre, \$35 Light Lunch included. Doors Open: 10:30am Concert: 11:00pm Light Lunch: 12:30 Children's Programme

Thursday, July 21 • Rooty Fruity! Music Stories for the Young and Young at Heart. Festival musicians will introduce lives and music of composers who took their country's folk music to the hilt! Children's activities as well as food and drinks for sale make this a great family outing. Quadra Island Community Centre, Family Pass: \$20. Doors open: 10:30 Concert: 12:30

Tickets on Quadra: Works of H'Art: 250-285-2834; Inspirations: 250-285-3334

Campbell River: Tidemark Theatre: 250-287-7465

For further information: www.quadrafestival.com



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Blood Donation

There has been recent discussion regarding blood donation on island. Unfortunately, Canadian Blood Services is not able to come to more rural communities but does come to Campbell River regularly every two months or so at the community centre. Anyone can donate blood but there are some exceptions. One has to be in good health, have no current infections, age 17 or older (height and weight requirements), with a controlled blood pressure. Individuals must wait for one year after receiving a blood transfusion before they can donate. One must also wait six months after receiving a tattoo or a body piercing. Similarly, one must wait for 3 weeks after travelling outside of Canada, continental USA and/or Europe. There is a full list of restrictions on-line at the website listed below. One can donate blood every 56 days for whole blood, 7 days for platelets and two weeks for plasma (latter two blood components).

For further information and to search out the next time the clinic is in Campbell River go to <http://www.blood.ca>

When you go to donate blood your blood type will be identified. Although simplified here, there are four major blood types: A, B, AB and O. Your blood type is passed down to you from your parents, and you maintain this for life. Determining your blood type involves identifying a protein or antigen that is on your red blood cell. If you are type A, you have antigen A but also antibodies against

type B blood. Thus if you are given blood that is type B, the antibodies you carry attack the type B and it is destroyed. This is deemed incompatible. If you are type B you have antigen B but antibodies to type A. If you are type AB, you have both antigens A or B but you have no antibodies. Type AB is called the universal recipient because they can get blood from any of the other blood types. However, no other group than AB can get AB blood. Type O blood contains no antigens but does have antibodies to both A and B. Type O can be given to any blood group: it is deemed the universal donor. Individuals with type O blood can only receive the same. AB appears to be the rarest of blood types followed by B, then O.

When your blood is typed, it is also identified as Rh (meaning rhesus) positive or negative. Rh is also a protein on the surface of a red blood cell, either you have it (Rh positive) or you do not (Rh negative). This factor is also inherited. Rh positive is most common. Thus if your blood type is A you are either A positive or A negative. This follows for all the other 3 types. Generally speaking, Rh factor becomes a big concern in pregnancy. If the Mother is Rh negative and the Father is Rh positive, the baby can be Rh positive. During pregnancy and birth, there is potential for blood from the Rh positive baby to mix with the Mother's Rh negative blood with the end result that the Mother develops antibodies to the Rh positive blood. These antibodies

can cause blood clotting issues for this child or subsequent children born to this Mother. Most Rh negative women receive something called rhogam both during and after their pregnancies to prevent the development of antibodies.

Blood is a precious gift to donate. In island health alone, there are 22,000 units of blood components and 23,000 vials of plasma derivatives used yearly for over 7,000 recipients at a cost of \$22,000,000. Virtually all whole blood donated is broken down into separate components such as packed red blood cells (contains hemoglobin) plasma (serum in blood, contains clotting factors), cryoprecipitate (further reduction of plasma that contains certain clotting factors used for individuals with specific clotting disorders such as hemophilia) or platelets (clots blood). This way individuals receive only the component that they need at the time and lessens the burden on the blood bank. People receive transfusions for many reasons: blood loss during surgery, blood loss from trauma/burns, cancer patients and others who may not be able to make their own blood, or those with a blood disorder. If you need elective surgery and have the potential to need blood, discuss this with your family practitioner. You may be able to donate your own blood before the surgery for use if needed.

- Pat Peterson

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Victor Jr. Michael Balatti



It is with great sadness that the family of Victor Jr. Michael Balatti announces his passing on Thursday, January 21, 2016 at the age of 51 years.

Victor is survived by his beautiful daughter Hailey, and will be deeply missed by his mother Lucy and step-father Ben (Paquette), siblings Tony (Sandra) Cathy (Randy) ,Bonnie (Robert), Nolan and Megan. Victor will be forever remembered by his nieces, loving aunts, uncles and cousins and host of long-time friends and partner Colleen (Portman).

Victor was predeceased by his brother Damon (Paquette) and his father Victor Sr.

A celebration of Victor's life will be held on Saturday, May 14 at 11:00 am at the Quadra Island Community Centre, Quadra Island, British Columbia.

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COMMUNITY NEWS & EVENTS

Fundraising-Auction A Success



Thank you to everyone who helped make the Hilary Stewart fundraising auction a success for the Quadra Community Centre!

On Sunday April 17th we held the Hilary Stewart Silent Auction in conjunction with the Cultural Committee's Memorial concert with the Lemon Bucket Orchestra.

The concert was a sold out success and thanks to a lot of hard work from some wonderful volunteers, the auction was a huge success as well (we will know more about the amount of funds raised after all the items are collected by bidders). It was Hilary's specific wish that some of her personal artwork and collectables be auctioned off as a fundraiser for her beloved Community Centre.

We'd like to give our special thanks to the following volunteers who helped make it such a success:

Michael Mascal, Heather Vanderest, Kathryn Manry, Deanna Michell, Sabine Maibauer, Marci Wolter, Carol Woolsey, Louise Grav, Kris Wellstine, Darcy Mitchell, Pamela Goiberg, Kevin Mackenzie, Clint Young and Mark Zimmerman.

Of course a huge thanks goes out to all of you for supporting our fundraiser by coming out and bidding on items and most all to Hilary for her support. It's amazing what a legacy just one, creative and talented individual can leave to their community!

Thank you Hilary!

Island Dance Company with Local Dancers - Perform at Tidemark Theatre

Dancestreams, Vancouver Island's premier pre-professional youth dance company, will perform with guests from Urban Dance Connection on **Saturday April 30th at the Tidemark Theatre, 7 pm.**

Formed thirty years ago to address the needs of talented and professionally minded Island dancers, Dancestreams continues in its mission to offer enriched opportunities for the Island's most promising dancers. Selected by audition, the dancers come from a variety of Island communities and schools and work together for an intensive six hours each Sunday from September to May, in addition to their regular home-studio training.

The works are all commissioned from leading professional choreographers and the finished works are toured throughout Vancouver Island and Gulf Island each spring.

Occasionally, the Company tours further-afield: China 1994, Los Angeles 1998, 2001, 2015, Maritimes 2006, Kootenays 2009, Belgium 2003, Germany 2003, 2008. This year's repertoire includes works by former Netherlands Dans Theatre dancer Heather Myers; Bo Lam, a former Dancestreams Company member and now a professional artist in Toronto and Tara Cheyenne Friedenberg- an artist whose theatrically based works turn audiences on their heads!

The program also includes works by Wen-Wei Wang (Wen-Wei Dance Company), Alysa Pires (Alysa Pires Dance Projects, Toronto)- another Dancestreams alumnus, Julia Carr (Body Narratives Collective, Vancouver) and Michelle Olson, Raven Spirit Dance Company, Vancouver.

This year's Company includes an impressive SIX dancers from Urban Dance Connection in Campbell River: Chloe Dugas, Gracie Lim, McKayla Lawson, Bryn Bridgen, Madison Cote and Caitlyn Johnson.

Tickets are available from the Tidemark Box Office, 250-287-PINK
tickets@tidemarktheatre.com

The 2016 Beach Clean-up: A Warm Thanks to So Many

Our 19th Annual Beach Clean-up was another remarkable success. Once again, Sierra Quadra extends thanks to the many Islanders who scoured our beaches for unwanted detritus — mostly plastics — and did a super job of bagging it, bringing it to the designated collections points so it could be loaded on pickup trucks and then transferred to the larger vehicles for disposal.

the many people and many businesses who made this event possible. Beyond the many Islanders who provided pickup trucks, we want to acknowledge the owners of the large trucks who committed their big machines and time to the task: G. Roy Dahlnas Excavating, Sorensen-MacDonald Enterprises Ltd., Landtec Industries (Nick Richardson), On Track Excavating (Chris Phillips) and Stuart's Tree Service (Stuart Smith). Then an extra

We must also thank BC Ferries for providing free passage for all the trucks taking the garbage to the landfill site in Campbell River, to the Strathcona Regional District for free tipping at the dump (in collaboration with the Manager of Solid Waste for the Comox Valley Regional District). And we wish to thank BC Parks for its cooperation and to Susan at Rebecca Spit for her assistance. Free garbage bags and a gift certificate were provided as a special contribution from Thrifty Foods. The Discovery Islander gave a helpful profile to the event as did The Bird's Eye, The Gumboot and Robyn Budd's colourful posters. Delicious soups came from Gowlland Harbour Resort, Heriot Bay Inn and Tsa-Kwa-Luten. And the invaluable Spirit Points from Tru Value Foods (Heriot Bay and Q. Cove) provided additional food. Intense Rentals (Jim Thievin) and Coastal Community Credit Union provided tents that housed the central food station.

Food and refreshments are a highlight of the Beach Clean-up event because they provide an opportunity to meet, visit, relax and indulge. So thanks to the many generous bakers of cakes and cookies, to the makers of sandwiches and wraps, and all those who staffed the food booth.

But our most special thanks to all Quadra Islanders who wrestled styrofoam and tires over driftwood, and who collected and bagged the unwanted beach garbage – and to all the boaters who travelled to many beaches not accessible by car. Without your many hours of work, the Beach Clean-up would not have been a success. Once again, you have all made Quadra Island a healthier and more beautiful place to live.

Ray Grigg

Styrofoam and tires were abundant again this year, as was miscellaneous material from the shellfish industry. In all, we managed to rid our beaches of nine truckload equivalents of garbage, about 100 cubic yards of unsightly and polluting material. Sierra Quadra congratulates all those who contributed to the clean-up, including the bakers, cooks, servers, drivers, and the many others who helped in large and small ways — including musical entertainment by Kris Wellstein. This has truly become a community event. Although Sierra Quadra organizes the basic logistics of the Beach Clean-up, the important work has expanded into a self-organizing operation involving hundreds of islanders. This Earth Day event has become an expression of our deep caring for our beautiful island home, and a measure of the accomplishment that is possible when we work together as a community.

Over the years, Quadra islanders have continued to support this event with increasing energy and enthusiasm. For our 19th annual event, we offer special thanks to

truck from Erik Sorensen and an extra trip by Nick Richardson when the collected beach garbage exceeded our initial hauling capacity. Waste Management supplied a very useful large dumpster. A special thanks, too, to Harper Graham for providing the landing barge that allowed us to remove about 24 yards of garbage from the south end of Quadra. All this equipment plus the numerous pickup trucks were crucial to this project's success.



photo: Angela Koch

photo: Angela Koch

Special Concert for Mothers' Day at Tsa Kwa Luten

Tsa Kwa Luten Lodge is hosting a very special Mothers' Day celebration with a buffet brunch and concert with iconic Canadian singer-songwriter Gary Fjellgaard on **Sunday, May 8.**

Brunch starts at 11 am and will include everybody's favourites, including scrambled eggs, bacon, sausage, in-house made hash-browns, stewed tomatoes, BBQ baked beans, salads, carved oven baked ham, plenty of deserts and our famous Belgian waffle station, with fresh strawberries or blueberries. The buffet wraps up at 2 pm as we get ready for Gary Fjellgaard to take the stage at 2:30pm.

Gary Fjellgaard is as Canadian as they come! With the magic of lyrical imagery Gary draws on his western heritage to create songs of cowboy heroes, wind swept prairies, rushing rivers, the working man, and romance. A champion of vanishing values and frontier spirit, Gary sings of lone horsemen, verdant valleys and mountain trails.

Raised on the farm on the Canadian prairies this award winning singer/songwriter is a champion of vanishing values and the frontier spirit. His western heritage, cattle drives, wagon treks, and working folks with ties to the land have all been an inspiration for the lyrical imagery in his songs.

In 2005 this Juno Award winner was inducted into the Canadian Country Music Hall of Fame. Gary still tours extensively and looks back on a rewarding career and gratefully acknowledges the hundreds of town and cities and thousands of listeners who have been touched by his music. With his finger style acoustic guitar, gentle vocals, colourful stories, Gary takes his western roots music to the people with a rare sincerity. Gary and his wife Lynne make their home on Canada's west coast. His lifelong love for Lynne, their four daughters and their many grandchildren is lovingly illustrated in many of his songs.

There is bound to be great demand for this very special event so don't delay and **reserve your seats today.** Brunch is \$25 per person, the concert with Gary Fjellgaard is \$22.50 per person and there's a special rate of \$40 per person for both brunch and concert. **Call the Lodge today 250-285-2042 or email desk@capemudgereosrt.bc.ca**

Quadra Emergency Preparedness Day

**Saturday May 7,
1000 to 1300 hrs Fire Hall #1**

As the weather warms up and everything starts to grow, it is time to prepare for any emergency that may occur over the summer months and beyond. After last summer's heat and drought, forest fire is probably the first emergency that springs to mind.

Although we baked and dried out in 2015, we came through the summer relatively unscathed. To help us do the same again, come and participate in the **Quadra Island Emergency Preparedness Day at Fire Hall #1, Heriot Bay Rd on Saturday May 7 from 10am – 1 pm.**

The fire trucks will be on display for kids and the young at heart to explore. The Fire Dept. will be doing demonstrations and there will be information on Fire Smart or how to make your house and home more fire resistant.

Try operating a fire extinguisher and find out more about local evacuation plans. Tour the ambulance centre and check out the interior of an ambulance while you are in good health. Are you involved in NEPP? No idea what it is? Come and find out as you really do need one. ESS will be showing what you need in your Grab 'n' Go Bag.

We have an extensive ham radio presence on the island. Come and see what they do.

As well both the Insurance Centre and BC Hydro will be there. Do you know what your insurance policy will cover during and after an emergency?

Examples of good house number signs will be on display as no amount of emergency response will succeed if they cannot find your house.

And there will be FOOD. The Fire Department will be hosting one of their famous hot dog barbecues with goodies provided by ESS. It will be an interesting and informative morning.

Please come and support your island volunteers who do so much to make our island a safer place **Saturday May 7 from 10am – 1 pm** Fire Hall #1 on Heriot Bay Road.

Cortes Radio

Yoga

Wake up your body and get centered. This is a vinyasa style class, which means we will begin with a series of standing, heat building postures (about 45 mins), then move to the ground for some longer held, cooling and calming postures. 5-10 minutes of deep relaxation included at the end of practice.

All levels welcome. Sundays (last class May 1) 10:30-12:00 at KA Yoga studio, 767c Smith road (follow the sign to the very back!). \$15.

For more info, contact Kate at movewithkate.ca or 250-203-6850.

Quadra Island Seniors B.C. OAPO Branch 91

The OAPO Seniors had a great luncheon meeting at the Heriot Bay Inn on April 19. Everyone participated in a quiz prepared by Judy Hagen refreshing every one's memories on working at the Quadra Island Tourist Information Booth.

The OAPO members will be working at the Quadra Tourist Information Booth from May 15 - September 15 from 10 AM to 4 PM daily.

Our upcoming meeting on May 17 we will have to select a Branch delegate to attend the Annual Convention that will be held in Abbotsford June 14-16.

We have submitted five resolutions to be discussed at the Convention - Seniors Renewing Driver's Licenses be tested in their own areas and not use a computer if unfamiliar with computers for the written exam; Shingles vaccines be given to people free of charge; More Senior Residences that provide home care at a cost of no more than 85% of their pensions; Quadra Island ferry operate on published schedules unless there are technical or weather problems; Parking at Hospitals be free of charge.

Our next meeting will be at the Legion on May 17th starting at 10:30 AM with a potluck lunch. To our members, please contact Daphne @ 3842 if you are planning to attend.

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

COMMUNITY NEWS & EVENTS

Come to the Quadra Island Women's Club!

All women are invited to the next monthly get-together of the NEW Quadra Island Women's Club on **Tuesday, May 3** at the Royal Canadian Legion.

Get together with Quadra Island Women of all ages in a casual & relaxing atmosphere. Our first get-together was fun and easy-going. We meet on the 1st Tuesday of every month at the Royal Canadian Legion in Heriot Bay from 6:30-9:30 pm.

This month is a Mexican Food theme and we will have Fresh Taco Salads by donation. Enjoy Refreshments and conversation with fun and games including darts, pool, scrabble and cards.

All Women are Welcome.

Free ~Friendly ~ Fun. For more info call Lu: 250-285-2213.

Children's Centre Garage Sale

Have you been doing some spring cleaning? Looking to declutter and simplify your space? Hoping to find a new home for all that stuff you no longer need? Well you are in luck. The Quadra Children's Centre Garage Sale is coming up and we are looking for donations of quality used items. Bring your previously loved items and drop them off on the back deck at the centre any time before Friday, May 13th. Please no skis, clothes, televisions, or computer equipment.

If you are looking for some great deals come join us for the Garage Sale on Saturday, May 14th from 10-2. Sales are by donation. All proceeds go to support early care and learning in our community. This is a major fundraiser for the Children's Centre and we appreciate all the great community support we receive each year. See you then!

Island Theatre Kids

Provide your child with quality part-time training in dance, singing and drama. Island Theatre Kids is proud to offer a well rounded education not just in the disciplines of theatre, but also in teaching life skills, building confidence and providing an avenue to make life-long friends.

Island Theatre Kids will run every Saturday for 10 weeks (April 16-June 18), from 10:00am-1:00pm. \$275 per child (1/2 Price for additional siblings). Ages 6-11.

Now offering classes for Early Stages: from 1:10 - 2:00pm. \$90 per child. ages 3 - 5

You can register by contacting the Quadra Community Centre: 250 285-3243

*Contact Kate (islandtheatrekids@outlook.com) to inquire about full or partial scholarships..

Heriot Bay Tides

DATE	TIME PST	m.	ft.
29 Friday	00:29	4.5	14.8
	06:44	3.2	10.5
	10:48	3.6	11.8
	17:47	1.6	5.2
30 Saturday	01:28	4.5	14.8
	07:59	3.0	9.8
	12:24	3.5	11.5
	18:52	1.7	5.6
01 Sunday	02:21	4.6	15.1
	08:59	2.7	8.9
	13:54	3.6	11.8
	20:02	1.9	6.2
02 Monday	03:05	4.6	15.1
	09:47	2.4	7.9
	15:10	3.8	12.5
	21:07	2.1	6.9
03 Tuesday	03:44	4.7	15.4
	10:28	2.0	6.6
	16:18	4.0	13.1
	22:04	2.3	7.5
04 Wed.	04:18	4.7	15.4
	11:06	1.6	5.2
	17:20	4.3	14.1
	22:58	2.5	8.2
05 Thursday	04:51	4.7	15.4
	11:44	1.2	3.9
	18:17	4.6	15.1
	23:49	2.7	8.9
06 Friday	05:24	4.7	15.4
	12:22	0.9	3.0
	19:10	4.8	15.7
07 Saturday	00:40	2.9	9.5
	05:59	4.7	15.4
	13:01	0.7	2.3
	20:01	4.9	16.1
08 Sunday	01:32	3.1	10.2
	06:38	4.6	15.1
	13:43	0.6	2.0
	20:51	5.0	16.4
09 Monday	02:26	3.2	10.5
	07:20	4.4	14.4
	14:27	0.7	2.3
	21:43	5.0	16.4
10 Tuesday	03:27	3.3	10.8
	08:07	4.2	13.8
	15:13	0.8	2.6
	22:36	4.9	16.1
11 Wed.	04:35	3.2	10.5
	08:58	4.0	13.1
	16:01	1.0	3.3
	23:31	4.8	15.7
12 Thursday	05:50	3.1	10.2
	09:59	3.7	12.1
	16:52	1.4	4.6
13 Friday	00:27	4.7	15.4
	07:03	2.9	9.5

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NEXT AD DEADLINE:
Monday, May 9

Help Wanted

ASSIST. BIKE SHOP MANAGER

Island Cycle is accepting resumes for seasonal work for a bike mechanic and/or assistant bike shop manager. Previous employment as a bike mechanic and retail sales experience needed. Please contact Jack at 250 285 3939 or email bicycle@gicable.com

HERIOT BAY INN

The Heriot Bay Inn is accepting resumes for spring summer work: bussers, dishwashers, prep cooks, lines cooks, servers and housekeepers. Please send resumes to info@heriotbayinn.com or fax 285-2708

SUMMER INTERPRETER POSITION - ECO CENTRE

We are seeking an interpreter/environmental educator for the Salmon EcoCenter. The Eco Centre provides a variety of educational displays and interactive activities focused on salmon and the healthy watersheds necessary for their survival. This contract position is for 8-weeks, early July through August 2016, for 30 hours per week (5 days/week, 10:00 am to 4:00 pm) at \$13.50 per hour. No experience is necessary as training and supervision will be provided. Applicants are however required to fulfill the following criteria:

- Should be a creative and enthusiastic communicator, with a strong interest in natural history and conservation. Preferably should have local knowledge of Quadra and/or the Discovery Islands.
- Be comfortable and motivated when working alone in a rural setting.
- Be willing to take on a range of tasks in support of maintaining and developing the Eco Centre and educational programming.
- Have a reliable form of transportation (the Eco Centre is approximately 6km from Heriot Bay).

As this position is HRDC funded, applicants will also need to be between 15 and 30, have been registered as a full-time student this last academic year, and be returning to school in the future.

Please send brief resume and letter of interest to Quadra Salmon, P.O. Box 413, Quathiaski Cove, B.C. and tell us why you would like to be considered for this position.

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Information: pstone@quadraisland.ca

NOTICE

PUBLIC NOTICE

Harvesting on Woodlot 042 on the south end will commence Monday April 18th. Please respect the signage and do NOT cross the "Active Falling" barriers. Thank you

Shops

WAYPOINT SIGNS

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Marine

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Skills & Knowledge

- Thorough knowledge of local waters
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Credentials (certificates, licences & courses)

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- Marine Basic First Aid

Please submit your cover letter and resume to careers@tula.org

Home & Garden

SKILLED GARDENER AVAILABLE

Certified horticulturist and passionate lifelong gardener Ryan Nassichuk is currently available for garden maintenance, improvement, and creation projects. This is an opportunity to bring the passion, skills, and experience of one of Quadra's best gardeners to your landscape. Ryan works in food, ornamental and mixed gardens, and also offers soil testing and fruit tree pruning services. Call 250-202-2326 or email nassichuk@gmail.com