ISSUE 630 • JUNE 24, 2016 • SINCE 1992

Ancouver Island is well known for its unusual karst features and extensive cave systems, but few realize that this distinctive topography also reaches across Discovery Passage onto Quadra Island. Hidden away in the heart of the island's forests, Quadra's karst has kept a relatively low profile for many years, but word is starting to get around.

Karst is a porous landscape created by the dissolving action of water on soluble bedrock, such as limestone, dolomite or marble. As rain falls through the atmosphere and percolates through the soil, it absorbs carbon dioxide to form a weak solution of carbonic acid. The slightly acidic rain water trickles down to the underlying bedrock where it works its way into small joints and fractures. Over tens of thousands of years, this process gradually creates larger openings for the water to exploit, eventually leading to the development of a wide variety of impressive surface karst features and complex subsurface drainage systems and caves.

The majority of the karst along the west coast of British Columbia lies within the coastal temperate rain forest, one of wettest and most productive environments on the planet. On a global scale, these rain forests are extremely rare, comprising just 0.2% of the Earth's surface. Karst within a coastal temperate rain forest setting is even more rare globally, so much so that these unique ecosystems are highly regarded internationally for their contributions to biological and geological diversity.

A narrow band of the 200 million-year-old Quatsino Formation - an exceptionally pure unit of limestone highly favourable for karst development - extends up the centre of Quadra Island from Open Bay to north of Luoma Creek. One of the highest concentrations of karst features occurs within an area northwest of Stramberg Lake. The most common features encountered are dolines (also known as sinkholes), but sinking streams, karst springs, and cave systems are also well represented.

The interconnected components of a karst system provide unique, diverse and highly specialized habitats for a wide variety of

Quadra's Karst Secrets



Karstologist Dr. Carol Ramsey takes measurements near a karst cavity.

organisms that live both above and below the surface. Those species living in subsurface karst environments depend on extremely narrow habitat parameters and are particularly sensitive to even minor disturbances at the surface.

Most of Quadra Island was originally logged in the early 1900s, but second-growth logging continues today both on and off the karst. In the late 1990s, BC began to recognize the sensitivity of karst ecosystems to the impacts of forestry operations. The Province spent the next several years developing karst inventory standards and best management practices for minimizing the impacts of timber harvesting. Most of the government-sponsored training for these standards and procedures took place on Quadra.

Quadra's karst was initially described in Canadian Geological Survey reports as early as 1913. But it took until the 1970s before the limestone caves and other karst features of Quadra began to be seriously explored by the Gold River and Discovery Passage Caving Groups, the latter of which was headed by long-time island resident Jim Leishman. Since those early days, Paul Griffiths, former member of the Gold River Caving Group and currently completing his PhD in Karstology, has been keeping a close eye on Quadra's karst from his home in Campbell River. In 2008, when BC Hydro was planning to install a power line to Granite Bay, Griffiths and his colleague, Karstologist Dr. Carol Ramsey, pointed out that part of the proposed route would cut across karst topography. Griffiths and Ramsey convinced the utility giant to commission an inventory and assessment of the sensitivity of the karst along the planned route. The inventory identified a number of known karst features as well as several

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previously undocumented ones. In the end, BC Hydro adjusted their line to avoid damaging any features.

Griffiths is quick to sing their praises. "BC Hydro has been very receptive when it comes to karst," he says. "On more than one occasion, they've been willing to accommodate karst values during their operations."

Located only a short ferry ride (10 minutes) from Campbell River, the karst on Quadra Island is easily accessible for viewing and educational purposes. A fact not lost on Dr. Tim Stokes, a professor in the Earth Sciences Department at Vancouver Island University in Nanaimo. For over nine years, Stokes and his colleagues have been bringing students to study the karst and complex geology on Quadra.

For Stokes and his students, the area around Open Bay is of particular interest. Here is one of the few places along the west coast of BC where the collision between two geomorphological belts (the Insular Belt of Vancouver Island and the Coast Belt of mainland BC) is exposed at the surface. One of the most striking geological features at this location is the extensive folding of the Quatsino limestone beds visible along the shoreline.

"The karst on Quadra meets our needs very well," says Stokes. "It's a reasonable drive from Nanaimo and provides a wide variety of representative features and landscape characteristics for study purposes. What's more, the low-elevation karst is usually snowfree, making it accessible virtually year round."

While on the island, Stokes and his students stay at the B&B-style Discovery Islands Lodge. Owner/operators, Lannie and Ralph Keller, have also hosted government employees undergoing training for monitoring forest practices on karst terrain as part of the Province's Forest and Range Evaluation Program (FREP).

The Kellers are no strangers to karst. Lannie grew up in the 'cave state' of Missouri,

which boasts more than 6,000 limestone caves, and her brother is actively involved with karst and cave mapping in Alaska. "I guess you could say we're probably more aware of karst than most islanders," she says.

Her concern over the potential impacts of logging on Quadra's karst prompted Lannie to become a driving force in getting karst added to the Discovery Islands Ecosystem Mapping Project (DIEM). This ambitious communitybased initiative is developing maps of sensitive ecosystems in the entire Discovery Islands Archipelago. Using preliminary karst mapping compiled by Stokes and his students, Lannie and GIS specialist, Eve Flager, were able to include the distribution of Quadra's karst into the DIEM inventory. The ultimate goal is to provide an accurate data base for residents, government, and forest companies



Vancouver Island University karst course students examine karst sinkholes.

to work together on improving land management in these sensitive areas.

There is little doubt that curiosity about Quadra's karst is on the rise among islanders and the surrounding area. Local recreation groups are beginning to recognize the potential of the island's diverse karst sites. The Quadra Island Outdoor Club is already conducting tours at some locations, and has taken the additional step of applying to the provincial government to formally establish two interpretive trails for viewing karst.

The residents of Quadra are fortunate to have such a globally rare and unique natural resource in their backyard. While karst is much more widely understood and appreciated in most other parts of the world, it is nevertheless finally gaining some traction here in British Columbia. What better place than Quadra to be a centrepiece for that recognition?

words by Bill I'Anson photos by Paul Griffiths



Jim Leishman examines a karst surface exposure

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THE ISLAND CALENDAR

Day to Day

Friday June 24

• Live Music: Larry Ho Blues Show HBI Pub 9 pm n/c

• Tequila Mockingbird Orchestra, Quadra legion \$20 at door, open 9pm, show 10:-1:00!

Saturday & Sunday, June 25-26

• Quadra Island Quilt & Garden Tour

Sunday, June 26

Theatre Quadra AGM - 320 Sutil Rd 5:30 pm

Friday, July 1

- Music wi Willowishes at SouthEnd Farm 1 4 pm
- Canada Day Celebrations 4pm at Rebecca Spit
- Live Music: Go Dog Go HBI Pub 9 pm n/c

Thursday, July 7

• Entangados - Argentinian Fiesta! HBI Pub \$10 cover at the door 9 pm

Friday, July 8

• Live Music: 'This' - at the HBI Pub 9 pm n/c

Sunday, July 10 • Atlanta Young Singers 7pm Q.C.C. doors 6:30pm

July 19 to 24

• Quadra Island's sixth Annual Festival of Chamber Music, Mystery & Music. Details page 13

The Regulars

MONDAY

Parent & Tots, QCC, 10am–12pm Sing for Pure Joy 1–2:30pm at QCC Tennis: Men's drop in at QCC 4–7pm AA, Big Book Study, 7pm Quadra United Church

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

Farm Friday 11 am to 6pm SouthEnd Farm Winery 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

NEXT DI DEADLINE: Monday, July 4 @ 7pm



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What's happening at the Quadra Island Community Centre

THIS WEEKEND (June 25-26)

SATURDAY: 10:00; Quilt and Garden Tour

SUNDAY: 10:00; Quilt and Garden Tour

THIS WEEK (June 27-June 30)

MONDAY: 10:00 Parents & Tots; 10:00 Yoga w/ Josephine

TUESDAY: 9:00 yoga w/Brenda; 5:00 Yoga w/Trinity

THURSDAY: 8:45 Total Body Sculpt w/Marion; 9:00 Yoga w/Brenda; 10:00 Parents & Tots

NEXT WEEKEND (July 2-3)

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

SUNDAY: 4:00 Golf Camp

NEXT WEEK (July 4-8)

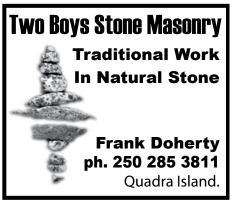
MONDAY: 9:00 Red Cross Swim; 9:00 Girl Power; 9:30 Quadra Circle; 10:00 Parents and Tots; 10:00 Yoga w/Josephine; 10:00 Tennis; 11:00 Tennis; 2:00 Soccer; 4:00 Golf Camp

TUESDAY: 9:00 Yoga w/Brenda; 9:00 Red Cross Swim; 9:00 Girl Power; 10:00 Tennis; 11:00 Tennis; 2:00 Soccer; 4:00 Golf Camp

WEDNESDAY: 9:00 Red Cross Swim; 9:00 Girl Power; 10:00 Tennis; 11:00 Tennis

THURSDAY: 9:00 Total Body Sculpt w/Marion; 9:00 Yoga w/ Brenda; 9:00 Red Cross Swim; 9:00 Girl Power; 10:00 Parents & Tots; 10:00 Tennis; 11:00 Tennis

FRIDAY: 9:00 Red Cross Swim; 9:00 Girl Power; 10:00 Tennis; 10:00 Sprokids; 11:00 Tennis



Above: Private home, energy rating ★ 81

SEE MORE OF OUR PROJECTS AT **www.jtoelle.com**



ISSUE 630 24 June, 2016 Publisher / Editor: Philip Stone

The DI is published every two weeks. Our current edition and upcoming deadlines are online: www.discoveryislander.ca

CONTACT US

email news@discoveryislands.ca phone 250 285 2234 mail PO Box 280 Quathiaski Cove BC VOP 1N0 office 701 Cape Mudge Road hours Monday – Thursday 10am to 4pm

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

SUBMISSION GUIDELINES We welcome items for publication 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.

WHILE EVERY EFFORT IS MADE TO INCLUDE ALL ITEMS SUBMITTED, ERRORS AND ACCIDENTAL OMISSIONS MAY OCCUR.

GIFT SUBSCRIPTIONS Are available for delivery in Canada by mail **\$90 for 12 months**

Local Voluntary Subscriptions are welcome to help support the DI, suggested: \$30 per calendar year Find more details online at www.DiscoveryIslander.ca

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NEXT DEADLINE 7pm on Monday, July 4 for publication on Friday, July 8, 2016

Save Desolation Sound

Once again Lehigh Hanson Co., company has snuck under the radar to propose to - and work with - the B.C. Liberal Govt, to get a licence to begin construction of a vast quarry in the south mouth of Homfray Channel, Desolation Sound. The only notice seems to have been in the Powell River Business Gazette.

They would first log 2000 hectares of trees and then open the mine above Lloyd Creek Bay to extract what appears to be glacial deposit gravel. The bay faces out into Desolation Sd and the noise from the rock running down from the mountain area and being loaded to the transport ships and barges will be intense and extend out across to Mink, Martin, Kinghorne and East Cortes Islands. The gravel will be taken out of the country.

Lehigh Hanson is owned by Heidelberg Cement of Germany with head offices in Texas. They are a huge, powerful company known to have supported the B.C. Liberal party. Locally they own the Sechelt Quarry and one on Texada Island.

We are trying to rally support to block the construction of a huge quarry in this magnificent wilderness area and save our common land from corporate destruction. I am very familiar with this area since I have lived, worked and travelled thru it for 45 years. The section "Other Directions" in my "Clam Gardens: Aboriginal Mariculture On Canada's West Coast" details food structures two miles south from Lloyd Creek and Bay in Prideaux Haven Marine Park. Lloyd Creek Bay also contain clam gardens which I will check next low tide.

Please check out the Save Desolation Sound web site. info@savedesolationsound.com. Concerned, Judith M. Williams

www.discoveryislander.ca

ISLAND FORUM

Water Safety

One would expect the inhabitants of Quadra Island to be safety conscious since it is surrounded by water but this is not the case. In just the last year I was witness to several incidents that receded my hairline even more than it already is. Without divulging names and places in order to protect the guilty I will recount just a few of the " near misses."

1. Capsizing and loosing boat at max flood (10 Knots) in Beazly Pass with no lifejacket, current charts, vhf, or any safety gear. Boater swam ashore and was rescued by a passing vessel. RCMP put an ad in the D.I. for the person to retrieve their found kayak.

2. Woman on dock with cell phone urging several boater to go out in driving rain to rescue her husband broken down off Viner Point. After an hour of hailing boater on #16 VHF to no avail returning to dock empty handed. Woman in touch with husband on cell phone at home dry and warm with husband holed up in a bay on Viner point. Finally after firing up a 50 ft boat and searching for another hour we find him on Ch #12 and tow him in. The first order of business in any rescue is do not put rescuers at risk and maintain communication.

3. Drunken boaters wake boarding through anchorage and children swimming in order to



play crack the whip and splash scantily clad girls on an anchored boat.

4. Licensed captain and friend flipping tin boat while doing donuts and floundering in the water for 20 minutes with no life jackets. A good samaritan pulled the two to shore and averted a drowning. Once again no safety equipment was aboard. It should be noted that the one fellow was rescued just months earlier from running out of fuel at nite off Marina Island with only a cell phone{no lites, flares, or vhf}

5. A boater lost power off Read Island due to 10 year old batteries and forgetting to shut his inverter off while off shore power. In addition to requiring a thousand dollars worth of new batteries he lost a thousand bucks worth of traps due to either no weights in the traps, or not enough line, or being pulled by someone else due to his failure to mark his floats. The same cruise included not knowing which way the tide was going due to no tide charts. And to crown his stupid skipper tricks he went through Whiterock Pass without glasses and no binoculars. The only thing that kept him off the rocks was a pretty senorita kayak guide directing him through. Jim Dobbie

Have an opinion to share? Submit your letter to the DI by email: news@discoveryislands.ca PREFERRED

Regular ol' mail with a stamp to Box 280 in the Cove or drop it off at Inspirations

If it's too long it may be chopped! Please be concise.

ISLAND FORUM

Please Fence Your Pot

Dear Neighbours,

Friday evening, following an 'escape' and two hour wander around Q-Cove, Daisy the dog was returned safe and sound to us, THANK YOU! However, Saturday she came out of her dog house stoned, unable to eat, drink or walk easily. She didn't improve during the day so we took her to the C.R. vet. \$400 told us she had eaten marijuana and would probably survive with time and care money well spent!!

We brought her home and monitored her through the night, giving her water by eyedropper (since Saturday morning) to keep her alive. She improved slightly overnight, vomiting leaves and stems Sunday morning. She finally drank on her own late Sunday afternoon, was more able to walk, had her first 'real' pee and bowel movement, but wouldn't eat.

Now Monday morning she has eaten a small breakfast and is almost her old lively self. Hooray!

If your 'grow-op' is between Quadra Builders and the school and is unfenced, PLEASE FENCE IT!! You are losing 'valuable' product and may have killed some dogs - YOU NEARLY KILLED DAISY!!

Joyce and Brian Sheppard

THE NEXT DI DEADLINE Monday, July 4 @ 7pm • Email your item to news@discoveryislands.ca

The Rec Guide is out!

Keep an eye out for Quadra Community Centre's Summer Rec Guide, in your or your child's report card. It will be full of fantastic fun-filled affordable activities to keep the kids busy this summer, for instance the Golf Camp is 2 hour, 3-day course for only \$10!!

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.

New Fire Bylaw Could Assist Quadra Island

In 1925, after an extremely dry July and August, a surveyors campfire near the Lucky Jim Mine, jumped into the trees and was pushed by strong northwest winds all the way to Heriot Bay and Gowlland Harbour. It consumed an estimated 50,000 acres of forest land and many homes and homesteads. Could something like that happen today?

Sometime ago in discussion with Coastal Fire in Parksville I learned of the existence of a Burn Bylaw. This bylaw may be used, once implemented, by municipalities and regional districts in formulating fire prevention strategies for local areas.

At present, Quadra Island is divided into two distinct jurisdictions in the area of fire planning. South of the sign above Hyacinthe Bay, Quadra has its own Fire District, complete with fire halls, trucks and trained volunteers. The Fire Chief makes decisions for the area.

The northern three-quarters of Quadra Island is administered by the Provincial Ministry of Forests [MFLNRO] and has a different set of standards. The Ministry's priorities relate to Crown Land. They will respond to a fire on Crown Land or threatening Crown Land. Fires on private property and house fires are not in their mandate.

The last time I checked, Quadra Island as a whole was rated as 3 on a drought scale of 1 to 4 with number 4 classed as extreme drought. It is only June.

The population of Quadra has risen dramatically since 1925, and will continue to do so. With more people living and working here and more visitors every year, the chances of a human caused wildfire rises.

I believe Quadra would be well served with a bylaw that would treat the island as one unit, with one set of fire prevention standards. This would allow the Fire Chief the ability to administer these standards across the entire island at one time. However, this does not mean the South Quadra fire trucks would be expected to extend their coverage past the Hyacinthe sign (sic). Insurance issues make that not a possibility. Living on North Quadra demands that you try to be prepared to help yourself and your neighbours should any fire on private property occur.

www.discoveryislander.ca

This is a small island and any fire getting away should be of extreme concern to everyone. Fire knows no boundaries. Anything we can do to minimize the possibility of a human caused wildfire, we should do.

If you are interested in learning more about this bylaw please contact the people listed below. To move this bylaw forward there must be substantial desire in the community for it. Please write, or email the following.

Thank you

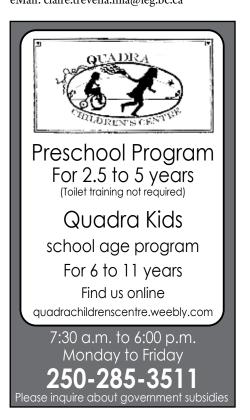
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Tom Yates,

Corporate Manager, Strathcona Regional District - ph: 250-830-6700 301-990 Cedar St, Campbell River BC V9W 7Z8 eMail: tyates@strathconard.ca

Jim Abram S.R.D. Regional Director Box 278 Quathiaski Cove BC V0P 1N0 ph: 250-285-3355 eMail: jimabram@xplornet.ca

Claire Trevena, MLA North Island 908 Island Highway, Campbell River V9W 2C3 ph: 250-287-5100 eMail: claire.trevena.mla@leg.bc.ca



Sew and Sow Quadra Island Quilt and Garden Tour

The 2016 Quilt and Garden Tour is Saturday June 25th and Sunday June 26th featuring 5 gardens in central Quadra and 7 in Granite Bay. The gardens vary in style and structure, including Japanese, a stone folly, driftwood fences and an Inca style terraced garden. Several gardens are located on heritage properties first occupied in the early 1900's, others are newly developed. If your garden is too wet, dry, rocky, sandy, shady

or hot someone on the tour has successfully tackled the same problem.

Like icing on the cake every garden will be decorated with quilts. Quilters do more than cut large pieces of fabric into little pieces and sew them back together. There is skill in the choice of fabric, design, colour and thread to create the final artistic piece. Quilts you will see range from full size bed quilts to lap or crib size to journal quilts that tell a story. Also included will be many



of the comfort quilts made by members to be donated for charity.

Tickets are \$15.00 and good for both days. They can be purchased at the Campbell River Art Gallery, Works of H'Art in Heriot Bay and Inspirations in Quathiaski Cove. They are also available on tour days at the Quadra Tourist Information Booth.

Money raised supports the Quadra Recreation children's programmes and the Quadra Quilter's annual marathon. Marathon quilts are donated to our community, B.C. Childrens Hospital and Ronald Macdonald House.

Buy your ticket, follow the map (centre of the ticket), support your community and enjoy the quilts and gardens of Quadra.

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Theatre Quadra Annual General Meeting

Sunday, June 26, 5:30 p.m.

Theatre Quadra is a non-profit organization that strives to provide:

- theatrical productions that entertain and enrich our community
- creative outlets for youth and adults to develop and showcase their dramatic talents

• learning experiences in all aspects of theatre production and management

This year, TQ's AGM will be held on Sunday, June 26, at the home of Doni and Buck Laird at 320 Sutil Rd. (250.285.3881), starting at 5:30. This is your chance to contribute to Quadra's lively theatrical community, confirm your TQ membership, and elect or join the TQ Steering Committee for 2016/17.

• Theatre Quadra is a committee of the Quadra Island Recreation Society. We have a Steering Committee whose role is to plan, coordinate and support theatrical productions, and promote other activities such as theatre training and volunteer development.

• Become a new or return member for 10 dollars and exercise your voting privileges! Print out and fill in the MEMBERSHIP APPLICATION on the TQ website 'About Us' page @ http://www. theatrequadra.ca/about.html. Mail it to us or hand it in at the AGM.

• During the AGM we will nominate and elect TQ Steering Committee members. Join us and play a pivotal role in promoting theatrical entertainment on Quadra!

• Following the AGM business, potluck will start around 6:30. Bring along something edible, drinkable and seatable.

Please RSVP to theatrequadra@gmail.com, so that we can plan for the number of people expecting to attend.

Help us set the stage for outstanding live theatre in our community!

See you at the AGM!

Visit Theatre Quadra on Facebook, as well as the TQ website @ www.theatrequadra.ca.



Canada Day

at Rebecca Spit July 1, 2016

A group of Canada Day Volunteers have organized a Community Picnic Potluck for Canada Day Rebecca Spit.

In keeping with Quadra's long history of successful potlucks, organizers have a simple plan to indicate suggestions on what to bring to share with friends and family. With lots of ice trays from Walcan, a large tent, and tables, we hope offer a wide variety of appys, salads, breads, cold main courses and desserts.

We ask that all serving containers and utensils, have names/phone numbers marked on them and each food item have a card/list of ingredients attached. Food to be delivered to the Spit by 3:45 so we can start eating soon after 4 pm.

There is a Facebook page " The Great Canadian PotLuck", organized with lots of ideas re what to bring, and interactive comments from volunteers and food suppliers.

BBQ Salmon and corn on the cob will be provided at no cost and there will be a "by donation" beverage and snack tent with Cotton Candy and Popcorn for the kids..

The Canada Day Cake contest will now be open to anyone who wants to enter! We ask that any cake NOT have dairy product filling or icing. Judging, by local "foodies" will be on taste as well as appearance Who will take home the coveted Beaver trophy this year?......

We suggest that **each family bring their own plates**, **cups and utensils** for each member to promote recycling and decrease waste, however, we will have a small supply of disposable plates and cutlery.

As is common with any potlucks, there will be persons who because of food intolerances, and personal preferences, choose not to eat from the community table. We suggest that you bring your own picnic food, and come to enjoy the day with family and friends at the spit.

The Canada Day Celebration will open at 3 pm, welcoming remarks, and singing of "Oh Canada" at 3:30 (Did you know there is *another* change in Lyrics this year???) Live music, and other on stage entertainment will continue till 8 pm. Tho we plan to close activities after 8 pm, so we can clean up, (any MORE volunteers welcomed) we hope families will spend the evening there, as the park is still open.

Hope to see you ALL at Rebecca Spit Park July 1 at 3 pm. !!!!!!

The Canada Day Committee Volunteers



Canada Day at SouthEnd

Swing on by SouthEnd Farm Winery on Canada Day, Friday, July 1 between 1 and 4 pm and enjoy local island music makers, Willowishes!

Andrea, Maureen, Trinity and Elsa will bring their plethora of instruments and amazing vocal harmonies to the farm to help us celebrate Canada's 149th birthday!

Taste the newly released 2015 locally grown and produced red, white and rose wines, including the oak barrel aged Quintage, the refreshing Virga and the summer hit Bara in our new tasting room. Purchase your favourite by the glass to enjoy on the patio.

Why not try one of our gourmet picnic baskets while you are here? Featuring Tofino's Picnic Charcuterie, Natural Pastures Water Buffalo Brie, Prontissima's bruschetta and crackers by Raincoast. Yum. Let us know in advance if you would like to reserve a picnic to share with your friends on Canada Day.

SouthEnd Farm Winery is located at 319 Sutil Road. The Tasting Room is now open Friday through Tuesday 11 - 6

Youth Choir

Come and enjoy the wonderful mixed youth choir, ATLANTA YOUNG SINGERS (12-16 yrs.) from Atlanta Georgia on Sunday, July 10th at 7:00 pm at the Community Centre.

Doors open at 6:30 pm and tickets are available at Inspirations and Works of H'Art. Single - \$10 At Door - \$12 Family \$15 Children under 12 free.

Calling all Creatives!

The Fall Fair is only a few months away. Hopefully the many artistic and crafty people on Quadra have made note of the opportunities to strut their stuff in the Arts and Crafts section.

So many amazing things are made on this island. We have an impressive range of artists making wonderful work that we would love to have the opportunity to see.

So check out the categories listed in the recent DI and plan on participating in the Fall Fair - we would love to see what you have created!

Bill Bradshaw Quadra Real Estate



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ISSUE 630 • JUNE 24, 2016

Nature Play for Families

Saturday, August 27th

9am – 2:45 pm

Hand-In-Hand Early Years Nature Education Program will be hosting a free workshop to Quadra families with children aged 3-6 years old.

There is limited enrollment for this workshop so please register now. As this event is sponsored by Quadra Literacy and funded by a Quadra Success by 6 grant it is restricted to Quadra families.

Schedule of Events:

9 – 11:30am: Our educators will offer a program following the Forest School Model which includes components of play/nature based and child led activities. In addition to this self-directed outdoor play, we will offer nature inspired songs, books, games and activities that can easily be experienced in any and all natural environments

11:30am – 12:15pm: We will take a break for a picnic lunch at the Quadra Children's Centre

12:15pm – 1:45pm: While there is supervised play for the children at the Quadra Children's Centre playground, our educators will present to parents/guardians a discussion of playing in nature with families. We will discuss motivation, appropriate clothing, healthy snacks, inspiration, education, risky play, having fun and provide references for inspiring nature based activity resources and time for Q&A.

1:45pm – 2:45pm: Parents/guardians will put our presentation into practice by revisiting experiential play at a different location in the Blenkin Park forest. This will provide a handson opportunity for parents/guardians to put to use what we've just discussed, while asking questions throughout.

More information about the workshop is available at hand-in-handeducation.com/ nature-play-families/

For additional information and to register, please contact Robin Beaton:

robin.quadraliteracy@gmail.com 250-285-3185



Find out when the DI is posted online & receive other updates

It's All Happening at the HBI

Entangados is an Argentinian band of musicians and actors who perform as clowns. Since 2004 the band has mixed theatre with genres such as rock, cuarteto, música balkánica, reggae, cumbia, ska, folklore, and tango. Each show is a fiesta musical full of dancing, humour, happiness, and energy.



They toured through Mexico, North America and Quadra Island in 2015 and now Entangados returns once again to the HBI Pub Thursday July 7th! \$10.00 cover at the door. 9 pm.

Karaoke: Every Tuesday in July! Take the stage and be a star or come and watch, the stars need an audience too! 9 pm. HBI Pub. So much fun!

Live Music Friday nights: June 24th Larry Ho Blues Show – Authentic Blues, R&B, R'n'R!... July 1st Go Dog Go – Beach Blanket Time Machine....

July 8th THIS – Mixtape of Rock, Funk, Blues, Folk & Country.... July 15th

DUFFY live! – Classic Rock, Dance Floor Party.... July 22nd The Jagsters –

Classic Blues, Classic Rock.... July 29th Blue Kats – Smooth Vintage Rock.

9 pm. HBI Pub.

Saturdays Open Mic with Mo Davenport: Good music, good times, good friends at the good old HBI! 9 pm HBI Pub.

Mexi Mondays, Wednesday Wings, Flatbread Fridays. Available after 5 pm in the HBI Pub. Delicious!

HBI Kitchen hours: We're cooking tasty meals 7 days a week: 7 am to 10 pm! Late night munchy menu from 10 pm in the HBI Pub.

www.discoveryislander.ca

Quadra Island Outdoor Club Upcoming Events

We have had a great spring for hiking and kayaking, and we have had some wonderful trips. We have a mix of classic and exploratory trips for the next month. Here are the upcoming trips:

22 June, Wednesday - hike around Open Bay and Big Beach Creek

29 June, Wednesday - kayak self-rescue and bracing course at Mine Lake

6 July, Wednesday - hike the Morte Lake Loop

20 July, Wednesday - hike to Nole's Pizza Peak 27 July, Wednesday - hike to Nugedzi Lakes and lookouts

The details for these trips are available at:

https://qioutdoorclub.org/trips/tripschedule/schedule-summer-2016/

Please be sure to contact the coordinator several days prior to a day.

Farmers Market

The 2016 Farmers Market season runs every Saturday until September 17. Rain or shine the Market is open in the lovely green space beside the Credit Union.

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 and \$1 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 and 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!

RCMP Beat

On June 17th, 2016 a red super cycle bike was turned into the RCMP. If you are missing this bike contact the Quadra RCMP Detachment.

On June 19th, 2016 Quadra RCMP conducted a traffic stop on a vehicle and issued the driver a 3 day Immediate Roadside Prohibition (IRP) after the driver provided a breath sample into an approved screening device which resulted in a WARN reading (60-99MGS).

On June 20th, 2016 at 820am Quadra RCMP conducted a traffic stop on a vehicle in Quathiaski Cove after receiving a report that the driver might be impaired. The driver displayed symptoms of impairment due to alcohol. The driver had already been served with two 90 day Immediate Roadside Prohibitions (IRPs) over the last two years. The driver was detained and brought back to the detachment to provide further breath samples. The driver provided breath samples that were three times the legal limit. The driver, who was also prohibited from driving, was released with documents to attend court at a later date to face several criminal charges.

Cpl.Kevin CHRISTENSEN Quadra RCMP

Thank you

Thank you to everyone who helped make the Quadra Island Studio Tour a great success: Jim Abram and the SRD, ticket selling venues, Brian Kylephotographer, Kameleon for the fabulous lunch, musicians, advertising sponsors, and to the more than 500 visitors!

Don't forget 11 Studios remain open year-round.

www.quadraislandarts.com

New brochures available at Tourist Info and on the ferry.

Correction

Oops, Fall Fair catalogue blooper...

Despite our efforts to be perfect sometimes it just doesn't happen. In the Needle Arts category the People's Choice voting will be in the Quilting division for classes 10 - 13 and not in the Knitting division as mistakenly shown in the catalogue.

There may be more mistakes, hopefully not, but we'll let you know. Keep your eyes on this space!

Calling All Quadra Kids

Would you like another opportunity to perform your hip hop dance? Come to the Canada Day potluck and performance to show the community your sweet moves! I hope to see you there.

Friday, July 1st. 3:30pm.

Rebecca Spit.

Island Theatre Kids Summer Camp

Act! Sing! Dance! IMPROV! Mask-making! And more! Join Kate Alexandra and Laura Mudge for a week of drama, music and crafts with a performance at the end to show you what we've done.

Age 5-11

July 18-22, 1:00-4:00pm (Noon on the Thursday to catch a bonus musical surprise)

\$60. As always, siblings are 1/2 price

Call the QCC to register: 285-3243

Visitor Survey

The Quadra Island Tourism Committee is conducting a visitor survey throughout the 2016 season to gauge what is drawing tourists to our island, where they're coming from, how we're doing in reaching them and what they've enjoyed (or not) once they're here.

The information will be invaluable for QIT in planning future marketing campaigns and will be made available to local businesses for their own advertising and planning needs.

Surveys will be distributed in several ways. If you'd like to have copies available for your guests and can collect and return them completed, please email QIT at: info@quadraislandtourism.ca

BACKYARD BURNING BAN



THANK YOU FOR KEEPING OUR COMMUNITY SAFE!

Live Music Fridays Larry Ho Blues Show June 24 - Authentic Blues, R&B, R'n'R!

Go Dog Go

July 1 - Beach Blanket Time Machine

Entangados July 7 - Argentinian fiesta! \$10 at door 9pm in the Pub. No cover.

Open Mic with Mo

Saturdays at 9pm with host Mo Davenport **lively, delicious, Soulful** great food · superb events · casual fun open every day · live music Friday & Saturday



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Quadra Circle News



Did you know? Active Aging is the new sexy! Don't just sit – get fit and enjoy it!

Join us on Monday, June 27 at 9:30 am at the Seniors Activity Centre at Quadra School for our fun, **new walking group**. Geared for those wanting a safe, go-at-yourown-speed workout, we start with warm-up exercises and then a walk on level ground around the school if the weather is good. If not we will walk in the gym.

Ping Pong – now 3 tables to play on from 9:30 to 10:45am in the school gym Monday, June 27. If you haven't played before, come along and we will start you with a short lesson. You'll soon be playing and laughing along with the rest of us!

Enjoy coffee, snacks and friendly conversation in the School Literacy Room from 10 am to 12 noon. Discussions on anything under the sun, plus Scrabble, board games. At:11:15 Julia Campbell will lead Chi Gung exercises to release pain and stress. Please join us and bring your ideas for summer activities.

Starting Monday July 4, all our activities will move to Room 1 in the Community Centre for the summer. We will walk around the baseball field, then meet in Room 1 at 10 for coffee, conversation and gentle exercise at 11. Pingpong will be in Room 1 from 9 to 10.

Does your Bucket List include: 'Have more fun before I'm done!'? Join in our Seniors Lip-Synch skit for the Cortes Radio Fundraiser on Quadra Island in early August. Come to our Monday morning Activity Centre or call Carol Woolsey at 285-3737 or Claire Heffernan at 285-3381 for more information.

Need help to get to a Monday activity? Call our Transportation Co-ordinator, Diana: 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.

Quadra Home Meals: 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.

Emotional Wellness: For free Mental Health and Substance Abuse help from an Island Health counsellor call (250) 850-2620 for an appointment to see her at Quadra Medical Clinic on alternate Tuesdays (June 28, July 12). 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 (June 28, July 12, 12:15 to 12:45pm at the Wellness Centre above the Library. Please arrive early or attend next time.

Resource Info: Want to volunteer with the School or Quadra Circle? Need info on seniors resources?

Seniors Outreach: Karen Gair and Quadra Circle's Resource Centre volunteers can connect you with helpful services, arrange home visits. Foot Care subsidy for seniors and those who receive GIS or MSP premium assistance Friendly Phonecall: A free service. Receive a daily check-in call for peace of mind from our caring volunteers. Visit our Community Connections Centre (beside QI Medical Clinic) Wed.-Fri., 11am-3pm 285-2255; qcircle@outlook.com. See our website: www.quadracircle.ca



www.discoveryislander.ca

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

Salmon Ceremony

The Salmon Blessing at Cape Mudge on Saturday was a huge success and its could not have been possible without the help of our many sponsors and volunteers. Many thanks to the sponsors who so kindly donated resources and money to make this event possible. They are:

Wei Wai Kai Nation, Area "C" of the Strathcona Regional District, Quadra Island Builders, Isle Tech Auto Service, Fermentations, Leslie MacGregor RMT, Sacred Pulse Sanctuary and Gifts, Yellow Dog Trading Company Tru Value Foods Heriot Bay, People's Drug Mart, Walcan

Also many thanks to our event partner the Nuvumbalees Cultural Centre, for the incredible organizing and planning of the event, thanks to Chief Robert Joseph, Rod Naknakim, Ronnie Chickite, Chief Brian Assu, members of council of the Wei Wai Kai Nation, Jim Abram, Keith Simmonds ,president of BC Conference of the United Church, John Bullas representing Comox-Nanaimo Presbytery, members of Quadra Island United Church. Also many thanks to the crew who cleaned the fish, the kitchen crew, the crew who helped fill the boxes and serve the food, the parking crew, Vicki Lash for helping to organize the cedar mats, Jadea Wilson for weaving the mats the dancers for dancing, the drummers, the sound crew, the video crew, the clean-up crew and all those who volunteered on Saturday to serve this wonderful community.



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.

We are very happy to introduce new live music at the Saturday Market with Quadra's very own all women's musical group, the Willowishes on Saturday, June 4. Then Kris Wellstein performs on Saturday, June 11. Roadside Rattle, a group from Campbell River, plays on Saturday, June 18. John Toelle and Richard Christie are booked for Saturday, June 25 and July 2. Dave Blinzinger plays sax (maybe with friends) on Saturday, July 9. Barry Hodgson performs on Saturday, July 16. Banjo Joe plays on Saturday, July 23. And the Willowishes play again on July 30. August is booked as well.

If you'd 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.

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

Atlanta Young Singers

Atlanta Young Singers, headquartered in Georgia, USA, is Atlanta's premier choir for children and youth. It was founded in 1975 when the idea of boys and girls singing together in a community choir was rare in the United States. Now celebrating its 41st season, AYS is bringing music to life for children and youth in metro Atlanta and audiences all over the world. Last year, over 90,000 people heard AYS sing! AYS provides a diverse and challenging learning environment that inspires intelligent thought, artistic creativity, and personal growth. Over 180 singers ages 7 - 18 are accepted each year into one of seven AYS choirs.



Come and enjoy this wonderful choir at the Quadra Community Centre on Sunday, July 10th, at 7:00 p.m. (doors open at 6:30 p.m.) Tickets available at Inspirations and Works of H'Art or at the door.

Adult - \$10 at door \$12 Family \$15 Children under 12 Free



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Contact lim Abram Between 8:30 am and 7:00 pm,

Monday through Friday (not on weekends please) 250-285-3355

email anytime: jimabram@xplornet.ca

or by mail: Box 278 Quathiaski Cove, BC VoP 1No on Facebook: facebook.com/JimAbram

> Please do not use residential phone number for SRD calls

Home Warranty

National

Quadra Island Seniors B.C.O.A.P.O.--Branch 91

The B.C.O.A.P.O. Convention in Abbotsford was a huge success and delegates came from the entire B.C. province.

Ann Lawrence attended as Quadra Islands Br. 91 delegate also Ruth Amiabel as North Island Director. We had many speakers, Sam MacLeod, Superintendent of Motor Vehicles. Isobel Mackenzie- Seniors Advocate for the Province of B.C.

Many Council of Senior Citizens workshops including Pension and Tax Options, Dealing with stress.

Other speakers were Joanne Taylor from NIDUS also Kelly Pater, Communications Officer of the Abbotsford Community Police Association.

We had two Buffet dinners and lunches which were delicious. We also enjoyed and participated in line dancing group from Abbotsford which was great fun.

We gave a Thank-you to Betty Bolton for being secretary for so many years and is resigning Betty is the President also for the Scholarship society. Jerry Gosling was elected as Vice President. Many prizes were won by seniors.

We had many resolutions which we voted on and approved which will be sent to Provincial and Federal Govts. including We should not be stranded at anytime by B.C. Ferries, also we should acquire the Shingles vaccine free, Free parking at Hospitals in B.C. More Residential Care Homes for seniors which would pay by other O.A.P branches.

Today our branch is having lunch at Tsa-Kwa-Luten in memory of Hilary Stewart a long time member of our branch. If you would like to join our active group call Lois Norman @3061--For transportation call Ruth Amiabel @ 3801 or cell 250-895-9188.



More Seniors Housing - Coming Soon!

Quadra Island Seniors Housing Society's Board of Directors was excited to announce at our AGM June 20th that we plan to build a 16unit seniors residence for independent living with supports on Harper Rd. Our Board is in the process of purchasing this property which adjoins the existing 5 senior housing units on O'Connor Road. As well QISHS has applied for new CMHC and BC Housing to help finance this \$3.8 million project, with the hope of having it ready for occupancy by January 2018.

Following months of deliberation on the results of our Need/Demand and business feasibility study, looking at potential Q Cove properties and assessing our capacity to take on such a large project, we selected the Harper Rd. site as our best option. Although the site and focus on 'affordable housing only' are different than that recommended by Quadra Circle and the Joint Housing Committee, both these groups support the changes, in the interest of housing our more vulnerable seniors as quickly as possible. Quadra Circle and Island Health Community Care will provide the supports for those who need it.

Timing coincided well with BC Housing's May Expression of Interest Call for applications for new affordable independentliving housing which can be built quickly. If we are selected by BC Housing, a large portion of construction costs can be funded by BCH in exchange for their equity interest in part of the project.

The Seniors Residence will have 16 suites (1 and 2BR) with kitchens, shower bathrooms and private patios in a single-storey building with a live-in caretaker. A common area of kitchen, dining and entertainment/craft rooms will allow for shared meals and social activities. The project is intended for low-



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moderate income seniors who meet QISHS residency requirements: seniors 65+ or with a partner that age, who have lived on Quadra for more than 2 years and who meet the income requirements. Our 2015 study of 264 households showed 37 households had annual income of less than \$25,000 and were were in urgent need of affordable housing within 5 years. Our project will help meet some of this growing demand. Residents will be eligible for Shelter Allowance for Elderly Renters (SAFER) and rents will be kept at low-end of market.

We are now doing the 'due diligence' studies required to determine the property's suitability for our Residence. Provided that all the studies go well and we arrange interim financing, our property contract completes in September, which is also when we will know if BC Housing has selected us for this round of funding. If so, the design work will be completed and the construction contract will go to public tender. If not, we will work with BCH to find alternate funding, which would likely require substantial community donations and much more time.

To reduce the amount we need to borrow from BCH and a mortgage, we invite community members to help us with cash and in-kind donations. Our first Seniors Housing project was only possible because of the very generous donations from our QISHS members and other Quadra Island residents. (Income Tax receipts are available for donations of \$25 and over.) We hope you will be generous once again and support our plans to provide the much-needed seniors housing to allow our older Quadra residents to age-inplace, among their friends and family.

Please mail donations to Quadra Island Seniors Housing, Box 535, Quathiaski Cove, V0P 1N0. To receive an application form for Seniors Housing, or to help us with this project, please phone Maureen McDowell at (250) 285-2221 or email: mcboas@gicable. com



Cultural Concerts - Thank you!

The Quadra Island Cultural Concerts 2015-2016 had very successful season and thanks are due to the many people who worked so hard to make it happen.

Diana Gault has been our programming director for the past three years and has done a tremendous job of bringing in a wide variety of performers. Diana has worked together with Debbie Quigg, Norris Weimer, Darcy Mitchell, and George Murdoch to bring in everything from classical musicians to comedians and a lot of other acts in between. The programming committee vet the acts, organize the contracts, handle the finances, write up proposals for grants ... there is a myriad of tasks that are quietly done by this group and we owe them many thanks.

Quadra Island is fortunate to have talented people behind the scenes as well. George Murdoch is a master at managing the sound systems while Sam Whittingham and Tony Simard make sure the lighting sets the tone for the concerts.

Heather van der Est designs all the posters, programs and tickets. Linda Lessard ably manages the door. Paul Puddy sets out and takes down the chairs. Joyce Baker ensures that the grand piano is finely tuned.

Our concession under the leadership of Joan Brears gets rave reviews from locals and those folks coming over from Campbell River. Kathy Sales, Jane Townley, Alison Chafekar, Carol Woolsey, Kathryn Manry, Barb Rawlings, Vibeke Pedersen, Nancy Allwarden, Annabelle Cameron, Catherine Smith, Joan Varley, Karen Gair and Darcy Mitchell provided the goodies while Joan, Kathy and Jane served the multitudes.

Our guest performers are treated to great hospitality through the efforts of Diana McKerracher. She not only provides many of the meals but she also organizes all the billeting. Thank you to Diana and Rob McKerracher, Gloria and Dale Rolfsen, Gavin and Mary McIntosh, Susan Wilson, Michael and Robin Lynch, Alison and Vinay Chafekar, Bev and John Barclay, and Linda Lessard for offering their homes and making our guests feel welcome. Thank you also to Lois at the HBI for hosting ALL the performers from "The Lemon Bucket Orkestra".

Thank you to Carol Woolsey who is busy organizing the biennial "Kathaumixw" choir concert. The Atlanta Young Singers will be performing at the QCC on July 10, 2016 so mark your calendars for this special event.

The staff at the Quadra Recreation Society is due a thank you also for ensuring that cultural events are "alive and well" on Quadra Island!

Thank you to all the volunteers and to the audiences who come out to support the Cultural events. And a very special thanks you to Diana Gault for her efforts over the past three years.

Joan Varley – Programming Director 2016/2017

Quadra Island's Festival of Chamber Music

July 19 to 24: Quadra Island's sixth Annual Festival of Chamber Music, *Mystery & Music*.

TUESDAY JULY 19: An evening with Artistic Director, Phil Hansen. Details TBA.

WEDNESDAY JULY 20: Oceanics, Quadra Island United Church, Cape Mudge Village, \$20. Doors open 6:30, Concert 7pm. Bring a cushion!

THURSDAY JULY 21: Rooty Fruity! Music and activities for the young and young at heart. Food and drinks for sale. Quadra Community Centre. Doors Open 10:30, Concert 12:30pm.

FRIDAY JULY 22: Roots: Fruits, SouthEnd Winery. Sorry, SOLD OUT!

SATURDAY JULY 23: Night Gallery. Stone House \$20. Doors open 6:30, Concert 7pm.

SUNDAY JULY 24: The Russian Tradition. Quadra Island Community Centre. Doors Open 10:30am, Concert 11am, light lunch 12 noon.

TICKETS:

Works of H'Art 250.285.2834 Inspirations 250.285.3334 Tidemark Theatre 250.287.7465 Early Bird: SOLD OUT

MORE INFO: www.quadrafestival.com

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Located on Quadra Island



At The Legion

Tequila Mockingbird Orchestra returning for a night of great music Friday June 24th, \$20. At the door. Doors open at 9:00, show from 10:-1:00!

Summer Yoga Classes

Tuesdays 9-10:30 a.m. Thursdays 9-10:30 a.m. Drop In \$14

Summer visitors and Drop In's Welcome! Bright, scent free studio. Mats and Props provided.

Private/Group sessions available. West Road Yoga is centrally located upstairs at 680 Industrial Way, Industrial Way is along West Road south of the Community Centre. This Yoga is a great compliment to all your summer activities. Stretch, strengthen, release, and balance.

Ann Toelle, Certified Iyengar Yoga Teacher, studies and practices with Senior Iyengar Teachers in Canada, the U.S. and India. She has been teaching on Quadra for nine years. Her classes focus on classic poses to gain balance, strength and flexibility in both body and mind.

Chair Yoga Continues!

Thursdays 11:00 a.m-12:00. Six weeks \$60. Drop In (space permitting) \$10. 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, some standings poses. No experience necessary.

Bright, scent-free West Road Yoga Studio is located upstairs at 680 Industrial Way.

Ann Toelle Certified Iyengar Yoga Teacher. 285-3065 or 250-830-8900.

Quadra Birds

Are you interested in birds? Do you want to learn where there are great birds on Quadra? We have a new tool for bird enthusiasts on our island. Check out "Quadra Birds" on Facebook. It is a place to share sightings, to post interesting bits of information, and to show off your photos. Anyone can join and post, and with more users it will grow to be the "go-to" place for birders on our island.

Income producing home On .5 acre minutes from Rebecca Spit.

This lovely home offers a 4 bedroom main home with an additional 1 bedroom suite. This property also offers 2 wells, huge yard and workshop/garage. You will love the vaulted ceilings and open floor plan.

The living room feature wall boasts a wood burning fireplace. Downstairs in the large family room a woodstove economically heats the entire main home. \$289,000

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Quadra Island's 51st Annual Trout Derby/ **B.C.'S Family Fishing Weekend Report**

We would like to thank the 110 participants that came out to support this year's event! Congratulations to Ryan Binnersley, this years Derby winner and also the recipient of the Garnet Patten Memorial trophy for his 1lb 13oz fish! The women's first place winner and receiver of the Howard Richard's Memorial trophy went to Kathy Martell and the youth first place went to Dakotah Richards!

Congratulations To All The Winners!

| | YOUTH | WOMEN'S | MEN'S |
|-------------------|------------------|-----------------|-----------------|
| 1 st : | Dakotah Richards | Kathy Martell | Ryan Binnersley |
| 2 nd : | Dominic Richards | Maggie Richards | Brian McCabe |
| 3 rd : | Noah Neudorf | Theresa Roddie | Mike Sumner |

This year's entry prizewinners were Joey Duprey and Corbin Delisle and Steve Roddie was the lucky winner of the hidden weight category. The skunk prize went to Elliot Dubois and with Colin Oswald name drawn for the father's day draw. Cal Clandening was the lucky winner of the 50/50 draw!

We would like to take this opportunity to thank the Heriot Bay Tru-Value Foods and the Q. Cove Tru-Value store for the very helpful spirt points and to those who donate their points to the trout derby. Thank you Bob at Heriot Bay Tru-Value for the corn, once again scrumptious! We would also like to thank Works of H'art, Sidelines and Heriot ay Tru-Value Foods for contributions towards the prizes. Thank you to the Southend Farm Winery for their donation and to the Department of highways for allowing us to camp out. To the cabin owners, we really appreciate your patience with all the extra traffic, thank you. Lastly to Owen Bird, the coordinator of B.C.'s Family Fishing weekend organization, we are delighted to have your support for our annual trout derby.

As always we had an enjoyable weekend! So much fun! Thank You! Darlene, Laurel & Sally



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ISSUE 630 • JUNE 24 2016

appy Solstice, everyone! What a beautiful day! I had meetings in town this morning and am now dragging myself to my keyboard, out of the sunshine, to write this report. There is so much going on in Area C and around us that I feel you need to hear at least a bit of it.

Granite Bay Park

We just had some excellent work done by a local contractor to "maintain" the Granite Bay boat ramp. He did a beautiful job and I hope to actually get a day to go and use it. Hope you will too. Remember to pay your five dollars to help defray the costs of maintenance. Also, please make sure that those with trailers park in the designated areas, at a sharp angle to add more room for others. For those that don't have a trailer but are using the ramp (of course you will still pay!) please park beyond the boat ramp approach so that people can make the turns needed at the ramp. Thanks to all for your cooperation.

Water Access signs

The SRD is in the process of erecting some very small "water access" signs at key Highways access points. They are small and unobtrusive and are meant to let people know where they can access the water on our beautiful island surrounded by water and where they should not go! This will protect private property from trespass. Every waterfront subdivision on the island was required at time of subdivision to give land to the community to access the water. This was mandatory and all we are doing is marking a few of the spots so we can all enjoy the water access. They are not for vehicles and are not to meant to intrude on anyone's private space. Very special consideration was given to that point.

On Stuart Island

I will be going to Stuart Island tomorrow with staff to hold a public hearing for a rezoning to legalize a small tourist lodge at the entry to Toba Inlet. It has been in existence for years but totally out of compliance with local zoning and Crown leases. This should take care of that provided the public approves.

The Stuart Island Community Association buildings are partially on old SD property and we have been trying to get that given to the community for many years. Today was a very successful meeting in town with officials from the Province, the SD and the SRD. They are coming around and by Sept. I am hoping the property will be remaining in the public domain through these efforts. I will also meet with the Stuart Island Community Assoc. tomorrow

Owen Bay dock

As you will remember from previous reports, we took over the wharves at Owen Bay, Port Neville and Surge Narrows from Transport Canada when they threatened to tear them out. I will be meeting with the Owen Bay community and our staff to figure out what it is they need for a facility and how we are going to make it work. We are in the process of applying for the Crown Land tenure under the present wharf. We want to get this right.

Hospital Pay Parking

The Government and Island Health are still insisting that we will need to pay for parking at the new hospitals. This could be devastating for the most needy and those that are brought in for emergency care, not to mention the underpaid staff. So we continue the fight and we are making some headway with them at looking at options. So far I don't like any of them but will continue to fight for your right to receive health care at no extra cost.

Dr. Anita Komonski, ND, снт naturopathic physician

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Ferries

Well, what can I say! There is still a huge network of people including myself working on getting our fares reduced, our service restored and the system put back into the Ministry of Transportation. I met with Fed. Lib's and Fed. Conservatives as well as the NDP at our Federation of Canadian Municipalities meetings two weeks ago. I have gotten all parties to agree to support my above goals. Now they just have to convince the greater Caucus and the PM! Look for a great article later this week.

Last but not least.. Recycling

As you know I have been fighting the "big machine" that runs all of the recycling programs in BC. They wanted to fence, gate and lock our depot at 4pm and have it open only a few days a week and get rid of our super-contractor, Mike Windrim. I have "just said NO" over and over. So it looks like we have won. They are going to leave us alone, finally! And Mike will still being doing the excellent job he does for all of us. The things I have to fight over! The one negative is that this mega-corp is not going to recycle glass! Stupidest thing I have ever heard of. Even if they just crushed it at the landfill and used it as cover, it would be better than putting it in one's garbage and taking up more and more space at the landfill, which we pay dearly for. All of you should write letters to the Comox Valley Regional District and tell them how stupid this is... they are in charge, not the SRD.. Barrage them with emails and phone calls. Let them know we want glass recycling on Quadra. Other directors on the Board weren't as concerned. They just allowed it to happen.

OK.. that is enough for now... There are at least a dozen more important issues but I have to get this submitted. Feel free to contact me between the hours of 8:30 am and 7:00 pm, Monday through Friday (please, not on weekends or holidays, 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

Heriot Bay Tides

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Home & Garden

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Time to paint your bottom! Boat bottom painting available on Quadra, at your location or ours. Now scheduling for May. Free Estimates. **Contact Carl: 250.830.7897** carlfish@telus.net

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