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

Quadra Island - Cortes Island

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

! Local Commuter Sailings, expect delays.

* Fridays Only † Daily except Sundays.

** Tuesday sailings Dangerous Cargo No passengers or cars

COMMUNITY NEWS & EVENTS

Fall Fair September 11, 2016

Flowers, Flowers and more Flowers

With only seven weeks to go to the Fall Fair it is past time to check out the garden and decide which flower categories you are going to enter. This pleasant, damp July means that flowers are less stressed and are growing well. Check out the moisture level of your soil and keep it damp but not too wet. About one inch of water a week is more than enough for most plants. One deep watering is preferable to sprinkling every day which encourages surface root development. Dry soil is difficult to wet. Water a little in the evening, let it soak in overnight and then water thoroughly in the early morning. After you have watered, it is time to feed the plants. If you are growing them for flowers, choose a fertilizer that has a low first number. This number represent the nitrogen level and too much nitrogen encourages leaf growth at the expense of flowers. Feeding every two weeks at half recommended strength works well. Keep deadheading! A plant's aim in life is to reproduce and then it can die happy. Keep them frustrated.

Check out the categories in the Fall Fair programme. Besides the usual categories, hydrangeas are included for the second time. Heads can be fresh or dried. Also note that the People's Choice is the mini arrangement which has a maximum height of 6". That

means you don't need a large number of flowers and they must be small. Keep your eye open for an unusual container and let your imagination run wild. Then there is the slug enhanced leaf. We all have those although my snakes are doing a good job of keeping the slugs under control this year.

Make the hall bright again with a wonderful flower display. You can grow almost anything on Quadra. Let us show that off.

Saturday Market Music

Live music by local Quadra Musicians is happening at every Saturday Market starting at 10 a.m.

Here's the list of performers for the rest of the season. Banjo Joe plays on Saturday, July 23. Willowishes plays on July 30. Dave Blinzinger plays mellow sax on August 13. John Toelle and Richard Christie play on August 20. Kris Wellstein performs on August 27. Finally, John Toelle and Richard Christie close out the season on September 3.

Please make generous donations to our local musicians when you come to the market. Your support keeps the wonderful music flowing.

Call Steve Moore at 285-3323 for more info.



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THE ISLAND CALENDAR

Day to Day

July 19 to 24

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

Friday, July 22

- Live Music: 'The Jagsters' - HBI Pub 9 pm n/c

Friday, July 29

- Live Music: 'Blue Kats' - HBI Pub 9 pm n/c

Friday, August 5

- 'Queen Anne's Revenge' - HBI Pub 9 pm n/c

Sunday, August 14

- Geshe YongDong Q.C.C. 11 am to 1 p

Sunday, September 11

- Quadra Island Fall Fair!!!! Blenkin Park

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

List Your Event



- Email us at: news@discoveryislands.ca
- Drop off your item at *Inspirations* Q-Cove
- Or you can bring it to our office:
701 Cape Mudge Road

NEXT DI DEADLINE: Monday, August 1 @ 7pm

What's happening at the Quadra Island Community Centre

THIS WEEKEND (July 24)

SUNDAY: 11:00 The Russian Tradition

THIS WEEK (July 25-29)

MONDAY: 9:00 Low Impact w/ Marion; 9:00 Dash & Splash; 9:30 Quadra Circle; 10:00 Parents & Tots; 10:00 Yoga w/Josephine; 10:00 Arts & Cook Camp Jr. 1:00 Arts & Cook Camp

TUESDAY: 9:00 yoga w/Brenda; 9:00 Dash & Splash; 10:00 Arts & Cook Camp Jr. 1:00 Arts and Cook Camp

WEDNESDAY: 9:00 Dash & Splash; 10:00 Arts & Cook Camp Jr.; 1:00 Arts and Cook Camp

THURSDAY: 8:45 Total Body Sculpt w/Marion; 9am Yoga w/Brenda; 9am Dash & Splash; 10am Parents & Tots; 10am Arts & Cook Camp Jr.; 1pm Arts and Cook Camp

FRIDAY: 9:00 Dash & Splash; 10:00 Arts & Cook Camp Jr. 1:00 Arts and Cook Camp

NEXT WEEK (Aug1-5)

MONDAY: 9am Low Impact w/ Marion; 9:30 Quadra Circle; 10am Parents and Tots; 10am Yoga w/Josephine

TUESDAY: 9:00 Mach 1; 9:00 Ice Quest; 9:00 Yoga w/Brenda

WEDNESDAY: 9:00 Mach 1; 9:00 Ice Quest

THURSDAY: 9:00 Yoga w/ Brenda; 9:00 Mach 1; 9:00 Ice Quest

FRIDAY: 9:00 Mach 1; 9am Ice Quest; 10:30 1/2 Day Kayak

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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 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

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NEXT DEADLINE

7pm on Monday, August 1
for publication on
Friday, August 5, 2016

COMMUNITY NEWS & EVENTS

Thanks to Robin Beaton

The Quadra School has a very special place - it's called the Literacy Room and Robin Beaton is in large part the genius behind that place. As the Literacy Outreach Coordinator for Quadra Literacy since its inception, Robin has been responsible for directing sizeable grant money to all manner of worthwhile projects on the island. She has enlarged the definition of literacy for our community - all accomplished in a quiet, well organized, behind the scenes manner.

The emphasis in the beginning was on writing and reading literacy - a group of people were trained to work with individuals who wished to improve their skills. This included math and science skills and eventually computer skills. Quite a number of islanders acquired their first taste of computer skills thanks to the program that Robin set up at the Quadra School. ESL tutoring and coaching for Canadian citizenship were also offered. More recently a group of people were trained to interview seniors and others who were interested in telling their stories.

Many interesting speakers were brought to Quadra and sessions were always open to the community. One speaker who drew a large number of people to the school was the well known Gary Anaka. His talk about brain health was both informative and amusing and demanded audience participation. He had us literally jumping up and down!

Many people may not be aware that Robin was responsible for initiating the now annual Literacy Day, usually held near the end of January during the otherwise winter doldrums time. No boring day this - a fun time for both children and adults in the Community Centre - Lego™, storytelling, crafts, puppetry, singing ... children and adults too, could move from one activity to the next. Any chance to advance the cause of literacy and Robin was ready to step up. Even the Fall Fair has a creative writing element, with the best poems and stories submitted, displayed proudly alongside the fruits and vegetables.

After many years Robin is leaving the Literacy Coordinator position, but not really retiring as

she is involved in so many other things - including getting her fingers dirty in a fabulous garden.

And of course she has organised another workshop for late summer - "Nature Play for Families" especially geared for 3 to 6 year olds. There she is again, widening the commonly held definition of literacy!

Those of us on the steering committee who have had the privilege to work with Robin and have marvelled at the countless hours of work she has devoted to the cause of literacy on our island, wish her finally a few leisure hours - yes, away from books and figures and grant applications demanding her attention.

The new coordinator taking over from Robin is Cathy Pengally
cathy.quadralliteracy@gmail.com

Heather Kellerhals for the members of the Quadra Literacy Steering Committee - Mia Frishholz, Dee McPhee, Karen Abcrombie, Susan Wilson, Mike Rennie, and Sheldon Etheridge



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On Quadra Island

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Calling all Tots!

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

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](https://www.facebook.com/quadramarket)

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

See you there!

Geshe YongDong Speaks

Geshe YongDong will lead a teaching workshop on "Healing Energy, Power of the Breath." He will demonstrate how to use the breath to slow down or stop emotional upsets, such as, fear, anger, frustration or impatience. Geshe YongDong will guide and instruct us in these simple and effective methods of breathing meditation to relieve suffering.

Who is Geshe YongDong?

Geshe YongDong was born in Tibet, became a monk at age 13 and received training from both Buddhist and Bon masters in Tibet and India. He has been teaching in Canada for several decades and comes to Quadra several times a year. Come and breathe with Geshe YongDong.

The seminar will take place in the upstairs room at the Quadra Community Centre on Sunday, August 14th from 11 am to 1 pm.

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

Call Steve at 250-285-3323 for more info.

Buddhist Meditation

Buddhist Meditation continues in the Summer months. Come at 10 am upstairs to the Spirit Book store on Sundays in Quathiaski Cove on July 24, July 31 or August 7.

We meditate for 40 minutes followed by refreshments and a reading.

Free or by donation.

Geshe YongDong comes to Quadra, Sunday, August 14th. Take a look at a separate article on that coming event in this issue.

Festival of Chamber Music

July 19-24. Quadra Island Festival of Chamber Music "MYSTERY AND MUSIC"

Don't miss these events at the Quadra Community Centre.

Thursday, July 21, Rooty Fruity! Family Concert. Music and activities for the young and young at heart. Food and drinks for sale. Doors Open: 10:30 am, Concert: 12:30. Family \$20.

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 Prokofiev. Enjoy strings, piano and flute. Doors Open: 10:30 am, Concert: 11 am, Light Lunch 12 pm.

Tickets: Works of H'Art: 250-285-2834; Inspirations: 250-285-3334; Tidemark Theatre: 250-287-7465 www.quadrafestival.com

These events are sold out!

Wednesday, July 20, Oceanics, Quadra Island United Church. (Bring a cushion); Friday, July 22, Roots:Fruits, SouthEnd Winery; Saturday, July 23, Night Gallery, Stone House.

Quadra Island Outdoor Club

Upcoming Events

Now that it's summer, it's a perfect time to come with the Outdoor Club hiking and paddling. Here are the upcoming trips:

27 July, Wednesday - hike to Nugedzi Lakes and lookouts

3 Aug, Wednesday - hike to Maud Island

10 Aug, Wednesday - paddle to Small Inlet (and possibly hike too)

17 Aug, Wednesday - hike to Forbidden Plateau Lakes

24 Aug, Wednesday - hike to Little Main Rd and north old growth grove

The details (when available) for these trips can be found at:

<https://qioutdoorclub.org/trips/trip-schedule/schedule-summer-2016/>

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

There's Still Some Fun to Be Had!

Summer Recreation at the Community Centre has some fun and creative classes coming up. There's everything from Mug Making with Gordon James, Half-Day Kayaking, a Kids' Boot Camp Obstacle Course, to Snorkelling with the Salmon.

Snorkelling is for ages 5 to adult so c'mon, join in on the fun!

Phone 285-3243 for more info and to register.

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The draw takes place at 9pm at the
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COMMUNITY NEWS & EVENTS

Oops Fall Fair Catalogue blooper

Despite all 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!

Get in The Guide

Have you always wanted to teach a class at the Community Centre? Have you taught a class at the Centre already? The Quadra Island Community Centre Recreation Guide for the Fall/ Winter Session is coming soon. Now is your chance to teach that class you have always wanted to. Write the information about the class giving the explaining the details, and submit it to the office. Please phone the office to confirm or reserve the room, time and dates you need.

info@quadrarec.bc.ca phone 250-285-3243

It's All Happening at the HBI

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

Live Music Friday nights: 9 pm. HBI Pub.

July 22nd The Jagsters; classic blues, classic rock.

July 29th Blue Kats; vintage, blues and R&B.

August 5 Queen Anne's Revenge; Hard driving classic rock'n roll.

Saturdays Open Mic with Mo Davenport: Be a player or an enjoyer, either way you win! You'll find good music, good times and good friends at the good old HBI! 9 pm HBI Pub.

Weekly Dinner Specials: 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.

Japanese Gardens Speaker

Quadra Island Garden Club Meeting on Monday, September 12

Barrie Agar, head gardener at Hatley Park National Historic Site at Royal Roads in Victoria, will be the guest speaker at the Garden Club meeting on Monday, September 12th, 7 pm at the Community Centre. Barrie did her horticultural training on an estate in Ireland. Before working at Royal Roads, she was a horticultural instructor at Vancouver Island University.

The gardens of Hatley Park were completed in 1913, shortly after the completion of the castle by the Dunsmuir family in 1908. At that time, Japanese gardens were very trendy, and an interesting addition to what is considered an Edwardian garden.

Barrie's talk will focus on the classic principles of simplicity and elegance in the design of Japanese gardens. She will describe some of the ways that past Hatley gardeners introduced "little sites of interest into the garden."

"Japanese gardens are extractions of a certain aesthetic essence from nature and are often very symbolic with many rules and taboos," explains Barrie.

This is a long-awaited talk for the Quadra Island Garden Club and we are very pleased to have Barrie share her knowledge and experience on this enchanting style of gardening.

Join us for an evening of good friends, great information and perhaps some bragging time for your produce. Did you win a ribbon at the fall fair? Bring your entry. We would like to hear about your winning entry and share our participation of this fun event as a club.

Drop-in attendance is \$3. Better yet, join for the year! Annual membership is only \$10 for individuals and \$15 for a family. Annual renewal membership is due at the September meeting. Everyone is welcome. See you there!

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around online...

Quadraland.ca



COMMUNITY NEWS & EVENTS

Quadra Island Seniors

B.C.O.A.P.O. Branch 91

Quadra Island Seniors are very sad to have lost two members recently, Marilyn Lamb who was irreplaceable with doing hard work for our branch as 1st Vice President, Treasurer, or any job that needed to be filled.

Marilyn and her husband Leonard who passed in 2014 where both very hard workers for the seniors and the Royal Canadian Legion. Marilyn and Leonard arranged many people to give out Poppies for Remembrance Day.

The most recent loss is of Life time member Russell Swanson who always had a smile for everyone and was very pleasant to all whether you were a Christian or not. Russell loved everyone and his Dexter cows as well, who he thought were the greatest. Russell worked for many years with his wife and partner Helen for Homewood Camp and would never give up, if there was a job which needed to be done.

Our condolences are extended to the Lamb and the Swanson families for their great loss.

Our seniors are having a break from our meetings until September but are very busy in the Tourist Information Booth daily. We receive tourists from all over the world who are very surprised at the beautiful Quadra Island which is one of the Discovery Islands.

Thank-you to the very kind person who placed a box of very delicious plums on the porch of the booth. They were a very kind surprise. To become a member of our busy group call Lois @ 3061 and for transportation call Ruth @ 3801 or cell-250-895-9188.

THE NEXT DI DEADLINE

Monday, August 1 @ 7pm • Email your item to news@discoveryislands.ca

Canning And Preserves

The time has come to head down to the cellar and find your prettiest canning jars, bottles, rings and lids. Why? Because you need to begin thinking seriously about what you would like to exhibit at this year's Fall Fair. The Canning and Preserves exhibits at the last Fall Fair were beautiful, tasty and varied. Jams, jellies, fruit butters, honey, pickles and pepper sauces graced the exhibit tables. What a talented lot of canners and preservers we have on this island! Competition was stiff and the judges had their work cut out deciding which entries would win a coveted ribbon!

Perhaps you already have some of these delicious preserves in your pantry. As long as they have been made within a year of the Fall Fair (September 11th) they are acceptable.

Please note that all canning entries must be sealed in standard canning jars - no wax seals please. A new stipulation added this year is that entries with commercial or business labels on the jars will not be permitted.

If you would like to know more about Canning and Preserves at this year's Fall Fair or if you would like to volunteer as a judge, set up or take down contact Alison Chafekar at 285-2821



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Raffle Supporting Wild Salmon

Dear Quadra Islanders,

You may have seen us at Quadra's farmers market and at festivals in the Campbell River area selling raffle tickets in support of the Pacific Coast Wild Salmon Society.

Many businesses have generously donated amazing prizes estimated at nearly \$10,000 to this fund-raising project. Extended kayaking tours, guided fishing trips, whale watching, a Tofino hot springs excursion, and fabulous accommodations at numerous resorts and hotels are offered for the purchase of a \$5 ticket.

The raffle will be drawn on the evening of Saturday, October 1, 2016, at the Quadra Community Centre when Sierra Quadra will be hosting "An Evening with Alexandra Morton" the raffle draw, a silent auction and other surprises.

In the meantime, please support our wild salmon by buying your raffle tickets wherever you find us selling them. And "SAVE THE DATE", for October 1st, on your calendars. More details to follow.



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Located on Quadra Island

Considering the Lloyd Creek Gravel Quarry Proposal at Desolation Sound

Discovery Islands Ecosystems Mapping (DIEM) Project was created to help provide information for considering the impacts of development proposals. Over the past 4 years, DIEM Project has created baseline maps for watersheds in the greater area we call home. DIEM Project's subsequent and almost-finished Watershed Analysis Project includes watersheds within the Discovery Islands, the Homathko River, and Toba Inlet Watershed Groups – which have now been analyzed for some specific qualities, including how intact they still are; conversely, how fragmented they are - by roads, etc., and also how much old forest still exists within them.



The Lloyd Creek Watershed maps are the result of DIEM's Watershed Analysis project, which has been funded by the Tula Foundation. This is a unique (and appropriate) perspective because watersheds are natural boundaries. We believe this is how natural areas should be considered when impacts are proposed.

There is no Sensitive Ecosystem Inventory (SEI) mapping for the Lloyd Creek Watershed; however, Old Forest is a provincially designated "sensitive ecosystem" and the Lloyd Creek Watershed contains a high proportion of Old Forest. The watershed is also relatively accessible, low elevation, and mostly "intact". Although it is difficult to identify what's-what on the Google Earth map, Lloyd Creek Watershed appears to be a

beautifully forested valley. A map of the bigger landscape illustrates how few mostly-intact watersheds still exist in the wider area. It could be argued that the Lloyd Creek Watershed's relatively small size and its (rare) high degree of intactness make it a good candidate for protection.

Whatever the reasoning behind this proposal, turning the Lloyd Creek Watershed into a gravel pit is something that should be very carefully considered. Citizens need to speak up if you care.

Editor's Note: If you'd like to make a comment on the Lloyd Creek Gravel Quarry contact the following quoting File: #2411606

Brian.Kukulies@gov.bc.ca

JNeill@strathconard.ca

jimabram@xplornet.ca

See full colour versions of the map & additional info online:

www.discoveryislander.ca

Start Saving Now!

For The Philippine Connection's Giant Garage Sale

Start saving NOW for the next Quadra Philippine Connection's Giant Garage Sale at the Quadra Community Centre with proceeds going toward Quadra's continued sponsorship of the Gift for Peace Program in the northern Philippines. This year's date is **Sunday, September 18th**, so mark this on your calendar NOW as you begin to gather up household items and treasures that you are ready to pass on for this worthy cause.

2016 marks our 22nd year for this fund-raising extravaganza thanks to the ongoing support and generosity of Quadra Islanders! Drop-off locations will be announced at the end of August in the Discovery Islander, the Bird's Eye, the Gumboot and posters around the island.

Appreciation continues to go to islanders and Tru Value for donating regular Spirit Board points as well as annual Bottle Depot contributions. As you begin to collect garage sale items, remember to also choose #291 for your Spirit Board Points at both True Value stores!

Nature Play for Families

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

Quadra Children's Centre

Saturday, August 27th

9am - 2:45 pm

Parents bring your young ones to enjoy play/nature based and child led activities at the Children's Centre and in the forests of Blenkin Park. There will be nature inspired songs, books, games and activities that can easily be experienced in any and all natural environments.

Join these experienced Early Childhood Educators to learn more about motivation, appropriate clothing, healthy snacks, inspiration, education, risky play, having fun, along with nature based activity resources.

There is space for 20 children and their families so please register now. More information about the workshop is available at hand-in-handeducation.com/nature-play-families/

This event is sponsored by Quadra Literacy, funded by a Success by 6 grant and is restricted to Quadra families.

To register, please contact Robin Beaton:

robin.quadraliteracy@gmail.com

250-285-3185

Quadra Circle News



Seniors Activity Centre: Every Monday except Aug.1, join us in Room 1 at the Community Centre for fun and friendship.

9:30am: Walking Club with with warm-up exercise and 20min. walk on level ground; go at your own pace and talk while you walk, for fewer visits to your doc.

10am Coffee drop-in: snacks, lively conversation, Board games, lawn croquet or bocce ball.

11-11:30am Chi Gung with Julia Campbell – gentle, calming exercise indoors and on the lawn.

11:30 – noon Coffee and planning for next month's activities and outings

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 book a ride 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 (July 26, Aug.9). If you are 65 and older, please arrange a referral first 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 (July 26, Aug.8) from 12:15 to 12:45pm at the Wellness Centre above the Library. Please arrive early or attend next time.

Resource Info: Want to volunteer? Need info on seniors resources? Visit our Community Connections Centre (beside QI Medical Clinic) Wed.-Fri., 11am-3pm 285-2255; qcircle@outlook.com. See our website: www.quadracircle.ca

Seniors Outreach: Karen Gair and Quadra Circle's Resource Centre volunteers can connect you with helpful services, arrange home visits by a Peer Counsellor. Foot Care subsidy for seniors and those who receive GIS or MSP premium assistance. Friendly Phonecall: Living alone? This free service lets you receive a daily check-in call from our caring volunteers for peace of mind for you and your family.

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.

Live Music Fridays

The Jagsters

July 22 - Classic Blues, Classic Rock

Blue Kats

July 29 - vintage, blues and R&B

Queen Anne's Revenge

August 5 - driving classic rock'n roll

9pm in the Pub. No cover.

Open Mic with Mo

Saturdays at 9pm

with host Mo Davenport

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a beautiful place to spend time

Hello to everyone on this beautiful July day! What a weird summer it has been so far with mixed showers, wind, cloud and sun! I am in a bit of a bind trying to write this report as I have hurt a disk in my lower back... To the Doc's tomorrow...

So this really is a laptop report, since I cannot sit at a desk.... What I am going to do is just try and hit on the topics and fill in the details a bit later. (or you can just make them up and write my report for me !)

I just returned from 5 days in Vancouver at the Union of BC Municipalities meetings where we pretty much put together the upcoming convention in September and also the "Election Strategy" for the Provincial election in May. This is going to be where we get what we need for our ferry system or not. It is on the UBCM radar. So, here we go:

Recycling

Recycling is the first that comes to mind. The Comox Valley Regional district Solid Waste Committee, made up of both the SRD and CVRD, runs the program. I am totally unhappy with the direction but the SRD was unable to persuade the whole board to not make the changes that are coming.

The contractors will be doing things differently. I managed to keep Mike Windrim employed, since he does such an incredible job for next to nothing, but one big change you will see region wide is they are not going to pick up glass. Stupidest thing I ever heard of when we are trying to reduce the amount of material that goes into the landfill.

Your glass now either has to go to the depot in CR or it goes into the landfill in your bags that you pay for. We used to crush it and use it as cover material at the landfill. Ashes to ashes (sand to sand) and all that.. but not anymore.

Plus they insist on mixing the loads of clean sorted items from Quadra, taking them south and resorting them by hand. Another really stupid choice by the contractor. This was one issue that I felt needed a bit of expansion. I have battled with them for at least two years and kept things the same, but now they are just going ahead with the program.

Please send any comments you might have to "Debra Oakman, CAO, Comox Valley RD" djoakman@comoxvalleyrd.ca. She is the Chief Administrative Officer for the CVRD.

Parking, Parking, Parking...

Another great idea by some of my colleagues: We seem to have lost the battle with the Minister over pay parking at the new hospitals (for now !). Some of my creative colleagues have suggested just putting it on taxes! (which I am adamantly opposed to).

I mean, why not tax us to pay our 40% of the total cost of the hospitals for the "construction, operation and maintenance" and then TAX us again in the amount of about one million dollars to maintain the parking lots! Absurd.

And speaking of parking, I guess you noticed that the parking at the Cove in the Harbour Authority parking lot is now three dollars instead of two dollars. The Harbour Authority would be your contact on that one. They raised it and are in charge of it.

And let's not leave out the other "parking" issue on the CR side. The Tyee Plaza was built on filled Crown Foreshore many years ago and the legal documents are very clear that the covenant says it is for "public parking".

But, no, the owners of the Discovery Inn want most of it to develop some more ugly buildings in CR right in front of the Art Gallery and Spirit Square and they want the covenant removed and the public use out the window.

So ferry users, beware! Amazing what money and greed and connections can get one!

Q. Cove Sewer

The Q. Cove Sewer issue is finally finished to the point that we can issue a Request for Proposals and have it functioning by next spring. I met with the minister and his top staff last week about the grant money we have applied for. It is looking good!

Forty three more properties paying into the annual operating fund means less per user. That is what I have been working towards.

Broadband

On the connectivity front, I have had meetings with both Telus and Shaw on the issue. Due to confidentiality I cannot discuss at this time, but we are moving along and I appreciate your patience (and mine!... I have terrible service!)

Dog Bylaw

The Dog Bylaw is coming up soon, with only some minor details to be finalized by staff. Then it comes to us.

Beach Access

The Beach Access sign issue has had a few concerns from a few people but seems in general to be welcomed. It will be done tastefully and respectfully with your input.

Roads

Heriot Bay Road from the Spit to Heriot Bay continues to be a pain in the you-know-what. I have been working with the community, Emcon and the one with the jurisdiction, the Ministry of Transportation. We are looking at improvements to make it safer and this is coming from you, the public. I am the person facilitating the process.

I have had our Highways supervisor over a number of times to look at the condition of our roads. She is assessing what to do about it. More to come. Highways is also doing work on Read Island, North Rendezvous and possibly Sonora and Stuart Island.

Stuart Island School Property

We are getting closer to dealing with the purchase of the old school property on Stuart Island and have met with what seem to be very willing partners from the Province.

We have held Public Hearings at Surge Narrows and at Stuart Island in the last weeks

Read & Sonora Docks

Still having lots of problems with the docks at Owen Bay (had a meeting on the dock with a huge contingent of the community and myself and our staff), Evans Bay and now Surge Narrows. Much of the grief revolves around Crown Lease issues on the water lots. Much confusion with records that are old and needs changing over time. It will all work out.

Homfray Channel Gravel Pit

A huge gravel pit is proposed just outside our boundaries in Homfray Channel on the mainland. This will seriously impact our multi-million, eco-tourism, yachting tourism and aquaculture industries and is proposed by the same company that we can thank for the huge holes in Texada Island and Sechelt.

And to top it off, none of the gravel is for our domestic use. So we get a huge scar on our landscape, the decimation of the local ecosystem, the destruction of our well established local industries and no jobs or product from the proposal.

Here is the File number and the website info for you to look at: Here is the link to

the public Crown Land file: <http://arfd.gov.bc.ca/ApplicationPosting/viewpost.jsp?PostID=50037> Lehigh Hanson Homfray Channel #2411606

Fire Bans

I have been looking at an area wide fire ban that would match our great fire department's work in putting fire bans on and lifting them when safe. This was brought to my attention a couple of years ago when the province lifted its ban when the danger was still extreme! So hopefully we can get that in place asap so that the provincial regulations will be as stringent as our own.

Music Festival

Last but not least there has been a lot of "he said / she said" going on about the plans for this years Quadrapalooza Music Festival at the Community Centre. NEVER a dull moment. We are trying to work out a solution that works for everyone

Ok! So much for a short report, that covers a lot of territory!

This is what it is like all the time in local government these days, not to mention dealing with the dynamics at our actual Board table, which are not always good! I know I have mentioned some of these issues before, but they go on and on and evolve and I want to keep you up to date... So this is a portion of the work that comes before me, but it should

give you a good overview of "a day in the life". I am stopping there.. Lots more to mention but I am sure I am starting to lose people. So more to follow next time...

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

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Saturday August 6th

At Quadra Community Centre
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Admission: \$12

Children under 12yrs free

Tickets available at:
Inspirations (IQ), Works of H&A (IQ), Music Plant (CR)

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Monday to Friday

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Please inquire about government subsidies

Heriot Bay Tides

DATE	TIME PST	m.	ft.
22 Friday	02:27	3.1	10.2
	07:19	4.3	14.1
	14:06	0.9	3.0
	21:19	5.0	16.4
23 Saturday	03:16	2.9	9.5
	08:15	4.2	13.8
	14:48	1.2	3.9
	21:55	5.0	16.4
24 Sunday	04:07	2.6	8.5
	09:16	4.0	13.1
	15:33	1.5	4.9
	22:32	4.9	16.1
25 Monday	05:01	2.3	7.5
	10:27	3.8	12.5
	16:20	1.9	6.2
	23:10	4.9	16.1
26 Tuesday	05:58	2.0	6.6
	11:50	3.8	12.5
	17:13	2.4	7.9
	23:51	4.8	15.7
27 Wed.	06:58	1.7	5.6
	13:23	3.8	12.5
	18:15	2.9	9.5
28 Thursday	00:36	4.7	15.4
	08:00	1.4	4.6
	14:57	4.0	13.1
	19:35	3.3	10.8
29 Friday	01:26	4.6	15.1
	08:59	1.1	3.6
	16:17	4.2	13.8
	21:08	3.5	11.5
30 Saturday	02:20	4.5	14.8
	09:54	0.9	3.0
	17:19	4.5	14.8
	22:27	3.5	11.5
31 Sunday	03:14	4.5	14.8
	10:42	0.8	2.6
	18:08	4.7	15.4
	23:29	3.4	11.2
01 Monday	04:09	4.4	14.4
	11:27	0.8	2.6
	18:50	4.8	15.7
02 Tuesday	00:21	3.3	10.8
	05:03	4.4	14.4
	12:10	0.8	2.6
	19:27	4.9	16.1
03 Wed.	01:08	3.2	10.5
	05:58	4.4	14.4
	12:51	0.9	3.0
	20:02	4.9	16.1
04 Thursday	01:52	3.0	9.8
	06:50	4.3	14.1
	13:31	1.1	3.6
05 Friday	20:35	4.9	16.1
	02:36	2.8	9.2
	07:40	4.2	13.8

THE DI CLASSIFIEDS

Shops

WAYPOINT SIGNS

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

Accommodation

STAY AT WHISKEY POINT RESORT

Enjoy Quadra Island with panoramic views of Quathiaski Cove. Pool, hot tub, BBQs--kitchenettes in every room! Our Wheelhouse Gallery offers island fine art and crafts, t-shirts, gifts. Local rates, convenient location. 250-285-2201, www.whiskeypoint.com

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

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

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"The time to repair the roof is when the sun is shining". John F. Kennedy. Get your roof replaced/repared for peace of mind. Schedule your free estimate today, no obligation! Professional roofing solutions by Red Seal Certified roofer. Call Java Roofing 250 204 2638

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Home & Garden

SKILLED GARDENER AVAILABLE

Certified horticulturist and lifelong passionate 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

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