

ISSUE 636 • SEPTEMBER 16, 2016 • SINCE 1992

discovery

I S L A N D E R

Fall Fair

When shall we all meet again?
In tea nook, quilting, or at main
When the hurly booty's done
when the zucchini's lost or won
there will we judge the taste of bun.
Where the place?

Upon Blenkin.
There to meet with strong folk.
I come cross cut, dunk tank.
Paddock calls.
Chickens!
Fall is Fair and Fair is Fall
Wander through the art and all we share.



photo by Méli Arps

Ferry Schedules

Campbell River - Quadra Island

Leave Campbell River Leave Quathias Cove

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

Quadra Island - Cortes Island

Leave Heriot Bay Leave Whaletown

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

! Local Commuter Sailings, expect delays.

* Fridays Only † Daily except Sundays.

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

Electoral Reform

MP RACHEL BLANEY HOSTS FIRST OF FOUR TOWN HALL MEETINGS ON ELECTORAL REFORM

COMOX – An enthusiastic and inquisitive group of citizens gathered at Comox Community Centre on Saturday to hear about and discuss changes to Canada's voting system with North Island-Powell River MP Rachel Blaney.

Blaney, along with resident voting systems expert Jamie Deith, presented and answered questions on the review process currently under way, and the strengths and weaknesses of some of the voting systems and variations under consideration.

"The Liberals were clear that 2015 would be the last election using first-past-the-post. We want to make sure they honour that promise, and that what we bring in is a system that fairly reflects the values and intentions of voters in our riding and across the country," said Blaney.

Blaney will be hosting three more town halls and continue to collect input from constituents until early October.

SATURDAY, OCTOBER 1

Noon at Campbell River Community Centre

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

Protection for LGBTQ

VICTORIA— After years of advocating for B.C. schools to have explicit policies to protect LGBTQ youth, the B.C. Liberals finally relented and announced changes, say New Democrats.

"LGBTQ youth face much higher rates of violence, bullying and suicide and need help to succeed in our schools. But for years while New Democrats were advocating for protections for these vulnerable youth, Christy Clark said no, even though other provinces were taking the lead," said New Democrat MLA Spencer Chandra Herbert.

After years of pressure put on by New Democrats led by the efforts of Chandra Herbert, along with advocates, the government finally announced it will put in the necessary policies to ensure that LGBTQ youth in schools are protected.

"For years Christy Clark's government said that protections for sexual orientation was not an issue. Had she put these protections in earlier we could have protected many young people from violence and bullying," said Chandra Herbert. "With the election coming up, Christy Clark is finally reversing her position and putting these protections in place. I'm thankful that the hard work from parents, teachers, students and New Democrats is finally being recognized."

Live Music Fridays

Limbo Babies

Sept. 16 - rock and roll dance floor

Harpdog Brown

Sept. 23 - Maple Blues award winner \$15

Sons of Guns

Sept. 16 - Rhythm+Blues+Rock

9pm in the Pub. No cover.

Open Mic with Mo

join in... or enjoy local talent at
Saturdays at 9pm
with host Mo Davenport

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THE ISLAND CALENDAR

Day to Day

Sunday, September 18

- Philippines Connection Giant Garage Sale QCC 10-2pm

Friday, September 23

- Brock Tully - QCC 6:59pm see page 9 for details
- Harpdog Brown HBI Pub 9pm \$15 at door

Saturday, September 24

- John Reynolds dinner show HBI Herons 6:30pm
- Quadra Cultural Committee season opens Dyachkov & Saulnier, QCC 7:30pm
- Benefit at Legion, 6:30

Saturday, October 1

- Alexandra Morton on Wild Salmon 6:30pm QCC

Sunday, October 9

- Geshe YongDong Speaks 11 a.m. Q.C.C.

Weekly Weather Forecast

Sept. 17 - 18: 80% chance of Grumpy

Sept 19 - 22: variable happiness

Sept 23: rain

Sept 24 - 25: relief mixed with wonder

Sept 26 -29: early morning guilt giving way to temptation

NEXT DI DEADLINE: Monday, Sept. 26 @ 7pm

The Regulars

MONDAY

Tennis: Men's drop in at QCC 4-7pm
AA, Big Book Study, 7pm Quadra United Church
Baminton, Cape Mudge Gym, 7:30 starts on Sept 26

TUESDAY

Al-Anon Meeting, Quadra Children's Centre, 7:30pm
Quadra Folk Dancers, QCC, 7:30

WEDNESDAY

1st & 3rd Wednesday Food Bank, QCC 1-2pm
Poker Night, Quadra Legion, Heriot Bay 7:30pm

THURSDAY

Prayer Meeting, Quadra Island Bible Church, 7pm
Baminton, Cape Mudge Gym, 7:30 starts on Sept 26

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
Quadra Sunday Painters, 11am-2pm, 285.3390

What's Happening at Quadra Community Centre

This WEEKEND (SEPTEMBER 16-18)

FRIDAY: 10:00 Spinners and Knitters; 10:00 Friday Painters; 7:45 Friday Flicks Present; Marinoni: The Fire in the Frame

SATURDAY: 10:00 Kate's Theatre Kids; 1:00 Early Stages

SUNDAY: 10:00 Giant Garage Sale

THIS WEEK (SEPTEMBER 19-23)

MONDAY: 10:00 Parents & Tots; 10:00 Yoga w/Josephine; 10:00 Parkinson's Support Group; 1:00 Sing For Pure Joy

TUESDAY: 9:00 Yoga w/Brenda; 5:00Yoga w/Trinity; 5:30 Zumba; 6:30 Bootcamp; 7:00 Beginner's Spanish; 7:30 Folk Dance

WEDNESDAY: 8:45 Bodysculpt w/Marion; 10:00 Yoga w/Trinity; 11:00 Moms and Babes; 12:00 Nurse Practitioner; 12:00 Community Lunch; 6:15 Yoga w/ Rosalind

THURSDAY: 9:00 Yoga w/Brenda; 10:00 Parents and Tots Yoga; 10:00 Parents and Tots Yoga; 5:00 Yoga w/Trinity; 6:45 Singers; 7:00 Watercolour Workshop

FRIDAY: 10:00 Friday Painters; 10:00 Spinners and Knitters; 7:00 Transformative Evening w/ Brock Tully

NEXT WEEKEND (SEPTEMBER 24-25)

SATURDAY: 10:00 Business Basics and Beyond; 10:00 Kate's Theatre Kids; 1:00 Early Stages; 2:00 Watercolour Workshop; 7:30 Yegor Dyachkov and Jean Saulnier

SUNDAY: 12:00 Watercolour Workshop

NEXT WEEK (September 26-30)

MONDAY: 10:00 Parents and Tots; 10:00 Yoga w/Josephine; 1:00 Sing For Pure Joy; 7:00 Photo Club; 7:00 Spiritual Living Circle

TUESDAY: 9:00 Yoga w/Brenda; 9:00 Quilters; 5:00 Yoga w/Trinity; 5:30 Zumba; 6:30 Bootcamp; 7:00 Beginners Spanish; 7:30 Folk Dance

WEDNESDAY: 8:45 Body Sculpt w/Marion; 10:00 Baby Clinic; 10:00 Yoga w/Trinity; 11:00 Moms and Babes; 12:00 Nurse Practitioner; 12:00 Community Lunch; 6:15 Yoga w/ Rosalind

THURSDAY: 9:00 Yoga w/ Brenda; 10:00 Parents & Tots; 10:00 Parents and Tots Yoga; 5:00 Yoga w/Trinity; 6:45 Singers; 7:00 Watercolour Workshop

FRIDAY: 10:00 Spinners and Knitters; 10:00 Friday Painters; 7:45 Friday Flicks Presents: Sunset Song

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

SUBMISSION GUIDELINES

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

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

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ALL ITEMS SUBMITTED, ERRORS AND
ACCIDENTAL OMISSIONS MAY OCCUR.

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suggested: \$30 per calendar year
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NEXT DEADLINE

7pm on Monday, Sept. 26
for publication on
Friday, Sept. 30, 2016

ISLAND FORUM

Dear residents of Quadra,

I was born and raised on Quadra and I love the water. I am writing in response to the survey last issue regarding PWCs (personal water craft). I own a PWC which I use to commute to Campbell River for work. It is an inexpensive, fuel efficient alternative to relying on B.C. Ferries. I am always very conscientious around all other people and watercraft around me. When I do use the boat launch at Drew Harbour, it is only as a means to get to other island destinations.

I have a P.O. box in Q. cove, and have not received any surveys regarding the use of jet skis in the waters on and around Quadra. I called the offices of The Comox-Strathcona Regional District (250-830-6700) and was told that "there is no record of any surveys banning jet skis in the The Comox-Strathcona Regional District."

I cannot speak for others, but I think that if you would like to start a conversation about banning any type of small watercraft in all the fresh and salt water on and around Quadra, it is only fair to poll all residents concerned and to use accurate and current data in your arguments.

Bless,

Kate Alexandra Pokrandt



A big thank you to the Canadian Coast Guard:

We were 5 kayakers camped on a small island off the West Coast of Vancouver Island when the weather changed to strong S.E. gale force winds predicted to last the rest of the week, trapping us on the island. Unfortunately, the onshore repeater radio stations were down so we could not contact our water taxi but did manage to send a message to the Coast Guard. They contacted the water taxi who was unable to pick us up. Fortunately the vessel M. Charles was in the area and they arranged to pick us up and transport us back to Fair Harbour – as a 'preventative' rescue. The crew were very competent and so hospitable and caring that we wish to thank them wholeheartedly. We will be forever grateful to the coast guard and fisheries personnel onboard the M. Charles on August 30.

From Jo-Anne, Meg, Brenda, Judy and Bern

Judy Storr

QISES' SUMMER STUDENT

My name is Rebecca MacDonald and in July and August I had the summer student position at Quadra Island's Eco-centre run by the Salmon Enhancement Society. I am a second year student at the University of Victoria studying earth and ocean sciences, and had the great opportunity to further my knowledge of watersheds,

salmon, and Quadra Island this summer. I grew up on Quadra Island so it was an honour to be able to learn more about what is going on with the salmon here. I love that I was able to do my part in educating people about human actions and their effects on our environment and marine life, and also spend my summer watching and taking care of the 500 Coho fry at the Eco-centre. The volunteers that run the Quadra Island Salmon Enhancement Society (QISES) are a wonderful group of people dedicating a great amount of time to stream maintenance, fish counting, and many other important jobs. I am glad I was able to work with this group for the short time I was there and wish them the best with their new project of building the new salmon counting system at Village Bay Lakes.

(If you are interested in being our summer student next year [pending funding] please contact Eileen Sowerby 250 285 2434 for details)

Fall Fair Thanks

I wanted to extend huge thanks to all the wonderful, fabulous volunteers at the 2016 Fall Fair. You did a great job and I really appreciate all the work you did.

Thank you for bringing us all a great family venue for another year. Cheers to you!
Michele Sjoholm

Community Winter Market & Bazaar

The outdoor market is coming to an end Saturday, September 17th but don't forget the indoor market will be starting soon!

Starting again this fall, our Community Winter Market! Display and sell your creations, sell your gardens bounty or promote your business! Come support and enjoy a terrific assortment of local artisans.

Accessories, art, delicious baking, preserves, produce, sewing, soaps, weaving, woolens, flea market finds and lots of great gift ideas!

Audrey will be in the kitchen serving up her famous brunches as well as seasonal soups for lunch.

2016 dates are: Saturdays, October 1st & 15th, November 5th, December 3rd & 17th

Market hours are: 10am - 2pm with set up starting at 8am, first come basis. Tables are still only \$10.00 each.

We'd love to have you join us! Need more info? quadraislandmarket@gmail.com or call Michele - 250-285-3747 or Stella - 250-285-3184

Calling all artisans and craft people!!!

Quadra Community Centre's Christmas CraftFair table booking day is September 30th.

Crafts people can book tables on the 30th from 9:00-2:00 p.m. by phoning Michele Sjolholm at 285-3747.

See the pretty birdie

We will be starting badminton for the season on Monday, September 26th and will run it, again, on every Monday and Thursday starting at 7:30pm:

Badminton at Cape Mudge gym. Drop-in fee of \$2. Starts at 7:30pm every Monday and Thursday.

Sing! Dance!Act!

Enroll your child in Island Theatre Kids: a program proud to offer a well-rounded education not just in the disciplines of theatre, but also in teaching life skills, building confidence and providing an avenue to make life-long friends through classes in dance, singing and acting. **FULL/PARTIAL SCHOLARSHIPS AVAILABLE! SIBLINGS 1/2 PRICE!** Fall term begins Sept 17th, runs for 10 weeks (no class Oct 8).

Main Stages: age 6-10 (10:00-1:00 - \$275)

Early Stages: age 3-5 (1:10-2:00 - \$90)

Instructor: Kate Alexandra

Call the Quadra Community Centre to register: 285-3243

Hand Drum Jam

If you are interested in playing hand drums in a circle at Spirit Books in Quathiaski Cove on Wednesday nights, call Steve at 285-3323. We even have extra drums for you.

We have been jamming for 10 years but poor attendance in the Summer led to a temporary closing of the drum circle. But if I get four phone calls from people who want to drum, we can start up again.

Benefit Dinner at Legion

On Sat. Sept. 24th at 6:30 we are have a fundraising spaghetti dinner at the Legion! \$20. Includes dinner, salad and dessert. Funds being raised to lend a helping hand to a long time local family that are going through a very difficult time.

Who's your daddy

The Campbell River Genealogy Society will be holding a Fall Seminar with Brenda Smith on November 5th, 2016 in Campbell River.

Parkinson's Support Group

If you have Parkinson's Disease or are supporting someone who does, you are welcome to attend the monthly meetings of the Parkinson's Support Group.

We meet on the third Monday of every month at 10 a.m. in the downstairs small seminar room at the Quadra Community Centre. The next meeting is this Monday, Sept 19.



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Delivery to Cortes 3 days a week!

Our Seniors are still very busy at the Tourist Information booth in fact we are staying on until September 17th, the last market day. The other Tuesday I welcomed tourists from Cape Briton Island on the East coast, Germany and South Africa. They are absolutely thrilled when they visit Beautiful Quadra Island.

We would like to express our condolences to Heather Kellerhal and family regarding the loss of husband and father Rolf he will be missed

by all the seniors and islanders. Rolf was a very busy man making the world a more beautiful place for us all, with his trees.

In memory of Hilary Stewart our members are having our next meeting on

September 20th @ 10:30 a.m at the Landing Pub and restaurant for lunch. Tell Daphne @3842 if you are attending she must know.

Thank goodness the much needed rain is giving us a break and the end of summer is back. This will help our gardens too.

For membership call Lois Norman @ 3061

for transportation call Ruth

Amiabel @ 3801 or cell ph. 250-895-9188.

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Save Wild Salmon: October 1st

Dear Islanders, another reminder to "Save the Date" for what's sure to be a fascinating "Evening with Alexandra Morton" and saving our wild salmon, Saturday October 1st, at the Quadra Community Center

Initially, we had planned a wild salmon dinner but in view of the fact that our wild salmon stocks are so threatened and under pressure right now, we have decided to offer you delectable desserts instead...the evening will undoubtedly be lively, and promises to entertain, inform, and inspire.

Doors open at 6pm to give you time to view the auction items and enjoy refreshments and entertainment. At 7pm Dr. Alexandra Morton will give a multi-media presentation on her recent adventures and research findings while on the Sea Shepherd's Martin Sheen. Following will be a live auction with our charming and entertaining Gillian Green, who will be enticing bidders with items donated from BC, the USA, Norway and our own local artists and businesses. At the end of the evening, Alexandra will pull the 14 winning tickets to the raffle draw where Quadra and Vancouver Island businesses have generously donated \$9,376 in prizes, including extended kayaking and whale watching tours, guided fishing trips, resort stays, whale watching trips and a Tofino hot springs excursion.

While donations to this event and raffle tickets have been generous and humbling, we can still use a few more lovers of wild salmon to donate to this most worthy cause.

Raffle tickets are still available at the Saturday farmers market and prizes may be viewed on facebook "Save Our Wild Salmon Raffle" page. Please call 250-285-2272 or 250-204-4230 to donate or purchase tickets...hope to see you there!

Reel Art Film Festival

The Reel Art Film Festival is an arts and culture documentary film festival presented by the Campbell River Art Gallery and sponsored by the Tidemark Theatre. The Festival will be held October 15th and 16th at the Tidemark Theatre in Campbell River.

Check out the RAFF website (<http://tidemarktheatre.com/event/reel-art-film-festival/>) to learn more about the Festival and other remarkable documentaries in our program.

Save the date and find the Reel Art Film Festival on Facebook!

TICKETS

Buy a Reel Art Film Festival weekend pass for \$50, a day pass for \$30, or an individual ticket for \$12. If you're a student or on a low income, festival passes are just \$25, day passes are \$15 and individual tickets are \$6. Please note these rates do not include taxes and service fees.

Purchase a Festival Pass, Day Pass, or Individual Film Screening Tickets Online [HERE](#). Tickets can also be purchased in-person at the Tidemark Theatre box office and Campbell River Art Gallery.

This festival is generously sponsored by:

BC Arts Council, Coastal Community Credit Union, Campbell River Mirror, R.H. Printing Ltd., SouthEnd Farm Winery, Tidemark Theatre, Tremain Media

TICKETS GO ON SALE FRIDAY

FOR THE REEL ART FILM FESTIVAL RAFFLE!

Buy your ticket to win one of seven framed film posters from the Reel Art Film Festival. Tickets are \$2 or 3 for \$5 and are available at the Campbell River Art Gallery Gift Shop (Tuesday-Saturday, 12-5). Tickets will also be available during the festival, October 15 and 16, at the Tidemark Theatre lobby. The framed posters are on display in the Tidemark Theatre until festival time!

Inspirations



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The Fire In The Frame

On Friday, September 16 at 7:45, Friday Flicks and Naked Bicycles present Marinoni: at Quadra Community Centre. Filmmaker Tony Girardin will be in attendance and a Q and A will follow the screening. Tickets are \$10 (reg) \$8 (seniors and students).



Guiseppe Marinoni found his calling when he transitioned from champion cyclist to master bike craftsman. But after years hunched over toxic fumes, his passion almost killed him. Today at age 75, Marinoni is back in top shape, and decides to attempt the world hour record for his age group, all on a bike he built with his own hands almost 40 years ago.

It took filmmaker Tony Girardin three years to convince revered bicycle craftsman Marinoni to let him make a movie about him. The result is a funny, inspiring portrait of an irascible, yet lovable craftsman and athlete.

Community Kitchen Lunch

The Quadra Community Centre's Community Kitchen Lunch starts up again for the fall season!!

Our fabulous noon meals will be again served every Wednesday, starting on September 14th. These community lunches have been a heart-and tummy-warming aspect of life on Quadra



for many years. We have a great group of volunteers who produce nourishing and tasty meals every week. If you would like to join the team, we are seeking new helpers for food preparation, cooking, set-up and clean-up. It's an enjoyable and satisfying project to be involved in. For information, call Kathryn (2103) or Jan (2677)

Somatics Workshop

Sunday, October 16, 10 am-1 pm
Quadra Island Community Center
Upstairs, Room 3

Are you experiencing muscular and/or joint pain?

Limited mobility and range of motion, sore neck, shoulder, back or hips?

Somatics teaches that most of these types of conditions are symptoms of functional problems that can be resolved. Learn how to regain control of your body with simple, gentle movements to release persistent muscle and fascial tension. Somatic movement can reduce or eliminate chronic pain, increase flexibility, improve alignment and posture and restore vitality.

As part of the ongoing focus on mental health, the Quadra mental health task group is presenting a workshop open to anyone who is ready to take control of their own physical health. It is particularly relevant for those with chronic pain. We have invited Rob Selmanovic of Soulworks Body Wisdom on Cortes Island to provide a three-hour workshop on Somatics.

Somatics is a safe gentle system of neuromuscular movements that work to relieve pain and free up movement by re-educating the nervous system to release muscle tension.

In the 3-hour workshop you will learn:

- (i) the most common muscle reflex patterns that you may be "locked" in
- (ii) how to resolve sensory motor amnesia that is causing restriction of movement, misalignment and functional limitations
- (iii) an alternative to stretching that incorporates the brain and nervous system to re-educate the body
- (iv) several somatic neuromuscular movements and exercises that you can do at home.

The cost of the workshop, which includes theory and practice, is \$40.00 per person. Participants must pre-register at the Quadra Island Medical Clinic or the Cape Mudge Band Office (see Patty Wilson). Space is limited. A \$20.00 deposit is required to hold your space.

Quadra Circle has some limited funding for those who may be monetarily challenged. Please drop into the Quadra Circle community connections center (next to Quadra Island Medical Clinic) to enquire about this. All attendees need to bring a yoga mat or blanket, a cushion or pillow, water, as well as comfortable clothing suitable for movement. Open to all body types and abilities. Not suitable if you are unable to get up and down from the floor.

For more information about Somatics, please visit Rob's website at: www.soulworksbodewisdom.com

for additional information, contact Pat Peterson, Family nurse practitioner at

250-285-3540, or patricia.peterson@viha.ca

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COMMUNITY NEWS & EVENTS

22nd GIANT GARAGE SALE!

Come support 22 years of caring and sharing on Quadra through another Quadra Philippines Connection Giant Garage Sale. This fund-raising event will be held at Quadra Community Centre on Sunday, September 18th from 10 am until 2 pm. All items are available by donation and line-ups begin before 9:30. There it is advised to come early to take advantage of the many recycled treasures and first choice selections that include everything from clothing and toys to books, household goods, tools, appliances and furniture that will cover the entire expanse of the community centre. A concession selling home-baked goodies, pizza and Aroma-roasted coffee will be available to sustain you while you shop!

All proceeds go toward Quadra's ongoing support of the Gift of Peace Program in the northern Philippines. Over the past 2 decades Quadra islanders have supported a total of 7 preschool programs and over 1,100 children through a partnership with the small NGO called IAT or International Association for Transformation. Many of the original daycare children are now successful professional graduates working either in their own villages or abroad and offering support to their families. During Quadra's sponsorship, the dedicated teachers from these programs have been able to show the benefit of positive daycare over time and thus, over the past years the goal to have local government assume this responsibility was finally met. Therefore, for the past two years the Quadra community has been able to support the innovative and award-winning initiative through IAT called the Gift for Peace Program in the village of Cataw contributing to peace and sustainability in this remote area of the Philippines.

***We can always use more volunteers to sort through goods on Saturday, the 19th and to pack up at the end of the sale on Sunday! Also, needed are VEHICLES to TAKE AWAY left-over items to various thrift stores during the following week. Please show up with your vehicle after 2 pm on Sunday or get in touch with Carol by calling 285-3035 to help out in this way. STRONG BODIED individuals are especially needed to load left-overs into vehicles at the end.

You can still bring your CLEAN, SALEABLE donations in GOOD WORKING ORDER directly to the community centre on Saturday, September 17th until 2 PM! We regret again that NO SKIIS, MICROWAVES, ENCYCLOPEDIAS, GOLF CLUBS, MATTRESSES, OLD TVS OR COMPUTERS will be accepted. The latter can be recycled at the recycling depot in Campbell River.

We look forward to another successful sale and seeing you at this exciting community event!

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It's All Happening at the HBI

Heriot Bay Inn gives thanks to ALL the wonderful people that created our Fall Fair. Such a great day, there's no place like home!

Karaoke: Every Tuesday! Take the stage and be a star! Scotty Low will host us to a singing good time. 9:00pm. HBI Pub.

HBI Pub Friday Night Bands: Sept 16th Limbo Babies... Rock & Roll Dance

Floor Good Times; Sept 30th Sons Of Guns... Rhythm+Blues+Rock; 9:00pm. No cover.

Harpdog Brown is back! 2 consecutive years as Canada's reigning Harmonica Player of the Year: Maple Blues Awards 2014 & 2015. Friday September 23rd (not the 30th as mistakenly advertised in our calendar) • HBI Pub • \$15/door - 9 pm.

John Reynolds dinner show; folkin' fun with the former Irish Rover \$45/seat. Two course dinner. 6:00pm seating. Herons Dining Room. September 24th. Call 285.3322 to reserve.

HBI Pub Saturdays Open Mic; join Mo for a musical adventure with a new mix

every week, we be jammin with Mo in the HBI pub! 9:00pm.

How Cycling Can Lead to a Better Life...



Brock Tully, who has bicycled 'around' North America 3 times (50,000 Km) to prevent bullying, violence, & the abuse of nature & animals, will be sharing at the Quadra Island Community Centre on Friday Sept. 23 at 6:59pm - doors 6:30pm (\$15 advance/\$18 at door). Advance ticket purchases at Inspirations, Works of H'Art & Sacred Pulse.

For more info go to sacredpulsesanctuary@gmail.com - he will share stories from the road, but more importantly, it is not 'what' he did, but 'why' he did it & what he has learned. Come enjoy a heart-warming, thought-provoking, & fun evening! His books are at Sacred Pulse Sanctuary

Steam Donkey

Everyone is welcome at the Campbell River Art Gallery Thursday, September 22 at 6:30 p.m. for the opening of an exciting new exhibition by renowned artist Samuel Roy-Bois.

Roy-Bois's exhibition, Steam Donkey, will be unlike anything seen at the Gallery before. Roy-Bois will use found and constructed objects to create a once-in-a-lifetime exhibition. Steam Donkey, sponsored by Broadstreet Properties Ltd, questions the value of material goods in relation to their orientation in space.

Roy-Bois has been invited to create Steam Donkey at the Campbell River Art Gallery thanks to funding from the Canada Council for the Arts. All are welcome at the opening reception Thursday, Sept. 22 at 6:30 p.m. for art and refreshments.

THE NEXT DI DEADLINE

Monday, September 26 @ 7pm

Email your item to news@discoveryislands.ca

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COMMUNITY NEWS & EVENTS

Quadra Circle News

Our Seniors Activity Centre at Quadra School now runs 2 days a week on Mondays and Wednesdays. Join us in the Community Room by the Office entrance. September features a 'smorg' of activities to try and see what 'grabs' you. Mondays: 9:15am Ping Pong in the gym; Walking Club with mild exercise and 30min. walk on level ground. 10am Coffee drop-in: snacks, lively conversation. 11:15 am Chi Gung with Julie Campbell - gentle, calming exercise. Noon: light lunch; 1-3pm Singing. Wednesdays: 9:15am Pingpong; Walking Club; 10am Coffee drop-in; 10:30- 11:30am New! Armchair Exercise with Ann Lawrence in Multi-purpose Room; 11:45 Community Kitchen Lunch at the Community Centre; 1-2:30pm Drumming. Call Claire for info: (250) 202-1276

Friday Lunch starts Sept.16 at the Quadra Legion at noon!! Delicious lunch is prepared by our new chef, Don Heald. Suggested \$5 donation. Come out and meet old and new friends. Note: Armchair Exercise with Ann Lawrence begins at 11am Sept.23. Info: Mary McIntosh: 285-3084.

Bridge lessons anyone? Mike Redican starts a 10-week class for beginners, refreshers on Monday, Sept.26, 1-3pm at Quadra School. 7 weeks commitment required so \$50 fee is refundable. Quadra Circle can assist re fee if needed. Call Mike for info and to register: 285-2788.

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 at 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: Call (250) 850-2620 for a free appointment to see Island Health counsellor at Quadra Medical Clinic on alternate Tuesdays (Sept.20, Oct.4). Info: Mary McIntosh at 285-3084.

'Quiet Moments': Learn relaxation skills and how to manage difficult emotions in this free, non-talking class offered by Mental Health. Alternate Tuesdays (Sept. 20, Oct.4) from 12:15 to 12:45pm at the Wellness Centre above the Library. Please arrive early or attend next time.

Resource Info: Want a volunteer experience that rewards you and our community? Quadra Circle and Quadra School are looking for volunteers to assist with kids and seniors. 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: Receive a free, daily check-in call for peace of mind for you and your family. Call or visit Quadra Circle's Community Connections office for more info (beside QI Medical Clinic) Wed.-Fri., 11am-3pm 285-2255; qcircle@outlook.com.

Donations for Quadra Circle help to keep our programs going and can be dropped off at our office or mailed to: Quadra Circle, Box 672, Quathiaski Cove, BC, V0P1N0. Income Tax receipts gladly issued!

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For information and tickets, please call **250 204 4230**

The draw takes place at 9pm at the
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Beating the Back-to-School Germs

Parents know the return to school usually brings coughs, colds, sniffles and other illnesses. But have you stopped to think about how these nasty germs are getting into your kids and your home?

Kids are commonly exposed to a big list of contagious germs: colds, respiratory viruses, strep throat, influenza, hand, foot, and mouth disease, and much more. Consider how much work you and your family miss due to illness, either to take care of a sick child or getting sick yourself, and it is easy to see the value in taking some extra time to set up preventative routines!

Island Health Medical Health Officer Dr. Dee Hoyano is a mom of school aged kids, and her best stay healthy advice to her kids is around hand washing. "When you think about how much equipment is shared at school, it is no wonder that illness spreads quickly," she says. "Kids should get in the habit of washing or disinfecting their hands not just around mealtimes and using the bathroom, but also at other transitions during the day."

Key hand washing times should include:

- After gym class or playing outdoors
- First thing after coming home from school/work/play outside
- Before and after eating
- After using the bathroom

Recent studies have shown high levels of potentially harmful bacteria on items like reusable water bottles and lunch bags, backpacks, smartphones and other handheld technology. There are germs lurking in many of the items that come home every day, and we don't often think to give them a wash.

"Lunchbags and water bottles should be cleaned regularly," says Hoyano. "It is a good idea to have a couple of them so you can switch them out to allow for a good cleaning."

Backpacks are another culprit. Just think of where that backpack has been during the day – on the floor at school, stuffed in a rarely cleaned locker, or on the dirty bus (or bathroom) floor. Gross. Backpacks also carry food, wet or sweaty gym clothes, and lots of other things besides homework. Hoyano says you should help your kids establish a new routine to deal with everything in their backpack as soon as they get home. "Lunch containers can go right in the dishwasher or get washed in the sink, dirty gym clothes in the laundry, home work out, then hang the backpack where it is supposed to go, and wash hands before doing anything else."

One more to add to the "ick" factor – a study in the UK found nearly 1/5th of cell phones tested positive for E.Coli, a bacteria found in fecal matter. Not surprising, considering the majority of respondents to a survey admitted they texted or talked on the phone while in the bathroom. Cell phones and other devices are prime germ breeding grounds because they are warm, have lots of nooks and crannies, and don't get cleaned often. The best way to beat the bugs is to use antibacterial wipes to clean all handheld electronic devices every day!

Workshop for Aspiring Fiction & Nonfiction Writers

Is there a writing project brewing in your imagination? The Museum at Campbell River once again offers its popular five-part Workshop for Aspiring Writers, starting October 16. It's designed as a kick start for a range of genres, from memoir and family history to fiction.

Instructor Jeanette Taylor, author of *The Quadra Story*, will guide new and intermediate writers through planning strategies, writing craft, story structure, self-motivation, revisions and publication.


"Participants sample a variety of techniques in every class, applying what they learn to their own project," says Taylor. "The idea is to start and complete a short piece—an essay, short story or a chapter—during this class. Writing begins in the first session," adds Taylor, "so come with a pretty well developed story idea or subject in mind."

The workshop fee of \$150 includes a comprehensive binder of readings, and there will be opportunities for peer and instructor feedback.

For more information on Taylor and this workshop see the calendar page on her website: [The Scribes, Comprehensive Writing Services: www.thescribes.ca](http://www.thescribes.ca), or the Museum at Campbell River's website: <http://www.crmuseum.ca/>.


Remembrance Day Wreathes

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Geshe YongDong Speaks

Geshe YongDong will be leading us through a spiritual practice called CHOD, which helps us to let go of our attachments and transform our fears. The practice is a creative and skillful method relying on feminine wisdom energy to cut through obstacles, negativity, emotional conflicts and dissatisfaction in one's life. Clearly, letting go of fear and attachment enhances our ability to manifest unconditional love.

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.

The seminar will take place in the upstairs room at the Quadra Community Centre on Sunday, October 9 from 11 a.m. to 1 pm. Suggested donation is \$10 but whatever you can afford is fine.

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



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FOLK DANCING

Everyone, aged 12 and up, is invited to join our Quadra Folk Dancing group, starting up again on Tuesday September 20 from 7:30 to 9:30 at the QCC, to learn some traditional dances from cultures around the world. No partner, nor special clothing, is necessary, and each dance is taught beforehand by our leader, Marcia Wolter. \$65 for the term will get you dancing to vibrant music and infectious rhythms for 13 weeks (an incredible deal!) or \$7 drop-in. For more info, call Marcia 285-3849.

Quadra Island Outdoor Club

Upcoming Events

We've had some wonderful trips assisted by the great weather at the end of the summer. The trip reports are available at <https://qioutdoorclub.org/trips/trip-photos/>

The next scheduled trip will be: 12 October, Wednesday - mushroom hike for identification and collecting.

The details for this trip can be found at:

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

There may also be some impromptu hikes at the end of September, so stay in touch. Please be sure to contact the coordinator several days prior to a day-trip and a week in advance for multi-day trips.



www.discoveryislander.ca

Immigrant Welcome Centre to host AGM and Potluck Dinner

The Immigrant Welcome Centre (Multicultural and Immigrant Services Association of North Vancouver Island) invites all members, clients and community partners to join them at their Annual General Meeting and Potluck Dinner coming up on September 27th.

"This has been a busy year for the Immigrant Welcome Centre and this event is an opportunity to celebrate all that our staff, board and clients have accomplished as well as to acknowledge our Members and Community Partners. One of the highlights will be presenting our Diversity Ambassador Award for 2016," said Jim Brennan Executive Director. "We always look forward to a great potluck dinner and try to keep the business portion as brief as possible."

The support and participation of members is an important part of the AGM. "As a registered not-for-profit organization, the Immigrant Welcome Centre relies on our members to help in carrying forward our mission. We couldn't do it without them," said Board President Layne Marshal.

The Immigrant Welcome Centre provides settlement and integration services for all immigrants, both English and non-English speaking to make communities throughout the North Island region welcoming to all. Memberships start at just \$10 for individuals and will be available at the door. The AGM and potluck dinner takes place Tuesday September 27th at the Robron Centre in Campbell River, doors open at 5:30 with dinner at 6:00 and the meeting from 7:00 to 8:00 p.m. To participate, please register by calling 250-830-0171 and bring a dish of food to share.

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New Season of Cultural Events Starts

The Quadra Recreation Society's Cultural Committee has worked hard for many years to bring top quality live performances to the Community Centre on Quadra Island. With great appreciation to our government sponsors, and many local business supporters, we are able to keep ticket prices rock bottom low, especially if purchased in advance. We are indeed privileged to be able to experience the exceptional talents of fine



musicians right here at home, at a price that can not be beat!

Our 2016-17 season kicks off on September 24th with a wonderful classical performance.

Yegor Dyachkov and Jean Saulnier
Saturday, September 24, 2016, 7:30pm

We are very pleased to start off the season with a classical performance featuring the outstanding duo of cellist Yegor Dyachkov and pianist Jean Saulnier who are represented by Richard Paul Concert Artists. Lauded for his remarkable stage presence, depth of insight, nuance, and generosity, Yegor Dyachkov is an inspired recitalist, chamber musician, and concert soloist. He has performed throughout Europe, Latin America, Asia, Canada and the United States, making his New York debut at Lincoln Center in October 2000.

Jean Saulnier is a recitalist, chamber musician, and teacher, and has broad experience with both the solo and the chamber music repertoire. Renowned for his flexibility, natural playing ability, and his generous spirit of partnership, he is a collaborator sought after by the finest musicians.

Tickets can be purchased at the following outlets: Works of H'Art (Heriot Bay)
Ph. 285-3721 and Inspirations (Quathiaski Cove) Ph. 285-3334.

They can also be purchased online through Tidemark Theatre.

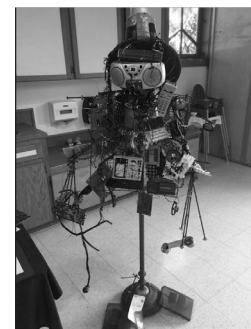
Tickets are \$17 in advance or \$20 at the door.

Free Money

Free Money starts up again on Wednesday, November 2nd just before the Community Lunch from 11:30 a.m. to Noon in the downstairs small seminar room at the Quadra Community Centre.

Free Money happens before the Community Lunch on the first Wednesday of every month from November to April.

However, there is one big problem. Some people on our island are in difficult economic conditions, especially when the tourists are gone. We usually hand out around \$500 each month (\$10 for a single person; \$20 for a family). But we only have \$265 in the Free Money account at the Quadra Credit Union. So we need your help. Please consider donating money to the Free Money account at the Quadra Credit Union. Every cent goes to fellow islanders in need. Call Steve at 285-3323 for more info.



The Fall Fair's new ATM. It doesn't give free money yet but we're working on it.

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COMMUNITY NEWS & EVENTS

QUADRAPALOOZA THANKS YOU!

An epic bucket of THANK YOU!!! to the Quadra Island community for all your generous and diverse contributions that helped make Quadrapalooza a success. We could never have pulled off such a significant event without the incredible help we received from valiant volunteers, community-minded business owners, and creative and dedicated individual efforts. Big thanks to the Quadra Island Recreation Society, Works of H'Art, Inspirations on Quadra, Kameleon, Isletech, Quadra Quilters, Quadra Builders, B by the Sea, Island Cycle, Smokey's Bike School, Tsa Kwa Luten, Cape Mudge Band, Whiskey Point Resorts, Gibson's Glassworks, Quadra Island Kayaks, Meeka's Hair Salon, Dirtco Farms, Len & Dalyce, The General Store, People's Drugmart, Yellow Dog Trading Company, Amped on Nutrition, Tru-Valu Stores, Spirit Board Program, Sing for Pure Joy!, Aroma Cafe & Aroma Coffee, BC Ferries, Quadra Legion branch



154, Sam & Emily, Village Bay Lake House, Leslie MacGregor, Paul Nimmon, Leslie MacKenzie, Walcan, Bodies of Water, Alan Drabble, Fall Fair, Pauldorf, Kevin MacKenzie, Java Bay Cafe, Mitchell Music, Discovery Metal Creations, Esher Media, CJ, Mike Sitnik, Bob Ross, Katheryn Wellard, Steve Eley, Jay, Vic, Stone Soup Co-op, the Doaks & All-Clear Septic, Quadra Ambulance, Fire, and RCMP, our heroic First Aid crew, Dawn, The Heriot Bay Inn, Kinser Mountain, Louise Laval, Top Drawer Graphics, The Discovery Islander, The Bird's Eye, Seamus Mooney. And special thanks to Jim and Rhonda Theivins for help and generosity above and beyond the call of duty. And thanks to all the great volunteers and organizers that made this event take place - we cannot name you all we thank you from the bottom of all our hearts. It was an inspiring weekend complete with Argentinian clowns, driftwood sculptures, yoga workshops, dance parades, farm-grown volunteer meals, New Orleans crawdad eaters, brass band-accompanied fire show in the skate park, and of course a tiger bouncy castle. We cannot name it all but our gratitude is boundless!



Another fun-filled Fall Fair!

The Quadra Island Fall Fair really did “Keep on Cluckin’!” After a one-year hiatus, and with a first class organizing committee plus over 250 vibrant volunteers, this extraordinary community event delivered a fun-packed day to over 1300 attendees and a passel of registered pets.

This year’s fair included exhibits and demonstrations, informative talks, food and artisan vendors, friendly competitions, backyard games, horse events and musical entertainment by local artists. Fun and favorites for all ages!

In the main hall, there were exhibits that demonstrated the tremendous talents of our community members, from gardening to needle arts, upcycling to canning, and baked goods to fine arts. Everyone’s best was on display. The registration of exhibits, presentation, and judging was no minor task. All aspects were lovingly organized by Francis Brown, Tania McMartin and Chris Hjorth, along with a cast of over 30 volunteers. (Photos of a few first prize winners are attached.)

On the fairgrounds, our food vendors tantalized the throngs, while the demonstrations, informative talks and main stage events held the everyone’s attention throughout the day. They were all spectacular and too many to mention, so apologies if your favorite is missed, but here were some highlights...

- Grand Prix Zucchini Racing – A main event that held the crowd in suspense, thanks to the enthusiastic and inventive racers, and the top notch pit crew of Barbara Lee, Barb Vanorden, Lori Lewis and Jane Townley.
- Pet Parade, Doggie Dash and Gauntlet of Temptation – The spectators were gleeful and galvanized, cheering on their preferred pooches!
- Tea Nook – Barb Rawlings and her team kept Yasmin Ashi’s home baked tasty treats flowing, while Maureen Fox organized a standout list of local entertainers!
- Chicken Poo Bingo – Nancy Essig did a stellar job selling tickets and awarding winners!
- Livestock Tent - Emily Whitfield set up a barnfull of quackers, bleaters and cock-a-doodle-doodlers that captivated fairgoers throughout the day.

The list of volunteer participants is 250 strong, all dedicating of their personal time to bring the event to life. Sioux Hartle, Robyn Mawhinney, Mia Frishold, Karen Bailey, Ramish Mahabir, Gary Falck, Annik Dumouchel, Naomi Terry, Lesley Ann Hart and Linda Lolacher got the ball rolling over six months ago, with a keen eye on every detail from start to finish. It is said that “It takes a village to raise a family!”, and in this case it took a whole village to raise a Fall Fair that brought joy to the families of Quadra Island. The core organizing committee would like to thank all contributors from the bottom of our hearts for participating as volunteers, vendors, sponsors or guests and making this year’s event such a huge success!

FIELD EVENTS RESULTS

PET PARADE

Best Dressed	Finn – Deidre Tansey
Best Trick	Myra - Rod Burns
Most Regal	Seven - Linda Prowse
Slowest	Odie - Linda Gray
Judges Choice	Puck - Sioux Hartle
Best in Show	Wesley - Phyllis Frankland/ Linda Gray

DOGGIE DASH

1st	Rowie – Tess Gerstheimer
2nd	Wesley - Phyllis Frankland/Linda Gray
3rd	Jacob – Ruth Powell

ZUCCHINI RACES

Fastest

1st	Gavin
2nd	Breccan
3rd	Draedyn

Furthest

1st	Draedyn
2nd	Olivia & Rosa
3rd	Carter & Parker

Best Decorated

1st	Talya
2nd	Alexander
3rd	Sky

STRONG FOLK

Women

1st	Kate Macdonald
2nd	Sarah Johnson
3rd	Nicola Hodges

Men

1st	Garnet Keihn
2nd	Josh Massini
3rd	Tanner Pressner

CROSS CUT SAW

Women

1st	Robin Mal & Carole Yole
2nd	Tracy & Kat
3rd	Heather K & Sarah Johnson

Men

1st	Eli & Adam
2nd	Sam & Brody
3rd	Garnet Keihn & Tanner Pressner

Mixed

1st	Sam & Emily
2nd	Billy & Sarjan

VENDORS

Best Decorated	James Pottery
Most Informative With Your Stuff	What To Do

Heriot Bay Tides

DATE	TIME PST	m.	ft.
16 Friday	00:12	2.6	8.5
	05:44	4.4	14.4
	12:06	1.6	5.2
	18:44	4.8	15.7
17 Saturday	00:49	2.3	7.5
	06:37	4.5	14.8
	12:47	1.7	5.6
	19:15	4.8	15.7
18 Sunday	01:27	2.0	6.6
	07:29	4.6	15.1
	13:30	1.9	6.2
	19:46	4.8	15.7
19 Monday	02:09	1.7	5.6
	08:23	4.6	15.1
	14:15	2.2	7.2
	20:20	4.8	15.7
20 Tuesday	2:54	1.4	4.6
	09:20	4.6	15.1
	15:04	2.6	8.5
	20:55	4.6	15.1
21 Wed.	03:43	1.3	4.3
	10:23	4.5	14.8
	15:57	2.9	9.5
	21:35	4.5	14.8
22 Thursday	04:35	1.2	3.9
	11:35	4.5	14.8
	17:01	3.1	10.2
	22:21	4.3	14.1
23 Friday	05:33	1.3	4.3
	12:54	4.4	14.4
	18:25	3.3	10.8
	23:21	4.1	13.5
24 Saturday	06:38	1.4	4.6
	14:11	4.4	14.4
	20:00	3.3	10.8
25 Sunday	00:41	4.0	13.1
	07:49	1.5	4.9
	15:15	4.5	14.8
	21:18	3.1	10.2
26 Monday	02:03	3.9	12.8
	08:55	1.6	5.2
	16:06	4.6	15.1
	22:16	2.9	9.5
27 Tuesday	03:15	4.0	13.1
	09:53	1.6	5.2
	16:48	4.6	15.1
	23:03	2.6	8.5
28 Wed.	04:18	4.1	13.5
	10:44	1.7	5.6
	17:25	4.6	15.1
	23:42	2.4	7.9
29 Thursday	05:16	4.2	13.8
	11:30	1.9	6.2
	17:58	4.6	15.1
30 Friday	00:17	2.2	7.2
	06:07	4.3	14.1
	12:12	2.1	6.9

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Services

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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. 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

GOT A LEAKY ROOF?

"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

Real Estate

ARE YOU SELLING BY OWNER?

Find buyers specifically looking for Quadra Island properties by listing at the community's most visited web site: www.quadraisland.ca/real_estate

Listings are just \$95 for 3 months. Link to an additional information page or ask us how we can build a page for you too. Contact Philip Stone at info@quadraisland.ca or 250-285-2234

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

Lost & Found

I have lost my sense of responsibility to the people and my honesty. If found please contact Christy Clark of Victoria.

Space for rent

Commercial space for rent: could be retail, studio, health practitioners, professional offices. 250-285-2880.

Your ad could have been here
then your stuff
would be somewhere else

DI CLASSIFIEDS

Up to 35 words: \$25
(including tax) - one time

36 to 70 words: \$45
(including tax) - one time

Email or drop off your ad with payment at 701 Cape Mudge Rd, or at Inspirations
You can also pay online at discoveryislander.ca

Questions? Email news@discoveryislands.ca

NEXT AD DEADLINE:
Monday, September 26

Asking \$399,950.



3 bedroom 3 bathroom home on 5 acres minutes from the Quathiaski Cove. Includes a large barn, orchard, greenhouses and more. Basement plumbed for a kitchen so could easily be developed into a suite. Sunny level property if fully cattle fenced into two separate pastures as well as a deer fenced vegetable garden and large chicken coop. Good producing drilled well tops off this great package. Call today to arrange for a personal tour.

Successfully selling real estate on Quadra Island since 1995

Heidi Ridgway

Your Resident Quadra Island Realtor®

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Advance Realty

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