

ISSUE 645 • JANUARY 27, 2017 • SINCE 1992

discovery

I S L A N D E R



Are You Ready for the Cold Weather Ahead?

serving Quadra since 1982

Take advantage of our

WINTER SERVICE

- Multi-Point Inspection
- Oil & Fluid Change
- Brake Check
- Warranty Approved

Only \$69.95*
*parts extra

Drive Safely



**Come in and talk to us about new tires.
We have great deals on all major brands.**

ISLE TECH

YOUR ISLAND AUTO CARE CENTRE

250-285-3100

MONDAY TO FRIDAY 8:30AM TO 6PM + SATURDAY 9AM TO 5PM

Ferry Schedule

Leave Campbell River

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

Leave Quathiaski Cove

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

! Local Commuter Sailings, expect delays.
* Fridays Only † Daily except Sundays.

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

NEWS & EVENTS

Powerhouse Folk Trio BTU performing in Herons Jan 28

QUADRA, ARE YOU READY for an evening of quality folk tunes, a collaboration of three Canadian folk stars?

The dark drear of January blues is solved with this prescription: a dinner show in Herons with BTU, a powerhouse folk trio who'll melt your heart with their beautiful harmonies, evocative lyrics, driving rhythms and sweet balladry. Barney Bentall, Tom Taylor and Shari Ulrich have been playing together for a few years now; their shows receive critical acclaim. The three solo performers had a loose collaboration until forming BTU in 2013. BTU grew from the undeniable enjoyment for both the artists and their audiences, and they have a new album: Tightrope Walk is their second recording, an acoustic instrumental delight.

Saturday January 28 enjoy an evening with the eclectic mix of the character, voices and songwriting talents of these three unique artists at the Heriot Bay Inn. Dinner & show tickets are available by calling the Inn at

250.285.3322. Two course dinner and show tickets: \$54; show only seats are \$34.



Bentall headed up the rock chart-toppers and Juno Award winners Barney Bentall and the Legendary Hearts through the 1990s, then took a break until launching a solo singer-songwriter career in 2007. Ulrich is a two-time Juno Award winner and a member of the B.C. Entertainment Hall of Fame. She first became known on the West Coast music scene as a multi-instrumentalist with the Pied Pumkin and as a singer for the Hometown Band. Taylor started out in the quartet She Stole My Beer with classmates from school in Vancouver, which released two albums and toured extensively. He then embarked on a solo songwriting and recording career, with two solo albums to his credit.

Bill Bradshaw Quadra Real Estate

PERSONAL REAL ESTATE CORPORATION



HOME & RENTAL SUITE ON 1 ACRE
\$295,000 • Located near the heart of Quathiaski Cove • Home features living space on main level with unfinished upper floor • Main level has heated concrete flooring, exposed wood beams and open floor plan

• Fully self contained 1 bedroom suite above garage • Located within walking distance from shops and services in Quathiaski Cove

billbradshaw@royalpage.ca
sarahbradshaw@royalpage.ca
202 Cove Centre, Quathiaski Cove, BC
www.quadrarealestate.ca



OFFICE 250.285.3293
TOLL FREE 1.877.735.3293
FAX 250.285.3292



THE ISLAND CALENDAR

Day to Day

Friday, Jan 27 / Saturday, Jan 28

- Pruning workshop, Garden Club members only

Saturday, January 28

- BTU at Herons Dining Room. 2 course dinner & show. Seating at 6 pm, \$54. Reserve 285.3322

Sunday, January 29

- Afternoon Tea Dance, 3 to 5pm, Main Hall QCC
- Theatre Quadra casting call HBI Bay View Room, from 11:00 to 1:00 & 4:00 to 5:00pm

Friday, February 3

- Friday Flicks presents: The Apology doors 7:30pm

Saturday, February 4

- Sierra Quadra - Just Eat It (film), 7:30pm QCC

Sunday, February 5

- Super Bowl Sunday at the HBI Pub!!!
- Reconciliation, with James Quatrell - Quadra Island United Church, Cape Mudge at 7 pm.

Sunday, February 12

- Gonzalo Bergara dinner & show Herons HBI

Wednesday, February 15

- Hike to Maud Island w/ Outdoor Club

The Regulars

MONDAY

AA, Big Book Study, 7pm Quadra United Church
Badminton, Cape Mudge Gym, 7:30 starts on Sept 26

TUESDAY

Pickleball, Cape Mudge Gym, 4:30, starts Oct 18
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
Badminton, Cape Mudge Gym, 7:30 starts on Sept 26

FRIDAY

Alcoholics Anonymous, 8pm Quadra United Church

SATURDAY

Meat Draw, Quadra Legion, Heriot Bay 5 pm
Open Mic with Mo, 9pm at the HBI pub

SUNDAY

Family Service, Quadra Island Bible Church, 10:30am
Quadra Sunday Painters, 11am-2pm, 285.3390
United Church Service 11am except for 3rd Sunday
Evening Service, 7:30pm, 285.3163

What's Happening at Quadra Community Centre: January 27- Feb 10

THIS WEEKEND (JAN 27 - 29)

FRIDAY: 8:30 Fitness w/Jeannie; 10:00 Spinners and Knitters; 10:30 Friday Painters; 6:45 UNIFY- Global Sisterhood Mediation (Room 3)

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

SUNDAY: 11:00 Inner Sound Journey; 3:00 Tea Dance

THIS WEEK (JAN 30 - FEB 3)

MONDAY: 8:30 Fitness w/Jeannie; 10:00 Parents & Tots; 1:00 Sing For Pure Joy; 4:00 Chess; 7:00 Understanding Shakespeare

TUESDAY: 9:30 Qigong; 1:30 Caregivers Support Group; 2:45 Kids Fusion Dance; 5:30 Yoga with Trinity; 5:30 Zumba; 6:30 Bootcamp; 7:00 Watercolour; 7:30 Folk Dance

WEDNESDAY: 8:30 Body Sculpt; 10:00 Yoga with Trinity; 11:00 Moms and Babes; 12:00 Community Lunch; 12:00 Nurse Practitioner; 6:30 The Men's Group

THURSDAY: 10:00 Parents and Tots; 10:00 Parents and Tots Yoga; 1:00 Mosaics; 5:30 Yoga with Trinity; 6:45 Singers; 7:00 Life Drawing

FRIDAY: 8:30 Fitness with Jeannie; 10:00 Spinners and Knitters; 10:30 Friday Painters; 7:45 Friday Flicks; The Apology

NEXT WEEKEND (FEB 3 - 5)

SATURDAY: 10:00 Island Theatre Kids -Main Stages; 1:10 Island Theatre Kids - Early Stages; 12:00 Watercolour Workshop; 7:30 Sierra Quadra: (Film) Just Eat It

SUNDAY: 12:00 Watercolour Workshop

NEXT WEEK (FEB 6 - 10)

MONDAY: 8:30 Fitness w/Jeannie; 10:00 Parents & Tots; 1:00 Sing For Pure Joy; 4:00 Chess; 6:30 Jungian Dream Study Group; 7:00 Understanding Shakespeare

TUESDAY: 9:30 Qigong; 2:45 Kids Fusion Dance; 5:30 Yoga with Trinity; 5:30 Zumba; 6:30 Bootcamp; 7:30 Folk Dance

WEDNESDAY: 8:45 Body Sculpt; 11:00 Moms and babes; 12:00 Community Lunch; 12:00 Nurse Practitioner; 6:30 The Men's Group

THURSDAY: 10:00 Parents and Tots; Parents and Tots Yoga; 1:30 Mosaics Class; 6:00 Singers; 7:00 Life Drawing

FRIDAY: 8:30 Fitness with Jeannie; 10:00 Spinners and Knitters; 10:30 Friday Painters

NEXT DI DEADLINE: Monday, February 6th @ 7pm

J TOELLE CONSTRUCTION LTD



Above: Private home, energy rating ★ 81

SEE MORE OF OUR PROJECTS AT www.jtoelle.com

BUILDING FOR & EMPLOYING
ISLANDERS SINCE 1980

★ Green energy rated
Custom & budget homes
Resort buildings
Commercial buildings
Cost effective design

BC LICENSED RESIDENTIAL BUILDER
10 YEAR NEW HOME WARRANTY

OFFICE 250 285 3783
MARSHALL TOELLE 250 204 5111
MATT GRISWOLD 250 204 2878

ISSUE 645
27 JANUARY 2017

Publisher Philip Stone

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

www.discoveryislander.ca

CONTACT US

email news@discoveryislands.ca

phone 250 285 2234

mail PO Box 280 Quathiasi Cove
BC V0P 1N0

office 701 Cape Mudge Road

hours Monday - Thursday
10am to 4pm

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

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

GIFT SUBSCRIPTIONS

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

Local Voluntary Subscriptions are
welcome to help support the DI,
suggested: \$30 per calendar year

Find more details online at

www.DiscoveryIslander.ca

COPYRIGHT 2017
ALL RIGHTS RESERVED

NEXT DEADLINE

7pm on Monday, Feb. 6
for publication on
Friday, Feb. 10, 2017

Different Spokes for Different Folks

Bike Sales New & Used
· Electric Kits · Accessories



250-285-3627

bicycle@gicable.com

www.quadraislandcycle.com

SCHOOL ZONE

Rethinking Math at Quadra Elementary

Hello, I'm Bobby, the grade 2/3 teacher at Quadra Elementary this year. I was asked to write a small piece to let you, the amazing readers, know what's happening at our school. Needless to say at any one moment a lot is going on!! It's hard to pin down just one topic to write about, but I've decided to share an exciting shift that is happening school-wide; the way we think about math.

For many, early math class memories come with emotional baggage. I still can remember page after page of similar questions leading up to a timed test at the end of the week. I also can recall thinking I wasn't smart enough to 'get' math. It's memories like these that can seriously impede the confidence and ability of students. Through professional development this year, we teachers have taken aim at how we teach math, and how we can best support our learners for success.

If you walk into a classroom during a math lesson, things might look a little different than you're used to. Most days, after whole group discussions, students are working together in small groups. Their thinking is represented visually, written on non-permanent surfaces, and concepts are worked into either one large problem that needs solving or a game. Taking

chances is encouraged and mistakes are never chided by teachers or other students.

This type of math learning is built upon a few key ideas influenced by math education guru Jo Boaler:

Anyone can learn Math. Our brains are powerful and amazing things. Through current brain research, we know they have the ability to grow, adapt and change. We also know that no one is born with a 'math brain'.....or without one! With the right teaching and messages, everyone can be successful at math.

Mistakes are powerful. It's important that we encourage learners to take chances and celebrate a mistake. I always say to students that "when you make a mistake, your brain is growing". Boaler's research shows that when we make mistakes, synapses in our brain fire and make new connections, and even more are made once we figure out where we went wrong.

Having a growth mindset is important. A 'growth mindset' encourages students to think that smartness increases with hard work, rather than believing that you either have or don't have intelligence. When faced with a challenge, frustration, or failure, a person with a growth mindset takes a deep breath or two and tries again. It's sometimes a tough skill to

teach, but ultimately leads to different learning behaviours that encourage perseverance in the learner.

Math takes time. Some of the greatest mathematicians need time in order to think about a problem at hand. speed and timed activities, like 'math minutes', don't encourage critical thinking, block off working memory, and lead to higher anxiety in students.

Math is visual. When students work with symbols (ie. numbers), they are using a different part of the brain than when they work with visual information. Math learning improves when both areas of the brain are communicating with each other. I encourage students to draw out pictures to help understand their thinking or work out a solution. It is always so amazing to step back and see all of the different ways groups visualize a problem to solve it, and often leads to some great discussions!

These ideas have really changed the way I think about math, and how I try to best support every learner in my class. Hopefully, my students can make some math memories that pack a little less emotional baggage and leave them thinking how great and limitless their math learning can be!

Until next time!

Bobby

If you are interested in how teaching math is being rethought, I encourage you to check out www.youcubed.org for games, articles, ideas, and resources.

Winter is here...

Time to winterize your boat and motor

Call Frank today for an appointment to protect your investment and peace of mind next season

Quadra
Marine Services

250-202-2853

Fast, Reliable, and Reasonable Rates. quadramarineservices@gmail.com

Find out
when the DI is
posted online

RCMP 2016 Year in Review

In 2016, Quadra Island RCMP recorded the most calls for service since the adoption of our new records management system approximately 9 years ago. Quadra RCMP received a total of 927 total files (calls for service) for the year. Quadra RCMP is also responsible for Read and Cortes Island so of those 927 calls for service, 8 of them were for Read Island and 153 of them were for Cortes Island. Calls for service can range from anything from a reported theft, break and enter, assault, impaired driver, keep the peace, motor vehicle accident, sudden deaths, mental health act, illegal hunting or assisting other detachments with investigations involving people that reside in our area and the list goes on. In total, police laid Criminal Code or Motor Vehicle Act charges in 51 of those 927 calls for service but this does not include violation tickets or warnings that are issued during regular traffic stops. I have added a brief break down of some of the statistics (these are for Quadra, Cortes, and Read Island combined (These are just a few):

- 14 - Break and enters (includes businesses, residences, cabins and other buildings)
- 36 - Assaults
- 45 - Thefts
- 19 - Motor Vehicle Accidents
- 1 - Criminal Code Impaired
- 10 - Missing Persons Investigations
- 23 - 90 Day Immediate Roadside prohibitions (IRPs)
- 14 - 3 Day Immediate Roadside Prohibitions
- 5 - 24 hour suspensions from alcohol
- 1 - 24 hour suspension from drugs

These statistics can be broken down even more and do not include calls for service where police could have laid charges but did not lay charges in cases such as possession of marihuana, open liquor, and obstructing a police officer, intoxicated in public, and causing a disturbance to name a few. Depending on your view of these statistics, I can tell you that the crime rate for Quadra, Read, and Cortes Island is very low and this is the safest community I have ever had the pleasure of policing. If you have any questions feel free to contact me.

Cpl. Kevin CHRISTENSEN
Quadra RCMP

Friday Flicks: 'The Apology'

On February 3, 7:45pm at Quadra Community Centre, Friday Flicks presents the National Film Board of Canada film The Apology.



During WW II roughly 200,000 women and girls in Japanese-occupied countries were forced into sexual slavery by the Imperial Japanese Army, named "Comfort Women" and forced to serve in military "comfort stations" at home and abroad. The Apology follows three of the remaining survivors of this horrific, historic abuse. Devastating and inspirational, beautiful and transformative; the painful, unresolved journey of these grandmothers is deep testament to the human spirit. Today, they fight for reconciliation and justice as they struggle to make peace with the past.

HEDEFINE CONTRACTING LTD.

Roofing Specialists

**Installation
of most types of roofing:**
Green (living) roofs, Enviroshake,
Asphalt, Cedar, and more...

**Custom fabricated sheet metal
12" or 20" panels: 24 or 26ga
Standing seam metal roofing
and cladding panels made on site.**

Need a roof? We've got you covered

**Call for an estimate today
250.285.2866
Fully Insured**

www.discoveryislander.ca

Quadra Island United Church

Sunday Services

11am on the 1st, 2nd and
4th Sunday of every month

Evening Service

7:30pm on the 3rd Sunday
of every month

Choir

Wednesdays at 7:45pm
**Program for Children
and Youth**

We also provide assistance
with Baptisms
Funeral and Marriage
planning

Call 250 285 3163
for more information

G. ROY DAHLNAS EXCAVATING LTD.

- EXCAVATING • TRUCKING • SAND
- GRAVEL • TOP SOIL • DRAIN ROCK
- ROAD CRUSH • WELL CASINGS



Build Here!



- private - backs on crown land
- 10 ac, trees, bluffs, meadows
- easily accessible terraces
- great hiking trails nearby
- \$169,000. MLS 414995

Visit our office for a complete catalogue
675 Heriot Bay Road, Quathiaski Cove

Discovery
Islands
Realty Ltd.



250-285-2800

www.direalty.ca

Islanders Stepping Up, Stepping Out - Staying Active and Engaged

Are you a senior over 65 interested in taking part in a health research project to help assess your health and what activities would interest or benefit you, and receive some support in following through to reach your goals? Stepping Up, Stepping Out is a small confidential health research project sponsored by Quadra Circle.

Participants are invited to join any of the activities offered at Quadra Circle Activity Centre in Quadra School which currently include ping pong (for beginning and experienced players) Qi Gong, armchair yoga and armchair exercises, weekly sessions of "Pastels & Percussion," drop in bridge and memoir writing. Peer volunteers are available to support you in the programs by request, and assistance with transportation to and from the activities can be also be arranged.

If you are a senior, or a caregiver to someone aged 65 or over, and would like to find out more about this project contact Helen Lee at: helenqcircle@gmail.com or call (250) 285-2788. If you need a confidential discussion to discuss your suitability for the program, please contact Pat Peterson, Nurse practitioner at Quadra Island Medical Clinic (250) 285-2255.

Stepping Up, Stepping Out is funded through a Community Action Initiative Grant and VIHA.



Offering Quadra's most diverse set of in-house building skills
From footings... to finishings!

Blaine Smith Contracting & Painting

For free inspiration, call today **250-202-6299**
quadrablaire@gmail.com

Quadra Island Outdoor Club Upcoming Events

We're having a bit of everything for winter weather. We had to postpone the outing to Salmon Point, but we have managed to get out each week in January and had a good time. We hope to have a mix of trips with easy and moderate walks, as well as snow trips, and still accommodate the weather. It looks as if Mt. Washington is refreshing its snow.

Here are the upcoming trips:

30 Jan - 2 Feb, Monday-Thursday - multiday trip to Salt Spring Island (this trip is FULL)

8 Feb, Wednesday - snow at Mt. Washington area

15 Feb, Wednesday - hike to Maud Island

The details for these trips are available at:

<https://qioutdoorclub.org/trips/trip-schedule/schedule-fallwinter-2016-17/>

Theatre Quadra Fall Play Submissions

Jump start your creative juices. Dust off an old manuscript or start a new one.

Theatre Quadra is looking for full length (2 hour) Pantomimes - original or published for their fall 2017 production.

(Pantomime: theatrical entertainment that involves music, topical jokes, and slapstick comedy usually based on a fairy tale or nursery story).

Fall Play dates: Friday to Sunday, November 17, 18 and 19.

Please submit your plays by February 23, 2017

Mail to Box 709 Quathiaski Cove, BC V0P 1N0

Email to: theatrequadra@gmail.com

" A Great Harrrrrrdy Thank You to everyone involved with Family Literacy Day 2017! We hosted around 40 Adults and 108 Junior Pirates with a total of 148 souls for some good Pirate fun. Special thanks to all the volunteers and helpers: Rosalind D, Stephanie P (VIRL), Kris W, Susan W, Deb C, Gretchen P, Lynda K, Barb L, Kait P, Rob P, Jill G and Robin B. (I hope I didn't miss anyone) Also to: the Children and Staff of Quadra Children's Centre, parents and children from the community and the Staff and students from Quadra Elementary School. It was easy to see how creative and fun the citizens of Quadra Island are, based on the wide variety of Pirate attire seen at the Community Centre today. I hope everyone had a good time!

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

Let us all hope that Spring is on its way and that Winter is over. We have all had enough snow!

Our branch enjoyed our last meeting and we all loved the Pot-Luck lunch. It was a very excellent idea to have the town hall meeting which had speakers.

Our next meeting will be on Tuesday February 21st come at 10:00 a:m and have a coffee or tea.

We are hosting the North Island Regional meeting in March where we always have fun with prizes a delicious lunch and entertainment.

In June the O.A.P. convention will be held at Agassiz and the delegates will be staying at Harrison Hot Springs hotel.

To join our happy gang call Elke Kelly @ 250-895-0258 for transportation call Ruth Amiabel @ 3801 or cell ph. 250-895-9188

Dr. Anita Komonski, ND, CHt
naturopathic physician



Effective Treatments for:

- Digestive Concerns
- Poor Immune Function
- Hormone Imbalance
- Chronic Pain
- Fatigue
- Anxiety & Depression

Addressing the root of illness; Treating the whole person.

Now taking appointments in Quathiaski Cove
250.504.0090 drkomonski.com

2016 Christmas Bird Count Notes...

The annual Christmas Count was held on January 2nd this year and, as usual, teams went out to scour the two regions on Quadra that are count zones for this international event. Fifty-six species were accounted for on Quadra, and a total of 1,823 individual birds. Interesting species of note were Black Scoters (7), Long-tailed Ducks (2), Pacific Loon (38), Wilson's Snipe (1), Ancient Murrelet (2), Anna's Hummingbirds (3), American Robin (2).

Not spotted this year: Red Crossbills or Pine Siskins. What does this mean?? In itself, not much... Variations from year to year reflect more about the weather, the volunteers, the equipment used... or just where the birds are hanging out on that day. It is the long-term trends that count. For these two species in particular it is not alarming - data shows their population counts are remaining steady. Both Crossbills and Siskins travel in gregarious flocks and their patterns vary greatly from year to year, according to their food supply. Both are "irruptive" species, which means that some years, driven by the crop of seeds that they prefer, they will "irrupt" into an area and be seen in large numbers. It all depends on the abundance of the seed crop from year to year.



This year was the 117th year of the annual count, and 1031 locations participated, with 2,7468,598 individual birds counted. The final results will not be compiled for a while, but you can check them out when they are available at <http://netapp.audubon.org/cbcobservation/>.

Radio Theatre For Audio Thespians!

Theatre Quadra's putting on a RADIO PLAY! It will be performed on stage, with actors reading from the page. No prancing, dancing or fancy-pantsing! Just exciting reciting! So, if you're interested in dramatizing without memorizing, then make the choice to lend your voice! We're looking (and listening) for 4 adult guys and 2 adult gals at our casting call on Sunday, January 29, in the HBI Bay View Room, from 11:00 to 1:00 & 4:00 to 5:00.

(BTW... if you just like making a lot of noise... we need sound effects 'Foley' folks, too. Search 'Foley' on YouTube to see how much fun it is!) Our performance will take place on the evening of Saturday, April 22 (and possibly Sunday afternoon) at the Quadra Community Centre.

Arm Chair Yoga

Ever tried Yoga? How about armchair yoga? Kate Alexander will be blowing away the snow and winter blues on Mondays in January at the Quadra Circle Seniors Activity Centre, Quadra School. Join us with or without an armchair from 11.00am to noon in the music room. Contact Helen at (250) 285-2788 or email helenqcircle@gmail.com for more information. There is no charge for these sessions.

Kate Alexandra is a certified yoga teacher based out of Quadra Island, B.C. Back before yoga introduced itself to her, Kate was trained in musical theatre at the Randolph Academy for the Performing Arts in Toronto. Yoga found Kate through the path of dance and theatre. Moving back to Quadra from Toronto 10 years ago, there was limited space to dance in, and Kate needed that physical/creative outlet. Yoga revealed itself, as it does when the student is ready, and Kate hasn't spent a day without her mat since. Like for so many of us, yoga has been the pathway to so much more growth and personal evolution than she ever could have realized when first embarking on this journey.

Kate completed her 200h YTT training in Vancouver and has taught yoga to kids and adults downtown, in the studio she opened in Richmond and along our beautiful coastal paradise here on the island.

At Your HBI

January 28: BTU: Barney Bentall, Tom Taylor and Shari Ulrich. The powerhouse folk trio will melt your heart with their beautiful harmonies, evocative lyrics, driving rhythms and sweet balladry. Enjoy an evening with the eclectic mix of the character, voices and songwriting talents of these three unique artists. Two course dinner & show. Seating at 6 pm; \$54/seat. Herons Dining Room.

February 12: Gonzalo Bergara is a virtuoso composer and lead guitarist, mixing a cascade of arpeggios with the sounds of Paris and his native Argentina, to forge his own style of progressive Gypsy Jazz. Gonzalo Bergara Quartet will be performing in Herons. Show includes a lovely two course dinner. 58.00. 6:00pm Seating. Phone to reserve. It's Valentines weekend, bring your loved one out for a moving and unforgettable experience!

Totally rad gone bad at the HBI 80's Prom Murder Mystery Night. \$69/pp: interactive evening & delicious dinner. Costumes, whodunnit prizes and tons of fun! Saturday February 25th. 285-3322 to reserve & receive a character package! Easy background wallflower and centre stage flamboyant characters - all simply scripted.

March 4: Quadra Elementary Parent Advisory Committee fundraiser with Noelle Maffin, Kate Alexandra & special guests. Enjoy a two course dinner & show while giving to a valuable community group. Seating at 6 pm; \$50/seat. 40% donation to PAC. Herons Dining Room.

U of Q. Wednesdays:

Feb 1; Energy Crisis. Net neutrality. Fake news and more: a spirited discussion based on Web Juice Rap News episodes with Professor\Dean Barb Heinonen...

Feb 8; Excel! Magical spreadsheets, tables & graphs. Excel can help small business owners &/or tracking family finances with Sally Houghton...

Feb 15; Bubbles for the win! Forced Carbonation + Kegging with Tony Lum. 7:00pm. HBI Pub education.

HBI Pub Saturdays Open Mic: Open Mic taking a break until February 11. Sweetheart that he is Mo's back just in time for Valentines weekend!

Super Bowl February 5th at 3:00pm. 8' screen and 3 TV's. Good times, good friends, good food and drink at the HBI Pub.

We're playing armchair Hockey at every Canuck game! Enjoy with pulled pork sliders and a beer 9.95, one hour prior and during Canuck games (til kitchen closes)

Time to Get Onboard...



Plans are underway for the 2017 editions of the annual Guide to the Discovery Islands, Quadra Island Map, Cortes Island Map and local web sites.

If you're a new business and would like to receive information on these invaluable marketing opportunities:

Book your space today
news@discoveryislands.ca

Deadline for Visitor Magazine
30 January, 2017

For more information
look online at:
www.discoveryislands.ca/advertising

COMMUNITY NEWS & EVENTS

Gypsy Jazz: Gonzalo Bergara Quartet

Some music can seemingly transport you through time and space; the Gonzalo Bergara Quartet creates such music. The Gonzalo Bergara Quartet consists of Gonzalo Bergara on lead guitar, Jeffrey Radaich on rhythm guitar, Leah Zeger on violin, and Brian Netzley on upright bass. Their music is heavily influenced by Django Reinhardt and the Hot Club of France, as well as the traditional jazz and music of Bergara's true home, Buenos Aires.

The all-acoustic Gonzalo Bergara Quartet on is performing Sunday February 12 in Herons. The two course dinner show is early, seating is at 5pm: reserve your seats by calling the Inn 250.285.3322. Tickets for dinner and show are \$58; limited show-only seats are available for \$38.

Composer Gonzalo Bergara mixes a cascade of arpeggios with the sounds of Paris and his native Argentina. His first CD, Portaña Soledad, was Editor's Pick in Guitar Player Magazine, and Vintage Guitar Magazine called it a "masterpiece."

Sunday Afternoon Tea Dances, Quadra Style*

The first Sunday Afternoon Tea Dance is THIS SUNDAY, January 29, at the Quadra Community Centre, West Road. Two hours of Non-stop Rock'n Roll, Ball Room (including Latin), and Country Music. 3:00 - 5:00 pm. Doors open at 2:45. Come enjoy dance music from the 40's, 50's, 60's, 70's+. Coffee, tea and light refreshments will be available. Tickets are \$5 / person and are available at Inspirations (Q Cove Shopping Plaza), or from Betsy & Joe 285-3336, Kathy & Nick 285-3693, or at the door. Show up in January and request your favourite dance tunes for February and March. Next Tea Dance: Sunday Afternoon, February 26.

*A TEA DANCE is an afternoon Ball, much less formal in dress, decoration, and refreshment than an evening Ball and on Quadra this means an alcohol-free afternoon of recorded dance music where you are invited to wear whatever you would love to dance in, from T-shirts and jeans to fancy clothes and tiaras!



New Patients Welcome!

Dr. Elizabeth Aguilar Maciel
Dr. Joseph Gris



Family Dentistry

We Cater To
Cowards **Book an appointment today**
250-285-3000

Count me in – I support my local community news- magazine!

COMMUNITY SUPPORTER • 26 issues • \$30 / year ☐

SUSTAINING SUBSCRIBERS \$50 / YEAR ☐ \$100 / YEAR ☐

OR OTHER AMOUNT _____

Thank you!
Please make your
cheque payable to the

discovery
ISLANDER

and mail to Box 280
Quathiaski Cove, BC
VoP1No

NAME/S

EMAIL

PHONE

ADDRESS

Rebuilding our Community Centre - A Historical Look

Under the auspices of Quadra Literacy, a small group is undertaking a project to document the history of the community halls on Quadra.

The Valdes Island Social Club formed in 1917 and a community hall was built the following year. In 1940, the club became the Quadra Island Recreation Association. The original hall was dismantled in 1973.

Around that time, energy for building a new community hall began. We have some archival photos but are looking for more showing the planning and construction of the building, the landscaping and the addition. Do you have a story you would like to share of those times? Were you a member of the Quadra Island Recreation Association in the 60's? Perhaps you participated in some of the building, landscaping and fundraising phases for the current hall.

From the collected material, we will create a digital presentation that will be available for the community and shared online.

If you have a memory or photos of those early days, we invite you to call one of us: Robin Beaton @285-3185, Gretchen Peters @285-3529, Marcy Wolter @285-3849 or Jean Aston @285-3542



Preschool Program
For 2.5 to 5 years
(Toilet training not required)

Quadra Kids
school age program
For 6 to 11 years

Find us online
quadrachildrencentre.weebly.com

7:30 a.m. to 6:00 p.m.
Monday to Friday

250-285-3511

Please inquire about government subsidies



TimberWest Forest Corp.

Quadra – Quinsam Forest Stewardship Plan

TimberWest Forest Corp., North Island Operation, within the Campbell River Forest District gives notice and invites written comment on a proposed replacement to the approved Quadra-Quinsam Forest Stewardship Plan (FSP). The FSP covers the geographic areas of Tree Farm Licence 47 on Quadra Island and Forest Licence A94736 in the vicinity of Quinsam Lake.

The FSP shows the location of Forest Development Units and provides the results and strategies that the FSP holder will follow in relation to the Forest and Range Practices Act.

This FSP, when approved, will form the basis for future development of roads and cutblocks, leading to the issuance of cutting permits, which provide authority to harvest. The FSP may be amended as a result of written comments received during the public review and comment period. The public review and comment period runs from January 18, 2017 to March 20, 2017.

The FSP will be available for review at the following location, dates and time. To ensure a representative from TimberWest is available to discuss the plan any interested parties should telephone in advance to arrange an appointment.

Location	Date	Time
TimberWest Forest Corp. 4475 N. Island Highway Campbell River, B.C.	January 18, 2017 to March 20, 2017 Weekdays, excluding Holidays	9:00 am – 12:00 pm and 1:00 to 4:00 pm For appointment phone Rick Monchak (250)286-7334

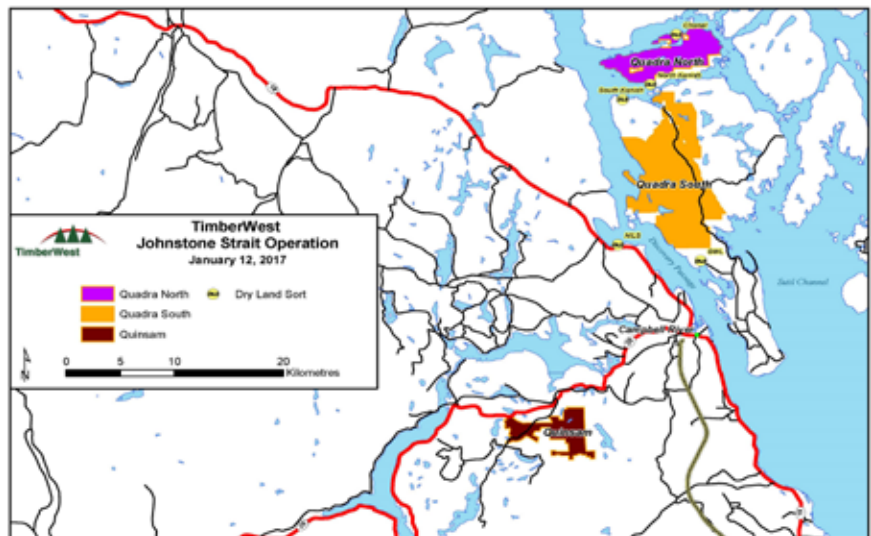
The plan may be viewed online at the following website:
www.timberwest.com under “news and views”

If any interested parties are unable to review the proposed plan during these times, arrangements can be made to view the plan at a time of mutual convenience.

Comments must be in writing and be received no later than March 18, 2017.

Please send to the attention of:

Rick Monchak, R.P.F.
Operations Forester
TimberWest Forest Corp. Box 2800, Campbell River, B.C. V9W 5C5
e-mail: monchakr@timberwest.com



Free Firewood

FREE FIREWOOD IS NOW AVAILABLE behind the Community Centre between 1pm and 2pm after Community Lunch on Wednesdays.

Volunteers are needed to cut wood on Wednesdays from noon until 3pm. Bring chainsaws and axes if you can (we have some axes too).

Phone Mornay if you can help cut wood or have any questions. He can be reached at home 250.285.3212 or his cell 250.202.3422.

Please consider donating money to the free wood account at the Quadra Credit Union.

Free Money

FROM FEBRUARY TO APRIL, Free Money will be back to the first Wednesday of every month. 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).

We only need \$1500 dollars to finish out this winter's project.

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.

Fusion Dance Class for Kids

LEARN DANCE technique, improve flexibility and confidence, and discover new, creative ways to express yourself through movement. This dance class will fuse ballet technique with jazz/hip hop moves, and include exercises that encourage creative movement and self expression. Class runs for 8 Tuesdays from 3:45 to 4:45pm, starting January 10th. Age 6-12.

To register: Call the Community Centre at 250.285.3243.

Cost: \$65 for 8 classes

Instructor: Kate Alexandra

Instructor: Kate Alexandra

Pricing For Winter Term:

Main Stages: \$275 • Early Stages: \$90

Yoga

KATE WILL BE taking over Trinity's Tuesday evening class for January. Connect to your breath and allow it to move you. This is a flow class with a focus on alignment and mind-body-breath connection. Kate makes sure to keep it energetic and fun!

Tuesdays January 3 to 24 from 5 to 6:30pm QCC upstairs

Cost: \$15 drop in or \$55 for all 4 classes

Instructor: Kate Alexandra

Act! Sing! Dance!

ISLAND THEATRE KIDS is proud to offer a well rounded education not only in the disciplines of theatre, but also in teaching life skills, building confidence and providing an avenue to make life-long friends. Full/partial scholarships available. Siblings always half price.

Winter Term: January 7 to March 11 (10 Saturdays)

Main Stages (age 6-12): 10am to 1pm

Early Stages (age 3-5): 1:10 to 2pm

To register: Call the Community Centre at 250.285.3243.

Quadra Singers Spring Season

Come join Quadra Singers for our Spring session which starts next Thursday, January 19th. We will be preparing for our own Quadra version of Woodstock dubbed "Q-stock" and celebrate Bob Dylan winning the Nobel Prize for literature and honour the late Leonard Cohen. By rocking out to songs of the 60's, we will sing the songs most of us grew up with and still know by heart. It will be a fun session culminating with a concert on April 29th, 2017. The audience will be invited to attend in their best 60's, hippie outfit still hidden in deep in the closet. We invite you to join us for the fun. We will also have a special educational retreat in March.

The first rehearsal is January 19th at 6:45 at the Quadra Community Centre. For more information contact us on our Facebook page or by calling Margot at 250-285-2393.



QUADRA Island BUILDERS

West Coast Seed Catalogues Are!

SPEND \$50 OR MORE ON WEST COAST SEEDS & GET 10% OFF YOUR PURCHASE...

FREE SHIPPING ON SPECIAL ORDERS

West Coast Seeds

Store Hours: Mon-Fri 8-5, Sat 9-5, Sun 10-4
635 Noble Road (corner of Green & Noble)
www.quadrabuilders.com *Delivery to Cortes 3 days a week!*

Phone: 250-285-3221
Toll-free: 1-877-585-3221
Fax: 1-866-509-8928



SORENSEN
MACDONALD
 ENTERPRISE LTD.

250 • 285 • 3906 / 250 • 203 • 3906

**Excavating • Trucking
 Sand & Gravel**

Quadra Quilters Guild News

The Guild has gone hi-tech and has provided a link to view photos of the past years "biggest production of Community Quilts ever!" I have included a statement from our past Treasurer, Sharron Hatelt regarding the quilts:

"The past year has seen our biggest production of community quilts ever! We donated five quilts to help fund-raise for local groups, while nine baby quilts were sent to Baby's Best Chance and Hearts for Hannah (the neo natal unit at BC Children's Hospital). The Syrian families received a dozen, as did the Food Bank families and two more have gone to Quadra Circle's seniors. We also received several personal requests and were able to meet that need as well. The main effort of course was directed to Fort McMurray families where we contributed three dozen quilts of various sizes! The shipping costs were graciously donated so the only expenses for the year were two rolls of batting and some flannelette for backings. I have made a 'smilebox' slideshow of each of the 80 quilts for this year. A heartfelt thank you to all who helped so generously!"

The Smile box link: <http://tinyurl.com/j6l2rws> Just copy this into your browser.

The next meeting of the Quadra Island Quilters Guild is February 14th, starting at 9:00 am. Newcomers are welcome. If you have any questions or are interested in coming to the meeting you can call Terry Phillips at 250-285-3040.

Reconciliation: Noun or Verb?

Come and join us for an evening of respectful discussion with James Quatrell. James is a native elder from Campbell River who is willing to talk... talk about issues he faces in an open exploratory way. Everyone is welcome to join James and others at the Quadra Island United Church, Sunday, February 5, at 7 pm. At Cape Mudge

Is Reconciliation a Noun or a verb? A major question. In Canada, Harper thought of it as a noun – he apologized, so let's move on. To most others it is a verb – a process. This is something everyone living in Canada might want to consider... what is there to reconcile? The First Nations people have had their lands taken, been forced on to Reserves, forced into residential schools and have had their culture turned upside down. People have been forced to do things in their jobs that they know are wrong on an individual level such as clearcutting forests, polluting the waters and air, go to war. There is a need to talk about all this and more, especially at an individual level. The outcome has yet to be defined.

Reconciliation is a current topic in Canada as the results and recommendations of the Truth and Reconciliation Commission have been published. To find out more, go to: www.trc.ca

This talk will be an ongoing event in our series addressing Reconciliation. We invite the Quadra Public to attend and join us in this conversation. Call 285-3163 for more information.

Just Eat It on Feb 4

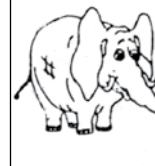
SIERRA QUADRA kicks off 2017 with the award-winning Canadian film 'Just Eat It' on Saturday, February 4 at QCC. The film asks why – as a society that devours cooking shows, foodie blogs and culinary magazines – we persist in chucking 50% of our food into the trash?

Filmmakers and avowed foodies Jen and Grant follow the food waste trail from farm, through retail, all the way to the back of the fridge. In a nation where one in ten people face food insecurity, the images they capture of squandered groceries are shocking yet strangely compelling. They quit grocery shopping cold turkey and pledge to live only on foods that have been discarded. Embracing food rescue for survival turns out to have surprising consequences!

Join us for this documentary described as 'smart and snappy' and 'educational, entertaining, and potentially life changing.' Feb 4, QCC.

ALL CLEAR SEPTIC SERVICE

Have you thought about your septic tank in the last 3 or 4 years?



SAVE costly drain field repairs by having your septic tank pumped out before trouble attacks!

Call Ross Doak **285-3561**

Coming Events...

U of Q

Every Wednesday at 7pm
HBI Pub Education

Dinner & Show

January 28

Shari Ulrich, Barney Bentall & Tom Taylor

Save the Date

February 12

Gonzalo Bergara Quartet

Open Mic with Mo

Saturdays at 9pm

with host Mo Davenport

lively, delicious, soulful

great food · superb events · casual fun
open every day · live music Friday & Saturday



Inn: 285.3322

Pub: 285.3539

heriotbayinn.com

Heriot Bay Inn

a beautiful place to spend time

Heriot Bay Tides

DATE	TIME PST	m.	ft.
27 Friday	06:27	4.8	15.7
	11:48	3.6	11.8
	16:25	4.4	14.4
	23:32	1.1	3.6
28 Saturday	06:56	4.9	16.1
	12:25	3.4	11.2
	17:13	4.4	14.4
29 Sunday	00:09	1.1	3.6
	07:27	5	16.4
	13:06	3.2	10.5
	18:03	4.4	14.4
30 Monday	00:47	1.2	3.9
	07:59	5	16.4
	13:50	3	9.8
	18:55	4.3	14.1
31 Tuesday	01:28	1.3	4.3
	08:32	5	16.4
	14:38	2.7	8.9
	19:52	4.2	13.8
01 Wed.	02:11	1.6	5.2
	09:07	5	16.4
	15:29	2.5	8.2
	20:57	4.1	13.5
02 Thursday	02:56	2	6.6
	09:43	4.9	16.1
	16:23	2.2	7.2
	22:13	4	13.1
03 Friday	03:46	2.5	8.2
	10:22	4.8	15.7
	17:21	1.9	6.2
	23:41	3.9	12.8
04 Saturday	04:44	2.9	9.5
	11:04	4.7	15.4
	18:23	1.6	5.2
05 Sunday	01:15	4.1	13.5
	05:56	3.3	10.8
	11:54	4.6	15.1
	19:26	1.4	4.6
06 Monday	02:42	4.3	14.1
	07:29	3.6	11.8
	12:49	4.6	15.1
	20:24	1.1	3.6
07 Tuesday	03:50	4.5	14.8
	08:57	3.6	11.8
	13:47	4.5	14.8
	21:17	1	3.3
08 Wed.	04:43	4.7	15.4
	10:04	3.6	11.8
	14:44	4.5	14.8
	22:04	0.9	3.0
09 Thursday	05:26	4.9	16.1
	10:58	3.4	11.2
	15:41	4.5	14.8
	22:49	0.9	3.0
10 Friday	06:05	5	16.4
	11:45	3.2	10.5
	16:38	4.5	14.8
	23:32	1	3.3

THE DI CLASSIFIEDS

Real Estate

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

Services

ROOFING:

Metal, cedar, asphalt shingles and flat roof installations by Red Seal Certified roofer. Roof leak and emergency repairs with warranty. Insured company and WCB covered. Call JAVA ROOFING at 250 204 2638

Q-COVE APPLIANCE REPAIR

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. Call Lonn McMartin at 250.285.3425 or 250.202.3425

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, February 6

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

Help Wanted

The Heriot Bay Inn is accepting resumes for hiring dates beginning February: Housekeepers, Servers, Bussers, Dishwashers, Line Cook, Prep Cook, Chef de Partie. Send resume to info@heriotbayinn.com. Fax: 250-285-2708.

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. Quality products at affordable rates. 250.285.2815 info@waypointsigns.com

For Sale

QUALITY CEDAR PRODUCTS

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

FERMENTATIONS

U-VIN & U-BREW

Happy Holidays
thank you
for all your support

Handcrafted
Custom Fruit Wines,
Ciders, and Supplies

Hours: 10-4:30, Tues - Sat

(250) 285 - 3822

Will be closed during holidays
Dec 21/16 to Jan 10/17

Inspirations



Why catch a ferry?
Local printing done
right here on Quadra.
Photos too!

Mon-Fri: 10-5:30/Sat: 10-5:00
285-3334 qcopies@telus.net

Thinking of selling?



Well it is officially a sellers market!
Call me for a free market analysis
and tips on how to prepare your home
for sale to receive maximum profit!

Successfully selling real estate on Quadra Island since 1995

Heidi Ridgway

Your Resident Quadra Island Realtor®

ROYAL LEPAGE

Advance Realty

250-285-2217 tel

250 202-2217 cell

Heidi@QuadraislandRealEstate.com



www.QuadraislandRealEstate.com