

ISSUE 723

FEBRUARY 21, 2020 • SERVING QUADRA & DISCOVERY ISLANDS SINCE 1993

# discovery

## I S L A N D E R

*"Bonjour! Reading Discovery Islander on Plage de Clugny,  
Basse Terre, Guadeloupe.  
Another warm day in the Caribbean!"*

### ALSO IN THIS ISSUE

Postscript to last issue's  
cover • *Page 2*

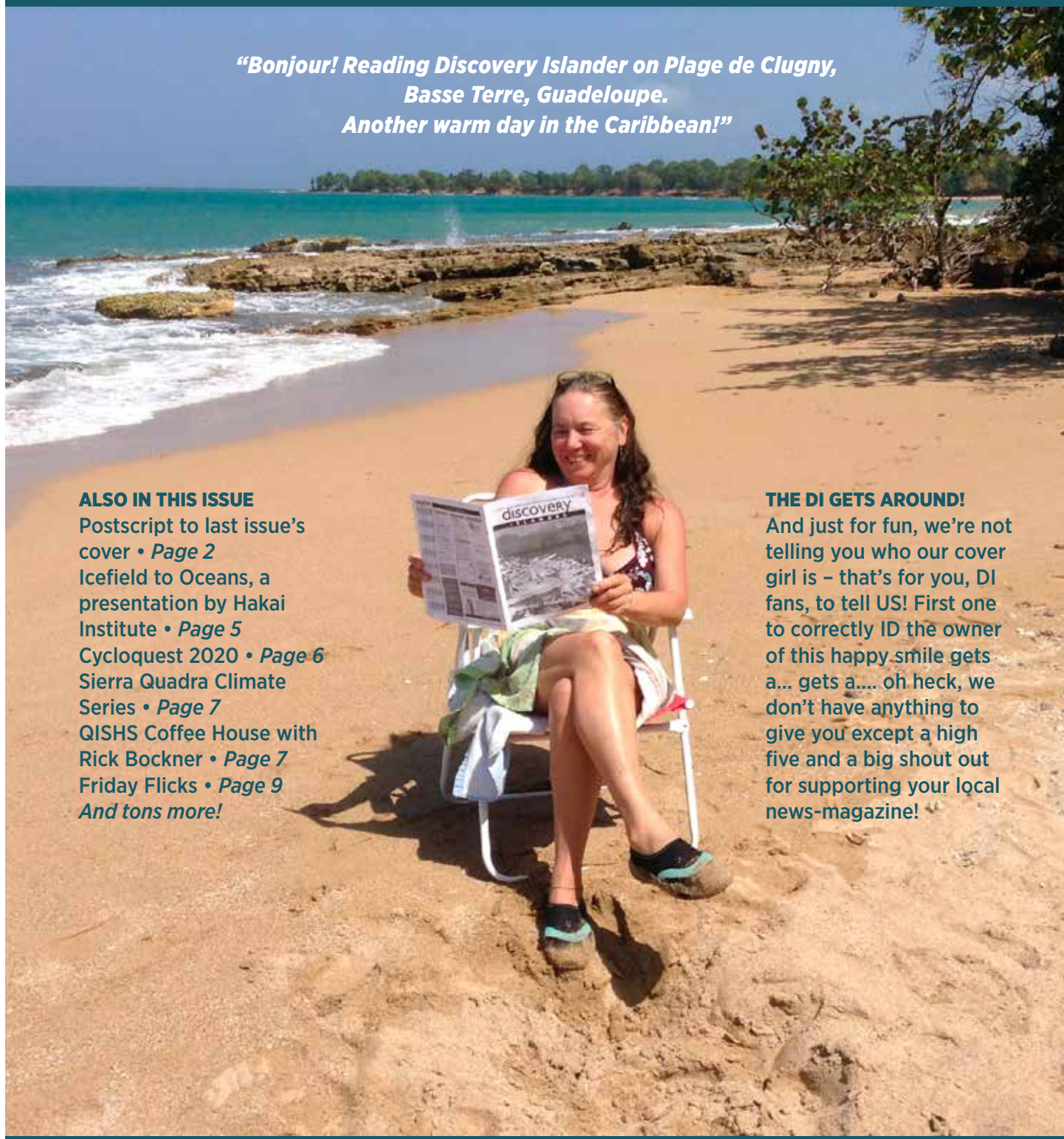
Icefield to Oceans, a  
presentation by Hakai  
Institute • *Page 5*

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Sierra Quadra Climate  
Series • *Page 7*

QISHS Coffee House with  
Rick Bockner • *Page 7*  
Friday Flicks • *Page 9*  
*And tons more!*

### THE DI GETS AROUND!

And just for fun, we're not  
telling you who our cover  
girl is – that's for you, DI  
fans, to tell US! First one  
to correctly ID the owner  
of this happy smile gets  
a... gets a.... oh heck, we  
don't have anything to  
give you except a high  
five and a big shout out  
for supporting your local  
news-magazine!



## John Barclay and the Bridge

**IN THE LAST ISSUE OF THE DI**, John Barclay wrote an article, with photos, thanking all the volunteers for their time working on the Drew Creek Bridge. It should have been the Quadra Island Salmon Enhancement Society, trail builders and users and people of Quadra thanking John for the huge amount of thought, time and labour that he put into the bridge. Of the 'hundreds of hours' put into its construction, John probably did half.

Starting around 2003 or 2004, John began his magnificent obsession. He estimates that he has been involved in the construction of 30 bridges on Quadra Island. Some are little eight footers spanning a small creek or swale; others are very big indeed. Many bridges involved volunteers carrying supplies in for construction at remote sites.

The Morte Lake Trail has countless (unless you are John) bridges on it. He says that there are nine bridges of which eight have already been replaced. The big one is just off the parking lot and is much used.

From Surge Narrows (one big and a couple of small bridges), through the Heriot Ridge approach, to the many Swale Trail crossings, Quadra is blessed with bridges engineered and mostly built by John.

More examples: There is a major bridge off the North Gowland Harbour Heriot Ridge Trail, two on the Chinese Mountain trail; the Swale trail has seven bridges including one larger walking bridge!

On the Newton Lake Trail the first bridge (20' long) was built with donated logs by TimberWest. It needs replacement soon or a different solution needs to be found for the creek crossing.

On the Shellligan Trail a 15 ft bridge was built 12 years ago and rebuilt two years ago. Seymour Mountain trail has one bridge. On Nugudzi Trail there is one bridge (new 10 years ago). A culvert was taken out and a bridge built (a quarter of the way up the trail). It is certain that there are others not listed here. Errors in counting and listing are solely the responsibility of the writer.

We only hope that John and Bev keep hiking into these remote locations to see what is needed. And keep on bridging!

– Al Beattie

## North Quadra Island Open Burning Feedback Survey Is Now Available from the SRD

**QUADRA ISLAND RESIDENTS** and property owners can now share their opinions on the North Quadra Island Open Burning Feedback survey which is available online and will also be mailed to North Quadra property owners this week.

For the last couple of years, in response to a petition from Quadra Island residents, the Strathcona Regional District (SRD) has been investigating the possibility of enacting open burning regulations for residents and property owners in the northern part of Quadra Island.

To date, SRD staff have attended several community meetings to assess support for this proposal and have received mixed feedback. Since there appears to be a diversity of opinion on the matter of fire regulation for the north Quadra Island area, the SRD is conducting a formal survey of residents and property owners to better gauge the level of support for this initiative and to investigate costs. The results of the survey will either justify further investigation of this issue or, alternatively, indicate that there is insufficient interest to warrant further efforts by the Regional District. "This is an opportunity for residents to express their opinions on an important topic that is presently managed by

multiple overlapping jurisdictions" stated SRD Electoral Area C Director Jim Abram. "The survey is open to all Quadra Islanders and we hope that enough responses are received to give us a clear direction for the future."

Surveys may be submitted by:

- Mail: North Quadra Island addresses only Return self-addressed envelope was included in SRD survey mailings. OR
- Online: All Quadra Island residents and property owners can complete the fillable survey on [www.srd.ca/open-burning-feedback](http://www.srd.ca/open-burning-feedback).

Survey submissions must be received by Friday, March 27, 2020.

We would like to hear opinions on this matter and even if you have provided feedback in the past to the SRD on this matter, we ask that you still submit the questionnaire. All responses will be treated confidentially but we do ask that respondents provide the civic address of their property so that we can properly correlate the data.

For more information on this project, please visit [www.srd.ca/open-burning-feedback](http://www.srd.ca/open-burning-feedback) or contact Shaun Koopman, SRD Protective Services Coordinator at 250-830-6702 or [skoopman@srd.ca](mailto:skoopman@srd.ca).

## Letter to the DI re: SRD Survey

**IT IS GOOD THAT THE SRD** has invited everyone on Quadra Island to participate in their current survey. South Quadra residents can access the survey online through the SRD; North Quadra gets a mail-out.

It is, however, unfortunate that the public information meeting requested since 2017 did not occur prior to this survey. A public meeting would have provided the clarity that people need to make informed decisions on what they are voting for. There has been confusion and misconceptions regarding what the initiative for a new Fire Protection Strategy Plan for Quadra Island is asking for.

The initiative is focussed on recommendations to be addressed by all government jurisdictions on Quadra Island. There are three components set forth so far, that should have been considered as part of the current survey.

All burn regulations should be consistent, and encompass the entire island from north to south on all lands, crown and private property.

Fire Hazard Ratings on Quadra Island should be determined on Quadra Island, with all readings taken on this island using the most updated technology in measuring climate conditions.

Coastal Fire has a mandate to provide fire suppression service on North Quadra Crown land. Private lands are subject to an if/maybe/how-about-tomorrow response to fire calls. This is a dangerous precedent, and could have disastrous results not just in the north, but for the whole island. A mechanism for firefighting on all lands needs to be established as soon as possible.

The deadline for the survey is March 27, 2020. It is important to keep this discussion alive, and advocate for further discussion on this initiative.

Check out the article on [www.cortescurrents.ca](http://www.cortescurrents.ca) for more reading on the subject.

Thank you,  
Dalyce Dogterom



# THE ISLAND CALENDAR

## Day to Day

### Friday, February 21

- Duo Concertante at QCC, 7:30pm, \$20 at the door

### Saturday, February 22

- QI Harbour Authority AGM HBI Bayview Room 1pm
- Legion Bingo, 7:30 to 10pm, Mexican meal 6pm

### Sunday, February 23

- Emergency Reception Centre exercise QCC
- Old Farm Community Garden AGM, QCC, 9:30am

### Monday, February 24

- Way To Go: Caregivers Group, 7 to 8:30pm, pg.4

### Thursday, February 27

- Noah Derksen trio at Kameleon 7pm, pg.11

### Friday, February 28

- Friday Flicks at QCC, 7:45: The Farewell

### Saturday, February 29

- Leap Year Tap Takeover HBI Pub at 5pm; UofQ 7pm
- Sierra Quadra: Broad Perspectives, Local Actions Climate series at QCC, doors 7pm, event 7:30

### Friday, March 6

- Friday Flicks at QCC, 7:45: Wild Rose

### Saturday, March 14

- Coffee House for Seniors Housing, QCC 6pm, pg.7

### Monday, March 16

- Icefields to Oceans, QCC 7:30 to 8:30pm, pg.5

## The Regulars

### Mondays

AA, Big Book Study, 7pm Quadra United Church  
Sing for Pure Joy, 1-2:30 QCC Rm 3  
Badminton, 7:30pm Cape Mudge Gym, drop-in \$2

### Tuesdays

Chess Club, Quadra Island Library, 2-4:30  
Folk Dancing, QCC, 7:15pm, 285.3849

### Wednesdays

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

### Thursdays

SMART Recovery group 12:30-2pm, QCC boardroom  
E-Help, Quadra Island Library, 1:30-4  
Badminton, 7:30pm Cape Mudge Gym, drop-in \$2

### Fridays

Alcoholics Anonymous, 8pm Quadra United Church

### Saturdays

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

### Sundays

Buddhist Meditation, 10 am, Children's Centre  
Family Service, Quadra Island Bible Church, 10:30am  
Family Service, United Church, 11am, 285.3163  
Quadra Sunday Painters, 11am-2pm, 285.3390

## QI Community Centre

### THIS WEEKEND (Feb 21-23)

**FRIDAY:** 8:30 Fitness with Jeannie; 9 Bear Kids Wilderness School; 9 Kundalini Yoga with Sarah; 10 Spinners & Knitters; 10:30 Friday Painters; 2:45 Kids Ballet; 5 Jazz Dance with Heidi; 7:30 Cultural Events Present: Duo Concertante, violin and piano

**SATURDAY:** 10 Journey the Chakras with Sarah

**SUNDAY:** 9 Somatic Yoga with Rob; 5 Circus Jam

### THIS WEEK (Feb 24 - 28)

**MONDAY:** 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Q Circle Core Strength Class; 1 Sing for Pure Joy; 1:30 Q Circle Caregivers Support Group; 2:45 Island Theatre Kids; Chess Class; 5:15 Yoga with Dood; 7 Photography Club

**TUESDAY:** 9:30 QI Gong with Denise; 11:30 Sound Meditation with Sarah; 1 Quadra Circle Mosaics; 5 Yoga with Trinity; 7:15 Folk Dancing

**WEDNESDAY:** 10 Yoga with Trinity; 11 Parents and Babes; 12 Community Kitchen Lunch; 4:20 Active Flow Yoga with Kate R; 5:45 Jazz Dance with Heidi (Room 3); 7:15 Slow Flow Yoga with Kate R

**THURSDAY:** 10 Parents & Tots & Parents & Tots Dance; 11 Q Circle Somatics; 12:30 SMART Recovery; 5 Yoga with Trinity; 6:45 Quadra Singers

**FRIDAY:** 8:30 Fitness with Jeannie; 9 Bear Kids Wilderness School; 9 Kundalini Yoga with Sarah; 10 Spinners & Knitters; 10:30 Friday Painters; 2:45 Kids Ballet; 5 Jazz Dance with Heidi; 7:45 Friday Flicks - The Farewell

### NEXT WEEKEND (Feb 29 - Mar 1)

**SATURDAY:** 10 Journey the Chakras with Sarah; 7:30 Sierra Club: Broad Perspectives, Local Actions

**SUNDAY:** 9 Somatic Yoga with Rob; 5 Circus Jam

### NEXT WEEK (March 2 - 6)

**MONDAY:** 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Q Circle Core Strength Class; 1 Sing for Pure Joy; 2:45 Island Theatre Kids; 4 Chess Class; 5:15 Yoga with Dood

**TUESDAY:** 9:30 QI Gong with Denise; 11:30 Sound Meditation with Sarah; 1 Quadra Circle Mosaics; 1 Living Life to the Full; 5 Yoga with Trinity; 7:15 Folk Dancing

**WEDNESDAY:** 10 Yoga with Trinity; 11 Parents and Babes; 12 Community Kitchen Lunch; 4:20 Active Flow Yoga with Kate R; 5 Open House - 'Quadraconics'; 5:45 Jazz Dance with Heidi; 7:15 Slow Flow Yoga with Kate R

**THURSDAY:** 10 Parents & Tots & Parents & Tots Dance; 11 Q Circle Somatics; 12:30 SMART Recovery; 5 Yoga with Trinity; 6:45 Quadra Singers

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NEXT DI DEADLINE: Monday, March 2 @ 7pm

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21 FEBRUARY, 2020

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**Guest Editor** Robyn Budd

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[www.discoveryislander.ca](http://www.discoveryislander.ca)

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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.

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

### GIFT SUBSCRIPTIONS

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suggested: \$30 per calendar year  
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### NEXT DEADLINE

**7pm Monday, March 2**  
for publication on  
**Friday, March 6, 2020**

## COMMUNITY NEWS & EVENTS

### Quadra Quilt and Garden Tour

**MARK YOUR CALENDAR** for the Quilt and Garden Tour June 27 and 28. This biennial event is happening in 2020: new gardens, gardens we have not seen in a while, and some popular repeats from 2018; quilts galore in many interesting styles, and new to the tour – a few artists roaming. This is a great weekend to invite family and friends to visit and show off your neighbours' creative talents in so many different media. Some of the volunteers of tours past have retired and we thank them for doing such a great job for so long. A new group of organizers have stepped up, including much appreciated volunteers with past experience, and we are working hard to bring you a fun event. Saturday and Sunday 10am to 4pm. The cost is \$15 (12 and under free). Tickets will not be available until closer to June. For info contact Fay at 285-3934 or Val at 285-2841.

### QI Cemetery Society AGM

**ANNUAL GENERAL MEETING**  
March 10, 2019 at the Quadra  
Island Legion at 7pm.  
2020 memberships available, \$10

### Bingo at the Legion

**SATURDAY FEBRUARY 22** from  
7:30 to 10pm. Proceeds will be  
going to support the McCallum  
Family! The L.A. will be serving  
a delicious Mexican meal starting  
at 6pm.

### Way to Go

**JOIN US FOR** monthly Monday  
conversations about death  
and dying, 7 to 8:30pm, 1087  
Topcliffe. Mini-presentations:  
**FEBRUARY 24** Caregiver's  
support group  
**MARCH 23** More about  
psychedelics for terminal distress  
**APRIL 20** Being a personal  
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attorney, and will executor  
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### New to Quadra?

The Discovery Islands Chamber  
of Commerce and local  
businesses welcome you with  
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### Old Farm Community Garden

**COMMUNITY GARDENS** are about more than just growing food. Families and individuals are able to grow fresh, healthy produce for very little money, increase local food security, get to know and interact with their neighbours, and work together to enhance the communities where they live.

The Old Farm Community Garden AGM will be held on Sunday February 23 at the Quadra Island Community Centre. Doors will open at 9:30am for coffee, plot payment, job sign up and to meet other gardeners. Meeting begins at 10:15am.

We currently have garden plots available! Anyone interested in getting a bed at the garden please contact Helen Lee at 250-285-2788.

### Is Drinking a Problem for You?

**IF DRINKING** is a problem for you and you want to stop drinking Alcoholics Anonymous can help. To find AA near you or if you wish to learn more about Alcoholics Anonymous visit [www.cr-aa.ca](http://www.cr-aa.ca). or call 250-287-4313 for Campbell River and area AA. Meetings are held on Quadra Island Friday night at 8pm and Monday night at 7pm at the Cape Mudge United Church.

### Icefields to Oceans: Climate Change & Our Shrinking Coastal Glaciers

**PRESENTED BY HAKAI INSTITUTE** on Monday March 16 at the Quadra Community Centre, 7:30 to 8:30pm (doors open at 7pm).

The Hakai Institute conducts science on BC's coast, working across the landscape from ocean to icefields. Hakai uses a range of tools – satellites, airborne surveys, drones, and ground truthing – to study the climatic changes to BC's glaciers and snow packs.

The talk will include discussion of the system that begins on Quadra, then extends through the channels, up Bute Inlet, following the Homathko River to the snow and ice fields around Mount Waddington.

### Time to Submit Annual Event Info

**WE'RE BUSY WORKING ON** the upcoming 2020 Guide to the Discovery Islands and a newly designed full colour edition of the Quadra Island Map-Brochure. If you're part of the planning for any of our regular annual events or have something new planned now would be a great time to submit your event dates and brief bit of info for inclusion in our community showcases.

Send your details before March 15 to: [news@discoveryislands.ca](mailto:news@discoveryislands.ca)  
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### Newcomers Welcome Party

**DISCOVERY ISLANDS** Chamber of Commerce is hosting a Newcomers Welcome Party Monday, March 23. Information about services and facilities on Quadra Island will be presented. If you are interested in attending or making a presentation, please contact Judy Hagen at 250-285-2150 or [judyhagen@gicable.com](mailto:judyhagen@gicable.com) for more information.



Like the DI  
on FaceBook

### Coming Events...

**U of Q Feb 29, HBI Pub  
Extracurricular Beer Class 7pm**

**Mar 7: Spring into Summer  
Children's Centre Fundraiser  
Folk to Funk 6pm seating**

**Mar 19: Celtic duo  
Pierre Schryer & Adam Dobres  
HBI 7pm, \$20 Call to reserve**

**Mar 20, 21: Island Tales  
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**THE FREE MONEY PROGRAM CONTINUES** on the first Wednesday of the month from 11:30 to noon in the seminar room at QCC. Single individuals receive \$10 and families receive \$20 inside a book of their choice. Available the first Wednesday from October to May. Please consider donating to the Free Money account at Coastal Community Credit Union. For more info call 285-2462.

## QI Cycling Coalition CycloQuest 2020: MayhemAggedon Edition

**THE CYCLING COALITION** has been promoting cycling on our island for many years. Last year, we hosted our biggest community event ever, with over 150 participants. This year, on May 16, it will be even better. It's an adventure ride with something for everyone, whether it's an easy cruise to check out the bars and coffee shops or a hard core gravel adventure that will take riders to the far corners of the island. Funds raised from the event support Quadra cycling activities, trail maintenance and safety.

Last year there was a great response from local businesses and once again we would like to invite as many as possible to participate. Do you have something special for cyclists? A gathering place for hungry riders? Unique accommodation? Amazing food? We are inviting potential sponsors to contact us to see how they might become part of this unique experience.

If you have an idea for how your business could participate, contact Jack at [quicc@gicable.com](mailto:quicc@gicable.com) • Visit our website at [quadracycloquest.ca](http://quadracycloquest.ca)

## Advance Directives Workshop

**WEDNESDAY, MARCH 11, 2 PM**

**QUADRA ISLAND COMMUNITY CENTRE BOARD ROOM**

Join Betty Doak and Pat Peterson for this interactive workshop, hopefully to answer your burning questions so you can put pen to paper and create this document. It is all about language and knowing what you would like should you not be able to talk for yourself. All welcome, no need to register. Let us help you demystify this important document.

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## Grand Opening: Upstairs in the Cove

**SIX NEW ENTERPRISES ARE OPENING THEIR DOORS!**

The top floor of Q Cove Plaza will now be utilized to full capacity with five new business enterprises and one cooperative operating alongside longtime favourite Spirit Books.

New shops include Counter Culture Gift Shop, Quill and Cauldron, Stone Soup Cooperative, 3rd Dimension Music, and Raven Song Gallery featuring unique westcoast art and furniture from various local artists.

The businesses are hosting an open house grand opening upstairs in the Cove on Saturday April 8 beginning at 10am and continuing all day.

Entertaining events include a ribbon cutting ceremony for the new spiral staircase, refreshments, live music, door prizes, and contests to enter. Be sure not to miss this culture-filled island event!

## QI Outdoor Club Upcoming Events

**HERE ARE THE** upcoming trips scheduled for late February to mid March:

**26 FEBRUARY, WEDNESDAY** Hiking around Drew Creek and Drew Harbour

**4 MARCH, WEDNESDAY** Hiking to Deepwater Bay and mine

**11 MARCH, WEDNESDAY** Hiking a Reed Lake Loop

**18 MARCH, WEDNESDAY** Snow sports at Mt Washington

The winter schedule and the links to the available detailed trip descriptions can be found at: <https://qioutdoorclub.org/trips/trip-schedule/schedule-fall-winter-2019-20/>

For more information about the Club visit <https://qioutdoorclub.org/> or email to [qioutdoorclub@gmail.com](mailto:qioutdoorclub@gmail.com).

Find your way  
around online...  
[Quadralsland.ca](http://Quadralsland.ca)

### Quadraponics Cannabis Inc. Public Information Meeting

Quadraponics Cannabis Inc. would like to invite the public to attend an informational meeting being held at the Quadra Island Community Centre on March, 4, 2020 at 6pm.

The meeting is intended to inform the public on details of our cannabis project at 687 Industrial Way in the industrial park and receive feedback from the community.

This meeting is meeting our requirements for the Strathcona Regional District as part of the zoning amendment process.

Please join us from 6pm to 8:30pm in the main hall, we are excited to receive community feedback and look forward to informing the Quadra community about what Quadraponics is doing to enter the Cannabis Act framework.

Thank you,  
Shane Hedefine of Quadraponics Cannabis Inc.

**Cortes Radio**

Drop in and tune out



## Broad Perspectives, Local Actions

**AS THE SECOND PART** in our series on the Climate Crisis, Sierra Quadra is proud to present a panel of Islanders with expertise in emergency services, community health, and food security.

The event, on Saturday, February 29 at 7:30pm, will be introduced and moderated by author, journalist, activist and ecologist Rex Weyler, and will entail a dialogue between members of the panel and the audience, with the express purpose of developing a stronger and more resilient community.

This is an opportunity to ask questions, receive advice, express concerns, offer suggestions, and generally raise your concerns and awareness about living in the Quadra Island community. This event should foster connections between yourself and those with useful skills and ideas to share. You may even find a meaningful and helpful role for yourself in an existing service, or in a new and needed one.

Since audience discussion and the sharing of ideas with groups and individuals will be an important part of the evening, a note pad and pen might be useful for recording information and contacts.

Doors will open at 7pm, admission is by donation and, as usual, coffee, tea, juice and baked goods will be available.

– Ray Grigg

## Second Annual Coffee House Fundraiser for Seniors Housing

**COME ONE, COME ALL!** Eat, drink and savour the music! Saturday March 14 at the Community Centre. Dinner and drinks at 6pm; entertainment begins at 7pm. Admission: \$20 / Show Only: \$12

Enjoy a special evening of food and entertainment with all proceeds being used to equip and furnish our new Seniors' Centre. An exciting entertainment program is headed by the incomparable Rick Bockner from Cortes, while Owen Williams and Matt Kelly and their crew will be cooking up a storm in the kitchen (and, yes, there will be enough for everyone and there will be vegetarian options) – so we can promise not only a feast for your eyes and ears, but also for your palate. This is a licensed event.

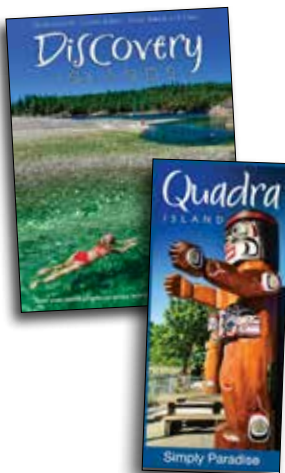
Anticipation of the outcome of a silent auction offering a wide variety of goods and services will add excitement to the evening (a million thanks to all the generous contributors!!).

Don't miss this great opportunity to support our seniors and have a whale of a good time! See you there!



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when the DI is  
posted online

## Time to Get Onboard...



### Put your business where customers are looking

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28 February, 2020

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27 March, 2020

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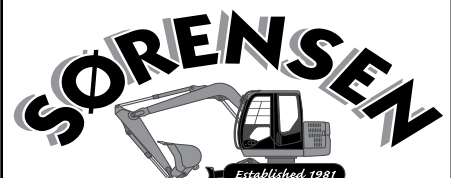
**Quadra Kids**  
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## Duo Concertante February 21

**QUADRA CULTURAL EVENTS** presents Duo Concertante on Friday, February 21, 2020 at 7:30 at the Quadra Island Community Centre. Tickets are available at the door for \$20.

Canada's premiere violin and piano ensemble, Duo Concertante, are partners in music and in life. Their name was taken from the inscription over Beethoven's Kreutzer Sonata which reads 'in stilo molto concertante', implying that the two must be equal and dynamic voices. Critics have praised Nancy Dahn and Timothy Steeves' "artistry, poetry, and impeccable technique" (La Scena Musicale) and "deeply integrated performances that flow naturally as if the music were being created on the spot" (Gramophone).



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## Hilda Van Orden (Neuerburg)



was born in Rotterdam in 1923. Always active, she played for the women's National Field Hockey team and then in 1946 she won the European rowing championship in Paris. While rowing she met and later married Meindert (Maynard) Van Orden in 1948, had two children Willem and Ricarda while living on a

houseboat in Zaandam and then, all together, they crossed the ocean to Canada in 1951. While living in a tarpaper shack in Mud River BC, two more children, Joan and Heather, were born and then house and household were literally dragged by truck into Prince George where Marjorie was born and where all the children grew up.

The family came to Quadra in 1969 and soon after Hilda was busy giving swimming lessons to locals and working for the Campbell River Library. She was on the first Bookmobile that came to Quadra with stops at the Bay, the Cove and the Cape. Later, for several years she was the librarian at Quadra Elementary School. Together with Maynard and others she helped organize musical and other cultural events on Quadra and was involved with the theatre and the film club. Also together with other enthusiastic islanders, Hilda was part of the pioneering of the hiking trails on Quadra Island.

Maynard left the world in 1995. Hilda carried on with quiet vigour organizing concerts for the hall, scouting out new trail routes and negotiating with the timber companies. She loved nature: skiing, hiking, kayaking and exploring with her old red Volvo.

Hilda was also very busy being the loving matriarch of her family, soothing her children's dilemmas and having adventures with her grandchildren.

Many thanks to the wonderful caregivers she had in the last years of her life, both on Quadra and Evergreen care home in Campbell River. We will have a celebration of her life at the Quadra Community Centre on March 28 at 1pm. In lieu of flowers Hilda suggested donations to Doctors Without Borders or a charity of your choice.

## Cooler weather ahead...

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## Does Health Screening Save Lives?

**THERE IS AN OLD SAYING** in medicine “primum non nocere” which roughly translates to “firstly do no harm.” All well and good of course, why would any doctor want to harm their patients?

Firstly, this is the official website advice regarding cancer screening in BC and lists the standard recommendations for physicians: <http://www.bccancer.bc.ca/screening> The message is clear: “Screening saves lives.” People tend to think that health screening is a good idea and harmless. After all, recent suggestions are that half of us will get cancer at some point in our lives.

However, I have a feeling of unease about certain screening tests that I would like to share.

Mammograms are vital if you have a breast lump or strong family history but is it useful for checking everyone over the age of 50? Why did Switzerland, after expert advice, stop recommending mammograms for all women?

The problem is that cancer can be over diagnosed and not all cancer kills.

To quote one of the most important data sources for doctors: “For every 2000 women invited for breast screening throughout 10 years, one will avoid dying of breast cancer and 10 healthy women, who would not have been diagnosed if there had not been screening, will be treated unnecessarily. Furthermore, more than 200 women will experience important psychological distress including anxiety and uncertainty for years because of false positive findings.”

For men who ask about PSA testing: This is NOT a screening test, and the largest trials we have show lives are not saved and 1 in 5 men have biopsies which are intrusive and not needed.

All men over 50 should have a look at this, a very clear diagram which explains risk and benefits here: <https://canadiantaskforce.ca/tools-resources/prostate-cancer-harms-and-benefits/>

Probably the most useful screening test that causes least harm is that for bowel cancer. This is available to everyone over 50 in BC, even with a positive test only one in eight people have cancer, yet there is some reluctance to have this simple check up. Is this just because poop is involved?

There are many different expert opinions on the usefulness of screening. In fact, there may be new evidence next month which overturns my views. Having been a GP for 30 years, I understand there have always been new updates and changes to our recommendations. This is the beauty of medical science: we are always looking to improve our treatments and investigations.

When it comes to screening, you can always follow the government recommendations blindly, but perhaps have a considered discussion with your doctor as well.

– Dr Steve Hughes CCFP,  
Quadra Island Medical Clinic  
(This article is a personal viewpoint)

## Friday Flicks: The Farewell

**FEBRUARY 28 THE FAREWELL:** USA, 2019, English/Mandarin/English subtitles, 7:45 QCC.

**THE FAREWELL** announces at the beginning that it’s “based on an actual lie,” but the meaningful truths it reveals couldn’t be more poignant or powerful. And while writer/director Lulu Wang’s film is obviously personal and culturally specific, it achieves a universality and a resonance through its vivid depiction of a family in the midst of crisis.

That crisis was actually Wang’s crisis: Her beloved grandmother was dying in China, and the family decided not to tell their matriarch to protect her and prevent her from living in fear throughout her remaining days. Instead, they planned a lavish wedding as an excuse to bring everyone together one last time. (Roger Ebert.com)

**MARCH 6 WILD ROSE:** UK, 2018, English/English subtitles, 7:45 QCC

A sweet, stirring, and yet refreshingly unsentimental tale of a singer with ambition (and pipes to match), the movie **WILD ROSE** is like the anti-“A Star Is Born.” Set in Glasgow, Scotland, the film centres on a young single mother and ex-con who dreams of moving to Nashville to become a country singer.

### Contact Jim Abram

#### BY PHONE

Between 8:30am and 7pm,  
Monday through Friday (not  
on weekends please)

250-285-3355

#### EMAIL ANYTIME

[jimabram@xplornet.ca](mailto:jimabram@xplornet.ca)

#### BY MAIL

Box 278 Quathiaski Cove  
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## Ferry Schedule

Leave Quathiaski Cove	Leave Campbell River
6:15 am	6:40 am
*7:05 am	*7:30 am
8:00 am	8:30 am
**9:00 am	9:30 am
10:00 am	**10:30 am
11:00 am	11:30 am
12:00 pm	12:30 pm
1:00 pm	1:30 pm
2:00 pm	2:30 pm
3:05 pm	3:30 pm
**4:00 pm	4:30 pm
5:00 pm	**5:25 pm
5:50 pm	**6:15 pm
7:00 pm	7:30 pm
8:00 pm	8:30 pm
9:00 pm	9:30 pm
10:00 pm	10:30 pm
*11:00 pm	*11:30 pm

† Daily except Sundays & Dec. 25 & Jan 1.

†† Commuter sailings, expect overloads

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## Quadra Island Garden Club Hosts Arzeena Hamir Speaking on Food Growing Success

**TIPS AND TRICKS TO GET** the Best Production, including Using Greenhouses and Direct Seeding vs Transplants  
March 9, at the Quadra Island Community Centre, from 7 to 9pm  
FREE for all current Garden Club members  
\$3 dollars for Guests

Food growing is a time-honoured tradition and not a difficult task once many patterns are learned and systems are in place. Many vegetables especially benefit from being started ahead of time, ideally under lights or in a greenhouse, so that they can mature in our cool, short summers. Learn what vegetables benefit from starting indoors, which ones are best direct seeded outside, and which ones do well in greenhouses.

In Arzeena's presentation, the basics of seed starting will be covered, including ideas of how to reuse containers from home wherever possible, the pros and cons of seed starting mixes, and how to give veggies the best start possible. Risks and benefits of using a greenhouse will also be discussed, as well as what you need to do differently when gardening in a greenhouse. Please bring your questions about how to get the best production out of your garden. Let's grow some food!

Our meeting will also include the usual "Show and Tell" table, and the new "Plant and Seed Sale" table, with proceeds going to

the Garden Club. Contributions to both tables are highly encouraged. Our meeting always starts with yummy coffee and treats, and ends with fabulous door prizes. New members and guests always welcome.

About Arzeena Hamir: Arzeena is truly a Renaissance woman! She is a teacher, a farmer, an agronomist, a food security activist and a mom. As one of BC's most popular garden club speakers, she discourses on a wide range of useful organic gardening and food security topics. Arzeena earned her Bachelor's degree in Crop Science from the University of Guelph and her Master's degree in Sustainable Agriculture from the University of London, England.

After working overseas she became staff agrologist for West Coast Seeds in the late 90s and

then ran her own seed company, Terra Viva Organics.

Arzeena's family farm, Amara Farm, is one of the outstanding market gardens in the Comox Valley.

She also teaches soil science at North Island College and is Founder and Chair of the Mid Island Farmer's Institute and a Director of IAFBC (Investment Agriculture Foundation of BC).

Most recently, Arzeena won the 2018 election to become Area B Regional Director in Comox, BC.



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**MAPLE MEADOWS  
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Canadian Celtic duo: fiddler Pierre Schryer and guitarist Adam Dobres March 19 at HBI

**FEBRUARY 29 Leap Year Tap Take Over** in the HBI Pub. Enjoy Gladstone Brewery and New Tradition Brewery on tap at the HBI Pub. 5pm Tap Take over. 7pm UofQ Extracurricular Beer Class. 8pm Open Mic. Make a night of it! See you there.

**MARCH 7 Spring into Summer:** Quadra Children's Centre Fundraiser Dinner with 'Folk to Funk' music by Richard Christie, Brian Wilson, and Dave Tolley! \$55 includes a two course dinner with 36% to QCC. Also a lovely silent auction to find items that are just what you needed! 6pm seating. Call to reserve 285-3322.

**MARCH 19** Experience the magic of this phenomenal Canadian Celtic duo: **Fiddler Pierre Schryer and guitarist Adam Dobres.** Laden with awards and nominations including JUNO, Canadian Folk Music Awards, Western Canadian Music Awards and Grammy Awards. 7pm, \$20. Call the Inn to reserve: 250-285-3322. Pre-show dining is optional from 5 to 6:30pm.

**MARCH 20&21 Island Tales** presented by Arps Productions in Herons. Short plays, music, poetry, an all-Island Cast! (adult content). \$45 includes a two course dinner and entertainment. Proceeds to QI Young Musicians Fund. 6pm seating. Call to reserve 285-3322.

**MONDAYS Weekly Folk Circle** in the Fireside Lounge. Music by

the Folks for the Folks. Bring your instrument and your voice, share your tunes with the circle. 7pm. No charge, Heriot Bay Inn.

**TUESDAY MARCH 17 Monthly Karaoke with Cori!** Enjoy the fun and sing it out! 8pm, HBI Pub.

**THURSDAY FEB 20 Monthly Rockin' Bingo** with host Rockin' Queen Linda G. 5pm HBI Pub.

**U OF Q WEDNESDAYS** HBI Pub 7pm: Food for the brain!

**FEBRUARY 26 Dr John Chin,** dentist. Dentistry 101: Things you should know, myth busting, and FAQs

**MARCH 4 International Women's Day** Celebration of the Feminine with Lu Schanfarber

**MARCH 11 Building and Growing:** History of Quadra Builders with Barry Hatelt and Chad Swanson

**MARCH 18 Bivalves on acid:** Acidification effects on mussels and oysters with Hakai's Iria Gimenez

**MARCH 25 Genetic diversity of seagrass** wins with sea otters with Erin Foster

**SATURDAY NIGHT OPEN MIC** is back. Please NOTE: 9pm start as usual.

**HERIOT BAY INN FUEL DOCK AND FRONT DESK** January / February: Short hours Monday, Wednesday, Friday to Sunday. Closed Tuesday and Thursday. Phone for times 285-3322.

## Folk-roots trio Noah Derksen returns to Quadra Island

**THURSDAY FEBRUARY 27:** 7pm show at Kameleon Food & Drink Admission by donation (\$15-20 suggested) Reservations 250 285 3282

An American citizen born and raised in the heart of the Canadian prairies, maturing on the west coast of British Columbia, Noah Derksen writes with the groundedness of harsh Manitoba winters mixed with the optimism of British Columbia's coastline. Since graduating with a bachelor's degree in neuroscience in 2016, Noah has toured relentlessly across Canada and the United States, playing concerts from BC to Nova Scotia, and New York to California, including the National Arts Centre, Northwest Folklife Festival, and the Winnipeg Folk Festival.

## Monkey Dragon (Adham Shaikh & Buckman Coe) at the Legion

**FRIDAY MARCH 13:** 8pm door, 9pm band at the Quadra Island Legion Admission \$20 (Tickets: Inspirations, Kameleon Food & Drink)

The musical navigations of these Interstellar Dubsters explore the global sounds of dub funk ska and electronica at the intersections of culture and contemporary social issues.

Adham Shaikh is an Emmy and Juno nominated world fusion composer and electronic artist with 25 years experience rocking dance floors around the globe with his unique blend of natural and electronic sounds. Adham's multicultural blend of electronic dance music, dub, hip hop and reggae combine seamlessly with rhythms from around the world

Buckman Coe is a seasoned performer, touring and performing at festivals in Canada, United States, Australia, Taiwan, Singapore, and Indonesia. Gathering Storm, Buckman Coe's aptly-titled seventh release, comes as the follow up to Buckman Coe's Altar (2018), a folk-driven album. While Altar is reminiscent of earlier Buckman Coe rootsy folk songs, Gathering Storm pools together a wider array of genres in Coe's signature style.

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## Heriot Bay Tides

DATE	TIME PDT	M.	FT.
<b>22</b>	06:07	4.9	16.1
Saturday	11:49	3.3	10.8
	16:26	4.3	14.1
	23:20	1.2	3.9
<b>23</b>	06:38	4.9	16.1
Sunday	12:25	3.2	10.5
	17:15	4.3	14.1
	23:56	1.4	4.6
<b>24</b>	07:06	4.8	15.7
Monday	12:58	3	9.8
	18:02	4.3	14.1
<b>25</b>	00:31	1.6	5.2
Tuesday	07:31	4.8	15.7
	13:30	2.8	9.2
	18:47	4.2	13.8
<b>26</b>	01:04	1.8	5.9
Wed.	07:55	4.7	15.4
	14:03	2.6	8.5
	19:32	4.2	13.8
<b>27</b>	01:37	2.1	6.9
Thursday	08:18	4.6	15.1
	14:38	2.5	8.2
	20:21	4.1	13.5
<b>28</b>	02:11	2.4	7.9
Friday	08:41	4.5	14.8
	15:15	2.3	7.5
	21:17	4	13.1
<b>29</b>	02:49	2.8	9.2
Saturday	09:05	4.4	14.4
	15:57	2.1	6.9
	22:24	3.9	12.8
<b>MARCH</b>			
<b>01</b>	03:32	3.1	10.2
Sunday	09:31	4.3	14.1
	16:44	1.9	6.2
	23:43	3.9	12.8
<b>02</b>	04:26	3.4	11.2
Monday	10:04	4.2	13.8
	17:39	1.8	5.9
<b>03</b>	01:13	4	13.1
Tuesday	05:41	3.6	11.8
	10:48	4.1	13.5
	18:42	1.6	5.2
<b>04</b>	02:34	4.2	13.8
Wed.	07:30	3.7	12.1
	11:52	4.1	13.5
	19:46	1.4	4.6
<b>05</b>	03:33	4.4	14.4
Thursday	08:58	3.7	12.1
	13:05	4.1	13.5
	20:42	1.3	4.3
<b>06</b>	04:19	4.6	15.1
Friday	09:54	3.5	11.5
	14:12	4.2	13.8
	21:32	1.1	3.6
<b>07</b>	04:57	4.8	15.7
Saturday	10:37	3.4	11.2
	15:14	4.3	14.1
	22:18	1.1	3.6

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#### NEXT DEADLINE

7pm Monday, March 2  
for publication in DI 724  
out on March 6, 2020

### Notices



ANNUAL GENERAL MEETING

FEBRUARY 22<sup>ND</sup> 2020 @ 1 pm

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