

# discovery

## I S L A N D E R

### Breton Island Protected by Family Donation to Nature Trust



**T**he Nature Trust of BC is in the process of receiving an exceptional gift that will be a valuable addition to the protected areas in the Discovery Islands - South Breton Island.

Breton Island is a 12.6 acre island located off the east coast of Quadra Island and has been in private hands for many years. The island has excellent conservation values because it has no existing structures or docks and supports thriving plant and bird populations.

**Breton Island-Whitridge Reserve** contains three sensitive ecosystems: mature coniferous forest, herbaceous rocky shoreline, and shallow marine area. All three ecosystems are in a relatively natural state. A community of the critically imperilled Roemer's Fescue - Junegrass may occur on this island.

This is a bird lover's paradise. The shallow marine area provides important habitat for

sea ducks, shorebirds, seabirds, and other waterbirds. Among the bird species using the island are the threatened Marbled Murrelet, and three species of special concern - the Ancient Murrelet, Cassin's Auklet, and Great Blue Heron.

Provincially recognized species at risk that use the island include Brandt's Cormorant and Common Murre.

Other birds using this paradise include Bald Eagle, Black Oystercatcher, Black Turnstone, Common Loon, Common Merganser, Double-crested Cormorant, Harlequin Duck, Lesser Scaup, Pacific Loon, Pelagic Cormorant, Pigeon Guillemot, Red-necked Grebe, Rock Sandpiper, Savannah Sparrow, Surf Scoter, Surfbird, and White-winged Scoter.

Breton Island is a local landmark and popular recreation location for kayakers and boaters.

By protecting the island, this acquisition will protect 1.2 km of coastal shoreline and approximately 22 acres of shallow marine area surrounding the island by ensuring that no infrastructure will extend over or through this important habitat.

Two other properties have also been recently acquired: Marsden Face - Rixen Creek with 80 acres in the West Kootenay, north of Nelson; Cowichan River - Gibbins Road comprising 36 acres of forest and riparian corridor along the Cowichan River near Duncan, on Vancouver Island.

Acquiring the property is only the first step. The Nature Trust is fundraising for immediate and future land management costs to care for the reserve in perpetuity and is appealing to the public for donations. For more information on supporting this important local initiative see [naturetrust.bc.ca](http://naturetrust.bc.ca)

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# ISLAND COOKERY

3rd  
Edition!

## CALL FOR RECIPE SUBMISSIONS!

There are a lot of great cookbooks in the world today, plus a world of online recipes at our fingertips. So we ask that you consider in this process:

What makes a Quadra recipe?

Is it the local ingredients?

Passed down from Quadra Islanders with deep local roots?

Is there quirky island humour involved?

Please let these questions guide/inspire you- not limit you

### How to Submit

#### A) Online

Go to  
<http://www.quadrachildrenscentre.com/contribute.html> for more details and to complete the online recipe submission form

#### B) Hard Copy

Complete the provided recipe card and return to the one of the drop boxes located at Inspirations, Heriot Bay, Tru Value plaza outside Works of H'Art, and the Children's Centre

Please have all submissions in by November 30th 2020

## Art cards sale and Community Centre fundraiser!



Just in time for your HOLIDAY giving, beautiful box sets of Hilary Stewart, Quadra Island art cards are for sale through Quadra Community Centre for \$20 per box set (no tax).

Proceeds go to your Community Centre to help raise funds during COVID, when we cannot do our traditional, annual, large event fundraisers.

If you are interested in purchasing a card box set call QCC at 250-285-3243 or: email [info@quadrarec.bc.ca](mailto:info@quadrarec.bc.ca). For ease we can accept e-transfers or credit card payments over the phone and can arrange for safe hand over of your art cards at QCC. Sets are also available in professional shipping envelopes for easy, cost effective mailing to family and friends far away, i.e. fits through the mail slot!

Card boxes includes 6 Hilary Stewart greeting cards in total: 2 Marine Life of Quadra Island; 2 Birds of Quadra Island & 2 Wild Flowers of Quadra Island

*Thank you for supporting this Quadra Island Community Centre fundraiser!*



# WHAT'S HAPPENING at Quadra Community Centre

Nov 20 - Dec 4 2020

## THIS WEEKEND Nov 20 -27

**FRIDAY:** 8:45 Quadra Circle Strength and Balance Class; 3:00 pm Smart Recovery - Contact Jude@: smartrecoveryquadra@gmail.com;

**SUNDAY:** 9:00 am Somatic Yoga with Rob Selmanovic

**MONDAY:** 10:00am Yoga with Josephine; 5:30 Yoga with Dood

**TUESDAY:** 1:00 pm Quadra Circle Mosaics; 5:00 pm Yoga with Trinity; 7:00 pm Folk Dancing

**WEDNESDAY:** 10:00 am Gentle Yoga with Trinity; 1:30 Quadra Circle Ping Pong

**THURSDAY:** 11:00 Quadra Circle Somatics; 5:00 pm Yoga with Trinity

**FRIDAY:** 8:45 Quadra Circle Strength and Balance Class; 3:00 pm Smart Recovery - Contact Jude@: smartrecoveryquadra@gmail.com

## NEXT WEEK Nov 29 - Dec 4

**SUNDAY:** 9:00 am Somatic Yoga with Rob Selmanovic

**MONDAY:** 10:00am Yoga with Josephine; 1:30 pm Caregivers Support; 5:30 Yoga with Dood

**TUESDAY:** 1:00 pm Quadra Circle Mosaics; 5:00 pm Yoga with Trinity; 7:00 pm Folk Dancing

**WEDNESDAY:** 10:00 am Gentle Yoga with Trinity; 1:30 Quadra Circle Ping Pong

**THURSDAY:** 11:00 am Quadra Circle Somatics; 5:00 pm Yoga with Trinity;

**FRIDAY:** 8:45 Quadra Circle Strength and Balance class; 3:00 pm Smart Recovery - Contact Jude@: smartrecoveryquadra@gmail.com

**Attendance numbers** are restricted and ALL ACTIVITIES ARE BY PREREGISTRATION ONLY and as usual access to the facility is by advanced booking. Everyone using the facility must sanitize their hands before entering, wear a mask and keep 2 meters distance at all times. NO person that is showing any symptoms of COVID - 19 is permitted in the building. This includes anyone that has had symptoms of COVID - 19 in the last 14 days. Symptoms include: fever, chills, new or worsening cough, shortness of breath, sore throat, headache or new muscle aches. Anyone who has arrived from outside of Canada that has not self-isolated for 14 days is not permitted in the building.

For more info on registering for an activity or any other info please call QCC at 285-3243 or email us at: info@quadrarec.bc.ca

## NEWS & EVENTS

### Art Cards Sale and Community Centre Fundraiser!

We have added another Hilary Stewart treasure for you all, just in time for your Christmas giving! Beautiful box sets of Hilary Stewart, Quadra Island art cards are for sale through Quadra Community Centre for \$20 each box set (no tax). Card boxes include 6 cards in total, 2 of each design: birds, wildflowers, sea creatures. Proceeds go to your Community Centre to help raise funds during COVID, when we cannot do our traditional, annual, large event fundraisers.

If you are interested in purchasing a card box set call QCC at 250-285-3243 or: email info@quadrarec.bc.ca. For ease we can accept e-transfers or credit card payments over the phone and can arrange for safe hand over of your art cards at QCC. Sets are also available in professional shipping envelopes for easy, cost effective mailing to family and friends far away, i.e. fits through the mail slot!

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### CONTACT US

**email** [news@discoveryislands.ca](mailto:news@discoveryislands.ca)  
**phone** 250 285 2234  
**mail** PO Box 280 Quathias 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.

### 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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Local Voluntary Subscriptions are  
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[www.DiscoveryIslander.ca](http://www.DiscoveryIslander.ca)

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### NEXT DEADLINE

**7pm Monday, November 30**  
for publication on  
**Friday, December 4, 2020**

## COMMUNITY NEWS & EVENTS

### Recreation Society AGM

The QIRS Annual General  
Meeting will be on Nov 26th at  
7:00pm in the Community  
Centre Main Hall. Due to  
COVID, hall capacity is limited  
and so we are asking that you  
preregister your attendance by  
email ([info@quadrarec.bc.ca](mailto:info@quadrarec.bc.ca)).  
There could also be an option  
to join Via zoom link for those  
who don't want to join in person,  
but please let us know if you  
wish to join via zoom, so we  
know whether the tech set up is  
needed. If attending in person  
you must follow the following  
guidelines for COVID:

DO NOT enter if you are sick or  
have had any symptoms or have  
traveled from outside Canada  
and have not isolated for 14 days.  
Keep two meters distance at  
all times; sanitize hands before  
entering, wear a mask while in  
the facility, avoid touching your  
face and avoid touching surfaces  
unnecessarily, bring your own  
personal hand sanitizer to self-  
sanitize hands frequently, no  
equipment sharing/ bring your  
own equipment and your own  
filled water bottle from home.

### Quadra Children's Centre Annual General Meeting

Thursday, December 3rd at 6pm  
We will hold our 2020 AGM via  
Zoom platform. We invite our  
interested community members  
to virtually attend. Please email  
us at [quadrachildrencentre@telus.net](mailto:quadrachildrencentre@telus.net)  
to receive the link to  
the meeting. The link will also be  
available on our Facebook page.

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### Quadra's Covid Christmas Light-Up!

Due to the Covid-19 pandemic  
and the restrictions on public  
gatherings, our Lighted Truck  
Parade is unable to take place this  
year. The good news, however, is  
that we have come up with what  
we think is a festive alternative!!  
We still want to help spread some  
Christmas cheer and so, with no  
further adieu, we would like to  
announce...

This year you don't need a  
vehicle to enter, you can decorate  
wherever you are with twinkly  
lights. We will then compile a  
list of the participating addresses  
to create a Christmas Light-Up  
driving tour. And it doesn't stop  
there because there will also be  
some prizes up for grabs, so get  
creative!! After completing the  
tour there will be an opportunity  
to vote for your favourite address  
on our FB page and the top three  
addresses will receive a prize!!

The Light-Up will take place  
on Saturday, December 5th, at  
5:30pm. We ask that participating  
addresses be submitted by  
December 3rd via our FB page  
or by calling 250-285-3262.  
We will publish the list for the  
driving tour on our FB page or a  
printed copy will be available at  
The General/Gas Station. Voting  
will be completed by Sunday,  
December 6th at noon. We can't  
wait to see your displays!!!

### QUADRA ISLAND REAL ESTATE TEAM



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## Shout out:

On Friday October 30th, there was a major collision at the intersection of Heriot Bay Rd, and West Rd. I would like to thank the many citizens that stopped to provide assistance in the moments immediately after. Three people were injured, and transported to hospital. Luckily no one ended up suffering from critical life threatening injuries. I would also like to thank Fire Chief Sharon, and her crew. If you have never seen our local fire department in action, I can tell you they are a very professional and experienced group of dedicated volunteers. The speed in which they attend scenes is nothing short of incredible, especially considering they are not waiting around the fire hall for a call like big city departments. Many members of the Quadra Fire Department have years of experience and training behind them, and they operate like a well oiled machine. We are very lucky to have them. The BC ambulance service also responded in full force, sending the local ambulance, as well as one from Campbell River, and a helicopter. The response time was impressive.

## Impaired Driving:

Despite many educational campaigns across the country, Impaired driving continues to be a major safety concern across Canada. Please do not risk driving if you've been drinking. We will be ramping up our enforcement in this area as we approach Christmas, as part of a National Campaign. We would prefer it if our stats at the end of the year were down in this category, as it would mean Islanders were making good

judgment calls. However, there will be no breaks given to anyone caught driving under the influence. I believe this is the biggest safety risk to people living on these islands.

## Fraud Scams Continue:

I'm sure everyone is getting sick of the never ending phone scams. As many have likely noticed, in the past few months these calls seem to be originating from local numbers, making it more likely that you will answer. These call centres are almost always located overseas. These scammers are using voice over internet technology to place these calls, and programs that generate a call display from the local area. These call centres are clearly making money by defrauding unsuspecting Canadians, as new ones pop up faster than authorities in the country of origin can shut them down. I don't see this trend abating anytime soon, so we all have to be educated and aware. Please discuss these scams with any vulnerable family members or friends, as prevention is by far the best option available to us. Services Canada does not cold call people threatening arrest, and I can't imagine a scenario where your social insurance card could be compromised, leading to your arrest.

## Mental Health:

Our calls for service for mental health related issues has increased slightly this year. However, when I dig deeper into the stats, our apprehensions under the Mental Health Act have gone up three fold. We apprehend people under section 28 of the Mental Health Act, only if they are an immediate threat to themselves or others. Usually these calls result from

people expressing suicidal thoughts. Once we apprehend someone under the Mental Health Act, we are required to bring them to a physician for a proper medical assessment. I can only assume that COVID is contributing to this sharp increase. The extra stress and anxiety may be pushing people further to the edge of their abilities to cope. Although COVID isn't something that most dwell on every minute of the day, the threat is always there, and the news is increasingly dark. I imagine it's like that App running in the background on your phone, you don't realize it's open, but it's slowly draining the battery. I'm bringing this topic up, because it's clearly effecting people in our communities. Please support each other as best you can during this time of uncertainty. Check in on each other, listen, and support each other. If you have concerns about the mental health of a friend or family member, intervene early. Usually there is indication someone isn't doing well long before they take action or begin making comments about self harm.

Stay safe and mask up. Thanks

Cpl. Sean Bulford  
Quadra Island RCMP

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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

\* Fridays and Saturdays Only

\*\* Tuesdays - Dangerous Cargo

No passengers or cars.

## AT YOUR HBI

### Staff Days

Cheers to our incredible, hard working and caring HBI staff!

Enjoy their services and Chef Andrews extraordinary three course Fine Dining in Herons along with our wonderful new winter comfort meals on our HBI Pub Menu.

Check out our cozy cubby's in the pub ready next week, an intimate space for your pods to feast.

Hérons: Thursdays and Fridays 4 to 8

HBI Pub: Monday to Friday 4 to 8 Saturday, Sunday 1 to 8.

See you at the good old HBI!



Ella & Steve



Connie



Bjorn & Alli



Tammy



Blake & Melissa

## Quadra Community Centre Colouring Book Cover Contest Winners!

### And....we have some winners!!!

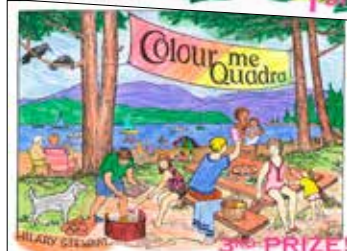
Our colouring contest winners are:

**1st Prize:** Maese Shea

**2nd Prize:** Luise Grav

**3rd Prize:** Molly Lenahan

Congratulations to all of our wonderful local artist who participated, you ALL made our judges jobs very hard! A huge thank you goes out to Lara at Inspirations for supporting this contest and Quadra Community Centre fundraiser! Next up, see Maese's art work on the new cover, once we have the colouring books reprinted and on sale as a QCC fundraiser!





## Thanks for Helping Quadra Peaks

Over the past several months we have been very busy working with the Quadra Island Bible Church preparing a second after school care space. We were thrilled to open our doors on Monday to "Quadra Peaks", a program for children in grades 3-5, offering spacious indoor and outdoor play areas all within Quadra Island's uniquely natural setting. During set-up we asked our community for donations of much needed supplies and once again we were blown away by the generous response!



This photo only represents a small selection of the wonderful art, craft, games and activity items that our community members dropped off to the Children's Centre. We also needed to stock our beautiful new space with food for snack preparation, baking and cleaning supplies. Once again we relied heavily on the combined efforts of our community members who selected Quadra Children's Centre as the receiver of their spirit board points and to the amazing crew at our Tru Value stores who run such an incredibly generous and supportive program.

Our heartfelt gratitude goes out in heaps to Murray Garland, Brent Austring, Tru Value Foods and our amazing community members. We strive to offer quality, affordable childcare to our community and we are excited now to be expanding the programs that we can offer to serve more of our community. Working together with you, we feel that we can achieve this. Thank you all so very much.

## Get Your Flu Shot!

**FLU SHOTS** are now available for all Island residents. Please call Quadra Island Medical Clinic at 250.285.3540 to make an appointment.

## Quadra Island Outdoor Club - Upcoming Events

We are slowly working at constructing the winter schedule. There is a new initiative to have short, easy hikes to allow for fresh air, some exercise, and as much fellowship as the various current restrictions allow. These are called "Hot Chocolate hikes." No need to eat lunch in the rain. Here are the outings for the next month, with lots of variety:

**25 Nov, Wednesday** - kayaking to Maud Island

**2 Dec, Wednesday** - hiking at Drew Creek and Harbour loop

**9 Dec, Wednesday** - hiking along the CR waterfront

**16 Dec, Wednesday** - snow at the Mt. Washington area

Details for these outings are available at: <https://qioutdoorclub.org/schedule-fall-winter-2020-21/>

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

## Election Rejection

He just could not wait for the final results  
So he went on a rampage with threats and insults.  
He accused his opponents of stealing the election  
And he called on his lawyers for a legal inspection.  
Crying theft, rigged and fraud, before he had lost  
He was determined to win at any cost.  
He declared himself winner before the vote tally  
Does he think an election is just like a rally,  
He continues to posture and preach to his base  
A despotic dictator who does not know his place.  
Of the doctrines of democracy he has no knowledge  
And the will of the people he will not acknowledge.  
His party, he controls like sheep in a fold.  
His followers will believe whatever they're told.  
A loser, a coward, a crook and a con  
Whatever the outcome he will just carry on.  
He has addicted his base to sordid sensation,  
His toxic talk has poisoned his nation.  
He has no conscience, no scruples, no morals,  
He thrives on lies, on chaos and quarrels.  
Donald the drug is an insidious narcotic.  
His behaviour is, paranoid, perverted, psychotic.  
Rejection may cure him of his power crazed insanity  
But there is no treatment for his weak vulgar vanity.  
Great again was his rallying cry,  
To the days of the Donald, good riddance, goodbye.

-Ann McLean



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# Hot Water from the Sun

**A** brief overview from the ICAN Energy Team

When most people think of solar energy the first picture that comes to mind is an array of solar panels connected to a bank of batteries. This is generally a complicated and expensive proposition. However, the simplest and most cost effective way to begin taking advantage of the sun's energy is to harvest the heat as heat, and not to convert it to electricity.

Solar heat can be captured in a number of ways and used for domestic hot water, home heating or larger commercial situations. This can result in significant savings on energy bills. On average, home hot water usage represents 15–20% of energy bills and thermal solar systems can provide up to 50–80% of your hot water needs. The following is an introduction to the various methods of producing hot water from the sun.

When considering a solar hot water system you must look at your location and orientation. A link to a map showing the amount of sunlight one can expect on Quadra is listed at the end of this article. The heat-gathering panels should be located facing south and in full sun. They are typically positioned at an angle approximately equal to the latitude of the location. For our latitude the panel should be tilted to an angle of about 50°. If used primarily in summer the angle can be decreased by about 15°.

There are three basic types of solar heat collection panels. Listed in order of complexity and generally increasing cost are: 1) flat plate, 2) evacuated tube, and 3) photovoltaic. Links to detailed construction information are provided at the end of this article.

## 1) Flat plate solar collectors

There are several types of flat plate collector systems

A) The collector could be as simple as a black poly tube arranged in a spiral coil on the roof with water pumping through it. This is sometimes used for heating swimming pools and hot tubs and the water flow is powered by the pool pump, but use is restricted to warm seasons. This simple

design could be built for less than \$200.

B) The more common flat plate collector design is a square or rectangular box a few inches deep and covered with a glass plate. These can either be passive systems operating as a thermo-siphon or an active system operated with a pump.

The most simple example, pictured below, is a commercially produced thermo-siphon system. Copper tubing, 3/4" diameter, loops back and forth in the insulated box shaped panel. A water tank is located in the house at a level above the panel. Cold water drains from



the bottom of the tank and is gravity fed to the bottom of the panel. As it heats it rises up and returns into the top of tank. In this case the panel is connected via a black poly pipe visible against the house wall.

Because it heats the water directly, this system is limited to seasonal use in Canada and the system must be drained in winter. The advantage is its simplicity.

This system lends itself to a DIY project.



A rectangular passive collector box, a few inches deep can be constructed of plywood. The enclosed piping is painted flat black and a sheet of glass covers the box. The DIY cost would be a few hundred dollars.

It is also possible to construct an active panel operated with a small pump in which case narrow tubing can be used for better heat transfer. When a pump is used the panel can involve a smaller box containing a circular coil of PEX pipe which reduces the cost. This type of system can also be built for a few hundred dollars.

C) A more complex year-round system involves a closed loop containing a so-called 'solar fluid' (that is, a fluid with applications in solar energy projects) which is actively pumped through the panel and then transfers the heat to the domestic water through a heat exchanger.

As the fluid is being actively pumped, the copper tubes are smaller in diameter and usually fitted with thin aluminum fins to maximize heat gain. The fluid is an antifreeze so the system can be active throughout the year.

The two examples pictured below utilize two collector panels connected in series and provide enough hot water for a family of four or five. One panel would be sufficient for a family of two or three. These installations have been functioning since the early 1990s.

The pump can be a standard plug-in type but in both photos, you can see a small 30 watt photovoltaic electric panel with the thermal panels. The photovoltaic panel provides electricity to power a pump that keeps the fluid moving. When there is little sunlight, the





## COMMUNITY NEWS AND EVENTS

pump turns slowly but still moves the fluid, maximizing the heat gain. Excess heat can also be re-directed to other uses.

A commercial system generally costs several thousand dollars and has application in situations where more heat or higher temperatures are required, such as community centres, larger buildings, and pools.

### 2) Evacuated Tube Solar Collector:

This system involves an array of double walled glass tubes. The space between the two walls is evacuated to provide insulation, and the interior chamber of each tube is filled with a solar fluid. (In some cases, water is used since the amount required is so small it turns to frost rather than ice when it freezes, and so causes no damage to the system.) The liquid is heated by the sun, vaporises and rises up, transfers the heat to a copper rod and then condenses, dropping back down to heat again. The copper rod extends into the horizontal water tank transferring heat to the water. The amount of hot water needed determines the number of tubes. A system with 30 tubes would do a typical household.

A series of panels is wired to a charge controller which maximizes the electricity flow and passes the electricity directly to the element of a domestic hot water tank. While the technology of PV panels is complex, their installation is relatively simple.



On a sunny day an array of PV panels totalling 1 to 2 kilowatts will heat enough water for a typical household of two to five people. But even on an overcast day, some electricity will be generated and maximized by the charge controller. Although prices continue to evolve, this system will be approximately \$1000 to \$2000.

ICAN would be happy to facilitate solar hot water initiatives on Quadra in any way we can. Please start by checking out the websites listed below. If enough people are interested in a particular design, ICAN will attempt to order materials in bulk. We can also coordinate DIY-ers or, if you're new to DIY projects, put you in touch with someone who has expertise. Please call Mary at 250-285-3084 to let us know how we can help.

Continued...

Except for the DIY flat-plate systems, the PV system is now the least expensive and is likely the home-sized option to consider first. It's simple to install, lasts a long time, and requires the least maintenance.

### Charge Controller

It is critical that solar PV panels are located in full sun as even a few leaves on the panels or the shade cast by a small branch will significantly reduce the electrical output and the heat contribution. This may influence whether the panels are roof or ground mounted.



This photo shows two separate systems installed for individual rooms on a B & B and has been in operation for over 6 years. This type of system is too complex for a DIY project. It is more expensive than DIY flat plate systems and costs several thousand dollars. Like closed loop active flat plate systems, evacuated tube collectors are most effective in situations where more heat or higher temperatures are required.

### 3) Hot Water from Photovoltaic Panels:

Until fairly recently photovoltaic panels were only used to provide electricity to batteries and households. Over the last five years the cost of panels has been significantly reduced and now it is cost effective to heat water directly with a PV array.

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## General Information

Canadian Solar Industries Assoc.: [www.cansia.ca](http://www.cansia.ca)

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

[www.cleanenergybc.org/about/clean-energy-sectors/solar](http://www.cleanenergybc.org/about/clean-energy-sectors/solar)

Map of B.C. solar radiation: <http://ecosmartsun.com/wp-content/uploads/2014/11/Solar-Map-BritishColumbia-Full-Contour-e78e.png>

Some Sources for Solar Hot Water Systems:

[www.thermo-dynamics.com](http://www.thermo-dynamics.com)

<https://enerworks.com/homeowner>

[www.thermomax.com](http://www.thermomax.com)

## Detailed Project Instructions:

For many different types of systems, including some we haven't discussed: [www.builditsolar.com/Projects/WaterHeating/water\\_heating.htm](http://www.builditsolar.com/Projects/WaterHeating/water_heating.htm)

Flat Plato Collectors and Evacuated Tube Collectors: <https://buildersontario.com/solar-water-heater>

You'll also find there are many interesting and helpful YouTube sites for DIY-ers

## Record your fall finds with iNaturalist

Fall's cooler, wet weather brings a whole host of new opportunities to observe nature in a new light. In recent weeks a multitude of mushrooms of all shapes and sizes have been popping up between roots, on branches and stumps, and amidst the carpet of fallen leaves. And from their damp digs, these fungi subsequently pop up on the Discovery Islands iNaturalist Project!

The project's "recent observations" page is full of fantastic fall fungi photos, from vibrant coral mushrooms, to bright jelly cones, to the many classic umbrella-capped varieties. Take a look at a few and get inspired for your next forest walk at the project page linked below.

If keeping your eyes glued to the ground doesn't appeal to you, look to the skies, trees, and shores for feathered friends. On the water, red-breasted mergansers and harlequin ducks are bobbing about, while shorebirds like dunlin and black oystercatchers look for food along the shoreline, and colourful songbirds and woodpeckers flit between trees.

Strong seasonal storms also bring tangles of seaweeds and seagrasses ashore. Look closely to find delicately branched red seaweeds, various kinds of kelp, as well as shells and other tidal treasures that get swept to shore too.

With extra consideration for current COVID protocols, exploring nature remains one of the safest activities we can do. By sharing your photos on iNaturalist you connect with an online community of nature-lovers and naturalists both near and far, and contribute to biodiversity science. Visit the project page at [inaturalist.ca/projects/discovery-islands](http://inaturalist.ca/projects/discovery-islands) to see what's been recorded near you, or check out hakai.org/iNaturalist to learn more about this community science/citizen science initiative. Share your favourite observations with us by emailing [biodiversity@hakai.org](mailto:biodiversity@hakai.org) or tagging @hakaiinstitute on inaturalist.ca.



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# Update from the Philippines During Covid 19!

With all of the ongoing challenges of the Corona Virus, it has been a while since we have had communication with our friends in the Philippines. Fortunately, the area that we are involved with in northern Luzon was spared the recent wrath of Typhoon Ulysses which ravaged Tuguegarao City and the Cagayan Valley in the next province.

This year Covid 19 prevented what would have been the 26th annual fund-raising garage sale for our Quadra Philippines Connection. Fortunately, due to reserve funds from previous garage sales, we were able to cover this year's commitment to the two students whose education Quadra has been supporting. Children in the Philippines are not attending school but are required to do their modules via internet. Therefore, IAT is currently seeking laptops that will be sent in the next container overseas along with other donations of clothing, books, shoes, medical and school supplies. If anyone is able to donate a new or used laptop it would be greatly appreciated! Please contact Carol at [cfoort@yahoo.com](mailto:cfoort@yahoo.com) Please know that the very successful sponsorship program which has been operating for the past 40 years, has directly and indirectly helped thousands of children. Products of the program include: an obstetrician-gynecologist, a university professor, 7 school principals and many teachers, nurses, midwives, social workers, lawyers, agriculturalists, foresters, etc.

Another project that Quadra's fund-raising has contributed to in the past is The Gift of Peace Program which has benefitted many families and communities in the Kalinga area of the northern Philippines over the past years. Last year IAT Philippines was able to access some

local funds for this project and now after many years of success, it is in the process of being downsized.

The following is excerpts from a letter from Odessa Ngaway who is the current social worker for IAT. She updates us regarding the sponsorship program.

## Greetings from the Native land of the Philippines!

Together we are facing an exceptional situation indeed. The year 2020 has proven itself to be a year of re-evaluation and challenge to everyone. This global pandemic is affecting all of our families, communities, businesses, the world as a whole and our very way of life. We here at IAT pray for your community's health and safety.

We would like to convey our heartfelt gratitude to your community for the precious support you have extended to our programs over the years. The compassion you have shown will ensure a better future for all of the children you have helped. Your support isn't just monetary but builds a bridge for these children to walk towards a life with more opportunity and capabilities, with less discontentment and regrets. We would like to update you on how we are approaching this current situation in regard to your sponsored students, Zeah Mae Paclay, Analiza Macad and their respective families.

Local public busses and jeepneys are still not operating and so getting around is very challenging. Elderly persons and children under 18 have been prohibited by quarantine regulations to leave their home area. In regard to IAT students, staff have been visiting them in their villages to deliver their allowance

and help them with letter writing to their sponsors. We hope the following letter from Analiza helps to give you insight into how she and her family have been coping during this challenging time. IAT staff having also been attempting to make videos as they visit the students as a positive way for you

to visually experience the children's lives in their home environment. Hopefully, these will be available for your viewing in the not too distant future.

The following was written by Analiza over the past few month....

A very sweet greeting to you my sponsors at Quadra Island. I do hope you are doing well and staying in good health.

In our community we are still following social distancing and the healthy protocols to avoid transmission of the virus. Many of the establishments here are closed and if anyone goes to a public place, they must wear a mask and faceshield and only go there to buy important things. Our Barangay officials and health workers are strict and do not allow those under 18 or senior citizens to go outside of their area. As of now, Covid-19 cases here are decreasing and there are 1 or 2 cases reported in our area each week and many are recovering too. Unlike the past few months where there were 10-15 cases every day. Anyway, I just hope this will end soon.

During my extra long vacation due to Covid 19 I spent the whole time helping my parents at home doing household chores and going to our swedden garden where we planted beans and palay (rice). I see my parents working so hard and I always say to myself that I will do my best to pursue my dreams in order to help them and even my siblings in reading and writing. This is one way of bonding as I share stories with them.

With regard to school, I am now in grade 8. We cannot have face to face classes due to the pandemic. The Department of Education announced that we will now learn through modulars and some on line classes. I expect this kind of learning will be difficult for me but I will try to adjust and do my best with the modular activities even without the presence of my teacher. I am hoping I can understand the lessons because I have a small sibling who may disturb me at home. Still I will try to do my best. Now the IAT social worker was able to get a travel permit to go visit IAT students and she picked up this letter that I am writing to you so that I can share about my studies and family situation.

My dear sponsors, I really hope you enjoy reading my letter and thank-you so much for your generosity. It is a big help to me and my family. Stay safe always!



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## Heriot Bay Tides

DATE	TIME PDT	M.	FT.
<b>20</b>	02:50	0.9	3.0
Friday	10:44	5	16.4
	17:02	3.5	11.5
	20:21	3.8	12.5
<b>21</b>	03:39	1.3	4.3
Saturday	11:39	4.9	16.1
	18:16	3.3	10.8
	21:38	3.6	11.8
<b>22</b>	04:32	1.6	5.2
Sunday	12:29	4.8	15.7
	19:21	3	9.8
	23:20	3.4	1.2
<b>23</b>	05:31	2	6.6
Monday	13:13	4.8	15.7
	20:13	2.7	8.9
<b>24</b>	00:57	3.4	11.2
Tuesday	06:36	2.3	7.5
	13:50	4.7	15.4
	20:54	2.4	7.9
<b>25</b>	02:22	3.5	11.5
Wed.	07:42	2.7	8.9
	14:22	4.6	15.1
	21:28	2.1	6.9
<b>26</b>	03:36	3.8	12.5
Thursday	08:42	2.9	9.5
	14:48	4.6	15.1
	21:57	1.8	5.9
<b>27</b>	04:36	4.1	13.5
Friday	09:35	3.2	10.5
	15:11	4.5	14.8
	22:24	1.6	5.2
<b>28</b>	05:25	4.4	14.4
Saturday	10:24	3.4	11.2
	15:32	4.5	14.8
	22:50	1.3	4.3
<b>29</b>	06:07	4.6	15.1
Sunday	11:08	3.6	11.8
	15:52	4.5	14.8
	23:17	1.1	3.6
<b>30</b>	06:44	4.8	15.7
Monday	11:49	3.7	12.1
	16:15	4.4	14.4
	23:47	1	3.3
<b>01</b>	07:20	4.9	16.1
Tuesday	12:30	3.8	12.5
	16:43	4.4	14.4
<b>02</b>	00:20	0.9	3.0
Wed.	07:58	5	16.4
	13:15	3.8	12.5
	17:18	4.3	14.1
<b>03</b>	00:58	0.9	3.0
Thursday	08:40	5	16.4
	14:06	3.8	12.5
	17:59	4.2	13.8
<b>04</b>	01:39	0.9	3.0
Friday	09:25	5	16.4
	15:08	3.8	12.5
	18:46	4.1	13.5
<b>05</b>	02:25	1	3.3
Saturday	10:13	5	16.4

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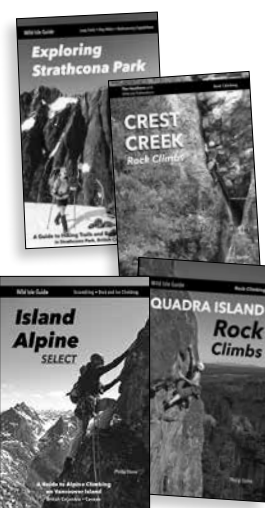
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