

ISSUE 856 • MAY 16, 2025 • SERVING QUADRA & DISCOVERY ISLANDS SINCE 1993

DISCOVERY

I S L A N D E R



May Day

Rebecca Spit

Saturday, May 24th, 2025

Parade STARTS 10 am



Heriot Bay-Whaletown Terminal Projects

Join us for an information session!

Quadra

Friday, May 23, 2025
4:30 – 6:30 PM
Quadra Community Centre
Main Hall (970 West Road)

Island Class vessels are on track for summer 2026!

Learn about the upcoming construction work at Heriot Bay and Whaletown terminals.

Our teams, including project and local operations, will provide an update on timelines, alternate service and answer questions.

Cortes

Sunday, May 25, 2025
1:30 – 3:30 PM
Mansons Hall
(983 Beasley Road)

Please RSVP at:
[bcferriesprojects.ca/
heriot-bay-whale
town-tp](https://bcferriesprojects.ca/heriot-bay-whale-town-tp)



bcferries.com



COMMUNITY NEWS & EVENTS

Explore the Creative HeART of Quadra Island - Studio Tour June 7 & 8

Mark your calendars! The beloved Quadra Island Studio Tour returns on Saturday, June 7th (10 AM – 5 PM) and Sunday, June 8th (10 AM – 4 PM). Join our annual celebration of local artistry for residents and visitors alike to explore the talents of over 30 artists in 25 vibrant studios across the island and featuring 8 artists at the Quadra Island Community Centre.

From pottery and painting to jewelry, photography, and woodwork, the tour offers a rare opportunity to meet the artists, see their creative spaces, and purchase unique, locally made works of art.

The Community Centre will have a gallery display of all artists and offer a rest stop for lunch prepared by Quadra Roots. Enjoy a special musical interlude by Quadra's own "Willow". Whether you're a long-time supporter of the arts or a curious newcomer, the Studio Tour is a fantastic way to experience the island's rich creative spirit. Thanks to our generous community supporters, admission is FREE. Pick up a map from one of our signboards to help plan your route and invite your off-island friends and family for the weekend.

For full details, artist listings, and a downloadable tour map, visit www.quadraislandarts.com.

Come be inspired—support local art and connect with the creative soul of Quadra Island.

Singers AGM

Quadra Singers Annual General Meeting will be held Thursday, June 12 - 5:00pm at 1087 Topcliff Potluck to follow. All Welcome

Tennis Lessons and Drop-In

Are you interested in learning to play tennis or brush up on your skills? Quadra Tennis Committee is offering basic instruction to prospective tennis players (teens to adults) every Saturday morning, 9:00-10:00 AM at the Quadra Community Centre's outdoor courts. Racquets are available. Call 250-285-2580 for more information.

Tennis players are invited to join us for Drop-In play, 10:00 AM to noon, every Saturday morning at the Quadra Community Centre outdoor courts. Call 250-285-2580 for more information.

Landmark Business for Sale

Island Cycle is a profitable, iconic local business offering sales, servicing and seasonal rentals.

Bicycles, e-Bikes and Cycling Accessories.

Many avenues for expansion and diversification.

We are looking for a passionate new owner to continue serving Quadra Island's Cycling Community, perhaps that's you?

For more information: 250 830 3627

Email: rideonquadra@gmail.com

ISLAND CALENDAR

DAY TO DAY

Friday, May 16

- DJ's Qdubz, Deprofessor & Technautica, Quadra Legion, 8pm \$10
- Live music with Blue Kats, HBI Pub, 8pm

Saturday, May 17

- Kameleon's 10th Anniversary & Thrift Store opening, Cove Centre, 12-4pm, pg. 11

Sunday, May 18

- Hal Douglas & Friends, HBI Pub, 3-5pm

Friday, May 23

- Live music with Go Dog Go, HBI Pub, 8pm

Saturday, May 24

- Quadra Island May Day, Rebecca Spit, parade starts at 10am
see full schedule of events pages 8-9

Friday, May 30

- Live music with Age Against the Machine, HBI Pub, 8pm

Saturday, May 31

- Live music with Wharf Rats, Quadra Legion

Saturday & Sunday, June 7 & 8

- Quadra Island Studio Tour, details page 2

Thursday, June 12

- Quadra Singers AGM, 1087 Topcliffe, 5pm
- Quadra Salmon AGM, Eco-Centere, 2050 Hyacinthe Bay Road, 7:30pm

REGULARS

Sundays

- Meditation Group: Quadra Children's Centre, 10am

Mondays

- Pickleball Drop-In at Community Centre courts, 10am - 1pm

Monday & Friday nights

- Open AA meeting, at Cape Mudge United Church, 7:30-8:30pm

Wednesdays

- Pickleball Drop-In at Community Centre courts, 6pm - 8pm
- Poker Night: Quadra Legion 7:30pm

Thursdays

- Shakespeare Discussion Group QCC Room 2

Fridays

- Pickleball Drop-In at Community Centre courts, 10am - 1pm

Saturdays

- Tennis Drop-In at Community Centre courts, 10am - noon
- Pickleball Drop-In at Community Centre courts, 10am - 1 pm
- Meat Draw: Quadra Legion 5 to 6:30pm



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WHAT'S ON AT QCC



**Jump into the action at the Quadra Community Centre!
Come down, get involved and be part of YOUR
community!**

WHAT'S HAPPENING at QCC

May 16-May 30, 2025

THIS WEEKEND: May 16-18

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness; 10:30 Friday Painters; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com ; 6 Chi Gong

SATURDAY: 9:30 Tai Chi

THIS WEEK: May 19-23

MONDAY: 8:30 am Fitness with Jeannie; 10 Yoga with Josephine; 10 Parents and Tots; 1 Sing for Pure JOY; 1 Jewellery Making

TUESDAY: 10:30 Balance and Core Strength; 3 Intro to Softball; 5 Yoga with Trinity ; 7 Tai Chi

WEDNESDAY: 10 Yoga with Trinity; 11 Art IN Nature for Homeschoolers; 3 Ping Pong; 4 Intermediate Softball; 4:30 Somatic Yin Yoga with Sandi

THURSDAY: 9:45 Tai Chi with Nicki, 10 Parents and Tots Dance with Kate; 3 Art IN Nature with Elke; 5 Core Strength with Nicki

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com ; 4:30 BC Ferries Event; 6 Chi Gong

NEXT WEEKEND: May 24-25

SATURDAY: 9:30 Tai Chi; 10 May Day Parade starts; 11 Official May Day Ceremony; 7:30 May Day Dance

SUNDAY: 10 Adult Nature Sketching

NEXT WEEK: May 26-30

MONDAY: 8:30 Fitness with Jeannie; 10 Yoga with Josephine; 10 Parents and Tots; 12:30 Sing for Pure Joy; 1 Jewellery Making with Q.Circle; 2:30 Caregivers Support ; 6:30 Photography Club

TUESDAY: 8:30 Quilting Bee; 10:30 Balance & Core Strength with Q.Circle; 3 Intro to Softball; 5 Hatha Flow Yoga with Trinity, 7 Tai Chi with Nicki

WEDNESDAY: 10 Gentle Yoga with Trinity; 11 Art in Nature for Homeschoolers; 3 Ping Pong; 4 Intermediate Softball; 4:30 Somatic Yin Yoga with Sandi; Compassionate Community

THURSDAY: 9:45 Tai Chi; 10 Parents and Tots; 3 Art in Nature with Elke; 5 Core Strength with Nicki;

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness; 12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com ; 6 Chi Gong.

For further info phone 250-285-3243. OR go to our website and to our Recreation Guide tab to view the guide there: <http://www.quadrarec.bc.ca> OR navigate to our new REC DESK calendar to see what's happening each day, (click on each activity in the calendar to expand its details): <https://quadrarec.recdesk.com/Community/Calendar>



Cortes Radio

Drop in and tune out

89.5

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Publisher Philip Stone

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

SUBMISSION GUIDELINES

We welcome items for publication on subjects of interest to the Discovery Islands community.

- **250-300 words** is a good length for community announcements.
- Send articles in the body of an email.
- **Canadian spelling** please: *centre, colour, jewellery etc...*
- **Please use the title of your item** in the email subject line.
- 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.

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NEXT DEADLINE

7pm Monday, May 26
for publication on
Friday, May 30, 2025

COMMUNITY NEWS & EVENTS

A Knock-Down for Nature

If you love Quadra's natural spaces and want to do your part to support local ecosystems, please take a moment to tackle broom in bloom in near you.

Cutting it down now, before seeds pods mature, will help knock back this invasive bully that overruns disturbed soil and smothers local species.

If left uncut, each mature plant produces thousands of seeds that persist in the soil for decades, generating more broom bushes each season that continue to spread and overtake critical wild habitat and increase fire risk.

A strategically timed snip can make a huge difference for our collective wellbeing.

Best time to cut: Cut broom when it's in bloom, before it forms seed pods, typically mid-April to mid-May.

Cut at ground level or below with loppers. Cutting broom at ground level prevents regrowth.

Proper disposal: Be mindful of how to dispose of the cut broom, especially if it has seed pods.

Safety: Wear gloves and eye protection when cutting broom.

From www.broombusters.org

Why cut broom?

Scotch Broom is a highly aggressive, highly flammable, alien invasive plant. It has been ranked the TOP OFFENDER of Bio-diversity in BC because it grows rapidly, crowds out native plants, and prevents the regrowth of understory species and forests, harming native plants, terrestrial animals, insects birds, and bees.

Farmers' Market and Bazaar

The Quadra Island Market season has begun with so many smiles and so much to enjoy: early produce, jams and jellies, homemade baking, fresh cut flowers, artisan sourdough, cultivated mushrooms, chocolates, jewelry, books, artworks, photography, clothing, soap, botanicals, knits and more. All on the field behind Cafe Aroma every Saturday 10 - 2.

Live music line up

- May 17 Cafe Ole
- May 24 Good Enough Dave

Check out some of our new vendors!



Open AA Meetings

Monday and Friday nights, 7:30 to 8:30pm at Cape Mudge United Church at 29 Tekya, Cape Mudge. Everyone Welcome!

Meditation Group

WE MEET every Sunday at the Quadra Children's Centre at 10am for a 45 min sitting meditation on a cushion or chair, followed by a short break with tea and cookies.

There is a reading of a book based on Buddhist perspectives and meditation practices, and then a discussion on the text we read.

Everyone is welcome, a small donation is appreciated. For more info call Don at 250 285 2193 or Kai at 250 850 9245.

New to Quadra?

The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag.

Contact Carol Ann T. at:
carolannt@telus.net

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QUADRA ISLAND
REAL ESTATE TEAM

Emergency Program Thanks

The Quadra Island Emergency Program would like to thank the following businesses and organizations for their support of the QIEP Disaster Preparedness Expo held on Saturday, May 10. The Expo was a great success thanks to these supporters, the attendees, and the volunteers of the Quadra Island Emergency Program.

BCEHS Ambulance Unit
BC Ferries
BC Hydro
Canadian Red Cross
Canadian Tire
C-Dart (Canadian Disaster Animal Rescue Team)
S.R.D. Fire Smart Program
Holistic Emergency Preparedness and Response
ICAN Food Security Team
ICAN Water Security Team
Quadra Circle- Life Kit Team
Quadra Island Fire Department
RCMP
RCMP Speed Watch Program
Salvation Army
Tru Value Food Stores
Waypoint Insurance

- Valerie van Veen for QIEP

Hal Douglas and Friends

The Heriot Bay Inn presents Hal Douglas and Friends in the HBI Pub Sunday, May 18 3pm-5pm. Come on down for great food drink and music.

At The Legion

- Kitchen is now open Fridays-Sundays 5pm! Lee, is cooking delicious Burgers & more!!
- Friday May 16th 8pm DJ's, Qdubz, Deprofessor & Technautica is back for a great night of music \$10
- Friday May 30th Another Comedy Night! With Stand up but also some comedy games and improv. Come tell your jokes, funny story, or join in the improv and games
- Sat. May 31st Wharf Rats are back!! Super fun band! \$15 cover

Reminder from QI Cat Rescue:

Quadra Cat Rescue offers lower-cost spays and neuters for people who need assistance getting their cat or kitten fixed. Please complete the form at www.quadracatrescue.com

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Heriot Bay Inn

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Friday night fun!

HBI Pub open 11:30am-late; 7 days/week
Herons Dining Room: Fri/Sat/Sun 5-8pm

call for reservations:
250.285.3322

BLUE CATS

Friday May 16th
8pm at the HBI Pub • no cover

GO DOG GO

Friday May 23rd
8pm at the HBI Pub • no cover

Age Against the Machine

Friday May 30th
8pm at the HBI Pub • no cover

Sunburst Town

Friday June 6th
8pm at the HBI Pub • no cover

QI Outdoor Club Upcoming Events

As the beautiful weather continues, everything outdoors is lovely. Here are the confirmed upcoming trips:

- 21 May, Wednesday** - kayak at Amor Lake
- 27-29 May, Tuesday - Thursday** - hiking and camping on Cortes Island
- 4 June, Wednesday** - hiking Granite Bay trails
- 10-12 June, Tuesday - Thursday** - paddling, camping and hiking in Main Lakes Park
- 23 July, Wednesday** - hike to Newton Lake, Small Inlet and Waiatt Bay

The information about these trips can be found at: qioutdoorclub.org/schedule-summer-2025/

For more information about the Outdoor Club visit <https://qioutdoorclub.org/> or email to qioutdoorclub@gmail.com

Closeout Sale

Salebration!



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Quadra cycling community
Special thanks
for all the
community support



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Email for a Sale Flyer: rideonquadra@gmail.com

Models available may differ from those shown.

www.quadraislandcycle.com

Your Voice, Your Community, Our Future!

Vital Signs Questionnaire Launch is here.

Your chance to participate in one of the most important community defining projects begins May 19th.

On May 19th the Quadra Island Foundation will launch the island's first Vital Signs Project—a meaningful step forward in understanding who we are, where we've come from, and where we're going.

But what exactly is Vital Signs, and why is it important?

The project begins with a questionnaire, which we are asking every Quadra Islander aged 19 or over to complete in around 15 minutes. Using the data from the questionnaire, our partners at the University of Victoria will compile, sort and analyse the data and produce our first Vital Signs Report.

This Report will enable us to gather data and insights in key areas that shape our daily lives, such as housing, health, education, the environment, the economy and community belonging. It's not just about numbers; it's about painting a full picture of the well-being, challenges and successes of our island community.

Vibrant communities need to understand who they are in order to prepare for, adapt to, and plan for a positive future. This is why the Quadra Island Foundation has been working hard behind the scenes for over a year in partnership with many other community volunteers to bring this important community project to life.

The foundational data captured and reported back to you by the Vital Signs Report will help us move beyond anecdotes. It will reveal patterns, highlight inequities, and bring clarity to complex issues, allowing Islanders to make informed, community-driven decisions as we move forward together.

This initiative is about more than data; it's about community empowerment. By identifying our strengths and the gaps we need to address, we can make smarter decisions, attract resources, support local initiatives, and advocate for policies that reflect our values.

In this issue of the DI, you will find a ¼ page ad with a QR code or visit www.QuadraIslandFoundation.ca and follow the link to access the questionnaire. If Quadra Island and its community is important to you, we ask you to please take 15 minutes of your time to complete the questionnaire.

Your voice and your insights are critical. Thank you in advance for taking the time to complete the questionnaire. Yours in community,

The Quadra Island Foundation

Yoga on Quadra Island

Yoga offers a multitude of benefits for physical and mental well being, making it a valuable practice for many. It is a great way to improve flexibility and build strength, while reducing stress and cultivating mindfulness. To put it simply, Yoga enhances your overall health. One of the beautiful things about Yoga, is that its benefits are available to people of all ages, shapes and sizes, and walks of life. One of the



best things about attending regular Yoga classes, are the people you meet, and the sense of community that is created.

I cordially invite you to roll out your mat (or borrow one of ours) at Quadra Community Centre.

Yoga Classes with Trinity Gogolin are as follows:

Tuesday Evenings 5-6:30

Hatha Flow Style Yoga perfectly paired with meditation and deep relaxation.

Wednesday Mornings 10-11:30

Gentle Yoga designed with Seniors in mind, or anyone needing a slower pace.

Classes are held upstairs in room #3 at QCC. Cost is \$15 per class. Runs until mid June

Contact Trinity Gogolin for more information 250 203 4529 or trinitygogolin1@gmail.com

Trinity Gerenser Gogolin is a certified Yoga Instructor as well as a Massage and Bodywork Practitioner.

Trinity completed her 200hr YTT in Costa Rica in 2012 and has been teaching regular classes on Quadra Island ever since.

When Trinity is not teaching yoga or enjoying nature, she can be found doing massages in her studio. Trinity was trained as a Massage and Bodywork Practitioner in the Appalachian Mountains of Western North Carolina, she feels it is a great honour to be able to offer her skills at home on Quadra Island.



Like the DI
on FaceBook

Thank You Quadra

To my Valued Customers and Quadra Community,
After many wonderful years, I have decided to retire and close the bookstore. Thank you for your support and for allowing me to share with you the joy of reading. May books continue to bring magic to your lives.

Sincerely,
Robin King

Age Against the Machine

Quadra Island's newest rock band will be playing the Heriot Bay Inn Pub on Friday May 30th at 8 pm with a mix of original songs by vocalist Will Rendall & guitar player Dylan Alps as well as covers from the Stones and Skynard to AC/DC & Black Sabbath.

Age Against the Machine bring a blast of energy to the dance floor with a solid rhythm section of Quadra Island legends Cal Juraschka and Shane Hedefine. This group is guaranteed to rock you all night long with each and every song!

See you at the HBI on Friday, May 30th, 8pm.

Salmon AGM

It's the season of baby fish and AGMs. Quadra Salmon's Annual General Meeting will be held this coming Thursday, June 12, at 7 pm, at the Quadra Salmon Eco-Centre, 2050 Hyacinthe Bay Rd. We will nominate and vote on directors and all public are welcome! Our monthly June meeting will follow at about 7:30. Thank you!

Marine Debris Round Up Approaches!

The Quadra Island beach clean dream team and the Comox Valley Waste Management are hosting the collection days **May 31st and June 1st** weekend. Bins will be located at West Rd and Industrial way where collected material will be sorted and packed into the Bins. Much will be recycled at the Ocean Legacy Foundation. If you have asked for a super sack bring it, if you need help we can do that. Contact us at Quadrabeachclean@gmail.com. We need lots of helpers at the Bins and you will be fed.

No scrounging of materials unless you volunteer. Do what you can where you can when you can. It's a Global problem!

Water Awareness Workshop

Coming Up - Saturday, June 14

ICAN's Water Security Team and the We Wai Kai Nation invite you a public workshop at the Community Centre from 10 am to noon.

We will share updates on efforts to understand the freshwater status here on Quadra. This includes the monitoring of drilled wells, findings from our Drought Awareness and Dug Well survey, and studies by Vancouver Island University and the We Wai Kai Guardians.

After the updates, explore these and other topics further at information tables. You can find out how to use a digital monitor to record water level in your dug well, how to use an online tool to estimate how much water your family uses, and much more.

Door prizes -- Dug well monitors! Mark your calendar for this kid-friendly event. More details in the next DI.

Funding For Students

A monetary award for students entering their first year of post-secondary education is offered by the Quadra Island Legion Ladies Auxiliary.

Applications for the annual Kay Dubois Memorial Scholarship are now being accepted and should provide information on both the academic achievements and community activities of the student.

The scholarship fund has been assisting island students for almost 30 years. It has helped those seeking their degree and others opting for vocational training.

Email your application letter to HeidiRidgway@royallepage.ca or mail to Box 129, Heriot Bay V0P 1H0 before June 15, 2025.

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May Day

SCHEDULE OF EVENTS

...who does what, when, where?

Saturday, May 24 | Rebecca Spit Provincial Park

Theme: "Bugs, Slugs and Pollinators... UNITE!"

Join the fun... Come crawl, flutter, wiggle and bloom, where slugs strut, worms waltz and bee's boogie!

Join friends and neighbors in a big community picnic at Rebecca Spit.

Celebrate the coming of spring and summer with colour, costumes, floats, and music – the zanier the better!

The best way to get to the end of the Spit is on a float!

You can also join the parade as a walker, biker, stroller... you name it!

8:30 AM | Gates open for parade entries

9:00 & 9:30 AM | Shuttles begin from the HBI (thanks to Spirit of the West)

10:00 AM | Parade begins at Rebecca Spit

11:00 AM | Official ceremonies

BBQ & Concession open AFTER Official Ceremony

11:30 AM | Face painting (picnic area in the shade)

12:00 PM | Grease Pole (main field)

12:00-ish | Box Lunch Auction (main stage)

12:30-ish | Foot races begin (main field)

1:00-3:00 PM | Driftwood Sculptures (beach)

1:00-3:00 PM | Volleyball on the field

2:00 & 3:00 PM | Return Shuttles from Spit to HBI (please bring your own infant car seats for the shuttle).

7:00 pm | May Day Dance at the Community Centre (brought to you by the Quadra GRIT!)

MAY DAY HIGHLIGHTS!

Parade

Join your neighbors in a vibrant, wacky parade! Bring your business, family, or club together to create a float and strut your stuff. Come to the parking lot by 8:30 am to get lined up for the parade (marshals will be there to help you)

There is a 'Best Float' Prize, and Costume Prizes for walkers, bikers and groups!

Thank you judges (anonymous!) and marshals: Dee McPhee & team

Monarch and Court

Speech contestants in Grade 5 deliver a speech at the Community Centre two weeks prior to May Day. The winner is the May Monarch and runners up are the court. Thank you to Robin Beaton for guiding this process. Former May Monarchs are the speech judges.

Box Lunch Auction

Delicious gourmet lunches donated by local chefs and businesses!

Major fundraiser for next year's May Day! Please help support, get your friends together to bid and enjoy a delicious picnic bounty! Thanks to Mia Frishholz for organizing again this year. Races

Organized by Marnie McMahan and her incredible volunteer team.

Join in on sack races, three-legged races, and more!

May Pole Dance

A cherished tradition brought to life by Grade 3/4 students! Thanks to instructors Mandy Hart, Lunabelle Loiseau-Tremblay and setup help from Fern James. Thank you also to the staff at the Quadra Elementary, Bravo!



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Concession

A huge thankyou to Mornay Vanzyl, Angela Szostak and Jill Ross for organizing, the Heriot Bay Tru Value for their support and thanks to the dozens of volunteers who do a shift or two. Enjoy an easy lunch of hotdogs, popcorn, Root Beer floats and more. Phone QCC 250-285-3243 to volunteer!

May Day Dedication

Each year a citizen or group who has given positive service to the community over a lengthy period of time is honoured.

Driftwood Sculptures

Join fellow creators on the beach to win prizes! Barb Mindell and Vaughn Collins will be there to organize the crews on the Drew Harbour side of the Spit. People can vote on their favorite fort by buying a flag for a loonie (all money goes to the kids). Vote from 2-3 pm.

Volleyball

Katie Field, Brandon Pirie and family will start you off!

Grease Pole

Try your luck at reaching the top of the pole where the prize money awaits! Doug Peters and helpers will be there to monitor the rules No pyramids please!

Grade 5 Picnic

Honoring our Grade 5 students moving on to Campbell River. Organized by Gr. 5 Parents
- Homeschoolers welcome!



REMINDERS FOR A SAFE MAY DAY

- **PARKING:** Please do not park beyond the park gate. If you have any physical challenges, you may ask permission to drive to the end parking lot to be dropped off. A parking gate volunteer will be there to help direct you when you drive into the park.
- **PLEASE** Leave chairs around the center circle for seniors and folks with mobility issues.
- **NO DOGS**, please!
- No Scotch broom on floats.
- Pack out all garbage, including float decor.
- Be kind, share space, and lend a hand!

A CELEBRATION OF TRADITION

May Day has been celebrated on Quadra Island since 1898. It remains a volunteer-powered, non-commercial, and joy-filled day for all ages. The Recreation Society staff and Board of Directors thanks the many dozens of people who contribute to the event in BIG and little ways!

Many Thanks from Quadra Community Centre staff:
Jane West & Zoe Tehennepe

SOCIETY OF GRIT PRESENTS
MAY DAY DANCE
MAY 24TH 7 PM COMMUNITY CENTER

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Exciting New Musician For Chamber Music

This year's 2025 Quadra Island Festival of Chamber Music will be featuring several musicians who have never before participated in the festival. One of these highly accomplished people is pianist Akiko Tominaga.



Akiko, whose name means “child of bright and clear light”, was born in Japan and began playing piano at the age of four. When she was eight, her family moved to Connecticut in the U.S.

She was fortunate to be mentored by Yoshie Akimoto, who has remained an important influence in her life. Although Akiko had long hoped to attend Juilliard, Yoshie encouraged her to apply to the Curtis Institute of Music in Philadelphia. Curtis has a maximum of 160 students (only 4% of applicants are accepted), with acceptance based on aptitude and artistic promise. The student to teacher ratio is 4/3,

allowing the student to work with many teachers, and each student is given a full scholarship.

The famous Eleanor Sokoloff was Akiko's main inspiration while at Curtis. Ms. Sokoloff's strict and comprehensive instruction (learn a new Bach Prelude and Fugue every one or two weeks), not only nurtured Akiko's abilities, but also modelled how to be a good teacher.

Following her time at Curtis, Akiko enrolled in the Glenn Gould School at the Royal Conservatory of Music in Ontario. There, instructor Mark Durand taught her the nuances of the physical approach to music. Something that may not occur to most non-musicians is that without core strength and the knowledge of natural physical motions, many serious pianists have had their careers cut short due to injuries inflicted by hours of practice and playing. Akiko explains that having correct posture and movement is “freeing and fully allows a person to express the music with no physical blocking.”

Akiko will perform the first (Monday) and last (Friday) evening of the festival. This year's Quadra Island Festival of Chamber Music will be held Monday, June 23 to Friday, June 27. Tickets can be purchased online at quadrafestival.ca or at Inspirations and Copper Coast Gallery on Quadra Island. If you would like to know more about Akiko, you can see her bio on the festival website.

What Do I Want From My Computer? - Part 2

Essential Tools for the Digital World - Quadra Literacy Helps Close the Digital Gap

In today's world, knowing how to use computers and other technology is really important. In our last article, we talked about why digital skills matter. Now, let's talk about the tools people need to stay connected and keep up.

Many people are using computers that are old, broken, or just not working very well. That can make it hard to do everyday things like writing emails, looking for jobs, or going online.

Not that long ago, when you bought a new computer you had to install something called an “operating system” (or OS for short) from a CD to make the computer work. Without it, the computer couldn't do anything. Today, computers usually come with the OS already set up. They also come with apps (short for applications), which help you do things like write documents, browse the internet, or watch videos.

At Quadra Literacy, we're helping people get better use from computers. We believe that no one should miss out just because their computer doesn't work well. Many old computers get thrown away, even though they can still be useful. We offer low-cost, gently used computers—and we

help people get the most out of the ones they already have.

Sometimes, computers are full of apps that slow them down, or they have trial versions of software that have expired. Some older laptops can't run the newest version of Windows, which is called Windows 11. Soon, Windows 10 will stop getting updates, so computers that can't upgrade might stop working well.

But don't worry! That doesn't mean you have to throw your computer away and buy a new one. There's another option. You can install a different operating system called Zorin. It's free, it runs fast, and it comes with lots of useful apps. It looks and feels a lot like Windows, so it's easy to learn. I started using Zorin through Quadra Literacy, and I was surprised by how simple it was to set up and use.

If you contact quadraliteracynetwork@gmail.com you will be provided with a link to an online questionnaire. We'll ask you questions about your current computer. We want to know if you need help fixing it, cleaning it up, or replacing it. If you do, we can help! Whether it's fixing an old laptop, helping it run faster, or installing a better system like Zorin, we've got you covered.

Dave Tomblin, for Quadra Literacy



Kameleon's 10 Year Anniversary

Kameleon's 10 year Anniversary and Quadra Island Thrift's Grand Opening!

We're turning 10—and it's all thanks to you! Join us as we celebrate a decade of delicious food, community, and good vibes at Kameleon Food & Drink.

We are happy to share this day with our new neighbours, Quadra Island Thrift, Grand Opening! We highly encourage you to check them out.

We'll have live music, door prizes, tasty treats and snacks, special menu items and plenty of fun to go around. Whether you're a longtime regular or a first-time guest, we'd love to see you there.

Come celebrate with us!
Saturday May 17, 12-4ish



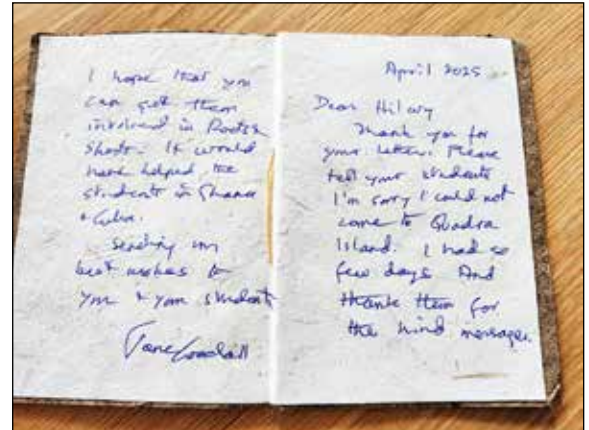
Students Connect with Jane Goodall

I am a volunteer at the Quadra Elementary School, working with children on their reading skills.

One of the books we were assigned was about gorillas in Africa. As a teacher, I have always sought ways to enrich what the curriculum tells us to do, so, with my reading group, I asked if they would like to write to Jane Goodall. They prepared some questions for Jane, such as "what do you eat in the jungle?" and "has a monkey ever hugged you?" We emailed questions and a request that Jane visit Quadra during her April visit to BC. Each day, for several weeks, pupils would ask: "Have you heard anything yet?" Finally, an email from the Jane Goodall organization in Toronto! The children then replied, drawing pictures of



our endangered species, and handwriting their thoughts. We sent a large envelope with wonderful drawings and thoughts, once again to the Jane Goodall organization in Toronto, repeating the



invitation to come to Quadra. Last week, I received a handwritten card from Jane Goodall acknowledging the pupils and their concern for the environment, sorry that she could not visit Quadra this time, yet if they organized a group at school, ROOTS AND SHOOTS, perhaps on her next trip, she might be able to.

We were all touched that during a very full schedule, Jane Goodall took the time to actually handwrite an acknowledgement to a group of Grade Five pupils. My encouragement to the children was to 'touch the stars' and risk, if indeed it is a risk, to reach out to a well known person and ask the important questions, seek the answers, stretch to grow. To whom shall we write next?

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YOUR VOICE, YOUR COMMUNITY, OUR FUTURE!

We are launching the first-ever Vital Signs survey for Quadra.

Every response matters, every voice counts, to understand what is important for all of us.

Your feedback will guide future projects and funding for the benefit of the whole community.

**Open to Quadra Islanders 19+ years old
Takes 15 minutes**



Scan to start the survey.

Survey is open until June 30 – don't miss your chance!



Painted by Brian Simmons

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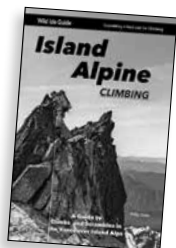
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COMMUNITY NEWS & EVENTS

Hello!

Warm May greetings.

This report shares an update on the status of the Hoskyn Landing parking expansion and dock replacement, and an overview of a recent staff report regarding conservation covenants.

HOSKYN LANDING PARKING

This topic is likely of particular interest for Outer Discovery Islands community members, many of whom transition from road and vehicle to wharf and vessel at Hoskyn Landing, to access supplies and their homes. While the conversation about expansion of the Hoskyn Landing parking area predates my tenure as Director, Board direction to have the SRD attempt to secure a Licence of Occupation for an access road and parking purposes began in March 2023.

The current land tenure for Hoskyn Channel Landing consists of a License of Occupation for the purposes of public moorage and a boat launch. The license area does not include the upland parking area or access road at the end of Surge Narrows Road.

SRD staff have been working through the many requirements of the License of Occupation application and reported at the May 7 EASC meeting that consultations with the woodlot owner & First Nations are complete, other requirements are being finalized, and they are hoping to submit the application within a month. As to a timeline for a response from the Province, staff suggested that a year would not be out of character with provincial applications. While this timeline may not be what some folks would prefer, the good news is it's in progress and hopefully edging closer to reality.

HOSKYN LANDING DOCK

The Hoskyn dock is scheduled for replacement and in early March a notice was posted of an upcoming wharf closure while this work took place. However, due to challenges beyond SRD control, the dock has yet to be installed. Fabrication of the dock is complete and awaits delivery by the contractor.

Staff shared that they are equally as anxious as the community to get the new infrastructure installed, and while they have sought potential help from other contractors, they had no specific insights regarding a timeline that they could share. Watch for updated notices, as the dock will be closed for a couple of days for installation.

CONSERVATION COVENANTS

A conservation covenant is a legally binding agreement between a landowner and a

qualified organization (government or land trust) that protects natural or heritage values. Registered on a land title, a conservation covenant may restrict certain types of development or land use, and is a tool for landowners to protect features of the land in perpetuity. Recently staff reported on conservation covenants within the SRD.

Historically, the Comox Strathcona Regional District entered into covenants to conserve land or protect features related to it, or to require that improvements be maintained on the property for the protection of natural environmental values. However, given the difficulty in interpretation and enforcement, the Strathcona Regional District has moved away from entering into these binding covenants.

Should a local government choose to register a covenant on title, it has the responsibility for enforcement of the covenant by ensuring development is in accordance with the wording. However, if development does not trigger a permit application within an Electoral Area, a review of title does not take place prior and the ability to ensure any development is compliant is extremely difficult.

Staff reported that there is no record of the covenants that are currently held by the SRD and no formal monitoring taking place. Follow-up is generally complaint-driven based on community knowledge of a covenant's existence. If a development application includes a covenant request by the Province, SRD staff decline because it is the approving authority's responsibility to hold the covenant.

Under the Land Title Act, a covenant can also be registered with approved land trusts, which generally provide ongoing monitoring. For those who have a conservation covenant on the land title, it may be beneficial to add an approved land trust as a third-party signatory to the covenant. You can read the entire staff report here: bit.ly/SRD-covenants.

CONNECT

Thank you for reading, and thank you for the opportunity to serve our community. You're welcome to connect with me with questions or concerns: you can email RMawhinney@srd.ca, or call 250.203.2468. If you'd like to chat in person, you can book a meeting at calendly.com/robynmaawhinney. Catch up on SRD meeting agendas and minutes here: bit.ly/SRD-agendas-minutes.

Until next time,

Respectfully,
Director Robyn Mawhinney

Near-Death Experiences: Stories That Change Lives



Near-death experiences (NDEs) are vivid, often life-changing events reported by people who have come close to dying—whether through illness, accident, or trauma. These

experiences often include perceptions beyond ordinary awareness: floating above the body, passing through a tunnel, encountering a bright light, or feeling a profound sense of peace.

While no two accounts are exactly alike, researchers have found striking patterns. Many NDEs involve out-of-body sensations, encounters with spiritual beings, a deep feeling of love or acceptance, and sometimes even a review of one's life. These moments can leave a lasting impression, often challenging a person's assumptions about life, death, and what might exist beyond.

Scientists and medical professionals continue to explore what might cause these phenomena. Some theories suggest they result from physiological changes—shifts in brain chemistry, oxygen deprivation, or protective mechanisms activated during extreme trauma. Others interpret them as glimpses into a realm beyond the physical, where consciousness may exist apart from the body.

Whatever their cause, NDEs often lead to lasting personal change. Many people return with a reduced fear of death and a renewed focus on what really matters: relationships, kindness, the gift of choice, and the intention to live with more presence. Everyday worries may lose their grip, replaced by a deeper desire to live meaningfully.

A recurring theme is the sense that life has purpose—sometimes even a purpose chosen before birth. Some describe feeling they

are here to learn specific lessons or grow in certain ways. But that clarity doesn't always arrive smoothly. Talking about NDEs can be difficult, especially when others are skeptical. The shift in worldview can feel isolating, and it often takes time and courage to integrate such a profound experience into daily life. Over time, many describe finding more clarity, compassion, and awe.

One consistent takeaway is that small actions—and the intent behind them—matter deeply. We're more powerful than we realize. Helping others is profound. While not everyone who's had an NDE becomes a completely different person, many speak of being more present, open-hearted, and less quick to judge.

Not all NDEs are peaceful. A smaller number involve confusion, fear, or darkness. These stories are shared less often, but they are just as real. Even distressing experiences can lead to deep reflection, healing, and transformation.

Whether we interpret NDEs as neurological events or spiritual journeys, they invite us to reflect on what we value and how we live. We don't have to come close to death to start asking those questions. Sometimes, simply listening to those who have had NDEs can be enough to shift our perspective.

If there's one message that quietly echoes through many of these stories, it's this: kindness matters. Helping one another, choosing with intention, and growing in how we show up for life—all of it matters. We don't

need a dramatic event to begin living more fully. The insights shared by those who've had NDEs can inspire us to approach each day with more love, courage, and gratitude.

Way To Go strives to integrate death as part of life by initiating conversations, providing education, and encouraging people to prepare for end-of-life. We also empower, guide, and support the practice and process of caring for our own dead and dying, in community. Visit our website, way2go.ca; view upcoming events, read previously written articles, and join our email list. Stop by and say hello at the Farmer's Market on June 14th.

Written by Margaret Verschuur



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Missing Archive - Quadra Island Cemetery

I am a member of the CR Genealogy Club. Years ago, when Frank & I lived on Quadra, Gerry Dinsley, Sue Ridley, and I, Vicki Fitton, with the members of the club, recorded some of the Campbell River Cemeteries and the Quadra Island Cemetery. Sue Ridley did a fantastic job of finding out the next of kin. Gerry and I published it.

At the time, Charlie Gibert was helpful in giving me all the information, but there was one piece I could not photocopy. It was a piece of (looked like vinyl but probably not) material from a long time ago that had the grave names on it. The Chinese were buried behind Alice Bryant's grave with no names or any indication of who they were. I do remember seeing Jap baby somewhere on the map and also I think it was a blue colour about 36" Wide x 24".

As far as we know, the Quadra Island Cemetery Committee does not have it.

After Charlie passed away, his daughter-in-law did not see it in his house.

If anybody has seen this (Charlie kept it rolled up), the CR Genealogy, and I assume the Quadra Cemetery Committee, would be interested in finding this valuable piece of information for the archives.

Frank and I will be in the Quadra Island Farmer's Market selling our wares every Saturday from 10 am to 2 pm. If anybody with any information would like to drop by, or you can call me. Vicki Fitton 250-204-8090.



Quadra Island Thanks Volunteers for Years of Cultural Experiences

After many years of volunteer service, the Programming Team of the Cultural Events Committee is retiring. They are in the photo, from left: Debbie Quigg, George Murdoch, Joan Varley and Norris Weimer. Quadra audiences thank you for your dedication to the arts!



The Quadra Island Cultural Events Committee has been a volunteer-run organization since 1974 when Hilda and Maynard Van Orden started a performance series to provide quality cultural experiences for Island residents. At the time, they brought in music, dance, theatre and comedy performances to the delight of all audiences.

George Murdoch has been on the team in several capacities since the opening of the present Community Centre in the early 1980s. Through the years, he has expertly managed the audio for hundreds of performances, working first with the Van Ordens, then with Concert Coordinator, Helen Moats and more recently he became part of the Programming Team, collaborating with Joan, Norris and Debbie on the selection of artists as well. Thank you George!

Norris Weimer became the Committee's Treasurer in 2013. With no prior experience in accounting, Norris took over the financial statements and recruited his wife Debbie Quigg to write the grant requests. Along with Coordinator Helen Moats, they both attended their first Pacific Contact, (the trade show for Canadian Touring Artists) and started selecting performers for the 2014 concert season. When Helen retired, they added the Coordinator's role to their work, negotiating contracts, organizing concerts and keeping

the concert seasons running smoothly, with help and input from a newly recruited Concert Coordinator Diana Gault and sound man, George. Debbie and Norris held the Committee together through some very tough times including finding a replacement for the Coordinator once again and dealing with the

challenging years of the Covid Pandemic! Thank you Debbie and Norris!

Joan Varley joined the Programming Team in 2016. Joan had some background experience in administration, so she took on the role of negotiating the contracts, working with the agents and the artists. She collaborated with the team on the selection of performances and became the MC for each concert, ably introducing the guests and recognizing the Financial Supporters and the many other volunteers who work behind the scenes. Thank you Joan!

Together, these four individuals have given thousands of hours of their time to the community, working collaboratively to provide professional and quality artistic experiences at an affordable price for the benefit of us all. They have even ensured that Cultural Events will continue on Quadra in the years to come by engaging musician, composer, producer and recording artist, Jason Sharp as Coordinator for the new Cultural Events Committee. We look forward to the upcoming 2025/26 season which will feature artists such as Jeremy Dutcher, Van Django, Elisapie, the African Chamber Music Ensemble, The Fretless, and more. Any Islanders interested in getting involved can reach out via quadraconcerts@gmail.com

The Dynamics of Denial

If global climate change is posing an existential threat to humanity, then why don't we do something to prevent it from happening? Parts of our planet are already experiencing temperatures that are too hot to sustain normal human activity, and thousands are dying. We are now being plagued with massive forest fires that are decimating critically important carbon sinks, and burning up homes, settlements and even whole towns. Widespread species extinction is endemic. Exotic tropical diseases are migrating northward to unprepared countries. Our oceans are heating, acidifying and rising. Glacier melt will be impossible to stop—just one, the Thwaites glacier in Antarctica, is destabilizing from its underside, threatening a 65 cm rise in the world's oceans. The collapse of Thwaites would unleash an inevitable collapse of the West Antarctic ice sheet and an eventual 3.3 metre ocean rise, likely by the end of the 23rd century, if we're lucky. Meanwhile, greenhouse gas emission have been consistently going up rather than down. What explains this incongruity?

Two social scientists, Marianne Cooper from Stanford University and Maxim Voronov from the University of Toronto have attempted to provide some insights ("We Can't Turn Away from Reality", Scientific American, October, 2024.) "Welcome," they write, "to the new normal, an age where many things that we used to deem unusual or unacceptable have become just what we live with." This leads to an obvious question. "But what happens," they ask, "when overlooking and tolerating greater levels of harm becomes a shared cultural habit? ...In the short term, living in a state of peak denial helps us cope. In the long run, it will be our undoing."

The first part of their complex answer is explained by "desensitization"—we just become accustomed to the unfolding crises. It's a peculiar response they suggest, "especially in this scientific and technological age, when we've never been more capable of understanding and addressing [these crises]."

Perhaps desensitization is partly explained by the plethora of rapid changes that characterize our culture. We have learned to adapt to the continual arrival of the new and the novel. The speed of our adaptation increases to suit the milieu of the times. Desensitization to change is normal, so we employ it to respond to the climate crisis.

A more detailed answer to the dynamics of denial is "neutralization", or the "evasion of disturbing or threatening information." By not thinking about the climate crisis, by not discussing or announcing it, a real problem seems not to exist. The truth often needs bravery to be confronted, realized and accepted. Being happy and content is a more comfortable existence, so politicians and the media are reluctant to publicize bad news stories, and public discourse retreats to the position of avoidance. Too much bad news is overwhelming, particularly if it strikes at the foundational assumptions of a culture's identity. Ignorance is bliss. But it can also be fatal.

Another denial tactic is "minimization", the tendency to diminish the seriousness of a problem by using less alarming language: the pandemic has become endemic; the dykes have held back the sea; oil companies are spending billions on carbon capture and storage to remove thousands of tonnes of CO₂ from the atmosphere; the global warming problem can simply be solved by planting a trillion trees; airplanes are installing more efficient jet engines; the loss of Arctic sea ice was less extensive this year than last year; heroic efforts are transporting salmon by truck to their spawning grounds; LNG is labelled a transitional fuel so this fossil fuel is acceptable to use. Each of these statements diminishes the extent and seriousness of the climate crisis by

offering the false impression that the situation is not as serious as it actually is.

Another strategy for aiding collective denial is for a culture to reimagine its past in order to avoid responsibility for its present problems. Even though Christianity claims to be the custodian of Creation, its mythology has actually encouraged the exploitation of nature by placing humanity outside and separate from it. The objectors to mRNA vaccines forget that most communicable diseases have been eradicated by immunization—the Black Plague of 1348 killed a quarter to a third of Europe's entire population but no one at the time had the slightest idea of what was causing it, and 1 billion people died of smallpox in the hundred years prior to the invention of a vaccine. People reimagine the past to suit their own biases. So the same science that designs safe cars and airplanes, that devises computers and cellphones, that sends spacecraft to Mars and Jupiter, that is responsible for the comfort of modern dentistry and the cures of current medicine, is the same science that is doubted when it identifies global climate change.

Skepticism is healthy, but it can also be fatal, particularly when a pervasive denial that infects an entire culture prevents the protective measures that would avoid an unfolding catastrophe.

Ray Grigg
for Sierra Quadra



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Heriot Bay Tides

DATE	TIME PDT	M.	FT.
16 Fri	03:21	3.78	12.4
	07:00	4.08	13.4
	14:49	0.85	2.8
	22:43	4.72	15.5
17 Sat	04:24	3.74	12.3
	07:43	3.95	13.0
	15:35	0.94	3.1
	23:35	4.69	15.4
18 Sun	05:42	3.62	11.9
	08:35	3.78	12.4
	16:24	1.10	3.6
19 Mon	00:28	4.68	15.3
	06:58	3.40	11.2
	09:48	3.56	11.7
	17:18	1.33	4.4
20 Tue	01:16	4.69	15.4
	08:00	3.07	10.1
	11:42	3.37	11.1
	18:17	1.65	5.4
21 Wed	01:57	4.70	15.4
	08:48	2.63	8.6
	13:34	3.39	11.1
	19:22	2.03	6.7
22 Thu	02:30	4.71	15.4
	09:29	2.13	7.0
	15:04	3.60	11.8
	20:28	2.44	8.0
23 Fri	02:59	4.70	15.4
	10:06	1.61	5.3
	16:24	3.93	12.9
	21:31	2.86	9.4
24 Sat	03:25	4.69	15.4
	10:42	1.11	3.6
	17:35	4.31	14.1
	22:32	3.23	10.6
25 Sun	03:51	4.68	15.4
	11:18	0.69	2.3
	18:35	4.66	15.3
	23:31	3.53	11.6
26 Mon	04:20	4.67	15.3
	11:56	0.38	1.3
	19:28	4.92	16.1
27 Tue	00:30	3.74	12.3
	04:53	4.63	15.2
	12:36	0.21	0.7
	20:18	5.07	16.6
28 Wed	01:28	3.84	12.6
	05:33	4.55	14.9
	13:19	0.18	0.6
	21:07	5.13	16.8
29 Thu	02:28	3.86	12.7
	06:18	4.41	14.5
	14:04	0.28	0.9
	21:55	5.11	16.8
30 Fri	03:34	3.78	12.4
	07:10	4.21	13.8
	14:51	0.49	1.6
	22:42	5.04	16.5

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