

DISCOVERY

I S L A N D E R



QUADRA NEWS *from a* Century Past

QUADRA'S ANONYMOUS COLUMNIST wrote sporadically to Vancouver newspapers through the fall of 1895, reporting that Tom Bell of south Gowlland Harbour had established a weather station; and settlers held their first dance at the Hotel Dallas (Heriot Bay Inn). Teachers from Quadra, Cortes and Read Islands attended, adding young ladies into the male-dominated mix. "A very enjoyable time was had till Sunday morning, when all left for their homes."

The new log schoolhouse (across from the current golf course) had fourteen settler children in attendance. Mr. Walker, the Methodist missionary at the We-Wai-Kai village, led Sunday services there, complete with a choir; and a "grand Thanksgiving dinner" was an excuse to celebrate.

But social harmony was dashed when Peter Ferbrache (who lived with his family at the end of what's now Milford Road) lodged an unspecified complaint against Miss Kate V. Smith, the schoolteacher. He did not attend a meeting that followed, but all present agreed they held Miss Smith in the "highest esteem."

"Crops are harvested and considerable fall ploughing has been done," concluded our correspondent. "The new settlers are busy building houses and fixing things for winter."

Look for a more fulsome article about the settlers' first school and Miss Kate Smith in the Quadra History binder, available for in-house use in our library.

Next up, news from the Christmas of 1895.

– Jeanette Taylor

PHOTO CAPTIONS:

RIGHT Schoolteacher Kate Smith outside settler's first school in 1895. Photo 5359 courtesy Museum at Campbell River.

LEFT The settlers' log schoolhouse, across from the current golf course, was built by volunteer labour, right down to the desks. Photo 6912 courtesy Museum at Campbell River.

The Community Centre's Christmas Craft Fair is Coming Up!

FOR OVER THIRTY YEARS, the Community Centre's annual Christmas Craft Fair has been a cherished tradition and kick-off to the holiday season. We're thrilled to celebrate again this year and support our amazing local makers!

Mark your calendars:

Friday, November 21: 4 to 9pm

Saturday, November 22: 10am to 3pm

Quadra Community Centre (970 West Road)

Our talented local artisans have been busy creating a wonderful variety of quality handcrafted items – from chocolates, candles, soaps, and jewelry to pottery, art prints, Christmas décor, handmade knives, weaving, knitting, and so much more!

When you shop directly from the maker, your dollars stay right here in our community – helping keep our local economy vibrant and strong. So, get creative with your gift-giving this year and find something truly unique for the special people on your list.

We'll also have a delicious food concession open throughout the fair! Volunteers are always needed to help make this happen – so if you'd like to lend a hand in the kitchen serving food, please sign up for a shift. It's a fun way to connect, get involved, and share some good cheer.

The Craft Fair is one of the Community Centre's main fundraisers of the year, helping support programs and events all season long. To learn more or volunteer, call the QCC office at 250 285 3243 or email info@quadrarec.bc.ca.



QI Beach Clean Reporting...

THE RESULTS of the poll are in: The Quadra Island Beach Clean Dream Team Facebook page now has 400 people following. The actual numbers of participants varies. We have had as many as 16 people show up for our regular beach clean hikes. Frequently the numbers are small, less than ten and more often less than six.

So, how do we encourage more people to come out and help?

Most people have already scrolled on to another Facebook post, or article, but those that are still reading this are at least concerned.

We have tried many ideas and projects to encourage participation – such as the 20-minute beach clean challenge, U of Q, a table at the volunteer expo, announcements in both local papers, trying to engage teachers and students at our school, articles for magazines and papers, interviews on CBC radio...

Back to the poll. With only six people responding, including Heather and myself, we are going to stay with Wednesday, March through early June. This year we will also be adding a Saturday beach clean hike once monthly.

Our best hope is for people to do the right thing. When you see garbage on the side of the road, in a parking lot or on our beaches, pick it up! Most importantly, don't pollute.

As an added incentive for next spring our beach clean hikes will conclude with lunch provided by our Spirit Board points #319 at either TruValue grocery store.

So far this year we have taken more than 16,000 lbs out of our environment.

The pollution isn't stopping, so neither can we!

Thank you from the Quadra Island Beach Clean Dream Team. Please contact us to get on the email notification list. You can find us on Facebook or you can email us at Quadrabeachclean@gmail.com

Winter Market Dates in December

The winter markets in December are: **Saturday, December 6th** and **Saturday, December 20th!** See you there...

List your event in our Island Calendar

Email news@discoveryislands.ca **Drop off** your item at *Inspirations* in Quathiaski Cove **Bring** it to our office at 701 Cape Mudge Road

926 FERN HILL LANE *NEW LISTING!*
\$489,000 MLS# 995009



- This 4.35 acre lot is situated in the Fir Crest Acres subdivision
- fronts Fairway 2 of the Quadra Island Golf Course
- driveway winds through the property & good producing drilled well is in place
- underground utilities & strata sewer hookup at property line
- peaceful subdivision bordered by 10km of park land
- 2.8km trail winds through subdivision & connects to Haskin Farm Trail
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QUADRA
ISLAND
REAL ESTATE TEAM



ISLAND CALENDAR

DAY TO DAY

Friday, November 14

- Friday Flicks: 'The Marching Band', 7:45pm showtime, QCC
- Hal Douglas Blues Band at the HBI Pub, 8pm, no cover

Saturday, November 15

- Sierra Quadra presents Damien Gillis and his film 'Safe Haven', 7 / 7:30pm, QCC

Sunday, November 16

- The Legion: Watch the Grey Cup game at 3pm

Monday, November 17

- Quadra Circle: Govt Benefits for Older Adults, The Legion, 1-3pm via Zoom
- Way to Go, QCC Room 3, 3pm to 4:30pm

Friday, November 21

- Christmas Craft Fair, Quadra Community Centre, 4pm to 9pm
- The Legion: Zonnis, cabaret folk duo, 8pm, \$10

Saturday, November 22

- Christmas Craft Fair, Quadra Community Centre, 10am to 3pm

Friday, November 28

- The Legion: Rachel's open mic and jam, 8pm
- Friday Flicks: 'DJ Ahmet', 7:45pm showtime, QCC

Saturday, November 29

- Quadra Concerts: Jeremy Dutcher, QCC, 7:30 showtime, see p12
- The Legion: Comedian Peter Hudson, 7:30pm, \$20

Saturday, December 6

- Quadra Singers present 'Fire Light', QCC, 7pm, see p4

Thursday, December 11

- Quadra Island Health Society AGM, at QCC Main Hall at 7pm, see p6

REGULARS

Sundays

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

Mondays

- Pickleball at Cape Mudge Hall, 10 am, drop-in \$3
- Badminton at the Cape Mudge gym, 7:30pm, drop-in \$3

Monday & Friday nights

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

Wednesdays

- Pickleball at Cape Mudge Hall, 6 pm, drop-in \$3
- Poker Night: Quadra Legion 7:30pm

Thursdays

- Pickleball at Cape Mudge Hall, 6 pm, drop-in \$3
- Badminton at the Cape Mudge gym, 7:30pm, drop-in \$3

Fridays

- Pickleball at Cape Mudge Hall, 6 pm, drop-in \$3

Saturdays

- Pickleball at Cape Mudge Hall, 6 pm, drop-in \$3

**NEXT DISCOVERY ISLANDER DEADLINE
FOR ISSUE 870:**

**Monday, November 24 @ 7pm
In mailboxes on Friday, November 28**

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 November 14 to 28

THIS WEEK: November 14 - 21

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10 Spinners and Knitters; 10:30 Friday Painters;

12 noon Smart Recovery: to join contact Jude: smartrecoveryquadra@gmail.com; 6 Sound Bath with Molly: to join contact Molly at molly.hampel1@gmail.com; 7 Friday Flicks "The Marching Band" showtime 7:45

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10 Winter Market, 10:30 Intermediate Tai Chi with Nicki; 11 Ultimate Frisbee on the field (all level's welcome)!

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 11 Ultimate Frisbee on the field (all level's welcome)!; 7 Sierra Quadra "Safe Haven: The Rainbow-Jordan Wilderness" showtime 7:30

SUNDAY: 10 Quadra Island Food Co-Op

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 1:30 Way to Go; 2:30 Caregivers; 5:30 Iyengar Yoga

TUESDAY: 9 Quadra Quilters Guild; 10:30 Balance, Core Strength and Bone Health; 2:45 Rec and Sports with Dave (school gym); 3 Sewing Crafts for Kids; 5 Yoga with Trinity; 5:30 Ultimate Frisbee; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Lunch; 1 Mosaics; 3 Ping Pong; 3 OCP Public Consultation - drop in times 3-5 & 7-9; 4 Intermediate Basketball (school gym); 5:45 Warm Flow Yoga with Elizabeth, text 778-681-7527 to register

THURSDAY: 10 Parents and Tots Dance with Kate; 10 Fall Prevention - Quadra Circle; 5 Core Strength and Stability with Nicki; 6 Indoor Floor Hockey for kids (school gym); 6:45 Quadra Singers; 7 Indoor Floor Hockey for Adults (school gym)

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10:30 Friday Painters; 12 noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com; 4 - 9 QCC CHRISTMAS CRAFT FAIR

NEXT WEEK: November 22 - 28

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10 - 3 QCC CHRISTMAS CRAFT FAIR; 10:30 Intermediate Tai Chi with Nicki; 11 Ultimate Frisbee on the field (all levels welcome!)

SUNDAY: 2 Journaling Group

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 1 Jewelry Making; 5:30 Iyengar Yoga; 7 Photography Club

TUESDAY: 9 Quadra Quilters Sewing B; 10:30 Balance, Core Strength and Bone Health; 2 Good Grief Support Group; 2:45 Rec and Sports with Dave (school gym); 5 Yoga with Trinity; 5:30 Ultimate Frisbee; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Kitchen Lunch; 1 Mosaics; 3 Ping Pong; 3 OCP Public Consultation: drop-in times 3-5 & 7-9; 4 Intermediate Basketball (school gym); 5:45 Warm Vinyasa Yoga with Elizabeth, text 778 681 7527

THURSDAY: 10 Parents and Tots Dance with Kate; 10 Fall Prevention: Quadra Circle; 5 Core Strength and Stability with Nicki; 6 Indoor Floor Hockey for kids (school gym); 6:45 Quadra Singers; 7 Indoor Floor Hockey for Adults (school gym)

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Go to www.quadrarec.bc.ca OR navigate to REC DESK to register for kid's programs or check the community calendar. <https://quadrarec.recdesk.com/Community/Calendar>. Phone QCC at 250 285 3243. Or Email info@quadrarec.bc.ca

ISSUE 869
14 NOVEMBER, 2025
Publisher Philip Stone
Guest Editor Robyn Budd

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

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

SUBMISSION GUIDELINES

We welcome items for 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, favourite 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
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NEXT DEADLINE

7pm Monday, NOVEMBER 24
for publication on
Friday, NOVEMBER 28, 2025

COMMUNITY NEWS & EVENTS

Thanks to Everyone Who Helped Make Halloween at QCC a Fun Night!

A HUGE THANK-YOU goes out to everyone who donated, volunteered, and helped bring together this year's Halloween Fun Night at the Community Centre! Your time, energy, and generosity made it another fantastic community celebration.

GENEROUS LOCAL DONORS TO FUN NIGHT: Quadra Builders, Isle Tech Auto, Walcan Seafoods, Bill Bradshaw Realty, Heriot Bay Tru Value, Q Cove Tru Value, The Heriot Bay Inn, Landtech Industries, and The Cove Pharmacy.

FIREWORKS TEAM: This year our volunteers for the fireworks set up were Rod McLean, McKenna McLean, Christi Edwards, Jaimie Ely, Robert Eastland, Pat Manery, Jason Knight, and Bev Lowen. As per normal a big shout out goes to Chad and Craig at Quadra Builders for the loan of their van to get all the equipment to and from the park. Thanks, crew!

FUN NIGHT VOLUNTEERS: Arne Liseth for keeping everyone warm and cozy by the bonfire, and an extra special thank-you to the creative team of Marla Ebell, Kat Juricic, and crew for curating the Illumination Walk. This beautiful new addition brought sparkle and joyful wonder to the evening!

Thank you to everyone who participated in Trunk or Treat and dressed up your vehicles – they were fantastic! And to those who carved and dropped off pumpkins for the Pumpkin Walk – your creativity made the forest trail truly magical.

Finally, a special thanks to the Discovery Islander for always supporting the publication of our community events.

Thank you all for contributing your time, creativity, and enthusiasm to make this Halloween such a fun night for everyone. See you next year!



Quadra Singers Present: Fire Light!

IT'S GETTING CLOSE to that time of year again where the Quadra Singers will hit the stage for yet another fantastic performance for your enjoyment! Please mark your calendars for Saturday December 6th at 7pm at the Quadra Community Centre!

The fabulous conductor Thom Knutsen has created a wonderful lineup of music, from a broad range of genres. In keeping with the theme of the elements, this time the theme is Fire and Light! This is such a great opportunity to gather as a community, celebrate connections, and honour your talented neighbours and friends – all while eating some delicious baking!

Tickets will be available at Copper Coast and Inspirations, and are \$15 for ages 17+, \$5 for ages 5 to 16, and free for under 5.

Tickets purchased at the door will cost an additional \$5, so get your tickets soon!

Shoebox Project Holiday Drive

THE SHOEBOX PROJECT for Women is back for another season in Campbell River and Port Hardy/North Island!

Once again we will be collecting and delivering gift-filled Shoeboxes valuing \$50 for local women in need. Drop-off dates are from mid-November to Friday December 5th.

Visit the Campbell River page

of our website at www.shoeboxproject.ca for more information including drop-off locations, what to include and what not to include in a Shoebox gift, and how to get a group together to create Shoeboxes. Financial donations and Virtual Shoeboxes will be gratefully accepted on the website. Thanks for your support!



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Coming Up at The Legion

THE KITCHEN is open Friday-Sunday.

Sunday Nov. 16, 3pm. Watching the Grey Cup Game.

Friday Nov. 21, 8pm. Zonnis, a cabaret folk duo! With traditional folk to bluesy rock, with a bit of funk and soul tossed in as well. \$10 at the door.

Monday Nov. 24, 7pm. General Meeting.

Friday Nov. 28, 8pm. Rachel will be hosting her first open mic/ jam night!

Saturday Nov. 29, 7:30pm. Comedian Peter Hudson! \$20. Tickets on sale at the Legion.

Monday Dec. 1 & 8, 4-8pm. Games/Tourney Night! With pool, ping pong, cards and board games. Children welcome if accompanied by an adult.

Friday Dec. 5, Swiftie Party! 7-9pm for Teens, and Adults after that

Open AA Meetings

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

Hal Douglas at the HBI Pub

THE HAL DOUGLAS BLUES

Band will be performing at the HBI Pub on Friday November 14 at 8pm.

Joining Hal are Dylan Alps on bass, Nick MacGregor on drums and Dave Blinzinger on sax.

Come on down for great music, food and drinks. No cover.

Way to Go

JOIN US on Monday November 17, from 3 to 4:30pm, QCC Room 3, for a time of sharing, presentation on "what is a death doula", discussion, and business. Info or zoom link at <way2go.ca>, or 285 3298. Bring \$2 for the rental. Next meeting on January 19, 2026.

New to Quadra?

The Discovery Islands Chamber of Commerce and local businesses welcome you with a package of local incentives.

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



Christmas CRAFT FAIR

NOVEMBER 21 & 22

Quadra Island Community Centre
FRIDAY 4-9 PM | SATURDAY 10-3 PM

Free Entry!
Door Prizes
Yummy Food

Locally made,
beautifully
handcrafted gifts.

Brought to you by the Quadra Island Recreation Society

Chef's DINNER CLUB

Join us for our 3rd & final long table dinner with Chef Tyson!

Doors: 6pm | Dinner: 6:30pm

Reservations: \$99/person

Seats are limited! Call: 250-285-3322

Thursday November 20th

- to start:* Olive & rosemary focaccia with balsamic reduction and olive oil
- amuse-bouche:* Gin and beet-cured salmon gravlax, sesame rice cake, pickled red onion, citrus caviar
- 1st course:* Chicken consommé with chicken mousseline roulade
- 2nd course:* Coffee-braised beef short rib, potato croquettes, butter-braised turnip, rainbow carrots, red wine reduction
- 3rd course:* Sweet potato pie with Chantilly cream and toasted pumpkin seeds

A welcome cocktail or sparkling white wine is included with dinner. Suggestions for cocktails, wines, & aperitifs—to complement each course—are provided throughout dinner.

Heriot Bay Inn

a beautiful place to spend time

HBI Pub: open 12pm-late 7 days/week! | Call 250.285.3539 for takeout
We're cooking: 12-7pm daily | Breakfast in Herons: Sat & Sun, 8-11am

QIHS AGM, December 11

QUADRA ISLAND Health Society's Annual General Meeting will be held on **Thursday, December 11, 2025 @ 7pm** in the main hall of Quadra Island Community Centre. We are asking registered members to pre-register by emailing quadraislandhealthsociety2019@gmail.com or phoning or texting Jeanne @ 250 202 5759 and a package will be provided to you. If you are not a member and would like to be, a membership application will be provided.

DI Submissions

The Discovery Islander welcomes written submissions of interest to the Discovery Islands community: news, events, opinion and musings are fair game.

Please keep your item to a reasonable length: **750 words** is a good target for longer articles.

In the interests of efficiency and hygiene please email your text and or photos to: news@discoveryislands.ca

If you have to supply a handwritten item that's okay, just not the first choice.

Excellent Result for Quadra Island Food Bank

WE ARE THRILLED to announce that Quadra Island Food Bank has been accredited through Food Bank Canada's Standards of Excellence program.



This accreditation is a testament to our team's hard work and dedication to providing our clients and community with the highest quality of service.

The national program provides a baseline set of standards to which Quadra Island Food Bank and the rest of the food banking network holds itself accountable. It covers client service and care, safe food

operations, responsible management and more.

Quadra Island Food Bank, which is entirely run by volunteers, thanks the Quadra Island Recreation Society and resident Howard Neufeld for their assistance in reaching our goal.

Celebrate with us as we recognize this important accomplishment for our organization. This framework will help us thrive as food banks collectively continue the journey towards a Canada where no one goes hungry.

The Quadra Island Food Bank has hamper distributions twice a month, on the first and third Wednesday of each month from its location at Quadra Community Centre. It is currently providing more than 30 hampers at each distribution.

If you would like to join our small but friendly team of volunteers please email qifoodbank2@gmail.com

OUR THANKS

WITH FULL HEARTS, WE GIVE THANKS! In this issue we want to take a moment to recognize and celebrate two amazing community members – Robin Beaton and Dee McPhee – for their incredible contributions to Quadra Literacy over the years.

Robin was the very first Literacy Outreach Coordinator, serving from 2009 to 2017, and

then stayed on the Literacy Task Group from 2017 to 2025. Dee has been a dedicated volunteer on the LTG from 2010 to 2025. Together, they've poured their time, energy, and creativity into building literacy programs that have made a real difference on Quadra – things like Family Literacy Day, the LitKit Lending Library, Computer Skills for

Seniors, ESL for Newcomers, and Writing Contests.

Our community has been enriched by these programs and by the care, heart, and hard work of people like Robin and Dee. Their willingness to give back is a beautiful example of what makes Quadra Island such a close-knit and generous community.

We also want to thank those Task Group Members who have recently retired, and give a warm welcome and thanks to the folks who've joined or are continuing with the Quadra Literacy Task Group this year:

- Retiring members: Sameen Ahmed, Judi Calhoun, and Sharon Lusignan, as well as Tracy Sinclair who was the Literacy Outreach Coordinator from 2018 to 2020 and served on the Task Group until 2025.

- New members: Melissa McKinney and Afton McCauley
- Returning members: Rosanne Engbolm, Karen Sale, Cally Overton, and Kristen Nammour

And a big shout-out to Kathie Landry, our Literacy Outreach Coordinator, for everything she does (and keeps doing!) to support literacy across the island.

If literacy is something you care about and you'd like to get involved, we'd love to have you join us! Reach out to quadraliteracynetwork@gmail.com to learn more about how to become part of the Quadra Literacy Task Group.

*With appreciation,
Cally Overton*

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The Society gratefully acknowledges the financial assistance of the Province of British Columbia.

Simple Sharings Kicks Off!

SIMPLE SHARINGS (the intergenerational initiative for the Compassionate Community project) came to life after school on November 5th! The non-resident areas of Seniors' Housing were converted into spaces where seniors and students along with two teachers and five Simple Sharings Team volunteers blended together to share snacks, introductions, stories, and games. Engagement and fun ensued. Parents coming to pick up their children were offered a tour and buffet of hotdogs, fruit, veggies, and drinks so they didn't need to hurry off to make supper. The food and games were the faves while requests for knitting, cooking, music, and chess were some of the anticipated activities for future gatherings. A second group of students will make the journey next week then the groups will alternate joining the seniors for Simple Sharings. While the hotdog buffet won't be a weekly event, the hope is for the fun and intergenerational relationships to grow and be enjoyed long after the initiative has run its course!

Compassion: The Heartbeat of Quadra's Neighbourhoods

THE COMPASSIONATE Neighbourhood Initiative is a warm-hearted, community-driven volunteer project dedicated to providing personal and practical support to any neighbour facing challenges such as isolation, illness, or difficulties managing their homes and properties. We are genuinely excited to launch our project in two neighbourhoods this February 2026. Our goal is to expand into more neighbourhoods as we begin to see the positive effects of our efforts. The Neighbourhood Emergency Preparedness Program (NEPP) Map will guide us in defining the boundaries of our participating neighbourhoods.

In each neighbourhood, we will have two or three trained volunteer Neighbourhood Advocates who will act as caring points of contact for residents. These Advocates will work closely with a dedicated 'Compassionate Neighbourhood Connector' to ensure the support we offer is tailored to the unique needs of individuals within our community. Neighbourhood Advocates play an essential role in Quadra Circle's Compassionate Neighbourhoods service. This pilot project reaches out to people in a selected neighbourhood who may not know where to turn when they face a problem.

The Advocates will warmly welcome all residents seeking assistance with personal challenges unrelated to disasters. We are committed to creating an inclusive environment where everyone feels supported and valued, ensuring that no one feels alone or overlooked. Together, we can cultivate a compassionate community where everyone thrives and feels a sense of belonging.

The primary focus of our Neighbourhood Advocates includes:

- **Guide to Local Support:** Finding essential services can be overwhelming. Our aim is to help community members connect with vital resources like grocery and meal delivery, home care assistance, mobility equipment, programs such as Better at Home, and enjoyable social activities. We're here to support everyone in accessing the care and engagement deserved.
- **A Listening Heart:** Sometimes, the most significant source of comfort we can offer is our presence – a compassionate ear that listens without judgment. It's in those moments of shared understanding that we truly support one another.
- **Cultivating a reliable connection** is essential, particularly for those who live far from their families. Regular visits and check-ins can offer a sense of comfort and reassurance. It's a simple way to show that someone is thinking of them and cares about their well-being.
- **Flexible & Responsive:** Advocates will be available based on individual needs-there's no fixed schedule, just meaningful moments of support when they're needed most.

Each Neighbourhood Advocate will receive training and mentoring in local resources and peer support skills and become a vital member of Quadra Circle's support services team of staff and volunteers. When individuals feel hesitant to burden their family or friends with their problems, we will serve as their trusted bridge to helpful resources.

Why It Matters: Islanders Helping Islanders is a grassroots initiative fueled by compassionate volunteers aiming to uplift their neighbourhood in small but impactful ways.

Neighbourhood Advocates play an essential role in Quadra Circle's 'Compassionate Neighbourhoods' program, a pilot project that reaches out to people in a selected neighbourhood who may not know where to turn when they face a problem.

A Compassionate Neighbourhood Survey is now in the hands of the Quadra Community – the results of which will help guide us through the program's initial launch and structure.

Check your PO box for your survey or you can download and print the survey here: <https://files.constantcontact.com/e22b330f901/1504bbbf-bc53-4337-a34f-894782f62384.pdf>

Surveys are available for pick up and drop off at the following locations: Cove Pharmacy, Quadra Island Library, Quadra Circle Office (Wed & Fri 11-3pm), Heriot Bay Mall (next to Copper Coast), Bayside Gym, Quadra Island Legion. Look for the yellow box.

You may also complete the Survey online by visiting: <https://lp.constantcontactpages.com/sv/IG4wvy1/CompassionateSurvey>

And don't forget to enter to win a truckload of firewood!

We will be hosting a Neighbourhood Gathering at the Community Centre in January to discuss the Survey results and your suggestions, and to introduce the Advocates for the first two Neighbourhoods. More information on that will be published soon.

Continued on page 8

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Wonderful Leaf
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Monday to Friday
Find us online
quadrachildrencentre.com
We are a \$10 Day Childcare Centre

COMMUNITY NEWS & EVENTS

Continued from page 7

We are currently accepting applications for Neighbourhood Advocates. Please visit our website for more information. quadracircle.ca/compassionateighbourhood.

Quadra Circle also works with other community outreach healthcare professionals, such as the Community Paramedic, Community Nurse and Community Social Worker.

Quadra Circle itself has a range of services to meet people's needs:

- The Seniors Activity program offers exercise classes, games, social activities and meals 3 times a week.
- The Better at Home Program provides cleaning, light home repairs and yard work to help seniors remain at home as long as possible.
- For residents needing long-term companionship, Nav-CARE Volunteers can step in with regular visits beyond the scope of the Neighbourhood Advocate role.
- Volunteer Drivers provide rides to appointments, meals and prescription delivery.
- For more information: visit QuadraCircle.ca/compassionateighbourhood, or email compassionatecommunityqi@gmail.com



Wednesday Lunch Cancelled...

THE DIFFICULT DECISION was made to cancel the Lunch at the Community Centre on November 5 due to lack of volunteers.

The Wednesday Lunch is entirely volunteer driven. It started in 2001 and now welcomes sometimes well over 100 diners from all walks of life each week between October and May.



The Children's Centre kids attend twice a month. People come because they appreciate a hot meal, because they enjoy the opportunity to connect with other islanders, because they value the way all members of the community come together for a meal. It is a very special event that the island is extremely proud of – but it is now struggling.

Each week, the organizers are challenged to find enough people to make the Lunch happen. It takes about 24 people to cover all the jobs, plus an additional legion of bakers who keep the dessert table filled. Volunteers cook, help with other kitchen tasks, serve food, clean dishes and a myriad of other jobs. There is a real feeling of teamwork and collegiality in the room as the lunches are prepared, reflected in the happy conversation and laughter that emanates from the kitchen all morning. But more people are needed on the volunteer roster to keep all the jobs filled week to week.

We would love to have YOU join our team. Volunteering is flexible – you are not committed to every week. Some folks are there every Wednesday, some sign on to help less regularly – all are appreciated! Getting involved is easy. Please call to learn more: Kathryn (285 2103) or Jill (250 361 5304).

DI Submissions

The Discovery Islander welcomes written submissions of interest to the Discovery Islands community: news, events, opinion and musings are fair game.

In the interests of efficiency please email your text and or photos to: news@discoveryislands.ca

It's that time of year
Minis at the market
NOVEMBER 22, 10:30-2:30
quadra island community centre
no sign up, just show up!
families, littles, fur babies, headshots

brought to you by
Lime Soda Photography &
Quadra Real Estate Team
a gift for you from Quadra Real Estate Team, Bill and Sarah Bradshaw
5 minute mini & digital link to download 5 photos

REGIONAL DIRECTOR'S REPORT

**Hello,
Amid November's bluster, I hope this finds you cozy and warm. This report shares updates about the Official Community Plan process and wharf happenings in the Outer Discovery Islands.**

WHY THE OCP IS SO IMPORTANT

An Official Community Plan (OCP) is a foundational Planning document which integrates community values and guides land use and community development. An OCP provides consistent direction for decision-making over the next ten-plus years with policies that provide specific direction to the Board, the community, and the Province about resource management, residential land use, the environment, forestry, parks and recreation, transportation, agriculture and more.

QUADRA OCP OPEN HOUSE SESSIONS

There are two OCP Open House events coming up, November 19 & November 26, 4–6pm + 7–9pm at the Quadra Community Centre. Your voice, your concerns, and your vision for how our neighbourhoods and islands develop in the future is super important! The Open House sessions are a chance for you to share your thoughts and vision for the future of Quadra Island –please add the date(s) to your calendar and I'll see you there.

During the Open House sessions, SRD staff will be listening to residents about what's important and gathering information for future meetings which will have a more specific focus. Planning staff have indicated that the topics discussed at future meetings will really depend on the interest level they receive from Islanders. If there's a topic you think the community would benefit from diving into with its own conversation, please let staff know. When it comes to the OCP, Planning staff really want to hear directly from residents. I urge you to attend and bring your ideas!

SRD staff are working on dates for an Outer Discovery Islands OCP meeting, stay tuned. There's an SRD webpage dedicated to the Area C OCP process, find it at srd.ca/area-c-ocp.

OUTER DISCOVERY ISLANDS WHARVES

There's exciting news regarding the Surge Narrows and Owen Bay wharves, which is that the long-anticipated (federally funded) wharf works are scheduled for this winter, and fabrication of materials for the wharves is well underway. The gangway fabrication is in progress, most shop drawings have been reviewed, and the Construction Environmental Monitoring Plans are being finalized.

CELEBRATING AN ADVOCACY WIN

Folks who frequently use the Surge Narrows

and Owen Bay wharves invested time and energy advocating to the SRD for improvements they felt the initial tendered wharf plans needed. Their advocacy included submitting letters, a petition, and appearing at the Electoral Area Services Committee as a delegation, where Owen Bay residents spoke from experience about how certain changes to the wharf plans would be highly beneficial to their community in the long term.

So, it was very encouraging to read the SRD's October wharves update and learn that staff worked with the contractor & marine engineers to incorporate the community feedback and several design changes were made as a result. These changes include transitioning all floats to DFO-style timber construction; adding a longer gangway at Surge Narrows to improve access at low tide; making minor adjustments to the float location at Owen Bay; and relocating piles inside the float extensions at Owen Bay to increase available moorage space. I'm grateful that local folks with knowledge and experience took the time to speak up, and that staff found a path to making the changes. Exciting times ahead with wharf upgrades just around the corner!

There's an SRD webpage dedicated to the wharves, keep tabs on the latest info at srd.ca/area-c-tc-dw.

MUNICIPAL INTEREST IN JOINING ELECTORAL AREA LAND USE PLANNING

In October I shared news that Campbell River was considering joining the Electoral Area Land Use Planning Service. This decision would cost their taxpayers \$500,000 annually

in exchange for five votes on electoral area land use decisions, providing the potential to override the wishes of rural electoral area residents.

Thank you to the many islanders who shared the news with friends or wrote a letter sharing their concerns. A strong message was delivered and now we wait to see how the conversation around the Campbell River council table unfolds, along with the deliberations of other SRD municipalities. If further actions are needed, I'll be sure to let you know.

CONNECT

Thanks for reading, and I look forward to seeing you at an Official Community Plan Open House. Someone asked me recently about 'back issues' of Director Reports. If you're looking for a report from a month or a year ago, you can find them at robynmawhinney.ca/directors-reports. As always, you're welcome to connect with me with questions or concerns: email RMawhinney@srd.ca, or call 250.203.2468.

Until next time,

Respectfully,

Director Robyn Mawhinney





WELCOME
Penelope Rose Taylor

QUADRA Island BUILDERS 50

**November 10th
@ 5:22am
7lbs 9oz
50cm long**

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

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

Quadra Island Cat Rescue

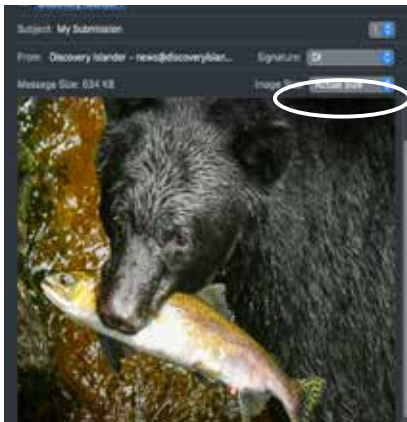
QUADRA CAT RESCUE offers a lower-cost spay-neuter program for people needing assistance to get cats or kittens fixed. Please complete the form at: quadracatreue.com/spay-neuter/

Support Quadra Cat Rescue by purchasing Tru Value Foods gift cards – available at Inspirations in the Cove – and by donating Spirit Board points (#280 at both stores).



Like the DI
on FaceBook

Sending a Photo to the DI?



Please make sure it comes
with enough pixels!

1600 x 1200 pixels is a good target

QI Outdoor Club: Upcoming Events

BETWEEN THE STORMS, we've had some good weather. As we adjust to winter, here are the upcoming trips, with a great variety of activities:

19 Nov, Wednesday Hike a Shellaligan loop

26 Nov, Wednesday Hike to Maud Island

3 Dec, Wednesday Hike to Plumper and Deepwater Bays

10 Dec, Wednesday Hike the Thompson-Hopespring Loop

17 Dec, Wednesday Hike the Silk Stocking-Little Black Dress Loop

21 Dec, Sunday Solstice kayak in Heriot Bay

7 Jan, Wednesday Hike a Tripod loop

12 Jan, Monday Snow activities in the Mt. Washington area

The schedule and the details about these events can be found at <https://qioutdoorclub.org/schedule-fall-winter-2026/>. We hope that you can join us for some of these activities.

For more information about the Outdoor Club, please visit qioutdoorclub@gmail.com

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.

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



Friday Flicks: The Marching Band

ON NOVEMBER 14 at 7:45, Quadra Community Centre, Friday Flicks presents The Marching Band (En fanfare). Thibaut is an internationally renowned conductor who travels the world. When he learns he was adopted, he discovers the existence of a younger brother, Jimmy, who works in a school cafeteria and plays the trombone in a small marching band. Everything seems to set them apart, except their love of music. Sensing his brother's exceptional talent, Thibaut decides to remedy the injustice of fate as Jimmy begins to dream of a different life.

Marching Band is a beautifully tender and poignant portrayal of family and the lengths we're willing to go for the ones we love.

NOVEMBER 28: DJ AHMET

Ahmet, a 15-year-old boy from a remote Yuruk village in North Macedonia, finds refuge in music while navigating his father's expectations, a conservative community, and his first experience with love — a girl already promised to someone else. The film delves into the challenges of growing up in a traditional setting while simultaneously discovering one's own identity, tracing the universal human need to express oneself, and how art — in this case, music — can become both a refuge and a catalyst for change.

The film won the Special Jury Award for Creative Vision & Audience Award: World Cinema Dramatic, Sundance Film Festival (2025)

New Library Hours

- Monday Closed
- Tuesday 10am - 6pm
- Wednesday 10am - 7pm
- Thursday 10am - 7pm
- Friday 10am - 6pm
- Saturday 10am - 6pm

Good Grief

Finding strength in shared loss

Good Grief is a free, drop-in, peer support group facilitated by Susan Wilson

Grief is a universal human experience we all share yet work through in our own way.

Our support group is a safe place to share our sadness, memories, coping strategies, and feel heard and supported by others who understand.

Quadra Community Centre - Room #3
Nov. 11th | Nov. 25th | Dec. 9th | Dec. 23
2:00 - 3:30 PM

Proudly Sponsored by Quadra Circle

Guarding Your Golden Years: Recognizing and Avoiding Common Online Scams

THE INTERNET is a wonderful tool for staying connected, managing finances, and finding entertainment. However, for many older adults, the digital world can also feel like a confusing place where hidden dangers lurk. Unfortunately, scammers are sophisticated and frequently target seniors, often because they are seen as trusting, may have substantial savings, or may be less familiar with the latest technology.

Knowing what to look for is your best defense. Here are some of the most common online scams targeting older people and simple steps you can take to protect yourself and your savings.

1. THE EMERGENCY OR GRANDPARENT SCAM

This is one of the most emotionally distressing scams. A criminal calls or emails, claiming to be a relative – usually a grandchild – who is in immediate, desperate trouble. They might claim they've been arrested, in an accident, or need emergency funds to return from a foreign country. The key element is an urgent request for money, often with a plea to 'keep it a secret' from their parents.

How to Protect Yourself:

- **Verify, Verify, Verify:** Never wire money or send gift cards immediately. End the call and contact the family member directly using a phone number you know is correct (not the one the caller gave you).
- **Create a Code Word:** Establish a secret 'family password' with your loved ones that only you and they know. If someone calls claiming to be them, ask for the word.

2. THE TECH SUPPORT SCAM

Your computer suddenly freezes, a loud alarm sounds, or a pop-up appears with a dire warning that your device is infected with a virus. This is usually the result of opening a link or clicking on a web site. It urges you to call a toll-free number immediately for 'technical support.' When you call, the scammer, pretending to be from a well-known company like Microsoft or Apple, asks for remote access to your computer and demands a fee (often paid with gift cards or a wire transfer) to fix the fake problem.

How to Protect Yourself:

- **Close all browser windows and restart your computer.** Do not click on any links that claim to resolve your problem. Legitimate tech companies do not send unsolicited warnings that lock your screen.
- **Never Give Remote Access:** Do not allow a stranger to control your computer. If you suspect a genuine problem, call a trusted local technician or your security software company using the number from a reliable source.

3. GOVERNMENT AND IMPERSONATION SCAMS

A call, email, or text claims to be from a government agency like Canada Revenue Agency or Canada Pension. The message is threatening – it says you owe back taxes, have a fine, or your benefits will be cut off unless you pay immediately with gift cards, cryptocurrency, or a wire transfer. They might even fake their caller ID to appear legitimate.

How to Protect Yourself:

- **Government Agencies Do Not Threaten:** No legitimate government office will call or email demanding immediate payment via gift cards, wire transfers, or threaten to arrest you.
- **Contact Directly:** If you're concerned, hang up and call the agency yourself using the official phone number listed on their official website or on your previous correspondence.

4. PHISHING EMAILS AND TEXTS

These scams try to trick you into revealing personal information. You

receive an email or text that looks like it's from your bank, a favourite store, or a delivery company. It might claim there's a problem with your account and ask you to click a link to 'verify' or 'update' your information.

How to Protect Yourself:

- **Examine the Sender:** Look closely at the sender's email address – it often has strange characters or misspellings.
- **Don't Click:** Instead of clicking the link, open a new browser window and type the company's official website address yourself. Log in there to see if there is any real issue. Never enter passwords or personal data after clicking a link in an unexpected email.

YOUR BEST SAFETY RULES

Online scams thrive on two things: urgency and the demand for untraceable payment.

- **1. Stop and Think:** If a message or call creates a high-pressure situation and tells you to act right now, it is almost always a scam. A legitimate company will give you time to think.
- **2. Hang Up and Call Back:** If you get an urgent call, hang up, take a deep breath, and call the actual company or person back using a verified number.
- **3. Gift Cards are Not Currency:** Any person or company that demands payment via gift cards (like Apple, Google Play, or Amazon cards) or wire transfers for a debt, a prize fee, or a relative's emergency is a scammer. Never pay this way.

The internet is safe when you are cautious. Trust your instincts. If an offer seems too good to be true, or a request too urgent, talk to a trusted family member or friend first. A few seconds of doubt can save you thousands of dollars.

Dave Tomblin dave@wedivebc.com for

Quadra Literacy quadraliteractnetwork@gmail.com

Free Learning Event

Government Benefits for Older Adults

Presented by a Seniors First BC

Legal Advocate, join us for an informative overview of several government income supports, benefits, and tax credits - including Old Age Security (OAS), Guaranteed Income Supplement (GIS), Canada Pension Plan (CPP), Shelter Aid for Elderly Renters (SAFER), Caregiver Tax Credit, Canada Dental Plan, and more.



Monday, November 17, 2025
1:00 - 3:00 pm



Location:
Quadra Legion, 1503 W Rd, Heriot Bay
Drop-in event following Senior's Lunch

Note: Speaker will present via Zoom

Hosted by:



Sierra Quadra Presents Damien Gillis at QCC, Nov 15

Damien Gillis brings his latest film, 'Safe Haven: The Rainbow-Jordan Wilderness', to QCC on Saturday November 15, as part of Sierra Quadra's fall/winter speaker series. Damien is a BC-based documentary filmmaker and journalist, and he presented his acclaimed documentary 'Fractured Land' to a Sierra Quadra audience back in 2018.

'Safe Haven' is the second collaboration between the filmmaker and the Valhalla Wilderness Society, spotlighting the Inland Temperate



Rainforest presented in VWS's Rainbow-Jordan Wilderness Park proposal. It is a sequel to Damien Gillis and VWS's first film 'Primeval,' which toured the province and helped establish the Incomappleux ancient forest (West Kootenay region) as a conservancy in 2023.

Damien's film 'Safe Haven' has been selected for the Colorado Environmental Film Festival and the Fernie

Mountain Film Festival; it also won Best Environmental Film through Vancouver International Mountain Film Festival (VIMFF). The jury statement reads in part: "Through tireless devotion and sacrifice, initiatives like the Rainbow-Jordan Wilderness Park Proposal bring together the right mix of environmental misfits and passionate community members to protect where we all live and play. 'Safe Haven' captures the heart of this movement in BC, calling us all to recognize the fragility of these ecosystems and the urgency of preserving them."

Sierra Quadra is honoured to welcome Damien for the island screening of 'Safe Haven', with conversation to follow.

Doors open at 7 for desserts, tea and coffee; the evening's events begin at 7:30. Admission is by donation.

Jeremy Dutcher: Nov 29, QCC

Quadra Concerts is thrilled to welcome Jeremy Dutcher to our stage on Saturday, November 29th, for an evening that promises to be both transformative and deeply resonant.

Our first two concerts of the season sold out swiftly, and our third offering on November 29th had already sold out. However, because Jeremy's performance is a single 90-minute set without intermission, we have opted to forgo our usual bar service in order to increase seating capacity. This adjustment allows us to make 92 additional tickets available exclusively through our local outlets – Inspirations, Copper Coast Gifts and Gallery, and Aroma Cove Café. We've made this choice because we sincerely want as many Quadra Island residents as possible to experience this momentous concert as it was conceived: a gathering to connect us as a community.

We are profoundly grateful for the overwhelming support from the Quadra community. Your curiosity, engagement, and generosity have brought world-class music into our hall and given us tremendous momentum. Seeing residents of all ages embrace these first two concerts inspires us to continue presenting experiences that celebrate artistry, identity, and connection.

Dutcher's music blends classical, jazz, and contemporary influences with traditional Wolastoqiyik melodies. His voice – powerful, nuanced, and evocative – carries stories of cultural reclamation, resilience, and human connection. His compositions often engage with contemporary issues affecting Indigenous communities, such as youth mental health and cultural preservation, making his concerts not only extraordinary musical experiences but also moments of reflection and communal dialogue. In the intimate setting of the Quadra Community Centre, Jeremy's performance becomes a shared gathering of music, storytelling, and meaning – a night to remember.

This will be a community gathering for the ages, celebrating music, identity, and connection. We strongly encourage you to secure your tickets early, as these additional seats are sure to sell out quickly.

www.quadraconcerts.ca

Tickets: \$30 in advance, \$35 at the door

Doors: 7pm **Show:** 7:30 pm

Venue: Quadra Island Community Centre
970 West Rd, Quathiaski Cove

James Pottery studio & gallery



Annual Christmas Sale

December 6th & 7th
11am- 4pm

* 20% off all stock

End of Joyce Rd. 285-3101

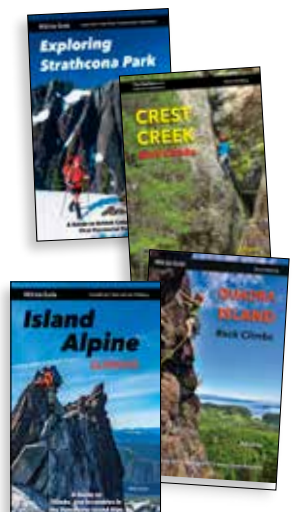
Workshop Coordinator

The Garden Club/ICAN Food Security team is offering a contract for 16 hours of work at \$30 an hour. Hours may be increased as more funding becomes available.

The coordinator will recruit workshop presenters for 4 workshops, schedule and attend workshops, and submit invoices for honoraria and supplies. Support, including registration and poster making, will be provided by the GC/ICAN Food Security Team.

For more information or to apply, email:
quadraicanfoodteam@gmail.com
Applications close on November 21, 2025.

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www.wildisle.ca

The Storm

POP. One second we're prepping our dinner and the next, we're in total darkness feeling our way from the kitchen to the shelf where we keep our basket of flashlights. The power is out for the third time this week. We transfer parts of the supper to the top of the wood stove that has been humming in the living room all day. Then we retrieve the two burner camp stove from the stairwell alcove and, until further notice, place it on the top of the electric stove so we can stir fry the veggies.

Like most folks on Quadra, we have a battery powered, short-wave radio so we can tune into the CBC radio program repeats. We have a portable light which we hang here and there. It's even bright enough to read a book. And we have a bigly* supply of candles. (* DJ Trumps favourite descriptive). But after listening to the same paralytically boring radio programs being repeated for the second time in one day, I head to bed at 9 pm.

While I laid there trying to sleep, I listened to the storm raging outside my open window and wondered how the birds and other animals could survive such an assault. To pass the time, I compose in my head another complaint letter to the CBC. It goes something like this. Cortes Island has a radio station – 89.5 FM – run by volunteers and they manage to create programs that are repeated but at least the content is interesting. But I can't get that station on the short wave radio. So why can't CBC – with its paid staff of thousands – come up with something worth listening to especially in these terrible times of no internet.

Ever since we heard BC Hydro keeps their big service truck on the island so they can quickly attend to black outs, we have faith the power will come back on before I lose my mind and our 2025 garden harvest thaws out in our packed freezer. Well dum dum – if you know the power gets knocked out regularly – why don't you have a generator? I am too lazy to be bothered with the hassle of owning a generator. There I said it. The gas, the oil, running it regularly to make sure it still works and the expense. Yawn. I am a writer not a mechanic. I have faith in BC Hydro. Maybe it's misplaced but at least I believe in something.

But there are times when I pray. After a particularly brutal 100 km an hour windstorm in late October, I worried for days about not seeing any hummingbirds at the feeder. Although the birds have abandoned their psycho, territorial, maniac behaviour which takes place during the summer months, they were conspicuously absent after that particular storm – a gale so ferocious it sounded like a freight train bearing down on our modest acreage.

The storm came and went and no birds. I fretted, I paced and constantly looked out the living room window in the direction of the feeder which I keep clean and topped up your round. Nothing. I was starting to give up hope when after five days, I heard the familiar buzz of my little pal Anna. Still no sign of Rufi but maybe they've already hitched a ride south on the backs of the Canada geese.

I try not to get too crabby when the electricity dies because it wasn't that long ago the power was often out for days. When I lived

on Salt Spring, the record was five days. We spent hours melting snow on the wood stove to get enough water to wash the dishes.

It's really pathetic how we whine when the lights are out, the water isn't running and our internet is down so we can't play with our electronic toys. I have to remind myself there are thousands of people not only in Canada but in places like the Ukraine, Palestine, the Sudan, Lebanon, Syria, Yemen and now Mali – they don't have a roof over their head, have no idea where or when they will eat their next meal and live in constant fear of being vapourized by the latest smart weapon. All human made, preventable, catastrophes.

So next time you're logged onto your favourite device, do something useful: sign that petition, write a letter, donate to the less fortunate or to those advocating for peace. These acts of kindness and concern will make you feel better.

Claire Hefernan

Ferry Schedule

Leave Quathiaski Cove	Leave Campbell River
6:05 am	6:30 am
[†] 7:00 am	[†] 7:30 am
^{††} 7:30 am	^{††} 8:00 am
8:00 am	8:30 am
8:30 am	9:00 am
9:00 am	^{**} 9:30 am
9:30 am	10:00 am
10:00 am	10:30 am
10:30 am	11:00 am
11:00 am	11:30 am
11:30 am	12:40 pm
12:40 pm	1:05 pm
1:05 pm	1:30 pm
1:30 pm	1:55 pm
2:00 pm	2:30 pm
2:30 pm	3:00 pm
3:00 pm	3:30 pm
3:30 pm	4:00 pm
4:00 pm	4:30 pm
^{**} 4:30 pm	5:00 pm
5:00 pm	5:25 pm
5:25 pm	5:50 pm
5:50 pm	6:15 pm
6:15 pm	6:45 pm
7:10 pm	8:10 pm
8:40 pm	9:05 pm
9:30 pm	9:55 pm
10:20 pm	10:40 pm
[*] 11:05 pm	[*] 11:30 pm

Schedule in effect September 3, 2024 to March 31, 2025 - last updated here 25 Sept, 2024

^{*} Fridays & Saturdays only

[†] Daily Except Sundays

^{**} Tuesdays: Dangerous Cargo, no passengers or cars

^{††} Daily Except Saturdays and Sundays

Schedule may be subject to change check BCFerries.com for Service Notices

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The Lost Words

AFTER OXFORD UNIVERSITY Press released its 2007 edition of the Oxford Junior Dictionary, a keen reader noticed what was not included in its more than 10,000 entries. Some 40 common words had been removed, like dandelion, bramble, heron, leopard, oyster and newt. They all related to nature. And they were replaced with terms such as blog, bullet-point, and voice-mail.

Oxford's explanation to inquiries about the deletions was that many children no longer live in rural environments so such words are not familiar to them. Other words that were deleted were blackberry, clover, hamster, herring, lark, minnow, almond, mussel, otter, ox, adder, ash, beech, bluebell, catkin, cowslip, cygnet, ivy, nectar, wren, raven, bramble, magpie, starling, weasel and panther in favour of analogue, graph and celebrity.

"What we might call the 'nature of childhood' has changed dramatically in Britain over recent decades," said Dr. Robert Macfarlane, a Reader in Environmental Humanities in Cambridge University's Faculty of English. In the United Kingdom, "Online culture has boomed, screen time has soared and the 'roaming range' within which children can play and stray unsupervised has shrunk by more than 90% in 40 years amid parental fears about traffic, 'stranger danger' and the pressure of school work." This trend has been measured elsewhere, with some studies revealing that a decade ago 40% of children regularly played outdoors, while far fewer no longer do so. The consequences include obesity, but also anti-social behaviour, friendlessness and non-specific fears and anxieties about the outdoors.

Dr. Macfarlane also discovered, following a 2002 study in Science by Professor Andrew Balmford from Cambridge's Department of Zoology, other evidence of losses in "nature-literacy." A National Trust survey, for instance, showed that 50% of children couldn't tell the difference between a wasp and a bee, and that only one in five children in Britain were "positively connected to nature." The loss of words is a symptom

of this problem. "We cannot know what we cannot name," warned Dr. Macfarlane, "[and] we cannot care about what we do not know."

In Japan, a 2004 study by Tetsuro Saito of Kawamura Gakuen Women's University, the fourth of its kind carried out since 1991, found that 52% of children have never seen either a sunrise or a sunset. Thirteen years earlier, the figure had been 41%. This trend, considering the continual urbanization of Japan and the greater reliance on digital devices, suggests that such natural occurrences as a sunrise and a sunset are even less likely to be a part of a Japanese child's experience.

Back in Great Britain, tens of thousands of people signed a petition for the Oxford publishing house to reinstate words related to the natural world. To no avail. So Dr. Macfarlane teamed up with illustrator Jackie Morris to respond through what they called a "spell book." The Lost Words, featuring 40 terms that were celebrated through text and watercolour, was intended to bring the words back into children's minds and lives. The two authors didn't feel qualified to call themselves "poets", so they called their contributions "spells." The book became an international best seller.

Later, in Canada, Morna Edmundson, artistic director of Vancouver's Elektra Women's Choir, found herself captivated by the coffee-table book when she came across it at a friend's house just before the Covid-19 pandemic – so much so that she thought, "I wonder if we could get the rights for it?" Edmundson got permission. The Lost Words: A Spell Book – featuring 20 choral works by 10 Canadian composers – was given as a world-premiere event in Vancouver on October 1, 2022.

The success of The Lost Words: A Spell Book probably had only a marginal influence on connecting children to nature. But we do owe a debt of gratitude to the Oxford Junior Dictionary for inadvertently measuring what is really happening to us and our relationship to nature on this most amazing of all planets.

*Ray Grigg,
for Sierra Quadra*

Inspirations



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

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quadrat01@gmail.com

The DI welcomes written submissions of interest to the Discovery Islands community: news, events, opinions, musings. Please keep your item to 750 words for longer articles. Email to: news@discoveryislands.ca

A Healing Way to Go



DAISIES, FOXGLOVES, and the bright yellow flowers of broom will forever remind me of my dad. They lined the roads, as I raced back and forth between my home and his, early this summer. He taught me the names of things. Without explanation, he taught me knowing the names of birds and flowers was a nod of respect.

The wilted vase of daisies was the last to go from his cabin, where he lived some 10 plus years. That and his rocking chair, the last place he sat while we shared one final night together. The same chair I had rocked my babies in before it was his. No shared wine that night, and only few cautious chuckles, just two people trying their best to be brave for each other.

The cabin was where my boys learned to walk, and that Grandpa made better pancakes. Where they picked buckets of fruit, climbing the ladder my dad would carefully hold for them. Where they raced the field playing “What time is it, Mr. Wolf?” They would all run to his door, waiting to see what Grandpa would pretend to grumble about, before he filled them with oatcakes, pancakes, or his famous egg sandwiches.

The daisies are still in the vase. Completely dry now, but I cannot bear to throw them out. Is that not just grief? Wanting to hold on to that space in-between. That time when it is clear what to savour. He was so pleased with how long they’d lasted by his bed. “Look, they’ve barely wilted,” he said, days after I picked them for him. When he was gone, they were long slumped over, and all I wanted was to have that moment back.

My dad was everything for me from a young age. In adulthood he was at my door the minute something went wrong. Calmly, steadfastly. While I swore and cried, he would fix what was broken, without flinching. Whether it was a hot water tank, or a crumbled marriage. He never left us, and never panicked. When my husband left, my dad came out of retirement to support us. Crossing the ferry and sleeping on my awful couch, while I worked at night. My dad was quietly incredible. This loss should be catastrophic in a hundred ways. I spent most of my youth and adult life fearing this time, that is here now. Besides my children, the last of my immediate family gone.

The months that led up to my dad’s death were something of a whirlwind. Our community, and a number of families within its fold, were hit with deep losses of their own. I’m not sure I’ve ever been so honoured to witness such a coming together. Through the network of volunteers at Way to Go, the Quadra Island Cemetery team, The Threshold Choir, and many others in the community. These families were held up, and held each other with unsurpassed capability and connectedness.

My own dad, when having to tell me he had weeks to live, in the next breath, asked to change his end of life plan. A stoic, and a practical man, it was the beauty that he saw through the work I was able to be involved in. The healing in it, that changed his mind, not the practicality. He asked for a green burial, and for me to handle all I could after his death. And I did, stubbornly, and as independently as I could, until I couldn’t. And then my community was there to catch me. Without the support of my partner, my boys, community members, and the support of my incredibly valuable team members at Way to Go, I do not believe the healing would have begun as it has for me.

I have been part of, and witnessed, some incredibly rich conversation around death and dying in this little community of ours. In sharing about what Community Supported Death Care is, there are times it can be challenging. How to craft a clear picture of the tangible value in it, or what it can look like in a myriad of ways, especially for those completely unfamiliar.

I will tell you, witnessing families create their own rituals and honourings, watching them take long tender moments to just stop and

be. This has awakened a love and respect for the process, and this way of honouring our dead. An impact and understanding, that practical knowledge and learning could not. We all know, death is where time slows for those at the epicentre, to a jarring halt.

But oh, the richness and opportunity in that stopping. In the slowing right down, and tending to the vessel that carried your loved one for the time they were here with you. Honouring that. However that might look for you. There is no formula. That time can be as complex and unique as the person you are honouring. Or as simple and practical as feels right. No matter the how, that is where the deep healing starts to rise up from our bones, like an ancient gift.

This is not a new age, grass roots movement, this is a reawakening of the connectedness, quietness and healing that comes with the end of something, and the beginning of something else. From laying flowers on the grave site, to picking out the most perfect pair of pyjamas. Or nestling the right memory item into the crook of their arm, as they begin their journey back to the earth. Some of the harder things, we (at Way to Go) are here to help with. Or, we step back and talk you through what feels unknown, until you remember the knowing within you. There are a hundred moments rife with a potential healing salve.

I pivot gently, if I might, back to my own loss, my dad. He rests next to a friend’s mom in Quadra Cemetery’s Green Burial grounds. Her family bore her great loss, not long before my own. I like that they are neighbours, and we sometimes leave flowers for each other’s parents. A habit of honouring, quirkily born out of the confusion of unmarked graves.

There is a connection among those buried there. My dad taught me naming shows respect. Some of others near him, their journeys back to the earth, I had privilege of being a part of. My boys and I visit as often as we can. We walk the row, and name them all as well as we are able. They ask simple questions about the ones I knew however briefly, and challenge themselves to remember everyone by name, and their spot in the earth. I like that they are not scared, and would prefer to picnic there some days, even over the beach.

I am grateful, that their first experience with the dead was without fear. Just a resting, peaceful, well honoured vessel, where grandpa once was. I am grateful they helped dig and adorn his grave, and helped shovel the earth over him. That we shared one last family birthday cake, even though no one could bring themselves to eat it through tears. That the last image my dad had was my eyes locked with his, and the painting the boys did of them all fishing in their secret spot. Dad sailing ahead in his own boat, and they in theirs. I am grateful to my neighbours, who helped us carry him out and onward, with a practical and reverent tenderness I will never forget. I am grateful I got to dress him just so, place around his familiar shape, ferns and flowers, from the land he tended. For the gift of talking to him again somehow, while I did. I am even grateful for the chasm of sorrow that I sometimes am smacked into, because that means great love once was there. And I am grateful for the healing found in supportive and connected community, ancient ways rediscovered, and the simple being reminder that we are not alone. Grief is a tie that binds us all, and I am grateful for the ones it has bound me to.

This is the best I have to paint a picture in your mind’s eye, of what community supported death care can be. I have had many losses, all as they were meant to be, but this way of honouring my dad brought much more healing than I knew possible. If I had a wish around this, it would be that everyone that wanted it, had this kind of opportunity. There are a million more words and feelings. But for now, I hope my words spark conversation worth having in your homes, around your fires. After all, as Ram Dass said, “We are just walking each other home.”

Joanna Lumley

(Joanna is part of the Way to Go team, and a local End of Life Doula)

Heriot Bay Tides

DATE	TIME PDT	M.	FT.
14 Fri	01:41	3.443	11.3
	07:29	2.222	7.3
	14:37	4.737	15.5
	21:38	2.317	7.6
15 Sat	03:13	3.591	11.8
	08:36	2.606	8.5
	15:09	4.663	15.3
	22:16	1.963	6.4
16 Sun	04:34	3.857	12.7
	09:40	2.943	9.7
	15:37	4.582	15.0
	22:49	1.657	5.4
17 Mon	05:40	4.171	13.7
	10:39	3.236	10.6
	16:02	4.503	14.8
	23:19	1.401	4.6
18 Tue	06:32	4.468	14.7
	11:34	3.484	11.4
	16:25	4.436	14.6
	23:47	1.194	3.9
19 Wed	07:16	4.704	15.4
	12:25	3.682	12.1
	16:47	4.386	14.4
20 Thu	00:15	1.039	3.4
	07:56	4.860	15.9
	13:11	3.828	12.6
	17:09	4.350	14.3
21 Fri	00:45	0.942	3.1
	08:33	4.934	16.2
	13:53	3.917	12.9
	17:35	4.314	14.2
22 Sat	01:18	0.904	3.0
	09:10	4.944	16.2
	14:34	3.950	13.0
	18:06	4.263	14.0
23 Sun	01:53	0.919	3.0
	09:48	4.913	16.1
	15:20	3.932	12.9
	18:43	4.182	13.7
24 Mon	02:32	0.981	3.2
	10:29	4.870	16.0
	16:16	3.860	12.7
	19:27	4.060	13.3
25 Tue	03:15	1.091	3.6
	11:13	4.834	15.9
	17:22	3.720	12.2
	20:19	3.888	12.8
26 Wed	04:00	1.259	4.1
	11:58	4.817	15.8
	18:28	3.492	11.5
	21:27	3.672	12.0
27 Thu	04:48	1.503	4.9
	12:41	4.814	15.8
	19:27	3.167	10.4
	23:09	3.476	11.4
28 Fri	05:41	1.834	6.0
	13:20	4.814	15.8
	20:17	2.751	9.0

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