

DISCOVERY

ISLANDER

Library's Giving Tree Supports Quadra Cat Rescue

CALLING ALL KITTY ANGELS! Our island library is hosting a Giving Tree to collect donations for Quadra Cat Rescue this holiday season.

From December 1 to 31, the tree, festooned with images of cats and kittens that have been helped by local volunteers, is a reminder of the ongoing need to manage the cat population on Quadra Island.

"When you visit the library, browse the tree, and, if possible, leave a little something to help support Quadra Cat Rescue," says Matthew James, community support technician with Vancouver Island Regional Library.

Along with collecting cat food and funds, donations of gift cards are extremely welcome. BC Ferries cards will help pay for transporting cats and kittens to veterinary appointments. Gift cards to Quadra Builders, Shar-Kare, Canadian Tire, Superstore, and Walmart will be used to purchase kibble and canned food as well as wood pellets for kitty litter.

"We're so grateful to the library for helping us get the word out. The last couple years, we've been running out of funding by September because there are so many cats and kittens coming into our care," explains Quadra Cat Rescue volunteer Valerie van Veen. "We spend hundreds of dollars a month on food alone. If possible, we're asking people to give money rather than food or bags of kitty litter and other supplies because we're very short on storage space."

All donations received help cover the cost of fostering and fixing cats and kittens. Along with food and supplies for kitty-foster home volunteers, Quadra Cat Rescue needs funding to support the group's lower cost spay-neuter program and other veterinary care. Basic vaccines and neutering cost the group about \$400, and a single flea/worm treatment costs about \$25.

Tax receipts are available for donations made by cheque or e-transfer. People who shop at Tru Value can also support the group by donating Spirit Board points (280 at both Heriot Bay and Quathiaski Cove) and



buying Tru Value gift cards for either store from Lara at Inspirations.

Quadra Cat Rescue has been helping island cats and kittens since 2009, and every year, kittens born on Quadra far outnumber local homes wanting pets. More information, including spay-neuter request forms and adoption applications are available at www.quadracatrescue.com.

To let us know about stray cats that need help, please send an email to quadracatrescue@yahoo.com or telephone 250-285-CATS (2287).

CONTINUES ON PAGE 13

Make Sure Your Vehicle is Ready for the Wet Weather.

Call to make an appointment today for a

FALL SERVICE

**Only
\$99.95***

*parts extra

Need advice on new tires?



- Multi-Point Inspection
- Oil & Fluid Change
- Brake Check
- Rotate Tires

Stop in to discuss your options

We have great deals on all major brands.

ISLE TECH

YOUR ISLAND AUTO CARE CENTRE

250-285-3100

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

1646 KANISH VIEW DR

\$1,260,000 MLS# 999660

- Granite Bay oceanfront home, cabin & workshop on 6 acres!
- 2 bed + den, 3 bathroom home boasts ICF construction
- Inviting open floor plan & covered wraparound deck on main level
- Den, laundry & 3pc bathroom also on main floor
- Spacious primary bedroom suite on upper floor with 3pc ensuite
- Daylight basement with large rec room, bedroom & 2pc bathroom
- Fenced garden plus greenhouse, trail to beach from lower yard
- 4 other storage buildings & overheight shop with 220 volt service
- Located in a popular outdoor recreation area!



Bill + Sarah

PERSONAL REAL ESTATE CORPORATION

T. 250 285 3293 / 1 877 735 3293
billbradshaw@royallepage.ca
sarahbradshaw@royallepage.ca



QUADRA
ISLAND
REAL ESTATE TEAM

NEWS & EVENTS

The Purpose of a Co-operative

A CO-OPERATIVE is far more than a store; it represents a shared vision, a shared responsibility, and a shared future. At its core, a co-operative is people, a community of individuals who come together because they believe that collective action can create meaningful, lasting change. It is built by members who want to strengthen the local economy, have a genuine voice in how commerce is conducted, and ensure that economic activity benefits everyone, not just a privileged few.

This is the true essence of a co-operative: building community wealth, resilience, and equality through shared ownership and shared benefit. A co-op is not a corporate venture seeking profit for distant shareholders. It is a community venture rooted in place, built by the people who depend on it, and dedicated to serving the needs of the whole island. Every dollar invested in the Co-op directly supports growth, creates opportunity, and keeps prosperity circulating within our community. This transition reflects both the Co-op's values and its long-term vision for Quadra Island.

Through the co-operative model, the Quadra Island Pantry will be owned and governed by its members, the individuals who shop here, work here, and care deeply about our island's well-being. Its mission is simple yet transformative: to help residents save time and money, reduce the need for off-island travel, and support a stronger, more self-reliant Quadra Island. Through sustainable practices, local sourcing, and member-driven values, the Co-op aims to nurture a vibrant, connected, and resilient community.

Being part of a co-operative means belonging to something larger than oneself. Every member has a role to play, whether through shopping locally, sharing ideas, or participating in decisions. Together, we share both the responsibility and the reward of keeping our island strong, sustainable, and independent. As the Co-op grows, so will our community's ability to invest in future initiatives, potentially co-operative housing.

A co-operative is a movement that transforms everyday purchases into shared progress. It is a commitment to caring for one another for generations to come.

"Co-operatives are built on trust, equality, and mutual benefit — the foundations of a healthy society."

Canadian Co-operative Association

Quadra Island Community Food Co-operative

qipantrycoop@gmail.com

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

SIMMONS CONTRACTING

DRIVEWAYS • DRAINAGE • ROCKWORK
SERVICE TRENCHING • FOUNDATIONS
5 YRD DUMP TRUCK • 5 TON EXCAVATOR



ELAMON SIMMONS 250 204 3259 SIMMONSContracting@gmail.com

ISLAND CALENDAR

DAY TO DAY

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
- The Legion: Comedian Peter Hudson, 7:30pm, \$20

Friday, December 5

- The Legion: Swiftie Party, 7-9 teens, adults later!

Saturday, December 6

- Quadra Singers present 'The Elements - Fire Light,' QCC, 7pm

Sunday, December 7

- Quadra Island Chamber Music Society AGM, Room 2 at QCC, 10am
- Hal Douglas & Friends at the HBI Pub, 3-5pm, no cover

Monday, December 8

- QI Garden Club presents Winter Wreath Workshop at QCC Main Hall at 7pm, by donation, see p5

Wednesday, December 10

- Community Kitchen Turkey Day, at QCC, see p4 to pre-register for sittings

Thursday, December 11

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

Saturday, December 13

- The Legion's Whimsical Christmas Fair, 10am at The Legion, see p10

Sunday, December 14

- Old Fashioned Christmas Brunch, Herons at the HBI, 9am to 2pm, see p5
Call 250-285-3322 to reserve.

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 871:**

Monday, December 8 @ 7pm

In mailboxes on Friday, December 12

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 28 to December 12

THIS WEEKEND: November 28 - 30

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; 7 Friday Flicks "DJ Ahmet" showtime 7:45

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 Quadra Concerts - Jeremy Dutcher - showtime 7:30

SUNDAY: 10 Quadra Island Food Co-Op

THIS WEEK: December 1 - 5

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

TUESDAY: 10:30 Balance, Core Strength and Bone Health; 2:45 Rec and Sports with Dave (school gym); 5 Yoga with Trinity; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Lunch; 1 Mosaics; 3 Ping Pong; 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; 1 Heart Healthy Eating; 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 Spinners and Knitters; 10:30 Friday Painters; 12 noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

NEXT WEEKEND: December 6 - 7

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10 Winter Market; 10:30 Intermediate Tai Chi with Nicki; 7 Quadra Singers "The Elements - Fire Light"

SUNDAY: 2 Journaling Group

NEXT WEEK: December 8 - 12

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 1 Jewelry Making; 2:30 Caregivers Support Group; 5:30 Iyengar Yoga; 7 Garden Club - wreath making workshop

TUESDAY: 9 Quadra Quilters; 10:30 Balance, Core Strength and Bone Health; 2 Good Grief Support Group; 5 Yoga with Trinity; 7:15 International Folk Dancing

WEDNESDAY: 10 Gentle Yoga with Trinity; 12 Community Kitchen Holiday Lunch; 1:30 Mosaics; 3 Ping Pong; 5:45 Warm Vinyasa 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

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, email molly.hampel1@gmail.com to register

Go to our website www.quadrarec.bc.ca to view the latest Rec Guide, OR navigate to REC DESK to register for kid's programs or see what's happening each day on the community calendar. <https://quadrarec.recdesk.com/Community/Calendar> Click on the calendar for more details! Phone the Community Centre at # 250-285-3243. Or E-mail: info@quadrarec.bc.ca

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

CONTACT US

email news@discoveryislands.ca
phone 250 285 2234
mail Box 280 Q Cove BC V0P 1N0
office 701 Cape Mudge Road
hours Monday-Thursday: 10-4

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 ACCIDENTAL OMISSIONS MAY OCCUR.

COPYRIGHT 2025
ALL RIGHTS RESERVED

NEXT DEADLINE

7pm Monday, December 8
for publication on
Friday, DECEMBER 12, 2025

COMMUNITY NEWS & EVENTS

Festive Turkey Lunch (not Bob!) at Community Kitchen!

WITH SOME CHANGES...

The much-loved Turkey Lunch is returning to the Community Kitchen. Wednesday, December 10 will be Turkey Day!

BUT – it is going to look a little different than pre-Covid. In order to accommodate the anticipated number of diners, we are going to have to have... TWO SITTINGS...



Diners will need to pick up a FREE TICKET for a specific sitting (12 to 12:45, or 1 to 1:45). Tickets will be available at: the Wednesday Lunches prior to December 10, or at Inspirations and Copper Coast.

The meal is still by donation, like all the Wednesday Lunches. There will be vegetarian options as well. Everyone is welcome!

Big Thanks to: Quadra Island Golf Course for their donation to help make this event possible. And for the support of: Heriot Bay Inn, Camp Homewood, Quadra Island Salmon Enhancement Society; and many, many volunteers!

Quadra Fire Department Address Project

IN MID-DECEMBER we will be starting the field work portion of our ongoing address verification and driveway attributes project. We are going to be out in the community to confirm your property address is correct and matches the SRD database, confirm your address is posted visibly, and measure your driveway length to assist with a fire response. The scope of this work is only inside the fire protection district.

Driveway attribute information will remain strictly confidential within the fire department, to be used in the planning for and execution of fire response.

All work will be done by fire department personnel, identified as such, with a fire department vehicle. Please feel free to reach out if you have any questions or issues.

Captain Evan Ross, 250-287-0633



Coming Up at The Legion

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; Adults later.

Saturday Dec. 20 Potluck Appy Social during the Meat Draw; 8pm, Age Against the Machine! \$10 at the door.

Friday Dec. 26 7pm, Boxing Day Casino Royale! Get out your fancy suits and gowns and come play drop-in cash games of Poker, Blackjack, Bingo and more! Music in the lounge.

Wednesday Dec. 31, 8:30pm! Late! Join us for our New Year's Eve Party with Sound Factory! Super fun band playing great dancing tunes. Tickets on sale soon \$20, or \$25 at the door

We would like to take this opportunity to thank the volunteers for their help with this year's successful Poppy Campaign and to the community for their continued support. We would also like to thank the volunteers for all of their help with this year's Remembrance Day ceremony, and to everyone who attended.



Like the DI
on FaceBook

Quadra Island Power
• Licensed
• Bonded
• Insured

Martin Blum
BC Master Electrician
(250) 205 - 5545
email: mblum5545@icloud.com

Electrical Services
• Residential
• Commercial
LEL: 0209700



For free inspiration give us a call
Rowan Growcott-Weeks
250-203-4566

MAPLE MEADOWS
PAINTING AND CONTRACTING

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!

The Quadra Island Garden Club Presents:

A Winter Wreath Workshop

JOIN US AT the Quadra Island Community Centre on Monday, December 8th at 7pm for our annual decorative diversion!

Learn to make a beautiful winter wreath with a grapevine frame and natural greenery. You can also use it as a centrepiece! Have a professional photo taken with your creation before you take it home. A great mother/daughter, couple or friend outing!

PLEASE BRING: Secateurs, wire cutters (optional), gloves, boughs/greenery (to create the front of the wreath), young grapevines soaked overnight or your own frame (we will also be bringing grapevines but would appreciate more), and goodies to share (if you like). Wire, grapevine, and extra greenery provided.

By Donation for guests, free for members. Limited to 25 Participants.
To REGISTER email QuadraIslandGardenClub@gmail.com
Jen Banks-Doll

ICAN Food Recovery Update

HELLO QUADRA COMMUNITY.

Last year at about this time I wrote an article that described the Food Recovery Program and asked for donations from the community.

That request was met with overwhelming support that has allowed us to continue for this year and likely next year. Such a generous community! And so an update...

The program continues to thrive. From November 2024 to the end of October 2025 we collected more than 9960 pounds of food from our two local TruValue stores, Amped on Nutrition, and Spirit of the West.

This food was kept out of the landfill. It was sorted and distributed twice a week to feed over 2090 people, as well as providing ingredients for the Quadra Circle lunches for seniors at the Legion and for the Read Island Age in Place Program. Food not appropriate for humans was distributed to local farms for livestock.

More than 400 volunteer hours made it all work.

In addition, the Campbell River Food Bank added their surplus and any extra was placed in the community fridge located behind the library. Local gardeners added fresh produce from their gardens adding many more pounds to the total.

So many thanks are to be expressed – to the local stores and their employees that go the extra mile to put together the boxes of food twice a week; to the local gardeners who pick their produce and make the extra trip to place it in the fridge; to the dedicated group of volunteers that keep it all going and to those that have made cash donations to keep us afloat.

In a time where food dollars are stretched to the max and concerns about our environment are top of mind our little Quadra program makes a tangible difference.

So thank you again to all of the people who have participated in some way and we look forward to another year of service to our beautiful community.

If you are interested in volunteering with this program please contact Stacey Nielsen at todspond@gmail.com for more information.
Stacey Nielsen, Food Recovery Team Leader

Jingle & Mingle with Santa

An Old Fashioned Christmas Brunch

Sunday, December 14th 9am-2pm

Enjoy a classic Christmas brunch in Herons on the final day of our Festival of Trees fundraiser (Nov 27–Dec 14). Meet Santa, and let the kids get creative with crafts & letter-writing. Call 250-285-3322 to reserve your seats!

Don't forget to bring \$1 to vote for your favourite tree & help support a local charity.

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

Roots & Neighbours: Quadra Seniors Housing News

QUADRA ISLAND HOUSING Society is pleased to share that two new weekly programs are bringing even more connection and activity to our tenants here on Quadra Island.

On Wednesdays, we've begun Simple Sharings, an intergenerational program created in partnership with the Compassionate Community Project and Quadra Children's Centre's after school program. The children join residents for conversation and shared activities that encourage friendship across generations. The energy and kindness the kids bring have already made these afternoons something many tenants look forward to.

Mondays now feature Chi Gong with Kai Gogolin, a gentle, accessible movement practice that supports balance, relaxation, and overall well-being. Kai's calm teaching style and welcoming presence make it easy for tenants of all abilities to take part.

These programs really reflect what our island community is all about – neighbours connecting and supporting one another. We're grateful for the local partnerships that make this possible and excited to offer activities that keep our tenants active, engaged, and feeling part of the wider Quadra community.



NORTH ISLAND SURVIVORS' Healing Society

Trauma and Abuse Counselling Centre
Professional counselling for individuals, couples, and families.
Sessions are in-person, online or by phone.

FOR MORE INFORMATION:
Call 250-287-3325 or visit www.nishs.ca

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



OCEANVIEW HOME

New Price \$728k!

Charming three bedroom home on .59 acre. Looking for easy access to schools or settling down to watch the ships go by? Updates including the new metal roof & foundation. Plus an ocean view building site up top. Amazing potential for rezoning including multi-family and mixed commercial-residential.

ROYAL LEPAGE
Advance Realty

Quadra Island's Most Experienced Resident Realtor®!
Serving the Rock since 1995!
250-202-2217
HeidiRidgway@RoyalLepage.ca
www.QuadralslandRealEstate.com



BC Hydro Power Outage Contact Information

IT'S STORM SEASON again, so here is a reminder for every one of our website and important contact information for power outages.

For the most up-to-date information about the status of our system, please first visit us online at Outage list. This site contains updated information on major outages around the province. If you still need to talk with someone, contact our media-relations team at (604) 928-6468 or me at (250) 618-6267; alternatively, you can email Media@bchydro.com or ted.olynyk@bchydro.com.

At BC Hydro, safety is at the core of everything we do. So that crews can safely focus on the restoration of power, I ask that you not speak with them unless prior arrangements have been made. A critical safety reminder, please stay 10 metres back from any down line.

Ted Olynyk, Manager

Community Relations Vancouver Island-Sunshine Coast

Shakespeare Discussion Group

(FREE TO ALL) Every day, the dark veil of bigotry drops further, threatening to hide us forever from the better angels of our nature. We watch as the world fractures into "us" and "them" and the artificial separation of self and "other" descends into racial, gender and social intolerance.

Join us this winter as we discuss "otherness" in Othello, The Merchant of Venice and The Tempest.

What can a man 400 years dead teach us about prejudice, xenophobia, and fanaticism?

Was he a captive of the preconceptions of his time or was he an artist beyond Time itself, commenting on Prejudice in the only way he could?

Thursdays 12:30 to 2:30pm, beginning 8 January 2026, Rm

2 (Board Room), Community Centre.

For more information:
Blake Rodgers, 250.702.1201;
brodgers@spinemidwest.com

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.



Cliff Mooney
ELECTRICAL
250-895-9020
LEL 0202893
mooneycliff@gmail.com

Heriot Bay –Whaletown Terminal Upgrades



Hello Quadra and Cortes Island community members,

I'm pleased to share the following updates for the terminal rebuild projects at Heriot Bay and Whaletown. Thank you for your continued patience and support as we work to rebuild these important facilities.

Alternate service (Feb 9 – Mar 1, 2026)

During the terminal closures, BC Ferries will provide the following alternate service between Cortes and Quadra.

Water taxi service

- 40-person capacity
- Between Mansons Landing and Heriot Bay Government Dock
- Seven days a week, six round trips per day starting from Mansons Landing

Shuttle bus service

- Heriot Bay Government Dock to Quathiaski Cove (with a stop near the Heriot Bay Ferry Terminal)
- Timed as closely as possible to water taxi arrivals/departures

Barge service (essential goods and services only)

- Service between Heriot Bay Government Dock (Quadra) and Gorge Harbor (Cortes)
- Monday to Saturday, three round trips daily (starting from Heriot Bay)
- Tuesday is reserved for the transport of dangerous goods

More information

- Commercial vehicles must book in advance. Online booking will open in January 2026.
- Passenger vehicles may be accepted in special cases, depending on space and approval.
 - An online booking request form and phone number will be available in early January.

Submitting a request does not guarantee a spot.

- Water taxi and shuttle bus are first-come, first-served.
- Final schedules for all services will be published in early January 2026.

Construction

You may see construction crews working longer hours (6:00am to 10:00pm) at Whaletown during the first two weeks of December to prepare for the closure. Work will pause from December 20th to January 5th for the holidays, so we can all take a break, recharge, and spend time with family and friends over the holidays.

We will continue to keep you updated through service notices, mail-outs, social media, signage, and this regular column. Scan the QR code to learn more about these services and how we will continue to keep Cortes connected during berth closures, or visit: bcferriesprojects.ca/heriot-bay-whaletown-tp

If you have any questions, please don't hesitate to contact our Customer Relations team at customer.relations@bcferries.com.

Thanks for reading,

Jeffrey Li

Project Manager, BC Ferries

[Learn more >](#)

BC Ferries



The Quadra Children's Centre would like to recognize and honour **Marshall Toelle** for donating the labour to replace our preschool building fence panels. We are ever so grateful for this exemplary community spirit! Thank you Marshall and team!

8:00 a.m. to 5:30 p.m.
Monday to Friday

Find us online quadrachildrenscentre.com
We are a \$10 Day Childcare Centre

Complete Construction Services

- Custom Homes
- Renovations
- Fine Finishing
- Compact Excavator
- Loader Services

John Seffzig
CONSTRUCTION

Journeyman Carpenters
BC Licensed Residential Builder
Home Warranty

T/F: 250-285-3982
johnseffzigconstruction.ca



Established 1981

SORENSEN
MACDONALD
ENTERPRISE LTD.

250-285-3906 / 250-203-3906
Sewer hook-up • Septic systems
Excavating • Trucking • Sand & Gravel



COMMUNITY NEWS & EVENTS

Beach Clean Team Dreams Big

HOW DO YOU get over a thousand pounds of abandoned styrofoam from Surge Narrows, Read Island to the Ocean Legacy Foundation recycling facility in Cumberland?
 Step 1. Tow it bundled up to Heriot Bay.
 Step 2. Lift it out of the water.
 Step 3. Load local contractor's truck.
 Step 4. Transport it down island to the Cumberland Landfill.
 Step 6. Unload at the Ocean Legacy Foundation recycling facility at the Cumberland Landfill.

So many people were involved in getting this horrible pollution out of our oceans.

Thanks so much to Gina and Alex who towed it from Read Island, Jay Caldwell who used the Harbour's crane and allowed storage, Matt Griswold who volunteered his time and J. Toelle Construction's truck, and the Quadra Island Beach Clean Dream Team.

When the new recycling centre is completed at West Road and Industrial Way, there will

be an area available for all marine debris to be brought for recycling.

Thanks also goes to Stephanie Valdal from CVWM for advocating for this area for us.



The Quadra Island Beach Clean Dream Team has removed over 17,000 lbs of marine debris so far this year. You can support us by using #319 at either Tru Value grocery store when shopping.

In March our weekly beach clean hikes begin, but we encourage everyone to do what you can, when you can, where you can.



REGIONAL DIRECTOR'S REPORT

Hello,

This report shares some recent learning about primary care provider recruitment and news about a Board decision regarding receipt of electronic petitions.

ACCESS TO PRIMARY CARE PROVIDERS

Having a family doctor or nurse practitioner is important for healthful living, yet it can be a challenge to acquire one. It's something we hear about regularly on the news and in social media and a topic I get asked about. Recently I attended a Healthcare Summit in Nanaimo, hosted by the Nanaimo Regional Hospital District, and recruitment of primary care providers was one of the topics we dove into. There were a few community-focused takeaways I thought were interesting that I want to share with you...

REGISTRATION HELPS!

The Health Connect Registry is the Province's centralized primary care registry – and when it comes to recruiting primary care providers, it matters if you and your family members are registered as needing a family doctor. Unattached patient data from the registry is used to focus support on community practitioner recruitment. So, if you or a family member happens to be 'unattached', it's a quick process to register which can be done by calling 8-1-1 or visiting hcr.healthlinkbc.ca. Registration helps our community get the healthcare practitioners we need!

COMMUNITY APPROACH

Recruiting a new doctor or nurse practitioner requires a community approach: it goes beyond just one person or organization. A coordinated community conversation and a warm welcome to visiting prospects will increase the likelihood of recruitment success. Plus, recruiting a primary care provider is not just about one person, it often means recruiting a family and showing how our community might be a good fit for all of them.

THERE'S A RECRUITMENT COMMITTEE

The Quadra Island Health Society, chaired by Claire Trevena, operates the Quadra Island

Medical Clinic. Having a registered nonprofit society operating the clinic allows a primary care provider more time to care for islanders and less time concerned with the business side of operating a clinic.

Within the Health Society is a Recruitment Committee, headed by Shaun Porter. If you're looking for more information and/or would like to engage with the recruitment team and community conversation approach to recruiting primary care providers to Quadra Island you can email shaunw.porter@gmail.com. Good healthcare grows in communities that show up for one another.

ELECTRONIC PETITIONS

This is a little story of government policies and how change can happen. In March 2025, the SRD Board received a delegation from Shirley Turner of the Surge Narrows Community Association regarding potential Strathcona Gardens taxation of Area C residents. Included in the presentation was an electronic petition with 484 signatures. As Ms. Turner explained, 'an e-petition was used as Outer Discovery Islanders are widely scattered and hampered by weather and transport issues from signing a centrally located paper petition.'

Staff followed up a couple of months later with a report outlining the incongruence between the e-petition and Policy CP-016, Receipt of Correspondence by the Board. This correspondence policy includes petitions, and the requirement of original signatures on petitions was not met with the electronic petition presented in March.

POSITIVE POLICY SHIFT

I'm very pleased to share that November 19th the Board resolved to amend Policy CP-016 by removing the ban on electronic petitions being received by the Board. In a broad region like the SRD with remote and pocket communities who deserve equitable access to inclusion in the petition process to provide input to the Board, this policy revision is a win for all residents of the SRD. The updated policy will be returned to the Board for final consideration likely early in the new year.

CONNECT

Thanks for reading! As always, you're welcome to connect with me with questions or concerns: emailRMawhinney@srd.ca, or call 250.203.2468. Visit RobynMawhinney.ca for links to helpful community resources and 'back issues' of Director Reports.

Until next time,

Respectfully,

Director Robyn Mawhinney

Discovery Islander Submissions

Email us at
news@discoveryislands.ca

Drop off your item
at *Inspirations* in Q Cove

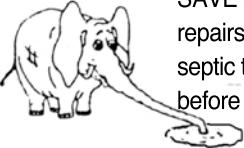
Bring it to our office
at 701 Cape Mudge Road



ALL CLEAR SEPTIC SERVICE

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

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



Call Ross Doak **250 204 1197**

Woodstoves

AS DECEMBER approaches and people are keeping warm by their woodstoves I would like to share the following information which I was not aware of and which may come as a surprise to you. In British Columbia, the chimney size rule involves both height and clearance. The top of the chimney must be at least 1 meter (3 ft) above the roof penetration and at least 600 mm (2 ft) higher than any part of the building or obstacle within a 3-meter (10 ft) horizontal distance. To maintain insurance, the installation must comply with the current building code, and the system should be inspected and certified by a qualified technician, such as a WETT (Wood Energy Technology of Ontario) certified inspector. I discovered that my chimney is too low and that I am not covered by my fire insurance!

I had to extend my chimney above the second store roof and brace it to the wall. Now I am covered. Just thought I would share.

*Warm, cozy, and insured,
Eleanor Eason*

Meditation Group

WE MEET Sundays at the Quadra Children's Centre at 10am for a 45 minute sitting meditation, followed by a short break. There is a reading of a book based on Buddhist perspectives and meditation practices, and then a discussion. Everyone is welcome, a small donation is appreciated. For more info call Don at 250 285 2193 or Kai at 250 850 9245.

Hal Douglas at the HBI Pub

HAL DOUGLAS will be performing at the HBI Pub on Sunday December 7 from 3 to 5pm. Joining Hal are Grant Holland, Julie Frank and Dave Blinzingier. Come on down for great music, food and drinks. No cover.

QI Community Food Co-op

No amount of time is too small when you're helping make a difference in your community.

Want to get involved?

qipantrycoop@gmail.com

QI Outdoor Club: Upcoming Events

HERE ARE the upcoming trips, with a great variety of activities:

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

Annual Fundraiser for Xmas Giving

IT'S THAT TIME of year again! We are looking to support the Quadra Food Bank and the HBI Annual Christmas dinner. If you would like to participate, please e transfer to kellyb@island.net. Quadra Links will be contributing as well. We will keep you posted on our progress. The last several years your generosity has been absolutely incredible and we thank you in advance for keeping the Christmas spirit going.
*Kelly Jensen, Secretary,
Quadra Links Limited*

Library Hours

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

Inspirations


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

Photos too!

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

Friday Flicks: DJ Ahmet

ON NOVEMBER 28 at 7:45, Quadra Community Centre, Friday Flicks presents 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.

Winter Markets

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

The Legion's Christmas Fair

A WHIMSICAL CHRISTMAS FAIR is happening at the Quadra Legion on December 13 at 10am. There is also a magical photo opportunity. Santa will be there to pose for photos with visitors between 10 am to noon.

The annual event, hosted by the Ladies Auxiliary, offers festive baking, crafts and gifts. It is also an opportunity to pick up some flea market treasures. A light lunch will be available.

Tables can be rented for \$10 and vendors should contact Pat at 250-285-2202 to reserve a spot. Sell your wares to make a little extra Christmas spending money.

Mobile Heavy Equipment service and repair

Automotive service and repair
Welding and Fabrication
Mobile and Quadra shop



250-285-2215

wolfdenmechanical@gmail.com

NEXT DI DEADLINE

Monday,
December 8
at 7pm
In mailboxes
Friday,
December 12

Digital Literacy: A Giant Leap in Communication

THROUGHOUT HUMAN HISTORY, huge advancements in how we communicate haven't just changed the way we talk; they have deeply changed how people think, how societies are organized, and the direction of civilization itself. From the first symbol drawn in a cave to the invention of the telephone, each major breakthrough has set a new expectation for how humans interact. Today, as we live in a world with information everywhere, digital literacy is the newest and most challenging of these revolutions, requiring a whole new set of thinking skills.

The first, and perhaps the biggest, change happened with the shift from oral culture to written language around 5000 years ago. Early writing, like Sumerian cuneiform and Egyptian hieroglyphs, made it possible to store knowledge externally, outside of what people could remember. This crucial step allowed for the creation of organized government, official laws, and detailed historical records. But during this age, reading and writing was a special skill reserved for a few powerful people, like scribes and priests, whose status came from controlling the permanent, fixed text.

The next great revolution came in the 15th century with Johannes Gutenberg's printing press. This invention made knowledge available to everyone by allowing books—and therefore, literacy—to reach the masses. This broke the control of information held by the church and the wealthy elite. The printing press started the modern age, promoting standardized language, straightforward, step-by-step thinking, and independent critical thought. Communication was faster than ever, but it was still fixed—the official, trusted word was stable and contained within the printed page.

Digital literacy, by contrast, defines how we interact with a communication system that is always changing, uses many types of media (like text, video, and audio), and involves everyone. It's not enough to simply read a screen; you must be able to find, judge, combine, and create information across constantly evolving digital platforms. Traditional literacy asks you to simply understand a fixed, trusted source. Digital literacy requires you to carefully judge a massive flow of information that is often created by other users and can be confusing or contradictory.

The scale of this digital shift is comparable to the invention of writing itself. While writing allowed us to overcome the limits of time (by storing memory), and the printing press allowed us to overcome the limits of space (by distributing identical texts widely), the Internet and the literacy needed to use it, overcame the barrier of having a single point of control. Digital tools shift power away from centralized institutions (like major news companies) to decentralized, 'many-to-many' networks where everyone can be a publisher. This allows for huge global collaboration, but it also creates new problems, such as the

rapid spread of false information and the challenge of keeping personal data private. The other problem is companies and agencies (like the government) assume we are all fully versed in the ways of the computer and it is getting harder and harder each day to manage without using digital tools to survive.

Digital literacy is far more than knowing how to use a computer; it is the 21st century's essential tool for success and safety. Just as ancient people had to learn to interpret symbols on clay, and earlier citizens had to learn to read printed books, today we must master the critical evaluation of digital signals. This is the latest and most demanding standard in the long history of communication breakthroughs that have shaped humanity.

If you need help to increase your digital literacy skills, contact Quadra Literacy's new Digital Support Outreach Worker at melissa@quadraliteracy.com And for technical assistance contact dave@quadraliteracy.com

Stay tuned for more about navigating the turbulent waters of the digital world. I welcome comments and suggestions for future articles. Feel free to contact me at my new email address, Dave@QuadraLiteracy.com *Dave Tomblin*

Help Keep our Festival of Chamber Music Happening!

IF YOU'VE ENJOYED Quadra's summertime chamber music festival, please come to the Annual General Meeting of the Quadra Island Chamber Music Society, Sunday, December 7th at 10am in Room 2 at QCC. The Chamber Music Society puts on the week-long Chamber Music Festival on Quadra; this year it's a four concert series June 22–26, plus the 'by donation' family concert.

The Society has a small Board that does the work of planning and producing the Chamber Festival each summer, along with Phil Hansen, the Artistic Director and originator of the Festival. Roles needed on the Board are Treasurer, Billeting Manager, Communications/Social Media, Production, Grants; and while some islanders have already stepped up, there is still room on the Board for more participation! We will be thanking Board members at the AGM, and voting (and applauding!) new volunteer Board members. The AGM will also feature reports from the Artistic Director and the Chairs, as well as the Festival's financial summary.

If being a Board member seems daunting, it is still helpful to come to the AGM because in order to be eligible for Grants, the Society needs to demonstrate it has a membership beyond just its few Board members. So come for an hour, smile, eat a muffin, and help keep the Summer Festival happening! We will also have signup sheets for various tasks the week of the Festival June 22–26. Hope to see you on Sunday December 7th!

Ross McPhee Contracting Ltd



Ross McPhee
250-203-3772
rmm7777@telus.net
BC licensed Home Builder
National Home Warranty

www.rossmcphee.ca

Shane Hedefine

Personal Real Estate Corporation

Cell: 250-204-3293

shane@shanehedefine.com

Serving Campbell River and the Discovery Islands

Thinking of buying or selling?

Call for a free market evaluation today!

RE/MAX  **Check Realty**

Each Office Independently Owned and Operated

Office: 250-285-1187 Fax: 250-386-8144

353 Island Highway, Campbell River, BC V9W 2C2

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.

Open AA Meetings

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

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

Thinking of Selling?
Act now

Roman Krzaczek
604-787-4594
RomanKrzaczek.ca

real
Real Broker Ltd. Campbell River

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

Peaceful Grannies Blockade Saxon Main into Cutblock 12-651, Quadra Island

THE PEACEFUL GRANNIES were out early in the morning on September 18 to blockade Saxon Main Road in support of conserving forest threatened by logging between Luoma Lake and Two-Mile Lake. A petition organized by Jolie Shea and signed by over 1,000 people had not deterred TimberWest from going ahead with logging of block 12-651, so the Grannies set up their lawn chairs in the middle of the road.

They are trying to protect an area of rare primary forest (never been logged or roaded) rich in biodiversity and well-used as a wildlife corridor. The wells of several families in the area could be impacted by the cutblock. This forest is within Special Management Zone 19, established by a legal order under the Vancouver Island Land Use Plan (VILUP). The plan's recommended strategy for such areas on Quadra is to conserve these remaining concentrations of veteran trees along with the younger trees and plant communities that have regrown between the vets (old trees) since the 1925 forest fire. The fact that TimberWest has not been implementing this strategy and has not developed a credible plan to recruit and retain old-growth forest on the island makes this action even more important. TimberWest's logging operations on Quadra Island are managed by Mosaic Forest Management; the actual logging is now done by We Wai Kai First Nation's own logging company.

On the road, conversations were held with several of the workers, D'Arcy Henderson, Mosaic's Chief Operating Officer, and Jimmie Hodgson, Mosaic's Chief Forester. The next day, We Wai Kai Chief Chickite was there with Mosaic's Operations Manager Aaron Racher.

The Grannies stressed the necessity for Mosaic to start engaging in meaningful consultation with the local community regarding their logging decisions. Despite the petition regarding block 12-651, other letters, meetings, and a recommendation from the Forest Practices Board that TimberWest/Mosaic amend its forest stewardship plan to include an old-forest recruitment strategy, there has been little change to Mosaic's approach to logging on Quadra. TimberWest/Mosaic claims it doesn't cut "old forest" on Quadra. But in areas where there are concentrations of veteran trees, the loggers leave the vets but log out all the younger, commercially-valuable trees between them, destroying all the under-storey plant and animal communities that have re-established since the 1925 fire. This approach destroys the stand's biodiversity value. TimberWest/Mosaic calls this type of forest "second growth" but, given their legal obligations, they should be reserving these as "old-forest recruitment" areas.

According to Mosaic, only 3.8 percent of the forest cover in the SMZ 19 portion of TFL 47 is "old forest". However, TimberWest/

Mosaic is legally required to have a credible recruitment strategy to get that level to at least 9 percent as quickly as possible. Yet the company seems intent on logging in the areas most suitable for old-forest recruitment, like block 12-651.

The Grannies are working to save these few remaining old growth and primary forest ecosystems on Quadra that are vital to wildlife, water recharge of aquifers; preserving intact, healthy ecosystems and watersheds for community recreation, also making our forests less susceptible to erosion, flooding and wildfires. At the blockade, Mosaic offered to defer logging of 12-651 but their conditions were unclear. In the hope that an agreement could be made, the Grannies temporarily took down their blockade. The grannies intend to meet with Mosaic personnel this month and try to finalize an agreement. We hope this will bring awareness of the need to protect some of Quadra's vital watersheds and ecosystems!

Sheila Cavanagh, Quadra Island

COVER STORY

CONTINUED...

To let us know about stray cats that need help, please send an email to quadracatrescue@yahoo.com or telephone 250-285-2287.

Support Quadra Cat Rescue:

- Volunteer to temporarily foster or become a neighbourhood monitor.
- Adopt an already-fixed adult cat from Quadra Cat Rescue to free up foster space.
- Sponsor a kitten's healthy start with \$400 for basic vet care (vaccination and neutering).
- Donate Tru Value Foods Spirit Board points (code is 280 at both stores), which are converted to gift cards.
- Purchase Tru Value gift cards for either store at Inspirations in the Cove.
- Donate to Quadra Cat Rescue (provide mailing address for tax receipts!):
 - E-transfer via email to quadracatrescue@yahoo.com
 - Mail a cheque to Box 192 Heriot Bay, V0P 1H0
 - Through Coastal Community Credit Union
 - Or use PayPal through the website (www.quadracatrescue.com).
- Spay or neuter before kittens are five months old. One unfixed pair of cats and their offspring can produce 500 kittens in three years!

Contact Quadra Cat Rescue by Facebook message, email to quadracatrescue@yahoo.com, or call us at 250-285-CATS (2287).

Building for and employing islanders since 1980

J. Toelle Construction Ltd



- BC licensed residential builder
- Custom homes and renovations
- Resort and commercial buildings
- Energy efficient homes
- Cost effective design



250.285.3783 • info@jtoelle.com • www.jtoelle.com

What to Expect After an Unexpected Death

THIS ARTICLE is summarized from “A Practical Guide for the Worst Day of Your Life” written by Christa Ovenell, Death’s Apprentice Education & Planning.

I hope you never need the information in this article. But if you’re reading it in the midst of a loss — or preparing yourself just in case — I want you to have a steady point in a moment when nothing feels steady.

An unexpected death is one of the most destabilizing experiences a person can face. Even when loss is anticipated, the first hours and days can be foggy and disorienting. But when death comes suddenly, the chaos can feel surreal. Everything seems urgent and impossible at once. Time warps. You may forget what you’ve been told, or even how to breathe.



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

** Tuesdays: Dangerous Cargo, no passengers or cars

† Daily Except Sundays

†† Daily Except Saturdays and Sundays

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

Knowing a few practical things ahead of time can help you navigate that fog.

WHAT COUNTS AS “UNEXPECTED”

Any death without warning — accidents, suicide, homicide, or sudden natural causes — is considered unexpected. Even an elderly person who dies without signs of decline the day before is included. In all unexpected deaths, the coroner must be involved.

WHAT HAPPENS FIRST

An RCMP officer will attend the scene and act as the coroner’s eyes on the ground. The coroner will consult with the officer and decide whether they need to come in person. Depending on the circumstances, the investigation may be brief or more detailed. If you were not present at the time of death, uniformed officers will usually be the ones to notify you — often before many details are known.

You will likely be in shock. Call someone immediately: a friend, neighbour, or relative who can help you make sense of what’s happening and care for the basics like meals, pets, and children.

If further examination is needed, your person will be taken to a morgue. Otherwise, the case may close quickly and the body can be released to the family or a funeral home. You will receive a coroner’s file number (and often a police file number). Keep these, and ensure you have contact information for both offices.

If investigators don’t yet know where your person has been taken, follow up later. It helps to know where they are.

If the body is taken to a morgue, the period before the coroner “releases” the body usually takes about a week. During this time, your loved one is sheltered, safe, and cared for only by authorized staff. You cannot visit them yet, but they are treated with respect.

If the death occurred in a place considered a potential crime scene, access may be restricted. Weekends and holidays can slow administrative steps, but the investigation continues around the clock.

There is no need to rush. You will not be making funeral decisions for several days. Friends can help gather things that will eventually be needed — clothing, identification, and key documents.

DURING THE CORONER’S INVESTIGATION

The coroner may order an autopsy or other tests. They have legal authority to do so even if the family objects. After the investigation, the

coroner releases the body and issues an interim coroner’s certificate of death. Final reports can take months or longer.

WHEN THE BODY IS RELEASED

Once the coroner issues the interim medical certificate, the death can be registered and you can obtain a death certificate. You’ll need this later for estate matters, but there is no urgency — acting too quickly can lead to mistakes.

Until release, there are no costs; the coroner covers transport and shelter. After release, funeral home fees begin.

CEREMONIAL OPTIONS

All ceremonial choices remain open after an unexpected death. The body is almost always viewable, and a final viewing may be meaningful. You may choose a large or small gathering, an open or closed casket, or even a home funeral (often requires embalming). Even if you skip a formal service, some form of ceremony is important for healing.

AS TIME GOES ON

Once logistics settle, the emotional reality may begin to surface. Reach out for help early; the path ahead is long, and support matters.

Estate tasks, insurance claims, and account closures vary by region, but professionals — funeral directors, lawyers, accountants, and death doula — can guide you through each step.

I truly hope you never need this information. But I’m grateful you have it, just in case you do. *Written by Christa Ovenell, summarized and submitted by Margaret Verschuur*

Way to Go Meeting

JOIN US on Monday January 19, from 3 to 4:30pm, QCC Room 3, for a time of sharing, presentation, discussion, and business. Info or zoom link at way2go.ca, or 285-3298. We are still looking for free indoor storage, if anyone has some to spare.

Holiday Faire in CR

FIND UNIQUE, locally-made gifts this holiday season at the Campbell River Art Gallery’s annual Holiday Faire from Nov 28 – Dec 23! Featuring a collection of fine art, jewellery, ceramics, fibre art, candles and soaps and much more from over 100 professional and emerging Vancouver Island Artists. CRAG is open Monday to Saturday, 10am to 5pm, and we’re located at 1235 Shoppers Row in Downtown Campbell River.

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

Hallucinations

CULTURES PERSIST because of a confidence in themselves. Common agreement binds them together, and they endure for as long as their collective understanding is based on reality. But what happens if the assumptions that they make are faulty? The incongruity between the beliefs motivating their behaviour and the actual reality in which they live instigates increasing conflicts until reality asserts itself with a dispassionate shrug and the culture experiences the discomfort of a minor reset or the trauma of a major one.

From the perspective of a slightly reformed culture or a totally restructured one, these old assumptions and beliefs now seem like hallucinations. Given our understanding in the 21st century, the concepts of a few centuries ago seem bizarre. The sun rotated around the earth. Stars were light shining through the holes in the floor of Heaven. Witches, instead of being recognized as healers and midwives, were drowned or burned at the stake for flying on broomsticks, conjoining with Satan, souring beer, or instigating other acts of mischief or evil. Wearing a ring of posies would guard against The Plague. Bloodletting would restore health by reducing an excess of "humour." History has recast these practices and beliefs as hallucinations.

Nate Hagens, writing "I Don't Know" in his October 28, 2025 contribution to *The Great Simplification*, explores this subject with respect to artificial intelligence (AI) and our present culture. ChatGPT-5, the latest and most advanced version of a large language model AI, depending on its source material, frequently gives wrong answers or "hallucinates." As a product marketed as "intelligent," ChatGPT-5 is not programmed to conclude that it doesn't know. Rather than admitting ignorance on any given subject, it provides answers even when they are incorrect. Hagens provides a classical example. In response to the prompt, "cheese not sticking to pizza", ChatGPT-5 suggested, "Cheese can slide off pizza for a number of reasons, including too much sauce, too much cheese, or thickened sauce. Here are some things to try: Mix in sauce: Mixing cheese into the sauce helps add moisture to the cheese and dry out the sauce. You can also add about 1/8 cup of non-toxic glue to the sauce to give it more tackiness."

Hagens makes the obvious connection. "One could argue," he writes, "that overconfidence and lack of caution is one of the core underlying drivers of the maximum power principle, which itself is underpinning global human ecological overshoot and the impending great simplification." In other words, we place too much confidence in our ability and in the capability of our technology to solve the global ecological problems that they have jointly created. The assumption, that a technological solution to a problem caused by technology is going to be solved by technology, may well be a fatal hallucination.

Can we sequester into porous rock and depleted oil wells the billions of tonnes of carbon dioxide that we have emitted and continue to emit into the atmosphere? Can we extract sufficient carbon dioxide from the air to stop the planet from overheating? Given that the oceans are going to continually rise for centuries due to thermal expansion and ice melt, can we save our coastal cities and communities from inundation? How do we end the dire consequences of ocean acidification? Can we sufficiently regulate global weather to avoid successive climate catastrophes? Can we stop the northward migration of tropical diseases and parasites? Can we remove microplastics from our ecosystems?

Since the Renaissance of the 16th century, the Age of Science of the 17th century, the Age of Reason of the 18th century, and the Industrial Revolution of the early 19th century, we have been on a trajectory of growing confidence. Science and technology have solved many problems, and given us an unprecedented sense of empowerment.

But power is not the same as omnipotence. Like the Sorcerer's Apprentice, we have set our brooms and buckets to work, but do we

know how to stop them? Do we think we can improve on pizza by adding non-toxic glue? Digital technology is another extension of ourselves. It thinks how we think because we set it to thinking the way that we want to think.

Hagens recognizes that "I don't know" is the beginning of a cautionary process that may lead to our salvation from the pitfalls of hubris. If we acknowledge that we really don't know what we are doing, that we don't know where we are going, and we don't know what the consequences will be, then a pause in our headlong plunge into a technological future may give the remnants of nature some chance for survival. Anyone for pizza without glue?

*Ray Grigg
for Sierra Quadra*

OUR THANKS

QICCS Thanks Quadra for Supporting the Suzuki Event

ON SATURDAY, OCTOBER 18TH David Suzuki spoke to 260 Quadra residents, almost 10% of our Quadra population, to help celebrate QICCS' 35th anniversary and fundraiser. David spoke about the declining state of the natural world for 2 hours, describing the insanity of our consumerism and disrespect for our planet. He described the importance of seeing nature as our source of life and part of our spirituality. We are not separate from nature. He emphasized the value of community and companionship, with which we are blessed with here on Quadra. Despite the dire state he depicted, after answering questions, Suzuki left people in an appreciative and buoyant state – Our Quadra community is strong – and getting stronger. Awareness of community, a willingness to volunteer and work toward self-reliance and a better world, put us all in the best position to thrive in this changing world.

For this successful event there are a number of people and organizations we would like to recognize in addition to all those who attended and made donations:

- The Quadra Sierra Club for helping to organize the event;
- Robyn Budd for her valuable input;
- Both Daniel McMurdo and Chris Thompson set up the sound, lights and slides, making sure the evening went smoothly;
- Tanielle Johnston for acknowledging the land; • The Young Musicians: Liza Ashurst and her father Amos, Charlotte Doll, Gabrielle Doll, and Ivy Johnston; • Christine Robinson for selling books; • Anika Tokarchuk for taking photographs; • Dan Mottershead and the Quadra Island Photography Club for their wonderful pictures; • Heather and Bruce Claussen for their help in the kitchen; • Last, but not least, Ray Grigg for introducing David; and
- David Suzuki himself for his generous gift of knowledge, time and energy.

It was a successful evening with food for thought, lots of desserts and the sale of 59 books. Thank you, Quadra. Enjoy and protect our amazing natural beauty and bounty.

James Pottery
studio & gallery



Annual Christmas Sale

December 6th & 7th
11am- 4pm

*** 20% off all stock**

End of Joyce Rd. 286-3101

Heriot Bay Tides

| DATE | TIME PDT | M. | FT. |
|---------------|----------|-------|------|
| 28 | 04:41 | 1.834 | 6.0 |
| Fri | 12:20 | 4.814 | 15.8 |
| | 19:17 | 2.751 | 9.0 |
| 29 | 00:02 | 3.451 | 11.3 |
| Sat | 05:40 | 2.242 | 7.4 |
| | 12:54 | 4.809 | 15.8 |
| | 19:59 | 2.269 | 7.4 |
| 30 | 01:37 | 3.633 | 11.9 |
| Sun | 06:46 | 2.687 | 8.8 |
| | 13:24 | 4.798 | 15.7 |
| | 20:38 | 1.761 | 5.8 |
| 01 Dec | 03:01 | 3.958 | 13.0 |
| Mon | 07:54 | 3.119 | 10.2 |
| | 3:51 | 4.790 | 15.7 |
| | 21:16 | 1.272 | 4.2 |
| 02 | 04:16 | 4.349 | 14.3 |
| Tue | 09:00 | 3.495 | 11.5 |
| | 14:18 | 4.789 | 15.7 |
| | 21:53 | 0.847 | 2.8 |
| 03 | 05:18 | 4.721 | 15.5 |
| Wed | 10:04 | 3.786 | 12.4 |
| | 14:48 | 4.790 | 15.7 |
| | 22:32 | 0.523 | 1.7 |
| 04 | 06:11 | 5.013 | 16.4 |
| Thu | 11:06 | 3.974 | 13.0 |
| | 15:23 | 4.774 | 15.7 |
| | 23:13 | 0.319 | 1.0 |
| 05 | 07:00 | 5.202 | 17.1 |
| Fri | 12:05 | 4.061 | 13.3 |
| | 16:04 | 4.721 | 15.5 |
| | 23:56 | 0.248 | 0.8 |
| 06 | 07:47 | 5.294 | 17.4 |
| Sat | 13:03 | 4.051 | 13.3 |
| | 16:53 | 4.613 | 15.1 |
| 07 | 00:42 | 0.308 | 1.0 |
| Sun | 08:32 | 5.307 | 17.4 |
| | 14:05 | 3.947 | 12.9 |
| | 17:48 | 4.439 | 14.6 |
| 08 | 01:28 | 0.495 | 1.6 |
| Mon | 09:16 | 5.264 | 17.3 |
| | 15:09 | 3.747 | 12.3 |
| | 18:49 | 4.200 | 13.8 |
| 09 | 02:14 | 0.802 | 2.6 |
| Tue | 09:58 | 5.185 | 17.0 |
| | 16:14 | 3.461 | 11.4 |
| | 19:56 | 3.912 | 12.8 |
| 10 | 03:00 | 1.213 | 4.0 |
| Wed | 10:39 | 5.084 | 16.7 |
| | 17:15 | 3.115 | 10.2 |
| | 21:14 | 3.619 | 11.9 |
| 11 | 03:46 | 1.697 | 5.6 |
| Thu | 11:18 | 4.971 | 16.3 |
| | 18:14 | 2.741 | 9.0 |
| | 22:52 | 3.420 | 11.2 |
| 12 | 04:35 | 2.219 | 7.3 |
| Fri | 11:55 | 4.851 | 15.9 |
| | 19:07 | 2.369 | 7.8 |

THE DI CLASSIFIEDS

Services

QUADRA WASTE SOLUTIONS

Local. On-Demand. Occasionally. Weekly. Servicing Heriot Bay and South. Enquire about our Seniors' Driveway Service. Call/Text/Email. quadrawastesolutions@gmail.com 250.202.9182 Tariff-Free since 2023

SMALL ENGINE REPAIRS

in Q Cove. Lawn Mowers, Tractors, Chainsaws, Trimmers, Generators etc. Also some electric power tools. Please call Don @ 250.285.3960.

SHORE PINE SIGNS & DESIGN

Custom signs for home and business, boat/vehicle decals, picture framing. Open Mon & Fri 9-2, Tues-Thurs 9-5. Next door to Q Builders. 250-285-2815 shorepinesigns@gmail.com

NOTARY PUBLIC

Notary Public on Quadra located inside Sacred Pulse at Quathiaski Cove shops, we offer notarial services, personal planning documents wills, powers of attorney, representation agreements. Call 1.855.204.6277 toll-free email info@quadranotary.ca

ROOFING

Professional Roofing Services www.javaroofting.com Call JAVA ROOFING at 250.204.2638

QUADRA SEWIST & TAILOR

Alterations, repairs, custom work done on clothing, decor and gear. Experienced with most fabric types including waterproof. Call Megan at 604 908 6347 or email mbaindesign@gmail.com

SUPPORTING SUBSCRIPTION

Local Voluntary Subscriptions are welcome to help support the DI, suggested: \$30 per calendar year
Find more details online at www.DiscoveryIslander.ca

Help Wanted

MEDICAL CLINIC

We are looking for someone to join our great team at Quadra Island Medical Clinic for 1 or 2 days/week with sickness and holiday cover. Office skills helpful. Pay \$20/hr. Please contact Tina at qimcmanager@outlook.com

TAKU RESORT & MARINA

is seeking a Docks & Maintenance Team Member

Position Overview: We are looking for a hardworking and reliable Maintenance Team Member to join our crew. This position is perfect for someone who enjoys working outdoors, staying active, and taking pride in keeping the property clean, safe, and well-maintained. The role includes a variety of tasks such as yardwork, general repairs, garbage and recycling collection, cleaning, basic maintenance as well as marina operations.

If you enjoy hands-on work, love the outdoors, and want to be part of a great team, we'd love to hear from you! Send your resume and a short introduction about yourself to info@takuresort.com

Key Responsibilities: • Grounds-keeping – Mow lawns, trim hedges, weed gardens, and maintain the overall appearance of the property
• General Maintenance – Minor repairs, painting, and upkeep of rooms, buildings • Garbage & Recycling Removal Equipment Care – Use and maintain basic tools and equipment properly.

Qualifications: • Experience in general household repairs an asset
• A strong work ethic, positive attitude, and willingness to learn.

What We Offer: • Competitive hourly wage • On-the-job training and learning opportunities • A fun and supportive work environment
• Beautiful workplace on the coast, surrounded by nature.

We'd love to hear from you! Send your resume and a short introduction about yourself to info@takuresort.com

Wellness

SOUL SOLE MASSAGE

by 'foot pressure' is an ancient Ayurvedic modality that uses the feet to deliver the massage. Expect deep tension release, increased mobility, relaxation and healing. Studio in Quathiaski Cove. Call/Text Jen 250 285 0070 www.soulsole.ca

MASSAGE

Massage is an exceptional tool that aids in alleviating stress and tension of body and mind. Trinity Gogolin specializes in many styles of massage from Deep Tissue and Trigger Point Release to Swedish Style and Relaxation Massage. U.S. Trained, with over 15 years experience. Offering a beautiful studio location, comfortable and conveniently located close to Q-Cove. Call or Text 250 203 4529 email: trinitygogolin1@gmail.com

Home & Garden

PRUNING, SOIL CARE, AND FABULOUS GARDENS AND ORCHARDS OF ALL SORTS

Highly-skilled and passionate horticulturist Ryan Nassichuk is now making bookings for the winter of 2026 and beyond. Email nassichuk@gmail.com to get in touch, and visit www.nassichuk.com for more information no phone calls or text messages between late September of 2025 and late January of 2026

For Sale

LIGHTLY LOVED GRAVEL BIKE SEEKS NEW RIDER!

VERY lightly used (under 100km) and well-maintained Liv Devote 1 would make a great Christmas present, just sayin'... Details: Size Small. Great for women around 5'3" or so. Liv Devote 1 is an aluminum frame gravel bike with excellent geometry and build specs. Lower gearing is great for steep hills; higher top end takes it down good and fast. Features: Disc brakes, drop handlebars with combined brake/shifters. Additions: Bontrager fenders front and back; rear rack. Contact me at taseko1@telus.net and come take a look! \$2100 new, offering \$1750.

NEXT DI DEADLINE

7pm Monday, December 8

DI CLASSIFIEDS

Up to 35 words: \$25 including gst - one time

36 to 70 words: \$45 including gst - one time

Email your ad & pay online at discoveryislander.ca

Questions? Email news discoveryislands.ca