

# DISCOVERY

## ISLANDER

## Quadra Island Quilters Guild

### Quilting Marathon Produces 44 New Quilts



The Quadra Island Quilters Guild's seasonal celebration was held on December 9th including a meeting, tasty potluck, and showcase of marathon quilts created so far. Most of these were started at our October marathon weekend. They are part of the guild's mission, every member trying to make one per year, and are gifted to community members in need of comfort.

This undertaking is possible due to the efforts and support of many for which we are very grateful. We thank the firefighters for setting up and taking down all the workstations for the marathon weekend. We had a marvellous duo running the kitchen and keeping the quilters fed and caffeinated. Team leaders ran quilting groups with their chosen quilt, providing guidance, selected fabrics and kits. Other fine people donated fabric, funds, made our signature labels, ran the cutting and assembly tables, provided storage space, gave demonstrations, and will ensure quilts find a home where they are needed.

The marathon has been orchestrated for several years by our (outgoing) marathon coordinator, Ellen Russell, who has given graciously and enormously of her time and effort to run the show. The guild is looking for her successor! Big shout out to our fabulous Quadra Island Community Centre and awesome staff. Marathons cannot happen without the support of our generous community who helped sponsor the marathon by buying our raffle tickets. And finally, thank you to all quilters for their time and caring in creating warm quilted hugs for our community!

An interesting calculation was offered at the recent Variations in Quilting Exhibit by the Campbell River Friendship Quilters Guild at the CR Museum. A throw quilt measuring 65" X 65" costs \$323 in materials and \$1,350.75 in labour (75 hours @ \$17.85/hr, BC minimum wage) for a total value of \$1,673.75. Comfort or marathon quilts are somewhat smaller therefore less costly, but with love factored in, well, they're priceless.

The guild always welcomes new members! The first meeting of the new year is January 13th at 10 am, at the Community Centre. Our president, Terry, can provide you with more details at (250) 285-3040.



HAPPY HOLIDAYS  
AND THE VERY BEST  
IN THE NEW YEAR

We look forward  
to serving you  
in 2026

FROM  
MITCH  
AND  
THE CREW  
AT



ISLE TECH

YOUR ISLAND AUTO CARE CENTRE

250-285-3100

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

Refreshing Our  
Historic Spaces  
January 1-14, 2026

The Kitchen, HBI Pub & Herons will be closed Jan 1-14 to complete some important upgrades. The heart of the Inn will remain open.

- ★ Front Desk & Gift Store: 10am-3pm
- ★ Fuel Dock: Tues & Sat 11am-3pm
- ★ Cabins, Suite & Campground: Open

Thank you for your patience as we invest in the next chapter of this beloved gathering place.

Serving Quadra  
since 1982

## COMMUNITY NEWS & EVENTS

### 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: [quadracatrescue.com/spay-neuter/](http://quadracatrescue.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.

### Meditation Group

**WE MEET** Sundays at the Quadra Children's Centre at 10 am 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.

### Quadra Island Outdoor Club: Upcoming Events

**ALL THE BEST FOR THE HOLIDAYS AND FOR A WONDERFUL NEW YEAR.** We hope that you may enjoy the outdoors we have here and near Quadra in the coming year. Here are the upcoming trips for the next month:

- 1 Jan, Thursday** – New Year's Day mystery hike
- 7 Jan, Wednesday** – Hike a South Morte Lake loop
- 12 Jan, Monday** – Snow activities in the Mt. Washington area
- 21 Jan, Wednesday** – Hike to Blindman's Bluff and/or Eagle Ridge

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](mailto:qioutdoorclub@gmail.com).



## ISLAND CALENDAR

### DAY TO DAY

#### Friday, December 26

- Boxing Day Casino Royale, 7pm at The Legion

#### Saturday, December 27

- Greek Dinner Night, 5pm at The Legion

#### Wednesday, December 31

- New Year's Eve Dinner, at The Legion: Patrice's Chinese food, 5 to 7:30pm
- New Year's Eve Party with Sound Factory, at The Legion, \$20, 8:30pm to Late!

#### Thursday, January 1, 2026

- Polar Bear Swim! at Rebecca Spit Boat Ramp, 1pm

#### Saturday, January 3

- Quadra Island Economic Roadmap, at QCC from 12 to 2, hosted by DICC

#### Thursday, January 8

- Banff Mountain Film Festival World Tour, Tidemark Theatre, CR, 7pm

#### Friday, January 9

- Banff Mountain Film Festival World Tour, Tidemark Theatre, CR, 7pm

#### Saturday, January 10

- Banff Mountain Film Festival World Tour, QCC, 7pm. Tix at the door

#### Monday, January 19

- Way to Go Meeting, at QCC from 3 to 4:30, Room 3

## REGULARS

#### Sundays

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

#### Mondays

- Pickleball at Cape Mudge Hall, 10am, 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, 6pm, drop-in \$3
- Poker Night: Quadra Legion 7:30pm

#### Thursdays

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

#### Fridays

- Pickleball at Cape Mudge Hall, 10am, drop-in \$3

#### Saturdays

- Pickleball at Cape Mudge Hall, 10am, drop-in \$3

**NEXT DISCOVERY ISLANDER DEADLINE  
FOR ISSUE 873:**

**Monday, January 5 @ 7pm**

**For publication Friday, January 9**

## WHAT'S ON AT QCC

### Happy New Year, Quadra!

Warmest wishes for a joyful holiday season from all of us at the Quadra Community Centre.



Please note that the Community Centre will be closed for a short time over the holiday break while we take care of important facility maintenance. During this period, there will be a greatly reduced schedule of programs and events.

We look forward to welcoming everyone back in the New Year and wish you a safe, peaceful, and happy holiday season.

P.S Keep an eye open in your mailbox for the NEW WINTER/SPRING REC GUIDE available now!! This is your roadmap to all the fun and exciting things happening at the QCC in 2026. It can also be found digitally at [www.quadrarec.bc.ca](http://www.quadrarec.bc.ca) under the REC GUIDE tab.

### WHAT'S HAPPENING at QCC

#### ~ December 26 - Jan 9

**FRIDAY:** 12 noon SMART Recovery: to join contact Jude: [smartrecoveryquadra@gmail.com](mailto:smartrecoveryquadra@gmail.com)

**SATURDAY:** 9:30 Beginner Tai Chi; 10:30 Intermediate Tai Chi; 11 DICC Roadmap

**MONDAY:** 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Feldenkrais Class; 1 Sing For Pure Joy; 2:30 Carers Together; 5:30 Iyengar Yoga; 7:15 Yoga with Kate

**TUESDAY:** 9:30 Pilates; 11 Balance, Core & Strength; 1 Good Grief Support Group; 7:15 International Folk Dancing

**WEDNESDAY:** 1:30 Cancer Support Group; 5:45 Warm Flow Yoga

**THURSDAY:** 9:30 Pilates; 10 Parents and Tots; 11 Fall Proof Class; 12:30 Shakespeare Discussion Group

**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](mailto:smartrecoveryquadra@gmail.com)

**Go to our website** [www.quadrarec.bc.ca](http://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](mailto:info@quadrarec.bc.ca)



The DI is published every two weeks. Our current edition and upcoming deadlines are available online: [www.discoveryislander.ca](http://www.discoveryislander.ca)

## CONTACT US

email [news@discoveryislands.ca](mailto: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, January 5**  
**for publication on**  
**Friday, January 9, 2026**

## LETTERS

### The Loss of Dr Stephen Hughes

I can't agree more with the submission to the DI forum by Mr. Cox re the potential loss of Dr. Hughes and possibly his clinic. As I understand it he is not only a specialist in geriatrics and to me one of the most understanding (he actually 'listens' to his patients) and knowledgeable doctors I have experienced over my 77 years. My wife and I have lived on Quadra for close to 30 years and after many pre (and during) Quadra years of doctors from Sidney, Ladysmith and Campbell River, I had finally felt the huge relief of a family doctor that I was absolutely comfortable with and close by to my home. Like so many others on Quadra and the outer islands in their elder years, it is becoming more and more difficult to access adequate medical facilities on the mainland of Vancouver Island.

It would seem Dr Hughes has already reduced his patient load (all in good sense - towards his eventual retirement) but also in the context of a patient being able to have a 20 minute session whereby one can have a far better medical discussion as to the issues at hand rather than the usual '5 minutes' or so that seems to be the norm with so many other practitioners in this busy rushed along world.)

I do hope other patients of Dr. Hughes will come forward and express their sentiments as to the potential loss of one of the most important blessings to the Discovery Island region....this medical downgrading needs to stop. full stop - Baden & Ulrika Cross

## COMMUNITY NEWS & EVENTS

### The Power of Choice

Some of us travel "to town" to stretch our budget or for larger range of choices. Whatever the reason, it's worth asking: why are so many new grocery chains positioning themselves along the waterfront, perfectly visible as we arrive off the ferry?

They see us. They see our community as a source of revenue, not as neighbours. Their goal isn't to support Quadra Island, it's to draw our spending power away from it. Every dollar we spend off island helps grow another corporation's profits and pay another CEO's bonus, while our own community goes without.

#### Can We Change This?

When the choice is made "to spend locally", we're saying "No" to outside control and "Yes" to community independence. Every purchase made on Quadra keeps our dollars circulating here to support local jobs, families, and services.

#### How Do We Make Groceries More Affordable on Quadra?

We start small and grow together. By choosing to shop at a local Co-op as often as our budgets allow, we strengthen its buying power. The more members who shop regularly, the more efficiently the Co-op can operate.

Over time, as sales grow, the Co-op can negotiate its buying power with its wholesalers, allowing savings to be passed directly back to members, instead of a CEO. A healthy turnover of stock keeps cash circulating within the co-op creating a healthier local economy, returning value to our community rather than sending it elsewhere.

Every purchase, no matter how small, helps build momentum, bringing us one step closer to a more affordable, sustainable, and community owned food system on Quadra.

Local shopping is more than a transaction; it's a declaration of self-reliance. Together, we can keep Quadra strong, connected, and thriving.

"Alone we can do so little; together we can do so much."  
— Helen Keller

Merry Christmas and a Happy New Year to All!  
Quadra Island Community Food Co-operative  
[qipantrycoop@gmail.com](mailto:qipantrycoop@gmail.com)

**Happy Holidays  
and the  
Brightest New Year!**

Wishing all peace and joy now, and in the New Year. Thank you to all of my clients, family and friends who have helped make my year so joyous!

**ROYAL LEPAGE**  
Advance Realty  
Quadra Island's Most Experienced Resident Realtor®!  
Serving the Rock since 1995!  
**250-202-2217**  
[HeidiRidgway@RoyalLepage.ca](mailto:HeidiRidgway@RoyalLepage.ca) **Heidi Ridgway**  
[www.QuadraIslandRealEstate.com](http://www.QuadraIslandRealEstate.com)



**Cliff Mooney  
ELECTRICAL**  
250-895-9020  
[mooneycliff@gmail.com](mailto:mooneycliff@gmail.com)  
LEL 0202893

### 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](http://way2go.ca), or 285-3298. We are still looking for free indoor storage, if anyone has some to spare.

### Open AA Meetings

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

### In Memory of Maru Jolar

Maru Jolar died in her home on Quadra Island on December 15, 2025, surrounded by loved ones. Though illness made writing difficult, she composed a parting note of thanks to the community. She was deeply touched by the many services, acts of kindness and compassion that allowed her to die with dignity.

I want to thank my daughter Moreka for her 24/7 care, seeing that I have everything I need! I also want to thank Carol Marrett for our daily telephone chatter, always laughing, sometimes crying, and always with honesty, depth and intimacy. I also appreciate my friend Matthew Kelly for the pleasure of his voice and the elevated tone of our conversations; and for holding me in his arms.

Dr. Hughes provided compassionate care and Josephine Tobin cared for me and wove a beautiful cotton shroud for my remains, in readiness for my green burial in our cemetery.

This island has nurtured me with the best of friends, the best of food, the best of gardens and nature, indeed, the best of everything a girl could want, in the wonderful 50 years I've enjoyed here.

### Polar Bear Swim

**Polar Bear Swim** January 1st 1pm at Rebecca Spit Boat Launch

### Coming Up at the Legion

Wishing everyone a wonderful holiday & bright new year!

**The Legion will be closed** Dec. 24th & 25th but come join us for **Boxing Day's Casino Royale**, starting at 7pm! Put on your fancy duds and play blackjack, poker & other games, live music in the lounge.

**Saturday, Dec. 27th** 5pm, is Greek Dinner night!

**New Year's Eve:** Tickets are on sale now for NYE event! Sound Factory, a super fantastic local band playing exceptional dancing tunes. 8:30-late. A special Chinese food dinner 5-8pm



Like the DI on FaceBook

### Quadra Singers Spring Session

Quadra Singers invites you to join our community choir under the direction of Thom Knutson with accompanist Joyce Baker. Whether you're new to singing in a group or have experience, you're welcome to sing with our friendly enthusiastic group. Rehearsals start on Thursday January 15, 2026. Registration will begin at 6:00pm in the QCC Main Hall. Cost for the Spring session is \$120 per person or \$180 for two members of the same household. Singers can make full payment at the beginning of the session or if finances are a deterrent, fees may be paid by instalment or separate arrangements can be made privately with the treasurer, Kevin Tuck. Rehearsals take place every Thursday, January 15 to April 16, from 6:45 to 8:45. We're already looking forward to sharing our music with family and friends at the Spring Concert on Saturday, April 18, 2026. Questions? Email [quadrasingers@gmail.com](mailto:quadrasingers@gmail.com).

### Well Done Quadra Golf Family

You have all done it again!! Surpassed all previous years with your amazing generosity! Total raised from donations was \$3,315. All funds have been disbursed as follows: \$750. to the Heriot Bay Inn Annual Christmas Dinner and \$2,565. to the Quadra Food Bank. Quadra Links also contributed \$1,000. to the Food Bank. Just to let you know, the Food Bank is usually well supported around Christmas time but January and February can be a real struggle - our donations make a real difference!!

Thank you all so very much and best wishes for a happy and healthy holiday season!

Cheers,  
Kelly Jensen  
Secretary, Quadra Links Limited

Your Submissions to the DI are Welcome!

We especially appreciate submissions to be sent by email to: [news@discoveryislands.ca](mailto:news@discoveryislands.ca)



**Hours:** Mon-Fri 8-5, Sat 9-5, Sun Closed

**635 Noble Road** (corner of Green & Noble)

[www.quadrabuilders.com](http://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

### Coming Up at the Quadra Island Garden Club in 2026!

Monday, January 12th, 7-9pm: Annual Garden Slideshow (Theme: Favourite Garden Photos) and Sharing Circle (Topic: Seed Saving and Favourite Varieties)

Monday, February 9th, 7-9pm: Gardening in a Changing Climate: Droughts and heat waves video and discussion

Monday, March 9th, 7-9pm: Propagation: Seeds, Division, Cuttings, Rhizomes, and Runners with Dorothee Kieser, Master Gardener, from Nanaimo.

Monday, April 13th, 7-9pm: After the Harvest: Planning now to make the most of it with Ramona Aston.

Saturday, April 25th, 10am: Garden Club Annual Plant Sale.

Monday, May 11th, 7-9pm: Kitchen potager garden: Plant choices and design with Colleen Carter.

All meetings and events are at the Quadra Community Centre.

Check our website for more information on our speakers and upcoming events: [www.quadraislandgardenclub.com](http://www.quadraislandgardenclub.com)

For gardening tips & to share photos of your garden, join us on Facebook: [www.facebook.com/groups/quadragardengrapevine/](http://www.facebook.com/groups/quadragardengrapevine/)  
Contact Us: Robin Beaton @285-3185 or email [quadraislandgardenclub@gmail.com](mailto:quadraislandgardenclub@gmail.com).

### Compassionate Community

**SIMPLE SHARINGS** is the intergenerational initiative between the Children's Centre and Seniors Housing for the Compassionate Community Project (Quadra Circle, NavCARE, and Way To Go under a grant from UBC). The first three meetings for Simple Sharings have been full of moments of getting to know each other, sharing stories, playing games, making music, and planning for baking cookies! Oh, I almost forgot snack time – a very popular activity! We had a very musical time last week. Some children joined a senior who shared his ukuleles for a jam session. The other children got a lesson in how to create rhythmical sounds using a bouncy ball attached to a stick on tupperware, tin foil, plastic lids, and assorted surfaces. The musical instruments were made by a senior for the children to keep. They learned how to hold the stick in such a way that the ball could easily bounce in a one-two beat. AND just by pretending your hands were peddling a bike – you could make an entirely different beat! A piece of foil can sound like cymbals. Tin can lids sound very different than plastic lids! The size of the bowl does matter.. All the children got a chance to do both if they wished or join a senior in a game. The Compassionate Community Intergenerational Initiative is off to a resounding start!

**SIMMONS CONTRACTING**

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

EDMON SIMMONS 250 204 0259 [ESIMMONS@GMAIL.COM](mailto:ESIMMONS@GMAIL.COM)

### Community Is The Spirit That Draws People Together

Here we are again, in the cold of winter with the promise of the dark days soon lifting. A perfect time for Community to come together for Christmas Dinner and simply celebrate being together.

We find the treasures that warm our hearts in seeing old friends, meeting new ones or quietly enjoying moments of the energized ambiance on your own. Sharing a meal with the sounds of chatter and laughter all around strengthen and hold our bonds true. It fills us up!

Our Quadra Island community has a sturdy volunteer undercurrent which creates wonderful events such as this. We are truly an amazing place in the world.

Our Christmas feast depends on many donations, we are over the top with appreciation for the kind generosity:

Sysco Foods

Quadra Island Golf Course

VI Brewing

Driftwood Brewing

Children of the Swamp

Heriot Bay Inn

Donations gratefully received from so many Islanders  
and the Donation Box



A special thank you to kitchen volunteers Chef Tyson Santry and his team who has charged the kitchen, creating our delicious dinner with all that this entails.

To all the volunteers: your kindness and giving nature is inspirational.

To everyone who gathered together, thank you so very much, it is a privilege to live life in this community.

Lois Taylor

On behalf of the Community Custodians for the Heriot Bay Inn:

Christi Custodial GM

Mo, Blake, Brian, Emery, Yuri, Juanita, Deb, Pat, Paul, Pam, Tina, Tracy, Brad, Alli, Bjorn, Aki, Peter, Evelyn, Michael D, Marie, Lois, Michael T, Red, Lorraine, Robyn, Melissa

**Quadra Island Power** 

Martin Blum  
BC Master Electrician  
(250) 205 - 5545  
email: [mblum5545@icloud.com](mailto:mblum5545@icloud.com) | LEL: 0209700

Electrical Services  
• Residential  
• Commercial

## Quadra Island Foundation Announces Neighbourhood Small Grants for Fall 2025

Quadra and the Outer Islands of the Strathcona Regional District will once again be blessed with acts of kindness and opportunities for community connections thanks to the 2025 Neighbourhood Small Grants Program.

Quadra Island Foundation's (QIF) Board of Directors recently approved recommendations in the amount of \$3,750 to support 10 Neighbourhood Small Grant (NSG) projects on Quadra and the Outer Islands. This is QIF's third year sponsoring the NSG program.

A big THANK YOU to the volunteer NSG Grants Committee composed of Jill Ross, Lois Taylor, and Barbara Neff, who reviewed 17 NSG applications and made recommendations to approve 10 projects for funding. We would also like to thank the Quadra Island Recreation Society for their participation and assistance in delivering the NSG Program.

This years funded projects includes a community meeting in the West Road area with available community resources and information to build unity and resilience, knitting lessons for youth to develop skills and safe social connections, Affirmation Generosity Collage to show what Quadra generosity feels like to you, Senior Housing Sunshine Fund for music and outings, Grief and Art Workshop for Indigenous Elders at Cape Mudge Village, and Surge Narrows Community Gathering to share music and food, to name a few successful projects that were awarded up to \$500.

Projects funded with Neighbourhood Small Grant money must be free to attend and accessible and welcoming to all.

The projects are meant to be grass roots and all applicants are residents of Quadra and the Outer Islands. Experience has shown that magic happens when neighbours connect, and those connections are what these grants are to support.

QIF's Neighbourhood Small Grants program is offered with support from Vancouver Foundation and the Vancouver Island NSG Network. Stay tuned for more announcements on the NSG Program for 2026 and beyond. Find out more about QIF at [www.quadraislandfoundation.ca](http://www.quadraislandfoundation.ca). Learn more about the NSG program at [www.neighbourhoodsmallgrants.ca](http://www.neighbourhoodsmallgrants.ca). Get in touch by email: [info@quadraislandfoundation.ca](mailto:info@quadraislandfoundation.ca).

Quadra Island Foundation, its Board members and volunteers live on the traditional unceded territories and ancestral lands of the We Wai Kai, Wei Wai Kum, Kwiakah, Homalco, Tlowitsis, & K'omoks peoples.



*Offering Quadra's most diverse set of building skills...  
Let us manage all your home improvement dreams*

*For free inspiration give us a call*

*Rowan Growcott-Weeks*

**250-203-4566**

**MAPLE MEADOWS**  
PAINTING AND CONTRACTING

If you are reading this edition of the Discovery Islander on paper and ink then this is the first issue successfully produced in our new print shop.

Regular readers have doubtless been following events as our outgoing pressman passes on an apparently reluctant torch to a shallow pool of potential replacements.

We've missed the past three editions in print after a valiant effort by a prospective new printer eventually fell through.

But with this edition a new crop of press-curious islanders gathered to collaborate on the print production, with others in the wings, which is a promising turn of events.

Whether one or more of them get bitten by the ink bug remains to be seen but regardless I've jumped in myself to learn as well as I can how to operate the steam-punk beast that is our offset press.

After a hasty fall renovation and some timely help from local tradespeople we do have a functional new space to house the press and associated equipment, so many of the puzzle pieces are falling into place. I am reasonably optimistic about the future prospects of the DI persevering in print.

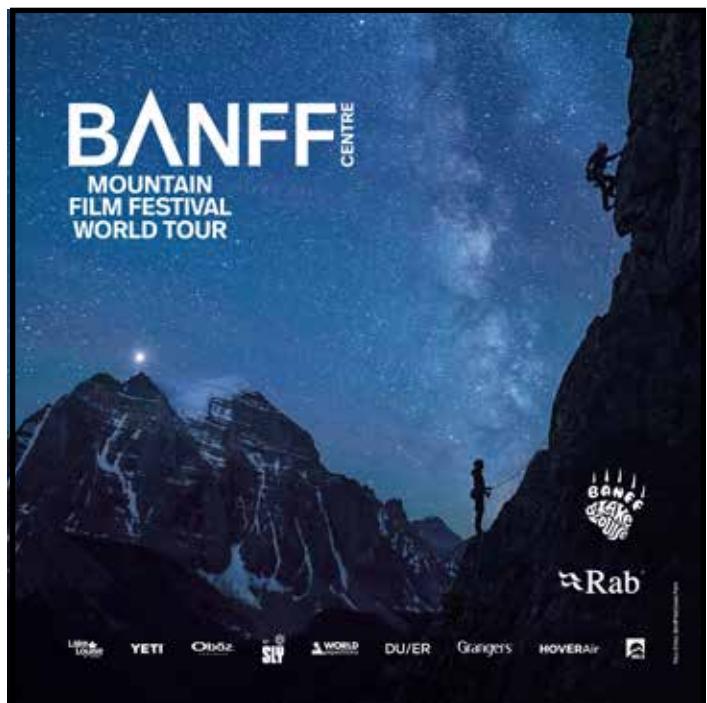
So after a few highs and lows here at the DI it is nice to be ending 2025 on what seems to be a positive note.

A good time then to offer warm appreciation to all our readers, contributors and advertisers who continue to support this treasured island institution.

I sincerely hope the coming year brings health and happiness to one and all and perhaps by some miracle the wider world will see sense and engage in a more cooperative and caring future.

A very Happy New Year to you!

-Philip Stone



### Campbell River Tidemark Theatre

Thursday, January 8, 2026 @ 7pm

Friday, January 9, 2026 @ 7pm

Tix: [tidemarktheatre.com](http://tidemarktheatre.com) & at the door

brought to you by:

Wild Isle

SEARCH & RESCUE

On The Rocks

### Quadra Island Community Centre

Saturday, January 10, 2026 @ 7 pm

Tix: [tidemarktheatre.com](http://tidemarktheatre.com) & at the door

From Campbell River come over on the

6:15 pm ferry and return on the 10:15 pm sailing.

STRATHCONA PARK LODGE

ISLAND ALPINE GUIDES

# Digital Safety: Unwrapping Responsibility This Holiday Season

With the holidays approaching, children and adults alike look forward to exchanging gifts and sharing treats. Perhaps those brightly wrapped packages beneath the tree contain new technology—devices that may be more familiar to the children than to the adults. Givers of these technological gifts, however, may not be fully aware of the digital hazards that lurk within.

When I was a young lad, I remember waking up on Christmas morning to a new bicycle. It was red, had a bell and headlight. All in all, it was a dream come true with its whitewall tires and shiny chrome wheels. Before I could use it, I had to learn how to ride. I remember my Dad taking me out to the road, holding the seat while I got on, and running alongside me as I slowly gained my balance and confidence.

At one point I told my Dad he could let go now. I heard a voice from a little further behind than I expected: "I already have. Keep going." This was my first true ticket to freedom—my emancipation as a solo cyclist. What a moment it was for me,

and one that required my father to give me trust and training before setting me loose.

Today, the 'road' is digital, and we have new worries that parallel traffic and physical stranger danger. We must teach kids how to safely navigate the digital realm, where hazards are abundant and children can be easy targets for harassment, bullying, and exploitation by both peers and adults. How do we introduce our children to the wild world of social media, and at what age is a child mature enough to be safely online?

Recently (Dec 10, 2025), Australia became the first country to legislate a ban on social media access for children under 16. This controversial move, welcomed by many parents and educators, has been met with opposition from tech companies and free speech advocates. Companies that fail to comply, such as TikTok, Facebook, YouTube, and Instagram, face fines up to \$49.5 million AUD (approximately \$45 million CAD). The success of the legislation will depend on whether children adapt to the limits or find technological workarounds.

My children grew up in an age of Space Invaders and Oregon Trail. When we did finally get a dial-up internet connection in our house, we all shared that one connection through our phone line, and the kids had to ask permission to connect to the web.

Our first eye-opener to online activity came when we checked our Netscape browser history. My wife's accusatory look was first cast in my direction, until we discovered our 12-year-old's favorite band was the Barenaked Ladies. While the browsing history was certainly 'interesting,' it led to us sitting the boys down and having 'the talk' about online responsibility.

Children have always been subjected to enormous peer pressure. A teenager without a device could potentially become a social outcast.

I am not advocating that we strictly follow Australia's lead, nor that 16 should be a hard and fast limit. However, I strongly believe parents should treat social media access in gradual, merit-based steps. Teach your children to recognize online scams and predators. Children need to know what lurks on the other end of their device.

For early users, use strong parental controls, and consider location notifications for peace of mind. As a child exhibits more mature digital behavior, restrictions can be reduced as a reward. This holiday season, let's give the gift of safe, responsible digital literacy.

Merry Christmas everybody! As always, I can be reached by email at [dave@quadraliteracy.com](mailto:dave@quadraliteracy.com) for comments or friendly technical advice. You can also reach Melissa, our community outreach worker, at [melissa@quadraliteracy.com](mailto:melissa@quadraliteracy.com). Have a safe and happy holiday.

Thinking of Selling?  
*Act now*

Roman Krzaczek  
604-787-4594

RomanKrzaczek.ca

real  
Real Estate Broker Ltd. Campbell River

## Anybody Can Play!

Gift Certificates for  
Music Lessons for Kids

Application Deadline:  
January 31st, 2026

For the eighth year in a row, the Quadra Island Young Musicians Fund (YMF) is pleased to announce that we are offering Gift Certificates for music lessons to all young residents of Quadra Island. These Gift Certificates can be used to pay for private music lessons, either in person or online. Anyone can apply as long as you are a resident of Quadra Island and aged 18 or younger.

To apply, please email us for an application form or pick up a paper application at Inspirations or find one online in the Files section of our Facebook page "Quadra Island Young Musicians Fund." Fill it out and either return it to Inspirations, mail it to Box 221, Heriot Bay, BC V0P-1H0, or scan and email it to [quadrayoungmusicians@gmail.com](mailto:quadrayoungmusicians@gmail.com). DEADLINE: January 31st.

Our "Anybody Can Play" Gift Certificate Program is made possible through donations from supporters. Would you like to support our program this year? You can either send an e-transfer to [quadrayoungmusicians@gmail.com](mailto:quadrayoungmusicians@gmail.com), mail a cheque to the address above, or donate directly at Coastal Community Credit Union. You can also donate your Spirit Board points to #310.

SAVE THE DATE for our Annual Concert and Fundraiser on Saturday April 25th!

- Dave Blinzingier, Jen Banks-Doll, and Aura Haydon, Organizers



### Christmas Greetings from the Philippines!

The following letter and news comes from Analiza Macad. Analiza is one of the two students whose education our Quadra Community has been supporting for the past years through proceeds from our annual Giant Garage Sale. This sponsorship takes place through IAT, a small local NGO based in Shawnigan Lake on Vancouver Island. Analiza is now in her final year of high school and is studying to become a teacher.

Much appreciation again goes to Mandy Hart for her amazing garage sale organizational skills on this behalf. As well as financial support, each year the garage sale provides remainder clothing for children in various IAT programs in the remote Kalinga and Apayao areas of the Philippines. This clothing will be shipped and make its way to the northern Philippines in a large container early in the new year!

#### Dear Sponsors at Quadra Island Community,

Hello December! Sending you my warm greetings this Christmas Season. I hope this new month brings you joy, peace and good health. Regarding my family situation, we are all fine and thankful for the blessings and good health that our creator gives us. As always, I have been helping my parents with all of the household chores.

Well, I want to share with you the workshop that I attended with IAT. This workshop was all about leadership. Before starting, we shared

activities related to teamwork, leadership and responsibility that helped to connect us. I learned that being a leader is not only about giving instruction but it is also about understanding and guiding the teammate. I was not able to attend one of the workshops because we had a program at school on that day that was required for our medical course.

With regard to my studies, we recently finished our final exam and are now preparing for our comprehensive exam. This exam will cover all the topics that we studied this semester. So I am using my time now to review.

I want to share with you some of our activities at school. One of these was the Basic Life Support (BLS) training. We learned CPR, first aid skills, and how to respond in emergencies. I learned many useful things that I can apply in real life situations. And on December 11th, we are preparing for our Science Fair where one of our activities is a competition to make ice cream. My group has been preparing and discussing which flavor we are going to use and what ingredients.

This is all my dear sponsors. Thank-you for your ongoing support and kindness to me. I pray that our creator gives you health and strength always. With Christmas and the New Year approaching, I want to send you my warmest holiday greetings. I hope your Christmas is filled with love, joy and peace. Hoping that you spend your time with the people you love. I wish you a wonderful and blessed New Year ahead. Thank you again for your love and support and Merry Christmas to you and your family circle.

Submitted by Carol Foort



**Tip-Top  
Chimneysweep**

Sweep now  
Sleep better

**Gabe Aston**

250-204-5228



### 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**

### 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](http://johnseffzigconstruction.ca)**

# Quadra Island Economic Diversification Plan Release Event

Quadra Island, BC – The Discovery Islands Chamber of Commerce is pleased to announce the public release of the Quadra Island Economic Diversification Plan – Final Report, to be held at the Quadra Island Community Centre on Saturday, January 3, 2026, from 12:00 p.m. to 2:00 p.m.

Community members, businesses, and organizations are warmly invited to attend this special event, which will include a lunch presentation unveiling the Economic Diversification Plan, followed by a question-and-answer session.

Please RSVP to EDC@dicc.ca by December 29, 2025, to reserve lunch.

### Background

The Discovery Islands Chamber of Commerce has been actively engaging the Quadra Island community to develop a comprehensive Economic Diversification Plan. Over the past several months, the project has included:

- A community-wide survey
- Two facilitated workshops with economic sector representatives
- Ten interviews with key knowledge holders
- Review of relevant regional and sectoral economic research

This extensive engagement and analysis have informed the creation of the Economic Diversification Plan with a Directional Roadmap—a high-level strategy designed to guide Quadra Island's economic diversification over the next one to two decades.

As data analysis and summary reports are completed, findings are being posted to a purpose-built project website at [www.quadraedp.ca](http://www.quadraedp.ca). The site is currently a work in progress and will be finalized by January 3, 2026.

### Why This Matters

As traditional economic sectors evolve and global challenges continue to shape local economies, Quadra Island is taking proactive steps to build a resilient, inclusive, and sustainable economic future.

### The Economic Diversification Plan:

- Reflects broad community input and local values
- Is guided by demographic and sectoral analysis
- Provides a long-term framework for economic sustainability
- Sets the foundation for a future Tourism Sustainability Plan, launching in 2026

### Project Team

This initiative is being led by a dedicated and experienced project team:

- Dr. Farhad Moghimehfar, Project Consultant
- Jennifer Banks-Doll, Economic Diversification Coordinator
- Jason Wilson, Director of Economic Development, We Wai Kai Nation

Discovery Islands Chamber of Commerce Steering Committee, including

- Carol Ann Terreberry, President
- Carol Perry, Treasurer
- Tina Oswald, Councillor

For more information about the project, please contact the Discovery Islands Chamber of Commerce at [admin@dicc.ca](mailto:admin@dicc.ca).

### Funding Acknowledgement

Funding for this project is provided by the Province of British Columbia through the Rural Economic Development and Infrastructure Program (REDIP) and the Island Coastal Economic Trust (ICE-T).

Contact: Carol Ann Terreberry, Discovery Islands Chamber of Commerce, Email: [admin@dicc.ca](mailto:admin@dicc.ca) Website: [www.dicc.ca](http://www.dicc.ca)

## UPDATE | REC-REATE Phase Two at Strathcona Gardens

Campbell River, BC — The Strathcona Regional District (SRD) thanks residents and community members who have shared — and continue to share — their views on Phase Two of the REC-REATE project, the redevelopment of the Rod Brind'Amour Arena. The SRD acknowledges the strong level of community interest and care for the future of Strathcona Gardens.

The Strathcona Gardens Commission has heard a wide range of perspectives, including strong support, alternative ideas, and suggestions. Feedback has been received through formal submissions and presentations, as well as through the REC-REATE website, community discussions, social media, and community-created websites. All input is being reviewed and considered.

“We appreciate the time and thought the community has put into sharing their perspectives,” said Susan Sinnott, Chair of the Strathcona Gardens Commission. “The Commission’s responsibility is to carefully consider this feedback alongside operational realities, financial sustainability, and the long-term needs of arena users and the region as a whole. Taking the time to do this work thoroughly is essential.”

This commitment to a thorough review reflects the value the SRD places on community input. While this work continues, we ask residents to allow the process to unfold before drawing conclusions. The SRD also reassures ice users that there will be no impacts to the 2025–26 season while the Commission completes its review. Recognizing the need for long-term planning, the Commission will share further information as soon as it is available. This pause ensures decisions provide the greatest long-term value for the region while balancing current and future arena needs.

The SRD will continue to keep the community informed as next steps are determined and information becomes available through the SRD’s official communication channels. For more information about the Strathcona Gardens REC-REATE project, please visit [RecreateSG.ca](http://RecreateSG.ca).

**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](mailto:qcopies@telus.net)

**Mobile Heavy Equipment**  
service and repair

Automotive service and repair  
Welding and Fabrication  
Mobile and Quadra shop



**WOLF DEN MECHANICAL**  
**250-285-2215**  
[wolfdenmechanical@gmail.com](mailto:wolfdenmechanical@gmail.com)

# Heriot Bay – Whaletown Terminal Upgrades

## Hello Quadra and Cortes Island community members,

I'm happy to share some exciting updates on the terminal rebuilt projects underway at Heriot Bay - Whaletown.

### Construction

Significant work has advanced at Whaletown with much of the marine pile installation on schedule for completion by the end of this year. In January, the focus of the project will shift to preparing for the berth closure period, working offsite on prefabricated steel elements like the ramp and aprons. At Heriot Bay, we have been advancing electrical and hydraulic work, building the new waiting room, as well as installing concrete barriers and railings on the new trestle.

Work will pause between December 20th and January 5th for the holidays, so we can all take a break, recharge, and spend time with family and friends before returning in the new year.

### Alternate service

A reminder that BC Ferries will provide the following alternate service between Cortes and Quadra during the Heriot Bay and Whaletown terminal closures from February 9th to March 1st, 2026.

### Foot-passenger water taxi service

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

### 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, first-come, first-served

### 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

### Commercial and passenger vehicle bookings

- Commercial vehicles, and those transporting essential goods and services, must be booked in advance.
  - An online bookings form will be available on the Heriot Bay – Whaletown Terminal Project Page on January 6th (link provided below).
- Passenger vehicles may be accepted in special cases, depending on space and approval.
  - An online booking request form and phone number will also be available on the Heriot Bay - Whaletown Terminal Project Page on January 6th. Submitting a request does not guarantee a spot.
  - All booking requests will be triaged and receive a response.

Final schedules for all services will be published in early January 2026.

You'll continue to hear from us through service notices, mail-outs, social media, sign boards, and this regular column. Learn more about these services and how we will continue to keep Cortes connected during berth closures on the **Heriot Bay - Whaletown Terminal Project Page: [bcferriesprojects.ca/heriot-bay-whaletown-tp](http://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](mailto:customer.relations@bcferries.com)

Thanks for reading and wishing you a happy holiday season.

**Jeffrey Li**

Project Manager, BC Ferries

[Learn more >](#)

 **BCFerries**

# Quadra News from a Century Past

Our anonymous chronicler for the fall of 1895 opened with the weather.

"Father White commenced to spread his mantle over Mother Green yesterday afternoon," he wrote. Later he added there was 38 inches of snow and 10.089 inches of rain that month.

Mr. R.H. Pidcock, the Indian Agent told the We-Wai-Kai people not to hold their annual big potlatch, in defiance of a ban. "The private opinion of your correspondent is that it will be held all the same."

The Pidcock family had recently moved into their large home in Quathiaski Cove, where they welcomed the Hallidays of Kingcome Inlet, breaking their journey by canoe to Comox. Lilly Halliday was pregnant with her third child, so they were headed south for her delivery, a journey of about 100 kilometres. Their two young children nestled in against a dog for warmth and Lilly steered the canoe through wind blown snow. With the heavy weather, a three-to-five day trip took them fourteen days, camping on beaches and in logging camps, where log booms were frozen over. "We made Quathiaski Cove in the midst of a real snowstorm," Lilly later recalled.



The Pidcock's built a large home in Quathiaski Cove in 1894. Photo courtesy Museum at Campbell River.

**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](http://www.nishs.ca)

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



The Hallidays left their home in the Comox Valley to settle in remote Kingcome Inlet in the 1890s. Photo courtesy Museum at Campbell River.

The Hallidays joined the Pidcocks and Walkers for the season's closing of the new log school. Our chronicler gave a pallid account of this gathering, listing the students' awards, but a child of this time, Katie (Walker) Clarke, remembered it for the rest of her life. Her parents, Methodist missionaries at the We-Wai-Kai village, paddled to Quathiaski Cove to join the Pidcocks for a sleighride to the school, across from the current golf course. "I was only a very little person, but the other children and the things they did impressed me very much and I kept asking 'why can't I go to that school?' 'Too far,' was the response."

The Hallidays carried on to Comox, refreshed for the final leg of their long journey and the birth of their baby in February 1896. And as for the We-Wai-Kai people, they did indeed hold a grand potlatch that winter, which is the subject of the next missive the past.

Jeanette Taylor

**Shane Hedefine**  
Personal Real Estate Corporation  
Cell: 250-204-3293  
[shane@shanehedefine.com](mailto:shane@shanehedefine.com)  
Serving Campbell River and the Discovery Islands

Thinking of buying or selling?  
Call for a free market evaluation today!

**RE/MAX** RE/MAX **Check Realty**  
Each Office Independently Owned and Operated  
Office: 250-384-1187 Fax: 250-386-5144  
553 Island Highway, Campbell River, BC V9W 2C8

# Staying Well this Winter

ISLAND HEALTH-WIDE – As the frost starts to crackle, temperatures fall and winter weather sets in, the season can bring unique challenges—from heavy rain to flooding and power outages. With holiday gatherings underway, preparation becomes even more important to keep everyone healthy and safe.

- Get your flu and COVID-19 immunizations as recommended: Getting immunized is an important tool in protecting yourself and others this holiday season. Visit [healthyhabitsbc.ca](http://healthyhabitsbc.ca) or call 1-833-838-2323 to book an appointment.
- Whether experiencing cold rain, snow or freezing temperatures, be aware of the risks of hypothermia and exposure to cold temperatures. Staying warm and dry is key to remaining comfortable and safe when spending time outdoors. Cold Weather Safety | Island Health
- Watch for slippery conditions: When outdoors wear proper footwear with good traction, and take small, careful steps to avoid slipping and falling. Use handrails if possible, or have them added to your home, and sprinkle sand or salt on walkways to improve traction. Patient Handout: Tips to Stay Fall Free in Winter
- Be prepared for storms and emergencies: Have an emergency kit and grab and go bag ready. Know where your emergency shut-off valves are for gas and water

and have a plan in place for power outages. If you rely on electricity for medical equipment, have a backup power source available and test all rechargeable batteries.

- Minimize wood stove emissions: Wood stoves used for heating should meet Canadian Standards Association (CSA) requirements and be appropriately sized. Cut wood should be split and seasoned at least six months before burning and stored under cover for optimum moisture content. Consider replacing woodstoves with cleaner options, such as heat pumps, pellet stoves, or propane heaters. Any actions to reduce wood smoke and improve air quality will have a positive impact on health. Wood Burning Smoke | Island Health
- Prepare for road conditions: Check the weather and road conditions ahead of time, pack an emergency kit, and ensure your car is winter-ready, meets tire and chain requirements on designated highways, and tires are properly inflated with enough tread. Clear your windshield and windows of ice, frost and snow before driving. Drive for the conditions; slowing down provides a natural safety buffer for unexpected hazards. Check out DriveBC Road Conditions and Events to plan your route; and Environment Canada website for weather conditions.
- Hosting a holiday dinner? Help reduce the risk of foodborne illness like E.coli or salmonella by following best practices for food safety.



**Quadra Childrens Centre**

**Preschool Program**  
3 to 5 years  
(Exemptions may be available for 2.5-year old's; please inquire)

**School Age Programs**  
Quadra Kids  
Grades 1-5  
Wonderful Leaf  
K - Grade 1

8:00 a.m. to 5:30 p.m.  
Monday to Friday  
Find us online [quadrachildrenscentre.com](http://quadrachildrenscentre.com)  
We are a \$10 Day Childcare Centre

HAPPY

**HOLIDAYS**  
**QUADRA**  
**ISLAND**

© HAPPY NEW YEAR

from Your  
Quadra Community  
Centre

Building for and employing  
islanders since 1980

• BC licensed  
residential builder

• Custom homes  
and renovations

• Resort and  
commercial buildings

• Energy efficient  
homes

• Cost effective design

[f](https://www.facebook.com/jtoelleconstruction)

250.285.3783 • [info@jtoelle.com](mailto:info@jtoelle.com) • [www.jtoelle.com](http://www.jtoelle.com)

## J. Toelle Construction Ltd



# What Does It Cost to Put an Ad in the DI?

This is a question I often receive so let's explain how the DI works...

**Editorial items run free of charge.** That's the service a community paper provides.

This includes: news stories, events, thank you's, lost and found notes, essays and press releases from local organizations, public service announcements etc...

## Advertising that is paid space includes:

Display advertising - the outlined graphics promoting businesses, classified ads, legal notices, obituaries, help wanted, etc...

Paid advertising is what allows us to publish all the editorial news and events without charge so advertising not only promotes your business, it supports the DI and all the organizations and businesses that rely on us to spread their word.

As always we prefer to receive material by email, so please send yours to:

[news@discoverysiands.ca](mailto:news@discoverysiands.ca)

**Printing Services:** Thinking of printing a flyer? event program? We provide offset printing services for larger volume, black and white publications. Email us to find out more.

– Philip Stone, editor

## 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](http://BCFerries.com) for Service Notices

## WAY TO GO

# Grief and Loss



In the Mel Robbins

Podcast episode What Nobody Tells You About Grief and Loss, host Mel Robbins speaks with renowned grief expert

**David Kessler about the true nature of grief and how to navigate it in a way that honours the experience rather than minimizing it.**

David Kessler, a bestselling author and one of the world's leading voices on grief and loss, brings both deep professional insight and profound personal experience to the conversation. His work—shaped by decades of research and by his own encounters with loss—frames grief as a unique and deeply personal journey, one that cannot be rushed or judged according to arbitrary timelines.

Kessler begins by challenging common misconceptions: grief is not something to "fix," and there is no single right way to grieve. Rather, grief is a process that unfolds differently for everyone. Emotions like sadness, anger, guilt, denial, and even numbness are all part of a normal grief experience and should not be labeled as incorrect or dysfunctional. According to Kessler, when people feel overwhelmed or confused by their emotions, they often worry they are doing something wrong—but in reality, such emotional waves are simply part of how grief shows up.

One of the most important points Kessler makes is that grief should be witnessed, not rushed or dismissed. Support for someone in grief is most powerful when it comes from presence, not advice. Practical acts of care—like helping with meals or errands—are often more meaningful than well-intended but abstract suggestions about how someone should feel or should move on. He emphasizes that grief can strain relationships, especially where individuals have different grieving styles; impatience or judgment from others can compound the pain rather than alleviate it.

Kessler also addresses the common feeling of being "stuck" in grief. He notes that many

people delay seeking support because they expect grief to follow a predictable, short timeline, as often portrayed in media. In truth, many individuals live with unresolved grief for months or years before reaching out for help. He encourages those grieving to show up for themselves and to seek compassionate support when needed, viewing that step not as a failure but as courage in the midst of pain.

Another core theme is the idea that grief and love are intrinsically linked. The depth of grief often reflects the depth of love felt for the person who has died, and holding onto that love—rather than trying to suppress it—can be an essential part of healing. Kessler introduces the concept of a disloyalty checklist to help people navigate feelings of guilt about enjoying life or experiencing joy after loss. He suggests creating meaningful rituals or actions that honour the memory of the deceased while acknowledging that life continues.

Rather than promoting a simple path to "acceptance," Kessler stresses that acceptance is a gradual process. It doesn't mean being okay with the loss, but rather acknowledging the reality of it and allowing oneself to live in that reality. Over time, individuals may find that their grief shifts and becomes less consuming, even as the love for the person endures. This reframing—where grief is not a problem to fix, but a process to live through—offers both clarity and comfort for listeners navigating their own losses.

Overall, the interview reframes grief as a complex, non-linear experience that deserves understanding, patience, and compassionate presence over a long period of time. The podcast can be found on YouTube - it is one and one half hours long; and well worth listening to.

Way To Go supports our community in preparing for end-of-life through conversation and education. We help loved ones care for their own dying and deceased—offering guidance, empowerment, and assistance from diagnosis through death and after death—making home-based, holistic care more accessible. Visit our website, [way2go.ca](http://way2go.ca); view upcoming events, read previously written articles, and join our email list.

Submitted by  
Margaret Verschuur

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@discoverysiands.ca](mailto:news@discoverysiands.ca)

## An Inherent Morality

What is the source of morality? This is a question that has bothered philosophers, theologians and others for centuries. Science, however, is now providing us with some significant insights. A few examples are cited in 7 Principles of Nature: How We Strayed & How We Return (see pp. 101-104) by Aldrich Chan, a neuropsychologist teaching and practicing in Florida.

We already know about capuchin monkeys and their sense of fairness. If two monkeys in adjoining cages are both conditioned to perform the same specific task with the reward of a peanut, they will happily comply. But if one of the monkeys receives a grape, which is a more valuable reward than a peanut, the other will rattle its cage in objection, throw a temper tantrum, and refuse to do its task. And in other experiments with capuchin monkeys, they prefer to share their reward with others rather than just keep it for themselves.

In another monkey example, provided by Chan, some rhesus monkeys, in laboratory conditions, would refuse to administer an electric shock to other monkeys, even when they were being bribed with food. "One of the monkeys in their experiment starved itself for five days, another monkey starved itself up to twelve days"—before the experiment was presumably terminated for safety reasons.

Chan cites other examples. Rats have demonstrated in experiments that they will risk their own safety to save a distressed fellow rat. Another example pertains to rat play, which helps develop dominance hierarchies. Writes Chan, "During play, the dominant rat would pin the other rat 70% of the time. But here's the twist—if the dominant rat exceeded the 70/30 ratio, the losing rat would then refuse to play, thereby injecting the notion of fairness into the equation. For humans, by the way, the ratio is 60/40."

Helping seems to be an instinctive behaviour in many species. In laboratory conditions with chimpanzees and children, if an object was placed out of reach for the experimenter, 12 of 18 chimps and 16 of 18 infants, which were about 18 months old, would spontaneously help to move the object closer so it could be reached.

In human studies with puppets, babies that were clearly too young to make moral evaluations, showed a clear preference for the "good" puppet over the "bad" puppet in a staged drama. They also showed clear signs of concern when other babies were alone and crying, but less so when they were with a parent.

In the world of insects, ants, bees and termites demonstrate intrinsic values that favour the support of the collective, which is really the ultimate purpose of morality. Indeed, all their behaviour seems to be dedicated to the wellbeing of the colony, all of which is accomplished without an apparent code of conduct. One of the wonders of the world, according to E.O. Wilson, a prominent etymologist, is the spontaneous creation of a collective consciousness when a critical number of ants, bees and termites assemble.

The same process accounts for morality in humans. Because it occurs so naturally and spontaneously, we are inclined to forget that most of our significant accomplishments are the result of behaviour that is guided by a collective agreement of right and wrong. Schools, universities, hospitals, roads, ferries and bridges are the obvious ones. We could not travel safely anywhere in the world without this morality, and we are legitimately offended when anyone breaks the basic rules. Indeed, our entire democratic political system, as well as our economic and banking systems, are based on the collective agreement that comes from trusting, cooperating and sharing. We are fundamentally social beings, and our

success as a species is dependent on a morality that is so intrinsic that we rarely notice it.

Archeologists have noted that when explorers encounter people who have never before met each other, one of the first things they do is trade, an activity that can be interpreted as a gesture of mutual assisting and bonding. Kindness, caring and compassion are reinforcing measures of a morality that is an essential part of our ecology of being—something worth remembering all year long.

Ray Grigg  
for Sierra Quadra

### Notice to Renew W1897 Woodlot Licence Plan

December. 22, 2025. Please be advised that Benner Forestry Ltd. is proposing to renew our Woodlot License Plan for our woodlot licence W1897 on Quadra Island with the term Dec. 14, 2025 to Dec. 14, 2035.

Our family has held this woodlot licence since 1999. The public referral period is restarted due to delays in completing updates to the map and text. If you have any input about this application, or would like to read the full document please contact me via the email address below.

To respond with comments submit by Jan. 22, 2026. Regards,  
Jerry Benner, RPF Benner Forestry Ltd. Woodlot Licence  
W1897 Email: [jerry@bennerforestry.ca](mailto:jerry@bennerforestry.ca) Phone: 250 287 1173

### MINES ACT NOTICE OF APPLICATION FOR A PERMIT APPROVING THE MINE PLAN AND RECLAMATION PROGRAM FOR SAND AND GRAVEL EXTRACTION AREA

Take Notice that Peter Berfelo of 650084 B.C. Ltd. has filed with the Chief Permitting Officer, pursuant to Part 10(1) of the Mines Act, R.S.B.C. 1996, c. 293, a proposed mine plan together with a program for the protection and reclamation of the land and water courses related to the property named the Granite Bay Road Pit located at DISTRICT LOT 1299, SAYWARD DISTRICT

A copy of the permit amendment application, including supporting documentation, is available for viewing at the Vancouver Island Regional Library – Quadra Island, 654 Harper Road, Quathiaski Cove, BC, V0P 0A8.

Any person affected by or interested in this program has 30 days to make written representation to the Ministry of Mining and Critical Minerals, c/o Southwest Regional Office, PO Box 9395 Stn Prov Govt, Victoria, BC, V8W 9W9 or by email [SouthwestMinesDivision@gov.bc.ca](mailto:SouthwestMinesDivision@gov.bc.ca), with a copy to Peter Berfelo, PO Box 661, Quathiaski Cove, BC, V0P 1N0.

Application information and instructions for submitting comments to the Ministry are also available on the Mines Public Engagement Portal at [www.gov.bc.ca/minesengagement](http://www.gov.bc.ca/minesengagement) or scan the QR code below.



## Heriot Bay Tides

DATE	TIME PDT	M.	FT.
26	03:16	1.667	5.5
Fri	10:41	4.983	16.3
	17:24	2.730	9.0
	22:16	3.576	11.7
27	04:03	2.147	7.0
Sat	11:13	4.930	16.2
	18:16	2.268	7.4
	23:58	3.594	11.8
28	04:56	2.701	8.9
Sun	11:44	4.869	16.0
	19:06	1.789	5.9
29	01:39	3.814	12.5
Mon	06:00	3.256	10.7
	12:15	4.815	15.8
	19:55	1.334	4.4
30	03:15	4.173	13.7
Tue	07:20	3.725	12.2
	12:48	4.778	15.7
	20:43	0.938	3.1
31	04:31	4.561	15.0
Wed	08:48	4.035	13.2
	13:26	4.758	15.6
	21:29	0.630	2.1
01	05:28	4.885	16.0
Thu	10:09	4.175	13.7
	14:10	4.740	15.6
	22:15	0.424	1.4
02	06:14	5.112	16.8
Fri	11:14	4.179	13.7
	15:00	4.706	15.4
	23:00	0.329	1.1
03	06:55	5.248	17.2
Sat	12:09	4.082	13.4
	15:56	4.638	15.2
	23:44	0.353	1.2
04	07:33	5.310	17.4
Sun	13:01	3.905	12.8
	16:57	4.526	14.8
05	00:28	0.500	1.6
Mon	08:08	5.312	17.4
	13:52	3.661	12.0
	18:00	4.367	14.3
06	01:11	0.769	2.5
Tue	08:42	5.267	17.3
	14:43	3.364	11.0
	19:02	4.160	13.6
07	01:52	1.148	3.8
Wed	09:14	5.180	17.0
	15:35	3.040	10.0
	20:05	3.920	12.9
08	02:32	1.613	5.3
Thu	09:46	5.060	16.6
	16:26	2.714	8.9
	21:16	3.689	12.1
09	03:12	2.128	7.0
Fri	10:17	4.914	16.1
	17:17	2.410	7.9
	22:43	3.542	11.6

## 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](http://www.DiscoveryIslander.ca)

### Help Wanted

#### 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

#### COMMERCIAL OFFICE SPACE

For rent in Heriot Bay. Inquiries 250-285-2880



### DI CLASSIFIEDS

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

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

### 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](http://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](mailto: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](mailto:nassichuk@gmail.com) to get in touch, and visit [www.nassichuk.com](http://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. Extras: Bontrager fenders front and back; rear rack. Come take a look! \$2100 new, + \$300 with extras. Asking \$1750 all in. [taseko1@telus.net](mailto:taseko1@telus.net)

#### NEXT DI DEADLINE 7pm Monday, January 5