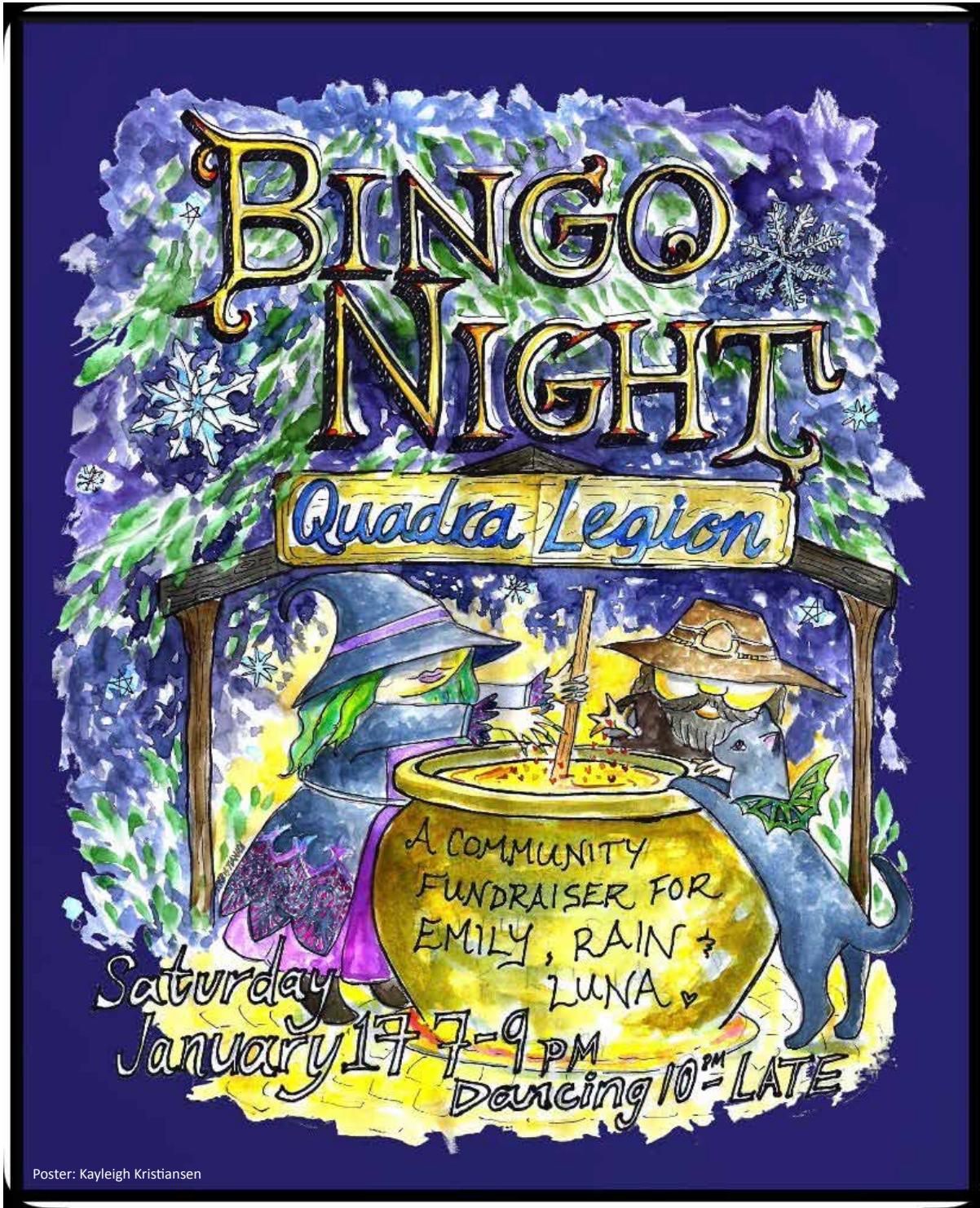


# Discovery Islander

SINCE 1993

ISSUE 873 • JANUARY 9, 2026 • COMMUNITY NEWS & EVENTS FROM QUADRA & THE DISCOVERY ISLANDS



Poster: Kayleigh Kristiansen



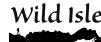
## Campbell River Tidemark Theatre

Thursday, January 8, 2026 @ 7pm

Friday, January 9, 2026 @ 7pm

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

brought to you by:



## 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.



## AWARD WINNING DINNER SHOWS

IN HERONS | CALL TO RESERVE YOUR SEATS: 250.285.3322

### THE WARDENS

MATINEE  
3-5 PM



SUNDAY JANUARY 25

### BENTALL TAYLOR ULRICH



SUNDAY FEBRUARY 22

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### TERRA SPENCER



SATURDAY MARCH 28

*We're refreshing our historic spaces!* January 1-14 our Kitchen, the HBI Pub & Herons are closed

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

## DAY TO DAY

### 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

### Thursday, January 15

- Quadra Singers Rehearsals & Registration, QCC, pm in the main hall

### Friday, January 16

- Friday Flicks - Uiksaringitara (Wrong Husband), QCC, 7:45pm, pg. 6

### Saturday, January 17

- Bingo Fundraiser for Emily, Quadra Legion, 7-9:30 pm, see page 5

### Monday, January 19

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

### Saturday, January 24

- Live Music - Hal Douglas, HBI Pub 3-5 pm, No cover
- Quadra Concerts - The Fretless wi Madeleine Rogers, QCC 7pm, pg. 9

### Sunday, January 25

- Live Music - The Wardens, Herons at the HBI, 3-5 pm matinée

### Saturday, January 31

- Family Literacy Day, Quadra Elementary, 4-6:30 pm, see page 10

## 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 874:**

Monday, January 19 @ 7pm

For publication Friday, January 23

Jump into the action at the Quadra Community Centre!

Come down, get involved and be part of  
YOUR community!



## WHAT'S HAPPENING at QCC ~ January 9 - 23

### THIS WEEKEND: Jan 9 - 11

**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

**SATURDAY:** 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 6:45 pm Banff Mountain Film Festival World Tour

**SUNDAY:** 10 Quadra Island Food Co-Op meeting

### THIS WEEK: Jan 12 - 18

**MONDAY:** 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Feldenkrais Awareness Class; 1 Sing for Pure Joy; 1 Jewellery Making; 7 Garden Club; 7:15 Candlelit Flow Yoga with Kate

**TUESDAY:** 9 Quadra Quilters Guild; 9:30 Pilates; 11 Balance, Core Strength and Bone Health; 2:45 Rec and Sports with Dave (school gym); 3 Sewing Crafts for Kids; 3 Good Grief Support Group; 5 Yoga with Trinity; 7:15 International Folk Dancing

**WEDNESDAY:** 10 Gentle Yoga with Trinity; 10 Baby Clinic; 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:** 9:30 Pilates; 10 Parents and Tots Dance with Kate; 12:30 Shakespeare Discussion Group; 5 Core Strength and Stability with Nicki; 6:45 Quadra Singers

**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; 7:45 Friday Flicks Presents: Wrong Husband

**SATURDAY:** 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 7 Groove Qathet Community Dance Party!

**SUNDAY:** 11 Groove Qathet Family Dance Party; 2 Journaling Group

### NEXT WEEK: Jan 19 - 23

**MONDAY:** 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Feldenkrais Awareness Class; 1 Sing for Pure Joy; 1 Jewelry Making; 2:30 Carers Together; 3 Way to Go; 7:15 Candlelit Flow Yoga with Kate

**TUESDAY:** 9:30 Pilates; 11 Balance, Core Strength and Bone Health; 2:45 Rec and Sports with Dave (school gym); 3 Sewing Crafts for Kids; 5 Yoga with Trinity; 7:15 International Folk Dancing

**WEDNESDAY:** 10 Gentle Yoga with Trinity; 12 Community Kitchen Lunch; 1 Mosaics; 1:30 Cancer Support Group; 3 Ping Pong; 4 Intermediate Basketball (school gym); 5:45 Warm Vinyasa Yoga with Elizabeth, text 778-681-7527 to register

**THURSDAY:** 9:30 Pilates; 10 Parents and Tots Dance with Kate; 12:30 Shakespeare Discussion Group; 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;

**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

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

#### SUBMISSION GUIDELINES

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

- **250-300 words** is a good length for community announcements.
- Send articles in the body of an email.
- **Canadian spelling** please: *centre, colour, favourite* etc...
- **Please use the title of your item** in the email subject line.
- Remember to **include credits and captions** for photos & artwork.

WHILE EVERY EFFORT IS MADE TO INCLUDE ALL ITEMS SUBMITTED, ERRORS AND ACCIDENTAL OMISSIONS MAY OCCUR.

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**NEXT DEADLINE**  
**7pm Monday, January 19**  
**for publication on**  
**Friday, January 23, 2026**

## NEWS & EVENTS

Discovery Islander

## Sing for Pure Joy Raise your voice in glorious song!

**Sing For Pure Joy!** is a safe, non-judgmental Song Circle where every voice is welcome.

No experience needed. When you sing with a group of people, you learn to subsume yourself into a group consciousness because a cappella singing is all about the immersion of self into the community. To stop being 'me' for a little while, and to become 'us.' For most of human history people sang together, and it wasn't seen as a competition; it was a joyful communal experience.



Raise your voice in splendiferous song with heart-felt melodies, soulful gospel songs and rousing spirituals, meditative chants, luscious layered songs and robust rounds from all around this glorious Earth! Songs from the sublime to the ridiculous. All songs are taught in the traditional method of call & response. Songs are led by Mary Dennison & Kate Alexandra.

The Winter Term (11 weeks) begins on Monday, January 5th from 1:00- 2:30 in the main hall at the Quadra Community Centre.

For more info contact Mary Dennison at: (250)202-1003 or [singforpurejoy@gmail.com](mailto:singforpurejoy@gmail.com)

## Way to Go Meeting

**JOIN US** on Monday, January 19, from 3 pm to 4:30 pm, QCC Rm. 3, for a time of sharing, presentation on the tradition and beauty of burial shrouds, discussion, and business. Info or zoom link at [way2go.ca](http://way2go.ca), or 285-3298. Bring \$2 for the rental. Next mtg, on Feb. 23.

## LETTERS

Dear Discovery Islands community:

It has taken a long time to heal enough to present to you my story of abuse and trauma. My intention is to offer insight into how unresolved trauma presents itself, the effects of it and how uninformed systems and communities are, to assist traumatized survivors of abuse. Many of you know me as Leanne Hodges, an artist and activist. These days I prefer Wildly. My hope is that my still unfolding journey for justice and healing will offer insight and encourage compassion.

With a short explanation I offer a link to an interview with Bernadine Fox on her program **ReThreading Madness** Vancouver Coop Radio, CFRO 100.5FM: [tinyurl.com/rw3sz6pt](http://tinyurl.com/rw3sz6pt)

After 5 years of therapy, I now understand how my psyche and nervous system have been on an incredible journey of struggle with chronic trauma since a toddler. Actually since birth, as I was in a 36 hour sustained labour before being born via a C-section. Dropped into a covert narcissist mother's lair and enabling father. This in its self destroyed my family, and compromised me my entire life. My brother is dead because of it, and I almost left the planet from this darkness.

Once again, in 2019, I found myself in another massive abuse episode, due to covert controlling intimate partner violence. My husband's mask dropped. All while in early diagnosis for adult onset complex PTSD from said child abuse, that put me deeper into a traumatized state. Exasperating my struggle to heal. I still cannot reconcile the depth of cruelty by my partner to take advantage of me while in such a vulnerable state. Truly that is on him, and heal I must as I pursue justice, doggedly.

Since this event and multiple other traumas in close succession, I have had to face trauma uninformed systems and professionals as this abuser in my life weaponized the courts to ensure he gained control of everything, leaving me emotionally, mentally and financially compromised. He still has control of all assets. Please [listen to the podcast](#) [link above] to gain a more in-depth understanding of what transpired, and the battle for justice I still wage. Although some aspects of the nightmare I endured were edited, I am still pursuing an opportunity to tell this epic story of narcissistic and IPV abuse in its entirety. To continue my healing and encourage others to tell their stories of truth to power, to ensure justice for all who find themselves falling through cracks.

Wildly Leanne



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**MAPLE MEADOWS**  
PAINTING AND CONTRACTING

## Hal Douglas

Hal Douglas will be performing at the HBI Pub on Saturday, January 24 from 3-5 pm. Joining Hal are Marnie Younger on Vocals and Dave Blinzier on Sax and Flute. Come on down for great food, drinks and music. No Cover.

## Legion Centenary

During our 100th Anniversary, all new members can join the Royal Canadian Legion for free for 2026!

Your membership will help strengthen the Legion and our support for Veterans and our communities across the country. Plus, there are lots of great ways to get involved and have fun through your Quadra Island Legion Branch! Go to [legion.ca/](http://legion.ca/) join or visit our local branch to fill in a form.

## Open AA Meetings

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

## Coming Up at the Legion

We are thrilled that Coveside is coming to the Bay!

On Saturday, January 10th Coveside will be cooking dinner at the Legion! Serving fish & Chips, Poutine & Seafood Chowder. Starts ~5 pm.

The 1st Bingo of 2026 is Saturday, January, 17th 7-9:30 pm, also serving bbq burgers for \$10. With all proceeds going to Emily to support her after a devastating fire

## 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 6:00 pm 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).

## Burger & Bingo Fundraiser

The Quadra Community is pulling together with some fundraising events to help a local resident who lost everything in a fire on Christmas night.

A Burger and Bingo night is happening on Saturday, January 17th from 7 to 9 pm at the Legion.

Come early for a BBQ's burger, stay after for music from 10 to late.

A bottle drive is also underway with a drop-off location on Heriot Bay Road, near Milford Road. Look for the 'Empties for Emily' sign.

For pick up email: [indalay88@gmail.com](mailto:indalay88@gmail.com)

A cash donation box is set up by the lottery counter at the Heriot Bay Tru-Value for those that may wish to give this way.

## 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 rest of January:

**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 contact [qioutdoorclub@gmail.com](mailto:qioutdoorclub@gmail.com).

## Your Submissions to the DI are Welcome!

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

## Property Tax Assessment Appeal Date Feb 2nd!

As our new assessments arrive remember you have until February 2<sup>nd</sup> to apply for an appeal. Feel free to give me a call to help you decide whether it is worth appealing! I have helped many clients fight and win!



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## Friday Flicks

January 16th, 7:45 at Quadra Community Centre, Friday Flicks rolls out its Spring 2026 season with *Uiksaringitara (Wrong Husband) Canada, 2025*.

A strange death, village upheavals, and swarming suitors lead to a love story gone awry in acclaimed Inuk filmmaker Zacharias Kunuk's latest enthralling imagining of ancient Inuit stories.

An historical drama based on an arranged marriage, set 4,000 years ago. Seamlessly blending the supernatural with verité realism, *Uiksaringitara (Wrong Husband)* follows a boy, Sapa, and a girl, Kaujuk, whose union in marriage is promised by their families from birth. In their village, time passes as they hunt and prepare food, eventually becoming known as "future husband" and "future wife." Their peaceful existence, however, is soon to be disrupted. Vivid dreams foretell a battle, and an ominous troll-like creature lurks by the waterfront, attempting to pull someone from the village away. Long-gone elements of Inuit culture, like arranged marriages, sit alongside enduring components like shamanism and drum dancing. With arresting imagery, his trademark humour, and a cast of mostly non-professional actors, Kunuk has again created a world that not only builds

upon Inuit stories and legends to enthrall audiences but works to preserve these reimagined stories for generations to come. Born from oral traditions, and committed to authenticity, *Uiksaringitara (Wrong Husband)* is a unique feat of both cultural conservation and engrossing cinema. Kelly Boutsalis, TIFF Winner, Best Canadian Feature Film Award, TIFF 50



From *Uiksaringitara*

January 30th Richard Linklater's *Nouvelle Vague* (France, USA) is a loving, stylish tribute to one of cinema's most seismic moments — the making of Jean-Luc Godard's *À Bout de Souffle* (Breathless) in 1959. Told in French (actors largely recreating real figures like Godard, Jean Seberg, Jean-Paul Belmondo, Truffaut, Chabrol, and others), and shot in black and white with a 4:3 aspect ratio, it transports us to Paris on the cusp of a creative revolution. Linklater evokes the spirit of youthful daring, improvisation, and rule-breaking that defined the French New Wave.

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## Building a Future We Want, Together

Across Canada, something remarkable is happening. For the first time in history, people are leaving the cities and returning to rural places. They're buying land and investing in their community by choosing a life rooted in connection, purpose, and local belonging.

That's at the heart of what a Co-operative stands for.

What truly strengthens a community isn't convenience, it's people willing to be part of the solution. Too often we hear, "Someone should do something," or "Why doesn't someone fix this?" Coffee-shop criticism doesn't build a future. Meaningful change comes from encouragement, commitment, and action.

If we want to keep our island strong and sustainable, doing nothing simply isn't an option. Waiting for a perfect solution means waiting forever. Hoping someone else will solve the problems for us leaves us vulnerable to changes we don't choose.

The truth is simple: No one will invest in us until we invest in ourselves. The Co-op is our opportunity to do just that, to take ownership of our local food security, strengthen our island economy, and ensure that essential services and affordable food remain accessible to everyone who lives here.

And here's the best part: when a project genuinely benefits the community, the support and money follow, and the momentum builds. But it always starts with people, ordinary people, willing to roll up their sleeves and say, "This matters."

As much as we all appreciate a good deal, we understand something far more important: supporting the economic health of our own community. We don't live in an economy; we live in a community.

We need community involvement, not corporate stock options. We need neighbours invested in their community, not CEOs invested in offshore accounts. We need people who care about what happens in their own backyard.

If you believe in a strong, resilient, community-driven Quadra Island, make your voice and your time matter. Your participation matters in building a strong future. One that belongs to all of us.

Your voice matters. Contact:  
QI Community Food Co-operative  
[qipantrycoop@gmail.com](mailto:qipantrycoop@gmail.com)



## Important Information Cortes Island Transfer Station

# February 9 - March 1

**Please DO NOT Bring Items  
to the Transfer Station  
Use the Curbside Pickup**

**During the BC Ferries closure at Heriot Bay and Whaletown terminals Comox Strathcona Waste Management (CSWM) will not be transporting waste and recycling off Cortes Island.**

**CSWM is requesting that Cortes Island residents limit visits to the transfer station until ferry service resumes. We appreciate the cooperation and support of the community.**

## Thank You!



For more information visit: [cswm.ca](http://cswm.ca)

## 2026 Quadra Island Studio Tour: Call for Artists

For over 25 years, the Quadra Island Studio Tour has been a cornerstone of Quadra's cultural calendar drawing visitors from across the **Discovery Islands and beyond**. This year's tour will run Saturday, June 6th and Sunday, June 7th and we welcome returning and new artists to submit their applications and fees by February 7, 2026.

Painters, illustrators, sculptors, potters, printmakers, photographers, textile artists, carvers, and creators of all kinds and in all media are invited to exhibit in your own studio, with another artist at their studio, or at the Quadra Island Community Centre. Exhibiting artists are included in the 2026 Quadra Island Studio Tour brochure/map, and the promotional materials that go out across the region.

Fillable and printable applications are available online at <https://www.quadraislandarts.com/contact-info> or for pick-up at Inspirations in Q Cove. For questions or further information, get in touch with: Sylvia Yung 778.288.8693 [syung@catalysus.com](mailto:syung@catalysus.com)

Thank you to our generous sponsors whose support makes this a fantastic and **FREE** celebration of Quadra's eclectic creative community.



Lucas Gentina demonstrates Japanese gyotaku fish printing

## Gratitude from Quadra Cat Rescue

Quadra Cat Rescue extends a warm and fuzzy thank-you to the Quadra Branch of Vancouver Island Regional Library for hosting the Giving Tree in December, and to all the kitty angels who showed their support for island cats and kittens.

For anyone still wishing to make a donation, here's how you can support Quadra Cat Rescue any time of year.

- Sponsor a kitten's healthy start (\$400 covers basic vet care, vaccination and neutering).
- Donate Tru Value Foods Spirit Board points (code is 280 at both stores). These are converted to gift cards for both stores, available for purchase at Inspirations in the Cove.
- Donate BC Ferries cards to help pay for transportation to veterinary appointments and gift cards to Quadra Builders, Shar-Kare, Canadian Tire, Superstore, and Walmart to purchase food and wood pellets for kitty litter.
- E-transfer to [quadracatrescue@yahoo.com](mailto:quadracatrescue@yahoo.com)
- Mail a cheque (Box 192 Heriot Bay, V0P 1H0)
- Deposit through Coastal Community Credit Union
- Donate through PayPal or CanadaHelps links at [www.quadracatrescue.com](http://www.quadracatrescue.com).



All donations help foster and fix cats and kittens. Tax receipts are available for donations made by cheque or e-transfer.

### Other ways to help:

- Volunteer to temporarily foster or become a neighbourhood monitor.
- Adopt an already-fixed adult cat from Quadra Cat Rescue to free up foster space.
- Spay or neuter before kittens are five months old. (One unfixed pair of cats and their offspring can produce 500 kittens in three years.)

More information, including spay-neuter request form and adoption application, are available at [www.quadracatrescue.com](http://www.quadracatrescue.com).

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



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## 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



## Quadra Concerts Presents: The Fretless with Madeleine Roger – January 24th

Quadra Concerts is overjoyed to welcome the acclaimed Canadian ensemble The Fretless, joined by the extraordinary singer-songwriter Madeleine Roger, to the Quadra Community Centre on Saturday, January 24th at 7:00pm.

This show has officially sold out online, but we remain deeply committed to ensuring that people on Quadra Island have access. A limited number of advance tickets are still available locally at our beloved island outlets — Aroma Cove Café, Inspirations, and Copper Coast Gallery. Celebrating a World-Class Ensemble

The Fretless is redefining what a string ensemble can be. Since forming in 2011, this virtuosic Canadian group has reimagined traditional fiddle tunes and folk melodies, weaving them together with jazz, roots, and chamber music influences to create a sound that is both deeply rooted and strikingly modern.

Their accolades include:

- JUNO Award for Instrumental Album of the Year (Bird's Nest)
- Multiple Canadian Folk Music Awards, including Ensemble of the Year and Instrumental Group of the Year

• International acclaim and sold-out performances at major venues and festivals worldwide, including Celtic Connections and the Cologne Philharmonic

We are truly honoured to present The Fretless here on Quadra Island and to share their extraordinary artistry with our community.

Joining The Fretless is the remarkable Madeleine Roger, a celebrated singer-songwriter whose powerful voice and evocative songwriting add a deeply expressive dimension to this performance. Her collaboration with The Fretless, including co-writing and performing on their album Glasswing, makes this concert a truly special and unique experience.

Doors open at 7:00pm there will be two sets with an intermission, bar & concession service available

Tickets: \$25 in advance, \$30 at the door

### With Gratitude – and a Happy New Year

As we begin a new year, we want to extend our heartfelt thanks to the Quadra community for your continued enthusiasm and support of live music on the island. Your presence, encouragement, and commitment make it possible for Quadra Concerts to present world-class artists close to home.

It has been an incredible journey thus far, and we are so excited for what lies ahead. From all of us behind Quadra Concerts, Happy New Year, and thank you for helping keep live music thriving on Quadra Island.

We look forward to sharing this special evening with you on January 24th.

— The Quadra Concerts Team

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## I've Looked at Clouds From Both Sides Now: Storing your digital treasures

Years ago, we lived in a house we had owned for many years. After a winter with heavy snowfall, we discovered the roof was leaking. When I went into the attic, the damage was already extensive. The leak had been there for some time, and there was rot and mold in the rafters.

We hired a carpenter and replaced the entire roof structure, which was costly. But no amount of money could replace what we lost next. Boxes of old photo albums and paper keepsakes stored in the attic were ruined forever.

More recently, I met a man whose floating home had sunk. He lost nearly everything he owned. He believed he was protected because he had backed up his laptop to an external hard drive. Unfortunately, that drive was lost as well. In a very short time, all his photos, documents, and personal memories were

gone. Water, just like fire, can destroy irreplaceable things quickly.

Today, many of us store photos and important documents digitally on computers, phones, and tablets. That makes backing them up more important than ever.

One simple option is free cloud storage. Apple users have iCloud, Microsoft users have OneDrive, and Google users have Google Drive. Each offers a small amount of free storage, which is a good place to start. There are also other free cloud services, each with its own advantages and limits.

Backing up to the cloud is simpler than many people expect. First, choose a cloud service and sign in on your device. Most services provide an app you can install. Once it is set up, you choose which folders you want to back up, such as photos or documents. The app then copies those files to secure online storage using your internet connection. After the first backup, new files are usually backed up automatically in the background. If your device is lost or damaged, you can still access your files by signing in on another device.

If you need more storage space, experts recommend keeping at least two copies of your data, with one stored somewhere else. This could mean backing up files to a USB thumb drive and keeping

it in another location. Not everyone has someone they feel comfortable asking to store their data, which is why paid cloud storage can be a practical solution. For most households, about 2 terabytes of cloud storage is more than enough to store photos, documents, and backups. The major providers offer paid plans at a monthly cost, with prices varying depending on the service and any added features.

One final thing to consider is the stability of the company you choose. I once stored photos on a popular photo-sharing site that later shut down. I was given limited time to save what I could, and some photos were lost. Larger, well-established companies are more likely to be around for the long term.

Our memories matter. Taking a little time to back them up now can help prevent a great deal of heartache later.

### Happy New Year to All.

As always, I welcome any feedback on my articles, and I am happy to provide assistance for anyone wishing help with navigating the digital world. I can be reached at [dave@quadraliteracy.com](mailto:dave@quadraliteracy.com)

If you have any general literacy inquiries or need help finding a low-cost device, please contact Kathie [kathie@quadraliteracy.com](mailto:kathie@quadraliteracy.com)

## Celebrate Family Literacy Day on Quadra!

**What is family literacy?** Family literacy encourages and supports families to learn together through shared activities such as reading, storytelling, games, and hands-on learning experiences.

To celebrate Family Literacy Day, Quadra Literacy—together with Quadra Children's Centre, Quadra Elementary staff, the PAC, and We Wai Kai members—invites families of all ages to come together for Experience Ligwilda'xa Storytelling and Culture.

This free community event will take place on January 31, from 4:00 to 6:30 p.m. at Quadra Elementary School.

Families are invited to enjoy an afternoon and evening of learning through crafts, games, plant medicine talks, and We Wai Kai storytelling and dance.

Food provided by the PAC will be available by donation.

Come learn, share, and celebrate the joy of learning together as a family!

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Housing and Municipal Affairs, Decoda Literacy Solutions and Quadra Island Garden Club.

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## To Family and Friends of Persons Living with Dementia and Their Care Partners

### Dearest Loved Ones,

As I seem to fade away from you, I, the essence of me, my personhood is still here. Though I cannot find words to let you know how much I appreciate your visits, I am still here.

Word finding is an early dilemma for me - so frustrating. My repeating the same stories may drive you crazy. I truly don't remember sharing it with you ten minutes ago. And now, later in my disease, I may call you by another's name.

Let me try to explain. As parts of my brain die, I lose the information and memories that were in that part of my brain.

The part of my brain where memories of you are may be gone - kaput... BUT I can still feel your presence - the way you make me feel. The name I use is still in older memories and that person used to make me feel good, too. It is difficult to feel forgotten.

I am sorry and hope you can believe you are still precious to me and I will feel connected to you, especially if you smile. You can tell me stories about us and the fun we had - maybe something you learned from me. If I don't remember the story, reassure me that is ok and I am important to you.

If the memory left in my brain is from when I was five years old then you may become someone

I knew at that time. Correcting me only confuses me. Stay with me in what is in my memory and enjoy what I have to share. My world is unknown to you, but I invite you to listen and be with me where I am.

If I remember something that scares me, please reassure me and let me know I am safe and you are here for me. Let me know you love me. I am still here - the person you love. You can remember for me. Just don't ask me to remember.

There will come a time I may not be able to speak. Your visits will still be felt and remain important to me, even if I can't let you know. I am still here.

The care partner's journey was described to me recently in these terms: (not an exact quote):

Don't forget about us! I don't know if you know how isolating it is for the care partner. I do find that the more I am at home on my own with my loved one (sometimes all day without a phone call and the only visitor I get is homecare), my social skills are going down the tube. We need a phone call or visit just as much as the person we are caring for. I do reach out and phone people most days, but it does get hard to feel like I'm the one that has to reach out every time. And after a while I don't want to

phone anymore, especially if no one else ever initiates calls.

You may not know what to say or how to say it. You are feeling the loss of your time together and that is normal. Change is difficult. Try to put yourself in their situation and imagine what you would appreciate. Maybe a call to say "Hi, how are you?" or "I've been thinking about you..." Maybe an offer to pick up some groceries or to walk the dog or weed the garden - something you know they may have difficulty doing because their loved one needs their help and supervision 24/7. Don't worry if you call at a bad time - let them know you will try again soon or ask for a good time to call. Let them know you care. You are important to them.

**Disclaimer:** Every person living with dementia has a unique experience. This article is meant to help family and friends understand that a person living with dementia gradually loses brain function depending on the part(s) of the brain affected. They do not have control over their losses and loved ones can help them feel that they are ok. They still belong - and so does the care partner. Family and friends will have their own feelings of loss and grief and will need support themselves. Dementia is a difficult journey for all involved. The more we understand, the

more we can support each other.

January is Alzheimer's Awareness Month! Here are a couple of resources to help increase your awareness and learn ways to help yourself and those you care about on the dementia journey - both persons living with dementia and care partners.

BC Alzheimer's Society is an excellent resource. There are educational videos and a link to people you can talk with. Check out their website - <https://alzheimer.ca/bc>

Learning To Speak Alzheimer's by Joanne Koenig Coste tells her husband's story as a person living with early onset Alzheimer's and her story as care partner. Lots of ups and downs and creative solutions. There's a copy in our library.

Jude McCormick,  
retired Gerontological Nurse  
Compassionate Community  
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## Happy New Year, Humanity

**When the outside world is too disturbing to confront, people seek relief through the vicarious safety of fantasy. This explains why 2025 was a banner year for horror movies.**

J.G. Ballard, an English novelist and essayist, noted that, “The ultimate dystopia is the inside of one’s own head.” Dr. Coltan Scrivner, a behavioural scientist agrees.

“You walk around with your mask of tranquillity, but inside your mind is a maze of worries. Horror allows you to take off your mask.” (The Guardian Weekly, Editorial, Oct. 24, 2025.) So with this genre of movie you get to experience horror, but not the real kind that you might be reluctant to confront.

As we mark the beginning of 2026, we are one quarter of our way through the 21st century and are coming closer to the haunting forecasts of climate catastrophe by the end of the century, if we do not reduce our greenhouse gas emissions. So a review of 2025 seems appropriate.

\* 2023 and 2024 were the hottest years that humanity has ever experienced, and 2025 is expected to be comparable.

\* Limiting the global temperature increase to 1.5°C, a target set in the Paris Agreement of 2015, has been exceeded in the last two years.

Carbon dioxide emissions are still at a record high, with no indication that they are coming down soon. The failure to meet this “existential threat” to humanity has been summarized by Antonio Guterres, the Secretary-General of the United Nations, as a “moral failure”.

\* Despite the pledge of the world community to “phase out fossil fuels”, 2024 set a record for coal consumption, and 2025 is due to exceed that record. Although energy from renewable sources is rapidly increasing, global demand

for energy is increasing even faster. The most optimistic forecast of the International Energy Agency is that oil consumption will peak about 2030, then be followed by a long and slow decline.

\* US President Donald Trump has called the global climate crisis a “hoax”, a “green scam”, the greatest con job ever perpetuated, and a “prediction made by stupid people.” Accordingly, he has withdrawn from international climate organizations and authorized drilling for oil in Alaska, reduced federal funding for solar and wind projects, encouraged fossil fuel consumption by cutting efficiency standards in cars, and railed against the use and production of electric vehicles.

\* At the insistence of the German auto industry, Europe’s conversion to electric vehicles has been scaled back because of economic considerations.

\* Warmer southern oceans are destabilizing the entire Antarctic ice sheet, promising accelerated sea level rise and global weather changes. Greenland’s mountains of ice continue to melt. All the world’s coastal cities can expect slow, progressive and unstoppable flooding.

\* More than 90% of the heat generated by atmospheric greenhouse gases is absorbed by the world’s oceans, a process that is disrupting marine ecologies, and the rising level of atmospheric CO<sub>2</sub> is instigating dangerous acidification.

\* Rising global temperatures in the atmosphere and oceans are increasing the severity of storms by about 10% per Celsius degree.

Monsoons and typhoons are becoming more intense. Successive typhoons in at least five Southeast Asian countries have caused extensive damage and death. Jamaica experienced “Melissa”, its worst hurricane ever.

\* Too much methane is escaping from fossil fuel production, a problem that could be easily, cheaply and even profitably corrected with just a little more care and regulation.

Methane survives in the atmosphere for about 20 years, but has a heating effect about 80 times greater than carbon dioxide.

\* Despite the world being awash with plastics and microplastics, a 2025 meeting to establish a Global Plastics Treaty to reduce plastic pollution was adjourned after failing to come to any agreement.

\* Following a record 2023, 2025 was the second worst fire season in Canadian history, with 8,000 wildfires affecting every province and territory, seriously impairing air quality in cities throughout eastern Canada and the northeast US. Such fires, also throughout much of Europe, added millions of tonnes of CO<sub>2</sub> to an atmosphere already overloaded with greenhouse gases.

\* The United Nations’ COP30 meeting in Belém, Brazil, made little progress. “Phasing out fossil fuels” was only obliquely supported because it had been agreed to in 2023 at COP28, and could not be discarded. Regardless, the “phasing out” is voluntary, with no prescribed schedule. Brazil indicated its plans to drill for oil off the coast of the Amazon. Alberta wants to expand its production.

Sadly, this is not a horror movie. It is a reality that requires us—individually and collectively—to confront the challenges of environmental degradation and climate change with awareness, bravery, resourcefulness, ingenuity and determination.

Will we think and behave the same in 2026 as we did in 2025? Will we stop viewing the world through the veil of fantasy? If we are honest enough to notice, a terrifying option is unfolding outside the distraction of our entertainment and myopia. We have much to do, we actually know how to do it, and we are rapidly running out of time to accomplish what needs to be done. So let each and every one of us gather our resolve to make 2026 a more hopeful year than 2025. The movie in which we’re living is real.

Happy New Year, humanity.

Ray Grigg  
for Sierra Quadra

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## Peace on Earth?

When President Trump appeared at a New Years Eve party accompanied by his wife in her glittering silver gown, he said his wish for 2026 was "peace on earth." I was feeling somewhat optimistic the world may be finally moving in the right direction.

I've been thinking about my parents who were 20 something in the 1930's when the Nazi's had taken over the Reichstag, were invading neighbouring countries and rounding up socialists, communists, Catholics, Jews, homosexuals and Gypsy's and locking them up in what would later become concentration camps where millions would ultimately be murdered.

I had four uncles who joined the Canadian military in the 1940's. My mothers brother Harold enlisted in the air force and was a tail gunner in a Lancaster bomber – one of the most terrifying positions on the plane with a life expectancy of eight weeks. He survived the war, married and had four children - my Ottawa cousins.

Harold's younger brother Leo joined the army and was en route to England in 1945 when the war ended. Family members often joked that when the Nazi's heard Leo was coming, they were so intimidated, they decided to end the war. Leo, who wouldn't hurt a fly, became an Oblate priest in 1954. He was a good amateur photographer and he passed on to me my grandmother's precious family photo album containing a variety of pictures depicting family life in eastern Ontario from 1938 to 1955.

The horrors of WW2 have been well documented and crimes were committed on all sides. One of many were the two atomic bombs the United States dropped on the Japanese cities of Hiroshima and Nagasaki in August 1945. Over a three day period some 110,000 people – mostly civilians – were vapourised. The total death toll was between 150,000 and 246,000 people.

The exact number of fatalities is impossible to know due to the scale of destruction. Casualties included those who died later from injuries and radiation exposure. Many more died from cancers like leukemia, thyroid, lung and breast. Who knows how many citizens of the world were exposed to deadly radioactive fallout.

WW2 and the devastating aftermath forced countries to create an international body called United Nations (UN) which has a

mandate to maintain international peace, promote human rights, foster cooperation and control nuclear weapons. Fifty countries signed the agreement in October 1945 and today there are 193 member states.

I still believe in the UN because under the present circumstances, what other options do we have? The current alternative is international gangsterism where countries invade other nations, brutalize their citizens, steal their resources, murder their opponents, pardon their criminal friends, welcome genocidal maniacs like Netanyahu to their capitals and hand them billions – no conditions attached. It's not a world I want to live in.

Trump is very fond of repeating how he "stopped eight wars," and continually laments he has never received the Nobel Peace prize for his fake peace agreements, the most outrageous being the so-called Gaza peace plan where the bombs keep falling and civilians continue to be killed (over 70,000). Now Israel is going to ban 37 aid groups like Doctors Without Borders from assisting Palestinians in Gaza – many who are dying of exposure, treatable diseases and injuries and are on the brink of starvation, again.

Less than 48 hours after the peace president's New Year's party ended, the USA illegally carpet bombed Caracas Venezuela, kidnapped their president and killed 80 people including civilians creating more global instability.



Harold Casey,  
Training, Royal  
Canadian Air Force  
RCAF, Belleville  
Ontario, 1942

Trump claims he is going to run Venezuela while he simultaneously runs the USA into the ground. He's threatening Panama, Columbia, Cuba, Mexico, Iran and Greenland. He has repeatedly suggested Canada become the USA's 51st state. Maybe what he really meant on New Year's Eve was not peace on earth but "piss" on earth.

Is Canada immune from this chaos? Former MP Charlie Angus has suggested Canada needs to mobilize a civilian force of some 300,000 so that when (not if), this immoral gangster turns his sights on us, we will be ready to defend our sovereignty. (Meidas Canada)

In the event we can somehow evade being a target, this force can be redeployed to fight fires and floods, plant trees and gardens, teach skills, build homes, roads, bike paths, community centres and homeless shelters and be positively engaged in a hundred other tasks.

Canadians need to wake up, speak out against this international lawless gangsterism and multiple genocides and be prepared to defend our country.

- by Claire Heffernan

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## Preparing for End-of-Life: An Overview

As life has grown more complex, so has the process of dying. End-of-life planning is therefore more important than ever.



While it can feel overwhelming, the time and care invested now can greatly reduce stress, confusion, cost, and conflict for loved ones later.

At its core, end-of-life planning involves attending to two broad areas—your possessions and responsibilities, and your health and body—across two timelines: potential periods of declining health and your eventual death.

Legal, Financial, and Estate Planning Planning for financial and legal matters ensures that someone you trust can manage your affairs if you become unable to do so. An Enduring Power of Attorney (POA) is a legal document that authorizes a trusted

person to manage your financial and legal affairs while you are still alive. Without one, even a spouse has no automatic authority, and court involvement may be required—an expensive and time-consuming process. Creating a POA while you are capable protects your wishes and avoids unnecessary complications.

A Will is the legal document that outlines how your estate will be handled after your death. It names an executor to carry out your instructions and, if applicable, a guardian for minor children. Without a Will, the law determines how your estate is divided, which may not reflect your wishes. Choosing an executor is a significant responsibility: this person must be trustworthy, organized, emotionally capable, and willing to take on the work. It's wise to name an alternate executor and to review your Will regularly, especially after major life changes.

Immediate estate expenses—such as funeral costs or probate fees—can pose challenges if assets are not easily accessible. Options like small life insurance policies or naming beneficiaries on a TFSA or certain accounts can ensure funds are available when needed.

### Your Body and Final Wishes

Your executor is also legally responsible for your body after death. While burial or cremation preferences are not usually included in a Will, it's essential to document them elsewhere and to discuss them clearly with your executor. This includes how you want your body cared for, who you wish to be involved, and your preferences for memorial rituals or services.

### Health and Personal Care Planning

While you are capable, you have the right to consent to or refuse medical treatment and to express your values and preferences for care. Advance Care Planning is the process of thinking about these wishes and sharing them with trusted people and healthcare providers so that, if you cannot speak for yourself, decisions reflect your values.

A Representation Agreement (RA9) is a legal document that appoints someone to make health and personal care decisions on your behalf if you become incapable. This includes decisions about living arrangements, medical treatments, and life support. Without an RA9, healthcare providers will turn to a Temporary Substitute Decision Maker, who is chosen for you and may have limited authority.

An Advance Directive allows you to provide specific instructions about treatments you do or do not want, which healthcare providers must follow if you cannot consent.

Medical forms such as MOST (Medical Orders for Scope of Treatment) and No CPR orders guide emergency and end-of-life care, particularly for people with advancing illness or frailty. These documents help ensure care aligns with your goals and avoids unwanted or harmful interventions. In cases where death at home is expected, the EDITH form allows families to avoid calling 911 and supports a calmer, more supported death at home.

### Support and Resources

End-of-life planning is not something you need to do alone. Resources such as People's Law School, Nidus, healthcare providers, and community-based guides and workbooks can offer step-by-step support. Thoughtful preparation not only eases the burden on others—it can also bring clarity, peace of mind, and a deeper sense of agency at every stage of life.

### Way To Go

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.

Summarized by Margaret Verschuur.

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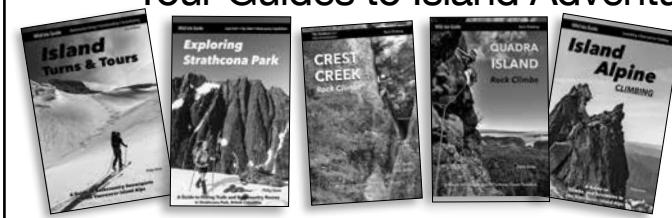
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## 2025 Christmas Bird Count in South Quadra

On December 28th a group of ten birders scoured the south end of Quadra (south of Noble Road) to count birds for the annual Christmas Bird Count. This is an annual citizen-science bird census that has been running since 1900. In fact, it is the longest running citizen-science survey that exists in the world! With a century and a quarter of data, it is a valuable source of information for bird research and conservation.

The assigned count areas are set up as concentric rings around a central point (ours is in Campbell River). Area 12 just captures the southern tip of Quadra, south of Noble Road. We do our best to thoroughly examine that area for birds each year. A second Area just to the north of Noble Road is surveyed by Steve Mooney each year.

This year the weather is pretty blustery and overcast, which may account for the lower numbers than some years. Area 12 counted 43 different species and 1,491 individual birds. (Our peak year was 2020, with 54 species and 2,253 birds). A few species we usually see were missing from our lists – no Red-breasted Nuthatch, no Hairy Woodpeckers, no Great Blue Herons... But we did get 9 Pacific Loons, a Killdeer and a handful of the increasingly common Anna's Hummingbirds.

A bit like a birdy treasure hunt, the annual CBC is a great day out for dedicated birders, and it contributes our small part to work being done to understand and protect birds.

### 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)

## Roots & Neighbours: Quadra Seniors Housing News

This month we're pleased to feature **Betty Doak**, a long-time Quadra resident and director with the Quadra Island Senior Housing Society.

After moving to Quadra in 1975, Betty worked closely with seniors and saw how housing challenges often forced people off-island, away from family and community. When early plans for seniors housing began, she became involved and later joined the Board in 2016. Seeing the positive change that comes when someone moves into a safe, accessible home is one of the most rewarding aspects of Betty's role on the Board.

**Our Simple Sharings intergenerational program** continues to create meaningful connections. Recently, seniors visited the school-age program at Quadra Elementary, where the children proudly served a delicious vegetable squash soup and homemade tea biscuits.

The seniors were delighted to see the children in their learning space and were equally excited to visit the program. It was a warm and welcoming afternoon that perfectly captured the spirit of sharing between generations.

### 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](mailto:carolannt@telus.net)



## 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 12:30-2:30pm, beginning on 15 January 2026, Rm 2 (Board Room) Community Centre.

For more information: Blake Rodgers, 250.702.1201; [brodgers@spinemidwest.com](mailto:brodgers@spinemidwest.com)

## Kindness

"I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now. Let me not defer nor neglect it, for I shall not pass this way again."

- Etienne de Grellet

Submitted by Betty Thompson

## Banff Mountain Film Festival

The annual showing of the Banff Mountain Film Festival World Tour play on Quadra Island on Saturday, January 10th at the Quadra Community Centre.

Join adventure lovers for an evening of action-packed and thought provoking films from around the world. The show starts at 7pm but come early and enjoy the dinner and treats at Yasmin's concession the doors open at 6:30 pm.

Tickets are available in advance from [tidemarktheatre.com](http://tidemarktheatre.com) and at the door. Please bring cash, or e-transfer, for tix at the door.

Check out the film program, concession menu and ticket information at: [www.wildisle.ca/events/](http://www.wildisle.ca/events/)

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09 Fri	03:12	2.128	7.0
	10:17	4.914	16.1
	17:17	2.410	7.9
	22:43	3.542	11.6
10 Sat	03:53	2.655	8.7
	10:48	4.755	15.6
	18:08	2.136	7.0
11 Sun	00:32	3.569	11.7
	04:41	3.156	10.4
	11:18	4.599	15.1
	18:59	1.890	6.2
12 Mon	02:27	3.798	12.5
	05:48	3.593	11.8
	11:50	4.463	14.6
	19:47	1.667	5.5
13 Tue	03:51	4.117	13.5
	07:38	3.903	12.8
	12:23	4.364	14.3
	20:31	1.466	4.8
14 Wed	04:47	4.411	14.5
	09:18	4.048	13.3
	12:59	4.309	14.1
	21:11	1.290	4.2
15 Thu	05:28	4.633	15.2
	10:26	4.091	13.4
	13:39	4.299	14.1
	21:48	1.144	3.8
16 Fri	06:02	4.780	15.7
	11:12	4.086	13.4
	14:23	4.319	14.2
	22:25	1.030	3.4
17 Sat	06:32	4.867	16.0
	11:45	4.040	13.3
	15:10	4.351	14.3
	23:01	0.952	3.1
18 Sun	06:59	4.923	16.2
	12:15	3.946	12.9
	16:00	4.370	14.3
	23:37	0.917	3.0
19 Mon	07:25	4.968	16.3
	12:47	3.795	12.5
	16:53	4.359	14.3
20 Tue	00:13	0.940	3.1
	07:50	5.014	16.4
	13:24	3.580	11.7
	17:48	4.307	14.1
21 Wed	00:50	1.047	3.4
	08:17	5.050	16.6
	14:06	3.297	10.8
	18:44	4.209	13.8
22 Thu	01:28	1.265	4.2
	08:44	5.059	16.6
	14:51	2.948	9.7
	19:45	4.074	13.4
23 Fri	02:07	1.612	5.3
	09:11	5.029	16.5
	15:38	2.550	8.4
	20:55	3.933	12.9

## CLASSIFIEDS

### 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

### 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](mailto: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](mailto:info@takuresort.com)

### Services

#### 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](mailto:mbaindesign@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](mailto:info@quadranotary.ca)

#### ROOFING

Professional Roofing Services [www.javaroofting.com](http://www.javaroofting.com) Call JAVA ROOFING at 250.204.2638

#### 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](mailto:quadrawastesolutions@gmail.com) 250.202.9182 Tariff-Free since 2023

#### 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](mailto:shorepinesigns@gmail.com)

## Discovery Islander

### 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)

### Services

#### SMALL ENGINE REPAIRS

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

**NEXT DI DEADLINE  
7pm Monday, January 19**

Thinking of Selling?  
*Act now*

Roman Krzaczek  
**604-787-4594** REALTOR®  
[RomanKrzaczek.ca](http://RomanKrzaczek.ca)

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