

Discovery Islander

SINCE 1993
AND BEYOND

ISSUE 881 • MAY 1, 2026 • COMMUNITY NEWS & EVENTS FROM QUADRA & THE DISCOVERY ISLANDS



Celebrating ye goode olde days at the HBI
Photos: Top & right Carla Duffy - Lime
Soda Photography.
Trio below Courtesy the Museum at
Campbell River
Special thanks to Sheri Hayward for
planning and helping make it happen!





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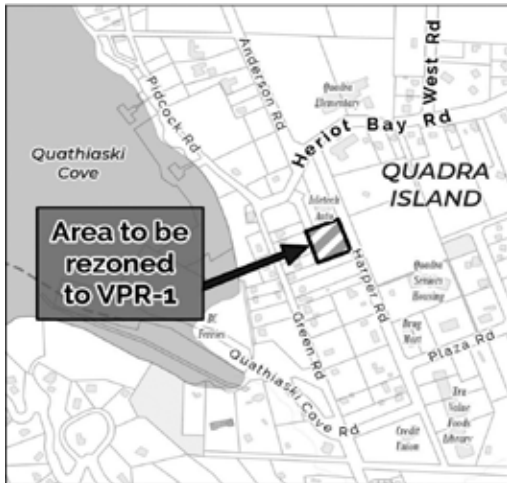
NOTICE OF BOARD CONSIDERATION OF BYLAW

BYLAW NO. 647 – QUADRA ISLAND ZONING BYLAW, 1990, Amendment No. 154

Notice is hereby given under Sections 464(3) (that a public hearing is prohibited) and 467 of the *Local Government Act* that the Strathcona Regional District will consider First, Second, and Third Reading and Final Adoption of Bylaw No. 647 during a regular Board meeting to take place in the SRD Boardroom at 990 Cedar Street, Campbell River BC commencing at **12:30 pm on April 29, 2026**.

Purpose: The bylaw, if adopted, would rezone the subject area from Residential One (R-1) to Village Peripheral Residential One (VPR-1) to facilitate development of the property in accordance with the VPR-1 zone.

Subject Area: The subject area is land legally described as Lot 17, District Lot 8, Quadra Island, Sayward District, Plan 2122, civic address 705 Harper Road, as shown on Map 1 below.



Map 1

Copies of the proposed bylaw and related information are available for inspection at the Strathcona Regional District (SRD) Customer Service Centre, located at 990 Cedar Street, Campbell River, between the hours of 8:30 a.m. and 4:30 p.m., Monday to Friday, from April 16, 2026, until 4:00 p.m. on Tuesday, April 28, 2026. The bylaw and associated staff report may also be viewed on the SRD website at www.srd.ca. Signed written submissions may be delivered via post, by hand to the SRD Community Services Desk or electronically to planning@srd.ca no later than 4:00 p.m. on Tuesday, April 28, 2026, to be considered by the SRD Board.

Inquiries & Submissions:

Community Services Desk, Strathcona Regional District
990 Cedar Street, Campbell River BC V9W 7Z8

Tel: 250-830-6718 / Fax: 250-830-6710 / email: planning@srd.ca

QUADRA FREE DAY

A Day of Giving and Receiving

Mark your calendars for Quadra Free Day, a community-wide event where residents give away items they no longer need and discover useful treasures from others. Whether you're decluttering, downsizing, or simply looking to pass along gently used belongings, this is a great opportunity to share, reuse, and connect.

Event Details

Saturday, June 13 from 9:00 a.m. to 5:00 pm at participating residences across Quadra Island.

What to Put Out

Place reusable items in a clearly visible spot on your property. Items may include:

- Household (indoor and outdoor furniture, kitchenware, etc.)
- Plants and gardening tools
- Toys, bikes, and outdoor gear
- Tools and hardware
- And more

Please ensure all items are in good condition and ready for a second life.

Explore what others have to offer—you never know what you might find!

If you're participating:

- Place items in a safe, accessible location between 9:00 am and 5:00 pm.
- Clearly mark them "FREE."
- At day's end, please remove any unclaimed items to help keep our roadsides tidy.

Register Your Address to be included on the official "clip-and-go" list of participating homes, by May 30. Contact: Jan Gladish Phone: (250) 285-2111 and leave a message or email jan.gladish@gmail.com

Participating addresses will be published in advance so residents can plan their route for the day. Quadra Free Day is a wonderful way to reduce waste, support reuse, and strengthen community connections. We look forward it.

Quadra Island Town Hall

Aaron Gunn, MP, invites residents to attend our upcoming Quadra Island Town Hall. The event will offer an opportunity to engage directly with Aaron, ask questions and share perspectives on the issues that matter most to our community.

Tuesday
12

Tuesday, May 12, 2026
Event start: 6:00PM
Doors open at 5:30PM
Quadra Island
Community Centre

To register and stay up to date on upcoming events, please scan the QR code or visit:

www.AaronGunnMP.ca



AARON GUNN
MP NORTH ISLAND—POWELL RIVER

427 10th Ave
Campbell River
250-434-0300

10am-3pm
Tuesday-Saturday

Day to Day

Friday, May 1

- Live music with Go Dog Go, HBI Pub, 8pm, no cover

Saturday, May 2

- Farmers Market & Bazaar, behind the Credit Union, Quathiaski Cove, 10am - 2pm
- Celebration of Life for Nadine Mar, QCC 1:30pm

Sunday, May 3

- Legion Ladies Auxilliary Plant Sale, Quadra Legion, Heriot Bay, 10-12pm

Friday, May 8

- Live music with Oktiv6 & Funk Yard, HBI Pub, 8pm, no cover

Saturday, May 9

- Quadra Island Birding Big Day, Quadra Island all day, details page 6
- ICAN outdoor Cooking Course, Rebecca Spit, 10 - 1pm pls register see pg. 5
- Bingo, Quadra Legion 7-9:30pm

Sunday, May 10

- Live Music with Hal Douglas, HBI Pub 3-5pm

Monday, May 11

- Quadra Island Garden Club - Kitchen Potager Gardens, QCC, 7-9pm see pg.5

Tuesday, May 12

- U of Q Prom Night, HBI Pub, Class at 7pm Ceremony & Festivities 8-11pm

Friday, May 22

- Live music with For Pete's Sake, HBI Pub, 8pm, no cover

Happy 90th Birthday

There will be an open house for Ann Graham's 90th Birthday, come by wish her greetings and have a visit in the Bayview room at the Heriot Bay Inn on June 4th between 1-4, there will be snacks and a Birthday Cake to celebrate .

At Cortes Museum

Saturday and Sunday, May 23 and 24, **Kintsugi workshop** in Yuka Morino, \$400/person

Saturday, June 20, 10 am to 4 pm

Cortes Island Creative Spaces Garden and Studio Tour, \$20/person. More details for both events on our website,

www.cortesmuseum.com.

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WHAT'S HAPPENING at QCC MAY 1-15

THIS WEEK: May 1 - 8

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10 Spinners and Knitters; 11 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

SUNDAY: 6 May Monarch Info Night for Kids and Families

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 1 Jewelry Making - Quadra Circle; 6:30 Yang Yin Yoga with Elizabeth - text 778-681-7527 to register

TUESDAY: 9:30 Pilates; 2:45 Intro to Softball - QCC Field; 5 Hatha Yoga with Trinity

WEDNESDAY: 10 Gentle Yoga with Trinity; 1 Mosaics; 3 Ping Pong; 4 Intermediate Softball - QCC Field; 5:50 Hatha Flow Yoga with Elizabeth - text 778-681-7527 to register

THURSDAY: 9:30 Pilates; 10 Parents and Tots Dance with Kate; 5 Core Strength and Stability with Nicki

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10 Spinners and Knitters; 10:30 Friday Painters; 12 noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

NEXT WEEK: May 9 - 15

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 11 Moss Boss 5K Race - Arrive early to register

SUNDAY: 6 May Monarch Speech Night

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Yoga with Josephine; 1 Sing for Pure Joy; 1 Jewelry Making - Quadra Circle; 2:30 Cares Together Group - Quadra Circle; 6:30 Yang Yin Yoga with Elizabeth - text 778-681-7527 to register; 7 Garden Club Meeting

TUESDAY: 9 Quadra Quilters Guild; 9:30 Pilates; 2:45 Intro to Softball - QCC Field; 3 Good Grief; 5 Hatha Flow with Trinity; 5 Aaron Gunn Town Hall

WEDNESDAY: 10 Gentle Yoga with Trinity; 10 Baby Clinic; 1 Mosaics; 3 Ping Pong; 3:30 ICAN Youth - Planning Nutritious Meals; 4 Intermediate Softball - QCC Field; 5:50 Hatha Flow Yoga with Elizabeth - text 778-681-7527 to register; 6 SRD Community Meeting

THURSDAY: 9:30 Pilates; 10 Parents and Tots Dance with Kate; 5 Core Strength and Stability with Nicki

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 10 Spinners and Knitters; 11 Friday Painters; 12 noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

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

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

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

SUBMISSION GUIDELINES

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

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

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

7pm Monday, May 11
for publication on
Friday, May 15, 2026

NEWS & EVENTS

Farmers Market & Bazaar

First outdoor market of the season Saturday May 2nd 10 - 2! Come check out our new wares and vendors, familiar faces, and great music. We can't wait to see you!

More info contact Barb and Wendy: quadramarket@gmail.com

Music line up:

May 2 Good Enough Dave

May 9 Mary Murphy

Coming Up at the Legion!

- Friday May 1st 7-10pm Mark Crissinger, performing his original blues & roots music with classic songs!
- Sat. May 2nd Saturday's Supper, with another delicious dinner provided by Clove 5-7:30pm
- Sun. May 3rd 10-12 L.A. Plant Sale
- Sat. May 9th 7-9:30 Bingo!! Proceeds are going to the efforts of beach cleanup group
- Sat. June 6th Band Swap fundraising event for Crash Harm Reduction. Contact Tyler Pacholuk on fb to register! Groups will be randomly drawn on Sat. May 2nd 7pm at the Legion
- Friday June 26th 9pm Cosmosaurus, 5 piece alternative rock band from Nanaimo, with a style that is a unique blend of funky space rock and an emphasis on vocal harmony.

Quadra Island Outdoor Club

Upcoming Events

We had a very productive Summer Planning Meeting on Sunday. We are currently building the summer schedule, but we have planned trips unto June. Here are the upcoming trips:

6 May, Wednesday – Hiking to Trout Creek

13 May, Wednesday – Hiking to Surge Narrows

21 May, Thursday – Kayaking in Main Lakes Park

27 May, Wednesday – Hiking to Mt. Seymour

3 June, Wednesday – Hiking the Elk Falls and Canyon View trails
The new summer schedule can be found at qioutdoorclub.org/schedule-summer-2026/ We welcome new members and hope that you can join us for some of these activities.

Our camping and hiking trip, which ended our "winter" season, to the Cowichan Valley was excellent. We had exceptional variety on the six hikes we took in four days. The historic Kinsol Trestle, old growth trees, a creek with falls, two beautiful bluff walks and a river loop, were some of the highlights we found in the Cowichan Valley. The spring flowers were a special treat.

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

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/

Help For Students

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

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

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

Email your application letter to HeidiRidgway@royalpage.ca or mail to Box 129, Heriot Bay V0P 1H before May 31, 2026.

Your Submissions to the DI are Welcome!

We especially appreciate submissions to be sent by email to: news@discoveryislands.ca

Inspirations 

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

Tues-Fri: 10-5:30 / Sat: 10-5:00
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Open AA Meetings

MONDAY AND FRIDAY nights, 7:30 to 8:30pm at Cape Mudge United Church at 29 Tekya, Cape Mudge. Everyone welcome!

You Are Invited to A Walk In The (Memorial) Park

Saturday, May 30 2-4pm
The Cemetery Board and Way To Go invite you to the Quadra Island Cemetery on Saturday, May 30, 2026 to celebrate the Cemetery and the unveiling of the Natural Burial Memorial Pole. The unveiling ceremony will start at 2:30 pm.
During the afternoon "open house" you will be able to explore the cemetery, learn its history, meet the Trustees and Way To Go, witness the unveiling, and learn about burial options, and pre-planning.
Bring a chair or a blanket. Walk or cycle to the Cemetery, if you can, as parking is limited. Come early, linger late.

IF YOU SEE SIGNS OF WILDFIRE
Call 1-800-663-5555 or 911 or text *5555 on mobile

Hal Douglas at the HBI

Hal Douglas will be performing at the HBI Pub on Sunday May 10 from 3-5pm.
Join us on Mother's Day Afternoon to hear Hal sing original songs and covers. Come on down for great food, drink and music.

Outdoor Cooking Course

ICAN presents a real outdoor cooking experience at the Spit. Learn to cook like you're camping with a dutch oven, tube oven, and other surprises.
You'll outdoor-cook enough to enjoy a tasty lunch. No BBQs, hot dogs, or s'mores! This is real woodsy, outback camping, hosted by Bruce Classen (chef from Kameleon) and his wife Heather, who've taught outdoor cooking for Scouts Canada.
It's happening 10 am to 1 pm Sat May 9 at Rebecca Spit fire pits.
Cost: \$20 for food. Let's cook outside!
Register now, space limited: quadraicanfoodteam@gmail.com

The Quadra Island Garden Club Presents: Kitchen Potager Gardens, Plant Choices and Design with local designer Colleen Carter

Monday, May 11th, 7-9 pm at the Quadra Community Centre
A kitchen garden is a compact, artistic "potager," blending utility and daily harvests for fresh eating and beauty right outside your door. This talk will cover:
What exactly is a potager garden? Design ideas and structural features to consider; design specifics for deer protection, plant choices, why it matters and

how it enhances your home and surrounding landscape, signature style and design tips to create your own unique version.
Everyone welcome! Members FREE, Guests \$5.00. Come early to renew your annual membership (Individuals \$20/ Family \$30), chat with fellow gardeners, and enjoy some coffee/tea and goodies. Doors open at 6:30. Stay to the end for your chance to win a great door prize!

620 VALPY RD. *NEW LISTING!*
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- Heriot Bay oceanview home & shop on 10.16 acres!
- Home was custom built in 2010 & features efficient zoned hot water in-floor heating on all 3 levels.
- Main floor boasts an inviting open floor plan with vaulted ceilings
- Primary bedroom with 4pc ensuite, walk-in closet & deck, on upper floor
- Daylight basement has a family room, 2 bedrooms & 3pc bathroom
- Detached shop was originally designed & built to be a 2 bedroom secondary dwelling, with septic, plumbing, its own 200amp service.
- Established gardens & lawns around buildings, 5 acres of untouched forest with trails that wind throughout.



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U of Q PROM MAY 12



Final UofQ 7pm
Birds on the Move
Spring Migration & the Return of the Dawn Chorus
with Speaker Kathryn Manry

Prom 8-11pm
Birds of a Feather
Costume Party
Karaoke with PJ
Amazing Prizes!

Heriot Bay Inn
a beautiful place to spend time

HBI Pub: open 12pm-late 7 days/week! | Call 250.285.3539 for takeout
We're cooking: 12-7pm daily | Breakfast in Herons: Sat & Sun, 9-11am

Quadra Island Pantry Looking at Community Solutions

A dream was built by like-minded people who shared a deep connection to their community.

It began as a simple grocery store, with a vision to grow with the community always in mind. And it did grow. Visitors and locals alike came to do their shopping right here in our small stores. Those of us who lived here back then used to joke about avoiding the shops from quarter to the hour until quarter after during the summer simply because you couldn't move in the store or the parking lot. But as time passed, the original visionaries moved on. Stores were sold, new ownership took over, and things began to change. Prices rose, and decisions were increasingly driven by distant shareholders focused on profit. The outcome was not what those early dreamers had imagined. Today, many visitors arrive with their own supplies, and more residents are leaving the island to shop elsewhere.

So how do we bring commerce back and rebuild that vibrant, resilient community?

By creating something that truly belongs to all of us, where ownership rests in the hands of the community. A model where decisions are made locally, where profits are reinvested here, and where the focus returns to serving the people who call this place home.

How do we begin? The same way the original dreamers did: we start small and grow into something transformational. Something that supports affordable groceries for all and serves a real purpose to support residents and sustain the island way of life. Because when a community owns something, it grows in a way that reflects what the community truly needs.

If we don't build it, we risk losing more of what makes this place feel like home. We risk leaving behind the idea of a diverse and vibrant community and moving toward a place that is simply somewhere to sleep and play.

This isn't just an idea. It's something that has happened before and it can happen again. This time, we'll build it together.

That is our dream for the Quadra Island Community Food Co-operative:

To turn a vision into a shared journey, owned, shaped, and sustained by the community itself.

Would you like to be a part of this journey by receiving a monthly Co-op Times in your email box? Email us at qipantrycoop@gmail.com

Your Empties Can Help Fill The Kitty for Quadra Cat Rescue

Quadra Cat Rescue is now registered to receive funds from empty beverage containers at any Return-it depot in B.C.

"Proceeds from bottle returns could be a vital, ongoing source of funding to cover veterinary care and fostering supplies," says Quadra Cat Rescue volunteer Val van Veen. "For 17 years, we've been working to reduce the number of homeless cats on Quadra—primarily by spaying and neutering strays and through a lower-cost program to fix pet cats. Still, every year, kittens born on Quadra outnumber local homes looking to adopt them. And we have to keep on top of this because just one unfixed pair of cats and their offspring can produce 500 kittens in three years."

People can also drop off empties for Quadra Cat Rescue at 637 Cape Mudge Road. For pick-up, please message or call Sun Smith at 250-285-2145.

"Bottles collected last winter helped pay to fix two young, stray cats that had been hanging around near the recycling bins in Quathiaski Cove," van Veen adds. "Luckily, we got them to the vet before this pair had kittens."

Other ways to support Quadra Cat Rescue:

- Donate Tru Value Foods Spirit Board points (#280 at both Quadra Island stores).
- Purchase Tru Value gift cards for either store at Inspirations in the Cove.
- Donate to Quadra Cat Rescue (provide phone number, email, mailing address for tax receipts!):
- e-transfer via email to quadracatrescue@yahoo.com
- through the CanadaHelps or PayPal link at quadracatrescue.com
- mail a cheque (Box 192 Heriot Bay, V0P 1H0)
- through Coastal Community Credit Union
- Spay or neuter before kittens are five months old.
- Volunteer to temporarily foster or become a neighbourhood monitor.
- Adopt an already-fixed adult cat from Quadra Cat Rescue to free up foster space.
- Sponsor a kitten's healthy start (\$400 covers vaccinations, neutering, and fostering).

More information, including spay-neuter request forms and adoption applications are available at quadracatrescue.com. Please let us know about stray cats that need help by email to quadracatrescue@yahoo.com or telephone 250-285-CATS (2287).

Purr-Fect Mother's Day Gift Combines Books and Cats

The first print run of A life amongst cats is almost sold out, but more copies are in the works in time for Mother's Day.

"If you're looking for a gift—for a special occasion, or just because—consider this gem of a book," says Marnie Griffiths, who volunteered to coordinate production of this new volume of poetry and illustrations as a Quadra Cat Rescue fundraiser.

The crowd at the Quadra Library book launch of A life amongst cats shared several laughs and even teared up during readings of the more tender verses.

"The combined creativity of Chris Thompson's poems and Sophie Whittingham's illustrations will pull people into this book over and over again," Griffiths says. "Share the love when you give a copy to someone special."

Pick up A life amongst cats at Inspirations in Quathiaski Cove. Copies are available by donation (\$15 recommended minimum). All proceeds support Quadra Cat Rescue's efforts to reduce the number of stray and homeless cats on our island.

More information, including spay-neuter request forms and adoption applications are available at quadracatrescue.com. Please let us know about stray cats that need help by email to quadracatrescue@yahoo.com or telephone 250-285-CATS (2287).

ALL CLEAR SEPTIC SERVICE

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Got Pop? Concerts & Kameleon Food & Drink presents:

Comedy Night at The Kameleon

Featuring Nationally Touring Headliner: Benjamin Bauce with special guest: Robyn Sansom on Saturday, May 9th 2026 at Kameleon Food & Drink 654 Harper Rd Quathiaski Cove. Doors: 6pm, Show: 7pm
Warning: Mature Content - Ages 16+ recommended

Tickets are \$20 + s/c in advance, \$25 at the door & on sale now online only at gotpopconcerts.com

Join the Got Pop? Concerts Facebook page for all the latest news on upcoming shows, concert pre-sales & prize giveaways!
www.facebook.com/gotpopnorthisland



Benny Bauce (left) hit the Canadian comedy scene in 2017 with a passion for making people laugh. Starting his comedic journey in Saskatchewan, Benny took his act out to the West Coast before rooting back in his home province of Alberta. Now his relatable material and endearing stage presence have delighted audiences all over the country. A Benny Bauce show is like having a drink around the fire with your favourite cousin. Recently, Ben Bauce has worked with Big Jay Oakerson from SkankFest and Ben is a regular headliner at clubs across Canada.

Robyn Sansom (right) is a city born comedian who was raised in the Rockies. Her comedy focuses on observations of a city slicker recognizing unique differences of small town life. Robyn explores an ongoing journey of self discovery with unexpected storylines and always living for the plot! She's a coproducer of the 'Roadponies' comedy show running through the Kootenays, and has been on various tours throughout British Columbia, Alberta and New Zealand.

Quadra Birding Big Day

Part of the Global Big Day May 9, 2026

A full day of spotting birds on Quadra Island!



The idea is to see and record as many species as possible within the 24 hour period. This is a part of a Global Big Day, when people will look for birds all around the globe.

There will be prizes!

Reporting Results

- For the Quadra event - at the end of May 14, send your final list of species and/or photographs to kamanry@gmail.com - don't forget to mention which category you are entering.

- For the Global event (optional, but fun!) - post your results to an eBird account (easy and free to create). The eBird link is: <https://ebird.org/news/global-big-day-2026>

- it would be great to have the results posted on the Quadra Birds FB group too...

Questions - call Mark or Kathryn at 285-2103.

Celebrating Ma



This past September 12th Quadra Island lost a legend in Marie Ewen. Gramma Marie (or Ma as she was also known to many) was a pillar of our community. Most of

her springs, summers and falls were spent at Blenkin Park or Cape Mudge ball park as well as Quadra Island School.

Whether it was playing for the Raisens from Cape Madge, coaching childrens' soft ball or helping run and playing for Chris Rendall's Chuckers as well as organizing the Quadra Island Slo pitch league, Marie made sure Ball happened on Quadra.

There were several years when the invitational Slo-pitch tournament my not have happened were it not for Marie rallying the troops and getting the ball rolling,

On Saturday, May 16th at 2:00 pm all these who knew Marie are invited to Blenkin Park to begin a celebration of life which will last into the evening. Bring a glove, a ball or just a story to tell.

There will be a pot luck at the Legion at 6:00pm followed by a dance with the Salt WaterCowboys. Hope to see you there.

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NOTICE

Canadian Navigable Waters Act

The Strathcona Regional District hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said Act, the Strathcona Regional District has deposited with the Minister of Transport, on the on-line Navigable Waters Registry (<http://cps.canada.ca/>) and under registry number 14354, or, under the NPP File Number 2004-500811 a description of the following work, its site and plans:

To construct a new public wharf and floating dock, connecting to, and adjacent to the existing public wharf at Surge Narrows, located over parts of District Lots 312 and 1606, together with unsurveyed crown foreshore or land covered by water being part of the bed of Hoskyn Channel, all within Sayward District, British Columbia, approximately at: 50°13'36.35"N, 125° 6'42.12"W.

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) Comments can also be submitted by sending your comments directly to #820-800 Burrard Street, Vancouver BC, V6Z 2J8, or by calling 1-604-775-8867, if you do not have access to the internet.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Posted in the Discovery Islander,
this 1st day of May, 2026.

Strathcona Regional District



QUADRA QUILTERS

Quilters Guild Spring

The Quadra Island Quilters Guild has been busy through winter and spring! We've had our marathon, retreat and several mini workshops while also supporting our community and beyond with the gifting of comfort quilts. Some members individually donated to Tumbler Ridge and Quilts of Valour.

Community sewing bees at the Quadra Island Community Centre were introduced in the fall, with one more scheduled on Sunday, May 31st, from 10am to 3pm. Anyone is welcome to come and work on their project in a social setting whether crafting, sewing, knitting or doing small repairs. There is a drop-in fee of \$5 to cover hall rental. Tables, extension cords, irons and ironing boards, feedback (if asked!), tea, coffee and goodies are provided. Bring your own sewing machine, supplies and lunch. Fall community sewing bees will be announced as summer winds down. The goal is for this grassroots event to expand into monthly repair cafés.

A recent request coming from Jack Mar and Joanna Lumley, death doula for the Way to Go organization, was lovingly

fulfilled by the guild. It was for a community created quilt to drape the black transfer box, or shrouded bodies of Quadra Islanders on any part of their final travels. It is meant to soften their journey with the loving presence of community between hospital, morgue, home and cemetery.

Guild and community members were invited to create blocks in blues, greens, browns and yellows to represent the stars, trees, mountains and shores surrounding us and our departed. Around 40 members contributed blocks, assembled, backed, quilted, bound and created a bag to hold the transition quilt.

While we hope you don't see the quilt any time soon be assured if you do it will symbolize the caring of a community offering a loving farewell. As expressed by Joanna while accepting the transition quilt on behalf of Way to Go, the words of Ram Dass say it best again "We are all just walking each other home".

The guild will once again be participating in the Artist Studio Tour (site #27) on June 6th(10am-5pm) and 7th(10am-4pm) but not on the Friday evening. Quilts will be on display at the Swansons (site #28), 1050 West Road. Come visit and experience the abundant talent of the guild's members, together with Steve Swanson's live edge furniture and woodworking skills! The Artist Studio Tour features over 30 other artists participating all over Quadra and at the Quadra Island Community Centre that weekend.

For anyone interested in joining the guild, there are 2 meetings left before we break for summer, May 12th and June 9th at the QICC at 10am. Anyone with an interest in quilting is welcome to join.

For more guild or community sewing bee information contact Terry Phillips (250) 285-3040.

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Emergency Preparedness Week MAY 3 - 9

"In It Together" is the theme of Emergency Preparedness Week 2026, May 3-9.

This theme reminds us that an emergency affects all of us, especially for those living on an island. How well we respond, and recover, will depend on how well prepared we were before the event. Our Quadra Island Emergency Program (QIEP) is built on self-reliance, and working with our neighbours, our second nature.

QIEP, founded over 20 years ago, is managed and run by Island volunteers, under the auspices of the Strathcona Regional District. The Program includes Emergency Support Services (ESS), to respond to an immediate emergency, and a well-developed Neighbourhood Emergency Preparedness Program (NEPP). The NEPP program includes 40 neighbourhoods on Quadra, each with a local volunteer coordinator. Each NEPP group works to develop local emergency preparedness and resilience within their neighbourhood.

The first step when preparing for an emergency is identifying potential hazards. On Quadra, especially as summer approaches, our most significant hazard is wildfires. Wildfire activity is greatly exacerbated by winds which can be very strong on Quadra. NEPP groups work year-round to prepare their response to a wildfire in, or threatening, their neighbourhood. Many groups have regular training drills during fire season.

Quadra Island Fire Department reminds all residents, and visitors, that wildfire prevention is the first step to mitigating the wildfire hazard: No smoking on trails or in the wilderness; extinguish any smoking materials thoroughly and safely; no beach fires allowed; when campfires are permitted, extinguish thoroughly; backyard burning under control and only when permitted.

A key component of all Emergency response is communications. Being able to reach your neighbours, other neighbourhoods, emergency response personnel on Quadra and in Campbell River, and provincial authorities, will be crucial. In a disaster, landlines, internet, cell towers, and even satellite communications might be damaged or destroyed. Quadra Island is well-served by a network of 30 volunteer, qualified ham radio operators. These volunteers practice regularly to maintain communications with each other, with off-island hams and with appropriate



QIESS volunteer Marian McMeekin encourages all residents to prepare their own "Grab 'n Go" bag as part of their Emergency planning.

agencies. The QI Ham Radio Team has also built a unique communications trailer to enable ham communications in different locations on the island. In an emergency, these volunteers will be a vital link between our neighbourhoods and the outside world.

If you are interested in becoming a ham radio operator, or would like more information about ham radios, contact Erik Skovgaard at 604-803-3547 or via email: VE7MDL@gmail.com.

QIEP maintains an excellent online resource, www.quadraemergency.ca. Information on both the QIESS and NEPP programs, wildfire prevention in the Strathcona Regional District, and much more is easily accessible from the website.

For more information, or to volunteer for any QIEP program, contact Judy Hagen, jhagen.quadra@gmail.com; 250 285 2150.

Good Grief

Grief arrives to harken a loss. It may envelope us gently as a thin veil so we don't feel the full weight upon our heart all at once. Or it may feel as if a brick wall has fallen upon us - unable to function. Grief is a universal human experience yet affects each of us individually and in a unique way. Many of us go inward to sort through our thoughts, feelings, beliefs... trying to make sense of what has happened. Some of us seek information to help us through the process. There are many ways to meet our grief and slowly weave it into part of who we are.

Sometimes sharing our experience and hearing the experience of others can provide a sense of knowing and may normalize our experience and provide a feeling of being supported. A grief support group is a safe, confidential space where participants can be heard as well as listen to personal stories.

Good Grief is a free, drop-in peer support group on Quadra sponsored by Quadra Circle that meets on the 2nd & 4th Tuesdays of each month at 3pm-4:30pm in room 2 of the Community Centre. The next dates are May 12th & 26th

Please join us if this feels helpful to your journey.

For more information contact Jude (call 250-285-2302 or email dunnjudy@hotmail.com)

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Logging Roads to Trails?

This picture is just one example of what the forests look like when leaving the main roads



north of Heriot Bay. Down Saxon Main are five proposed cutblocks that will take out more forest, 80-120 years old.

You can see that forests have been cut right up to the wetlands and streams, and many logging roads break up the forests into small chunks- not great for wildlife habitat.

This past March CBC noted that even the government’s own panel appointed to identify old growth forests for protection have said they are concerned about the continued logging of “irreplaceable” forests and the unsustainable rate of logging in the province. The proposed old growth deferrals were supposed to protect these old forests from logging until the proper long-term planning was done. This long-term planning still has not been done.

Science suggests that there is a more sustainable, ecologically focussed way to harvest forest resources while preserving

intact old forest ecosystems for communities, tourism, and education.

This approach was recommended in the 2020 “A NEW FUTURE FOR OLD FORESTS – A Strategic Review”; but again, none of the fourteen recommendations have been implemented by government.

Many people live here because of the beautiful environment, the forests and lakes, the unspoiled nature. It is crazy that we have to fight the government to keep our environment in a pristine state and ensure all the trails and recreational areas are kept for everyone’s use and enjoyment! Many tourist businesses on this Island depend on the beauty of nature that we have on this island and the west coast generally. As we know the GDP contribution of logging is minimal, while tourism generates a large and growing proportion and also keeps jobs local, keeps profits on the Island.

I hear that much work was done in the past with TimberWest to generate agreements around cut block size, keeping visual quality for all areas of the Island and protecting watersheds. It seems that even these small respects to the environment and local community are ignored now as Mosaic/ TimberWest continue to invade and target old forests, cut right around and beside our trails, right up to watershed ponds and streams, and leave no visual corridor in many areas.

On Galiano Island most of the logging roads have been repurposed into a trail system for people to enjoy the forests and wildlife that have slowly recovered from industrial logging. This is how things change for the better.

Protecting all the trails from clearcutting is not a big ask. Although TFL47 is almost 40% of Quadra, our land base is only 7% of their total license! They could stop logging here completely and barely notice it.

The values driving forestry management must change: Ecosystem health first, immediate protection of all old intact forests that remain and preservation of healthy habitat for all species. Most of the mills have closed, logs are shipped overseas at the cost of irreversible damage to our forests; and no – endless tree plantations and glyphosate spraying is not sustainable, not restoring our forests or ecosystems – it is killing the vegetation, microbes, birds and pollinators.

Sheila Cavanagh

Win Big While Giving Back:

Two Incredible Raffle Prizes Up for Grabs!

The Quadra Island Senior Housing Society Spring Raffle is in full swing, and with only 800 tickets printed, your odds of winning are better than you might think. This year’s raffle features five amazing prize packages showcasing the very best of our island community. Here’s a closer look at two of the incredible prizes waiting to be won.

Outdoor Adventures Quadra-Cation

Set your sights on an unforgettable coastal escape with this ultimate West Coast adventure package.

Start with a 5-hour guided fishing trip from Saltaire Fishing, Kai White knows where the fish are! Be sure to bring along a delicious lunch basket from Farm to Table, packed with fresh local goodies to keep your energy up for the big catch.

The adventure continues with a \$1,000 gift card from Spirit of the West Adventures, perfect for planning a once-in-a-lifetime kayaking journey through coastal wilderness.

Unwind with a flight of wine or spirits at SouthEnd Farm & Winery, for the perfect ending to an unforgettable day.

Prize Value: \$1,890

Home Improvement

- There’s No Place Like Home

Cross off your to-do list with 5 hours of handyman service from Insumo Solutions, 4 hours of electrical work (with helper) from Cliff Mooney, 4 hours of plumbing service (with helper) from Bold Point Plumbing, a complete septic cleaning from All Clear Septic, and 4 hours of house cleaning and organizing from Sarah Maclellan.

Plus, receive a \$200 gift certificate from Quadra Builders to put toward materials, upgrades, or your next home project.

Prize Value: \$2,450

By purchasing a ticket, you’re not only entering to win these incredible prizes— you’re also supporting the Quadra Island Senior Housing Society and helping provide safe, affordable housing for local seniors.

Check out our website to see the description of the other 3 prizes. www.qisensorshousingsociety.ca/2026-spring-raffle

Only 800 tickets available—don’t miss your chance to win!



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I've Looked at Clouds From Both Sides Now: Part 2

In a recent article, I spoke about cloud storage and the costs associated with accessing storage from various platforms. This time, we are going to look at the hidden cost of cloud storage.

The digital infrastructure that powers our modern lives—from social media to financial transactions—exists physically in massive hubs known as data farms. While often described with the ethereal term "the cloud," these facilities have a tangible and growing environmental footprint. As of 2026, the industry faces increasing scrutiny over its consumption of water, energy, and land, a tension exemplified by the recently approved data center in Nanaimo, British Columbia.

The Global Blueprint: Energy and Water
Globally, data centers are among the most energy-intensive buildings on the planet. They currently account for approximately 1% to 2% of global electricity consumption, a figure projected to rise as artificial intelligence (AI) workloads demand more processing power. This energy is not only used to run the servers but also to cool them; without sophisticated thermal management, the hardware would melt. The "water footprint" of these facilities is equally significant. Many data centers utilize evaporative cooling systems, which can consume millions of liters of water daily. In a world increasingly defined by water scarcity, the diversion of potable water to cool computer chips has become a flashpoint for environmental advocacy.

Case Study: The Nanaimo Data Center

The proposed data center on East Wellington Road in Nanaimo provides a localized look at these global concerns. Approved in early March 2026, the 18,000-square-meter facility has sparked significant debate regarding its impact on the mid-island ecosystem. The primary concern for Nanaimo residents is the facility's projected water consumption. At full capacity, the center is expected to use roughly 61,000 liters of water per day. While the City of Nanaimo argues this is equivalent to a mid-sized apartment complex or a car wash, critics point out that the region is prone to summer droughts. To mitigate this, the city has imposed a water usage covenant, including a \$60,000 annual penalty if consumption limits are exceeded. A mere pittance for a multi-million dollar return.

The site is located in the semi-rural Jingle Pot area. While the land was previously rezoned for industrial use, local groups like Nature Nanaimo have raised alarms about the loss of Garry oak trees and potential runoff into the Nanaimo River, which could affect local salmon habitats. The facility will benefit from BC Hydro's "Innovation Rate," a discounted electricity price. This has led to public questioning of why energy-intensive private infrastructure receives subsidies while residents are urged to conserve. Additionally, the constant hum of industrial-scale cooling fans has raised concerns about noise pollution in the quiet, surrounding neighborhood.

The Nanaimo project reflects the broader challenge of the digital age: how to reconcile our "insatiable" need for data with the limits of our physical environment. Proponents argue that the facility is a necessary piece of infrastructure for "Quantum-Safe" data security—keeping data safe when quantum computing becomes the norm, sometime in the next few years—and brings high-tech investment to the region. However, the environmental cost—measured in hectares of cleared land, gigawatts of power, and millions of liters of water—suggests that the "cloud" is far heavier than it looks. As we move further into 2026, the success of such projects will likely depend on their ability to transition toward "water-positive" and carbon-neutral operations, ensuring that the digital future does not come at the expense of the local environment.

As always, I welcome any feedback on my articles. I am happy to help anyone who wants to learn how to navigate the digital world. You can reach me at dave@quadraliteracy.com

To book an appointment with our new Digital Support Outreach Worker, contact Grant at digitalsupport@quadraliteracy.com.

If you have general questions about literacy or need help finding an affordable device, please contact Kathie at Kathie@quadraliteracy.com

-Dave Tomblin

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Response: Letter to the Editor Titled "Tourist Tax" April 17, 2026, Issue of the DI

We read the recent letter to the editor and are responding because it is important that conversations about the proposed Municipal and Regional District Tax (MRDT) are grounded in clear information so that everyone understands what is being proposed and why. We are committed to being transparent with both residents and visitors as this process moves forward.

The MRDT is simply a tool that allows Quadra Island to capture a small contribution from visitors, reinvest it locally, and address real challenges affecting our businesses and workforce. It is about sustainability, not growth for growth's sake, and about ensuring that visitation continues to support — not strain — our community. We encourage anyone with questions to reach out; we want everyone to be informed with accurate and complete information.

The MRDT is not a locally created tax, nor is it unique to Quadra Island. It is a provincial program administered by the Province of British Columbia and is already in place in many communities across Vancouver Island and coastal BC, including Cortes Island, Campbell River, Tofino, Ucluelet, Nanaimo, Victoria, the Cowichan Valley, and the Comox Valley. The proposed MRDT for Quadra Island is a 2% tax (3% in several areas of the province) applied

only to short-term visitor accommodations, including hotels, resorts, and short-term rentals such as Airbnb and VRBO (not campgrounds or marinas). It is paid by visitors, not residents, and is collected in the same way as other accommodation taxes already in place elsewhere.

The MRDT presents an opportunity for Quadra Island to reinvest visitor-generated revenue back into the community, support local businesses and visitor services, address workforce housing challenges impacting our economy, and strengthen a more stable, year-round economy. Through the Quadra Island Economic Diversification Plan (2026), developed over eight months with community input, it became clear that Quadra's businesses are already constrained, particularly in peak season, largely due to workforce housing shortages. Without addressing this, businesses cannot maintain service levels, let alone grow sustainably.

A key component of the MRDT program is the ability to support visitor economy workforce stabilization, including housing-related initiatives. This means that visitor accommodation activity can contribute to housing solutions, local businesses are better able to retain staff, and visitors receive a consistent and quality experience. This approach has been supported unanimously

by Quadra Island's multi-room accommodation providers, who understand firsthand the pressures on staffing and operations.

It is also important to clarify that the MRDT is not simply about advertising to bring more people in. The strategy is focused on supporting year-round visitation rather than increasing peak season congestion, encouraging longer stays that benefit local businesses without increasing ferry pressure, and improving the overall quality of the visitor experience. Visitors who stay overnight contribute significantly more to the local economy than day visitors, supporting restaurants, shops, farms, artists, and service providers across the island.

We understand that concerns about increased visitation exist and have been clearly expressed through the Economic Diversification process. The intent of the MRDT is not to increase unmanaged visitation, but rather to better manage visitation so that it works for the community, not against

it. Visitation is already part of Quadra Island's economy. The question is not whether it exists, but whether we have the tools to manage it in a way that benefits residents, visitors, businesses, and the community.

This proposal is not being imposed externally. It is the result of eight months of community consultation, a completed Economic Diversification Plan, unanimous support from local accommodation providers, and formal support from the Strathcona Regional District. The Discovery Islands Chamber of Commerce is committed to ongoing transparency, including sharing plans, reporting on how funds are used, and ensuring the community remains informed as the program evolves. It reflects a shared recognition that visitation, when managed properly, can be a positive force that supports community wellbeing.

Sincerely,
Discovery Islands Chamber of Commerce
admin@dicc.ca

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Hello,

The timeline of this report is odd: I'm submitting it to the Discovery Islander prior to the Wednesday April 29 Board meeting, where further decisions on the potential inclusion of Quadra Island properties in the Strathcona Gardens Service will be made. This report shares results from the recent Strathcona Gardens + Quadra Island survey which many Islanders participated in.

Following the March 25 majority decision of the Board to move forward with a service bylaw amendment adding Quadra Island to the Strathcona Gardens Service, I determined it would be useful to have a survey and learn more from community members on the topic. I wanted to gain understanding of Quadra Island residents support for various levels of funding, learn about community usage, provide space to hear constituents' thoughts, and have data to share with the SRD Board. My next report will share news from the April 29 Board meeting... stay tuned.

SURVEY ACCESS

It was important to me that the survey was accessible to as many Islanders as possible, so I utilized several methods to reach the community. A link to the survey was shared in my community Director's Report; I posted about it on social media; I made and pinned up posters with a QR code on bulletin boards around the island; the Bird's Eye shared a link to it; and, paper versions of the survey were available at two locations on Quadra Island, including the Quadra Island library.

HUGE COMMUNITY RESPONSE

The survey was open for 16 days, and in that time 626 individuals took the time to share their perspectives: wow! The large number of responses really shows the high level of community engagement around this issue. I'm truly grateful for the range of viewpoints Islanders shared, thank you to all who took the time.

DATA SHARED WITH THE SRD BOARD

With the survey data I produced a Director's Report for the SRD Board, which is on the April 29 agenda under 'Member Reports'. This report included three graphs and a summary of the written responses. My inspiration for the survey came in part from the recent work of the Regional District of East Kootenay where they ran a survey regarding a recreation contribution service to their Area C.

SURVEY RESULTS

On the question 'how important is it to you that the SRD meaningfully consult thru a referendum exclusively with Quadra Islanders prior to adding an annual Strathcona Gardens tax to Quadra Island properties', 95% of respondents answered, 'exceedingly important'. This confirms what I already understood, based on the petition of 1,226 signatures the Board received in 2025 requesting the same thing; this info is helpful as an advocacy lever.

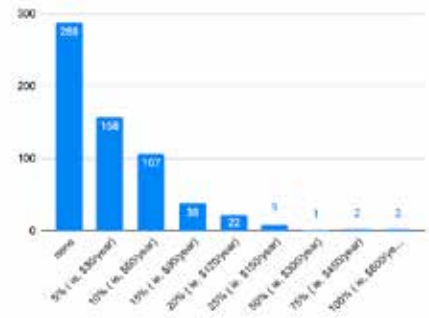
Usage: 87% of respondents never or rarely use the Strathcona Gardens recreation facility. Further context was provided by several people who responded 'once every few years', explaining that the visit was for a graduation ceremony or other large event. The remaining 13% of responses showed usage ranging from once per year to more than ten times a year.

The question 'what percentage of the annual Strathcona Gardens tax is most appropriate for Quadra Island property owners to contribute to Strathcona Gardens' offered a broader range of responses. 46% of respondents said No Contribution; 25% of folks were okay with a 5% contribution (ie \$30/year); 17% of folks said yes to a 10% (ie \$60/year) contribution. Support beyond 20% (ie \$120/year) was 2% of responses. See the attached graph for details.

COMMUNITY COMMENTS

Many households, particularly seniors and families, said the increase could create real financial hardship or risk housing stability. The potential \$600/average property tax is viewed as especially unreasonable given broader cost-

What percentage of the annual Strathcona Gardens tax is most appropriate for Quadra Island property owners to contribute to Strat...



of-living pressures and existing local financial obligations such as the soon-to-be new fire hall and upcoming requirements of the QCove sewer system.

Residents strongly reject the assumption that Quadra has comparable access to the facility, highlighting that travel requires ferry costs, long wait times, and significant time commitment. The ferry is described as a major structural barrier, particularly for seniors and low-income residents. Residents consistently highlighted unmet needs on Quadra, and that basic services like garbage collection should be prioritized over off-island recreation investments.

A small number of comments highlighted the importance of recreation facilities for youth and families, and long-term community benefits of investing in shared infrastructure. However, even supportive voices acknowledged concerns about cost, fairness, and process.

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PROVINCIAL ADVOCACY

The Ministry of Housing and Municipal Affairs has a role in this process: service bylaw amendments must be approved by the Inspector of Municipalities. I've written to the Honourable Christine Boyle, Minister of Housing and Municipal Affairs, and the Inspector of Municipalities, outlining the community's clear request for an exclusive binding referendum rather than a process which simultaneously polls the 40,000+ residents of the areas already within the service. This is something which can be ordered by the Minister. Pending outcomes of the April 29 Board meeting I will be following up with the Minister.

My inbox has been 'cc'd' quite a few emails from residents writing to the Minister of Housing and Municipal Affairs, sharing concerns and advocating for the same. Thank you for cc'ing me, and I appreciate your advocacy.

CONNECT

You're welcome to connect with me with questions or concerns: email RMawhinney@srd.ca, or call 250.203.2468. Visit RobynMawhinney.ca for links to helpful community resources and 'back issues' of Director Reports. Visit srd.ca/government/agendas-minutes to keep up to date on SRD governance happenings. .

Until next time, respectfully, Robyn Mawhinney

Special to the DI:

VICTORIA: Background from Ministry of Housing and Municipal Affairs:

The bylaw amendment about which Quadra Island residents have raised concerns has not yet been submitted to the Inspector of Municipalities for review or approval, as it first has to be drafted and presented to the Strathcona Regional District for three readings.

When a bylaw is submitted for approval, it is reviewed through the Inspector of Municipalities' standard oversight process to ensure it meets legislative requirements. For an amendment bylaw, this includes ensuring that the appropriate consents or participating area approval have been obtained in accordance with the legislation.

Local residents are encouraged to continue working with the regional district to share their concerns. If the regional district decides to proceed with the amendment bylaw and local area residents believe they were not adequately consulted, they can submit their concerns to the Inspector of Municipalities at the time the bylaw is submitted to the Inspector for review and approval.

Seven Things to Know About the End of Life

This is a summary of an article from the *The Washington Post*, April 2, 2026



Death doulas—non-medical professionals who support people and their families through the dying process—offer a unique perspective on

what the end of life can look like. Their work is grounded in presence, compassion, and practical support, whether that means advocating within the healthcare system, sitting quietly at the bedside, or helping create a meaningful environment for someone's final days. Drawing on their experiences, here are seven important insights they want more people to understand about dying.

1. Dying can be peaceful

Despite common fears, death is not always painful or distressing. Many doulas describe it as a natural process the body is prepared for, much like birth. For those who have been living with serious illness, death can even bring a sense of relief. Emotional peace also plays a role—people who have tended to relationships, expressed what matters, and found some sense of closure often experience a calmer transition.

2. The experience can be personalized

End-of-life care doesn't have to be clinical or impersonal. People can shape their final days in ways that reflect who they are—through music, familiar objects, meaningful rituals, or the presence of loved ones (including pets, where possible). Even when someone is no longer responsive, these elements can create comfort and connection for both the dying person and those around them.

3. It doesn't have to be painful

Modern hospice care focuses on comfort, and medications are highly effective at managing pain and other symptoms. While older generations may remember difficult deaths, today's care can greatly reduce suffering. Doulas often help ensure that comfort needs are met and reassure families about what's normal—such as decreased appetite or restlessness—so they can respond with understanding rather than alarm.

4. A sudden burst of energy is common

Many people experience a brief period of renewed energy or clarity in the days before death, sometimes called an "end-of-life rally." This can look like increased alertness, conversation, or even appetite. While it may seem like improvement, it often signals that death is approaching. For families, it can be a meaningful window for connection and shared moments.

5. Visions or sensations of loved ones may occur

It's not unusual for dying individuals to speak about or reach out to people who have already died. Whether understood as neurological, psychological, or spiritual, these experiences are very real to the person having them. Doulas encourage loved ones to listen and affirm rather than dismiss, as this can bring comfort and a sense of companionship.

6. Hearing is often the last sense to fade

As the body shuts down, people typically sleep more and become unresponsive. However, hearing is believed to remain until very near the end. Speaking gently, offering reassurance, and expressing love can be deeply meaningful—even if there's no outward response. Simple words like "I'm here" or "it's okay to go" can provide comfort.

7. Talking about death can make it less frightening

One of the most consistent messages from death doulas is that avoiding conversations about death often increases fear. Reflecting on mortality—both practically and emotionally—can help people live more intentionally and approach the end of life with less anxiety. In the end, many people focus not on achievements or possessions, but on questions of love, connection, and meaning.

Ultimately, death doulas remind us that dying is not just a medical event, but a deeply human experience.

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; view upcoming events, read previously written articles, and join our email list.

Summarized by Margaret Verschuur

The Dark Tetrad - Part 1

As the course of history attests, civilizations tend to rise and then fall. This process poses two fundamental questions. What

causes people to coalesce into complex societies? And what causes them to fracture into disorganized populations? Perhaps the most cogent and credible of current explanations to both their formation and collapse is in

Goliath's Curse: The History and Future of Societal Collapse, a remarkably insightful 2025 book by Dr. Luke Kemp, a scholar from the

Centre for Studies of Existential Risk at the Cambridge University.

Over an intensive seven years, Kemp studied about 400 societies that have existed during the last 5,000 years. He concluded that the character constant which has allowed societies to form into civilizations and then recover from their collapse is the human inclination to be egalitarian. We are naturally disposed to trust, share and cooperate. This is what formed the original bond within families, clans and tribes, and was eventually the cohesive force in the larger societies that formed as a consequence of the Agricultural Revolution. Our globally integrated world could not exist without an inherent sense of egalitarianism that supersedes racial, cultural, linguistic and religious differences. This characteristic has been baked into our genes by the sharing of

food, tools and resources that took place during the many millennia of our existence as hunter-gatherer societies.

As for the collapse of societies, the perspective provided to Kemp by carefully examining 5,000 years of human history has convinced him that the chaos is not the result of the fundamental human character, but is caused by those leaders who possess one or more of the attributes of an aberrant personality type that he calls the “dark triad” of narcissism, psychopathy and manipulation. This is the

Goliath's Curse of the book's title, and it is the defective component in our human psychology that infects civilizations.

But these “civilizations”, according to Kemp, were not what we would call “civilized”. In keeping with the attributes of the “dark triad”, they were domineering, controlling, exploitative, patriarchal, sadistic and brutal. They were commonly identified by oppression, slavery, massive poverty and ritual sacrifice. These so-called “civilizations” were images of the grandiose personalities of their leaders. In Kemp's opinion, such Bronze Age kingdoms are best described as stories of “organized crime”. And to survive, these

Goliath states needed three conditions: excess food that could be stored, such as grain or maize; sophisticated bronze weapons that were

superior to stone and wood; and geographical locations surrounded by mountains, deserts or oceans that kept people confined in a “caged land”.

These Goliath states, like their biblical namesake, contained the attributes of their own undoing. The “dark triad” of the personalities of their leaders created the selfishness, infighting, corruption, immiseration, greed, resource exploitation, over expansion, and poor strategic planning that made them vulnerable to the arrival of unexpected wars, diseases and environmental stresses. Indeed, Goliath personalities are particularly poor planners because their attention is not on the collective wellbeing of the society and the efficient use of its human resources, but on the protection of their own prestige, authority and power. The end result of this focus is the concentration of wealth and influence that leads to widespread corruption and exploitation. This works to the detriment of the collective whole, contributes to an erosion of both morality and morale, and eventually makes the social structure so precarious that it is unable to survive the shock of any adversity. The rot incapacitates the society from the inside until it collapses—essentially what happened to the Roman Empire.

Kemp notices, unfortunately, that signs of this process are active in the global civilization of today. In this immediate present, he notes in an interview with The Guardian, “The three most powerful men in the world are a walking version of the dark triad: Trump is a textbook narcissist, Putin is a cold psychopath, and Xi Jinping came to rule [China] by being a master Machiavellian manipulator.” And during the last half century, wealth has become more and more concentrated in the control of fewer and fewer people—people, incidentally,

who by social selection processes are inclined to possess some or all of the ominous characteristics of the “dark triad”.

This begins to explain the general mood of cynicism and pessimism that is pervading the global community—the general sense that the world is not working as it should. We have the knowledge, skills, technology and wealth to vastly improve the living conditions for all humans, animals and plants on the entire planet. But wars are being fought for unjustified reasons. Measures to avert, or at least ameliorate the climate crisis, are being stalled or subverted by multinational corporations that have a vested interest in burning fossil fuels. The potential of social media to enlighten humanity has become a tool for commercial exploitation. Toxic chemicals are still being emitted into the ground, water and air. Forests continue to be decimated to provide grazing land and feed for cattle. And we continue to heat the planet toward a doomsday scenario.

“Today,” said Kemp in his candid Guardian interview, “people find it easier to imagine that we can build intelligence on silicon than we can do democracy at scale, or that we can escape arms races. It's complete bullshit. Of course we can do democracy at scale. We're a naturally social, altruistic, democratic species, and we all have an anti-dominance intuition. This is what we're built for.” In summary, said Kemp, “I'm pessimistic about the future. But I'm optimistic about people.” However, Luke Kemp's optimism is challenged when Dr. Leanne ten Brinke, a psychologist, adds sadism to the Dark Triad to make it the Dark Tetrad.

To be continued

Ray Grigg
for Sierra Quadra

DATE	TIME PDT	M.	FT.
01 Fri	00:20	3.122	10.2
	05:26	4.384	14.4
	12:32	1.099	3.6
	19:44	4.673	15.3
02 Sat	01:08	3.348	11.0
	05:50	4.299	14.1
	13:03	0.983	3.2
	20:28	4.764	15.6
03 Sun	01:54	3.529	11.6
	06:14	4.215	13.8
	13:34	0.934	3.1
	21:10	4.776	15.7
04 Mon	02:39	3.657	12.0
	06:39	4.128	13.5
	14:08	0.950	3.1
	21:53	4.725	15.5
05 Tue	03:28	3.728	12.2
	07:05	4.032	13.2
	14:46	1.022	3.4
	22:39	4.641	15.2
06 Wed	04:27	3.739	12.3
	07:36	3.916	12.8
	15:26	1.138	3.7
	23:29	4.554	14.9
07 Thu	05:41	3.680	12.1
	08:13	3.771	12.4
	16:10	1.288	4.2
08 Fri	00:21	4.493	14.7
	06:59	3.538	11.6
	09:03	3.591	11.8
	16:59	1.472	4.8
09 Sat	01:12	4.473	14.7
	08:03	3.312	10.9
	10:31	3.392	11.1
	17:55	1.689	5.5
10 Sun	01:55	4.486	14.7
	08:48	3.008	9.9
	12:40	3.304	10.8
	18:57	1.936	6.4
11 Mon	02:31	4.515	14.8
	09:25	2.634	8.6
	14:16	3.407	11.2
	20:02	2.207	7.2
12 Tue	03:01	4.544	14.9
	09:57	2.202	7.2
	15:34	3.645	12.0
	21:03	2.500	8.2
13 Wed	03:27	4.569	15.0
	10:28	1.737	5.7
	16:44	3.968	13.0
	21:59	2.811	9.2
14 Thu	03:51	4.590	15.1
	11:00	1.274	4.2
	17:46	4.321	14.2
	22:52	3.115	10.2
15 Fri	04:15	4.608	15.1
	11:33	0.854	2.8
	18:41	4.644	15.2

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