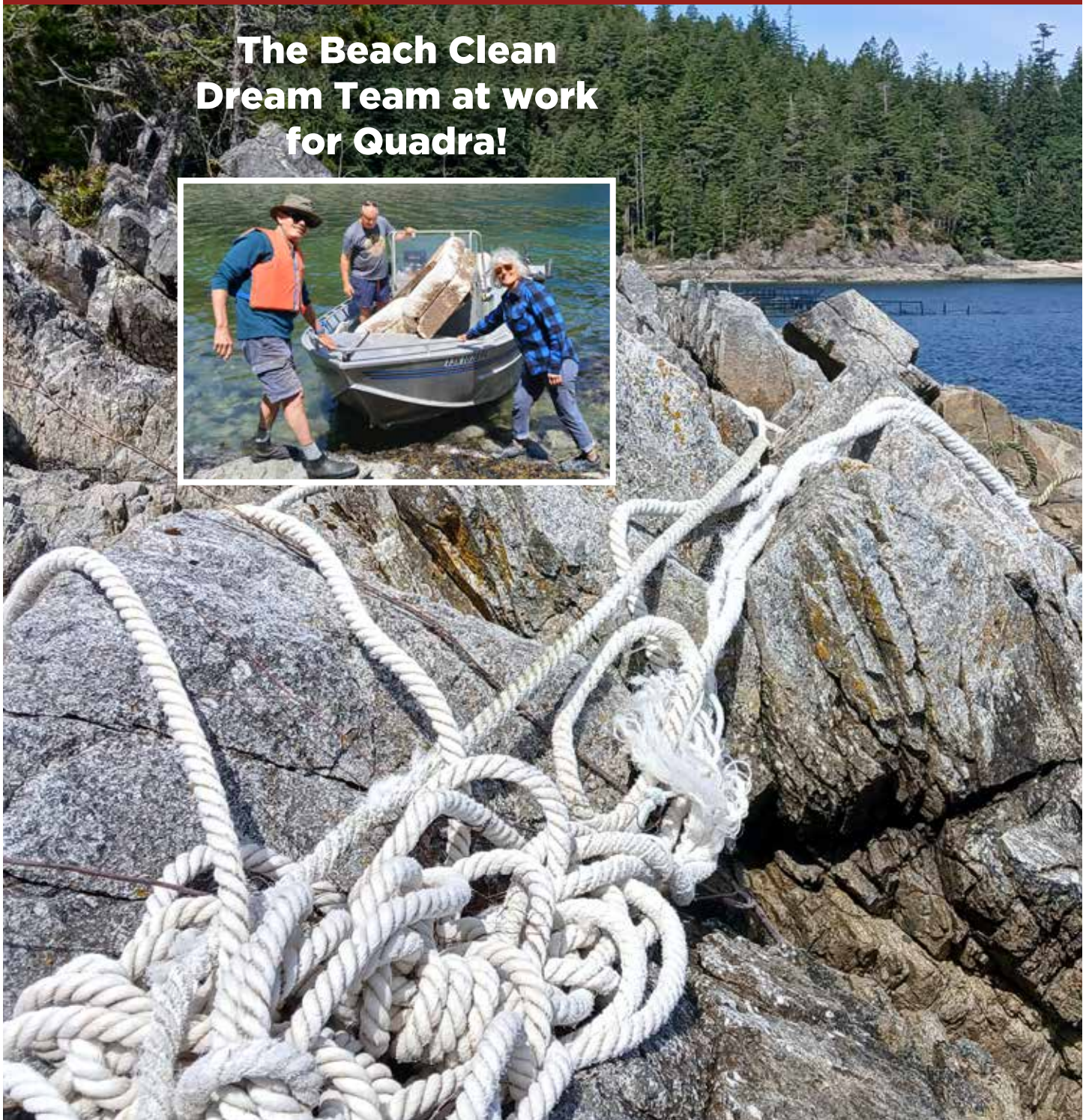


Discovery Islander

SINCE 1993
AND BEYOND

ISSUE 884 • JUNE 12, 2026 • COMMUNITY NEWS & EVENTS FROM QUADRA & THE DISCOVERY ISLANDS

The Beach Clean Dream Team at work for Quadra!



Cover Story Ongoing Tales from The Beach Clean Dream Team

CONGRATULATIONS to Roy Howarth on getting the new recycling facility up and running! There are always some challenges with the 'system' which can be frustrating for many, myself included.

Case in point, our plans for the Ocean Legacy Foundation's marine debris recycling area at the new site. For the past four years the Quadra Island Beach Clean Dream Team has used the vacant land for our



gathering, sorting, and loading area of all the collected material. We won't be accepting any debris for the next few months now while the new area is prepared.

I thank the entire team and CVWM Ocean Legacy

Foundation for providing the bins and arranging the trucking details. Special thanks to everyone who brought their marine debris pollution for proper recycling and disposal.

It's always surprising how much garbage humans discard or otherwise release into our environment. I had the pleasure last night to assist John and Bev on their never-ending quest to finish the job and go fetch our remaining stash piles off Cape Mudge. It was very challenging with many low tides and windy days that had prevented earlier removal.

I figured the combined age of our three-person team was about 230 years young!



So thanks and patience please to everyone who collected and missed our load-the-bin days. I know there's a few of you and hopefully by October a plan will be hatched so that nothing falls through the cracks.

A big thank-you to Small Planet Energy Inc. for awarding our team the first place finish in your cleanup contest this April.

And one last thing: remember to choose #319 for your Spirit Points at both TruValue Stores, please!

PS: I found a beautiful coconut last night, bringing this year's total count to six – but I left it where I found it for someone else to discover...

Nevil Hand



You are invited

to come Celebrate our

Community Gratitude Event

Celebrating the release of our First VitalSigns report and recent community generosity

Location: Quadra Island Community Centre
Monday, June 29 - Time: 7:00PM

- Guest Speaker: Dr. Moghimehfar will present the 2025 Vital Signs Summary Report.
- Clinic Update: Hear the latest news and next steps for the Quadra Island Medical Clinic.
- Sweet Treats: Enjoy complimentary dessert as we say thank you for Quadra Generosity and Community Spirit

Come celebrate this community milestone and hear important updates about healthcare on our island,

It's Quadra Free Day!

ON JUNE 13TH between 9-5, drive past these homes to find free treasures.

If you didn't get your address registered, feel free to participate by putting stuff outside your property. Please bring what's left at the end of the day.

669 Hotel Rd (HBI)
660 Heriot Road (Cortes Ferry)
1530 Schooner Road
134 Quadra Loop

787 Cliffe Rd
952 April Point Road
400 Cape Mudge Rd
422 Cape Mudge Rd
1425 Heriot Bay Rd.
1401 Heriot Bay Rd
1130 West Road
749 Noble Rd
632 Noble Rd
46 Weway Rd
190 Irene Rd

Quadra Island's 61st Annual Trout Derby!

ANNUAL TROUT DERBY, Saturday June 20 & Sunday June 21 at Village Bay Lake! Adults \$20 & Children 15 & under \$10 to enter. Must register by noon on Sunday, with final weigh-in at 3pm on Sunday. Family fun event, no fishing license required on this weekend.

Island Calendar Day to Day

Thursday, June 11

- Quadra Singers AGM & Potluck, 6pm, 1087 Topcliff Rd.

Friday, June 12

- Scrawny Biggs Band at the Legion, see page 4.

Saturday, June 13

- Quadra Free Day, at participating residences. 9am to 5pm.
- Quadra Farmers' Market, 10 to 2 in the field by Café Aroma. Music: Dylan Alps.
- The New Forest Act, presentation and Q&A at QCC, 7pm. See ad on page 9.

Saturday & Sunday, June 13 & 14

- Harry Manx at Herons Dining Room, HBI. Dinner and show. Reservations 285 2233. See ad on page 7 for details.

Sunday, June 14

- Children's Centre AGM, QCC, 3pm

Saturday, June 20

- Quadra Farmers' Market, 10 to 2 in the field by Café Aroma. Music: Jean-Marc Lacoursiere.

Tuesday, June 23

- Quadra Library: Celebrate the 20th anniversary of the Dolly Parton Imagination Library. 10:30 to 11:30 book readings, family-friendly activities, snacks. See page 6.

Friday, June 26

- Cosmosaurus at the Legion, 9pm, \$15. See page 4.

Saturday, June 27

- Erica Sigurdson in a Comedy Evening fundraiser for The Legion, \$30. See page 4.

Tuesday, July 21

- Aqua Chautauqua Community service project 10am to 2pm, see poster page 15.
- Community Potluck 6 to 8pm, QCC.

Wednesday, July 22

- Aqua Chautauqua Big Parade 10 to 11am, Café Aroma to Quadra School.
- Workshops 12 to 4pm, QCC; The Big Show, 7pm, QCC.

List your event in our Island Calendar

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

Next deadline Issue 885

Monday June 22 for publication on Friday June 26



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What's Happening at QCC June 12 to 26

THIS WEEKEND: June 12-14

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 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 Discovery Islands Ecosystems Mapping Project

SUNDAY: 3 Children's Centre AGM

THIS WEEK: June 15-19

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Yoga with Josephine

TUESDAY: 2:45 Intro to Softball, QCC Field

WEDNESDAY: 4 Intermediate Softball, QCC Field; 5:50 Hatha Flow Yoga with Elizabeth - text 778-681-7527 to register

THURSDAY: 10 Parents and Tots; 5 Core Strength and Stability with Nicki

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

NEXT WEEKEND: June 20-21

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki; 3 Music Recital with Kate

NEXT WEEK: June 22-26

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 10 Yoga with Josephine

TUESDAY: 9:30 Pilates; 2:45 Intro to Softball, QCC Field; 7 Chamber Music Festival Concert

WEDNESDAY: 4 Intermediate Softball, QCC Field; 5:50 Hatha Flow Yoga with Elizabeth - text 778-681-7527 to register; 6 SRD Community Meeting

THURSDAY: (No Parents and Tots today) 12:30 Free FAMILY Concert with Chamber Music Festival; 5 Core Strength and Stability with Nicki

FRIDAY: 8:30 Fitness with Jeannie; 9:30 Men's Fitness with Jeannie; 12 noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com; 7 Chamber Music Festival Concert

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 Email: info@quadrarec.bc.ca



Cortes Radio

Drop in and tune out

89.5

Discovery Islander

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12 JUNE, 2026

Publisher Philip Stone
Guest Editor Robyn Budd

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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, June 22
for publication on
Friday, June 26, 2026

At The Legion

FRIDAY JUNE 12

Scrawny Biggs is bringing its raw, backwoods, outlaw, blues/country inspired Rock'n'Roll to the Quadra to the Legion.

Signed to Dodgy Country Records with an EP/Album in the works and singles set to be released over the next six months, they are quickly building a reputation as a band you don't want to miss.

FRIDAY JUNE 26, 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. \$15 cover.

SATURDAY JUNE 27, 8pm

The L.A. presents a Comedy Evening fundraiser for the Legion featuring Vancouver based-Erica Sigurdson. Erica has performed at every major comedy festival in Canada and internationally! Tickets on sale at Inspirations, Copper Coast and the Legion, \$30.

FRIDAY JULY 3, 9pm

Quadra's new and very exciting band, THAT IS, playing an eclectic mix of musical styles that's definitely danceable and a whole lot of fun! \$10 cover.

SATURDAY JULY 4, 8:30pm

Hal Douglas Band.

MONDAYS AT 8pm is the new

Pool time at The Quadra Legion! Weekly 8-Ball Pool and more. \$10 entry fee, all skill levels welcome.



QI Farmers Market

THE QUADRA MARKET is held every Saturday from 10am to 2pm in the field behind Café Aroma. Always great music every week:

JUNE 13 Dylan Alps

JUNE 20 Jean-Marc Lacoursiere

Come check out Olena's magical world of crochet treasures, so finely crafted and delightfully imaginative – she always has new designs for you to discover. A big hit with the kids and great for special birthday and baby shower gifts! Find her in the upper field across from the band tent.



Quadra Island Pantry M.A.G. Memorial Bursary

(In memory of our son Michael)

QUADRA ISLAND Pantry is again offering a bursary of \$500, available to assist a Quadra Island student pursuing post-secondary education. Eligible applicants are Quadra Island students who have not received this bursary in the past.

Michael was a tradesman and always proud of his blue collar status, so this bursary is open to a student entering trade schools and art academies, etc, as well as academic institutes. The bursary is payable directly to the student to assist with travel, book fees, or any other expenses the student may incur.

Applications can be submitted by email to qipantry@gmail.com until August 31, 2026.

Please include the following:

- Student's name and contact information.
- Proof of enrolment in any post-secondary educational or training institution.
- Write a short letter telling us a little about yourself, how long you've lived on Quadra Island, and what the Quadra community has meant to you.
- Include your educational goals and how this bursary will help you pursue those goals.

Thank you to Island Pantry's customers for making this possible by contributing to QIP's ice cream and till jiggle buckets.

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QI Community Exceeds \$50,000 Fundraising Goal

THE QUADRA ISLAND FOUNDATION (QIF) is proud to announce that its community-wide fundraising campaign to support the recruitment of a Medical/Family Practice Doctor to Quadra Island has not only reached its \$50,000 target, It has surpassed, in less than two weeks.

The campaign was initiated at the request of the Quadra Island Health Society (QIHS), which engaged the Quadra Island Foundation to administer the fundraising effort aimed at attracting a family physician to the island. The Foundation anticipated the goal might take several months to achieve. The Quadra Island community had other ideas.

“We are absolutely impressed by the generosity, community spirit, and heart of Quadra Islanders,” said Marc Doll, Chair of the Quadra Island Foundation. “This response is a powerful statement about how much our community values accessible healthcare. When Quadra Islanders rally around a cause, the results speak for themselves.”

With funds now secured, a professional recruiter has been engaged and is actively working to identify a physician who is the right fit for Quadra Island. The Foundation wishes to be transparent with donors and the broader community: recruiting a doctor to a rural island community is a significant challenge. The process is complex, competitive, and takes time. However, the community’s extraordinary response ensures that every possible resource is now available to pursue this critical goal.

In parallel, the Quadra Island Health Society is leaving no stone unturned, exploring every available avenue and creative option to keep the Quadra Island Medical Clinic open and serving residents throughout the recruitment process.

The Quadra Island Foundation is committed to ensuring that every dollar raised is invested wisely, transparently, and with the sole purpose of securing lasting healthcare for the people of Quadra Island. Charitable tax receipts will be issued to all donors by the end of the year.

“This is what ‘community’ looks like,” added Doll. “The Quadra Island Foundation is honoured to steward these funds and we look forward to the day we can welcome a new family practitioner to our island.”

ABOUT THE QUADRA ISLAND FOUNDATION: The Quadra Island Foundation is a volunteer-led charitable organization dedicated to supporting the well-being and vitality of the Quadra Island community. The Foundation administers funds for a range of community initiatives, ensuring donor contributions are managed with integrity and purpose.

ABOUT THE QUADRA ISLAND HEALTH SOCIETY: The Quadra Island Health Society works to maintain and improve healthcare services for residents of Quadra Island, including the operation of the Quadra Island Medical Clinic.

Marc Doll, Chair@QuadraIslandFoundation.ca



Thank you Quadra!

THE QUADRA ISLAND HEALTH SOCIETY surpassed its fundraising goal of \$50,000 in just two weeks. That is a mighty achievement and everyone’s generosity should be recognised.

A professional recruiter costs \$40,000 and we now have the cash to cover that in addition to overheads (payment to the Quadra Island Foundation), transition (while we hopefully move from one practitioner to another) and of course contingencies (the just in case fund).

We have interviewed some potential doctors and as soon as we have positive news we will share that.

QIHS also has had interest from some potential nurse practitioners, but Island Health mandates that we need a doctor in the office for a NP to be able to work. This is just one more incentive to get someone in place soon.

While we love Quadra and cannot understand why doctors aren’t hammering on our doors, we are told by Island Health and recruitment firms that few doctors are attracted to rural family practice. New doctors are often looking for support and education with teaching hospitals. Others are looking for work life balance and don’t want to commit to a full time practice,

And of course we all know the barrier of the cost of housing here. A big thank you to the people who do have properties that they have said they could rent to a doctor for a long or short time. Some municipalities have been able to provide subsidised rent or housing itself; others are recruiting doctors themselves. We are trying to fit in the patchwork.

The reality is that there is a Canada-wide shortage of doctors and Island Health alone has postings for more than 70 doctors.

QIHS is still optimistic we will be able to keep the clinic open after Dr Hughes leaves in September, and we know we have the support of our community behind us.

Claire Trevena

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

news@discoveryislands.ca

BLK G VILLAGE BAY LAKE *NEW LISTING!* \$599,000 MLS# 1038100



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Celebrating 20 Years of Dolly Parton's Imagination Library

QUADRA LITERACY is joining communities across Canada in celebrating the 20th anniversary of Dolly Parton's Imagination Library in Canada and the milestone of 5 million books mailed to children nationwide.

Since becoming a Dolly Parton Imagination Library Affiliate in February 2023, Quadra Literacy has helped bring the joy of reading to local families. To date, 82 Quadra Island children from birth to age five have received 1,487 books through the program, with 52 children currently enrolled.

Each month, enrolled children receive a high-quality, age-appropriate book delivered directly to their mailbox at no cost to their family. While the Dollywood Foundation covers the cost of the books, Quadra Literacy funds the shipping costs that make local delivery possible.

Research continues to show that access to books in the home supports early literacy development, school readiness, and long-term educational success. Through the Imagination Library, children can begin building a love of reading from their earliest years.

To mark this national milestone and celebrate our local achievements, Quadra Literacy is teaming up with Quadra Library

to host a community celebration. Join us at Quadra Library on Tuesday June 23 from 10:30 to 11:30 for book readings, family-friendly activities, and snacks.

Families with children under five who would like to enroll in the program can contact Kathie at Quadra Literacy to learn more at quadraliteracynetwork@gmail.com or register directly at <https://imaginationlibrary.com/ca/>.

Quadra Literacy gratefully acknowledges the support of Campbell River Daybreak Rotary, the QI Giant Garage Sale, the Quadra Legion, and everyone who has purchased Socks for Literacy. Their contributions help ensure that local children can continue to receive free books each month.



QI Pantry: A Community Solution

OVER THE PAST eight months, we've spent a lot of time talking about resilience, community, and shared ownership and what it really means to build something together through a co-op.

At the end of the day, it's pretty simple. A co-op puts people and its community first. Profit stays right here, supporting folks who actually use the co-op.

There's something a little old-fashioned about that and honestly, we think that's a good thing.

A co-op is a place where people know your name. Where quick chats in the aisle matter. Where the relationship between the store and the community feels personal, not just transactional.

And when times get tough, a co-op doesn't step back, it lends a hand to the people who rely on it, focusing on keeping things fair, stable, and accessible for everyone.

At its heart, a co-op is built on one simple idea: people come first. That means every decision we make comes back to what's best for our customers and our community. When we work together and keep things local, it becomes more than just a store, it becomes something we all share and take pride in.

We'll be signing off for the summer and will pick things back up again this fall, ready to push things forward in a big way. In the meantime, we hope you have a wonderful summer with your family.

Thank you for listening and for your continued support and don't forget to pop in for an ice cream cone and a quick hello! *Quadra Island Community Food Co-operative* qipantrycoop@gmail.com

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COMEDY NIGHT FUNDRAISER

Erica Sigurdson

*From CBC radio's 'The Debaters and Just For Laughs'

Admission \$30

Tickets available @

- Copper Coast Gallery & Gifts, Heriot Bay
- Inspirations, Q Cove
- Legion Branch #154

Saturday June 27th
Doors open 7:30pm
Show @ 8:00pm

At the Quadra Island Legion Heriot Bay

Quadra Island Thrift: Our First Year In Review

HELLO, QUADRA!

It's now been a full year of Quadra Island Thrift and we couldn't be more thrilled with how it's shaped up! We are excited to share what we've achieved in this first year, thanks to you!

Firstly, we are happy to say we sold 30,487 items! We think having a local donation drop off point/somewhere to buy essential (and non essential) items at affordable prices provides a huge benefit to the community, as well as reducing our environmental impact. However, not all items were able to find new homes, so we did our best to re-distribute them wherever they could be useful: over the winter we had a volunteer who picked up clothing weekly and took it over town to shelters, harm reduction sites, and the women's transition centre; we worked with the ICAN food distribution program to distribute warm layers and clothing on the island; many personal care products we donated to the foodbank; ceramics were given to Elayna's mosaic group; and most recently, we have started saving linens for MARS wildlife rescue.

We were also able to generate enough proceeds to make a few financial donations to our community. After two rounds of seeking community input, we donated over \$2,100 to the Children's Centre's new roof, over \$1,300 to the foodbank, and over \$500 to Kids' Pottery with Katie. These sums were a combination of funds from our first year's income, excess funds in our pay it forward program, and 100% of the proceeds from our May 16th anniversary party.

Many of you already know about our "pay it forward" program, a community cash pool which anyone can contribute to, and any one can access to help pay for their purchases. Aside from its in-store use, in 2025 alone the extra change from the pay it forward program paid for \$620 worth of gift cards that we distributed to locals through the foodbank and Christmas community lunch.

We were also thrilled to collaborate with/support some of our incredible local community events and initiatives. Over the holidays and again now we've sold socks for literacy (a fundraiser for Quadra Literacy), and last summer we hosted a fundraiser to help ICAN cover the cost of their community fridge. We recently contributed to a raffle to raise money for the Quadra Senior Housing, and we've been able to give large gift cards to locals who have lost their belongings in emergencies. Perhaps our favourite, last summer we hosted a "zucchini library" where locals could leave their oversized zucchinis so kids without gardens could participate in the zucchini race at the harvest happenings fall fair.

While we didn't pull off all of our upcycling aspirations, we did manage some with the help of some of our incredible volunteers. Aside from our merch clothing which we hand silkscreen onto donated clothing, we also had a volunteer working over the winter to meticulously mend wool sweaters, and another volunteer who tie-dyes for us!

This coming year, we plan to continue much of what we have already been doing, and look forward to also focusing on more creative

endeavours. We hope to do more upcycling and mending, expand our merch line, and most excitingly, are planning an upcycled fashion show for spring 2027! We are also super excited to be funding a youth upcycling course this summer called Thrift 2 Fashion, (register for free by going to quadraec.recodesk.com and searching "thrift 2 fashion")!



We are ceaselessly humbled and grateful for the endless support of this community. Whether you donate, shop, or simply offer us words of support, your contribution is deeply appreciated. A special shout out to our volunteers: Adrienne, Anita, Barry, Cec, Deanna, Erin, Elizabeth, Liz, Shilo, Sue, Zale, and all of the other friends, family, and fellow community members who contribute regularly to help us keep this great clock ticking, we truly could not do it without you!

If you'd like to contact us, please feel free to send us an email at quadraislandthrift@gmail.com or come talk to us in person!
Quadra Island Thrift Team

HARRY MANX

FRIDAY & SATURDAY JUNE 12 & JUNE 13

7:30-9:30 PM HERONS DINING ROOM | SHOW SEATING: 7 PM
SPECIAL DINNER MENU! RESERVATIONS START AT: 5 PM

TICKETS: \$49 SHOW ONLY | CALL TO RESERVE SEATS: 250.285.3322

HBI Pub: 11:30pm-late | Pub Menu 11:30am-8pm | Takeout: 250.285.3539
Herons: 8-11am Breakfast | 5-8pm Dinner | Reservations: 250.285.3322



Heriot Bay Inn
Quadra Island · BC

Decoding "Open Source"

How Shared Code Powers Our Digital World

PEOPLE OFTEN ASK me why I like the Linux operating system over Windows or Apple iOS. My standard answer is that I like the Open Source architecture that is owned by a community, not a multi-billion-dollar corporation. Then the next question may be, what does Open Source mean?

WHAT EXACTLY IS OPEN SOURCE?

When you download a new app or visit a website, you are interacting with code. Code is the behind-the-scenes text that tells a computer program how to work. Most major tech companies keep their code locked away like a secret recipe. However, a massive movement called open source does the exact opposite. It shares the recipe with the entire world.

Open source software is software with code that anyone can inspect, modify, and share. If software is 'closed source,' only the original creators can legally alter it. Programs like Microsoft Office or Adobe Photoshop are closed source. You pay to use them, but you cannot look inside to see how they work.

Open source software is transparent. Anyone from a college student to a professional programmer can open the hood, examine the engine, and suggest changes. Famous examples include the WordPress platform (which powers over 40% of websites), the Android phone operating system, and the Firefox web browser.

THE POWER OF TEAMWORK

Why would developers give away their hard work for free? The answer is collaboration. When code is public, thousands of programmers around the world can volunteer to improve it.

This global teamwork creates three major benefits:

- **Better Security:** With thousands of eyes checking the code, security flaws and glitches are found and fixed quickly. There is less chance of malicious code or viruses infiltrating the code.
- **Constant Innovation:** Programmers constantly add creative new features that benefit all users.
- **True Ownership:** Users are not locked into one specific company. If a business closes, the open source community can keep the software alive.

FREEDOM, RESPONSIBILITY, AND LICENSING

Open source is often described as 'free,' but this means freedom of use rather than just zero cost, although a vast majority of open source software is free of charge. You are free to customize the software to fit your personal or business needs without asking for permission.

To keep things orderly, open-source projects use legal agreements called licenses. These rules vary. Some licenses let you change the code and sell it for profit. Others require that if you modify the software, you must share your new version with the public for free, too. This ensures the community's shared knowledge stays open to everyone forever.

DIGITAL COMMUNITY

Ultimately, open source is a philosophy built on community, trust, and shared knowledge. It proves that when people cooperate openly, they can build safer, more reliable tools than any single company could create alone. The next time you browse the web or use your smartphone, you are likely enjoying the fruits of this global teamwork.

It's worth noting that OpenAI, the company behind ChatGPT, is not an open source organization. While it has released some technologies publicly, it operates as a private company – a distinction that could be explored in a future article.

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@quadralliteracy.com

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

Our Digital Support Outreach service will not be available over the summer, but support is available by phone or online through the Free Tech Helpline 1-877-304-5813 or help.connectedcanadians.ca

QI Outdoor Club Upcoming Events

WITH THE SOLSTICE nearly here it's high season for hiking. Here are the upcoming trips:

17 JUNE, WEDNESDAY Social at Open Bay beach

24 JUNE, WEDNESDAY Hiking to Noel's Knoll and beyond

22 JULY, WEDNESDAY Hiking to Newton Lake and beyond

There will be more trips scheduled for July, so stay tuned. The details for these outings can be found at the summer schedule: <https://qioutdoorclub.org/schedule-summer-2026/>

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

Welcome to our team

Oliver Meyer Collins

Born May 29th @ 10:36am
6lbs 14oz - 51cm long

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Regional Director's Report

Hello,

Far from complaints of 'January', recent rain showers have been a blessing as we head into a predicted hot, dry summer. The best protection against wildfire damage is prevention, and FireSmartBC.ca shares actions, resources & tips for reducing the risks of wildfire damage. This short report shares news from the May 27 Board meeting & summer dates for 'chat with the Director.'

IMPROVED, MOBILE-FRIENDLY SRD WEBSITE

The Strathcona Regional District has an all-new website which was debuted at the May 27 meeting. The new site is designed to be intuitive, prioritizes items which are more frequently visited so they're easier to find, and was designed with a 'mobile-first' approach.

I'm appreciating the new Area C page, srd.ca/communities/area-c, which has links to in-progress projects and initiatives like the OCP and Surge Narrows Revitalization project, lists SRD Parks and their amenities, and has dates for relevant upcoming meetings (including Area C Advisory Planning Commission meetings). The page also has links to Services we see on our taxes and a Bylaw search function.

Regional Housing Service Policy

In early 2024 the Board adopted the Regional Housing Service. Since then, the Service has funded the Healthcare Workforce Housing project adjacent to the hospital in Campbell River.

To date, the SRD has not had a policy or guidelines/criteria for accessing the Regional Housing Service. Housing needs look different across the district, and the Board has determined the need for a policy which supports transparent decision-making and recognizes the diversity of the SRD.

In May the Board supported applying for a \$15,000 grant to fund part of the work to create a policy framework for the Regional Housing Service. I'm hopeful that with or without the grant funds, the Board moves forward with a policy which will provide clarity to nonprofits interested in accessing funds for local housing projects.

STRATHCONA GARDENS RECREATION SERVICE TAX

I appreciate the level of concern and stress of many folks with this potentially significant addition to future year's taxes, and I am truly saddened that our community is feeling the need to raise money for a legal defense against Bylaw 643.

Recently I spoke with someone from the Ministry of Municipal Affairs who told me there's a timeline the Inspector of Municipalities adheres to for responding to bylaws which will be referendum questions, so a response to Bylaw 643 won't be returned to the SRD until around July 30. This is because there is a requirement for an assent vote (referendum) to be held by a Board within 80 days of receipt of approval from the Inspector of Municipalities. (Referendum questions will be included in the October 17 local government election, so they count backward 80 days and arrive at July 30ish). Additionally, I learned

that written responses are being prepared for the hundreds of Quadra Islanders who have written with concerns to the Inspector of Municipalities and will be sent shortly.

CHAT WITH THE DIRECTOR

This is an opportunity to say 'hi' and discuss a topic of interest: one morning a month you can find me at Aroma Cove Café. I'm committing to June 19, July 23 & August 13, 8:30am to 10am... You're welcome to stop by and chat! Of course, you can connect by phone or email any time.

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*



Ferry Schedule

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

† Daily Except Sundays

†† Daily Except Saturdays and Sundays

* Fridays & Saturdays only

** Tuesdays: Dangerous Cargo, no passengers or cars

Schedule in effect September 3, 2024 to March 31, 2025

last updated here 25 Sept, 2024

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

Submissions to the DI are Welcome

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

NEXT
DISCOVERY ISLANDER
DEADLINE
Monday, June 22 @ 7pm

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Chamber of Commerce Welcomes Summer Student

THE DISCOVERY ISLANDS Chamber of Commerce is pleased to announce the hiring of a Canada Summer Jobs Administrative Assistant who will be working throughout the summer to help promote local businesses, tourism experiences, events, and economic opportunities across Quadra Island, Cortes Island, Read Island, and the surrounding Discovery Islands.

Beginning June 22, the Summer Student will focus on developing and distributing a weekly Fresh Sheet highlighting local events, activities, business promotions, visitor experiences, and community happenings. The goal is to provide visitors with a weekly up-to-date information while encouraging visitors to explore more of what the Discovery Islands have to offer and deliver it directly to them.

The position will also support the creation of a new Chamber Job Board to help local employers promote employment opportunities in sectors such as tourism, hospitality, fishing, trades, retail, and services. By increasing awareness of available jobs, the Chamber hopes to support local workforce needs and strengthen the region's economy.

In addition, the Summer Student will consult with local businesses to design a Discovery Islands Dine Around Event that can be launched when determined. The initiative is intended to showcase local restaurants, food producers, and hospitality operators while encouraging residents and visitors to experience a variety of local dining options.

Throughout the summer, the student will work directly with local businesses, organizations, and community groups to gather information, promote events, create social media content, and maintain digital communications through the Chamber's social media and email platforms.

"We are excited to welcome a young professional to our team and to invest in both youth employment and community promotion," said Carol Perry, Treasurer of the Discovery Islands Chamber of Commerce. "This position will help increase awareness of local events, support our businesses, and strengthen tourism throughout the Discovery Islands."

Businesses, organizations, event organizers, and community groups are encouraged to submit information, promotions, and upcoming events for inclusion in the Fresh Sheet and Chamber communications throughout the summer.

For more information, contact:
Discovery Islands Chamber of Commerce
Email: admin@dicc.ca

ABOUT THE DISCOVERY ISLANDS CHAMBER OF COMMERCE

The Discovery Islands Chamber of Commerce is a member-driven organization dedicated to strengthening the economic and social well-being of Quadra Island, Cortes Island, Read Island, and the surrounding Discovery Islands. The Chamber supports local businesses through advocacy, marketing, workforce development, tourism promotion, business networking, and economic diversification initiatives.

Working collaboratively with businesses, community organizations, local government, Indigenous Nations, and residents, the Chamber champions sustainable tourism, economic resilience, entrepreneurship, and community development. Through events, communications, visitor marketing, and strategic planning initiatives, the Chamber strives to create a vibrant, prosperous, and welcoming region for residents, businesses, and visitors alike.

Discovery Islands Affordable Housing Society

DIAHS would like to encourage all to check out our new website at discoveryislandshousing.org. Its purpose is twofold. Primarily we want to provide people with the opportunity to either showcase their rental for those seeking accommodation, and provide a site for those looking to obtain housing. Our website contains information for both renters and landlords to help all be aware of their rights and obligations. Secondly the site contains articles and/or interesting housing ideas in an attempt to stimulate

conversation regarding building affordable housing units on Quadra. DIAHS meets monthly. We are associates with a number of other societies on the island. If there is something you would like to see or develop please contact discoveryislandshousing.org

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

Way To Go Remembering Death as a Sacred Part of Life

A perspective from Suzanne B. O'Brien RN, Founder & CEO
Doulagivers Institute

FOR MUCH of human history, death was understood as a natural part of life — something families and communities experienced together. People died at home, surrounded by loved ones, rituals, and care. But over the past century, death has increasingly moved into hospitals and institutions, becoming hidden, medicalized, and unfamiliar.



According to hospice nurse and death doula Suzanne, this separation has caused many people to fear death, not because death itself is frightening, but because we have lost our connection to it.

Suzanne recalls her first experience witnessing a patient die as a young nurse. In a sterile hospital room filled with fluorescent lights and machines, she expected fear or chaos. Instead, she experienced something deeply peaceful and profound. As the woman took her final breaths, the atmosphere in the room shifted in a way that felt sacred. No one had taught her about this aspect of dying, yet she instinctively understood there was nothing to fear.

That moment shaped the course of her life. Over decades working as a hospice and oncology nurse and later as a leader in the global death doula movement, Suzanne has sat beside more than 1,000 people at the end of life. Again and again, she has witnessed peace, connection, and a natural unfolding during the dying process. Families reconnect, loved ones gather, and moments of extraordinary clarity and love emerge. Far from being only tragic or frightening, death often reveals a profound humanity that many people never expect.

Suzanne believes modern society has forgotten that death is sacred. As death moved out of homes and into medical institutions, people became disconnected from the rituals, conversations, and communal support that once helped them navigate grief and loss. Today, many families feel unprepared for death, conversations about dying are often avoided, and grief is frequently rushed or minimized. Dying can even come to feel like a failure rather than a natural stage of life.

This disconnection, she says, is where fear grows. When people no longer see death, talk about it, or participate in caring for the dying, it becomes unknown — and the unknown is often frightening. Yet Suzanne argues that death itself has not changed. What has changed is our relationship to it.

She believes there is an opportunity to reclaim a healthier understanding of dying by bringing openness, compassion, and ritual back into the process. Talking honestly about death, supporting families, and recognizing the sacredness of life's final transition can reduce fear and help people live more fully.

After thousands of end-of-life experiences, Suzanne remains convinced that death is not something to fear, but something to understand and honour. Even in the most clinical settings, she says, there is often a deep peace present at the end of life — if we remember how to see it.

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.

Suzanne's perspective written by Margaret Verschuur

Passages



Dear friends of Jean,

As you know, our dear Jean passed away last November. The family was planning to hold a celebration of life this July. Unfortunately, we're now dealing with another family illness and organizing such an event is no longer possible.

In lieu of a public event we would like to use this letter to let you know how much Jean loved the Quadra community and the many friends she made. We retired here largely because of the physical beauty of Quadra, but we both came to realize that the community is the real heart and soul of this island. Jean loved her retirement years here and the many friends she made.

We also hope that this letter will give you the opportunity to reflect on some of your interactions with Jean over the years.

Finally, the family would like to express its appreciation for the kind thoughts and gestures we received after Jean's passing.

Don, Blair and Jeff Mottershead

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A Taste of Palestine: Food, Love and Resistance

WE INVITE YOU to participate in an exiting culinary fund-raising event at South End Winery on Sunday, July 12th at 4:30pm with Palestinian chef and storyteller, Izzeldin Bukhari. As he shares with us delectable appetizers he will also share the stories that reflect his ancestors' deep understanding of their soils, their ingredients and their homeland.

Izzeldin's family migrated from Bukhara, Uzbekistan to Jerusalem in 1616. Izzeldin grew up in Jerusalem but would spend his summers in Gaza, learning cooking from his grandmother as well as the importance of how food connects family.

In 2017 Izzeldin established Sacred Cuisine, a culmination of his life experiences that are deeply embedded in his Sufi roots and Soma traditions ... roots that believe feeding others is the highest form of worship, connecting the health of body and mind. At the core of Sacred Cuisine is the return to the Palestinian approach to food, from growing to sharing, based on the values of fair-trade, sustainability, nourishment, and cooperation.

Izzeldin began to offer food tours in the Old City of Jerusalem, Ramallah and Jericho, and even internationally, using Sacred Cuisine as a powerful vehicle for preserving Palestinian heritage and culture through food. His feeling is that food carries not only history and grief, but also hope and connection, thereby serving as a way of bridging the past and the present. He aims to keep rich traditions alive, despite the relentless political and cultural pressures threatening their existence.

From the beginning of this venture, Izzeldin experienced the many challenges of building and operating a culinary business living under the occupation. But as things have intensified, food tours have dried up, leaving no more livelihood for Izzeldin and Sacred Cuisine. Sadly, he has now lost the means of supporting not only himself but his family and friends. Fortunately, with the help of the United Church of Canada, after a grueling process, he was able to obtain a visa to come to BC to conduct his first Canadian tour for the next couple of months. It is his hope that through this food tour and his fundraising efforts, he will be able to return home to continue to support his family and friends,



including two women who are seeking medical evacuation from Gaza.

Izzeldin feels that food is one of the only ways that Palestinians can come together and have a brief moment of respite and joy despite their many challenges. Please plan to come together, to share in this celebration of food as an act of cultural preservation and resistance. We extend great appreciation to South End Winery for hosting this event!

Tickets are limited and are \$25. They are available at Copper Coast Gallery in Heriot Bay and at Inspirations in the Cove. For more information please contact Carol at cfoort@yahoo.com or 250 285 3035.

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The Quadra Project

The Democracy of Nature

HUMANITY'S ATTEMPTED dominance over nature is becoming a problem—attempted because we think that we are in control whereas, in fact, we are disturbing natural ecologies to such an extent that we are creating biological and biophysical systems that will be hostile to our survival as a civilization and as a species.

This illusion of control and its consequences have been the concern of Daniel Lim, the principal of a consulting firm that specializes in the “advance of social justice through nature-based whole systems change.” Lim is not worried so much about biological systems as sociological ones, and how some cultures rise to such power that they dominate and obliterate smaller ones. History is replete with examples of these “supremacy cultures” and the social injustices that they create as a result of exercising their power and influence. But what is the alternative?

As a model, writes Lim in *Qualities of Regenerative and Liberatory Culture*, “I immediately turned to nature. There is no need for humans to invent an alternative culture blindly when we can just turn our eyes and ears to the living world around us. Nature provides the blueprint for a culture that is liberatory and healing. The domain of life is a place where no supremacy culture exists, because life operates by a completely different set of motivations.”

Lim goes on to explain that, “All living things are inherently sovereign. Bee colonies and mycelial networks are the inventors of democracy, not the Ancient Greeks. Forest ecosystems are made up of cooperative relationships among living things that regularly engage in mutual aid and generative conflict. Organisms are infinitely experimental and creative in their pursuit of survival. Living systems, in short, are life-affirming and regenerative—everything that a supremacy culture is not.”

Lim's objective is to create societies that are more egalitarian, creative, dynamic, inclusive, fair and just, so he has turned to nature as a model for what he calls a “regenerative culture.” But it is his notion of nature as a democracy that is particularly fascinating, and becomes increasingly so, the more we think about it.

Nature has no supremacy culture. Everything is enclosed in a self-regulating system in which each part is dependent on every other part. The rise of any species to power soon discovers that its influence is curtailed by the exhaustion of the parts on

which it depends. Should an empty space develop in the ecosystem, the creativity of nature fills in the blank with a new and useful species or an appropriate variant of an old one. This allows organisms to be “infinitely experimental and creative in their pursuit of survival,” a dynamic process that allows species to be continually moving toward the development of their full potential—a trait that would also be ideal for both the individual and for the collective in a social system.

Or consider Lim's mention of “generative conflict.” Nature is not simply a network of sharing and cooperating. Survival of the species and the health of the entire system is dependent on a competitive component. This is the other part of nature's dynamic. But this competition is constructive rather than destructive. The success of each species raises the sophistication, the intricacy, and the viability of the entire system. Winning is a win for all components. And the longer the ecosystem lasts and the further it evolves, the more finely tuned, complicated and resilient it becomes.

All the components in an ecosystem, in Lim's words “are inherently sovereign.” That is, they are each equally fundamental and important to the functioning of the whole system—each imbued with status, dignity and integrity. Here is nature resolving a classical philosophical and sociological paradox. As sovereign entities, each part is equally key to the functioning of the entire ecosystem, but each is also completely disposable because of

the resilience of the system. The ecosystem is dependent on all parts, but should any of them cease to exist, then the vitality and the creativity of the system reconfigures around this absence.

The democracy of nature is yet another reason why we should protect, study and learn from its dynamics. It has much to teach us, if we could get beyond our anthropocentric obsession. Indeed, nature is an old sage that has been refining its wisdom for at least 3.5 billion years. If we were just open enough to receive what it is offering, we would benefit immensely.

Ray Grigg, for Sierra Quadra

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Travelling Festival Sails to Quadra

AN INTERNATIONAL community of performers, educators, and innovators will sail to Cortes, Quadra, Hornby, Denman, and Gabriola this summer as part of their Eau Canada tour. On July 21 and 22, Quadrites will have an opportunity to connect with the New Old Time Chautauqua crew, who bring laughter, friendship, entertainment and ideas wherever they travel.

After events at Cortes Day (Saturday, July 18 at Smelt Bay) and a project with the Klahoose Nation, the flotilla will sail to Quadra. All are invited to participate in a service project and a potluck at the Community Centre on Tuesday July 21. Expect to be dazzled by a parade with a marching band on Wednesday

the 22nd, followed by workshops in art, ecology, and history, as well as an exciting evening performance with acrobats, magicians, musicians and dancers.

Since 1981, the New Old Time Chautauqua has visited rural and remote communities because they believe in the positive power of relationships, creativity, inspiration and celebration.

The crew is excited about community participation. If you would like to offer a workshop, share your skills, or play some music, please contact the Quadra Community Centre at QICCVolunteer@gmail.com or call 250.999.1765.

Laura Bennett

Sounding Boards on Quadra

ON MONDAY, May 25th a Sounding Board appeared at the Legion! Sounding Boards pose a thought provoking question and invite anyone who wishes to respond by writing on the Board (a marker is provided). Sounding Boards have been in the community in various locations since June, 2025. They first appeared at the Summer Market and spread to the Library and Community Centre. In addition to the Legion, another new site is across from the post office in the Heriot Bay Store. The responses are anonymous and can be serious, humorous, personal, whimsical, etc. The Sounding Boards are part of the Compassionate Community project meant to create community awareness and involvement. What is written on the Boards

is shared with the researchers and with our community in the DI.

UBC School of Nursing and BC Centre for Palliative Care (funded by the Canadian Institutes of Health Research) selected a few rural/remote communities to test a toolkit meant to “create a new model of volunteerism called Compassionate Communities Volunteer Navigation that could increase the capacity to care for, and improve quality of life of, people living with life-limiting illness and their care partners living in rural communities.”

Quadra already had many programs showing our dedication to this focus. Quadra Circle, NavCARE, and Way To Go accepted the invitation to join this effort. An Advisory Committee was formed and responded to a survey “to assess the level of readiness and commitment to adopt the 5 ideals of a compassionate community.” Two areas of interest were chosen to become initiatives. One was a perceived disconnect between youth and seniors. If the two groups got to know each other on a personal level, they could have mutual benefit. Simple Sharings brings school aged children and seniors together on a regular basis to share time and activities – the idea being that children will get to know and appreciate seniors (reducing stigma and developing relationships) and seniors will have meaningful activities and enjoy interactions with youth (which has been shown to have

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At The CRAG

VISIT the Campbell River Art Gallery to see their current exhibition, Sacred in All Forms, on now until August 8, 2026, featuring artists Sandeep Johal, Xiaojing Yan, Kourtney Jackson, and Aaron McIntosh.

Join exhibition artist Kourtney Jackson for a hands-on Lenticular Print Making workshop focusing on motion and visual storytelling on Saturday, June 13, from 1PM - 3PM. For National Indigenous Peoples Day on Sunday, June 21st, the gallery team will be selling t-shirts featuring original designs created by the Art Hive artists in Robert Ostler Park. Later in the month, the gallery team will also be hosting live screen printing in Spirit Square to celebrate Campbell River Pride on Saturday, June 27, from 12pm to 4pm.

Please visit crartgallery.ca/events to see a complete list of upcoming public programs.

The Campbell River Art Gallery exhibition space and gift shop are open Tuesday to Saturday from 10am to 4pm. Located at 1235 Shoppers Row in downtown Campbell River.

health benefits). The program will go through the summer.

The second interest came from a concern for anyone who may need help but is isolated or overlooked. How do you build awareness and trust so that hard-to-reach people receive support? Compassionate Neighbourhoods assigns Advocates to each neighbourhood – trusted individuals who are known to residents and available to assist them. Two pilot neighbourhoods are underway, along with Advocate recruitment and training. Please consider being an advocate for your neighbourhood. Visit <https://www.quadracircle.ca/neighbourhoodadvocates> for more information.

Hope you get a chance to see the Sounding Boards. Even if you don't write on them, consider taking some time to think about how you may respond to the question. Thanks for your participation!

Check out our website for more Compassionate Community info: <https://www.quadracircle.ca/compassionate-community>

Jude McCormick, Way To Go; Maureen McDowell, Quadra Circle; Kathleen Monahan, Nav-CARE

Quotations from “Compassionate Communities Volunteer Navigation (CCVN) Project (2024-2028)” <https://www.bc-cpc.ca/about-us/activities/new-projects/compassionate-communities-volunteer-navigation-ccvn-project-2024-2028/>

Small Island, Big Hearts: Our Spring Raffle Raised \$11,000!

THANK YOU so much to everyone who supported the Quadra Island Senior Housing Society Spring Raffle! We are incredibly touched and thrilled to announce that our wonderful community raised an amazing \$11,000. We want to send a huge, heartfelt thank you to every single person who bought a ticket, as well as our incredible local businesses whose generous prize donations made this raffle possible. Your community spirit makes a world of difference right here at home.

The winners of our five incredible prize packages are:

- 1 Mike Normoyle – There’s No Place Like Home Improvement
- 2 Shauny Volk – Quadra Relax-a-Cation
- 3 Dee Owen – Something’s Fishy
- 4 Sofia Mcphee – Shopping Spectacular & Get-Away
- 5 Janet Mitchell – Outdoor Adventures

We also want to take this opportunity to share how the money will be used. The money raised is staying close to home to help us navigate the



rising costs of inflation on our yearly expenses, keeping our non-profit society solvent and stable. It also allows us to be proactive with the ongoing maintenance of our existing 22 housing units. Crucially, these funds help us retain our dedicated staff team, whose consistent care and familiar faces provide vital continuity for our residents. By taking care of our personnel and our property today, we can ensure these spaces remain affordable, safe,

and comfortable for our current residents, as well as for the future senior community members who will need a place to call home on Quadra.

Thank you all again for standing by us, supporting your neighbours, and helping us protect affordable senior housing on our island!

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



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 Call 250-287-3325 or visit www.nishs.ca

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



EAU CANADA 2026 AQUA CHAUTAUQUA TOUR

TUESDAY JULY 21

Community Service Project 10am-2pm
 Join us to finish the disc golf course and build benches!

Community Potluck 6-8pm
 Bring a potluck item and enjoy music, food and speakers.

WEDNESDAY JULY 22

The Big Parade: 10-11am
 Aroma to Quadra School
 Marching band, jugglers, stilt walkers, and hula hoopers! Kids, parents, pets, tourists, everyone welcome!

Workshops: 12-4pm
 Learn to juggle, clown, ukulele, and perform acrobatics, history, ecological issues, etc. Given by Chautauquans and local community members.

The Big Show: 7pm
 Featuring internationally known performers like the Flying Karamazov Brothers and Artis the Spoonman. It's a knock-your-socks-off extravaganza full of fun and music.

Hosted by and located at
 Quadra Community Centre





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Heriot Bay Tides

DATE	TIME PDT	M.	FT.
12 Fri	02:46	4.609	15.1
	10:29	0.787	2.6
	18:01	4.495	14.7
	22:36	3.742	12.3
13 Sat	03:18	4.618	15.2
	11:09	0.452	1.5
	18:54	4.806	15.8
	23:41	3.910	12.8
14 Sun	03:55	4.620	15.2
	11:50	0.219	0.7
	19:42	5.022	16.5
15 Mon	00:42	3.976	13.0
	04:38	4.593	15.1
	12:34	0.104	0.3
	20:27	5.146	16.9
16 Tue	01:39	3.945	12.9
	05:28	4.515	14.8
	13:19	0.117	0.4
	21:09	5.193	17.0
17 Wed	02:37	3.819	12.5
	06:26	4.371	14.3
	14:05	0.266	0.9
	21:50	5.179	17.0
18 Thu	03:37	3.596	11.8
	07:29	4.160	13.6
	14:51	0.552	1.8
	22:29	5.120	16.8
19 Fri	04:37	3.286	10.8
	08:36	3.892	12.8
	15:36	0.963	3.2
	23:07	5.029	16.5
20 Sat	05:36	2.915	9.6
	09:51	3.604	11.8
	16:20	1.470	4.8
	23:43	4.916	16.1
21 Sun	06:33	2.521	8.3
	11:21	3.381	11.1
	17:07	2.029	6.7
22 Mon	00:18	4.787	15.7
	07:28	2.139	7.0
	13:07	3.338	11.0
	17:59	2.587	8.5
23 Tue	00:53	4.651	15.3
	08:20	1.793	5.9
	14:58	3.519	11.5
	19:06	3.089	10.1
24 Wed	01:28	4.517	14.8
	09:07	1.494	4.9
	16:31	3.845	12.6
	20:35	3.476	11.4
25 Thu	02:02	4.398	14.4
	09:49	1.249	4.1
	17:37	4.192	13.8
	22:03	3.717	12.2
26 Fri	02:35	4.304	14.1
	10:27	1.054	3.5
	18:26	4.484	14.7
	23:17	3.843	12.6

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Services

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@quadrannotary.ca

SMALL ENGINE REPAIRS

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

QUADRA WASTE SOLUTIONS

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

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

ROOFING

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

Wellness

SOUL SOLE MESSAGE

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

MASSAGE

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

Events

QUADRA CHILDREN'S CENTRE 40TH ANNIVERSARY CELEBRATION & AGM

Join us Sunday, June 14, 3-5pm at the Community Centre. Families are welcome for refreshments, children's activities, and a short AGM at 3:30 pm, followed by a family-friendly DJ dance party. All families and community members are welcome! Come celebrate 40 years of the Quadra Children's Centre.

BERWICK BY THE SEA

You are invited to Berwick by the Sea's Annual Open House on June 25, 2026, from 1-3 pm. Just a short ferry ride away, enjoy an afternoon of delicious treats, fantastic live music, and a glimpse inside our beautiful west-coast inspired retirement community. We would be delighted to welcome you and share the warmth, comfort, and vibrant lifestyle that make Berwick by the Sea so special. RSVP: bcr.marketing@berwickrc.com

For Sale/Rent

COMMERCIAL BUILDING

For sale. Commercial unit for rent. Quathiaski Cove
Enquire: savingpaul@hotmail.com

Summer Jobs

SUMMER STUDENT JOBS AT QUADRA CHILDREN'S CENTRE

Quadra Children's Centre is hiring 3 Summer Students to support childcare and administrative programs. These are 8-week positions starting at \$21/hour, with potential for extension. A great opportunity for youth interested in childcare, outdoor programs, or administration! Full details: www.quadrachildrenscentre.com/careers

Home & Garden

LOW-PRESSURE IRRIGATION

specialist installing new low-pressure systems and repairing/maintaining all irrigation systems. Drip systems, troubleshooting leaks, pressure issues, and upgrades. Many years of experience with Quadra Island's unique conditions. Practical, reliable, efficient solutions tailored to your property. Kai 250-850-9245 ggpropertycare@gmail.com

GARDEN IMPROVEMENT

Looking to make dramatic improvements to your food or ornamental garden? Horticulturist Ryan Nassichuk can help. Visit www.nassichuk.com, call/text 250 202 2326, or email nassichuk@gmail.com

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