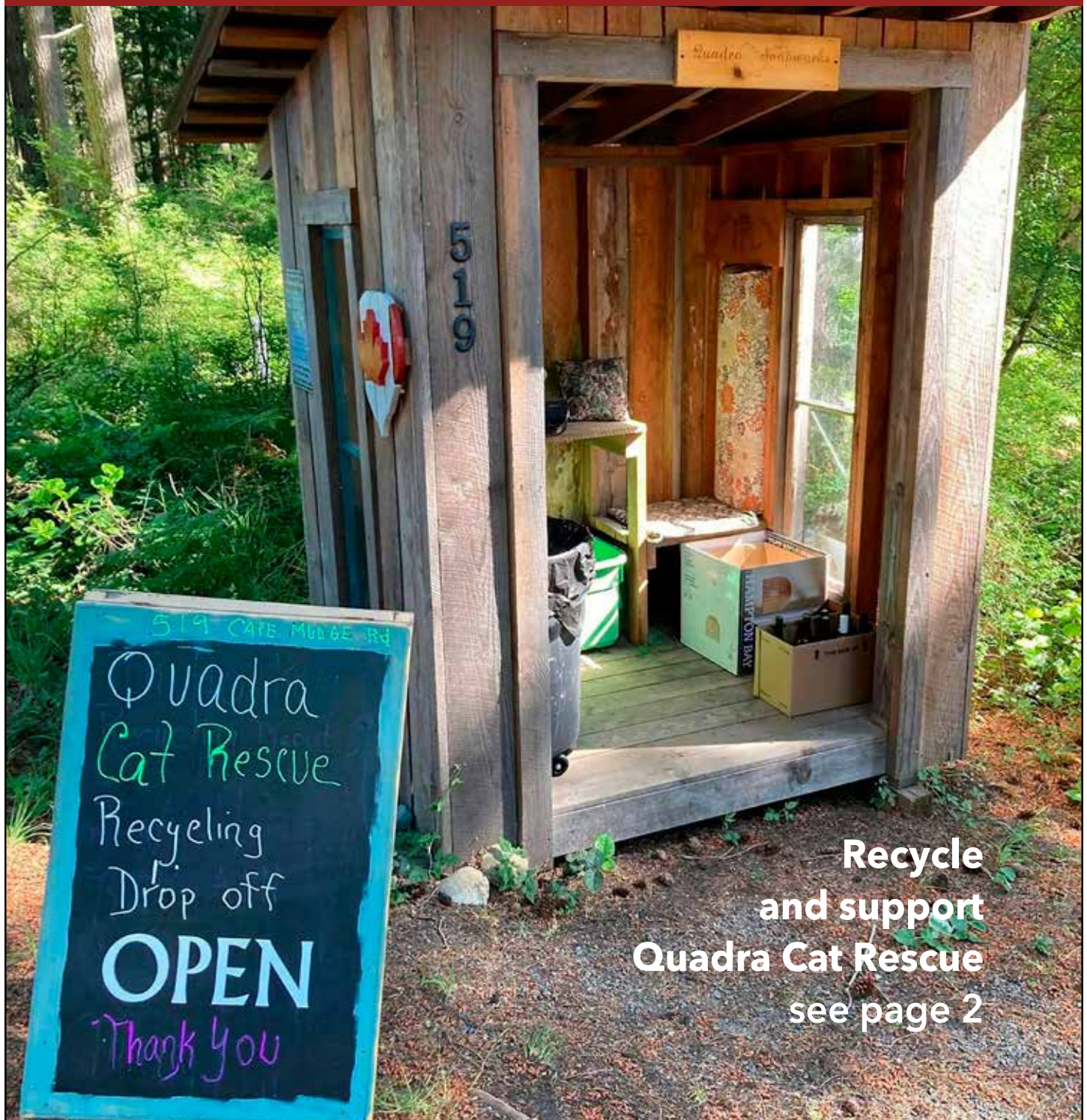


Discovery Islander

SINCE 1993
AND BEYOND

ISSUE 885 • JUNE 26, 2026 • COMMUNITY NEWS & EVENTS FROM QUADRA & THE DISCOVERY ISLANDS



**Recycle
and support
Quadra Cat Rescue
see page 2**

Free Books Mailed Monthly to Children Ages 0-5

Did you know that children living on Quadra Island, Read Island, and surrounding areas served by postal codes V0P 1H0, V0P 1N0, and V0P 1W0 can receive a free, age-appropriate book every month through the Dolly Parton Imagination Library?

The program is available to all children from birth to age 5 and is designed to foster a love of reading and support early literacy. Books are mailed directly to each child's home at no cost to families.

By the time they start school, children enrolled from birth can have a library of up to 60 books of their own.

To learn more or to register your child, contact Quadra Literacy at quadraliteracynetwork@gmail.com or visit the Dolly Parton Imagination Library Canada website at <https://imaginationlibrary.com/ca/find-my-program/>

Please help us spread the word so that every eligible child on Quadra Island has the opportunity to receive free books and enjoy the lifelong benefits of reading.



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Support Quadra Cat Rescue

Donated beverage containers help fix cats and kittens and prepare them for adoption.

Please drop off empties at the new recycling centre (through to September) or at 519 Cape Mudge Road.

Also, True Value gift cards for both island stores are available at Inspirations. (Donate points #280.)

All funds raised help pay for fostering supplies and vet care. Stray in your neighbourhood? Need help arranging a spay or neuter? Please contact us!

Email quadracatrescue@yahoo.com or telephone 250-285-CATS (2287)

Find out more about us at quadracatrescue.ca

QI Farmers Market

The Quadra Island Farmers' Market welcomes Barb Wager as our new director/manager, a fairly enormous voluntary position it is, all while maintaining her production of stunning professional pottery! Barb makes medium fire clay pottery to be unique and as well as functional. Her work is beautifully made artful and sophisticated and absolutely popping with bold interior colours. Come check out her tent Barb is at the market across from the band from now until the end of the season.

Live and fabulous musical line up:

July 4: Railroad Tys

July 11: Hal Douglas

More info: quadramarket@gmail.com



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,

Day to Day

Friday, June 26

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

Saturday, June 27

- Quadra Farmers' Market - Q-Cove beside Credit Union 10 - 2pm
- Erica Sigurdson in a Comedy Evening fundraiser for The Legion, \$30. See page 4.

Friday, July 3

- Live music with Quadra's; That Is - Quadra Legion \$10 cover
- Live music with Douglas County - HBI Pub 9pm - 12am

Saturday, July 4

- Quadra Farmers' Market - Q-Cove beside Credit Union 10 - 2pm
- Hal Douglas Blues Band - Quadra Legion, 8:30pmC

Friday, July 10

- Live music with For Pete's Sake - HBI Pub 9pm - 12am

Saturday, July 11

- Quadra Farmers' Market - Q-Cove beside Credit Union 10 - 2pm

Sunday, July 12

- Culinary fund-raiser w/ chef Izzeldin Bukhari - South End Farm Winery, 4:30pm

Friday, July 17

- Live music with Saltwater Cowboys - HBI Pub 9pm - 12am

Tuesday, July 21

- Aqua Chautauqua Community service project 10am to 2pm
- 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.

Friday, July 24

- Live music with Go Dog Go - HBI Pub 9pm - 12am

Next Deadline for Issue 886

Monday, July 6 for publication on Friday, July 10

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What's Happening at QCC

June 26 to July 10

THIS WEEKEND: June 26 - 28

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

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki

SUNDAY: 10:30 Dance Temple - all ages welcome!

THIS WEEK: June 29 - July 3

MONDAY: 8:30 Fitness with Jeannie; 10 Parents and Tots; 7 QIF Health Centre Fundraiser Event

THURSDAY: 10 Kid's Yoga; 10 Procion Dyes

FRIDAY: 10 Kid's First Aid Training; 10 Procion Dyes; noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

NEXT WEEKEND: July 4 - 5

SATURDAY: 9:30 Beginner Tai Chi with Nicki; 10:30 Intermediate Tai Chi with Nicki

NEXT WEEK: July 6 - 10

MONDAY: 10 Island Theatre Kids; 4 Kid's Tennis; 6 Family Fish Prints

TUESDAY: 10 Island Theatre Kids; 10:30 1/2 day Kayaing with QIK; 4 Kid's Tennis

WEDNESDAY: 10 Island Theatre Kids; 10 Baby Clinic; 4 Kid's Tennis

THURSDAY: 10 Island Theatre Kids; 4 Kid's Tennis

FRIDAY: 10 Island Theatre Kids; 4 Kid's Tennis; 12 noon SMART Recovery: to join contact Jude: smartrecoveryquadra@gmail.com

COMING JULY 21 & 22 "Aqua Chautauqua"

July 21- 10 Community Service Project; 6 Community Potluck

July 22 - 10 Parade starting at Aroma; 12 Free Community Workshops; 7 "THE BIG SHOW"

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

CONTACT US

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office 701 Cape Mudge Road

hours Monday–Thursday: 10-4

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

SUBMISSION GUIDELINES

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

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

WHILE EVERY EFFORT IS MADE TO INCLUDE
ALL ITEMS SUBMITTED, ERRORS AND
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NEXT DEADLINE

7pm Monday, July 6
for publication on
Friday, July 10, 2026

NEWS & EVENTS

Super Exciting Events Coming Up 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. \$15
cover charge

SATURDAY, JUNE 27TH 8PM,

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

FRIDAY, JULY 3RD 9PM

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

SATURDAY, JULY 4TH 8:30PM

Hal Douglas Blues Band

FRIDAY, JULY 17TH 9PM,

Cheko Soto, 5 piece Roots, Rock
& Reggae band!! \$20 at the door

FRIDAY, JULY 31ST 9PM,

Gisto & The Grateful Living!
A fusion of reggae, afrobeats &
soul, that create an irresistible
party atmosphere that lifts your
spirits. \$15

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.

Come celebrate Campbell River
PRIDE with us! The gallery team
will be Live Screen Printing in
Spirit Square on Saturday, June
27th, from 12pm - 4pm. Join
Aoife McKirgan on July 4th from
1pm - 3pm for 'Iconography
& Identity', a hands-on collage
workshop exploring personal
interests, admiration and identity.
The CRAG is very excited to
announce a special Sunday event
with award-winning, best selling
poet Jess Housty! Jess will be
reading poems from their soon
to be released book How to
Nourish a Cannibal followed by
a group discussion and Q+A in
the Main Gallery, July 12th 11am
- 12:30pm.

We are now taking registration
for the CRAG Eco-Art Summer
Camp! Please visit cartgallery.ca/events to register for all
CRAG events and 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 - 4pm. The gallery is
located at 1235 Shoppers Row in
downtown Campbell River.

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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A Taste of Palestine: Food, Love and Resistance

WE INVITE YOU to participate in an exciting culinary fund-raising event at South End Farm Winery on Sunday, July 12th at 4:30 pm with **Palestinian chef and storyteller, Izzeldin Bukhari**. As he shares with us delectable appetizers, he will also share stories that reflect his ancestor's deep understanding of their soils, their ingredients and their homeland. In 2017 Izzeldin established Sacred Cuisine, a culmination of his life experiences that are deeply embedded in his Sufi roots and traditions and dedicated to preserving Palestinian heritage through food. Raised in Jerusalem and inspired by summers spent in Gaza learning traditional cooking from his grandmother, Izzeldin combines culinary traditions with stories of culture, family, and resilience. Through food tours, community meals, and educational events, he shares the rich history and values of Palestinian cuisine, emphasizing sustainability, hospitality, and the power of food to connect people across generations and cultures.

Since first creating Sacred Cuisine, Izzeldin experienced the many challenges of building and operating a business living under the occupation. As things have intensified, food tours have dried up. Fortunately, with the assistance of the United Church of Canada, Izzeldin was able to obtain a visa to come to BC for the next couple of months to conduct his first Canadian food tour.

It is his hope that through this tour and his fund-raising efforts, he will be able to return to Jerusalem to continue to support his family and friends, including 2 women who are seeking medical evacuation from Gaza.

Izzeldin strongly feels that food serves as one of the only ways that Palestinian people 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 and stories as an act of cultural preservation and resistance.

We extend great appreciation to South End Winery for hosting this event!



Tickets are \$25 and are limited. They are available at Coppercoast Gallery in Heriot Bay and Inspirations in the Cove. For more information about Chef Izzeldin and this event, check out the previous DI or contact Carol at cfoort@yahoo.com

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

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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!

Thank You

Thank you to everyone who came to Ann Grahams 90th birthday at the HBI on June 4th, it was great to see so many friends and family in attendance she really appreciated that and loved every moment. It was a great birthday cake provided by Rebecca at Java and everyone at the HBI, thank you for the lasting memories



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QI Outdoor Club Upcoming Events

As we tip into summer, here are the upcoming trips:

2 JULY, THURSDAY – Kayaking in Gowlland Harbour

9 JULY, THURSDAY – Hiking to Nugedzi Lakes and Viewpoint

22 JULY, WEDNESDAY – Hiking to Newton Lake and beyond

There are lots of opportunities for swimming and staying cool on these trips. The details for these outings can be found at the new summer schedule: <https://qioutdoorclub.org/schedule-summer-2026/>

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

New to Quadra?

The Discovery Islands Chamber of Commerce and local businesses welcome you with a gift bag.

Contact Carol Ann T.
carolannt@telus.net

Join The 2026 Election Team: Become an SRD Election Official

(Campbell River, BC) – With 2026 being a local election year, the Strathcona Regional District (SRD) reminds residents that General Local Election Day is Saturday, October 17, 2026. As preparations for the 2026 General Local Elections and General School Elections continue, the SRD is recruiting election officials to help support the election process.

Available positions include:

- Presiding Election Officials
- Alternate Presiding Election Officials
- Election Officials

Election officials play an important role in ensuring voting and ballot counting processes are conducted fairly, accurately, and efficiently. Successful applicants will supervise or assist with voting and ballot counting activities at assigned voting locations.

"It's a great opportunity to get involved in your community, meet new people, and be part of the democratic process. Being an election official is a unique and rewarding experience, and many of our election officials enjoy it so much they return election after election," said Edith Watson, SRD Chief Election Officer.

All successful candidates will be required to complete a training session and take an oath of office before undertaking election duties.

Individuals who have a financial interest or any other interest in the outcome of the election will not be considered for these positions.

Interested applicants are encouraged to review the job descriptions carefully before applying. Each position has unique responsibilities, qualifications, and experience requirements. Applicants should ensure they meet the criteria for the position they are applying for and select the role that best matches their knowledge, skills, and experience.

View job postings and apply online at srd.ca/careers.

To learn more about the 2026 General Local Elections and General School Elections, including information about running for local office, key election dates, nominations, voting opportunities, and employment opportunities, visit srd.ca/local-elections.

The election webpage will be updated regularly as additional information becomes available leading up to Election Day.

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Bridging the Coastal Divide: How Digital Literacy is Transforming Quadra Island and the North

For years, the conversation around technology in rural British Columbia focused entirely on infrastructure. Coastal communities waited patiently for physical connections to catch up with the modern world. Now, massive marine infrastructure initiatives like the Connected Coast project have successfully laid subsea fibre-optic cables, bringing high-speed broadband to over a hundred remote landing sites from Quadra Island up through the northern coast.

However, local advocates quickly realized that a high-speed line is only as valuable as a community's ability to use it. To truly bridge the digital divide, the focus has shifted from physical cables to human literacy. Local digital literacy programs are transforming how isolated islanders and northern residents live, work, and care for one another.

On Quadra Island, grassroots initiatives are demonstrating that tech education is a form of community resilience. Organizations like Quadra Literacy run essential Digital Support Outreach Services to match tech tutors with adults and seniors. These free, local programs help residents master daily necessities: navigating online health portals, setting up secure e-banking, and identifying sophisticated online scams. For low-income families and fixed-income seniors, the group even partners with organizations like the BC Technology for Learning Society to distribute refurbished computers, ensuring that financial barriers do not prevent residents from gaining

basic computer fluency.

Further north, this push for digital skills is reshaping local economies. For isolated communities facing declines in traditional resource sectors like forestry and fishing, digital literacy is a lifeline. Remote learning platforms allow adult workers to retrain for location-independent careers without forcing them to move away from their home communities. Local artisans, micro-businesses, and tourism operators are learning how to build websites, manage inventory, and utilize e-commerce platforms. This allows them to market their unique northern products directly to a global audience, bypassing the geographic isolation that previously limited their growth.

Crucially, digital literacy in the north is also serving as a vital tool for cultural preservation. Remote First Nations communities are utilizing tech training to empower youth and elders alike. Equipped with digital media skills, younger generations are collaborating with community leaders to record traditional oral histories, digitize endangered languages, and utilize specialized mapping software to manage traditional territories.

Technology is no longer just something that brings urban conveniences to rural spaces. Through a dedicated community-led focus on digital literacy, residents of Quadra Island and northern coastal BC are taking ownership of these tools. They are proving that while cables connect our houses, it is digital literacy that

empowers our people.

Quadra Literacy's Digital Support Outreach program is closing for the summer. We will let you know when Grant returns in the fall to help you with your digital literacy needs. In the meantime, you can access tech help at Quadra Library or call the Free Tech Helpline at 1-877-304-5813.

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

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

Editor's Notes

As I write, our long-serving off-set press is in several hundred pieces under the care of one Ron Merriitt, a career press technician who despite being long overdue a retirement is still dedicated to keeping these incredible machines viable.

Despite the explosion of gears, roller, cams and springs he seems optimistic about this press's next few years.

I just wanted to reassure our dedicated readers that despite occasional relapses into online-only editions the DI is here and I will print it as and when I can and along the way the press is being tended to, hopefully to ensure many years of service to come.

Philip

MORGAN TONEY

THURSDAY JULY 16

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Show Seating: 7pm | Performance: 7:30-9:30pm
Tickets: \$49 *show only* | Call: 250.285.3322

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Breakfast: 8–11am Sat & Sun | Herons: 11:30am–9pm | takeout: 250.285.3322

Heriot Bay Inn

Quadra Island · BC

New Health Professionals Housing Project Opens Waitlist, Welcomes First Residents This Fall

(Campbell River, BC) – The Strathcona Regional District (SRD) is pleased to announce that the waitlist is now open for its Health Professionals Housing (HPH) facility in Campbell River, which is scheduled to welcome its first residents this September.

Located near Campbell River Hospital, the facility provides flexible accommodation for healthcare professionals at all stages of their careers, whether they are visiting the region for short-term assignments, completing training or placements, relocating to the community, or establishing long-term practice and employment in the North Island.

HPH offers 20 welcoming suites designed for individuals, couples, and families, with options ranging from studio suites to two-bedroom units. Accommodations are available for stays from one week to over a year, with fully furnished short-term rentals and partially furnished long-term options. Select suites are pet-friendly, and some feature private balconies and ocean views. Utilities and parking are included in all rates, providing a comfortable, flexible, and hassle-free place to call home.

By providing safe, convenient, and attainable accommodation, the project helps healthcare professionals experience all that Campbell River has to offer while building lasting connections to the community.

"This project is a great example of what local governments can accomplish when they take a regional approach to solving challenges, said Mark Baker, SRD Board Chair. "By helping healthcare professionals find housing and establish roots in our communities, we are making a long-term investment in the health and well-being of residents across the North Island."

A new promotional video showcasing the facility, amenities, and lifestyle opportunities available in Campbell River is now available. Information about this project, eligibility and applications can be found at srd.ca/hph.

The SRD recognizes Seymour Pacific Homes, the project's builder and a key project partner, for its contribution to bringing the facility to completion.

With access to ocean, rivers, forests, and mountain recreation, Campbell River offers an exceptional quality of life and serves as a healthcare hub for the North Island. The Healthcare Professionals Housing project helps attract and retain the healthcare professionals needed to support communities across the region.

Healthcare professionals interested in learning more or joining the waitlist are encouraged to visit srd.ca/hph to view the promotional video and apply.

Grant Lawrence & Friends: Desolation Sound Tour '26

"Grant Lawrence is equal parts Farley Mowat and Stuart McLean, with life experiences in remote areas of the province that provide quick reference points for many British Columbians." - Victoria Times Colonist

In a tour like no other, Grant Lawrence loads up the boat with his musician friends and visits various remote BC coastal communities, bringing his live, fast-paced and funny variety-style event that has been described as "a floating West Coast Vinyl Cafe."

All shows will feature musicians Danny Michel, Desirée Dawson, and Jill Barber, with special local guests.

- **Mon, July 6**, Northside Community Centre, Lund
- **Tue July 7**, Dockside Kitchen, Refuge Cove, West Redonda Island
- **Wed July 8**, Hacienda Pascalito's, Savary Island
- **Thu July 9**, Gorge Hall, Cortes Island
- **Fri July 10**, Lamberts Beach Gazebo, Read Island

Doors at 6:30pm, showtime 7pm. All ages! Presented by the Lund Resort at Klah ah Men and Hollyhock.

Tickets available for all shows here.

"For this tour we travel via our boat, Cliffhanger," details Grant Lawrence. "We load up the guitars and the PA and some extra clothes and swimsuits and away we go. Oftentimes we pull up right to the beach or the wharf and unload for the show. Suffice to say we're hoping for good weather! But all the venues have indoor options just in case."

Grant will share his hilarious, harrowing, and true stories about outlandish Sunshine Coast characters from past and present, himself included, including stories from his recently announced book *WHALE TALE* on Penguin.

"The way the show works is that the performers take turns: I tell a story, then one of the musicians performs a song or two, then I return with a story and on it goes. There is a special alchemy that happens when transitioning from story to song in a live setting. It can be pretty magical."

On the origins of the Stories and Songs show: "After way too many years playing in a touring rock band [the Smugglers]", explains Grant, "when I started this show almost a decade ago, I decided that I only wanted to tour it to places that I actually wanted to go to. I think touring by boat is a natural extension of that."

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Hello,

Since November 2022 I've had the honour of representing the Discovery Islands and Mainland Inlets at the Strathcona Regional District Board. Representing Area C has been challenging & rewarding and I'm happy to share my intention to run for re-election this fall. General local elections are scheduled for October 17.

FOUR YEARS AGO

Four years ago, housing, emergency service availability & community engagement were top issues. Progress has been made on all three, and there's been successes in other areas as well. What a benefit to our community that in 2024 Quadra Island was upgraded to an Alpha Station with paramedics in the station 24 hours a day!

HOUSING

While housing availability hasn't been solved, concrete steps have been taken and there is further work underway. The SRD has created a Regional Housing Service, creating a pathway to fund housing projects across the regional district. I've been working closely with the Discovery Islands Affordable Housing Society to support their work; sponsored a Board-supported motion advocating to the Premier for a funding stream for rural and island communities; sponsored Board-supported motions to investigate potential land for housing on Quadra Island and seek tenure on the land from the Province, and more.

COMMUNITY VOICES

As I promised in 2022, there is now an Area C Advisory Planning Commission made up of Area C residents who consider rezoning and Planning matters: big thanks to the commission members who volunteer their time and perspectives. We've all been working on a new Official Community Plan for a year and a half which has provided many opportunities for community engagement (and there's more to come, a draft OCP & surveys are coming this fall).

REPORTING TO YOU

Three-and-a-half years have bubbled along, and I've written a lot of Director's Reports in that time -- one every other week. My reports are accessible in a variety of ways -- by email to subscribers, published in the Discovery Islander, and linked to via the 'Robyn Mawhinney Area C Director' Facebook page. Visit RobynMawhinney.ca for previous reports (searchable by keyword) and links to helpful online resources.

SUCCESSSES

There's been successes of many sizes. These include Bylaw 510 & 574 which limit bulk water bottling, processing, and sales in Area C and ensure that if such an application comes forward, there's an opportunity for the community to weigh in via a Public Hearing.

There was excellent community engagement for the creation of an Active Transportation Plan for Quadra Island, now completed, and the Integrated Community Sustainability Plan was also completed this term. The ICSP will inform future planning documents including the OCP.

The Quathiaski Cove Wastewater Service has faced challenges and is now headed in a healthy direction: the Service has built capital reserves for replacement of the aging infrastructure, from \$35k in 2022 to \$217k in 2025. SRD staff are working with the We Wai Kai Nation to pursue wastewater service integration: a non-binding Letter of Understanding has been completed, and the Board has directed \$200k of Growing Communities funds to support a technical review.

CHALLENGES & OPPORTUNITIES

I don't think anyone expected that Quadra Islanders would be pushed to pay a significant new tax for a recreation service a ferry ride away; I sure didn't. This unexpected turn has provided me opportunities for direct advocacy and given me a deeper understanding of the Local Government Act than I may have built otherwise.

There are other challenges we're facing, and opportunities arising as a result. For example, climate uncertainty, and a Woodchipping Service which would build community climate resilience. Increasing active transportation, and a need for improved supports. Physician recruitment, and my ongoing provincial advocacy to support the community health centre model for the benefit of the Discovery Islands. These are just some of the things I'm dedicated to working on for Area C. I'm also working on goals for the next term which I plan to release in early September. If you have thoughts on what's pressing for our community, please reach out and let's chat.

INSIGHTS

Representing Area C has expanded my understanding of government and given me insight into why things take so long to move forward. Being a strong voice for rural and remote communities benefits Area C and beyond. Building relationships locally & provincially supports initiatives which benefit the federation of the SRD.

The work continues

This Director's Report is a break from the usual. Next Report I'll be back to updates on local government developments which are relevant and impactful to Area C. There are close to four months remaining in this term and you can expect I'll be working hard for you the entire 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

Submissions to the DI are Welcome

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





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WAY TO GO

Bringing Death Home

There is a profound difference between the older ways of caring for our dead and the modern systems that have replaced them.



Traditionally death was understood as a natural human experience. When possible, people died at home, surrounded by those who loved them. Family and friends tended the body, sat vigil, dug graves, carried caskets, and returned the body to the earth. Grief was not hidden from view. Pain was understood as part of love, and care for the dying and deceased happened inside a community.

In contrast, modern health and death care is often medicalized, outsourced, and removed from everyday life. People commonly die in institutions. Bodies are transferred into the care of professionals. Funeral homes manage what families and communities once knew how to do themselves. As medicine has become increasingly capable of extending life, death is often experienced as failure rather than an inevitable and sacred part of being human.

One of the ways the difference can be seen clearly is in burial practices. In many conventional funerals, mourners gather around a grave while the casket rests nearby. After the ceremony, the family leaves before the body is lowered and covered with earth. They are shielded from the most difficult moments. In a home funeral or community burial, however, loved ones often carry the casket, lower it themselves, and place the first shovels of earth into the grave. The act is heartbreaking, but it is also deeply human. It enables grief to be felt rather than held at a distance, allowing mourners to meet the reality of the loss more fully.

In earlier generations, communities cared for one another because they knew how. Death care was simpler. Over the past decades, burial has become increasingly professionalized and costly. Cremation, though more affordable, also often removes families from direct participation and carries significant environmental costs. Compassionate people working within the funeral and medical fields are often constrained by structures built around performance, liability, or profit.

Humanity is often the first thing lost in systems driven by efficiency.

When someone we love dies, taking part in the practical tasks involved helps us truly comprehend the magnitude of the loss. It invites us to slow down and to stay present to what hurts and what deeply matters.

Way To Go helps to bridge an older way of being with death into the modern world. Many people want a more intimate and meaningful experience, but feel unsure how to navigate the practical, emotional, and legal realities. We offer guidance, support, knowledge and presence.

To ensure that end-of-life support is available when needed, Way To Go has established a recommended minimum donation of \$2,500 from those who have received support and are able to contribute. This amount aligns with the federal CPP Death Benefit, which often provides up to \$2,500 to assist with end-of-life expenses. For comparison, a conventional funeral-home burial on Quadra typically starts at \$9,000, a cremation at \$4,000, and includes considerably less support than we offer.

We welcome your financial contributions to support Way To Go's coordination, training, equipment, and organizational capacity. When funds are available, honorariums are provided to team members who often devote significant time, practical wisdom, and dedication, as well as making themselves available on an on-call basis.

We offer community-based deathcare support to everyone who seeks it and ask for the generosity of our community to help sustain this commitment. Together, we are bringing death home.

To contribute, send an e-transfer to quadrawaytogo@gmail.com or deposit funds directly into the Way To Go account at the Coastal Community Credit Union. For tax deductible receipts, reach out to office@islanddeathcare.ca for instructions.

Thank you!
Margaret Verschu

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

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

Good Grief Support Group

Grief is a universal human experience, yet affects each of us individually and in a unique way. 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.

The experience of grief isn't limited to the loss of a loved one when they die. Any loss can result in some degree of grief. The type of grief and the depth of grief we plunge into will be our own to feel and explore. Each event gives us an opportunity to travel to our core, our essence, and re-examine who we are and what we value. The process allows us to keep the positives (like our memories and stories) of the event and discard what no longer fits.

For example, as we age, we may get a diagnosis that impacts the plans we made for our retirement. A dream of a life time is lost in an instant. Grief ensues to help us feel the loss, understand its significance, incorporate

what is important and enriches us, and helps us let go of or adjust plans to modify our dream to fit our changed abilities. This process takes time, awareness, patience, and attention.

Maybe a skill we have grown and honed throughout our life is no longer valued by others. We lose our place in our community. That is a big chunk of how we see ourselves. Grief is real. The pain is real. The search for self-worth is real. Grief can be the tool that supports the process of assessing our values and finding a way to use those skills in a different and satisfying way.

Grief accompanies loss of a beloved pet, loss of physical or mental abilities, loss of a home, loss of independence, anticipated loss (occurs before a loss, often related to impending death but also other major changes, such as losses we imagine will happen), and losses that are ambiguous (a type of grieving that occurs when a loved one is physically or psychologically absent, but not dead, such as the progressive losses experienced by those living with dementia and their care partners).

Grief is a tool we can use to feel our loss and pain in order to progress toward resilience that weaves what we want to retain into who we are and to find a new way forward.

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 from 3:00-4:30pm in Room 2 of the Community Centre. Please join us if this feels helpful to your journey.

For more information, contact Jude (call 250-285-2302 or email dunnjudy@hotmail.com)
Up-coming Meetings: Tuesday, July 14th & 28th



Contract Opportunity for Neighbourhood Small Grants Coordinator

The Neighbourhood Small Grants (NSG) program provides grants of up to \$500 to Quadra Island residents to organize and lead projects adding to the quality of life on Quadra. The Quadra Island Foundation (QIF) is seeking a community-minded, collaborative and energetic person as its NSG Coordinator.

This is a contract position based on Quadra Island at \$35/hour for up to 100 hours total from late August/ early September until early 2027. Preferred start date is August 15.

Key responsibilities: Program orientation, advertising and outreach, grant administration including liaison with grant applicants, assembling and supporting a local committee to review grant applications, updating the QIF board, coordinating with NSG Island Network, and preparing a brief final report. The contract will also include some professional development training.

Qualifications: Strong skills in organization, administration, interpersonal communication, and computer usage; deep familiarity with the Quadra Island community; ability to work independently and manage flexible hours.

How to apply: Please submit a resume, including the names of two references, by July 15 to info@quadraislandfoundation.ca.



Quadra Island Launches Capacity Building Initiative to Support Local Businesses and Non-Profit Organizations

The Discovery Islands Chamber of Commerce, in partnership with the Quadra Island Foundation, is pleased to announce the launch of a new Capacity Building Initiative designed to support local businesses and non-profit organizations across Quadra Island.

Supported through the Province of British Columbia's Rural Economic Diversification and Infrastructure Program (REDIP), the initiative will deliver low-cost practical training and professional development opportunities focused on leadership, workforce resilience, organizational capacity, and community development.

This work builds on priorities identified through Quadra Island's Economic Diversification Plan, Sustainable Tourism Plan (currently in development), and community engagement initiatives such as Vital Signs and Strengthening Community Connections.

The Capacity Building Initiative consists of two complementary streams designed to meet the distinct needs of the business and non-profit sectors. While each stream will have its own training opportunities, partnerships, and priorities, both share a common goal: building stronger businesses and organizations, stronger leaders, and a more resilient community.

Capacity-building for non-profit organizations will launch with a leadership and learning event on October 6, funded and delivered in partnership with the Quadra Island Foundation and the Cortes Island Community Foundation. The event will bring together boards of directors, senior staff, and other key leaders in community organizations from across the Discovery Islands to strengthen leadership, governance, collaboration, and organizational effectiveness.

Capacity-building for businesses will launch in early 2027, in partnership with the We Wai Kai Nation, with training sessions designed to meet the needs of Quadra-based businesses.

A key first step in the initiative is two Needs Assessment Surveys, one for non-profit organizations to be released in the coming week and one for businesses to roll out in late summer. The surveys will gather input from business owners, managers, staff, volunteers, board members, and non-profit leaders to better understand:

- Board governance, leadership, and workforce development needs
- Organizational and operational challenges
- Recruitment, retention, workplace culture, and wellbeing priorities
- Preferred learning formats and barriers to participation
- Skills, resources, and supports needed to strengthen long-term resilience and sustainability

Survey findings will help ensure future training opportunities are locally relevant, evidence-based, and aligned with evolving community needs.

"This initiative is about listening first and building something that truly reflects the needs of our community," said Carol Ann Terreberry, President of the Discovery Islands Chamber of Commerce. "We want to deliver training that is practical, relevant, and meaningful for businesses, non-profits, staff, volunteers, and the broader community."

Karen Sveinungaard of the Quadra Island Foundation added, "This is an important opportunity to better understand the training and capacity-building needs within the non-profit sector on Quadra Island and ensure future training is practical, accessible, and supportive of the important work happening across our community."

By investing in people, leadership, and organizational capacity across both sectors, the initiative aims to support stronger businesses and organizations, a more skilled workforce, enhanced community capacity, and a more resilient local economy.

Community members are encouraged to participate in the upcoming surveys and help shape the future of professional development and organizational learning on Quadra Island.



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Enoughness

Our primordial history continues to haunt us. Try as we might, we can't seem to escape the psychological dynamics that have so indelibly shaped us during our many millennia as primitive foragers and hunters eking out our precarious survival in an untamed nature. This vulnerability is so baked into our genetic memory that it subconsciously expresses itself in behaviours that are irrational and ultimately destructive. This subject is introduced by Jodi Wilson, an Australian health journalist and author, in an essay, *Enough's Enough: We Are Overwhelmed With Having Too Much Stuff* (The Guardian Weekly, January 23, 2026).

"Simplicity," Wilson writes, "is intriguing because it's a radical choice in a world that promotes more. From a neurological perspective, it's innately difficult because it goes against our primal instincts: 'I better get this now because it might not be there later.' How does it play out in a modern world of abundance? We're gorging on food, stuff, and the infinite scroll of information and entertainment—our brain is full, which makes us feel overwhelmed and exhausted." It also impairs clarity, and contributes to confusion.

The consumer does get a transient flush of satisfying dopamine that comes from buying anything. This is an ancient biochemical stimulus that we share with other animals—even with certain insects. It was once a crucial mechanism for our survival, but is now superfluous for those of us living in an age of abundance. What do we need when we have everything that we need? But, as Wilson contends, the biochemical addiction continues to drive us.

"There is a ghastly amount of stuff that already exists in the world," she writes, "and the donation pile at charity shops in January is a pertinent reminder." In the northern hemisphere, this is the month that follows the winter solstice, when people are primed by the threatening darkness and cold to combat their insecurity by spending lavishly. The subconscious will not be stopped from taking every opportunity to express itself, even though the planet is already full, overwhelmed and exhausted by the excessive products of our affluent consumer societies. Not only do we make and take more than we need, but we are also generating more waste than nature can process.

Amid the luxury of these contaminating things, we usually forget to notice the reciprocal relationship between owning and being owned.

What we own also owns us. Beyond what is required for the basics that provide a comfortable existence, possessions become a burden that take massive amounts of time and energy to acquire, and then immeasurable effort to use, supervise, keep and protect. All this attention diverts us from the profound simplicity and existential treasure of merely being consciously alive. Owning stuff so easily becomes a distraction that displaces the essence of something far more valuable than anything else that we can possess. "I shop, therefore I am"—the title of a 1987 artwork by the American conceptual artist, Barbara Kruger—is a poor substitute for a universally unique commodity that can neither be bought nor sold, traded nor taxed, transferred nor appraised. It arrives free of any duties or penalties. It does, however, have a non-negotiable expiry date, which leaves even the most wealthy in an uncomfortable position. Billionaires have more money than anyone could possibly spend on necessities in multiple lifetimes, so something else is motivating their lack of enoughness. Is it the quest for power? Control? Prestige? Authority? Perhaps, superficially. But all these motives can be linked to an incessant and fundamental hunger, to a deep

and primal insecurity that cannot be satisfied by any amount of wealth. And in the process of trying to assuage this ghost of their primal past, they do more environmental damage with their yachts, private jets, helicopters, mansions and exploitative enterprises than most other human beings.

No one should deny another human being from having a comfortable and secure life. But excesses that reach far beyond necessities are destroying the wellbeing of others and the ecological structures of our planet. Perhaps, if the affluent could curtail some of their hedonistic indulgences, everyone would have an opportunity to lead better lives, and the natural world, as we know it, would have a better chance of surviving.

Ray Grigg
for Sierra Quadra

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Ferry Schedule

Leave Quathiaski Cove	Leave Campbell River
6:05 am	6:30 am
†7:00 am	†7:30 am
††7:30 am	††8:00 am
8:00 am	8:30 am
8:30 am	9:00 am
9:00 am	**9:30 am
9:30 am	10:00 am
10:00 am	10:30 am
10:30 am	11:00 am
11:00 am	11:30 am
11:30 am	12:40 pm
12:40 pm	1:05 pm
1:05 pm	1:30 pm
1:30 pm	1:55 pm
2:00 pm	2:30 pm
2:30 pm	3:00 pm
3:00 pm	3:30 pm
3:30 pm	4:00 pm
4:00 pm	4:30 pm
** 4:30 pm	5:00 pm
5:00 pm	5:25 pm
5:25 pm	5:50 pm
5:50 pm	6:15 pm
6:15 pm	6:45 pm
7:10 pm	8:10 pm
8:40 pm	9:05 pm
9:30 pm	9:55 pm
10:20 pm	10:40 pm
* 11:05 pm	* 11:30 pm

† 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

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

PASSAGES

Peter Benjamin Smith September 16, 1946–June 3, 2026

It is with great sadness that we announce the passing of Peter Smith, age 79, who spent the past 23 years living on Quadra Island, BC.

Peter was born in Gosport on the south coast of England and was raised in the small community of Lee-on-the-Solent where he spent his time sailing and fishing. He trained as a journalist and joined the Portsmouth News in 1965. He rose to become the Chief Crime Reporter for the daily newspaper and then continued his career when he emigrated to Canada, working as the Chief Crime Reporter for The Calgary Sun from 1987 until his retirement in 2003. He received many journalistic awards for his work and travelled overseas on major stories.

In retirement he continued to write, creating two true crime books, a crime novel, three local history and one fishing book, and contributing to many periodicals. He also took up oil painting. But his great passion was always fishing, whether it was from small boats or the riverbank.

Peter leaves his wife of 43 years, Amanda; his daughters Sharon Miller and Beverly Smith; two grandsons and three great grandchildren. He was predeceased by his parents Dolly and Ben Smith and his sister Thelma Patterson.

There will not be a service at Peter's request.

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

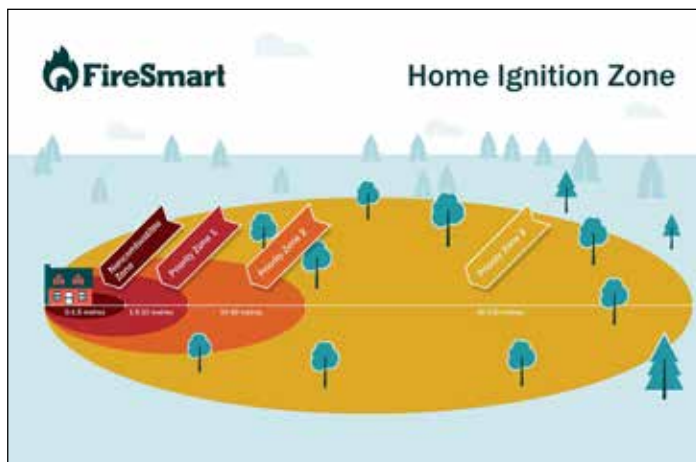
We also want to take this opportunity to share how the money will be used. The money raised is staying close to home to help us navigate the rising costs of inflation on our yearly expenses, keeping our non-profit



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!



THE Q RESTAURANT & PATIO

AT QUADRA ISLAND GOLF

New 2026 Q Menu: Dine In or Take Out

STARTERS & SHAREABLES

- Golden Samosas \$9.50** — Lightly seasoned beef or chicken wrapped in crispy, flaky phyllo and served with tzatziki.
- Crispy Falafel Bites \$9** — Herb-packed, golden on the outside, tender on the inside, served with tzatziki.
- Jalapeño Cheddar Bites \$9.50** — Molten cheddar stuffed inside a crispy jalapeño crust, paired with smoky avocado ranch.
Warning: highly addictive.
- Tuna Poke \$17** — Fresh, vibrant tuna in a savoury toasted sesame sauce, served with crispy wonton chips spiced with tajin.
- Calamari \$17** — Grilled Humboldt squid topped with a zesty lemon chimichurri.
- Chicken Wings \$18** — One pound of wings dusted in our bold, smoky signature house rub, served with blue cheese dip.
Hot, Salt & Pepper or Honey Garlic — pick your flavour, own the table.
- Cauliflower Wings \$8** — Crispy & saucy, served with your choice of sauce.
- Dry Garlic Ribs \$17** — Tender bone-in rib bites, seasoned with a bold dry garlic rub. *Napkins included. Manners optional.*
- Loaded Nachos \$17** — Tortilla chips piled with cheese, onion, tomato, black olives and jalapeños.
Served with sour cream and fire roasted salsa.

SALADS

- Caesar Salad - Small \$7 | Large \$14** — Crisp romaine, parmesan, house-made croutons and a bold Caesar dressing.
- Q Cobb Salad \$19** — A blend of crisp romaine and iceberg lettuce, grilled chicken, bacon, egg, avocado and tomatoes with blue cheese dressing. *Classic fan favourite.*

BURGERS & HANDHELDS

All burgers & handhelds served with seasoned waffle fries

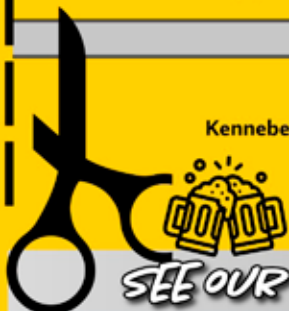
- The Q Burger** — Single 3.5oz \$16 | Double 7oz \$19 — Your burger, your way.
Pickles, tomato, onion and lettuce. Add cheese or bacon +\$2.
- Grilled Chicken Burger \$19** — A juicy grilled chicken breast on a toasted potato bun.
Pickles, tomato, onion and lettuce. Add cheese or bacon +\$2.
- Salmon Burger \$19** — A 4oz salmon patty grilled to perfection and finished with tzatziki. *Fresh, local wild sockeye.*
- Southwest Veggie Burger \$16** — Chickpea and herb patty, topped with chipotle mayo, tomato, onion & lettuce on a toasted potato bun.
- Chicken Caesar Wrap \$16** — Grilled chicken, bacon, romaine, parm & rich Caesar dressing in a flour tortilla.
- Classic Clubhouse \$21** — Thick sliced chicken, crispy bacon, tomato & lettuce on toasted whole wheat bread.
- Crispy Chicken Strips \$15** — Three crisp golden chicken strips served with your choice of dipping sauce and waffle fries.
Want more? Additional strips just \$2 each.
- Beef Dip \$22** — Slow-roasted beef piled high on a toasted hoagie with bold horseradish and a rich au jus for dipping. *You'll need extra napkins.*

HOT OFF THE GRILL

- The Lonely Q Hot Dog \$6.50** — Our classic all-beef dog, grilled to order and dressed your way. *Quick, simple, patio friendly.*

SIDES

- Waffle Fries \$8** — Seasoned to perfection.
- Kennebec Fries \$8** — Golden & crispy skin-on Kennebec fries, seasoned with our signature Q spice blend.
- Yam Fries \$8** — Lightly seasoned, naturally sweet. *And they have their own Fan Club.*
- Onion Rings \$8** — Thick-cut, golden-battered, and satisfyingly crunchy.



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Heriot Bay Tides

DATE	TIME PDT	M.	FT.
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
27 Sat	03:07	4.243	13.9
	11:02	0.907	3.0
	19:07	4.691	15.4
28 Sun	00:15	3.901	12.8
	03:41	4.213	13.8
	11:37	0.807	2.6
	19:42	4.810	15.8
29 Mon	01:00	3.917	12.9
	04:17	4.202	13.8
	12:11	0.753	2.5
	20:15	4.859	15.9
30 Tue	01:37	3.894	12.8
	04:57	4.190	13.7
	12:45	0.744	2.4
	20:44	4.864	16.0
01 Wed	02:11	3.822	12.5
	05:42	4.158	13.6
	13:20	0.780	2.6
	21:13	4.854	15.9
02 Thu	02:47	3.695	12.1
	06:31	4.089	13.4
	13:56	0.866	2.8
	21:40	4.847	15.9
03 Fri	03:28	3.508	11.5
	07:23	3.975	13.0
	14:33	1.018	3.3
	22:09	4.843	15.9
04 Sat	04:13	3.254	10.7
	08:20	3.815	12.5
	15:11	1.258	4.1
	22:39	4.832	15.9
05 Sun	05:01	2.932	9.6
	09:26	3.632	11.9
	15:51	1.604	5.3
	23:08	4.800	15.7
06 Mon	05:49	2.552	8.4
	10:48	3.484	11.4
	16:34	2.053	6.7
	23:38	4.746	15.6
07 Tue	06:38	2.135	7.0
	12:23	3.464	11.4
	17:22	2.574	8.4
08 Wed	00:07	4.679	15.4
	07:29	1.708	5.6
	14:04	3.626	11.9
	18:20	3.111	10.2
09 Thu	00:38	4.619	15.2
	08:22	1.296	4.3
	15:45	3.941	12.9
	19:36	3.583	11.8
10 Fri	01:13	4.577	15.0
	09:14	0.923	3.0
	17:08	4.315	14.2
	21:11	3.908	12.8

DISCOVERY ISLANDER CLASSIFIEDS

Services

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Notary Public on Quadra located at Quathiaski Cove Plaza, 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. quadrastatesolutions@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

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

Help Wanted

LAWN MOWING

Looking for someone to cut my lawn regularly. Use your own equipment 250-285-2357

Up to 35 words:
\$25 includes GST - one edition
For more information
& to pay online:
discoveryislander.ca

NEXT DEADLINE
7pm, Monday July 6
for Issue 886

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

IF YOU SEE SIGNS OF WILDFIRE

Call 1-800-663-5555 or 911
or text *5555 on mobile

Mobile Heavy Equipment service and repair

Automotive service and repair
Welding and Fabrication
Mobile and Quadra shop



**WOLF DEN
MECHANICAL**

250-285-2215

wolfdenmechanical@gmail.com

360 Cape Mudge Road \$699,000

5 Acres, 2 homes



Roman Krzaczek

604-787-4594 REALTOR*

RomanKrzaczek.ca

