

March 12th, 2025



t h e bird's • eye

Connecting Quadra Since 2000

CLASSIFIEDS

Fire Hall Chat

Quadra Island Fire Dept is hosting its 2nd Open House on Thurs, March 20, 6:30-8:00pm at Fire Hall #2 at 1515 West Road in Heriot Bay.

Please drop by to see the conceptual plans for replacement Fire Hall #2 and speak with Fire Dept members and trustees.



Employment Opportunity - Medical Office Assistant

Quadra Island Medical Clinic is currently looking for a part - time Medical Office Assistant.

We are seeking someone who can work one/two days weekly and offer the flexibility to cover for vacation / sickness.

Some computer experience is vital, but full training given.

We are a friendly, hard-working team, who look forward to welcoming a similarly minded person. Please email queries, and applications, with resume, to Tina at gimcmanager@outlook.com

Please send before March 14th. Applications will be acknowledged.

Quadra Free Day - May 10th - A Day of Giving and Reusing

Mark your calendars to enjoy a fun, community-driven event where residents can give away items they no longer need as part of their spring cleaning. Whether you're decluttering, downsizing, or simply looking for a way to pass on gently used belongings, this day is for you!

How It Works

When:

Saturday, May 10, 2025 from 9:00 AM to 5:00 PM.

Where:

On Quadra Island, at homes and properties participating in the event.

What to Give Away:

Feel free to leave out items like:

Household goods (furniture, kitchenware, etc.)

Plants and gardening tools

Toys, bikes, and outdoor gear

Tools and hardware

And more!

Please make sure the items are in good condition and ready to be reused by someone else. This is a fantastic opportunity to pass along items that others will appreciate!

How to Participate:

Place your giveaway items at the end of your driveway or in a visible spot on your property, where they can be safely picked up.

Ensure the area is safe for pick-up between 9 AM and 5 PM.

At the end of the day, we kindly ask that you remove any remaining items from public roads to keep our streets clear.

Want Your Address Listed?

If you'd like your address to be shared publicly as a participant on Quadra Free Day, please contact Jan or Tucker below.

We'll do our best to post participating addresses in advance by neighborhood so everyone knows where to go.

This event is a wonderful chance to recycle, reuse, and engage with your neighbors in a fun, eco-friendly way. We look forward to seeing what treasures and treasures-to-be are passed along this year!

Let's make Quadra Free Day 2025 a success—together!

To add your name and address to be posted later, please contact Jan or Tucker:

Jan Gladish at: (250) 285-2111

or

Tucker Wilson Dinnes at: tucker5@telus.net.

Anti-Discrimination Response Training Workshop

April 12, 9 a.m. – 4:15 p.m. at QCC

Have you ever heard a discriminatory or misinformed comment and felt unprepared to respond? Learn how to disrupt discrimination with training designed to help you shift from being a silent bystander to an active witness in various situations.

Tickets: \$35 at Inspirations.
Limited to 25 participants. Lunch included.

For more information, email
quadraliteracynetwork@gmail.com.



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Beach Clean-up Group Hike

We're excited to kick off our first beach clean group hike on **March 12th at 10 AM, departing from the bottom of Petroglyph Rd!** Led by Nevil and Heather, this event is a great opportunity to get outside, connect with like-minded people, and make a real difference in keeping our environment clean. We'd love to see a strong turnout of volunteers ready to help remove pollution from our shores!

Looking ahead, we're also hosting a **U of Q event at the HBI on March 18th**—mark your calendars!

And remember, every purchase at Tru Value grocery store using code #319 helps fuel our efforts. Your support keeps us going!

See you out there!



**May 31st &
June 1st
10 am - 2 pm**

**West Road
and
Industrial
Way**

Oceans Day Beach Clean-Up

"Seas the day, help us keep our beaches clean"

The Comox Strathcona Waste Management (CSWM) service and the Quadra Island Beach Clean Dream Team are hosting a beach clean-up event for residents who have collected beach debris.

Volunteer for the weekly Wednesday beach clean-ups and/or for sorting, collecting, and filling the bins with materials collected on May 31st and June 1st. Sign up to get notifications at: quadrabeachclean@gmail.com

All ocean debris will be recycled through the Ocean Legacy recycling depot in Cumberland. CSWM would like to thank its partners for their continued partnership. We look forward to many more years of keeping the Discovery Islands beaches clean.

IN PARTNERSHIP WITH



Questions? Call: 250-792-0026

The Voices of Quadra's Youngest Learners

As winter melts into spring, our students have settled into their school routines. Kindergarten and Grade 1 are years of discovery, growth, and joy. Each year, I ask students about school, learning, and their dreams. Their answers are heartfelt, humorous, and insightful. Many in the Quadra community—through events, nature, and our dedicated school staff—help shape these young minds. I hope you enjoy their perspectives!

Student Voices

STUDENT 1:

Hardest thing about kindergarten? Not seeing my family.
What is Math? Learning numbers.
Favorite part of school? Charlotte's Web.
When I grow up: A vet.
Best part of Quadra: Being with my parents.

STUDENT 2:

Hardest thing about Grade 1? Nothing—I want it to be harder!
When I grow up: I'll invent a stuffed animal that cuddles you.
Best part of Quadra: My friend lives next door.

STUDENT 3:

Hardest thing about kindergarten? Sitting at the thankful circle.
Favorite part of school? VIP—we take home stuffies.
When I grow up: I'll invent a machine to always be with my daddy.

A Community of Support

These conversations remind me how our community nurtures and inspires our children. The staff at Quadra Elementary play a vital role in shaping young minds, and I'd like to thank Tanya Petersen, Lorill Vining, and Alec James for their dedication. Tanya ensures our school runs smoothly, Lorill leads with innovation, and Alec fills our halls with music and creativity.

Through the seasons, the spirit of our island remains strong. As we step into spring, I hope these words from our youngest learners bring a smile to your face and a reminder of the wonder and imagination that surround us every day.

Lesley Brown

Quadra Elementary Kindergarten & Grade 1 Teacher

STUDENT 5:

Hardest thing about Grade 1? Everything gets harder.
Favorite part of school? Centers and gym.
When I grow up: I might build a boat with legs or be a relaxer!
Best part of Quadra: It's safe.

STUDENT 6: v

Hardest thing about Grade 1? Coming to school when I want to do other things.
What is Math? Counting and tallying.
When I grow up: I'll invent a pizza-and-ice-cream jetpack.

STUDENT 7:

Hardest thing about kindergarten? Thinking of what to say!
Favorite part of school? Playing tag.
When I grow up: A chef to help people survive.
Best part of Quadra: It's not noisy!



The Pulse of the Pacific: The Vital Role of Herring

As of March 10, 2025, the annual Pacific herring spawn is actively underway off the shores of Vancouver Island, transforming the shallows into a milky turquoise hue as thousands of herring return to spawn. This natural event, which occurs every spring between February and April and typically peaks in March, fuels a massive surge of life. Seabirds, sea lions, whales, and fish gather in a feeding frenzy, drawn by this keystone species that sustains the entire coastal food web. Recent observations confirm that the herring have returned in significant numbers, marking the continuation of this vital ecological cycle.

Herring are foundational to the Pacific ecosystem, providing essential nutrition for salmon, halibut, marine mammals, and countless seabirds. Their seasonal migration supports biodiversity from the ocean floor to the skies above. However, their populations have been declining due to habitat destruction, climate change, and industrial overfishing. Some stocks have dropped so significantly that fisheries have been forced to close to allow recovery. Large-scale fishing operations continue to extract significant amounts of herring annually, primarily for low-value products like fishmeal, which weakens salmon stocks and disrupts the marine food web.

For Indigenous communities, herring are deeply embedded in cultural traditions, seasonal rhythms, and sustainable harvest practices. Nations such as the Heiltsuk, Nuu-chah-nulth, and Haida have relied on herring roe for generations, using traditional methods like “roe on kelp” harvesting ([The Narwhal](#)). This involves placing hemlock branches or kelp in the water for herring to spawn upon, allowing eggs to be collected without depleting the fish population. These methods promote long-term sustainability by ensuring that herring stocks remain abundant for future generations.

Indigenous leadership has been central in efforts to protect herring populations. In 2015, the Heiltsuk Nation successfully halted commercial herring fisheries in their waters, arguing that continued exploitation would cause irreparable harm to the stock ([The Narwhal](#)). Their push for stronger management practices underscores the need to approach herring conservation with a long-term perspective that respects both ecological and cultural sustainability.

As herring return to their spawning grounds, they remind us of the interconnectedness of ocean life. Their survival is essential not only to marine ecosystems but also to the history and identity of coastal communities. Protecting herring means safeguarding the rhythm of the Pacific, ensuring the survival of species that depend on them, and upholding the knowledge of those who have stewarded these waters for thousands of years.

Additional reading and resources:

[Pacific Wild](#),
[Re Sources](#),
[Hakai Magazine](#).



Written by Savannah Atchison Photograph from Jason Duncan

FEBRUARY 28 - MARCH 20

BC
CANCER
FOUNDATION

JOANNE FALVAI, QUALICUM BEACH
BRAIN CANCER SURVIVOR

VANCOUVER ISLAND COMMUNITY SUPPORT IN FULL BLOOM

Help bring cancer care closer to home
for all British Columbians.

From February 28 to March 20, \$2.52 from the sale of each specially marked potted gerbera, cyclamen or violet plant will go towards the development of BC Cancer – Nanaimo.

Buy now to help expand access to
life-saving cancer care.



Learn more at bccancerfoundation.com/grocers



Your support will help bring cancer care closer to home
for all British Columbians.

Contact BC Cancer Foundation, Victoria: 250.667.8690
william.litchfield@bccancer.bc.ca

The ICAN Food Security Team presents:
A LEARN Food Security Workshop

Learn to Make and Can Jam

A HANDS-ON Workshop with Kathy McLeod
The Jam Lady

Saturday, March 15, 2025
10-11:30
at QCC

BRING:
an apron & a smile

LEARN:
the principles of water
bath canning &
how to preserve jam

TAKE HOME:
a jar of preserved jam & the
knowledge for how to make
your own



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COST: By donation

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OFF**



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Assorted
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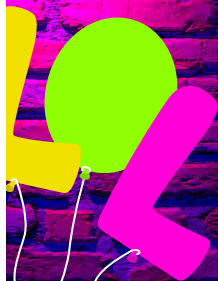
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Set Mix Pack**

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Open Mic Comedy Night

Quadra Legion
March 15th
8 pm



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TRU VALUE FOODS

Where Community & Quality Meet



Pork Tenderloin

\$4⁹⁹

LB 11.00kg vacuum packed

PRODUCE

Mexican Asparagus



\$2⁹⁹

LB 6.59kg

Mexican Green Onions and Radishes



79¢

EA

Chile/Peru Green or Red Seedless Grapes



\$2⁹⁹

LB 6.59kg

Mexican Red, Orange or Yellow Peppers



\$2⁹⁹

LB 6.59kg

Grocery

SunRype 100% Fruit Juice

900 ml



2/\$4⁰⁰

+dep

Olympic Organic Yogurt

1.75 kg Tub



\$10⁹⁹

EA

assorted varieties

Island Farms Cottage Cheese

500g

\$4²⁹

EA

assorted varieties



Blue Diamond Almond Breeze

946ml

\$3⁴⁹

EA

assorted varieties



Snowcrest Perfectly Imperfect Frozen Fruit

1.75 kg

\$9⁹⁹

EA

assorted varieties



McCain Superfries

454-650g

\$4⁹⁹

EA

assorted varieties



Heinz Beans

398 ml

2/\$4⁰⁰

EA

assorted varieties



Dare Ultimate Cream Cookies

290g

\$3⁹⁹

EA

assorted varieties



Mr.Noodles Instant Noodles....

flat pack 85g

2/\$1⁰⁰

EA

assorted varieties



Kind Bars

40g

2/\$3⁵⁰

EA

assorted varieties



Texana Long Grain White or Brown Rice

907g

\$2⁹⁹

EA

assorted varieties



Old Dutch Arriba or Restaurant Style Tortilla Chips

245-295g

\$3⁹⁹

EA

assorted varieties



Natural Bakery Canadian Rye Bread

500g

\$3⁴⁹

EA

assorted varieties



Silver Hills Sprouted Grain Bread

430-615g

\$4⁹⁹

EA

assorted varieties



FEBRUARY 28 - MARCH 20



VANCOUVER ISLAND COMMUNITY SUPPORT IN FULL BLOOM

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Your support will help bring cancer care closer to home for all British Columbians.

Contact BC Cancer Foundation, Victoria: 250.667.8690 • william.litchfield@bccancer.bc.ca

*Prices in effect Date: March 12 - March 18 2025

AAA Bottom Round Roast



\$8⁹⁹

LB 19.82kg

Island Farmhouse Split Chicken Wings



\$6⁹⁹

LB 15.41kg

DELI

Sausage Rolls

2/4⁰⁰



Royal Gourmet Hummus or Tzatziki

\$3⁴⁹

EA 227g tub



Arbutus Farms Yam and Potato Salad

\$1⁷⁹

/100g



Two Bite Butter Tarts... pecan or raisin

\$5⁹⁹

EA



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