

Our Isle & Times

December 2017



Islands Trust

NOTES FROM SUSAN: Season's greetings. As Tim has stated we cancelled our Lasqueti Trust Committee (LTC) meeting so local business is on hold until a new meeting time can be scheduled. We will be attending Trust Council in Victoria which has a very full agenda as usual. We will be receiving a report on geoduck aquaculture and possible negative impact in the Trust area. The budget will be debated and currently the Senior Intergovernmental Policy Advisor and Freshwater Specialist positions are being considered for another year. We have a consultant briefing on some vision statement options also for consideration. Wednesday is a full day of sessions with an open space workshop on possible amendments to the Islands Trust Act, Transport Canada Ocean Protection Plan, marine conservation area update, liaison with San Juan county, delegations and town hall, as well as staff awards. The full agenda can be found on the Islands Trust Website (islandstrust.bc.ca). Thanks.

NOTES FROM TIM: Greetings all. Due to the cancellation of our Nov. 27th meeting, I don't have anything new to report on the LTC front. Susan and I will be attending Trust Council in Victoria, Dec. 5th-7th, with the major focus being next year's budget, as well as a look at potential amendments to the Islands Trust Act, and a dialogue with representatives from San Juan County, among other issues. The full agenda is available on the Islands Trust website. We have yet to receive meeting dates for 2018, so they will appear in *Our Isle & Times* and online when available. As always, feel free to contact your Trustees with your questions, comments, or concerns. Wishing you all a warm and cozy winter with good cheer!

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ialtc@islandstrust.bc.ca

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1-250-247-2210 or 1-800-663-7867 and ask to be connected

REGIONAL DIRECTOR'S NOTES

It's the December issue, so season's greetings everyone; I wish one and all a warm and wonderful festive season.

At the November Regional Board meeting we acclaimed Patrick Brabazon as Chair for the coming year, and I was reappointed to the Vancouver Island Regional Library (VIRL) Board, along with my alternate Laurence Fisher. Many thanks to Laurence for accepting this role. I urge any Lasquetians who don't have a VIRL card to join. It is a great resource and helps to keep our post office open!

Congratulations and thanks to the long meeting Waste Management committee for completing their mandate and forwarding their recommendations to the Board. One of their main recommendations is more public education, and the need for that was graphically obvious in the last few days (Nov. 27th-29th) when Bella's Barge was here to remove wrecks. Thankfully she got about 50 aboard. Many thanks to her and her crew, and Natty and Kristos for organizing this end, but NO THANKS to the few who left garbage filled vehicles to be taken away. Not only is this terribly insulting to those recycling your vehicle, but dealing with the mess prior to recycling the vehicle will absorb any possible profit the barge company might have hoped to make. No one wants dirty recyclables! We must do better, Lasqueti.

Another thing that was on the agenda was the long hoped for meeting between our Islands Trust committee and the Regional Board planning staff, myself and the Chair, to be organized ASAP. Also coming up on Dec. 6th is a 50-year anniversary celebration for the Regional District. I'm looking forward to seeing Frances Ladret and some other folks from the past. Looking forward to a brighter, cleaner, more sustainable 2018!

Regional Director Merrick Anderson 250-333-8773

FERRY NEWS

Greetings to all,

These will be the additional runs over the holidays.

Mon. Dec. 25th Christmas Day **No ferry service**

Tues. Dec. 26th Boxing Day **No ferry service**

Wed. Dec. 27th Full day of regular ferry service*

Mon. Jan. 1st New Year's Day **No ferry service**

Tues. Jan. 2nd **No ferry service**

Wed. Jan. 3rd Full day of regular ferry service*

*First sailing departs False Bay at 8:00am.

—Safe and Happy Holidays from your Ferry Crew

THE MEDICINE WHEEL

Nursing Clinic located at the Judith Fisher Centre

Email address: LasquetiHealthCentre@gmail.com

Nurse: Dianne McClure RN/MN

Cell: 250-240-5712 Home: 250-752-7419

Clinic phone (during clinic hours): 250-333-8891

Hours: Drop in Thursday from 11:00am–3:00pm

Dec. 2017/Jan. 2018 Clinic Dates

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Dec.	11			14		
				21		
				28		
Jan.				4		
				11		

This month I would like to briefly review some basic information regarding “brand versus generic medicines”. It can be confusing sometimes as medicines can go by different names. Prescription medicines go by at least two different names: the generic and the brand name. For instance, *atorvastatin* is the generic name for a cholesterol lowering medicine. Its brand name is “Lipitor”. Non-prescription meds also go by different names. I will answer some common questions to hopefully help alleviate some of the confusion around generic versus brand name medication.

What exactly is a generic name? The generic name of a medicine is the name of the active ingredient in it.

What is a brand name? The brand name is the name of a medicine that is given by the drug maker.

How can I find the names of my medicines? The generic as well as the brand name is usually printed on the prescription label. You can ask your pharmacist or health care provider. It is a good idea to know both the names of the medications you are taking.

What are generic medicines? Generic medicines are copies of brand-name medicines and are usually less expensive. Generic medicines have the same active ingredient as the brand name medicine that they copy.

Do all medicines come as a generic copy? No, although all medicines have a generic name. With many new medicines you can't purchase a generic version because of a patent. A patent means that only the maker of the brand version is allowed to sell the medicine for several years. When the patent expires, other companies are then allowed to sell the “generic” copies.

What is the difference between a generic medicine and a brand? The generic medicine can have a different shape, colour, coating, or flavoring than the original brand name version. Generic medicines also usually cost less.

Why do generic medicines usually cost less than brand? The



makers of generic brand medicines can usually charge less for a medicine because they do not have to charge for developing the medicine or for marketing/advertising. The development and studying of new medications can be very costly. If there is more than one maker of the generic drug competition can help bring the cost down.

Are generic medicines as good as brand? Yes, they are. The makers of generic medicines must follow the same rules about strength, quality, and purity as makers of brand-name medicines. In Canada, the U.S. and Europe the government requires careful testing of generic copies to make sure they will work as effectively as the brand medicines.

How can I switch to a generic medicine? If you wish to save some money by buying generic medicines instead of brand you can ask your doctor or pharmacist if there are generic brand that could work for you. Generic pills and brand medicine pills look different so make sure you don't think you are taking two different medications when in fact it is the same one.

If there is a generic medication will I get it automatically? No. Not always. You can check with your pharmacy and find out if there is a generic copy and if you are getting it.

Do non-prescription medicines also have brand and generic names? Yes. Medicines that you can purchase without a prescription are often referred to as “over the counter” medications. An example is “acetaminophen”. It is sold under many different brand names such as Tylenol and Panadol or “Extra-Strength Pain Reliever” tablets or “Non-Aspirin” tablets. It is important to read the generic name on the non-prescription medication. You can usually find it on the box or bottle under active ingredients or drug facts. This will help to ensure that you are not taking too much of the same medicine as that can be harmful.

Hope this info helps to clear up some confusion on this topic. If you have more unanswered questions, don't be shy . . . ask. No question is a silly one when it comes to your health! Blessings ♥Dianne

WHAT'S HAPPENING AT THE JUDITH FISHER CENTRE?

December is a good time to reflect on the past year and look forward to the coming one.

Thanks to a grant from the Federal Government's New Horizons for Seniors program, the JFC was able to provide Comedy Improv instruction. All ages and experience levels joined. A good time was had by all during the Comedy Improv performance in August. In addition, we were able to purchase audio visual equipment from this grant, including the brand new stage lights that were used at the Tsk Tsk Revue. We welcome ideas from the community for funding opportunities to provide more programs.

The Local Trust Committee held all of their regular business meetings in the health centre as did other community

organizations: LIAS, Food Bank (share), LIRA and the APC. The meeting room was also used by community support groups. We would like to see more people make use of the health centre. It is a bright, warm spot with great art on the walls and you can learn more about our namesake, Judith Fisher. The Society is now registered for the federal Community Volunteer Income Tax Program which you will hear more about in the coming months.

Appropriately enough for a health centre, the weekly nursing clinic and quarterly doctor clinics are very well attended. The telehealth unit has allowed for physician/patient consultations on island, eliminating the travelling stress that comes with island living. The Oceanside Hospice Society is now taking appointments for grief counselling session with telehealth. Ask your physician if they would be willing to consult with you via telehealth.

The Society has not forgotten that it was originally formed as a grassroots response to "our" needs of growing old here. A survey of the island's need for elder housing was commissioned and the Board continues to work on a plan for the further implementation of elder housing and care.

Outside, the common area garden is growing beautifully. Hundreds of hours have been expended by volunteer gardeners to provide fencing, designing, land-shaping, weeding, planting, and watering. We are looking forward to the official opening of the garden. This would be a great opportunity to remember a loved one through a significant donation to the Society.

Donations are the major source of funding for operations and maintenance of the Judith Fisher Centre. Aside from contributions made by individuals and families, on-island fundraising events help us financially. Stay tuned for more information in the new year. Just in case you were not aware of it, you can now make monthly contributions directly from your bank account. Contact me to find out how. The JFC is a community hub, built by and for the Island, for programs and educational activities that promote a healthier community.

THANK YOU TO EVERYONE WHO HAS DONATED IN ANY WAY TO THE SOCIETY. THERE WOULD NOT BE A JUDITH FISHER CENTRE WITHOUT YOU.

–Melinda Auerbach, Administrator, 250-333-8891
<http://facebook.com/Lasqueti-Last-Resort-Society>

COMMUNITY-LED OCP/LUB REVIEW?

By the time you read this, the Lasqueti Advisory Planning Commission will have held its Dec. 5th meeting, hopefully with lots of community members taking part, to make recommendations on how the Lasqueti Trust Committee should proceed with the Shoreline Protection project.

At this meeting the participants (I hope) will agree that we would like to begin a community-led review of our Official Community Plan (OCP) and our Land Use Bylaw (LUB). I

have posted printed copies of the OCP at the community hall, post office, Provisions and on the ferry. It's 31 pages, so most people will take it home to read. Please return printed copies to the place they were posted as soon as possible, so that others can read them.

Electronic copies are available from the Islands Trust website islandstrust.bc.ca/lasqueti on the Bylaws page, or downloaded directly from: <http://www.islandstrust.bc.ca/media/342714/labylbaseocp0077.pdf>

Please make note of things you'd like to change, add, delete, strengthen, etc. There will be lots of opportunities for discussion, and opportunities to hopefully participate without needing to be on Lasqueti. Contact me if you have questions or need more information. pjohnston@lasqueti.ca

–Peter J.

FREE STORE, RECYCLE CENTRE & LANDFILL INFORMATION

FREE STORE: Winter hours: Oct 1st–Mar. 31st: Thurs. 1:00-5:00pm

Accepts: reusable household items and **clean** folded reusable clothing only.

The Free Store does not accept: furniture, foam, electronics, TVs or computers. If the thing has a cord or uses batteries, it's not accepted. Take to Encorp Recycling Facility, Church Rd., Parksville.

RECYCLING CENTRE: Open 24/7.

All soft and hard plastic MUST BE CLEAN.

Old tarps go to the dump. Please take and reuse the **cardboard**. We accept clean, flattened cardboard and brown paper bags only in the white sacks. Glass bottles. Beverage containers. Metal food cans (clean). Other metals take to the dump. Old tarps go to the dump.

RE-USE CLASSIFIEDS: post furniture and building material at lasqueti.ca

LANDFILL: Forbes Rd.

Winter hours: Oct 1st – Mar. 31st, 1st Sat. of every month, 1:00pm-3:00pm

Accepts: non-recyclable plastic, metal and glass.

Tires are accepted but must be removed from the rims.

Does not accept: drywall, paper/cardboard, electronics, recyclables, foam, styrofoam, yard waste, compost.

CAR HULKS: The Shipyard no longer accepts car hulks.

WASTE MANAGER: Robyn Dryburgh, 250-228-2284

–Julie Newton

BREAKING FREE

Over a given period of time recycling increases. Also, over this same period, landfill residual waste increases. It's a myth that recycling will save us. We keep generating more! A 1980's back to basics movement, Voluntary Simplicity, embodied in Duane Elgin's book of the same name, advocates reducing consumption by shifting values, of not associating consumption with social identity and personal worth. This is contra to our culture, eh! Rank not wealth is

a hurdle we are learning to get over, even though survival means climbing up the ladder. There are alternative ways of generating that good feeling, of generating serotonin, a neurotransmitter and mood and behavior regulator, like: walking, doing yoga, stretching and or cycling daily. Or by doing service, helping someone. Regulating consumption has been done for eons, using sumptuary laws. These laws served to keep the “lower classes” down and were also used to conserve resources during the past two world wars. Status seekers sought ways around them.

Finding new things is a delight, but being mindful of perceived needs (which often is desire) de-escalates consumption. Desire is a word worth looking at: *de* means ‘away from’ and *sire* means ‘father’ or to some, ‘God’. To me desire looks like a negative notion. Advertisements and TV content promote “low-cost” things, but, portray a high standard of living, which creates a disconnect by overestimating others' standards of living. TV creates the see, desire, borrow, purchase phenomenon. Consumption patterns come from our greed, impatience and even stupidity. Also, corporate exploitation bombards us. BUT, **competition between humans** seems to be the main driving force of consumption. The bigger TV, the bigger Barbie, the proliferation of “up-scale products” drives our runaway spending and boosts the growing desire that infests us like a flu bug. The things we own, which we think we have control over, give us a sense of security. Finding the balance means avoiding accumulation. Too much stuff becomes a noose.

We are saturated with technology and information to the point of overkill. The international competitive structure is unsustainable. Spending less on stuff promotes the need to work less, in turn reduces unemployment and slows economic growth and productivity. Productivity loss could be compensated with greater efficiency and investing greatly in education, research, and development. Rudolf the reindeer says: rein in desire. Avoid malls and catalogs. Seek quality over novelty. Exclusivity is no longer hip. Learn to share books, toys and tools. Also, learn how to deconstruct the commercial system, know when you are being “sold”. Recreation or re-creating does not need money. Substitutions abound. And, let’s de-commercialize our cultural rituals. Lighten Santa’s load. Let’s shift from conspicuous consumption to inconspicuous consumption. Back to basics- use less stuff. Break free from the prison of desire. Here is an example of a perfect gift: A child, saddened by my tears as we buried our friend, gave to me, with her tiny hand, a small variegated leaf. She soothed my soul using the simplest gesture.

On this note: come visit the Free Store to alleviate it from the mountain that I preach from. I have put out all sorts of goods that I squirreled away awaiting this festive season.

—Julie Newton

LASQUETI ISLAND COMMUNITY ARCHIVES (LICA)

First of all, we want to thank all the people who have expressed their support for the archives project. Also, many thanks to those who have offered to share some of the documents they have regarding Lasqueti and life here.

We had our first meeting, trying to figure out how we would start with this big project, trying to decide where to start the research. A box of various Newsletters, containing both community and school ones, was graciously donated by Kathy Fisher and thus set our course.

We are going to tackle the different topics in stages, calling on volunteers to help us go through some of the material. We will be posting notes to ask for more specific documents, keep the community informed of progress and hopefully post, at some point, little write-ups about some of the Lasqueti history. We are going to find a filing cabinet, acid free paper, acid-free organizers to start filing the incoming material.

Our first search, based on the material for which we already have knowledge, is for all school newsletters, dating back to the very beginning if possible.

We would like to find the following:

“Charlie Williams School Newspaper” (dates?)

“The Cheerful Liar” (1948-50)

“Tucker Bay News Flashes” (1938-39)

“The Greenprint” (1999-2001?)

“The Student View” (dates? 2001?)

“The Gumboot” (we have some of these)

If you have any of these, know of their whereabouts, or want more information about these, please contact one of us at:

Marie-Ange Fall mafall@gowlland.ca; Sheila Ray sheila@lasqueti.ca; Sue Wheeler sue@lasqueti.ca

Thanks!

—Marie-Ange Fall

CHRISTMAS BIRD COUNT

Our long tradition of counting birds at Christmas will take place this year on Sat. Dec. 30th. If you are a regular participant, you know what to do. If possible, please count in the same area and with the same effort as in previous years. This makes the count more statistically reliable. If you have not participated in the count before, please consider joining us. You can count the birds you know in your own yard or contact me so I can help you find an area that is not already being surveyed.

The potluck dinner and tally will be hosted this year by the Kukulj family. At least one participant from each group must come to the dinner so we can tally all birds seen. Don’t forget to take a camera with you. For more information and to have a bird check list sent to you contact Sheila Ray 8884 or sheila@lasqueti.ca

—Sheila Ray

LASQUETI ISLAND NATURE CONSERVANCY

Recently, I heard about the passing of Ruth Masters, a 97-year-old woman who



donated 18 of her 20 acres to the local government so that the forest and trail she had on her property next to the Puntledge river in Courtenay would remain intact beyond her lifetime. To make sure the city kept their word and her instructions, she worked with a land trust, drafting a legal document with conservation restrictions, registered on title, to ensure the land would remain as she intended.

For Ruth Masters, working with a land trust was a small but real solution to the loss of nature in her home town. "The neighborhood is expanding at breakneck speed, and I don't have any kids to consult with. This development is right outside my property – and they're moving in like wildfire. I realized I couldn't take it upstairs with me, so I have done all I can think of to protect it so it does not get destroyed."

Donating land or creating a conservation covenant held by a land trust are two ways that people can leave a legacy after they die. You can also donate land or money in a will, called a bequest, which will protect cherished natural areas long after your life time.

The Lasqueti Island Nature Conservancy (LINC) is one of more than 35 local land trusts in BC. Before LINC came into being in 1997, people like Johnny Osland and Alistair Gordon left their land to the Trust Fund Board. LINC partnered with the Trust Fund Board by registering a conservation covenant on these two nature reserves, giving us a local presence on site. LINC volunteers have planted trees and fenced them from sheep on both sites, helped build a new trail up to the top of Trematon, and in the spring, we will be fencing and planting some areas on the Osland Reserve.

We welcome interested volunteers to join our volunteer board on these stewardship projects. Right now, we are completing a new fence in Squitty Bay Park, which will hopefully keep the sheep out of the Juniper Reserve portion of the park. Restoring understory plants and reducing invasive species impacts is one of LINC's goals.

Acquiring priority lands which will reduce human impacts on dwindling habitats is another of LINC's goals. We are seeking financial donations to purchase Salish View, identified by biologists and ecologists as a key site for the long-term protection of the endangered Douglas Fir Bioregion, and our own Squitty Bay Park.

As a local Lasquetian said to me recently, "none of us gets out of here alive!" Why not leave a legacy for future generations by donating to LINC for Salish View or by leaving a bequest to LINC in your will.

–Izzy, for LINC

LASQUETI DOGS (BOOK) CALL FOR SUBMISSIONS

Don't forget about the deadline for submissions for the Lasqueti Dogs book. **Submission deadline:** Dec. 31st 2017, Publication date: Early spring 2018. Submissions accepted via post or online at Lasquetidogs@gmail.com

–Christine Richardson

LISA'S FABULOUS 50th

Please come help Lisa Peterson celebrate her half-century, Sat. Dec. 16th, 7:00pm at the Hall. Potluck, BYOB, music and dancing!

–Tim P.

MURRAY KENNEDY-MACNEILL RETIRES FROM NORTH ISLAND INSPECTIONS

So when I first started North Island Inspection Services in the early 2000s I was offering a full service for home buyers and sellers as well as specialty inspections for wood burning appliances and chimneys. In 2012 I retired from the home inspection part of the business but continued to offer the stove/chimney inspection services. Now I am packing it all in, retiring and turning the business over to Dan Leahy. Hopefully you will be willing to continue to support him.

I want to thank all the friends I have made over the years on Lasqueti– all the people who have helped arrange travel (on and off the island), accommodation, meals and inspections. Every trip was different and there were always new and interesting obstacles to overcome. It was great to reconnect with old friends (from the 70's) and others from the early NIIS days as time went on!

Thanks again to you all, and who knows, you might see me back on the Island as a tourist soon.

–Murray Kennedy-MacNeill

WINTER HOURS AT FALSE BAY PROVISIONS

Hi Everyone,

There will only be one Writer's Workshop in December which will take place on Sat. Dec. 16th between 2:00pm - 4:00pm. The next workshop will resume again on Jan. 20th, 2018.

This holiday season Provisions will be open for limited hours during Christmas and New Year's.

The store will be closed Sun. Dec. 24th to Tues. Dec. 26th, as well as Sun. Dec 31st and Mon. Jan. 1st.

Dates and Hours Open

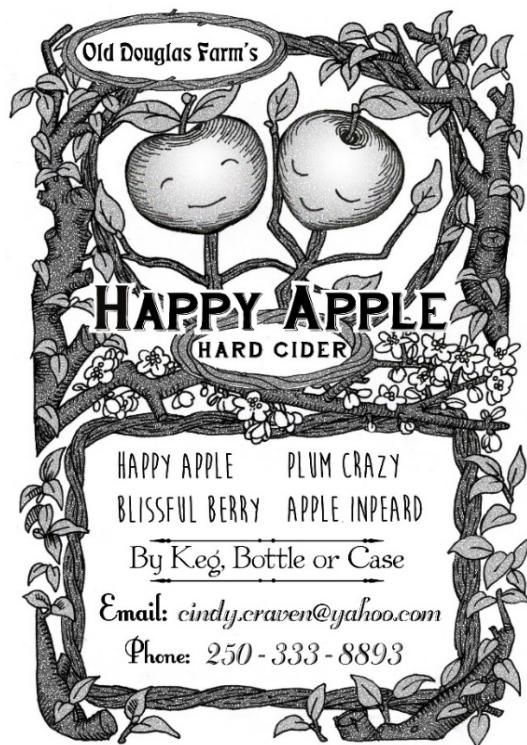
Thurs. Dec. 21st - Sat. 23rd - open 10:00 - 4:00

Wed. Dec. 27th - Sat. Dec. 30th - open 10:00 - 4:00

Tues. Jan. 2 - Thurs. Jan. 4th - open 10:00 - 4:00

Have a wonderful holiday season and we look forward to serving you in 2018!

–Camino and Dorothy, False Bay Provisions



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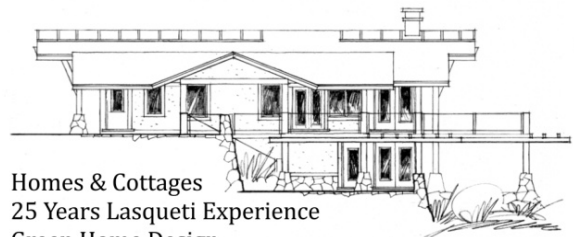
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WINTER HOURS

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Lasqueti Internet Access Society

LIAS

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Email. info@lias.ca

Website: www.lasqueti.ca

Our Isle & Times is published on a monthly basis. It is a community supported newsletter, i.e., the articles and ads are written by community members. The contents do not necessarily represent the views of the editor/publisher, nor is their accuracy guaranteed. **Donations for all submissions are most gratefully accepted.** Submissions may be made by calling Kimi Cochlin at 250-333-8619 or by sending them to her at PO Box 1, Main Road, Lasqueti Island, BC, V0R 2J0 or to isleandtimes@gmail.com. Articles over 50 words in length must be submitted electronically.

Off-island subscriptions are available for \$10.00 per year (PDF by email). Paper copies are \$25.00 per year (Canadian addresses), \$30.00 (U.S. addresses), or \$35.00 (overseas addresses).

Please make cheques payable to Kimi Cochlin.

The deadline for submission for the January issue will be midnight Friday December 30th for release on Monday January 8th.