

Our Isle & Times

February 2018



Islands Trust

NOTES FROM SUSAN: I would like to thank so many for attending our last LTC meeting. We now have a better understanding of the direction many want to see us take. I look forward to the community information/discussion meeting in late February early March. I am currently working on having a freshwater workshop sometime in February as well. William Shula, our freshwater specialist, has been given the green light to come to Lasqueti and give a presentation.

The executive committee recently met with the Minister for Municipal Affairs and Housing, Selina Robinson. We discussed issues that we deal with as a local government and possible ways to improve service, i.e.: by opening the Act. We also discussed the name change for the Trust Fund as this has been an impediment to fundraising as well as simple branding. The reception was good and there seemed to be an agreement to get the name change done.

I attended a meeting of the Gambier LTC, Trust Fund Board and Financial Planning Committee. Please give us your input on the budget. Thanks.

NOTES FROM TIM: Our meeting on Jan. 8th had an excellent turnout, and we discussed the process for Official Community Plan (OCP) and Land Use Bylaw (LUB) review. Motions were passed to put the Shoreline Protection Project on hold, moving it from the Top Priorities list to the Projects list, and to add OCP/LUB review as a Top Priority. It was also decided to hold an initial community meeting on this issue, preferably in February or March.

On Jan. 13th I held an informal coffeehouse which generated some interesting conversation on OCP/LUB issues, but also many other aspects of our island's future. Many thanks to those who attended, and if there is interest in holding more of these informal discussions, please let me know.

Trust Council in March will be focused on the budget. You can let the Financial Planning Committee and Trust Council know what you think of the proposed budget by Feb. 12th via the survey found here: <http://www.islandstrust.bc.ca/trust-council/budget/>

Our next regular business meeting will be Mon., Feb. 19th, 11:00am at the Health Centre. We will be discussing dates and format for the initial community meeting on OCP/LUB review, among other business. Please consider attending if you are able, and, as always, feel free to contact your Trustees with your questions, comments, or concerns.

CONTACT INFO:

Islands Trust, Northern Office:

northinfo@islandstrust.bc.ca 1-250-247-2063

Islands Trust website: www.islandstrust.bc.ca

Susan Morrison: smorrison@islandstrust.bc.ca 250-333-8589
250-927-1716

Tim Peterson: tpeterson@islandstrust.bc.ca
250-607-7094

Laura Busheikin (Lasqueti Trust Committee chairperson)
lbusheikin@islandstrust.bc.ca
250-218-3216

To email all 3: ialtc@islandstrust.bc.ca

Sonja Zupanec (Lasqueti's Planner):
szupanec@islandstrust.bc.ca
1-250-247-2210 or 1-800-663-7867 and ask to be connected

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



February/March 2018 Clinic Dates

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Feb.				15		
				Not in		
March	Feb. 26			1		
				8		

As mentioned in my January post, I will begin to address various lifestyle choices that affect health. This month's article will discuss smoking or rather "quitting smoking".

What are the benefits of quitting smoking?

Quitting smoking has major and immediate health benefits for men and women of all ages. The earlier you quit the greater the benefits. By quitting smoking by the age of 50 you can reduce your risk of dying over the next 15 years by one-half compared to those who continue to smoke. Quitting smoking is also important to those who do not smoke, as the exposure to second hand cigarette smoke is also responsible for a number of serious health conditions.

What should I do if I want to quit smoking?

The letters in the word "START" can help a person remember the steps to take:

S= Set a quit date

T=Tell family, friends, and the people around you that you plan to quit

A=Anticipate or plan ahead for the tough times you'll face while quitting

R=Remove cigarettes and other tobacco products from your home, car, and work

T=Talk to your doctor or nurse about getting help to quit

How can my doctor or nurse help?

They can help by giving you some advice on the best way for you to quit. They may put you in touch with a counselor or other people that may provide support. Your doctor or nurse may also be able to provide you with medications to i) reduce your craving for cigarettes ii) reduce withdrawal symptoms (unpleasant symptoms that happen when you stop smoking). You can also get help from a free phone line (1-800-QUIT-NOW) or go online to www.smokefree.gov

What symptoms of withdrawal might I experience?

They may include trouble sleeping, being irritable, anxious or restless, getting frustrated or angry or having trouble thinking clearly.

Some people who stop smoking may become temporarily depressed and need treatment such as counseling, or antidepressant medicines.

How do medicines help you stop smoking?

Different medicines work in different ways. Nicotine replacement therapy eases withdrawal and reduces the body's craving for nicotine, the main drug found in cigarettes. Different forms of nicotine replacement include skin patches, lozenges, gum, nasal spray, and puffers and inhalers. Some may be bought without a prescription.

Bupropion is a prescription medicine that reduces your desire to smoke. It is sold under the brand name of Zyban and Wellbutrin. It is also available in a generic version, which is cheaper than the brand name ones.

Varenicline is also a prescription medicine. The brand names are Chantix and Champix. This medicine reduces withdrawal symptoms as well as cigarette craving. This medicine can also increase the effects of alcohol in some people.

How does counseling work?

Counseling can occur in an office visit or just over the phone. It may help you figure out what triggers your smoking and what to do instead. It may also help you discover what went wrong when you tried to quit before.

What works best?

Studies have shown that people have the best luck with quitting smoking if they take medicines to help them quit as well as work with a counselor.

What about e-cigarettes?

Some people wonder if e-cigarettes will help them quit smoking. It is not recommended to use e-cigarettes in place of medicines and counseling because e-cigarettes still contain nicotine as well as other substances that might be harmful. It is not clear how they can affect a person's health

in the long term.

Will I gain weight if I quit?

Yes, you may gain a few pounds. However, quitting smoking will have a much more positive effect on your health than weighing a few pounds more. The medicine bupropion might help control weight gain.

What else might help improve my chances of quitting?

You can start exercising. As well, you should avoid places that you associate with smoking. Also stay away from smokers! If people close to you smoke, ask them to quit with you. It may help to keep gum or hard candy or something to put in your mouth handy. If you get a craving for a cigarette try one of these instead. Most importantly, don't give up. It takes most people a few tries before they find success!

Quitting and staying away from smoking may be difficult but not impossible.

Cheers and good luck ♥ Dianne

SCHOOL TRUSTEE'S NOTES

February is always the beginning of our budget process in School District 69. So here's how our process works: the administrators (senior staff and principals/vice-principals) meet on Feb. 6th to review our current budget and get general ideas of staffing needs and enrollment for next year. On Feb. 9th, the Trustees meet with Senior Staff to complete a budget goal setting exercise. From Feb. 19-23rd, we (senior staff and Trustees) meet individually with each of our partner groups (our unions MATA and CUPE, and District Parent Advisory Committee). We also hold public meetings during this time to gather information on needs.

Next, we create our initial budget according to the following criteria:

1. Contractual obligations
2. Needs of the students as expressed by all stakeholder groups and through our needs assessments done at each of our schools.
3. Additional items that are based on our Strategic Planning.

Then we wait until the Ministry of Education announces our funding. This usually occurs on the day before we start Spring Break. This year we expect the announcement on March 15th. Once we know the actual amounts we start the process of changing what we initially wanted based on the available funds. According to the School Act, our budget must be balanced each year, so these are often difficult choices. Once we have made some recommendations, we repeat the consultation process. We always hope to present our final budget in mid-April so that there is time for all to see it before it is finally passed through three readings.

More information is available through our website or by contacting me at 250-927-0375 or eyoung@sd69.bc.ca.

—R. Elaine Young, School Trustee

WHAT'S HAPPENING AT THE JUDITH FISHER CENTRE?

Tax time is here again. Do you need help completing a tax return so that you can receive benefits? Community organizations across Canada host tax preparation clinics where volunteers complete tax returns for eligible individuals. These clinics are offered through the Community Volunteer Income Tax Program (CVITP). This year the Judith Fisher Centre is part of this program. Beginning in March you can make an appointment to have a volunteer prepare your taxes at no charge. Call 250-333-8891 to make an appointment. You will need to show ID and sign an authorization to send your tax return by e-file.

In general, your tax situation is simple if you have no income or if your income comes from these sources:

- employment
- pension
- benefits such as Canada Pension Plan, disability, employment insurance, social assistance
- registered retirement savings plans (RRSPs)
- support payments
- scholarships, fellowships, bursaries or grants
- interest (under \$1000)

Your tax situation **is not** simple if you:

- are self-employed or have employment expenses
- have business or rental income and expenses
- have capital gains or losses
- filed for bankruptcy
- are completing a tax return for a deceased person.

The JFC is a community hub for programs and educational activities that promote a healthier community.

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

FAST COUTURE

Clothing today is like “Fast Food”: lots of it and cheap. Myself, I prefer natural fibres for most clothing applications. Sometimes, though, synthetics are appropriate. The skin is the biggest organ of the body and needs to breathe. Cotton, linen, silk, wool, hemp and bamboo, all breathe. Also, they are renewable resources. When we are done with them, they can often be “handed down” or “up” for that matter. At the end of their lifespan, natural fibers make great rags. At the very end, they are compostable. Synthetics, on the other hand, are fast tracked to landfill at the end of their usefulness. The statistics on how many tons of clothes that we humans discard every year is mind boggling.

If you are considering dropping off synthetic garments at the Free Store that are moldy, and beyond the pale, please take them to the dump. Violet, our new Free Store Custodian, is swamped with the clothing discards that we Lasquetians manifest. Just something for all of us to think about.

—Julie Newton

LIPSYNCH 2018: CALLING ALL STARS

February 17th, the stars come out for Lipsynch 2018. Release your inner Diva or Guitar Hero, and come play! Beat the winter blahs with an evening of entertainment from your favourite bands and singers from all genres. Everyone welcome! \$10 at the door, 12 and under free. Doors at 6pm, show at 7pm, at the Community Hall.

To book your spot, or to volunteer, please call Lisa 250-607-7074, or email timpeterson24@yahoo.com. —Tim

LASQUETI ISLAND COMMUNITY ARCHIVES (LICA)

At our last meeting, we started discussing the possibility of interviewing some islanders about their life and memories regarding Lasqueti. Maybe some of you would be interested in joining us with this project?

Many more projects will need some volunteering, and if you are interested, you can let us know.

We are still looking for some of the old school newsletters, dating back to the very beginning if possible. Maybe some are hiding in your dusty attic, or you know of some pack-rat who moved off island at some point who might have been interested in keeping these. We don't need the originals. Copies, scans would be very appreciated.

The school newsletters include:

“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)

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

Thanks!

—Marie-Ange Fall

EASTER CHOCOLATE WORKSHOP

Come out to beautiful Wolf Island for a fun day of making Easter chocolate! Bunnies, lambs, marshmallows and more...

You'll learn how to work with chocolate so it sets up into a beautiful, shiny finish and then you get to take home an Easter basket filled with goodies to share (or to keep!)

Date: Sat., March 24th

Time: 11am-3:00pm with pick up and return to False Bay dock.

Cost: \$65 per person and the class is limited to 8 people.

Please bring something simple to share for a potluck lunch. To register please leave a message for Deb at 250-333-8654 or email debperell@hotmail.com

This class is geared more towards adults but, if people want I can do a shorter class for small people with adult helpers on Sun. March 25th. Just send me a message if you're interested. Thanks!

—Deb Perell

SEEDY SATURDAY

The Lasqueti Seedy Saturday is happening Feb. 24th, 2018 from 11-3:00pm at False Bay School. We'll have donated seeds (from Qualicum Beach Seedy Saturday) as well as your local offerings at the very cheap or trade table. PAC will make lunch and treats. Jessie Dawe will moderate a forum on RATS from 11:30-12:30. Bring pictures, fresh specimens, traps, ideas and questions to share. If you want to book a table for vending sign up with JennyV. jennyv@lasqueti.ca 250-333-8601 Time to get ready to grow!

—Jenny V.

LASQUETI DOGS BOOK

A celebration of our dogs, in this Year of the Dog. With all proceeds to benefit Camino and Dorothy's school library book fund

Final deadline for submissions to the book is Wed., Feb. 28th.

email lasquetidogs@gmail.com or by post to C. Richardson

Entry requirements:

- entry must be approx 50 - 250 words in length
- entry title is the name of your dog, followed by the dog's age
- the dog must be a dog (maybe a cat book next year?)
- articles are all about the dog (no names will be published, family connections will be anonymous)
- your article is all about your dog (their favourites, their life and times...)
- articles must be accompanied by a photo of the dog (for publication)
- every submission gets a chance to win a book!

A big round of applause to all who made the original deadline!

If you have a dog, **or if you do not!** you can send in a submission for **Book Cover consideration**. The winning cover gets the glory and also wins a book!

My inspiration is the book *Old Dogs are the Best Dogs* by Gene Weingarten and Michael Williamson. A copy is available to look at behind the counter at Provisions (thank you Dorothy and Camino). —Christine Richardson

LASQUETI ISLAND NATURE CONSERVANCY

Public help needed
to monitor spread of
deadly bat disease



Lasqueti Island Nature Conservancy

WANTED: Reports of dead bats and of bats flying during winter

BC bats may be threatened by disease, and researchers are asking for the public to help. White Nose Syndrome (WNS), a fungal disease responsible for the death of millions of bats

in eastern North America, has moved to the west coast. Confirmed in Washington State in 2016 and 2017, the presence of the fungus is very worrisome for the health of bat populations in British Columbia, with near 100% mortality for some species of bats exposed to the fungus. Although devastating for bats, WNS does not affect humans.

The BC Community Bat Program in collaboration with the BC government is requesting the public's help in monitoring the spread of this disease. "We knew this deadly fungus was moving westward across North America" says Mandy Kellner, Coordinator of the BC Community Bat Program, "but we thought we had many years to prepare". Instead, the disease has suddenly appeared in the west, spurring BC researchers into action. Because we know so little about where our BC bats hibernate, researchers are turning to the public for assistance in monitoring for the disease.

The typical first sign of this disease is bats flying during the winter, an unusual sighting at a time of year when bats are hibernating. Another sign of the presence of WNS is the appearance of dead bats as they succumb to the effects of WNS. "We are encouraging the public to report dead bats or any sightings of winter bat activity to the Community Bat Project (CBP) toll-free phone number, website, or email below. Bat carcasses will be submitted for testing for White Nose Syndrome and would provide the earliest indication of the presence of the disease in BC" says Kellner. Reports of winter bat activity will help focus research, monitoring and protection efforts.

If you find a dead bat, report it to the CBP (1-855-922-2287 ext. 24 or info@bcbats.ca) as soon as possible for further information. Never touch a dead bat with your bare hands. Please note that if you or your pet has been in direct contact with the bat you will need further information regarding the risk of rabies to you and your pet.

Currently there are no treatments for White Nose Syndrome. However, mitigating other threats to bat populations and preserving and restoring bat habitat may provide bat populations with the resilience to rebound. This is where the BC Community Bat Program and the general public can help.

Funded by the Habitat Conservation Trust Foundation, the Province of BC, and the Habitat Stewardship Program, the BC Community Bat Program works with the government and others on public outreach activities, public reports of roosting bats in buildings, and our citizen-science bat monitoring program.

To contact the BC Community Bat Program, see www.bcbats.ca, email info@bcbats.ca or call 1-855-922-2287 ext. 24.

(From BC Community Bat Program Press Release)

—Submitted by Sheila Ray, for LINC

FREE STORE, RECYCLE CENTRE & LANDFILL INFORMATION

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

Accepts: reusable household items and **clean** folded reusable clothing only. Clothes that are torn, faded, moldy or have broken zippers are NOT accepted. Take old synthetic clothes to the dump. Old natural fibres are compostable and make great rags.

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.

Soft and hard plastic packaging MUST BE CLEAN.

Old tarps go to the dump. Please take and reuse the cardboard. The bins accept clean, flattened cardboard and brown paper bags only. Metal food cans must be clean. Take other metals 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 or hazardous materials.

WASTE MANAGER: Robyn Dryburgh, 250-228-2284

–Julie Newton

FEBRUARY LED SPECIALS

I recently saw an ad from a big box on the other side for cheap LEDs. It told me that their 60W equivalents use 10W of power. Our LEDs use only 7W and give almost 70W of light, and are rated for twice the life. I guess on the other side that 30% extra power use isn't noticed much, but it certainly makes a big difference here, with expensive batteries and generators. I also carry 10W AC LEDs, but these 10W bulbs give you almost 100W of equivalent light!

So in hopes of inspiring more to stay at home on the rock and buy local, I'm going to also offer a **6 pack deal** on our **7W AC 110V A19 E26 Globe Warm White LEDs...\$60** includes taxes, shipping, the whole ball of wax. These regularly retail for \$13.50 so that's over 25% off!

And the **6 pack deal** on our **10W AC 110V A19 E26 Globe Warm White LEDs** is **\$75**, taxes included. That's almost 40% off the regular price!

And for **12-24V DC** lighting users, I've just tested a new shipping arrangement from my main suppliers and it has allowed me to reduce the prices on my whole lineup of DC bulbs! Here's the new price list, which includes taxes:

1W (10W eq): \$14

3W (25W eq): \$16

5W (45W eq): \$18

7W (65W eq): \$20

9W (95W eq): \$22

12W (120W eq): \$24

15W (150W eq): \$30

And for the month of February, if you **buy 3 or more of any 12-24V DC LED**, you can take an additional 10% off!

Call or email anytime to place your order...I'm glad to deliver downtown, too.

PS. all of these bulbs now have a two-year warranty. No hassles, no receipt (if you order by email), no postage or ferry travel required.

–Dave Olsen, Off-the-Grid Lighting and More...

web: lights.lasqueti.ca email: lights@lasqueti.ca

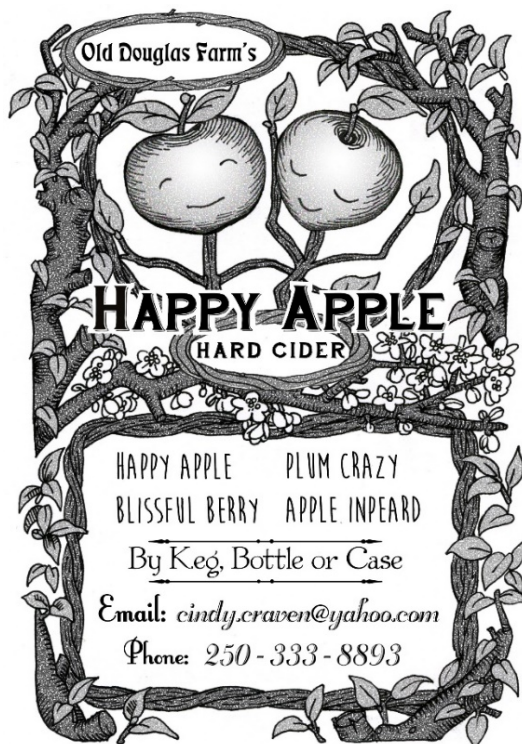
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SEEKING OUR ISLE & TIMES VOLUNTEER

Is anyone interested in helping out with this newsletter, taking it over temporarily or permanently, or helping with the phonebook due out this year? I am looking to offload some responsibilities as I have applied to take some graduate courses and anticipate a busy year. Send me an email if you're interested or want to know more about it. You need a working computer with Word and a reliable internet connection. Qualifications: *Your qualified if this sentence grinds you're gears.* isleandtimes@gmail.com

–Kimi



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The Striped Chicken

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Hours

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Thursday 11:00 - 3:00

or call 8822
or text 250 927 7455



Lasqueti Internet Access Society

LIAS

Phone. 1.855.767.5427
Email. info@lias.ca
Website: www.lasqueti.ca



lasqueti.ca/daringsky

daring sky solar

333-8520

daniel@lasqueti.ca

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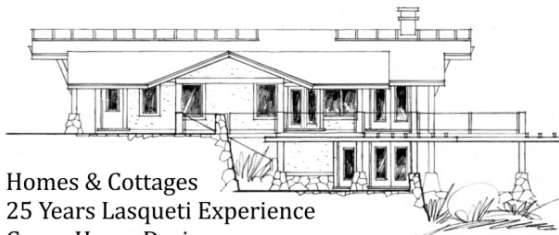
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333-8866

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 March issue is midnight Thursday March 1st
for release on Friday March 9th.***