

Our Isle & Times

January 2018



Islands Trust

NOTES FROM SUSAN: Happy New Year! Hopefully we can make 2018 productive. Trust Council was very full as Tim has said.

The representatives for the Ocean Protection session could not get to Victoria due to fog, but we did manage to provide their presentation via phone. We had a session that gave Trustees an opportunity to direct the request for changes to the Islands Trust Act. This was done through an open space format that proved very successful. We also spent some time on a vision statement for the Trust. Please contact us with suggestions regarding the OCP/LUB review.

NOTES FROM TIM: December's Trust Council was busy, as usual, with the coming year's budget being the major focus. We also looked at possible legislative changes to the Act, heard about potential zoning regulations for marijuana production, and received presentations on the Federal Oceans Protection plan, and the proposed National Marine Conservation Area Reserve establishment project.

We will be holding a Special Meeting on Jan. 8th to look at the process for OCP/LUB review, and Susan and I will each hold a more informal "coffeehouse"-style discussion on the subject. I will be hosting on Sat. Jan. 13th at the Health Centre, 1-3:00pm. Please consider attending one or more of these meetings, if you are able. Our next regular meeting will be Mon. Feb. 19th. As always, feel free to contact your Trustees with your questions, comments, or concerns.

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

REGIONAL DIRECTOR'S NOTES

Happy New Year one and all, wishing everyone a healthy and happy 2018. No politics in this post, just my gratitude for living in such a caring and unique community. Let's be waste conscious, non-wreck dumping good citizens this year and make our island more pleasant for all! Cheers,
Area E Regional Director Merrick Anderson 250-333-8773

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



January/February 2018 Clinic Dates

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Jan.				4		
				11		
	15			Not in		
				25		
Feb.				1		
				8		

Well, Happy New Year 2018!

Has anyone made a "New Year's Resolution" yet? I, for one, never commit myself to one but I often do reflect on what changes I might like to make in my life and they often have to do with lifestyle. . . a positive change of course.

As I am a health care provider interested in the prevention of disease I thought I might look at cancer and what lifestyle choices/changes might help to prevent some forms of cancer, not all, unfortunately.

Apparently, in 2008 there were an estimated 12.7 million cancer cases and 7.6 million cancer deaths worldwide, despite evidence that many malignancies are preventable. Both screening and prevention are known to reduce mortality from cancer. Screening detects abnormalities before they are clinically apparent, allowing for intervention either before cancer develops or at an early stage, when treatment is most often effective. Prevention focuses on modifying lifestyle and environmental risk factors that promote cancer. The lifestyle choices that help protect against cancer can also help protect against some chronic diseases such as diabetes, stroke and cardiovascular disease. Many of the lifestyle recommendations will not be new to you but a reminder never hurts ☺

The recommendations include:

- Avoid tobacco
- Be physically active
- Maintain a healthy weight
- Limit alcohol
- Protect against sexually transmitted infections
- Avoid excess sun

- Get regular recommended screening for breast, cervical and colorectal cancer
- Eat a healthy diet

In the upcoming months I will look at each of these life style recommendations individually.

Best in Health to All in 2018!

Blessings...♥Dianne

SCHOOL TRUSTEE'S NOTES

Thanks to all of you for your kindnesses during my recent visit to False Bay School. What a special place for all of you who call Lasqueti home! A few important issues are coming forward to the School Board in 2018. Two of our major tasks, reviewing, updating and developing policy, as well as planning, are of interest to Lasqueti folks. Our policy review currently includes the Boarding Allowance/subsidy for students who are attending Secondary School in School District 69. This policy has needed a review for some time and our recommendations will be public at the next Board Meeting. Policies go through a fairly lengthy process before "first reading" at the Board Meeting and then they usually take at least two more meetings before they are finalized. I welcome your feedback and encourage further discussion.

Our Strategic Plan is now four years old and planning for the next five years has begun. Schools have been participating in the first stage which is attempting to make evidence-based decisions about our progress on current plans. In January, our District Parents' Advisory Committee (DPAC) will be participating and we are also almost ready to use our computer based system, Thought Exchange, to gather input from anyone interested in education.

If you have questions about any topic related to education or would like to give feedback, please feel free to contact me at 250-927-0375 or eyoung@sd69.bc.ca Finally, I wish a positive year for all in 2018.

—R. Elaine Young, School Trustee

WHAT'S HAPPENING AT THE JUDITH FISHER CENTRE?

In 2018 we will celebrate the second anniversary of the opening of the Health Centre. During this time medical services for the island have increased and we look forward to them increasing even more this year. While the learning curve for the operating systems has been very steep, the excellent teamwork of John Martin and Ben Cochlin has kept everything running smoothly.

Over the past year the Board of Directors initiated a survey on elder housing to determine the community's desires and needs for elder housing. We found out that, like most of Canada, Lasqueti's population is ageing and that it will continue to do so for a number of years to come. Through the survey, 53 individuals over age sixty exposed a desire to eventually come to live at the JFC. The big question for planning purposes is: when will they want to move in? Are

you interested? When do you think you might want to make the move? More input, from you, is necessary for the Board to map out their next steps for elder housing. Give us a call or email!

A big thank you to all of our donors and volunteers who contributed so much in 2017. Your contributions enable the Judith Fisher Centre to be a community hub for programs and educational activities that promote a healthier community.

Wishing everyone a healthy and happy new year.

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

CIRCUITOUS ROUTES

Lasqueti's contaminated recyclables going on a circuitous route around the Georgia Strait, then ending at a Washington State landfill, are the microcosm of what's happening globally. Our bales are contaminated because they're stored in a sub-standard centre; soiled by a maple tree from above, gravel from below, and regularly rained upon.

We all wish our recycling turns into a sustainable product. We have faith the right thing will be done. The process in our homes of separating plastic from paper, cans from glass, and compost from hazardous material, gets us all flustered at the best of times. Once it leaves Lasqueti we forget about it; out of sight, out of mind! Unfortunately, this is not the case.

Like the meat, poultry and milk industries, we don't want to see the other end of our consumption.

China is the largest manufacturer of goods in the world. Recyclables from the western world have been an easy source of raw materials for China, until the western "business" man's ways of maximizing profits with inferior, dirty and contaminated recyclables, created diminishing returns. As of this New Year we'll witness a global municipal recycling crisis. **China is closing its doors to our recyclables.** Selling our recyclables generated revenue for municipalities, to where municipalities will struggle to find alternate revenue. This crisis has the added impact of creating more greenhouse gases. Individuals will end up paying more.

The only answer is to stop consuming. Recycling is not a virtue! Reducing one's own consumption is the only answer for saving the environment, saving money and for our well-being, by simplifying life. Happy New Year.

—Julie Newton

LIPSYNCH 2018: CALLING ALL STARS

It's never too early to start planning your act! This year's Lipsynch will be Sat., Feb. 17th, at the Community Hall. Beat the winter blues and unleash your inner performer! —Tim

DANCE, CONDITIONING, SKIP & STRETCH, BLUES DANCE AND YOGA CLASSES AT DENISE'S NEW STUDIO WINTER SESSION

Welcome the winter with Dance, Yoga, and Conditioning. Classes commence January 29th. Newcomers are encouraged and welcomed. Treat yourself to the many benefits movement offers. All classes run for 9 weeks and cost \$126.

ADULT CLASSES

Intermediate Modern: Mondays 9:30-11:30am

Dance Conditioning, Skip and Stretch:

Tuesdays 7:15-8:30am

Build up your stamina, strength and flexibility through skipping, stretching, floor barre, ballet and core work. Bring a good skipping rope, indoor runners and lots of water. All levels.

Vinyasa Yoga: Tuesdays 9:00-10:30am

This energetic flow yoga class offers a choreographed series of postures designed to still the mind, invigorate and cleanse the body while drawing awareness to the breath. Blending Bartenieff Fundamentals and Yoga, this practice is designed to optimize the immune system, strengthen important neural pathways for full brain function, while increasing muscle tone, strength, flexibility, balance and concentration. All levels welcome.

Blues Dance Classes: Wednesdays 6:30-8:30pm

Come learn the basics of Blues Dance in this nine-week ballroom series. Blues Dance blends swing dance, jazz and tango into its own unique style. Come check it out and have some fun!

Restorative Yoga: Mondays 12:45-2:30pm

Blending Bartenieff's developmental patterns and Restorative Yoga, this class is designed to calm the mind, and restore energy to the body. Emphasis will be placed on allowing the body to open slowly and naturally without effort using bolsters or blankets as supportive props. Deep gentle stretches enhance flexibility and joint mobility while healing and realigning the body's connective tissues. A massage from the inside out. All levels welcome.

NEW CLASS

Yoga Dance Mondays 6:00-7:30pm

If you would like to condition your entire body in a fun and dynamic way this is the ideal class for you. This class blends the mindfulness of Yoga, and the dynamics of Modern, Jazz, Latin dance and Ballet. We will focus on flexibility, core strength, balance, lengthening and toning muscles, increasing awareness, the use of breath and improving range of motion. Come try out this class and have fun! All levels welcome.

Yoga for Osteoporosis Thursdays 9:00-10:30am

The effects of osteoporosis can be improved through a regular yoga practice. This class will focus on building and preserving stronger bones, offering joints the necessary full motion range, circulating their fluids and stimulating renewal of cartilage, tendons and ligaments. It will also help improve balance, increase flexibility and muscle strength. Strong muscles support and protect our joints as we move. Keeping articulations fluid and open by working through their full range of motion will help prevent joint stiffness and discomfort.

If you are suffering from osteoporosis, osteoarthritis or any other condition that restricts your everyday life, and would like some relief, come give this class a try. All levels welcome.

YOUTH DANCE CLASSES

Dance Repertory, ages 12-16: Mondays 3:00-5:00 pm

Dance Choreography, ages 12-16:

Wednesdays 9:30-11:30am

Introduction to Choreography. This class explores numerous styles and approaches to choreography while creating studies and works.

Dance Theatre, ages 9-11: Tuesdays 4:00 - 5:15pm

This fun filled class blends dance, physical theatre, voice, rhythm, skipping and French. The class encourages spontaneity, improvisation, full creative expression and play.

Creative Dance, ages 6 - 8: Wednesdays 4:00-5:15 pm

Blending Modern, Jazz Dance, song, improvisation, rhythm, skipping and French.

All classes will be taught by Artistic Director Denise Lieutaghi, BA (Human and Social Development), certified teacher of the Bill Evans Method of Teaching Modern Dance, and certified Radiant Health Yoga teacher. For more information and for registration please call Denise at 250-240-0456 or email dance@lasqueti.ca

LASQUETI ISLAND NATURE CONSERVANCY

The New Year starts out with two full moons! I feel that it will be a very auspicious year for us here on Lasqueti and beyond.



We're off!— Lasqueti Island Nature Conservancy has a signed, legal Purchase and Sale Agreement to buy Salish View by Dec. 21st 2018. This 28-acre series of benches, old growth forest, pond, and cliffs offers endangered habitat for wildlife and hiking trails for people— with several spectacular Salish Views! Not only that, but the conservation of the property will help sustain Squitty Bay Park and the creek that offers only one of three known

salmon streams on the island.

Come join the year-long campaign to acquire this property for conservation and recreation on Lasqueti. We have a lot of exciting fundraising plans to acquire this property, providing long-term opportunities for hiking, birding, protecting streams, our climate and enjoying the larger Squitty Bay Park and Salish View, forever!

Starting in the New Year, we're offering property hikes, a Home and Garden tour, plus a fabulous dinner and few other surprise events! Come volunteer with us to make these fun and fulfilling, helping raise the funds needed to complete the purchase. Many donors have been very generous over the holiday, so we have a good start on the fundraising. Charitable donations can be made by cash, pledges above \$250, and donations of securities (leaving you the donor, tax free upon transfer).

As we start this New Year, our power lies in our ability to make choices. So join the fun, make as generous a donation as you can, volunteer to help with an event, and we will all reap the rewards: more publicly accessible, conserved land on Lasqueti! Call LINC 250-248-7914 to offer to help or for further information.

—Izzy, for LINC

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, computers or telephones or hazardous materials. 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.

EVERYTHING MUST BE CLEAN.

Take all the cardboard you want. We accept: clean flattened cardboard and brown paper bags only in the white sacks. Glass bottles, beverage containers, and metal food cans are accepted. All other metals and old tarps take 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.

CAR HULKS: The Shipyard no longer accepts car hulks.

WASTE MANAGER: Robyn Dryburgh, 250-228-2284

—Julie Newton

ADS

PRUNER FOR HIRE! Available mid-February for orchard pruning. Previous tree service experience. Trained by Cindy (Old Douglas Farm). Please email justinleeberry@hotmail.com and provide basic details such as: how many trees? Average height? And how long since last pruning?

—Justin Berry



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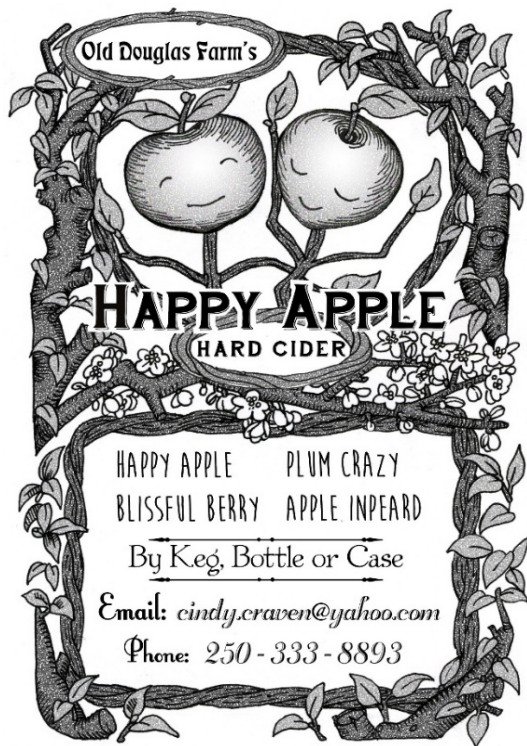
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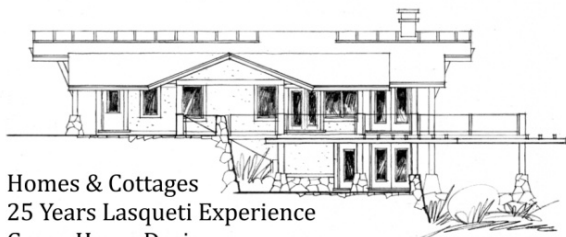
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Our Isle & Times is published on a monthly basis. It is a community supported newsletter, i.e., the articles and ads are written by community members. The contents do not necessarily represent the views of the editor/publisher, nor is their accuracy 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 February issue is midnight Friday February 2nd, for release on Friday February 9th.