

Our Isle & Times

March 2018



Islands Trust

NOTES FROM SUSAN: Welcome spring. The peach tree is blooming in the greenhouse so that must mean spring is here. Tim has reported on the LTC's

activities well so I will not repeat them.

I have attended a Denman meeting which gave second reading to a bylaw to ban driving on the beach. This has been a very long process with a lot of consultation. We will be holding a public hearing on March 6th on Denman. The Executive met with Minister Selina Robinson to discuss possibly making some changes to the Islands Trust Act by giving the Trust more powers. She asked for a list of requests and stated that they were very busy at this time. However, one request regarding changing the name of the Trust Fund could possibly be accomplished. The Financial Planning committee met to finalize the budget after receiving the public comments and forwarding the package to Trust Council for approval in March. The Thetis LTC meeting was on Feb. 26th followed on the 27th by an Executive meeting in Victoria. The EC meeting was to prepare the agenda package for Trust Council.

NOTES FROM TIM: Greetings, all. We will be holding a special meeting on Mon., March 12th, to consider amendments to the proposed Land Use Bylaw No. 95, intended to address minimum lot size in the Subdivision Regulations. While we gave first reading to this bylaw at our meeting on Feb. 19th, we have since rescinded that first reading, due to some proposals that would make further changes. This meeting will be earlier and shorter than usual, 9:00-10:00am, as we will be leaving that morning to Salt Spring for Trust Council, focused, as every March, on the budget.

On March 2nd we will be attending a meeting with the Powell River Regional District Board Chair, our Director, and staff, in an effort to update our Protocol Agreement and enhance communication between the two levels of local government. We will report on this meeting, likely at our next regular meeting, April 23rd.

We have a date for the initial information meeting for Official Community Plan (OCP) and Land Use Bylaw (LUB) review, Sat., April 28th, 11:00am-3:00pm at the community hall. This event is intended to both inform about the legal requirements and policy directives, and to be an opportunity for lots of creative thinking about our Island, present and future, as well as launch the community OCP/LUB review. Your ideas and participation are warmly encouraged. Please consider attending if you can, and, as

always, please 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
Tim Peterson: tpeterson@islandstrust.bc.ca 250-607-7094
250-927-1716

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

To email all 3: laltc@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

REGIONAL DIRECTOR'S NOTES

Late winter greetings Islanders. Hopefully by the end of March spring will really be here. I enjoyed a 30-day break from winter and routine; many thanks to Laurence for serving as my alternate Director, while juggling his alternate propane delivery man role simultaneously.

I am pleased to report a smooth transition at the Free Store. Julie Newton gave her notice of retirement from the custodian job she has done so ably, and she "has told Violet everything she knows, almost", so the store is as tidy and well organized as is humanly possible, given our chronic community mess makers. Fortunately, Julie has agreed to carry on, in concert with the RD's award winning "Let's Talk Trash" team, being in charge of raising consciousness and working towards realizing the changes to systems around our waste management process recommended by our Waste Management Advisory Committee, and required by the Municipal Insurance survey. Many thanks to Violet and Gabe for taking on the challenging job of keeping the Free Store pleasing!

Unfortunately, things are less progressive with our Fire Department. Just over a year ago, back on Feb. 16th 2017, the Manager of Emergency Services, Ryan Thoms, presented to the PRRD's Committee of the Whole a report titled "Firefighter Training, Current Status and Progress to Fire Service Levels Training Competencies Compliance". In this report he highlighted the ongoing progress of all the RD's fire services toward meeting their respective training requirements and while the other FDs were making good

progress towards compliance ours was lagging far behind. Today I am concerned that we are still not making progress toward the mandatory compliance. According to Chief Richard we still do not have certified firefighters; we have one group of firefighters almost ready to get certified and another group ready to take the required training, but we're still not there yet. Richard really needs some help in all fire department matters. I heard a lot of rhetoric regarding respect for our Emergency Responders and the great job they do at the public meetings around our Dispatch problems, but the FD could really use some more young volunteers to take on some responsibility! In a conversation a couple of years ago with Ross Thompson regarding the NI911 debate he said "I hope we don't throw the baby out with the bath water". I am afraid we are heading in that direction with our Fire Department with the combination of demanding a do-it-yourself dispatch system, and a non-compliant (to Provincial law) Fire Service. The situation is serious; please consider volunteering as fire fighters, first responders and for records management to preserve this critical public service!

To end on a more positive note, the Ministry agreed with the RD's move to share Waste Management expenses across the Region, so the predicted tax drop will be reflected in this year's tax bill from the Province later this Spring. Best wishes to all, 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

March 2018 Clinic Dates

| Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|-------|-----|------|------|-------|-----|-----|
| March | | | | 15 | | |
| | | | | 22 | | |
| | | | | 29 | | |
| April | | | | 5 | | |

To continue on the "lifestyle" theme I did some research on the association on the consumption of alcohol and the risk of acquiring cancer. It turns out that excess alcohol consumption increases the risk of multiple cancers.

The following are some of the findings:

1) A prospective study of over one million women with an average age of 56 years found that, at an average follow-up of 7.5 years, 10g/day of alcohol (one drink) increased the risk for cancers of the oropharynx, esophagus, larynx, rectum, liver and breast. The overall risk for cancer increases 6 percent for each 10g/day of alcohol (of any type)

consumed. The increased risk for cancers that involve the upper respiratory tract and digestive tract was seen only in current smokers.

2) Increased risk for breast cancer with moderate alcohol consumption was found in the Women's Health Study as well as in the Nurse's Health Study.

3) The European Prospective Investigation into Cancer and Nutrition (EPIC) study in eight European countries found alcohol consumption could account for 10 percent of the attributable risk for any cancer in men and 3 percent in women. The risk was found to be greatest for consumption of more than recommended upper limits of alcohol, and was greatest for upper gastrointestinal and hepatocellular cancer.

4) It has been estimated that, worldwide, 3.6 percent of cancers are associated with chronic alcohol drinking.

Moderate alcohol use has beneficial effects on cardiovascular health, but the increased cancer risk may offset the benefits. Even light alcohol consumption (up to one drink per day) has been associated with a small risk for breast cancer in women, as well as increased risk for oropharyngeal and esophageal cancer.

The exact mechanism to account for the carcinogenicity of alcohol is not known. It has been postulated that its solvent properties may allow carcinogens to penetrate cell membranes. Alcohol increases estrogen levels and impacts folate metabolism. Alcohol may also act as an irritant causing increased cell production and turnover as well as cell death.

Next month I will address looking at "cutting down" on alcohol consumption...♥ Dianne

SCHOOL TRUSTEE'S NOTES

A big thank you to all of you who have participated in policy and budget discussions. Your voices will make a difference to the students in our school district. Our School Board has taken the leadership to help empower young people by putting forth a motion to the BC School Trustees' A.G.M. that would reduce the voting age for Trustee elections to 16 years of age. Our Board supports this because we see the leadership and energy that young people bring to our society. As we have seen in the U.S., youth can and will take the lead if they are given an opportunity. Trustees will be making our case in April. I will let you know what happens! We have already talked with our M.L.A.s!

Until then, we expect to know our budget from the Province in Mid-March and then will have another round of feedback on our proposed budget. Our Board Meetings in Public will happen in April. These always occur on a Tuesday night as written in our by-laws. Feel free to contact me with any comments or questions at eyoung@sd69.bc.ca.

–R. Elaine Young, School Trustee

WHAT'S HAPPENING AT THE JUDITH FISHER CENTRE?

March signals the beginning of income tax season. So, don't forget to dig out the donation receipt you received from the Lasqueti Last Resort Society last year for your 2017 tax return.

Having taken a break last year, the Judith Fisher Centre is embarking on a active fundraising drive this year. Our target is \$60,000. Where does this number come from? It is made up of annual operating and maintenance expenses of \$50,000 and a capital replacement fund annual amount of \$10,000. Hard to believe that we need to buy any more stuff, however, that future day will come when the wood furnace, water purification system, batteries or inverters need to be replaced.

The operating expenses are higher than anticipated and the income from rentals of the health centre lower than anticipated. There are no "government" programs available for operating expenses. While the Powell River Regional Hospital Board did graciously donate \$125,000 to the building fund their mandate does not allow them to fund operations and maintenance expenses.

We have a number of events lined up for the coming year. Watch for notices of a garage sale, garden dedication, and a gala dinner on July 21st. To find out more, come to the first general membership meeting of 2018 on Wed., March 21st, beginning at 5:00PM. Everyone is welcome and encouraged to attend.

Don't forget that LLRS is part of the CVITP (Community Volunteer Income Tax Program) this year with services available on Mondays & Thursdays. You may be eligible if you have a modest income **and** a simple tax situation. This program is particularly useful for pensioners and others who need to file a tax return in order to obtain government benefits. There is no charge for this service. Please phone 8891 or email: healthcentre@lasqueti.ca to make an appointment.

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

FAST COUTURE

Last month's waste management article was about the afterlife of synthetic and natural fibres. I likened today's fashion to "Fast Food": lots of it and cheap. As of late, East African nations are banning second hand clothing and accessories from Canada, the USA and the U.K., because they upset the local African cotton and couture industries, hence economies. We have to agree that dumping our used fast couture in Africa is unethical. Our provincial government understands and is in the process of setting up an "Extended Product Recovery" (EPR) program for used textiles. Another disheartening thing we have learned with synthetic clothing is when a single garment is washed, on average, it releases up to 1,200 pieces of microscopic plastic

fibres - just like dandelion fluff, but not bio-degradable like dandelion fluff. For communities that have waste water treatment facilities, there are no screens small enough to filter out these microscopic threads (filaments), so they end up being spewed into our ocean; our Salish Sea. Another reason to choose bio-degradable, renewable, natural fibres! There is a change of season upon us, a change of clothes, from winter to spring, and hopefully sustainable.

Happy Spring.

–Julie Newton

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

LASQUETI ISLAND NATURE CONSERVANCY



Lasqueti Island Nature Conservancy

The Easter long weekend is at the end of March. Shake off

the winter doldrums and come hike with us in celebration of spring and renewal.

LINC is inviting Lasquetians and their family and friends to ascend to the heights of Salish View Sunday March 31st at 11:00am. Meet at the Kachina Bay parking area (of Squitty Bay) and we'll head out to hike up to Salish View. See for yourself why it's important to acquire it as a public nature reserve for the island's biodiversity and for Islanders. Then join us for some tea, coffee and snacks from Bonnie's farm. Call 250-333-8632 to arrange for a pick-up at the North End if needed. This property is still privately owned - until we raise the money to buy it! so please join us at the junction of Kachina Bay and Main road for a guided hike and ascension to Salish View!

–Submitted by Izzy, 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

FRENCH CREEK PARKING PASSES 2018-2019

Once again, the time has come to renew parking passes at French Creek. The Lasqueti Community Association's Parking Committee is made up of Sue Kristinsson, Melinda Auerbach, Cindy Craven, and myself. Each year we send out the applications to eligible Lasqueti residents for "green" parking passes in the French Creek Harbour parking lot. We are planning on doing this before the end of March. The fee for the pass is **\$365** this year. This pass is **not** guaranteed every year. If you don't receive an application form in the mail, you didn't qualify for a pass.

At the LCA's Annual General Meeting in May 2017, the general membership voted to change the residency requirement from six (6) months to seven (7) months. Another part of the resolution was that each year the entire list be reviewed to determine eligibility. Every year the French Creek Parking Committee goes to the LCA AGM and gives a report. If any changes are needed the membership will vote on it then. So if you want a vote, you must be a member of the LCA (\$5/yr.)

Over the years, the number of people who want a parking pass has vastly outpaced the parking spaces available. Right now there are over 20 names on the waiting list and this means that eligible individuals wait many years for their names to reach the top of the list.

The eligibility criteria for obtaining a parking pass in the green zone are:

1. Lasqueti must be your primary residence and you must reside on-island a minimum of seven months per year;
2. You must receive your mail on Lasqueti; no applications get mailed to off-island addresses;
3. **If you do not pay for the pass by May 7th, you will not receive a pass and the next person on the waiting list will be given your space;**
4. You must own a vehicle in running order;
5. Only one pass is available per residence;
6. You have to ask to be placed on the list, there are no automatic additions made to the list by the Parking Committee.

Because there are so many people who have been waiting patiently to get a parking pass item 3 will be strictly adhered to this year. All chronic late payers are hereby forewarned.

Like last year, return your application form and payment to the Harbour Office before Mon. April 30th, 2018. You can pay by cheque, money order, or credit/debit card. The Harbour Office phone number is 250-248-5051. **You will need to show your valid driver's license to receive a parking decal.**

To remain in good standing in the harbour parking lot you must:

1. Always have up to date insurance, license plate and parking decal;
2. Make sure your decal is clearly visible for the harbour crew to see;
3. Not be leaking gas or oil. Try not to have garbage in the back of trucks.

The Harbour Manager **MUST** contact you or Ezra Auerbach before your vehicle is towed away for an infraction (unless the RCMP is involved).

If you do not need your spot, please let me know as soon as possible so that the next person on the waiting list can be contacted.

–Lisa Johnson for FC Parking Committee (LCA) 250-333-8727 lasquetifcparking@gmail.com

NATIONAL DISASTER MITIGATION PROGRAM FUNDING REGIONAL COASTAL RISK ASSESSMENT

The Powell River Regional District is pleased to announce that the National Disaster Mitigation Program has approved a grant application for a Coastal Risk Assessment. The project seeks to develop a better scientific understanding of the impending coastal impacts due to climate change. The

project will produce an overview of coastal hazards and risks posed by climate change, resulting sea level rise and storm surges within the region, including the City of Powell River, Tla'amin Nation lands, and all rural areas where the hazards could potentially impact public safety. The improved understanding of the hazards and risks will be of significant value for public safety, infrastructure planning, as well as the protection of environmental and economic values throughout the region.

The assessment will focus on the more populated areas of our coastline on the islands and mainland of the region. Improving our resiliency in an emergency is part of ongoing emergency planning.

–From Powell River Regional District Media Release, Feb. 27th, 2018

ADS

DOMESTIC DOMINATRIX ‘When scratching the surface just ain’t good enough’ and you want it spankin’ clean, I will whip your home into shape and put a smile on your face. Call Wisteria at 250-333-8837 –Wisteria



Stop in for Fair Trade organic coffee, groceries, daily specials, freshly baked bread, pastries and meals to go.

Come in from the cold and enjoy our cozy indoor seating.

Phone #: (250) 333-8558

WINTER HOURS
Monday, Thursday & Friday:
 7:30am-6:00pm
Tuesday, Wednesday & Saturday
 10:00am-5:00pm
Sunday:
 11:30am-4:30pm

Pruner for Hire!

Available for orchard pruning. Background in forestry. Previous tree service experience. Trained by Cindy (Old Douglas Farm)

Please call Justin 780-554-8666
 or email
 justinleeberry@hotmail.com

Please provide basic details such as; How many trees? Average height? And how long since last pruning?

Thank you for your time and Hope to see you this spring and summer!

Prune on!!



Western Star

Charters

Salmon, Bottom Fishing, Prawns, Crab, Sightseeing, Water Taxi, Bereavement Service

250-951-5927
 westernstarcharters@icloud.com
 www.frenchcreekstore.ca

Darrell Jobb
 Owner/Operator
 Head guide for
 French Creek Harbour Store

Adam Enright

Registered Care Aide (RCA) Home Support

Offering personal support as well as homemaking services to help seniors and those with illness or injury live independently in their homes.

Community-based home care is a key solution in meeting the needs of our population to age and recover at home.

Home care enables people to remain within their homes with dignity. Over ten years experience. Government Registered and Insured.

Government funding available

Call Or Text: (250) 240 9636



daniel@lasqueti.ca

Lasqueti Community Services

Connecting you with the services you need



Delivery includes:

Laundry, propane, kindling, grocery and small items

Other services:

House cleaning and meal preparation

lasqueticommunityservices@gmail.com

Call Nicole (250) 927-0088 or Laila 1 (250) 888-1762



MASSAGE THERAPY

SHAWNNA KARRAS

REGISTERED MASSAGE THERAPIST

333-8866

**PEMBERTON
HOLMES**

· ESTABLISHED 1887 ·

**GROVER
FOREMAN**



"Your guide to Oceanside"

Thinking about real estate on Vancouver Island? I will set up a Private Client Services account for you to search properties as soon as they are available.

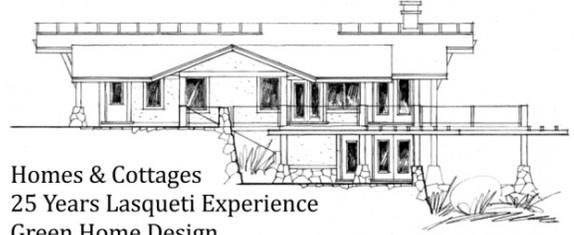
email: groverforeman@gmail.com

Cell/Text: 250-607-8771

website: www.groverforeman.com

Lasqueti: 250-333-8771

OCEANSIDE DESIGN



Homes & Cottages
25 Years Lasqueti Experience
Green Home Design
Site & Systems Planning
Accessible Homes
Water Access Only

BRUCE FLEMING-SMITH B.A./B.ARCH LEED AP
www.oceansidedesign.ca 250-752-2909



DAN LEAHY
WETT CERTIFIED
Woodstoves, Inserts,
Chimneys, Fireplaces
Happily serving
Lasqueti Island



Phone: 778-992-0615

woodstovedan@gmail.com

www.northislandinspections.com

Light UP Lasqueti!



Super Efficient LED Lights
Affordable & Long Lasting
- Large On-Island Inventory

12V-24VDC & 110VAC LEDs of All Kinds

Whatever your Lighting Needs, we can find
the Best LED for You!



Your Satisfaction is Guaranteed!



Visit lights.lasqueti.ca, call Dave Olsen at
877-873-1797 or email lights@lasqueti.ca

Lasqueti Internet Access Society



LIAS

Phone. 1.855.767.5427

Email. info@lias.ca

Website: www.lasqueti.ca



The Striped Chicken

Feed and Farm Supply Store

Hours
 Monday 11:00 - 3:00
 Thursday 11:00 - 3:00

or call 8822
 or text 250 927 7455

WaterSprite
 water filtration
 Doulton Filters
 Distilled Water
 .250 333 8568
 www.watersprite.ca



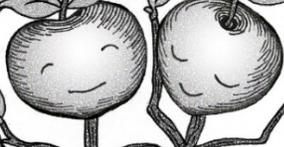
Ronan's Electrical Service

Solar, Wind & Micro-Hydro

Design, installation, troubleshooting
 and repair

Call or Text: 250-240-1198
 ronan1@shaw.ca

Old Douglas Farm's



HAPPY APPLE

HARD CIDER

HAPPY APPLE PLUM CRAZY
 BLISSFUL BERRY APPLE INPEAR

By Keg, Bottle or Case

Email: cindy.craven@yahoo.com
 Phone: 250-333-8893

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 April issue is midnight, Friday March 30th,
 for release Monday April 9th.**