

Our Isle & Times

May 2018



Islands Trust

NOTES FROM SUSAN: Greetings,

we have just had the community information meeting to discuss the OCP review and I am very pleased with the great dialogue from large number of islanders. Thanks to all those who came and expressed their ideas and concerns. I also want to thank those who helped set up and put away chairs and tables and clean the kitchen.

At our recent LTC meeting we discussed the subdivision bylaw that we have asked to have amended and hope to pass that through a resolution without meeting. We also discussed zoning regulations around cannabis production, no action was taken at this time and we decided to see how the OCP discussion might unfold.

I have been busy with travel to Thetis Island for their LTC meeting which was attended by the CAO of the Cowichan Regional District as well as another staff person to present their Water Protection Plan. I also Chaired a public hearing in West Vancouver for the Gambier Local Trust Committee to deal with a very large rezoning on Keats Island. The next day was the Gambier LTC meeting. Tim and I are off to the Northern Regional Housing assessment presentation in Nanaimo on April 30th. I will then be heading to Denman for their LTC meeting on May 1st and our Executive meeting on May 2nd.

NOTES FROM TIM: Susan has covered our OCP meeting admirably. I will add that there were over 50 islanders in attendance, and strong support was indicated for a community-led comprehensive review of our Official Community Plan. It was great to see so much participation and so many interesting ideas about our collective future shared. The information collected will be distributed via internet as well as good old analog (paper).

Our next Local Trust Committee meeting will be held on Mon., June 4th at the Health Centre. Please consider attending, if you can. 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)

lbushiekin@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

Happy May everyone, it sure is great to be enjoying the spring! In early April I attended the Association of Vancouver Island and Coastal Communities convention in Victoria. The most interesting thing that happened there was a meeting with Minister of Community Services, Jinny Sims, and staff where we learned of the "Connected Coast" initiative that aims to bring the rural coast, from the south up to Prince Rupert, up to modern standard by installing fiber optic cable. There are 154 "landing points" planned and Lasqueti is #145. The Minister said they are looking to partner with local ISPs like LIAS. This promises to really improve local communications. I will keep you posted as things proceed. That's all for now, see you at the OCP meetings

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

May/June 2018 Clinic Dates:

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
May	7			(No ferry)		
	14			Not in		
				24		
				31		
June				Not in		
				Not in		
	18			21		
	25			28		
July				4		

For this month's article I will follow up with where I left off in March. This article will look at alcohol consumption...just in time for summer! I will review what is considered "low risk drinking" as well as "at risk" or "heavy drinking".

The National Institute of Health identifies that for healthy



adults in general, drinking more than the following single day or weekly limits is considered “**At risk**” or “**heavy drinking**”:

MEN: more than 4 drinks on any day or 14 per week

WOMEN: more than 3 drinks on any day or 7 per week

An alcohol use disorder may be found in 1 in 4 people who exceed these limits and others are at risk for developing one. Of course individual risks vary. Some people can have problems drinking less than these amounts particularly if they tend to drink too quickly. ‘Too much + too often = too risky!’

“Low-risk drinking”:

Low-risk drinking does not equal no risk drinking. Even if people drink within the above limits, alcohol can still cause problems if people drink too quickly or have health problems or are older (men and women over 65 are generally advised to have no more than 3 drinks on any day and no more than 7 in a week). Depending on your health and how alcohol affects you, you might need to drink less, or not at all.

Low-risk can be drinking too much if it occurs under the following circumstances;

- You are taking medication that interacts with alcohol
- You are managing a medical condition that can be made worse with alcohol
- You are underage
- You are planning to drive a vehicle or operate machinery
- You are pregnant or trying to become pregnant

You may wonder why women’s low risk limits different from that of a man? Research has shown that women start to have alcohol related problems at lower drinking levels than men do because of their body composition. On average women weigh less than men as well as the fact that women, pound for pound, have less body water in their bodies than men do and alcohol disperses in body water. So even if a man and woman of the same weight drink the same amount of alcohol the woman’s blood alcohol concentration will tend to be higher, putting the woman at a greater risk for harm.

There is a rather simple questionnaire that you may, if curious, consider doing on yourself. It is called the CAGE (cut-annoyed-guilty-eye) questionnaire. It is a simple screening tool to help identify potential problems with alcohol.

Have you ever felt you should cut down on your drinking?

YES or NO

Have people annoyed you by criticizing your drinking?

YES or NO

Have you ever felt bad or guilty about your drinking?

YES or NO

Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener)?

YES or NO

Two “yes” responses are considered positive for males and

one “yes” is considered positive for females.

Identifying if you might have a problem with drinking is the first step. Moving forward to change or modify the behavior is the next. Sometimes help with this is needed; there are websites you can access, such as www.rethinkingdrinking.niaaa.nih.gov. As well, you can reach out to supportive friends, family or community support services.

Blessings, ♥ Dianne

FERRY

A reminder that there will be **no ferry service on Thursday May 10th** due to scheduled maintenance. Ferry service is expected to resume as usual on Friday May 11th.

–Senior Master Captain Allan Knapp

WHAT’S HAPPENING AT THE JUDITH FISHER CENTRE?

Notice of Annual General Meeting

The Lasqueti Last Resort Society invites everyone to the Society’s Annual General Meeting on **Sat. June 16th, 2018 beginning at 2:00pm** at the Health Centre. You may pay your annual membership fee (\$5) prior to the start of the meeting. As always, we are looking for individuals to join the Board of Directors. Also, there are regular committees which need volunteers to keep the Society operational: The Policy Committee, Health Committee, Fundraising Committee, and Elder Housing Committee. Construction of the health centre was the first step and now the ongoing operations of the Society need care and attention too.

The Wellness Fair held in April was well attended and Celia King won the door prize. We look forward to more events of this type in the future. Feel free to call Melinda Auerbach (8891) if you want to arrange to use the health centre.

Next up on the Society’s social calendar is the Chili Dinner set for June 3rd right after the Women’s Choir recital. It will be held once again on Gwen Bigsby’s deck surrounded by her lovely garden. Dinner costs \$8 and will get you a bowl of chili, a slice of bread and salad. There will be baked goods and beverages available too.

The next general membership meeting is scheduled for Wed., May 16th beginning at 4:00pm. This will be followed by a Board of Directors meeting starting at 5:00pm. Everyone is invited to attend these meetings.

The Judith Fisher Centre is more than a health centre, it is a community hub for programs and educational activities that will help us all to age more gracefully.

–Melinda Auerbach, Administrator, 250-333-8891

Email: healthcentre@lasqueti.ca

<http://facebook.com/Lasqueti-Last-Resort-Society>

VETERINARY CLINIC

Hello Lasquetians! There will be a vet clinic on island with Dr. Jana Vannan on Sat. May 12th. To make an appointment, call Sue Taylor 250-240-8772 (cell). "First call, first served!"
—Sue Taylor

MOTHER'S DAY PLANT SALE

Not only do you get to celebrate the Mothers in your world (including Mother Earth) on Sun. May 13th, you can also tap into what your local Mothers of Green Babies are growing. JennyV of V-Star Varieties and Marie-Ange Fall of the Old Mossy Haven invite you to take a mid-island tour to check out our farms in action. Bring boxes and fill them up with tomatoes, peppers, eggplants, greens, flowers, perennials: all kinds of plants ready for you to grow into bountiful food and beauty. Both farms are open from 10:00am to 2:00pm. Follow the balloons and flower petals. If you want to know what we have to offer, please feel free to email questions to mafall@gowlland.ca or to jennyv@lasqueti.ca.
—JennyV

SPRING FLING 2018

Come out for lots of fun to PAC's annual Spring Fling on Sat. May 19th at the school, 11:00am to 3:00pm.

Bid on the wonderful items or services on auction, an updated list of these will be posted closer to the date.

Eat some barbecued burgers and slaw, taste the strawberry shortcake, have a baked good from the bake table with a tea or coffee. Take out all your neighbourly frustrations in a great game of softball then cool off with a popsicle or lemonade. Buy a t-shirt, relive your childhood with the taste of cotton candy, try your luck on a 50/50 ticket. The PAC has big plans for an undercover gazebo structure at the school as well as swings and the usual field trips, library, art and school garden needs.

Entrance is by donation and includes a chance at our door prize.

Talk to Robin J., Katy or Verlee if you have an item or service to donate to our auction.

—Submitted by Silke for FBS PAC

SPRING CHORAL CONCERT

The Lasqueti Women's Choir invite you to their Springtime Concert, to be held on Sun., June 3rd at 2:00pm in the Church. Admission \$5. The concert will be followed by The Last Resort's Chili Dinner on Gwen's deck. We hope you can join us for a pleasant afternoon of enjoyable music and good food!
—Celia King

18th ANNUAL COSTUME BALL

This is a reminder to mark **Sat., June 16th** in your calendar for the **18th Annual Dance Performance & Costume Ball**, an evening of dance performed by local dancers followed by a Ball. For more details on this event, please check out the next issue of *Our Isle and Times*.

—Denise Lieutaghi 250 240-0457

SATURDAY MARKET

The Lasqueti Market will open for the summer season on June 16th, 2018. All are invited to the grounds of the Arts Centre between 10:00am and 1:00pm every Saturday to join the community in the game of coming together for selling and buying. You'll find vendors carrying locally produced fresh produce, plants, artisanal works in wood, leather, metal, soap, jewelry, cards, medicines, potions, teas and many varieties of delicious food and drink in an environment conducive to conversation and love. For more information about vending call Ingo at 250-333-8627.

—JennyV

LET'S TALK RECYCLING

The last waste management article, "Why Change? Because Dirty Doesn't Wash!" was about engaging with Recycle BC to re-enter into a recycling contract. This would be the most cost effective option and help us reduce our environmental impact if the collected materials at our Recycling Depot arrive clean and are kept clean until transported off island.

Transportation costs can be prohibitive for the movement of goods on and off Lasqueti. With the ever increasing cost of fuel, the cost of barging recyclables will also rise. If we can re-engage with Recycle BC they would pay for the shipping of baled containers made from plastic, paper, aseptic (i.e. soy milk), metal and glass, cardboard and brown paper bags, plastic bags, overwrap and styrofoam.

It is imperative that the stuff be clean, because rejected bales usually go to landfills with tipping fees per ton. Recycle BC would also pay us a nominal amount per bale.

The BC Government is creating more and more Extended Producer Responsibility (EPR) Programs. This is progress. As individuals we also need to try harder. When we do our bit, we feel good. This is the ideal scenario and we are not there yet.

On another note, last month I filled in for Violet, our new Free Store custodian. I noticed many things with cords and batteries. Working light bulbs, small appliances and electronics can be donated to thrift stores on Vancouver Island or taken to the Church Road Transfer Station or the Recycle Center at Parksville. It doesn't matter if it works or not, **do not dump it at the Free Store!** I have dubbed the pile the "Velvet Underground" because I covered it with a velvet curtain so as not to attract more. I also found a t-shirt that has a character with his hands on his hips and the caption reads, "Get a Grip" and laid it on top. Also, do not bring product or hazardous materials. So no oils, fuels, pills, cough syrups, bullets, flea powder, vitamins or anti-freeze, even if it is pet friendly! Yes, all this inappropriate stuff shows up.

I would like to suggest that beside the recycle bin in your humble abodes that you create another bin for dump material and another area for stuff to be taken off island. If you live in a tiny home divide the recycling container in sections. This way things are handled once.

The dump is up Forbes Road and open May 19th, June 2nd

and 16th, July 7th and 21st. Hours: 1:00pm to 3:00pm. The Free Store means something different to each of us. It's an amazing resource whether for dress up or for real life needs. There is a wonderful array of fabrics, wool, art supplies and clothes. I've noticed that our visitors and guests find the concept of the store perplexing and exciting; as it is an anomaly in this day. After all, how often do you find something for nothing? If you need something, ask. And finally, as Violet says, "Please, keep it respectful." And, please be mindful not to park or stop in front of the Fire Hall for safety reasons.

—Julie Newton, Let's Talk Trash

LASQUETI ISLAND NATURE CONSERVANCY



Lasqueti Island Nature Conservancy

**April 18th 2018 –
BREAKING NEWS!**

LINC is excited to announce that the acquisition of Salish View, the 28-acre property next to Squitty Bay Provincial Park, has recently achieved several milestones toward its protection and conservation!

In April the Islands Trust Fund Board, a conservancy for the islands in the Salish Sea, agreed to partner with LINC on this acquisition! This enables LINC to receive funding from a Lasqueti Island Acquisition Fund set aside many years ago. It also means that the long-term protection of the property will be in the hands of both Lasqueti Island Nature Conservancy and the Islands Trust Fund Board. Our agreement requires that a conservation covenant be held by LINC, with ownership to go to the Trust Fund Board upon closing. This is exactly the same relationship we have on Mt. Trematon and the Osland Nature Reserve.

Another giant leap came when we learned that the Sitka Foundation has approved a grant in the form of a pledge for \$60,000! Now, the total amount raised to date is just under \$100 000! We're almost 40% there! If you've been thinking about donating, now would be a great time to make your donation really count!

The owners have signed the Purchase and Sale Agreement donating \$60,000 off the appraised value. This agreement closes on Dec. 21st, 2018, so we only have eight months to raise the last \$160,000 needed to purchase this absolutely stunning property.

The key attributes of the property are:

- located in the Coastal Douglas-fir Biogeoclimatic Zone (CDFmm), one of the most biologically diverse and endangered ecosystems in British Columbia and Canada. Only 1% is left relatively intact!
- next to Squitty Bay Park – expanding this protected area up to the height of land

- links the mountain to the sea – protecting the watershed of Wamer creek, one of three salmon bearing streams on Lasqueti

Please contribute to the conservation of Salish View by:

- making a generous pledge or outright donation directly to either LINC or the Islands Trust Fund's Lasqueti Acquisition Fund;
- committing to raise a certain amount through your friends, family and acquaintances who love Lasqueti, and who would love to help protect biodiversity. Once protected, they can hike to the fantastic view on a publicly accessible trail;
- make a donation via CanadaHelps or transfer a security which enables the donor to eliminate their capital gains tax.

Call us with any questions or offers to help, and join us for our next monthly guided hike to the property Sun. May 20th at 1:00pm.

Lasqueti Island Nature Conservancy

General Delivery Lasqueti Island BC V0R 2J0

linc@lasqueti.ca 250-333-8754 www.lasqueti.ca/linc

Islands Trust Fund

Phone: 250-405-5186 Fax: 250-405-5155

Toll-free via Service BC 1 800-663-7867 or in Vancouver 604-660-2421

itfmail@islandstrust.bc.ca www.IslandsTrustFund.bc.ca

UPCOMING LINC EVENTS: Mark your calendars

Fri. May 11th, 6:00pm at the Arts Centre: Movie - *The Forgotten Wisdom of the Trees* – organized by Sylvia. All proceeds go towards LINC for the acquisition of Salish View. Visionary scientist Diana Beresford-Kroeger takes us on a journey to the ancient forests of the northern hemisphere, revealing the profound connection that exists between trees and human life and the vital ways that trees sustain all life on the planet.

Sun. June 17th: The first of three Garden & Homestead Tours.

Sun. Aug. 12th: Fun-packed fundraising dinner, auction, and band – more info coming soon!

—Submitted by Izzy, for LINC

ARTS COUNCIL NEWS & UPDATE

The Lasqueti Arts Council exists to support, encourage, and nurture all forms of creative expression in this community. We maintain the Arts Centre studio and gallery for this purpose and hold a yearly Artsfest as a fundraiser and as an opportunity for local artists to be seen and heard.

ARTS CENTRE

The Arts Centre is a community space, available for rental by community members who are also Arts Council members, or by visitors with a local sponsor. If you attended Artsfest and paid admission, you are an Arts Council member. If not, you can purchase a \$5 membership from

Tony at the post office.

The gallery space is available for events, meetings, workshops, parties, yoga, qi gong, dance, healing arts, literary events, film screenings, and, of course art shows (as well as other things we haven't thought of). If renting the space, please be aware that it is a gallery. Be respectful of any art in the room. If there is any conflict between your event and the art show, please talk to the artist(s).

Studio space is available for art-making only. Why? Because it is a rare thing on Lasqueti: a spacious, functional, well lit room where working artists can make a creative mess. Basically, if your project involves creating or transforming (an) object(s) using materials such as paint, glue, fiber, wood, wax, tiles, inks, plaster, etc., if it is messy and probably shouldn't happen next door, then it's the kind of art we have a studio for.

To rent either space, contact Valeria and/or talk to Tony at the post office.

Cost is \$3/hour or, if your event is a moneymaker, 10% of profits, whichever is greater.

If you use the space, please clean up after yourselves!

Storage: Unfortunately, we are unable to offer much in the way of storage either in the building or out buildings. If you are a regular renter and have equipment or supplies you would like to leave at the Arts Centre, please ask and we will try to find you a spot.

There has been a big cleanup of the porch and grounds. (Enormous thanks to Jaya, Laura S., and Violet R.) Please, please, help keep the porch clear and the grounds clean through the busy summer season!

ART PICNIC

The shed attached to the woodshed was built as a place to store Art Picnic supplies. These are art supplies (donated and purchased) managed by Valeria and Jessica to be shared with the community. If you are looking for supplies for a project, please ask. If you wish to donate money or art supplies, please call.

Art Picnic will begin Thurs. July 5th, and continue every Thursday through August. Until then, the studio is open most Wednesdays from 1:00pm-5:00pm, for anyone wishing to check out the space and get creative.

SUMMER ART SHOWS

Summer is near, come out and share your work with the community; have a show in the gallery! At this point, I'm looking for one-week long shows (Friday to Thursday) in July and August, longer in June and September.

We have two shows booked so far: Salish View July 20th – 26th, and Darzo and friends August 3rd – 9th, and a few more yet to be announced. . .

Hoping for another vibrant summer of local art (with maybe some special visitors).

ARTSFEST

Our 30th Artsfest will take place June 29th and 30th. Come to

our first planning meeting on Mon. May 7th at 5:00pm. If you missed the meeting and wish to be part of the team, please call one of us.

Arts Council board members:

Valeria de Rege (President)

Jenna MacDonald (Vice-President)

Caroline Barrientos (Secretary)

Tony Seaman (Treasurer)

Sophia Rosenberg, Sue Wheeler, Ronaldo Norden, Jenny

Vester (Board Members at Large)

SUPPORT FOR YOUR CREATIVE PROJECT:

The Arts Council does have some \$ available to sponsor/support community art initiatives. If you have a creative project and could use a financial boost to make it happen, talk to us. –Valeria, for the Arts Council

LASQUETI COMMUNITY SERVICES

Check out the great services that LCS is providing this year.

Cleaning Services We provide weekly, monthly, spring/fall or occasional house cleaning services. Our staff are friendly, hardworking and trustworthy.

Gardening We know maintaining a garden isn't always easy work. Fortunately, our garden maintenance service takes care of the ground work to ensure your hobby isn't turned into a chore. Our gardening service can help you with weeding, mulching beds, spring/fall clean-ups, and weed whacking.

Meal Preparation Services Let us help you meal plan and prepare tasty and nutritious meals that will get you through the week. We will come into your home and prepare dishes you can easily warm up and enjoy.

Air BnB Support with your on-island Air BnB rental. Our team has experience setting up and managing Air BnB websites. We also arrange bookings, pick up and provide support for guests while on island, as well as offer laundry and cleaning services.

Our team is professional, reliable, and happy to help. We are a community oriented business that strives to connect you with the services, resources and support you need to make life a little easier.

Nicole 250-927-0088 Laila 1-250-888-1762
lasqueticommunityservices@gmail.com

NEWS FROM FALSE BAY PROVISIONS

Hi everyone! May 1st marked three years since we opened Provisions General Store/Bakery/Cafe and we would all like to send a huge thank you to the community for the excellent times and memories that come from cooking and serving you all! Provisions is a co-operative effort from countless members of the island, each and every one of you know who you are. We are grateful to all of you for making this a place to gather, be nourished and have your needs met.

This is a testament to the power and vision that continue to inspire us to do what we can to make each and every one of you feel welcome when you arrive and fulfilled when you leave.

Spring is finally here and the Provisions patio and lawn are ready for enjoying a meal outside! We are continuing to offer a diverse menu that changes daily to keep things fresh. Expect to see certain favourite items return regularly but also be prepared for some pleasant surprises that reflect our dedication to providing good, fresh food for the community. If you would like to know what we are serving today, then please call us and we will be happy to list the items available on that day. We strive to accommodate everyone's needs so feel free to let us know if you have special requirements or allergies.

We have spent some time sprucing up the rear patio and there is also a new large umbrella for those who want a bit of shade.

If you want to come have lunch with a group of friends or want a quiet area for a meeting, please call ahead and we will reserve a table for you.

We have recently added "Square" as a payment option at the store. It is a wireless payment system that allows us to accept debit cards, Visa, MasterCard, Amex and Discover Cards. This now makes it easier to purchase your groceries, pay for your meals or keep your account in good standing. You can also use this to put cash down on your account towards future purchases. Keep in mind that what is stocked in the store is a reflection of what you have asked us to carry. If you would like to see something that we do not currently have in stock, then please ask and we will do our best to get it on the shelf.

Mother's Day is this month and we have a nice selection of local silk scarves, cards, paintings, wood work and much more.

Our hours of operation will remain the same until the end of May. Notices and reminders will be posted as usual when they are changed. Finally, for those of you who keep asking...yes! There will be pizza. Pizza nights will be announced next month.

Thank you again to the full time residents for your support during the winter and a big welcome to all seasonal residents and visitors. We are looking forward to serving you!
—Camino & Dorothy

FREE STORE, RECYCLE CENTRE & LANDFILL INFORMATION

FREE STORE: Summer hours: April 1st to Sept. 30th. Mondays and Thursdays 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.

Summer Hours: April 1st to Sept. 30th, 1st and 3rd 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

PHONE BOOK 2018

The first name phone book is due for an update. For the sake of staying organized and keeping everything in one place, **only email submissions will be accepted this year.** If you do not have email, please have a friend or family member email it. I will call you to ensure you have approved the change. Please only make corrections for yourself, a family member, or someone who lives in your household. Do not inform me of changes to someone else's number as this overcomplicates the process and some people who move off island wish to have their numbers remain in the book, while some individuals prefer not to list their numbers at all. Email corrections and updates to phonelasqueti@gmail.com. **Deadline is July 15th 2018.**
—Kimi





Time for a **PHONE LIST UPDATE**

The Lasqueti Island first name phone list is in the process of being updated.

EMAIL your corrections or additions to
phonelasqueti@gmail.com

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



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woodstovedan@gmail.com

www.northislandinspections.com

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and repair

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



Lasqueti Internet Access Society

LIAS

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

Western Star

Charters

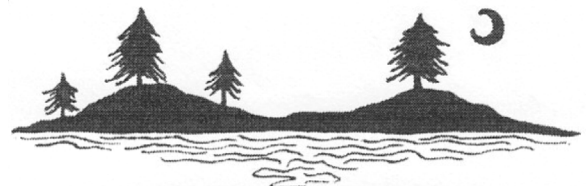
*Salmon, Bottom Fishing, Prawns, Crab,
Sightseeing, Water Taxi, Bereavement Service*

250-951-5927

westernstarcharters@icloud.com
www.frenchcreekstore.ca

Darrell Jobb

Owner/Operator
Head guide for
French Creek Harbour Store



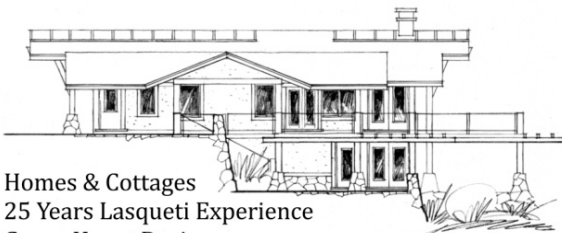
MASSAGE THERAPY

SHAWNNA KARRAS

REGISTERED MASSAGE THERAPIST

333-8866

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

WaterSprite

water filtration
Doulton Filters
Distilled Water

.250 333 8568
www.watersprite.ca



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!!

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

The Striped Chicken

Feed and Farm Supply Store

Hours

Monday 11:00 - 3:00

Thursday 11:00 - 3:00

or call 8822
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