

Our Isle & Times

November 2018



NOTES FROM SUSAN: The term is coming to an end with the swearing in of the new Trust Council on Nov. 6th. I just returned **Islands Trust** from my final Executive meeting that was tasked with organizing the first Trust Council as well as preliminary approval of draft dates for future meetings of the new Executive and Trust Council. This Council will have its hands full with possible Act amendments, Policy Statement review, interim anchorages in the southern gulf islands, the need for increased staff (or not), the effects of increased traffic in the Salish sea and many other pressures on the area.

I am just looking at dates for William Shula, our fresh water specialist, to come back to Lasqueti. At the last Lasqueti Trust Council meeting I put a fresh water project on our top priorities list and put aside some money to help with this workshop.

Thanks for all your support and guidance over the years.

CONTACT INFO:

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

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Laura Busheikin (Lasqueti Trust Committee chairperson)

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Sonja Zupanec (Lasqueti's Planner):

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

NOTICE OF 2019 BUDGET MEETINGS

**qathet REGIONAL DISTRICT
POWELL RIVER**



qathet
REGIONAL DISTRICT

REGIONAL HOSPITAL DISTRICT

The qathet Regional District will meet to consider the proposed 2019 budgets and 2019-2023 Financial Plan at the Committee of the Whole, Regional Hospital District Committee of the Whole and Planning Committee meetings between December 2018 and March 2019. Meeting dates and times can be viewed on the Regional District website at powellriverrd.bc.ca.

—Linda Greenan, Manager of Financial Services, qathet Regional District

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

Nov/Dec Clinic Dates:

| Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|------|-----|------|------|--------|-----|-----|
| Nov. | | | | 1 | | |
| | 5 | | | Not In | | |
| | | | | 15 | | |
| | | | | 22 | | |
| | | | | 29 | | |
| Dec. | | | | 6 | | |

It is “flu season” again. Many of you may have received your flu shot by now while others may choose not to get a “flu shot” this season. The following article will cover some tips on how to decrease your risk of getting and or spreading influenza as well as some other facts related to the virus. The information has been obtained from the BC health files.

What is influenza?

Influenza, often called the flu, is an infection of the upper airway caused by the influenza virus.

Getting sick with influenza also puts you at risk of other infections. These include viral or bacterial pneumonia which affect the lungs. Complications from influenza can be life-threatening. Seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems are at greater risk of complications from influenza. Healthy pregnant women in the second half of their pregnancy are at greater risk of hospitalization following infection with influenza virus.

In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

How can you prevent influenza?

You can reduce the risk of getting influenza or spreading it to others by:

- Washing your hands regularly
- Promptly disposing of used tissues in the waste basket or garbage



- Coughing and sneezing into your shirt sleeve rather than your hands
- Staying home when you are ill
- Getting an influenza vaccine
- **Cleaning and disinfecting objects and surfaces that a lot of people touch**

Getting an influenza vaccine can help prevent you from getting sick with influenza and from spreading it to others.;

How does influenza spread?

Influenza spreads easily from person to person through coughing, sneezing or face-to-face contact.

The virus can also spread when a person touches tiny droplets from a cough or a sneeze on another person or object and then touches their own eyes, mouth or nose before washing their hands.

An infected person can spread the influenza virus even before feeling sick. An adult can spread the virus from about 1 day before to 5 days after symptoms start. Young children may be able to spread the virus for a longer period of time.

What are the symptoms?

Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness and cough. Children may also experience nausea, vomiting or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse. Symptoms can begin about one to four days, or an average of two days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to seven to ten days, but the cough and weakness may last one to two weeks longer.

What is the home treatment?

If you get sick with influenza, home treatment can help ease symptoms. Follow the self-care advice below:

- Get plenty of rest
- Drink extra fluids to replace those lost from fever
- Avoid smoking and ask others not to smoke in the house
- Breathe moist air from a hot shower or from a sink filled with hot water to help clear a stuffy nose
- Anti-influenza drugs or antivirals are available by prescription, but these must be started within 48 hours of the start of your symptoms to work best. These will shorten symptoms by about 3 days if given within 12 hours and by about 1.5 days if given within 2 days of the start of symptoms
- Non-prescription cough and cold medications are available for relief of influenza symptoms but are not recommended for children under 6 years old

Acetaminophen (eg: Tylenol) or ibuprofen* (eg: Advil) can be given for fever or soreness. ASA (eg: Aspirin) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

*Ibuprofen should not be given to children under six months of age without first speaking to your health care provider

When should I see a health care provider?

Consult your health care provider early if you develop flu-like symptoms and you have a condition that puts you at higher risk of complications.

You should also call your health care provider if your symptoms get worse, such as shortness of breath or difficulty breathing, chest pain or signs of dehydration (such as dizziness when standing or low urine output).

Is it influenza or a cold?

The following table can help you determine whether you have influenza or a cold.

| SYMPTOMS | COLD | INFLUENZA |
|---------------------------|--|--|
| Fever | Rare | Usual sudden onset 39 to 40 degrees C (102.2-104 degrees F) Lasts up to 3 to 4 days |
| Headache | Rare | Usual, can be severe |
| Aches and Pains | Sometimes mild | Usual and often severe |
| Fatigue and weakness | Sometimes mild | Usual and may last 2 to 3 weeks or more |
| Extreme fatigue | Unusual | Usual, early onset and can be severe |
| Runny, stuffy nose | Common | Sometimes |
| Sneezing | Common | Sometimes |
| Sore throat | Common | Sometimes |
| Chest discomfort coughing | Sometimes mild to moderate | Usual, can be severe |
| Complications | Can lead to sinus congestion or ear ache | Can lead to pneumonia, respiratory failure, and more complications in persons with chronic disease |
| Prevention | Frequent hand washing | Yearly influenza vaccine and frequent hand washing |
| Treatment | Symptom relief, no specific treatment | Antiviral drugs by prescription which can reduce symptoms |

Hope this article finds you and keeps you all “flu free”.

♥Dianne

LASQUETI EMAIL LIST

The Lasqueti email list is available for anyone with an email address. Anyone can post a message to it, but only those with a connection to our island or community are allowed to subscribe and receive the emails from the list. Send emails to the list addressed to email_list@lasqueti.ca Subscribe at lists.lasqueti.ca

You can choose to receive each submission when it is accepted by a moderator, or in a digest form, sent out as it “fills up”, or at 5:00am each day. Some email programs have difficulty displaying the digest.

The email list is lightly moderated. Moderators discard obvious spam or duplicate submissions. Moderators are not able to edit or change submissions, only accept them or reject them with a request to the sender that they be edited and re-sent to the list. This happens if there is an irrelevant or missing subject line, or if there is long, irrelevant extraneous text, or incomprehensible or garbled text. Hateful text and potentially libelous/slandorous content are rejected. Complete moderation guidelines are at <https://lasqueti.ca/files/moderation-guidelines.pdf>

We do not accept unaccompanied links or forwarded messages. Please remove reply quotes or signatures from messages to the email list. Long submissions, definitely over 500 words, should be posted to the Lasqueti website (or elsewhere) and a brief summary of the contents and a link to it should be sent to the list.

Civility, respect and addressing the issue rather than a person are strongly encouraged and desired, and help the list be useful and community-building. The Lasqueti email list has become a crucial community forum, and as such we encourage all voices to join the discussion, and we ask all posters to participate in an inclusive atmosphere.

Moderators do not fact-check or refute any statements or beliefs, however fringe or fantastical. Ideally, this is the role of the community. Readers are encouraged to offer corrections and feedback to the list regarding any post they feel is misleading or false.

If a subscriber finds something objectionable, but does not want to object publicly on the email list, please send your objection or comments to the moderators. We will monitor them and make periodic reports to the email list. Moderators can be reached at moderators@lists.lasqueti.ca Current moderators are (webmaster) Joseph Fall, Brigitte Dorner, Peter Johnston, Dave Olsen and Robin Jacobs.

In addition to the at-least-daily Lasqueti email list, there is a list for urgent time-sensitive notifications, about ferry cancellations, road closures, and other important information that is sent out as required by a moderator. You can learn about it, and subscribe, at notify.lasqueti.ca

–Peter Johnston

OFFICIAL COMMUNITY PLAN REVIEW

The Lasqueti Community Association (LCA)’s Official Community Plan (OCP) steering committee wants to hear from you! The first of a series of community-driven forums will be held **at the community hall, Sat. Nov. 17th from noon-3:00pm**. There will be coffee, tea and cookies to sweeten the deal (please bring your own lunch). The goal for these forums is to establish what the shared interests are within the community. These shared interests will be articulated as objectives in the OCP. Once the objectives are clarified, they will inform the review of OCP policies, which guide and limit our local governments.

The first forum will focus on Environmental Stewardship and Climate Change. Future forums in the new year will examine other topics (services, housing, land use issues etc.). The LCA formed this OCP steering committee to ensure that the current review of Lasqueti’s OCP is led by Lasquetians and best reflects our shared interests and values. Please submit your interests, concerns, comments and ideas to us. You can email us at lcaocp@gmail.com or send paper submissions to the LCA OCP Steering Committee, General Delivery Lasqueti BC, V0R 2J0. **We especially encourage everyone to submit their interests related to environmental stewardship and climate change in advance of the Nov 17th forum.**

At the forum we will review the relevant objectives in the existing OCP – namely those in section 3.6 (Environmental Management) and 3.9 (Climate Change Mitigation) [*listed in last month’s Isle & Times article*], as well as interests brought up in the community meetings last spring and any interests submitted to us before the meeting, plus whatever environmental stewardship and climate change interests are brought up at the forum. We will be assessing whether existing objectives have widespread support and what needs to be added, removed or changed. Some of the interests related to environmental stewardship brought up at the community meetings last spring that aren’t already articulated as objectives in the OCP include:

- To value non-human life on Lasqueti
- To maintain intact forest land
- To support initiatives to clean up public areas, such as shorelines
- To reduce fossil fuel use
- To eliminate invasive species (e.g. Bullfrogs)

Please submit your comments and/or attend the upcoming forum to let us know what you think. A website is under construction and will hopefully be online in advance of the forum with a complete list of objectives to be reviewed. There are a few printed copies of the existing OCP available on the ferry, at Provisions, the Post Office and the Hall or you can download it from the Islands Trust website.

– the LCA’s OCP Steering Committee (Shoshana, Colin E. Marti W., Nadine Simpson, Hilary, Jordan B., Kathy R., Andrew F., Kristos & Karl)

HEALTH CENTRE NEWS

The referendum has passed, and there is a lot of work to be done to make the most of the space now that the new operating funding is in place. The Lasqueti Last Resort Society Board will be meeting with our new Regional Director to discuss the arrangements for instituting the new service area in the near future. As well, the Board will be putting out a call for expressions of interest in a paid Administrator position, in conjunction with a call for volunteers to help reduce the costs associated with some of the duties currently assigned to the Administrator. Due to the expiration of the current Administrator contract in December, this is an opportunity to rework the contract. Also, we will be assessing the report of the Operations Committee, and looking for further efficiencies. Other ongoing projects, including the building of more independent living units, also require consideration. Your input in this process is very much desired, and we will continue to hold and advertise both Board and General Membership meetings. General Membership meetings are a good opportunity for asking questions, sharing your ideas, and getting involved. If you wish to specifically address the Board as a delegation, let us know, and we will make space for you on our agenda. The Judith Fisher Centre and Health Centre belong to us all, as a community, and everyone is cordially invited to come and explore the opportunities as we enter this new and exciting phase of its development. We will be holding our next Board and General Membership meetings on Tues., Nov. 20th, at 3:00 and 4:00pm respectively.

—LLRS Board of Directors: Tim Peterson, Nicole Murphy, Rob Abrams, Marilyn Darwin, Frank Buffam, Gwen Bigsby, Robert Wallace, Sandy Morrison, Tom Carter, and Doane Grinnell

WHAT'S HAPPENING AT THE ARTS CENTRE?

This is it, the deep, dark, dreamy, creative season! Time to make art, music, write, dance, imagine...

Become more involved with the Arts Council, come to our annual general meeting, participate in an art show, host a concert or literary event at the gallery, come to life drawing, come to the studio on Wednesdays, or rent the space for your own project.

ANNUAL GENERAL MEETING

Mon. Nov. 19th, 4:30pm Everyone is welcome. This is an opportunity to share your dreams, ideas, creative visions. Our Arts Centre is a fantastic community resource. Help make it even more wonderful. New input is welcome.

RENTING THE GALLERY/STUDIO

An online calendar is in the works! This will make booking the space a lot easier. Of course, there will always be the option of talking to a real person. For now, to rent either space please contact me, and take a look at the calendars posted outside the gallery.

Cost is \$3/hour for either space or 10% of any profit plus \$1/hr if using the generator.

The studio space is available for art making only. Everyone is welcome to rent this space for an art project or workshop. At this point, it is available most days except Tuesdays and Wednesdays.

OPEN STUDIO WEDNESDAYS

I will continue to open the studio Wednesday afternoons from 1:00-5:00pm.

Everyone is welcome. All ages. So far, it has been pretty quiet, and a good mix of small people and big. It is wonderful to see our little ones develop an interest in art-making just by being exposed to it! Thanks to all who have been showing up, what a great way to spend a winter afternoon! I have a variety of art supplies available, or you can bring your own. If you have a particular project in mind, please let me know.

LIFE DRAWING

Every Tuesday 7:00-9:00pm, \$5. Everyone is welcome. No experience necessary. If you are interested in modeling, call Sophia at 250-333-8623, or talk to Tony at the post office.

ART SHOWS

"West of the Moon", a collaborative exploration of the power of story, is currently up in the gallery. Drop in and feel the magic, bring your kids and tell them a story... There will be an evening of storytelling by the fire sometime in November, date TBA.

Gallery hours: Monday and Wednesday Noon-4, Friday 1:00-4:00

Next show will feature small works (ideal for seasonal shopping) by various artists. All artists are welcome to jump in. Please contact me if you are interested. Dates are still uncertain, probably somewhere between Tsk Tsk and Craft Fair.

With gratitude for this creative community,

—Valeria, for the Arts' Council 250-333-8691, 250-240-0866, valeriapainting@gmail.com

NOVEMBER WASTE MANAGEMENT: USE IT UP! WEAR IT OUT, MAKE IT DO, OR DO WITHOUT

Twenty-two years ago Mathis Wackernagel and William Rees at the University of British Columbia conceived the Ecological Footprint to monitor ecological resource use for the advancement of sustainable development.

Their ecological accounting system tracks humans demand on nature. Supply and demand are compared. The good Earth supplies, but our demands are exceeding her biocapacity. We are in over-time to reduce. The axiom from a world war rationing poster "use it up, wear it out, make it do, or do without" is apropos today.

The book *Sucking Eggs - what your war time granny could teach you about diet, thrift, and going green* is recommended reading. Also, a book written twenty-five

years ago by Duane Elgin from Gabriola Island, *Voluntary Simplicity: Toward a Way of Life that is Outwardly Simple, Inwardly Rich* - is a must read. Since the 1970s, humanity has been in ecological overshoot, with annual demand on resources exceeding what Earth can regenerate yearly. Currently, we need 1.7-4 Earths to sustain the resources we use and to absorb our waste. We are using more resources and services than nature can regenerate through oil and gas production, the textile industry (second biggest polluter globally), poor fishing practices, unsustainable forestry, and emitting more carbon dioxide into the atmosphere than forests and the ocean can sequester.

Individual actions, how we measure our worth, the products we are consuming, how many car trips we make in a day (six is the average with most trips under six kilometers) all need to be questioned; tiny steps and a smaller footprint or a patagonia- a big foot!

Lives of high consumption are unethical in a world of great human need. The joy of life is not found in the consumption and accumulation of stuff. Extravagance and acquisitiveness are wasteful, hence no longer indicative of social status. A huge paradigm shift. To live well we need little. Abundance is a state of mind, not a quantity of consumer products with their planned obsolescence built in to raise yet more capital at our cost and peril, that sooner than later end up at...

LASQUETI LANDFILL: Top of Forbes Rd. Winter hours are now in effect: 1:00-3:00pm, 1st Sat. of the month. Fees: \$5.00/bag & \$25.00/truck load. Accepts: non-recyclable plastic, metal, glass, and tires removed from rims. Does not accept: Styrofoam, drywall, paper, cardboard, electronics, recyclables, yard waste, compost or hazardous materials.

FREE STORE: Open during construction. Winter hours start Oct. 1st, Thursdays only. Please remember clean, reusable clothing and household items are accepted. No: TVs, Styrofoam, batteries, electricals, electronic devices, hazardous material, and no furniture. That means no mattresses.

RE-USE CLASSIFIEDS: Post furniture and building materials at lasqueti.ca

TEMPORARY BOTTLE RECYCLING DEPOT is now in front of the Free Store. Accepts: coconut water cans, beer and cider cans, wine bottles, boxed wine cartons, spirits and beer bottles, water jugs, and tetra juice paks. Open 24/7. Unfortunately, no tin cans, hard and soft plastic, nor cardboard (the exception being banana boxes) are to be dropped until upgrades are complete.

All clean recycling to be stored until depot upgrades are completed, or take to: Encorp's Parksville Bottle & Recycling Depot, 611A Alberni Hwy. Open 7 days a week, 8:00am - 6:00pm, 250-248-0224. More packaging materials than ever can be recycled: coffee bags, chip bags, Ziploc bags and more. <https://recyclebc.ca/>

Qualicum Bottle & Recycling, Unit 4-141 4th Ave., Qualicum. Open Mon.- Sat. 9:00-5:00pm. 250-752-8884
Transfer Station, 860 Church Rd., Parksville. Open 7 days/week, 8:00-5:00pm. Closed statutory holidays. Garbage (residual), yard waste, construction and demo material and clean recyclables. It is for residents of Nanaimo Regional District. Some fees may apply. 250-390-4111

IN LOCAL NEWS

On Oct. 15th the qathet Regional Board directed staff to engage Sylvain Lieutaghi to complete the Lasqueti Island Recycle Centre Upgrades. Any questions can be answered by Waste Manager, Robyn Dryburgh, 250-228-2284

—Julie Newton, Let's Talk Trash



LASQUETI ISLAND NATURE CONSERVANCY

We are now in the last six weeks of fundraising to meet the deadline for Lasqueti Island Nature Conservancy's Purchase and Sale Agreement to acquire Salish View! Time is getting short as the Dec. 15th deadline for donations approaches.

After raising \$169,770 from over 80 generous people and the Sitka Foundation, we have approximately \$80,000 left to raise! Can we ask you one more time to dig into your travel money, or other investments or extras you might have to help us complete this conservation purchase? A great new Opportunity Grant has been awarded by the Islands Trust Conservancy for up to \$4500. So if you give through www.islandstrustconservancy.ca/donate/give-now or call them at 250-405-5186 and ask that your donation go toward the Lasqueti Acquisition Fund – Salish View, we will end up with \$9000 more!

In this time of climate change, one of the best ways of absorbing carbon is through forest sequestration – conservation, planting and protection. "With less than 1% of the original old growth left in the Coastal Douglas-fir zone, we all benefit from the conservation of forested areas like Salish View," says Gordon Scott, President of LINC.

"The Coastal Douglas-fir zone, as occurs on the islands in the Salish Sea, is British Columbia's most heavily developed ecosystem: it has experienced the highest level of modification by resource industries, urbanization, and rural communities," said Dr. Ken Lertzman, Professor in the School of Resource and Environmental Management, Simon Fraser University. "Protecting forests that support healthy ecosystems is an essential part of the fight against climate change and is a strategy to maintain resilience in the face of a changing climate."

Please help us conserve this site, which will be open to the public to hike up to its summit where we can enjoy the 270 degree view, and be proud of our role in protecting habitat and public spaces in perpetuity. Donate to The Islands Trust Conservancy, and double your donation, or to Lasqueti

Island Nature Conservancy by cheque, e-transfer: linc@lasqueti.ca or by donating appreciated securities tax free. For further info see lasqueti.ca/linc. – LINC

WINTER WEDNESDAY SOCIALS

The Winter Wednesday Social returns to the Community Hall starting Nov. 14th. This year we are actively seeking folks to take charge of cooking and give our stalwarts a break. I have a list of delicious main courses to choose from... you can pick a date and a meal to prepare, and I will do the shopping and have the ingredients ready! (I'm also willing to do some coaching, if needed.)

We are also looking people to take up some of Peter's jobs, and these can be done individually or as a bunch, and have the advantage of being easier to prepare in advance... soups, bread or buns, and desserts.

If you are interested in taking on one (or more) nights between November and March, get in touch with me and we'll make a plan! timpeterson24@yahoo.com or 250-607-7094. Here's to another delicious winter! –Tim P.

12th ANNUAL TSK TSK REVUE

The 12th Annual Tsk Tsk Revue, a legendary evening of titillating variety approaches! Right now cast members are preparing to engage in fear-defying fun and for one night only, Sat. Nov. 24th, at the Community Hall, you can witness their acts of casual and practiced brilliance. If you haven't been before, be ready for a night of naughty, hilarious, raucous, quality entertainment brought to you by local (and special guest star) singers, dancers, clowns, musicians and freaks. Get dressed to impress and to express your beautiful self and join the fun by participating in a wild (yet safe) space where we can laugh and play and celebrate the strange delights of human sexuality.

Doors open for pre-show fun at 6:30pm. Vaughn will groove on the piano. A sexy slide show will be on repeat. Jane MacKay will provide slippery sweets and tangy savouries. The bar will be local and wet. While you mingle, take the opportunity to buy a ticket to win anatomically incorrect chocolate love organs.

At 8:00pm the Tsk Tsk Revue begins. Mature subject matter advises that all but wee babes and discerning adults stay at home. Cost for the entire star-studded evening is \$20 but the scale can slide. After the show we'll get our boogie on with the Beatfarmer.

For more information or to get on the bill call Jenny V. at 250-333-8601 or email jennyv@lasqueti.ca. –Jenny V.

CHRISTMAS BIRD COUNT

The annual Lasqueti Christmas Bird Count will be held on Sun., Dec. 30th. Melinda and Ezra have offered their home for the potluck dinner and tally. New bird counters are always welcome; ask around in your neighborhood to join experienced participants. For more information, or to find a group, please call Marti at 250-333-8879. –Marti

CHRISTMAS CRAFT FAIR

This year's Christmas Craft Fair will take place on Sat. Dec. 1st from 11:00am-3:00pm at the Community Hall. There will be a wreath raffle, door prizes, and islanders selling their creations. PAC will serve lunch and will be selling Mulberry books in the foyer.

Vendors: to reserve a table, call Kirsty at 250-333-8577 (home) or 250-333-8813 (school).

Donations for our bake sale are gratefully accepted.

Thank you for supporting the school, our kids, and your island community by shopping locally this year.

–Kirsty for FBS PAC

SCHOOL BENEFIT HOLIDAY BOOK SALE: SPECIAL ORDER DEADLINE NOV. 15TH

After reading way too many online think-pieces, blog posts, and random bits of fluff, picking up a book can feel like a long cool drink of water after wandering through the tangled dusty streets of some dystopian dreamscape. Amid this glut of time-wasting ephemera and dubious information, books are more relevant than ever.

Mark your calendars for PAC's **Craft Fair on Sat., Dec. 1st**. Mulberry Bush Bookstore is again helping PAC to bring the world to our rustic doorsteps (but luckily only in the form of intriguing new books). Our little traveling book store brings all the pleasures of browsing a tantalizing array of lofty arts and literature, nuts & bolts practical know-how, pure pleasurable escapism, and all the essential miscellany in between — all without needing to brave a winter ferry crossing. Mulberry then endows our school library with 15% (!) of sales, in the form of brand new books for the False Bay school library.

Special orders! For customized service, tell Mulberry exactly what books you have on your list, both for yourself and for all your holiday giving. Special orders must be received by **Nov. 15th**. Give the gift of enlightenment!

You can order directly through Mulberry Bush Bookstore: mulberry@shawbiz.ca or phone 250-248-1193. Be sure to let them know it is for the Lasqueti PAC, and it will be hand-delivered (by me) for you to pick up at the Craft Fair. Mulberry's website (<http://www.bookmanager.com/mulberrybush/>) can help you browse, BUT DON'T pay online if you want the school to benefit. Send your order via email or phone with the title, author, and any other relevant info such as hardcover/paperback, to Mulberry. Or just stop by the Mulberry store, next to Thrifty's in Parksville — the friendly, knowledgeable book ladies at the desk will be glad to take your order. They are excellent with recommendations too, and well-versed in just about all the genres you might want to explore. Any questions: robinjj@gmail.com or 333-8520 Send orders to: mulberry@shawbiz.ca or phone 250-248-1193

Thanks book lovers

–Robin Jacobs, for FBS PAC

2018 ARTS CENTRE ANTHOLOGY

The new 2018 Arts Festival Anthology will be for sale at the Craft Fair again this year. Still just \$20.00. If you don't make it to the Fair you can order one from Sheila Ray sheila@lasqueti.ca 250-333-8884 or Jenny V jennyv@lasqueti.ca 250-333-8601. —Sheila

FELTED FUNNIES 2019 CALENDAR

This year I have created a 2019 wall calendar called "Felted Funnies." It is a collection of photographs of my felted woolen critters doing odd and interesting things. It will be available mid-November at Provisions, or from me (8645 or email morchooks@gmail.com) and at the Craft Fair in December if there are enough. They are \$20 each and I can mail them to those who are away. Best not to put real live money in the mail as the posties don't like that. The pictures are also posted on my website at raineyroost.com. Best to get them early because I won't order many. I can get more if needed but that takes a couple of weeks and might be too late for Christmas. Thank ewe, Jay Rainey 250-333-8645 morchooks@gmail.com —Jay

WALKIES, ANYONE?

Take a minute to consider the following. It might change your life!

"Walking, so natural, so 'pedestrian' (in the sense of ordinary), may not be a high-tech neuroplastic [brain-changing] technique, **but it is one of the most powerful neuroplastic interventions...** [my bolding]

Learning and exercise together seem to be a good combination. As people reach middle age, and the brain begins to degenerate, exercise is more, not less, important, and one of the few ways to offset this process. Understanding this is more crucial than ever, because so many people live sedentary lives, in front of computer screens, sitting most of the day. Numerous studies show that a sedentary lifestyle is a significant risk factor not only for heart disease but also for cancer, diabetes, and neuro-degenerative illness. If there's a panacea in medicine, it's walking."

From Norman Doidge's latest book, *The Brain's Way of Healing*, found in the chapter called A Man Walks Off His Parkinsonian Symptoms. I'm finding the book absolutely life-changing. Five Stars! —Chandra

FALL NEWS FROM FALSE BAY PROVISIONS

Hi everyone! We hope you are all enjoying the fall, it's been a beautiful one and the weather has been superb.

NEW HOURS IN NOVEMBER

As Daylight Savings starts we are going to be changing the hours at Provisions starting Nov. 5th, and will be re-opening on Mondays, Thursdays and Fridays at 7:30am or earlier for the 8:00am ferry sailing to French Creek. Closing times are going to be shortened by one hour to 5:00pm from 6:00pm.

To see the exact schedule, refer to the ad in the back of the paper or check the posters on the ferry, at the school, post office or at Provisions itself. For those of you who require something but cannot make it to the store because of the earlier closure please call us and we will set aside the items you require in a special location for pick up later.

FALSE BAY PROVISIONS BOOK STORE AND ISLAND BOOKS FOR COOKS

In other news, we would like to thank the community for another successful year for False Bay Provisions Book Store. At the end of September, we were able to present the False Bay School volunteer librarians with almost \$700, bringing the total raised over the last year and a half to \$1400. We elected not to purchase as many new books this fall as last year and instead gave it directly to the school. However, we have purchased some new books since then and they will be stocked later this month. In addition, we are going to be expanding the book store to include a cookbook library which will be called Island Books For Cooks. Some of these books will not be for sale, instead they will be available to the community to read and research at the store. Others will be available for purchase for gifts or home use. Over the last few years a large part of our focus has been training individuals that show an interest for the culinary arts. Many of them come to us with little training or tools. Proceeds from cookbooks that are for sale will go towards our training program for bakers and cooks. This has been a passion of ours and we are all looking forward to seeing the island learn more about cooking and support those around them that love to do it.

ASSISTANCE WITH PICKUP OF FREIGHT DURING STORM WEATHER, ILLNESS OR EMERGENCIES

As we head into more fierce weather there are times when some of you have a hard time making it to the dock to pick up groceries or essential medical deliveries because the ferry does not run, something personal comes up, or due to illness. If you need assistance during these times or situations, please call the store during opening hours and ask for Camino. He is regularly going to almost every ferry and depending on your situation, may be able to help. Freight will be stored at Provisions until pickup and he will be offering assistance delivering certain items to your home for special circumstances.

FALL INTO WINTER SESSIONS AND READINGS AT PROVISIONS

Starting Nov. 9th we will be hosting Sessions at Provisions again every Friday afternoon. This has been an ongoing mission to have a weekly acoustic musical performance by individuals in the community that want to perform. It will start at 3 pm and go until closing time or later depending on the amount of performers. There are two acoustic six-string guitars available as well as a 12 string for those who want to play but don't want to bring an instrument and very soon there will also be one or more microphones for those who wish to sing. In addition, this year we are changing the

format slightly to allow those who wish to read stories or poems to the audience. If you are interested in performing music or reading please call the store during opening hours and ask for Camino or leave a message. Thank you to all the performers who have played in past years, it's been a great way to come together, warm up by the fire and share your talents with the community.

Thanks again to the island for supporting the team here in the kitchen, bakery and at the store, we look forward to seeing what magic the winter will bring and serving you with a smile!
-Camino

THANK YOU!

This is my final issue as the editor of *Our Isle & Times*. It has been inspiring to get out of my work bubble and interact with so many of you who contribute to and support the newsletter. *Our Isle & Times* is being passed into the very capable hands of Dianna Maycock, who will be taking over next month.
-Kimi

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Saturday 9:30-5:00
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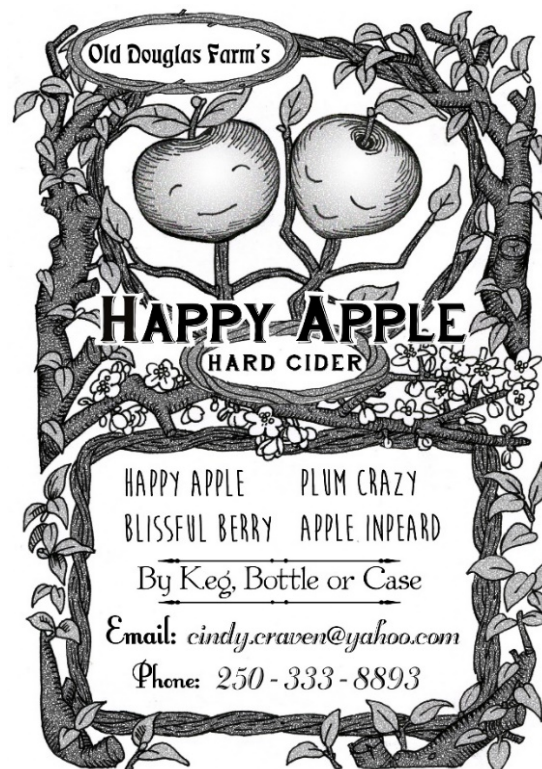


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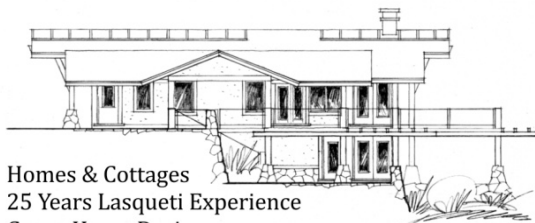
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