

LASQUETI ISLE & TIMES

March 2019 Edition



(a) Financial plan (draft 2):

The Board reviewed the 2nd draft of the 2020-2024 financial plan (the most important part of which is the 2020 budget) at the Finance Committee meeting on February 19th, 2020

The 2nd draft of the financial plan can be found: <https://qathetrd.civicweb.net/filepro/documents/102524>

The draft will change between now and March 31. A summary of draft tax rates for Lasqueti can be found on page 288 of the agenda (page 18 of the plan report). The tax rate looks like it will go up a bit, and the total taxes to levy look to increase, primarily due to increases in the LIVFD service.

Budgets for individual services that affect Lasqueti (e.g. waste management, LIVFD, ramp, etc.) are detailed individually in the report.

(b) Regional Park Acquisition:

The Board adopted a strategic priority to acquire more land for regional parks and has established a reserve fund for parkland acquisition with some funds identified in the budget. The Board will develop some guidelines and policy in the upcoming year regarding how to identify land for protection, leveraging funds, etc. before any acquisition takes place.

(c) Fire Department Asset Management:

The Manager of Emergency Services (R. Thoms) presented an "asset management" report on the fire halls and apparatus (fire engines and water trucks) of each regional Volunteer Fire Department (page 223 of the Feb 19 Finance Committee agenda, linked above). This staff report recommends (on page 229) replacement over the next few years of the north fire hall (\$720,000), one of the fire trucks (\$350,000) and both water trucks (\$250,000 each). Because of the

financial scale of these numbers, the Board directed staff to undertake a public engagement process in 2020 to develop and prioritize capital asset management plans and to develop a funding strategy to support those plans. No date has been set yet.

There has been significant discussion in our community about the need for if, when and how the fire hall might be replaced. There has been less discussion about replacement objectives for apparatus (e.g. when apparatus might need to be replaced and whether apparatus must be new or can be used equipment).

It should be noted that asset management planning for regional Volunteer Fire Departments attempts to develop long-term funding strategies based on condition assessments, requirements (e.g. WorksafeBC) and guidelines. The replacement schedules for the fire halls and apparatus were derived from Fire Underwriters Survey guidelines (which are to be used for guidance, not strict adherence). There is plenty of community discussion to be had on this topic.

Please feel free to contact me. I am honoured to be your regional representative.

Director Andrew Fall, qathet Regional District

Contact: Tel: 250-333-8595



- \$550 to replace your non-EPA certified wood stove with a heat pump
- \$550 to replace your non-EPA certified wood stove with a gas, propane or electric stove
- \$400 to replace your nonEPA certified wood stove with a new EPA-Certified wood stove

The qathet Regional District is working to replace old smoky wood stoves that contribute particulate matter into the air with cleaner burning, more efficient models.

Contact *Let's Talk Trash* to find out more information about program requirements. Call 604.485.2260, email info@letstalktrash.ca or visit qathet.ca to learn more. Additional rebates can be applied for through Efficiency BC.



Notes from Tim: Greetings, all. At the Local Trust Committee meeting of February 24, we received a delegation from the LCA's OCP Steering Committee about the structure of their public forums, and an outline of some of their findings. Their report was included as part of the Project Charter for the LTC's OCP review project, which we approved in principle as the next step in the process. Many thanks are due to the OCP Steering Committee members for their diligent work over many meetings and months. Also included were the following items: Review of consistency with Islands Trust policies related to the Douglas Fir Toolkit; staff's suggested changes to the OCP and LUB based on a technical review; and LUB amendments for subdivision regulations related to proof of water and public access to the water. We also adopted a Standing Resolution regarding First Nations Reconciliation, which is an important step in that regard, and indicated the LTC's interest in filming and streaming our local meetings.

In March, we will be attending Trust Council on Salt Spring, where a major focus will be the budget. More information on the Trust Council agenda will be available on the Islands Trust website soon, for those interested.

I am very pleased to have been selected by the Executive Committee as one of three Trustees sponsored to attend the Salish Sea Ecosystem Conference in April. Administered by

Western Washington University's Salish Sea Institute, the conference has become the premier scientific research and policy gathering in the Pacific Northwest, to build shared policies, practices and procedures necessary to guide future actions for protecting and restoring the Salish Sea and its watersheds.

Our next LTC meeting will be April 27. Please consider attending if you are able, and, as always, feel free to contact your Trustees with your questions, comments, or concerns. Tim Peterson, Islands Trustee

Notes from Peter: We had our first Lasqueti Trust Committee meeting in nearly four months. Exciting news is that we will be receiving a presentation from the LCA's OCP/LUB review committee. Hopefully this will be a big step forward and will speed and possibly simplify public engagement and involvement in this project to make our Official Community Plan and our Land Use Bylaws more closely aligned with the values and goals that we have for our island and community.

The OCP/LUB review process will have ample opportunity for everyone to learn about and give us opinion and feedback about proposals, and we will hopefully be able to come to a fair level of agreement on many, if not all, the issues that come up. It will take dedication and patience, time and energy, but the revised OCP will be a plan and blueprint for the future of Lasqueti, and the LUB will lay out the land use regulations that we will be expected, as a community and as individuals, to live by.

FLASH: At Monday's meeting we heard from the LCA committee, but their report had not made its way into our agenda package, so we weren't as well prepared for it as I would have liked. Their very valuable work with the community is much appreciated, and starts us off well along the road towards organizing a series of reviews of proposals and ideas. I'm hoping that we'll have a report and some indication of next steps before our next meeting on April 27.

We finally managed, at the recycling centre, to present Mark Bottomley with the stewardship award that he won for his inspiring work on beach cleanup around Lasqueti. By the time you read this, the waste, mostly Styrofoam, will hopefully have been sorted by Ocean Legacy and sent to where it can be repurposed, reused or disposed of. I'm hoping that the provincial government will come up with regulations so that these materials, especially styrofoam, no longer end up in the ocean and on the beaches.

On March 10 through 12 Trust Council will be meeting on SaltSpring Island. Agenda package will be posted on the Trust's web site early in March. Go to the meetings calendar and click on one of the days of the meeting, which will take you to a link to the agenda package and other information about the meeting. This is the meeting at which Trust Council must agree on and adopt a budget for the next fiscal year, from April

1, 2020 through March 31, 2021. There will be much information in the agenda package about the proposed budget, and lots of response to our budget consultation with Trust Area residents and landowners, and a significant amount of other stuff, too.

If you have any observations, questions, etc., please talk to me or to Tim, or both (but not both of us together). Peter

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

Clinic Dates:

	MON	TUES	WED	THURS	FRI
MAR				5	
				12	13*
				AWAY	
				AWAY	
APR				AWAY	

***Friday the 13th Dan Clark will be at the JFC. Call Dianne to make an appointment 250-240-5712**

March topic will address something that is often difficult for people to discuss however, at some point in time may be necessary for either themselves or what is termed a person’s “alternate decision maker” to address. This is the NO CARDIOPULMONARY RESUCITATION form. The terms No CPR (cardiopulmonary resuscitation) or DNR (do not resuscitate) are often used interchangeably.

Cardiopulmonary resuscitation (CPR) was initially developed in the late 1950’s and 1960’s. It started initially with the development of the techniques and realization of the benefits of mouth-to-mouth ventilation. The benefits of external chest compressions were later described, and it is the combination of this with mouth-to mouth ventilation that forms the basis of modern CPR. More recently basic life support consists of cardiopulmonary resuscitation and when available defibrillation using automated external defibrillators (AED). Immediate initiation of CPR and early defibrillation can improve the survival rate of someone suffering from a sudden cardiac arrest.

“No cardiopulmonary resuscitation” is defined as no CPR (cardiopulmonary resuscitation) in the event of a cardiac arrest. The form may be provided by an individual’s doctor to the patient or their next of kin/alternate decision maker. The form allows a patient to clearly state that they do not want cardiopulmonary resuscitation to be given in the event when they can no longer make decisions for themselves. It directs care providers, community first responders/ambulance attendants or emergency room personnel to ensure an individual’s wishes are honored. Keeping the form available in case of an emergency will help to ensure that No CPR wishes are respected. MedicAlert and no CPR bracelets or necklets are available for free and allow for quick verification that No CPR orders are in place.

The signing of the form does not mean that other medical needs are not to be addressed. The form only addresses the initiation of CPR in the event of a sudden cardiac arrest. The order can be rescinded by the individual/patient at any time and should be reviewed annually. If a patient/individual changes their mind about their wishes after signing a No CPR form they should inform their care provider(s) and tear up the form.

Go to: www.health.gov.bc.ca/exforms/bcas/302.1fil.pdf

I hope this article helps to inform and clarify some questions/concerns regarding No CPR. Please feel free to contact me if you have more questions regarding this.

Blessings, Dianne



LTT - March 2020 – Textiles

On a monthly average, four garbage bags of sorted, clean, and useful textiles (clothing and footwear, sheets, towels etc) leave Lasqueti to be donated to thrift stores in Parksville and Qualicum, and at least one additional bag is sent to the landfill. This may sound like a large volume for a small population that has a Free Store, but apparently, the average person throws out 81 lbs of textiles per year.

We have a fast fashion addiction. Global clothing production doubled between 2000 and 2014 and much of this is not being recycled. In Canada, 85% of the still usable textiles we throw away goes straight to the landfill. We now purchase 60% more textile products and keep them for only half the time. Our grandmothers

would be shocked at the waste! The production of new clothing involves the use of synthetic chemicals and requires huge water consumption to process, dye and print material. For example, the production of one pair of blue jeans uses 6,800 litres of water treated with dyes and other chemicals. After agriculture, the textile industry is the second worst polluter globally.

This makes textile reuse, upcycling, and recycling all the more important. These reduce the production and consumption of raw materials for fibres. They reduce the use of dyes and fixing agents. They keep synthetic fibres out of the landfill where they take up space and don't decompose. They also can make some fibres locally available for use as clothing, upcycling materials, and materials for industry, reducing the energy needed to transport materials from abroad.

There is a growing world wide textile salvaging market. Businesses and charities that collect used textiles can make revenue from donations. Once collected they are sorted for resale, industrial rags, or for shredding to be turned into insulation or other recycled textile products like paper, yarn and carpet padding. This said, the highest end use is to keep usable textiles locally rather than exporting abroad like some thrift stores do, because many countries importing our used textiles are overwhelmed by the volumes. Some materials do get repurposed, but much still needs to be landfilled abroad, and local textile industries in these foreign nations is negatively affected – leading to a 'Westernization' of fashion and loss of the local culture's expression.

So, the best option is to keep our textiles in good shape longer, and to keep them in local circulation. Here are some ways to consciously change the way you clothe yourself. Think twice about buying something new. Avoid cheap low quality trends. Choose to purchase sustainable long lasting materials that support fair trade - the fashion industry is famous for exploiting women workers in third world countries. Shop at our free store and thrift stores. Mend, patch and repair your clothes - visible mending is a new trend to showcase your willingness to make things last. Host a clothing swap. Get creative and upcycle your old bits into something new. Turn your worn out things into rags. The best case scenario seems to apply to the western lifestyle in general - BUY LESS.

It's also important to keep in mind that natural fibres have a much lighter footprint than synthetic alternatives. Some estimates say that as many as 2000 fibres are released during a single washing cycle of items made from fleece and polyester fabrics. Most of these will end up in the ocean. Apparently there are 3000 particles of plastic in one cubic meter of sea water in the Strait

of Georgia. The marine life at the bottom of the food chain (plankton and invertebrates) ingest these micro-plastics. They might die of starvation or they can show further up the food chain in the fish you eat.

When considering whether or not to donate to our local free store remember, that what most overwhelms workers and waste manager is the volume of textiles that lands on the porch. There isn't enough room for even the good quality, wearable items never mind the one legged jeans, ripped and holey t-shirts, stained polyester party dresses and leak-prone rubber boots. If anyone on Lasqueti has a great idea for using textiles destined for trash bags, please step up. There is plenty of material available for a cottage textile industry.

To better manage the excess of textiles arriving at the Lasqueti Free Store, a sign will be placed on the door when the store is at capacity for certain items. Thanks for participating in keeping this amazing local resource running smoothly.

From Waste Manager Mark: Everything at the Depot and Barge Dump is running smoothly. I've visited a few Recycling Depots on the other side and Lasqueti has the tidiest and most efficient scene. Good work everyone!

IMPORTANT NOTICE: The Lasqueti Landfill is officially closed. For now, you'll have to hang on to your large appliances, metal and tires until a potential future Round-up event.

Trash Removal System: First Thursday of the month, 11 am - 1 pm, at the Weldon Road Barge Ramp. WMM will inspect Lasqueti Island residential waste destined for the Nanaimo Landfill before it's loaded onto a bin on Keith's barge. No construction materials, renovation or demolition waste, prohibited waste, organics, recyclable material or stewardship material, please. \$5 per bag, \$25 per truckload. Mattresses and boxsprings \$15 each. **NO garbage can be left at barge ramp!**

Recycling Depot: Fall/Winter Hours Oct 1st - Mar 31st
- Mondays 10 am - 2 pm | Thursdays 1- 5 pm
- Closed on Statutory Holidays.

All recycling is monitored. Please bring it CLEAN and DRY.

Free Store: Fall/Winter Hours October 1st -March 31st
-Thursdays 1 - 5 pm

Ginja requests you drop off outstanding items only i.e. clean, usable clothing and household items. Please, NO food, garbage, recycling, TV's, soft foam, batteries, elec-trical devices, mattresses or hazardous materials ie: chemicals, fluorescent light tubes, prescription/non-prescription drugs, or pills in general.

Also, check out the BUY, SELL, and TRADE bulletin board beside the front door of the Free Store. Lot's of people are using it!

Return-It Beverage Depot open 24/7 Front left of Free Store.

- Accepts refundable beverage containers: beer, cider, pop, coconut water cans, boxed wine cartons (leave them intact), water jugs and tetra juice packs. No, milk containers and any kind of glass - please take these to the recycling depot.

Recycle BC Website:

- www.recyclebc.ca/what-can-i-recycle

If you have any questions, comments, suggestions for me and the qRd Let's Talk Trash team please get in touch! jennyv@lasqueti.ca or 8601.



LINC is so grateful to the wonderful volunteers who helped us with the Spurge purging in January! A big thank you to: Wendy and Bruce, Hilary and Jordan, Duane and Tejomaya, Betsy, Jodi, Rosalind, Aigul, Richard B., Wayne, Suzie R., Sheila R., Peter J., Gordon and Izzy and Karl D. We are grateful for the super yummy lunch provided by Mikyla. If you can help with any more work parties for removing this toxic, invasive plant, please contact kukoljaigul@gmail.com.

In February we said goodbye to the cold winter with two Sunday night film showings. Thanks to all who came out and watched the films with us and supported Violet with her awesome culinary skills. Feedback on the film fest event would be welcome. Let us know how you liked the films, the dinner, the set up, and anything else. Please reply to schweibee@gmail.com.

Spring is showing its beautiful face, and along with the flowers, LINC is continuing to schedule spring-like events.

Upcoming, April 25th we have an amphibian walk with Barb Beasley. Barb is a coastal ecologist from Ucluelet and founder of the Association of Wetland Stewards for Clayoquot and Barkley Sounds, a non-profit organization that promotes habitat stewardship for amphibians. She is an author of COSEWIC status reports and management plans for the Northern Red-legged Frog and Wandering Salamander. Learn about the diversity of amphibians in coastal B.C., why they

are important for ourselves and the planet & what's being done to help them survive.

May 17th we have our Annual General Meeting and hike. Further details will follow. Your donations are needed to support our work. Annual Membership (\$10 – 20, min. \$5) Happy Spring!

NEWS FROM COMMUNITY SOURDOUGH AND CATERING

Hello everyone. We are now filling up our 2020 schedule for the coming spring/summer/fall catering season, so if you've had thoughts about contacting us please do so soon!

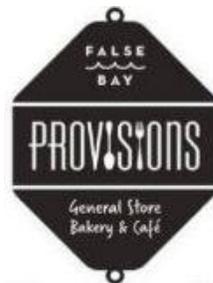
We provide food for small and large events and occasions (Arts Fest, Spring Fling, intimate dinners, etc.) using as many organic and locally sourced ingredients as we can.

Please don't hesitate to connect with us if you have a project in mind or would like to collaborate on something whether big or small.

A callout to the growers out there too, please let me know if you have something to sell for our kitchen use! I am striving to create a community within this output; so if you'd like to be involved in the kitchen with us, reach out! Call me at 250-333-8804 or 250-954-7269. You can also e-mail at lasqueticatering@gmail.com

I will post a schedule of upcoming events this spring.

Thank you! Violet Rosehart ❤️



Featuring fair trade organic coffee, groceries, meals to go and freshly baked bread and pastries.

PH: 250-333-8558

March 2020 News:

Taco Tuesdays

Hi everyone, a quick note to let you know we are adding a new monthly event at False Bay Provisions. On the last Tuesday of each month we will be featuring a choice of different styles of tacos with a rotating selection of meats, vegetarian, and gluten free options.

The first Taco Tuesday kicked off on February 25th and the next one will be on March 31st. Expect to see some traditional taco offerings as well as new styles of toppings and fillings. As things heat up around here it will expand to include other Mexican dishes and beverages.

Come down and try our tacos and spice up your life!

St. Patricks Day BBQ

On Tuesday, March 17th, we will be throwing a St. Patricks Day BBQ. The menu will be announced as we get closer to the date. This is an annual event that has been a great deal of fun in the past and we are excited to be doing it again. We are also going to be seeking musicians who would like to play in the afternoon during the BBQ. If you would like to play and or sing on this day then please contact us and you will be scheduled to come and make merry with the rest of us. Wearing green is suggested but more importantly come prepared to eat and drink as we will definitely be working hard to make both savouries and sweets to keep a smile on your face long after the merriment has subsided. Slainte!

Saturday Brunch At Provisions 11 am - 3 pm

Thanks to everyone who has been coming out for Saturday Brunch, it's happening every Saturday from 11 am until 3 pm and has been building momentum as we experiment with different dishes and styles of cooking. To see what is on the menu you can call on Saturday mornings and watch for postings on what we are serving each week. We are looking forward to expanding what we offer at brunch over time on the menu and are looking for musicians interested in playing in the café on those days and later as the weather improves there will definitely be outside performances as well.

To inquire about playing please call us at the cafe at 250-333-8558 and you can come and share your music with those who are gathering here each week to eat, sing, play and visit with each other. At this time we are also looking for one or more groups of musicians that are keen on playing in the evenings during the summer. More on that as we get closer to summer!

There has been a steady improvement of equipment available for musicians to play and we are hoping to broaden what instruments can be used by visiting artists. At this time there is an acoustic 6-string guitar, a 12-string acoustic guitar available on request, an electric bass with an amplifier and a microphone with a speaker attachment. We are currently looking for an electric guitar, harmonicas, fiddles as well as a small electric keyboard and one or more djembes or similar drums to round out the instruments to perform with. If anyone has one that they would like to donate, lend, trade for or sell on island please let us know. Live music has been an ongoing treat to offer over the years and it's something we are keen on supporting in the community

plus it really puts a smile on everyone's face when they get to hear their neighbours strut their stuff. Don't be shy, bring your own songs and covers and let them rip!

Finally, a reminder that due to the gradual return of spring our hours have changed as of February 15th.

The hours are as follows.

Monday: 9 am - 5 pm
Tuesday: 10 am - 5 pm
Wednesday: 10 am - 5 pm
Thursday: 9 am - 5 pm
Friday: 9 am - 5 pm
Saturday: 9 am - 5 pm
Sunday 11 am - 4 pm

Have a great day and we are looking forward to serving you, False Bay Provisions

V-STAR VARIETIES NEWS

Spring is sproinging and I've begun to poke seeds into flats in the greenhouse and under grow lights. My plan is to sow and grow hundreds of green babies for my garden, and yours, over the coming months. Some might even be in the V-Star Varieties roadside stand by the end of March (but no promises). I'm compiling a catalog of all the plants I intend to grow into starters. Lots of varieties of tomatoes, and peppers, as well as peas, brassicas, lettuce, beans, corn, cucurbits, annual and perennial flowers and herbs. If you want a copy so you can make your special order, please email me at jennyv@lasqueti.ca or call 8601. Also, if you have particular seeds you want started, I'm happy to bring them up for you.

V-Star Varieties will be at the Plant Sale with flats of lettuce, leeks, onions, and peas as well as some herbs and flowers on April 11th at the Community Hall. Also, Marie Ange and I are planning our Mother's Day plant sale, in our respective gardens, on Sunday May 10.

Here's to a new season of growing food, beauty and bounty.

THE TSK TSK REVUE SALISH SEA TOUR

There's exciting news on your favourite dirty variety show front - The Tsk Tsk Revue is going on a Salish Sea Fantasy Island Tour! The show is playing on Salt Spring (March 27), Gabriola (March 28), Hornby

(April 3), Denman (April 4) and Powell River (May 23). Brought into being by a creatively charged cast of dancers, singers, musicians, actors, clowns, and fairies, the new line-up is studded with original, imaginative,

sensuous, raunchy, and provocative acts intended to tickle fancy and funny bone.

Lasquetians get a chance to preview the Revue on Saturday March 21, 2020. All discerning, consenting adults (and wee little babes) looking for entertainment (and a chance to support local performers) are invited to come to the Community Hall. Doors at 7pm, showtime at 8. \$20 cover charge (but the scale can slide and volunteer helpers are welcome). Violet Rosehart will serve up sweets and savouries and The Old Douglas Farm will pour alcoholic beverages. After the show, we boogie with DJ Beatfarmer.

FMI JennyV@ 8601 or email jennyv@las

DANCE and MUSIC PERFORMANCE at Denise's Studio Saturday April 25th

Please mark Saturday April 25th in your calendar for an entertaining evening of dance and live music at Denise's dance studio. THE TRAVEL BUG BLUES playfully weaves together music and dance through a web of modes of travel. Featuring Lasqueti Dancers and Singers and Gregory Shea on piano (from the Swinging Bachelors) In days of cheap travel at great costs, a homegrown show not to miss!

More details to follow in the next Isle and Times.

YOGA , BARTENIEFF AND TANGO CLASSES AT DENISE'S STUDIO

Vinyasa Yoga Tuesdays 9:30-11:00 am

This energetic flow yoga class offers a choreographed series of postures designed to still the mind, invigorate and cleanse the body while drawing awareness to the breath. This practice is designed to increase muscle tone, strength, flexibility, balance and concentration. All levels welcome

Bartenieff Class Tuesday's 12:30 - 2:00 pm

Are you constantly achy and stiff, and suffer from soreness or fatigue? Try this introductory Somatics class and learn some basic developmental movement patterns and Bartenieff Fundamentals that will help alleviate stress in joints and fatigue, offer ease in movement, increase balance, breath and body-mind awareness. Be prepared to feel grounded, connected, reintegrated and rejuvenated from this work.

Tango Classes Tuesday's 6:30-8:15 pm

Tango is a vibrant, playful dance between two people. It has very rich potential for expression, improvisation, connection and musical interpretation. Come check it out and have some fun! Denise

PLEASE READ ME

Just a friendly reminder that articles/submissions for the Lasqueti Isle & Times are free, but remember, this community supported newsletter is funded exclusively on donations. **No donations = no publication.**

I also want to thank the community for all your words of support and encouragement. It means a lot to me.

Dianna Maycock, Volunteer Editor/Publisher

PH: 778-962-0006 or islandtimes@gmail.com

Online version at: www.ourislandtimes.com

LIT is published on a monthly basis. It is a community supported newsletter, i.e., the articles and ads are written by community members and representatives of local government. The contents do not necessarily represent the views of the editor/publisher, nor is their accuracy guaranteed.

DEADLINE FOR APRIL EDITION IS

MARCH 24TH, 2020



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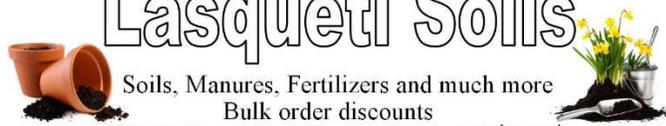
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