



Lasqueti Isle & Times

SEPTEMBER 2020

A Community Newsletter

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

Submission to the newsletter is free for community members, though donations are gratefully accepted.

Ads are \$10/month.

Thank you,

Dianna Maycock,
Editor/Publisher

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ourislandtimes.com

OCTOBER EDITION
DEADLINE:
SEPT 26TH, 2020



NOTES FROM PETER: Trust Council will be holding its September meeting electronically Tuesday Sept 15 and Wednesday the 16th. Agenda package should be posted towards the end of the first week of September. People can “attend” the meeting (or part of it) in several ways: by watching the live-stream broadcast; by connecting to the meeting as an attendee on their computer, or by telephone. I’ll send electronic connection information out on the email list, and it’s available on the Trust web site. By telephone, 855-703-8985 (Toll Free) Webinar ID: 618 2384 1419. “Raise your hand” to speak during the town hall by pressing *9.

The Lasqueti Trust Committee is scheduling a Community Information Meeting where we can present the draft Official Community Plan text. An in-person meeting will be held at the community hall, probably noon to 2ish on Thursday, September 17, and it will be followed by an electronic meeting on Friday of that week or Monday of the next. We hope that every Lasqueti person will read the draft and attend one (or both) of the meetings (or communicate with us by writing) to give us their comments and suggestions, so we can make the new Official Community Plan reflect the views of the community as much as possible. To repeat, these dates are tentative, and will be announced and advertised when set.

The other important issue currently before the LTC is private docks. Our Official Community Plan and Land Use Bylaw make it pretty clear that we don’t want to allow docks to proliferate, instead

encouraging moorings and slipways, and communal docks. It is possible to apply for a rezoning to permit a private dock on the public foreshore, and two landowners in Scottie Bay have applied for this rezoning. Be aware that there is (currently) no public dock in Scottie Bay.

Please read the planner’s report on pages 15-59 and/or 60-102 (two applications, very similar except that one dock is already built) of the August 10 agenda package available at http://www.islandstrust.bc.ca/media/349708/la_2020-08-10_ltc_agd_pkg.pdf There are printed agenda packages in the False Bay area and on the ferry. Or you can read excerpts from the planner’s report and some comments from me and from Laurence at <https://lasqueti.ca/node/6663>

There has been considerable public correspondence that is posted on the web at the Lasqueti Island Current Applications page <http://www.islandstrust.bc.ca/islands/local-trust-areas/lasqueti/current-applications/current-application-documents/> The LTC will be discussing these applications at our next scheduled meeting, October 5.

I encourage everyone with a view to express it to the LTC. In order for us to consider your opinion, it must be public, so that the applicants and other parties can also be aware of and able to respond to what you write. It is most helpful if you say not only what you want us to consider/decide, but why. Facts and information are far more useful than a simple expression of support or opposition to one, or both, of these applications. It would also be helpful if you expressed your views about future applications for private docks on the Lasqueti public foreshore. Please be alert

that not all the information expressed in correspondence is accurate and correct.

As always, please talk with me or Tim if you have concerns or questions. You can also call or email our chair, Peter Luckham, or our planner, Heather Kauer. There is a planner on duty and available to answer questions by telephone at the Northern Office whenever it is open, 250-247-2063 (1-800-667-7867 and ask to be connected).

**SPECIAL MEETING TO HOLD A COMMUNITY
INFORMATION MEETING TO DISCUSS THE
LASQUETI ISLAND OFFICIAL
COMMUNITY PLAN REVIEW PROJECT**

THURSDAY, SEPTEMBER 17, 2020

12:00 PM TO 2:00 PM

LASQUETI ISLAND COMMUNITY HALL

Please join us for a presentation and facilitated Q + A session regarding the Lasqueti Island OCP Review Project. Members of the Lasqueti Community Association OCP Review Steering Committee will be available to answer questions regarding their recommendations report.

Complete project information can be found on the Islands Trust website www.islandstrust.bc.ca/islands/local-trust-areas/lasqueti/projects-initiatives/comprehensive-ocp-and-lub-review/

OR Join us electronically

Friday, September 18, 2020 1:00 pm – 3:00 pm

Go to <http://www.islandstrust.bc.ca/islands/local-trust-areas/lasqueti/> for instructions on how to participate or watch online.

Please note: this meeting will be recorded and posted to the project page on the islands trust website a few days after the meeting.

For more information or to submit questions before or after the meeting, please email northinfo@islandstrust.bc.ca

OPEN TO THE PUBLIC – EVERYONE WELCOME

Please note: If time allows following the presentation and Q+A on the OCP review, docks and home enterprises on Lasqueti Island may also be open for discussion.

** Outside (in the Hall if raining) following restrictions in the Provincial Health Officer Ministerial order for public gatherings and events. All in-person attendees will be required to provide contact information to aid in contact tracing if required **



qathet
REGIONAL DISTRICT

The Regional District is now pretty much fully operational, with modified procedures to ensure health and safety. Many staff and Board members have been attending meetings via video-conference (which are recorded and available on the qRD website www.qathet.ca). This has been a big improvement for me, since the rest of the Board can see me, and I can see them.

The following items may be of interest:

- Ferry: Masks need to be worn by all passengers on ferries. Please continue to help make it as smooth as possible for the crew to deal with this ongoing situation.
- Vancouver Island Regional Library is gradually re-opening. and services are gradually increasing. The Parksville branch is now open for takeout service. For details, see <https://virl.bc.ca/branches/parksville/>
- Social procurement: Social and local benefits have been added as criteria for qRD contract bids. This is a welcome step forward (and unfortunately not as simple as it seems given inter-provincial trade agreements). The change means local employment and other social benefits are included as part of the assessment and ranking of contract bids.
- The Landfill closure continues. Natty will be trucking cover material to cap the fill, working on conjunction with the engineers.
- The first metal recycling day at the ramp was well organized by Waste Manager Mark B, and seemed to be much appreciated (what's not to like about free disposal?). Mark also organized removal of a load of tires from the landfill site. Let's keep the trajectory going of reducing waste on the island.
- The LIVFD Parcel Tax has been eliminated and replaced with "normal" taxes based on assessed value (the mil rate). A parcel tax is a single amount added to the tax bill for each property, and is considered to unfairly tax people with lower value properties. It also makes it harder to understand your tax bill. Now, all taxes from the qRD are based on mil rates. The overall effect on your property taxes should be minor.
- LIFVD Radio Coverage Analysis: Based on my request, the qRD put out a request for quotes for a Radio Coverage Analysis (see the January newsletter). This was one of the key recommendations from the expert Chris Kellett in his evaluation of the Emergency Dispatch Advisory Committee report in Dec 2017. A Radio Coverage

Analysis will explore options for an on-island VHF communications system so that LIVFD is not reliant on commercial paging services. The results of the bid process have not yet been released by staff.

- LIVFD Emergency Call Answering: The qRD received a letter from North Island 9-1-1 (NI911) asking the qRD “to improve the call handling for cellular 9-1-1 fire distress calls made from Lasqueti Island or have Lasqueti Island become part of the North Island 9-1-1 coverage area”. At the July Board meeting, the qRD Board voted to put this request in abeyance until we resolve the LIVFD dispatch issue (ongoing now for over 5 years...).

Based on my election platform, I have continued to work toward the recommendations made by the dispatch expert Christ Kellett in his 2017 report to the qRD Board. This would include use of a “call answer/transfer service” to answer emergency calls from Lasqueti by a qualified emergency call taker, and then to transfer them to the appropriate agency: BC Ambulance for medical, and LIVFD response coordinators (local dispatchers) for fire. If the qRD allowed LIVFD to use such a call answer/transfer service, fire calls that ended up at NI911 could simply be transferred to this service.

- The Strategic Plan Quarterly Progress Report summarizes tasks and progress on the strategic planning goals. It is available in the August Committee of the Whole agenda (pages 91-120): <https://pub-qathet.escribemeetings.com/FileStream.ashx?DocumentId=1347>
- Bullying and Harassment Policy: The qRD Board adopted an updated Workplace Discrimination and Bullying and Harassment Policy. The updated policy makes the complaint resolution process much clearer, and is a companion to the Code of Conduct Policy adopted last winter.

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

Let's Talk Trash

LTT September 2020 - Cardboard and Paper

Paper manufacturing using virgin pulp could greatly be reduced with greater consumer support and demand for recycled content. These days, 90% of products are shipped in cardboard. Virgin boreal forests in Canada are

being mowed down so we can have sturdy packaging, wipe our butts and noses and drink coffee out of take-out. The average American uses around seven trees per year in paper and cardboard.

Discarded paper and paper products make up one third of Canada's waste stream. This works out to about 6 million tonnes annually. Many municipalities have banned cardboard from landfills because it's one of the rotting culprits that produce methane, a powerful greenhouse gas most efficient at trapping the sun's rays and warming the planet. Challenges in the global markets for receiving paper for processing have resulted in less avenues for recycling that previously. The truth of the matter was, though, loads were arriving highly contaminated and foreign nations were tired of receiving our garbage.

Fortunately, Recycle BC, which receives residential printed paper and paper packaging (along with materials for packaging) requires very clean loads. However, unlike all the other materials it collects for recycling, paper was the one item shipped outside of North America for processing. In the wake of closed doors and now a global pandemic, BC receivers of even clean loads are struggling to find a local market capable of taking their product.

According to one article, however, 80% of cardboard in Canada is diverted from landfill and recycled. Recycling means it is collected, sorted, baled and shipped to a paper mill where it's mixed with water and chemicals. The heating and chopping of the resulting slurry breaks down into cellulose called pulp. Pulp is turned into paper on big rollers. Paper mills that use/create recycled paper need significantly less investment than mills relying on virgin pulp. Recycling paper products takes 75% the energy needed to make brand new cardboard or paper. Because there are strong fibres in paper products, they can be recycled often. However, after 5-7 times, the fibres become too short for the production of new paper and the process requires addition of new fibres.

Recycling one ton of paper products saves 17 large, full grown trees, 26,000 litres of water, 3 cubic meters of landfill space, 2 barrels of oil and 4000kw of electricity.

Newspaper is recycled into egg cartons, game boards, new newspaper, gift boxes, animal bedding, insulation and packing materials. Office paper is recycled into paper towels, tissue and toilet paper. Corrugated cardboard is turned into new cardboard and cereal boxes, paper based plant pots, and drywall liner.

On Lasqueti:

Recycling Depot Paper Stream accepts: cardboard, writing and home office paper, notepads, paper gift wrap and greeting cards with plastic portions removed, newspaper, magazines, calendars, flyers, inserts, catalogues, shredded paper (in a paper bag to prevent fly aways), phone books and other directories, envelopes with windows removed.

Donate or gift hard and soft cover books to the free store or friends.

Recycling Depot Container Stream accepts these types of paper packaging: grocery/liquor store boxes, clean pizza boxes, boxboard boxes for tissues, shoes, frozen entrees, desserts, detergents, etc (remove plastic portions), moulded boxboard packaging like egg cartons, take out beverage trays, plant pots, paper coffee lids etc, paper bags, and multi layered paper bags for flour, sugar, etc.

Please compost: food soiled paper, napkins, and tissue.

Reuse or dispose of in the trash: waxed cardboard, plastic or foil lined paper packaging (like some coffee ground, pet food, and chip bags),

The paper collected on Lasqueti is sent to Cascades Recovery plant in Nanaimo, where it is recycled.

From WMMark: The metal collection day was a great success. Sorry to those who got turned away, we only had one bin. I'm trying my best to organize another metal and tire collection but it's likely to be in the new year due to budget restrictions. The Depot has been cleaned out of all recycling and everyone is doing a great job. Keep up the good work! For feedback or questions about anything waste related, please contact Mark 250-333-8601 or 2504-240-9886. Email - mb@lasqueti.ca

Trash Removal System:

- First Thursday of the month, 11 am - 1 pm, at the Weldon Road Boat Ramp. If the weather is unfavourable, they'll try the following Monday, same time and place.

WMM will inspect Lasqueti Island residential waste destined for the Nanaimo Landfill before its loaded onto a bin on Keith's barge. No construction materials, renovation or demolition waste, prohibited waste, organics, recyclable material or stewardship materials. \$5 per bag, \$25 per truckload. Mattresses and boxsprings \$15 each.

Recycling Depot: Spring/Summer Hours April 1- Oct 31st

- Mondays 10 am - 2 pm, Thursdays 1- 5 pm, Friday 10am-4pm

Closed on Statutory holidays. All recycling is monitored. Please bring it CLEAN and DRY.

Free Store: Spring/Summer Hours April 1- October 31st

- Monday 10 am – 2 pm and Thursday 1 - 5 pm

Please respect the signs. Practice social distancing. Go in the front door and leave through the back. Drop donations during open hours so they can be quarantined.

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, electrical devices, mattresses or hazardous materials ie: chemicals, fluorescent light tubes, prescription/non-prescription drugs, or pills in general.

Recycle BC Website: www.recyclebc.ca/what-can-i-recycle

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.

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

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
SEPT				4 th - IN	

The Lasqueti Island Nature Conservancy held its Annual General Meeting August 16 at Squitty Bay. We then hiked around the Juniper Reserve and Salish View. After 23 years since our inception, connected with the successful enlargement of Squitty Bay Park, the board felt it was time to develop a Community Check-in (survey). We would like to hear from you!

We wish to thank our outgoing Chair - Sheila Ray, who has been with us for many years and offered so much of her time and knowledge to our work. We also thank our outgoing Director Barb Brooks, who has also provided us years of service.

Our 2019-20 Annual Report, the Community Check-in Survey, our 2019-21 Strategic Plan, and our latest newsletters are all available at lasqueti.ca/linc

Let us know what you want to see the Lasqueti Island Nature Conservancy focus on over the next few years. Pop us an email, answering the questions we put into our Community Check-in survey:

1. LINC publishes a newsletter three times a year and our Annual Report of our activities and financial health. Lately we have been sending out email digests, maintaining a website on lasqueti.ca/linc site and a Facebook page.

Tell us what you think about our outreach publications. What would you like to see more of, less of, or how you think we could improve, or what we should change, if anything. We'd love to hear any creative new ideas you might have for our outreach programs.

2. LINC has sponsored a number of events over the years - Squitty Bay Day and our A.G.M. We organized hikes, guest speakers, movies, work parties, community dinner/auction/dance and garden tours.

Tell us what you like or dislike about LINC sponsored events. What natural history information would you would like to know? Who would you like to see come as a guest speaker? What work parties should we organize? Are there special movies you'd like to see, or suggestions for Squitty Bay Day?

3. LINC works with willing landowners and the community to protect important natural features and wildlife habitats. We do this by acquiring a legal interest in properties, conducting habitat restoration projects and providing landowners with useful conservation information.

We'd like to hear your suggestions for land conservation and habitat restoration projects on Lasqueti. Are there other places you feel LINC should focus its restoration work? Should we undertake another land acquisition project, like Salish View, and if so, where? What types of habitat do you think LINC should be seeking to protect?

Please feel free to download it from our website, or send an email to linc@lasqueti.ca to ask for a digital copy. There are also hard copies at the Post Office, behind our latest newsletter outside in the LINC display case. Please send by email your ideas/answers to kukoljaigul@gmail.com.

Thank you for your feedback, support and stewardship of our beautiful island home.

The Directors of LINC: Gordon Scott, Sheila Harrington, Wendy Schneible, Hilary Duinker, Jordan Barton, Aigul Kukolj, Ken Lertzman, and James Swartz.



LAST RESORT SOCIETY NEWS:

Our AGM: September is the month! The Last Resort Society AGM is scheduled for Saturday, September 12th, at 1:00 PM at the JFC.

We will plan to meet outside to support COVID recommendations, so please dress accordingly. If the weather looks terrible, we will post updates on the Lasqueti email list regarding any possible changes.

At the AGM, we will elect new officers and directors for the coming year. The Board of Directors shapes the path of the LLRS, so if there is anyone you would like to see sitting on that board, talk to them and email healthcentre@lasqueti.ca if they are willing. Both experienced Last Resort members and newcomers are encouraged to stand forward – no board experience necessary. Vic Downard is ready to retire from his role as president, and the board is actively seeking level-headed Lasquetians willing to consider taking this seat... could it be you?

Also at the AGM, the LLRS Building Committee will update the community on the progress of the duplex building project, including budget, design details, and future plans. There will be a detailed financial report from our treasurer, as well as additional reports about the status of the existing buildings and infrastructure, current wellness services and usage of the JFC, and relationships with qathet Regional District.

The AGM sets the course for the following year and provides many opportunities to get involved. If you're curious about the Last Resort, or have questions or suggestions, your energy and ideas are welcome. Bring \$5 for your annual membership dues to become a voting member.

Elder cottage building gratitude:

The Last Resort Building Committee and Board of Directors want to extend a huge thank-you to Aslan Carey for donating his time and skills toward the building of the duplex. Aslan brought his Bobcat and did a beautiful job backfilling and landscaping the entire job site at no charge, leaving a perfect surface for Keith to drop off 26 lifts of lumber in preparation for framing to begin. Now let's watch that building take shape!

Robin Jacobs, Administrator
Lasqueti Last Resort Society | The Judith Fisher Centre
#1 China Cloud Bay Road, Lasqueti Island, BC V0R 2J0
(250) 333-8891
<http://www.judithfishercentre.com/>
<https://www.facebook.com/Lasqueti-Last-Resort-Society>

ISLAND LIFELINE UPDATE

Island Lifeline is a community food security insurance program run by False Bay Provisions that is designed to reduce the risk to Lasqueti from ongoing instabilities in global food supply chains, and to help reduce economic hardships resulting from job and income loss.

Since the onset of COVID-19, members of the Lasqueti community have donated over \$7,700 which has funded Island Lifeline, and we have matched \$5,000 of these donations towards Island Lifeline which have gone towards the running of the business itself. Here's what we've been able to accomplish together:

For Island Lifeline:

- Over 2,000 pounds of bulk food stored
- 500+ pounds distributed to the community

- Four months of "Pay what you can" meals
- Provide food stand, and meal bags

For Provisions

- Working capital to help cover the effects of COVID-19
- Crucial electrical upgrades for the building
- Training of new staff to serve the community
- Changes to follow new health and safety guidelines and tools to observe provincial and federal health suggestions

Getting help from Island Lifeline is open to everyone living here on the island. You don't need to have contributed to benefit from this, but if you can contribute, it will help us make sure that the "worst case scenario" is a lot less "worst". In our conversations with Provisions there has been an ongoing discussion on how they can anticipate as many scenarios as possible and continue to serve the community the best they can.

Some ways to help . . .

Are you growing a garden? Do you have extra vegetables?

Ask around to see if anyone is looking for extras they can dehydrate, can, or freeze for the winter. This can be a great way to help with mutual aid. You can also help by donating vegetables or fruits from your garden to Provisions so that they can be placed in the Provide food stand or directly distributed to those who could use more. Non-perishable goods can be placed directly at the stand but please check with the store if you wish to donate perishable ones. There are always individuals as well as families on the island that could benefit.

Can you and your neighbours split up a bulk purchase of flour, rice, beans or other food basics? Let Provisions know, and they'll get you all set up. Remember that part or all of the costs of those purchases can be covered by Island Lifeline depending on each situation. Buying local is a great way to keep money circulating around the community. During the growing season Provisions sources as much food as it can from the island and has ongoing relationships with gardeners and farmers which is one way that they reinject income into the local economy. During the remainder of the year they are planning on continuing to explore how they can provide more basic foodstuffs. Everything from dried, canned and bulk goods, essential baking supplies, vegetables, whole grains, nuts and fruits are part of the plan. Food items that were in short supply this spring may become difficult to

obtain again later this year, and a huge part of the Lifeline is to work as hard as possible to prepare for that.

Provisions is still raising funds to help increase the amount of food they have on hand for the winter, and to make additional meals available on a “pay what you can” basis. If you're interested, give them a call or drop in to the store to find out more details.

Peace, David & Laura

FALL FAIR 2020: CANCELLED

We regret to have to cancel the 2020 Fall Fair, mainly because large crowds are still not permitted. The Fall Fair is about sharing our produce, our ideas, our laughter. Having friendly competitions, a nice community meal together, and dancing. This year, let's keep our memories strong of Fall Fairs past, and dream of future possibilities.

And in the present, the LCA needs our help.

The LCA is feeling a financial pinch this year - hall rental income has plummeted, and there will be no funds from the Fall Fair. Overhead expenses may dig into reserves.

Please renew (or start) your membership (\$5/year). Also, please consider a donation to the LCA, which can issue charitable tax receipts. Funds can be sent to Robin Jacobs, the new LCA treasurer (thanks Robin!).

Jenny V and Andrew F



SEPTEMBER NEWS FROM FALSE BAY PROVISIONS

Hi everyone, it has been a beautiful summer, and fall is upon us on Lasqueti along with the bounty it brings to everyone with farms and gardens; along with cooler winds and hopefully... rain on the horizon .

It's been a very different sort of year with what going on in the world and the rest of the year promises to be quite a strange one as well. This summer has been the hardest one for us yet due to all of the challenges posed by effects of the coronavirus. It has really changed how we run the business on the island and most of our lives in general; but we are starting each day on a positive note and welcoming you in with laughter and warmth in our hearts. Thank you all for being so supportive of what we do here, it's really an honour to serve you!

First off, we are changing the hours earlier this year. For the time being, here are the new hours for Provisions:

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

Health And Safety

It may seem repetitive to be reading this again, but given how August has gone, we are going to put it in the paper again. Please take a moment to read and respect what is said here. Above all, please be patient. All of these things are required for us to operate a food service establishment in British Columbia. We may not all agree on what those should be but this is what we must follow to be open. Thanks for letting that sink in...

In addition, we are asking that if you have visitors or guests on the island please share it with them as well. Note that these guidelines are subject to change at any time and we will let you all know if and when that happens:

We continue to have the same guidelines for service at the cafe, bakery and general store as last month... in order to comply with current social distancing protocol as mandated by WorkSafe BC and health guidelines from our Provincial Health Authority we are allowing 3 individual customers in the store at a time or 1 individual and 1 isolating group of up to 6 people. There are signs in the store to help remind you of designated standing areas. Please wash your hands outside and use the sanitizer provided when you enter the store.

Also, at the moment there is still no table service so please come inside, place your order and wait for us to bring it to one of the take out areas for you to pick up. Orders may be placed by phone for both prepared food and groceries and you may also pay electronically in the store, use cash or pay via credit card on the phone if you wish.

The patio areas and front yard are all available for seating. No reservations required. Please enjoy the space and visit with your friends and family when you wish. Remember at this time we are only allowed to have 50 people on the property at a time so please be patient if it is a busy day and we will find a space for you. The rear patio is also available for groups of up to 12 people that wish to gather in private or celebrate a special event. Please ask for more details if that is something you may be interested in.

We know there is an abundance of signage everywhere you go and it may seem tiresome, or even annoying, to have someone remind you of how we are managing it at this time and we would just like to thank you for being so patient and understanding. We appreciate you for your kindness and warmth in the face of all of this.

Leadership Changes Due To Illness Sadly, we are starting off this month missing a member of the team at Provisions.

Camino experienced an onset of a neurological nerve disorder on August 19th which can cause typically temporary facial paralysis as well as a reduction in various motor skills that doctors call Bell's Palsy. He has temporarily stepped down as acting Chef And Manager and is currently undergoing treatment on the island. Dorothy, who is his Co-Chef and partner is going to lead in the interim. The outlook looks good so far after a week of recovering and we are sure he will be back in the cafe soon.

We would like to also take a moment to recognize the amazing efforts and talents of everyone else working at Provisions for putting in extra efforts to fill in while he is getting better. You are all superstars and so appreciated.

Thanks to all of you who have checked in, sent messages etc. it's all been really heartwarming and a reminder of how we are one big family here!

Special Events Including Thali And Taco Tuesdays:

For the time being all special events will be postponed. However, they will resume as soon as the kitchen is at full strength! It is likely that they will continue starting in the beginning of October. In the mean time you can expect our usual daily menu and the bakery, store and cafes business will continue as normal.

The Provisions Book Store And Library Has Moved - A New Place To Find A Good Book

- New Book Available From Rose Willow

As we planned last month, the Book Store has now moved outside to the shed at the corner of the gate. It is accessible from the inside of the yard only and is open when the gates to the store is open. You may peruse the books on the lawn and bring them inside to purchase when you find one you want to take home. Please wash your hands and sanitize before and after looking through the books just as if you had entered the store.

This month there will be new books added so have a look if you are looking for something to new to read while you are on the island or travelling back and forth. There is also a new shipment of Rose Willow's book "Cultivated Time" for sale inside Provisions on the shelf. It is a wonderful collection of poems and each copy has signed by her.

Thank you to Rose and Tony for making sure we can all enjoy her writing, it's really special to see a previous resident of the island publish their own work. We really appreciate you for taking the time to read this, a big message of thanks to the whole island for your support. Looking forward to serving you with a smile,

all of our best, False Bay Provisions

"On Confrontation In A World Of Corona"

An essay of observations of the effects by Camino

It's been over 2 months since I have been watching and living with the effects the corona virus has had on the world overall and even in the small neck of the woods I call home. Fortunately, I live in a place where most folks are friends and the whole community is regarded as family, but even here, there are threads of concern in what I'm going to share today. There are many different new realities that everyone faces but I'm going to tackle the one that speaks to me. Understand this is not a commentary on the health, environmental, financial or physical effects. Everyone has a different opinion on all of those facets and I'm not interested in challenging them... in fact, that is what this essay is about. Challenging, confronting, fighting, disputing; take your pick.

It's about the myriad of conditions, rules, social implications and personal divides that the virus comes with that can breed confrontation between many of the heroes, acquaintances, circles of friends and even family members we all have by creating confrontation where little or none existed previously. Easily one of the most brutal things this situation has done is that it has created 'enforcers' of sorts by pitting some of us against each other at times. Anyone who was previously in a position of power and has had it removed or temporarily inhibited may feel compelled to find solace in their loss of control by looking for ways to exact it over others.

This is horrible, petty and completely destructive to anyone around those who choose this path. If you know someone who is doing this or perhaps feel it taking hold

of your own psyche, it's time to take a step back and take a long look on how you or they are dealing with this. 'Knowing more' in terms of perceived real or fake news is not a license to take it out on your peers, loved ones or even strangers whether it be via real time communication, casual conversation, trolling the internet or direct conversation with someone you know.

Try to separate your fears, if you have any, your knowledge and your experiences under this cloud that currently surrounds the world. Take stock of who you choose to spend your time with. Imagine it is the end of the world today and think about how would you face it and exactly who you would like in your corner. Have compassion for those who are struggling in any way, shape or form. Even if they lash out at you, simply smile and offer support. Concentrate on what kind of positive impact any actions you may take could allow the remainder of your life, and theirs, to be lived in the absolute best way possible. Now imagine it's not the end of the world... and do exactly the same thing.

As human beings we all have a relatively short time on this planet to accomplish whatever makes us happy, and matter what kind of terror we all face it seems appropriate that we engage it with an attitude that brings light to each one of our corners of the world, not darkness.

There may be no specific happy ending for the planet but that does not mean there cannot be one for each and every one of us personally if we focus on it hard enough. I'm going to keep on believing that and as long as there is a world, I'd like to be positive, yet fierce, and treat all of those I know how I'd like to be treated too.

Every day can be a gift we share with each other instead of an argument. Let's all keep on breathing and find our own answers individually instead of breeding confrontation. It's amazing how much easier it is to love instead of hate. Believing in what gives us all hope will always be preferable to the alternative and that is the kind of world I'd like to live in, surrounded by friends and family.

Camino Cochrane

A NOTE FROM YOUR EDITOR

Hello community. For the past 6 months there has been much media attention on Covid-19. So much so that other issues, still very real, have been pushed aside. I rarely post anything personal in the newsletter, save for some poems, quotes or "cartoons" that I have used to "fill up space". Hopefully I have chosen things useful to the community.

Recently my brother passed away from an overdose. A situation that is near critical in BC right now. Losing someone to addiction/overdose is heartwrenching with a myriad of emotions to process. If I may have the liberty I am including a poem I wrote for my brother. I thank you in advance.

FAREWELL TO MY BROTHER

Richard David Duff

May 13th 1966 – July 22, 2020

I lost my brother along the way,
When that was, I can not say

Little by little you disappeared.
Your zest for life and happy go lucky way
Turned to torment and sadness and fear

Was it the pot, the pills, the crack,
Was it the alcohol or the smack?
You drifted away, and didn't come back. . .

You roamed our City Streets,
A Dark Angel of the Night
Always restless, ready to fight

I lost my brother along the way
And there was not a moment in the day
I did not love you, I did not pray
That maybe, just maybe you would find a way
To come back to us, and it would be OK

But I guess it was time for your wandering to end
You felt too broken, you could not mend

So you decided to catch a ride
On the Comet called Neowise

Fly free, my brother, my love
I know you are watching
and loving us from above

Mom and I will carry on,
the Three Musketeers no more
Until we are all together again,
on the Other Side of the Door

When you are kind to others,
it not only changes you,
it changes the world.

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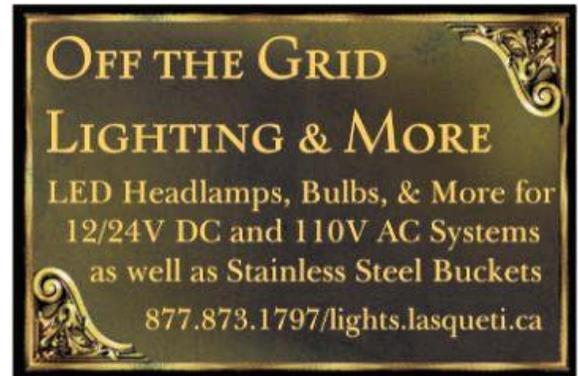
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