



Lasqueti Isle & Times

NOVEMBER 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

NOVEMBER EDITION
DEADLINE:
OCT 29TH, 2020



NOTES FROM TIM: Greeting all,

At our October 5th meeting, the Local Trust Committee voted not to approve the two applications for private docks in Scottie Bay. From my perspective, approval would have contrary to our Official Community Plan, and there is a reasonable likelihood that they would have been rejected by Executive Committee, who has the final say, for that reason. The OCP is currently under review, and I have been hearing a desire from community members to examine both the docks and home enterprise provisions. This discussion, at the LTC level, will take place at a later stage of the review. The review project is broken up into four phases, with the first phase likely to be completed in October of 2021. This was done in order to incorporate the recommendations from the LCA OCP Steering Committee's report and staff technical review without waiting for the entire project to be completed, which would likely have extended beyond our term of office expires in 2022. Due to constraints regarding staff time, these long timelines, while not desirable, are inevitable.

Staff and Committees are preparing for the next Trust Council meeting December 1-3, which will be the third Council meeting to held electronically. While these electronic meetings have many limitations, especially in terms of public participation, there are the only way to avoid all business grinding to a halt. I have heard that several people who wished to speak at the Townhall section of our October 5th meeting were unable to do so, and I have requested that the

Chair and staff work on a better protocol to ensure that people attending our electronic LTC meetings in the future are given clear instructions on how to request to speak, and more time to figure out the mechanisms, whether by internet or phone. Since we cannot hold in-person meetings, it is even more important that we ensure that the public has the opportunity to address the LTC at these electronic meetings.

Our next meeting is February 1st, 2021. In the meantime, please feel free to contact your Trustees or staff with you questions, comments, or concerns.

Tim Peterson

NOTES FROM PETER: OCP Review

I understand that the Lasqueti Trust Committee will do first reading of our OCP Bylaw by Meeting Without Resolution. This is a special ability of the Islands Trust corporate bodies (12 Local Trust Committees, Bowen Island Municipality, Trust Council and the Islands Trust Conservancy) to make decisions that do not require discussion, because they don't meet as regularly and often as other local governments.

First Reading permits referral of the proposed new Official Community Plan to other agencies, whose feedback will be considered, along with continuing input from community members. Changes can still be made to it, and before Third Reading, there will be at least one Community Information Meeting and a required formal Public Hearing. After it is reviewed and approved by the province, Fourth Reading will make it officially our new OCP. Then we will revise our Land Use Bylaw to make sure it complies with our new OCP.

I encourage everyone to check out the proposed OCP and give us your feedback about it. Is anything missing? Should anything be changed, or dropped from it? All opinions will be seriously considered, and most issues will probably be discussed at LTC and community meetings, so we are as certain as possible that the community agrees with and supports our new Official Community Plan when it is adopted and becomes official.

There are probably copies of the wording left from the Community Information Meetings we held in late September. They should be at the Community Hall, the post office, Provisions, Blue Roof and (maybe) on the ferry. If you'd like to read it and can't find a copy, please ask Tim or me. It's on-line, starting on page 50, at:

http://www.islandstrust.bc.ca/media/349696/extracted-pages-from-la_2020-06-22_ltc_agd_pkg.pdf

Printed copies of the bylaw that will be given First Reading will be available widely around the time we vote on First Reading. It'll be on-line, too.

October 5 LTC Meeting:

The video and audio recording of our live-streamed October 5 LTC electronic meeting is on-line, available through http://www.islandstrust.bc.ca/media/350057/la-ltc_2020-10-05_vod-link.pdf. It's over 4 hours long, so you might want to save it for a rainy day. I think the minutes of the meeting will not be available until the agenda package for our next meeting, scheduled for February 8. I am planning to request that they be posted, in draft form, as soon after each meeting as possible, as minutes are a much quicker, easier way of finding out what the LTC discussed and decided.

There was some kind of screw-up around the Town Hall session, as no attendees "raised their digital hand" to indicate that they wanted to speak. I'll make sure that instructions on how to raise your hand are available widely, and especially for attendees, both over the internet and by phone.

Scottie Bay Dock Applications:

The LTC decided to not proceed with the applications for private docks in Scottie Bay. This has the same effect as deciding to not approve the applications to change our Land Use Bylaw. The LTC considered the recommendations of our planner and the correspondence received (and available on the website through the Current Applications Documents page): <http://www.islandstrust.bc.ca/islands/local-trust-areas/lasqueti/current-applications/current-application-documents/>

Private docks are strongly discouraged in our Official Community Plan and not permitted in the M2 zone (except

when there is no public road access to and from a parcel of land) in our Land Use Bylaw, and the weight of the correspondence received did not favour approval of the docks. Some of the correspondence in favour of the already built dock was not factually accurate.

The LTC and other local governments are required to pay attention to Official Community Plans, and must respect what they say. (Provincial and federal governments don't have to, as they are senior governments.) If we want to change this, or any other provision of our OCP, this is a very appropriate time to consider changes.

The recently constructed private dock will be dealt with by the Trust's Bylaw Compliance and Enforcement department.

It is my hope that interested community members will be able to do some thinking and planning about the future development of Scottie Bay, as it is our most protected bay, and very heavily used and crowded. Hopefully the community can work toward a public dock and/or float from the public access at the end of Scottie Bay Road. We need public access to the water, and from the water to Lasqueti. We might be able to organize moorage, anchorage areas, and other uses, so that more boats and people can be accommodated safely and conveniently.

Another thing we can do is to identify other places around Lasqueti where public access to the water might be usefully provided, and especially where a public dock could be located, and include them in a schedule of our OCP, so that when, in future, when there is an application for subdivision, we can ask MOTI (the approving agency for rural area subdivision) to provide public access to that area of the Lasqueti foreshore.

These are things that are unlikely to be accomplished by the LTC and Trust staff, because of lack of time and planners, but it can be accomplished by community members, working with the Trust, and incorporated into LTC bylaws much sooner, if the community reaches agreement – as has happened with our draft OCP, thanks to the organizing and dedicated work of the LCA OCP steering committee members, and the community members who have engaged in the process.

From being involved with Scottie Bay area issues, I have learned that a number of people have been cleaning up derelict boats and other large stuff, and a huge variety of junk, trash and garbage from the water and the shore of Scottie Bay individually and together. I would like to acknowledge and thank them for their public-spirited good work. They are from a multi-generation Lasqueti family, a newcomer and a part-timer. When I have a complete list, and their permission, I'll name them, and I'll also look for some funds to offset their expenses and recruit some help when they can use it. Let's all continue to deal with things

that are on our shores that shouldn't be, and take care not to increase the problem.

Thank you for reading all of this, and for your feedback. Please contact me or Tim if you have questions, and especially me if you disagree or doubt anything I've written. I'm now half-way through my final term as your trustee.

Peter Johnston

ISLANDS TRUST CONTACT INFORMATION:

- Islands Trust, Northern Office
Email: northinfo@islandstrust.bc.ca
Phone: 1-250-247-2063
WEBSITE: www.islandstrust.bc.ca
- Peter Johnston
Email: pjohnston@islandstrust.bc.ca
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EMAIL: tpeterson@islandstrust.bc.ca
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qathet
REGIONAL DISTRICT

As the leaves turn colour and fall, here are some regional district news bits that may interest you:

LIVFD Radio Coverage Analysis: The report on the Radio Coverage Analysis to explore options for an on-island VHF communications system so that LIVFD is not reliant on commercial paging services is scheduled to be received in early Nov. This project was based on a request from me in response to the ending of the Rogers pager service, and the switch to Radioworks pagers, based on the 2017 recommendations from dispatch expert Chris Kellett (see the January newsletter). The project is being undertaken by Planetworks Consulting, and included a visit to Lasqueti to see the terrain in person, and to meet with senior members of LIVFD and myself.

LIVFD Emergency Call Answering: I have also continued to work toward other recommendations made by Mr. Kellett, which included 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. This would eliminate the need for an answering machine for fire calls. There is funding in the 2020 LIVFD budget

(\$3,000) for the option of a call answer/transfer and fire dispatch service, based on an updated service quote.

Waste management: A new barge operator was contracted by the qRD to remove garbage. This is a trial service, and it seemed to work well. Please only bring garbage to the ramp during the monthly dump times. Please DO NOT drop garbage off at the recycling centre – this will only increase costs (i.e. taxes) and lead to enforcement efforts. Our recycling and waste management service relies on cooperation and mutual respect.

Wood Stove Exchange Program Grant: The qRD applied for Provincial funding for the Wood Stove Exchange Program. If successful, there will be some advertising about the rebates that may be available under the program to exchange older stoves for new ones. If you are considering replacing your stove, more information can be found at:

www.qathet.ca/services/waste-management/wood-stove-exchange-program

Coastal Flood Mapping: a grant was received to carry out Coastal Flood Risk Mapping on Texada and Lasqueti Islands (phase 2, after doing similar mapping on the mainland).

Strategic Planning: The qRD Board and senior staff held a two-day strategic planning session in Powell River in late October at which we discussed priorities for the upcoming year. The following remain the general strategic priority categories and some key strategic goals:

- Climate change: continue to implement greenhouse gas emission reduction strategy, develop climate action plans, continue with hazard mapping, drinking water management planning
- Parks, Recreation and Culture: regional park acquisition strategy, regional trails planning
- Social Planning: regional housing needs assessment, improve rural transportation access
- Public Safety: compete Occupational Health & Safety Program, FireSmart/Wildfire protection strategies
- Economic Environment: clarify goals for supporting the regional economic environment
- Communication/Engagement: communication strategy, communication education/awareness

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

How To Use Less Plastic

When we take a close look at our recycling and garbage bins, there's a good chance we'll see lots of plastic packaging. It might make us feel guilty or wonder how we could reduce the plastic in our lives. Changing this can be tricky because modern packaging is designed for convenience. We form habits around the ease of purchase (and the belief that it will be recycled in the end).

Ultimately, plastic is wasteful to produce. If it is recycled, it's downcycled. Instead, plastic producers have tried to sell us the idea that recycling keeps plastic in a perpetual closed loop. The reality for Canada is that 9% of the plastic produced is actually recycled. Though BC fairs better than the nation due to its 22 recycling programs, 86% of plastic is finding its way into our landfills. It's understandably shocking that we don't have more packaging made from recycled content. Instead, 36% of virgin plastic goes to single-use items. We can do so much better than this. Fortunately, alongside municipal governments that are beginning to implement some version of a plastic ban (Victoria, Saanich, Tofino, Uclulet, and Richmond), the Province of BC and the Federal government are beginning to show interest in moving single use plastic bans forward.

The federal government recently unveiled a list of single-use plastics being banned in Canada. Plastic grocery bags, straws, stir sticks, six-pack rings, cutlery and food containers made from hard-to-recycle plastics will be out of use nationwide by the end of 2021, in fact. BC's Plastic Action Plan is set to address the challenge of plastic pollution and overproduction as well, but nothing is set in stone quite yet.

In the meantime, here are some ways to avoid single use plastics:

- Use re-usable shopping bags. If you don't have any, Suzi Rezansoff upcycles animal feed bags into durable, sturdy and unique shopping bags. You can order from her by text 250 927 8142.
- Shop with your own containers at a bulk store. Despite Covid-19, Vancouver Health Coordinators have said this is allowable, but check in with individual store about their policies. When you bring your own containers you make purchases based on weight rather than packaging. Buying loose products means you get to decide how much to buy. Bulk bins usually have fresher food since

they have higher turnover. Buying in bulk can also mean that you and your family, friends or neighbours can combine purchases, save money and reduce plastic.

- Make a shopping list before you go over so you can bring appropriate containers for what you want to buy. These could be glass jars for peanut butter, or mesh bags for fruit and vegetables.
- You can get liquid hand soap from Emily Carnes on Lasqueti. She'll fill your choice of container. To check out her product line, see her at the Striped Chicken on Thursday from 11-3.
- The Soap Exchange in Nanaimo at Country Club Center sells bio-degradable, environmentally friendly, made-in-Canada, cleaning and personal care products. They will refill or take back any bucket or bottle you buy from them.
- Heaven on Earth in Qualicum has an open bulk food section where you can use your own bags and containers. You can order sacks of food from them and from Naked Naturals.
- Take your own containers when you eat out to use as a doggie bag. Also keep a set of cutlery, or chopsticks, in your car or backpack for when you get take-out.
- Support locally owned businesses rather than the big corporations who are more likely to over package items. Encourage local business that are plastic heavy in their packaging to consider other options.
- Make your own personal care products and cleaning supplies! (I'll aim to post recipes that you can play with in order to help cut plastic from your lifestyle.)
- Toothpaste comes in a tube that is sold in a box. The box can be recycled but the tube is pure garbage. Fortunately toothpaste is super simple to make at home. If you want to get fancier than mixing baking soda and water, soften 6 tbsp of coconut oil in a metal bowl. Add 6 tbsp of baking soda. Add 20 drops of essential oil (peppermint, ginger, grapefruit, whatever flavour you like) and, if you like it sweet, add 1 tsp of stevia powder. Blend well and then store in a glass jar. Use a little spoon to scoop it onto your toothbrush.

If excessive packaging isn't enough to make you switch your habit, then I suggest you google "toothpaste ingredients" for some scary facts about the chemicals in commercial toothpaste.

Over half the plastic ever produced, was made after 2007! We need to take action on both global and local levels to reduce the deluge. Have fun getting creative and doing your own part – whether that be writing letters to representatives or making your own face mask from clay in a mason jar!

From Waste Manager Mark: Please call if you have any questions about recycling and garbage. Also, a reminder: do NOT place recyclables (ie: PineSol container) in the refundable's (ie: empty beer bottle) section of the depot. Staff is then tasked with cleaning up.

Trash Collection: On October 21, we had our first trial run of sending garbage away on a landing craft from Powell River. It's a longer run by water but the fees for dropping garbage out of district, bin rental and trucking (in order to have it taken to Nanaimo) are no longer applicable. It was a very windy day and we were testing to see how much the landing craft could take. Next time, if it isn't stormy, he'll be able to haul a lot more garbage.

For feedback or questions about anything waste related, please contact Mark 250-333-8601 or 2504-240-9886. Email - mb@lasqueti.ca

Recycling Depot: Fall/Winter Hours Oct 1- 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 Oct 1- Mar 31st

- Thursday 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, 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 |
|-----|-----|------|-----|-------|-----|
| NOV | | | | 5 | |
| | | | | 12 | |
| | | | | 19 | |
| | | | | 26 | |
| DEC | | | | 3 | |

In this time Thanksgiving ...

I thought I would focus this month's health article on "gratitude". There is so much to be grateful for despite the current uncertainties that can consume our thoughts and sometimes create, rather uncomfortable feelings. Of course we are always living with uncertainties, without uncertainties life would be rather dull. However, living during the time of a global pandemic forces us to acknowledge the uncertainties we live with.

I have recently had an experience that has made me particularly grateful. During an open water dive I unfortunately fainted. Had it not been for the quick action of our dive leaders as well as observers on the beach I may not be writing this. Following successful CPR and a helicopter trip to Vancouver and spending 5 days in hospital I have now fully recovered. I have much to be grateful for, including my relationship with the Lasqueti community.

With love and gratitude, Dianne

FBS PAC BOOK SALE FUNDRAISER:

False Bay School remote book sale fundraiser! Fans of our Winter Craft Fair book sale may feel sad that the sale can't happen in person this year... but thanks to stalwart local/independent Mulberry Bush Books, you can still shop

for books to benefit the Lasqueti school's library! The amazing thing about this book sale is that you don't have to be present on Lasqueti to participate — so please share this with any friends who might be purchasing books this season, especially friends who know and love Lasqueti.

DATES: order between November 1st and November 20th using the code FBS2020, and Mulberry will give a generous 15% credit to False Bay School for new library books!

HOW? Orders can be placed four ways. In all cases, you **MUST** use the code FBS2020 to be part of the fundraiser!

1. Order online: mulberrybushbooks.com. The site asks you to choose a branch: choose *****Parksville*****. Put the promo code FBS2020 in the “Additional Information” section of the check-out page. If orders do not contain this promo code, the school will not get the 15% credit for these purchases. All online orders must be prepaid by credit card or PayPal.

2. Email orders to: mulberrybv@shawbiz.ca The Promo Code FBS2020 must be written in the subject line. Include your first and last name, phone number and email address, plus how you would like to pay and pick-up your order.

3. Phone orders to the Parksville store only: 250-248-1193. Again, give the Promo Code FBS2020 when you call, so that Mulberry knows to give the school the credit for your order.

4. In person at the Parksville store: just walk in and order at the counter between November 1st and 20th, and let the staff know it's a FBS2020 order.

Publishers are reporting that the supply chain is under strain due to various COVID factors, so don't delay to place your order if holiday timing is a concern. Mulberry and the book warehouses will do their best, but it's more difficult than usual to make guarantees about arrival dates. The sooner the better!

Any questions? Call Barb or Jan at Parksville Mulberry: 250-248-1193. They are fantastic and have great book recommendations for all genres. Also check out the online store (mulberrybushbooks.com) to browse over 8 million titles, with lots of gift suggestions for adults and kids. Don't forget to use FBS2020! You'll be supporting a local business with more heart than most, as well as our local book-loving kids.

Our PAC will have fewer fundraising opportunities this year, but we still want to support the kids and staff to learn and explore. Donations to our PAC are tax deductible and

help us fund much more than entrancing new library books: we pay for art supplies, playground and sports equipment, field trips near and far, special instructors like sewing and karate, school plays, holiday celebrations, musical instruments, beanbag chairs, dollhouse furniture, mosaic murals, exercise mats, garden mulch, and on and on.

Donation cheques can be written to False Bay School PAC and sent to treasurer Katy Stewart, General Delivery, Lasqueti BC V0R2J0. For more information talk to any current PAC officer:

Chair: Robin Jacobs

Vice-chair: Carmen Stewart

Secretary: Emily Carnes

Treasurer: Katy Stewart

Co-treasurer: Rachel Churchill

COMMUNITY HALL RENTAL:

The LCA is **cautiously happy** to offer our Community Hall for use by small groups. Everyone using the Hall will need to read and follow the current Provincial Health Order:

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

We hope the Hall can provide a winter venue with much more air space than a private home, where Lasquetians who choose to gather can do so consensually and mindfully. Every event requires a planner. Planners must be aware that by organizing an event, you are assuming some legal responsibility for the conduct of everyone at your event.

Organizers should plan to:

- Arrive early to sanitize high-touch surfaces and arrange seating (allow 2 meters distance)
- Limit any event to a maximum of 50 (fewer is recommended for events where people mill around)
- Either ask attendees to pre-register (recommended), OR post volunteers at all points of entry, responsible for counting guests and denying entry to any beyond 50.
- Clarify expectations in advance if masks are requested, and work with your group to plan for ventilation (doors and windows), hand-washing, distancing, etc.
- Keep a record of attendees' names with contact info, in case it's necessary for contact tracing.

The Province requires you to keep this for 30 days.

- Book the amount of time you need, and end the event at the time specified. This allows the mandated 1 hour between bookings for cleaning.
- As always, leave the Hall as clean, or cleaner, than you found it.

HAND WASHING prior to entering the hall is requested. Behind the Hall there is an outdoor sink. Water may be shut off during potential cold snaps in the winter.

Hand sanitizer can also be used, but is not provided by the LCA (BYO).

OUTDOOR FIRES are not allowed at the Hall due to concerns about fire safety and firewood supply.

The kitchen may not be used for cooking for an event. Heating up pre-cooked food is okay. The current guidelines for providing food and/or drink service are extensive:

- <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-nightclubs-food-drink.pdf>

Each of us, including all Hall users and event organizers, are responsible for staying informed about current Provincial guidelines. Some of these guidelines are mandated by law, and violations can potentially incur fines. Enforcement may be unlikely on Lasqueti, but is not impossible. More relevant is maintaining mutual goodwill and trust in our community. Lasqueti contains a wide range of comfort and behavior preferences regarding COVID risk, so communication is key.

For Hall Rentals, please contact Sue Wheeler: 250-333-8785, or sue@lasqueti.ca. Efforts will be made during the cold season to group bookings so groups can take advantage of a pre-warmed space.

We are working on detailed Hall Use Guidelines (HUG), which will be posted at the Hall and online. If you have any questions, concerns, or suggestions feel free to email: lca@lasqueti.ca Thank you everyone. Happy Fall....and Winter from the current LCA officers:

Emily Carnes (President)
Hilary Duinker (Vice-President)
Colin Ewan (Secretary)
Robin Jacobs (Treasurer)
Jenny Vester (Director)
Tim Peterson (Director)

From "The Book Of Joy" - An excerpt of conversations between The Dalai Lama And Desmond Tutu with Douglas Abram

- shared as an inspiration for those of you who are experiencing continual fear or worry -

'Fear, Stress And Anxiety : I Would Be Very Nervous'

"We all have fears," the Archbishop explained. "Fear and anxiety are mechanisms that have helped us survive. You know, if you did not feel fear when you saw a lion over there and you just walked merrily by, in next to no time there would be no you."

One of my favourite quotes that was included in Mandela's book, "Notes From The Future" was on courage: "I learned that courage was not the absence of fear, but the triumph over it. I felt fear more times than I can remember, but I hid it behind a mask of boldness.

The brave person is not one who does not feel afraid, but the one who conquers that fear". Archbishop Tutu said something similar when we were working on "God Has A Dream". He said "Courage is not the absence of fear but the ability to act despite it."

As chronic stress becomes a world epidemic, our stress response is being studied intensively to see if we can unwind its mysteries. It turns out that our perspective has a surprising amount of influence over the body's response. When we turn a 'threat' into a 'challenge', our body responds very differently. Psychologist Elissa Epel is one of the leading researchers on stress, and she explained to me how stress is supposed to work. Our stress response evolved to save us from attack or danger, like a hungry lion or a falling avalanche. Cortisol and adrenalin course into our blood. This causes our pupils to dilate so we can see more clearly, our heart and breathing speed up so we can respond faster, and the blood to divert from our organs to our large muscles so we can fight or flee. This stress response evolved as a rare and temporary experience, but for many in the modern world, it is constantly activated.

Epel and her peers found that constant stress wears down our telomeres, the caps on our DNA that protect our cells from illness and aging. It is not just stress but our thought patterns in general that impact our telomeres, which lead them to believe that our cells are actually "listening to our thoughts." The problem is not the existence of stressors, which cannot be avoided; stress is simply the brain's way of signaling that something is important. The problem - or perhaps the opportunity - is how we respond to this stress. They explain that it is not the stress alone that damages our telomeres. It is our response to the stress that is most important. They encourage us to develop 'stress resilience'. This involves turning what is called 'threat stress', or the perception that a stressful event is a threat that will harm us, into what is called 'challenge stress', or the perception that a stressful is a challenge that will help us grow.

The remedy is quite simple. One simply notices the fight-or-flight stress response in one's body - the beating heart, the pulsing blood or tingling feeling in our hands and face, the rapid breathing - then remembers that these are natural responses to stress and our body is just preparing to rise to the challenge.

What determines whether we see something or someone as a threat? The Archbishop and the Dalai Lama were saying that so much of our stress is dependent on seeing ourselves as separate from others, which perhaps returns to the loss of our sense of communal connection. I had once asked the Archbishop how he handled worry and insomnia, and he said that he thought about people all around the world who also were awake and unable to sleep. The Dalai Lama said " I would give teachings when I was young and feel very nervous because I did not see myself the same as the people in the audience. Then, after 1959, I left Tibet and started thinking, these people are just like me, same human being. If we think we are something special or not special enough, then fear, nervousness and anxiety arise. We are the same.

When I meet someone, I always try to relate to the person on the basic human level. On that level, I know that, just like me, he or she wishes to find happiness, to have fewer problems and less difficulty in their life. If, on the other hand, I relate to others from the perspective of myself as someone different - a Buddhist, a Tibetan, and so on - I will then create walls to keep me apart from others. And if I relate to others, thinking that I am the Dalai Lama, I will create the basis for my own separation and loneliness. In contrast, if I see myself primarily as a fellow human, I will then have more than seven billion people who I can feel a deep connection with. And this is wonderful, isn't it? What do you need to fear or worry about when you have seven billion other people who are with you?

- Anonymous

CHRISTMAS BIRD COUNT:

We will be having a Christmas Bird Count, but Bird Studies Canada has asked us not to have a get together, and to go out in small groups. Our count day is Wednesday, December 30th. Please send your paper list to Marti for compiling. Sheila Ray will do the next part of getting it all off to Bird Studies Canada. Please remember to add the hours counting and distances, etc.

For more information, or to find a group, or to ask for an official list, please contact Marti Wendt (8879, martioflasqueti@gmail.com) or Sheila Ray (8884, sheila@lasqueti.ca) Marti Wendt

COMMUNITY HALL MAINTENANCE STEWARD:

The LCA is seeking a new Hall Maintenance Steward. The amazingly dedicated and capable Jodi Ayers is ready to

retire from this role, after decades of above-and-beyond service to Lasqueti. Desired skills and attributes include:

- Unusually responsible and detail-oriented
- Clear and open communication with Hall users and collaborators
- General handy-person abilities, including comfort with power tools and willingness to bring your own when needed
- Able to lift up to 30 kilos and climb ladders
- Full-time Lasqueti resident, willing to commit to a minimum of 2 years in the position
- Access to reliable vehicle to transport propane, diesel, etc.
- Willing to be "on call" and respond quickly for time-sensitive issues (essential equipment malfunctions, freezing weather precautions, etc.). Back-up coverage for vacation and illness will be arranged.

Duties include monitoring all systems, cleaning, groundskeeping, and light repairs. Some direct coordination with Hall users and volunteers is involved, but much of the work is self-directed and solitary. Although consultation and support is available and encouraged, the right individual will manage the majority of Hall maintenance with little supervision, following a training period.

Remuneration is \$25 per hour, plus the satisfaction of performing an essential role in the community. Hours are few but flexible (an average of 2-3 hours per week), so this is ideal for a person with other employment, or semi-retired. Training will be provided.

Please send a note of interest, with details of relevant work experience and 2 local references to: lca@lasqueti.ca, or via the local Post Office to the LCA. Closing date for this position is November 14, 2020.



Salish View Pond Restoration – Many thanks!

Lasqueti Island Nature Conservancy (LINC) would like to thank Willy, Heather, Doane, Peter J, Tracey, Yves, Grant and Betsy for their help last week planting native plants in the new enclosure at Salish View Nature Reserve. Thanks to these fabulous folks, along with a few volunteers from our co-covenant holder on the Salish View Nature Reserve,

the Nanaimo Area Land Trust (NALT), Ava, Deryck, Jeramie, Norm, and Faeryn. Joining us was biologist Carrina Maslovat and LINC board members Hilary, Aigul, Gordon S, Izzy, James S and Wendy S. Thanks also to Violet who made us all delicious bag lunches. All in all, we planted over 700 plants!

The small pond at Salish View was surveyed in 2019 and found to have Northern Red-legged Frogs and the Little Brown Myotis Bats that are both species at risk in BC. Thus the biologists who did the initial baseline inventory of this new conservation property suggested that we create an enclosure for the pond and add some native wetland plants to help improve its biodiversity. This restoration project is part of a grant provided by the Islands Trust Conservancy to LINC with Species at Risk funds originating from Environment and Climate Change Canada. We may have watched a red-legged frog catapult down to the pond while planting too.

The enclosure was built earlier this fall using fencing materials sourced from the Striped Chicken. Many thanks to the Katimavik crew for bringing up the fencing materials, plus Duane who helped board members install the posts and fencing. Plants came from NALT's native plant nursery and Saanich Native Plants in Victoria, which were brought on the ferry, then transported up the steep hill to the pond. The amazing and strong volunteers carried all 700+ plants up the hill and gave them their new life around the pond. Biologist Carrina directed us to the plants' best locations, and the volunteers did the hard work. Thank you to all! We're excited to see how the site is transformed over the next few years as the plants grow up.

LAST RESORT SOCIETY UPDATE

Despite the chilly day, we were happy to have 21 people attend the Last Resort Annual General Meeting on October 17th. If you'd like to renew your membership but were unable to attend, you can simply mail \$5 (to the Last Resort Society) or drop it off (at the JFC) in an envelope marked with your name. Membership is one way of supporting the organization, and comes with the benefit of free use of the meeting rooms at the JFC for your (non-commercial) meeting or small group activity. For details or to reserve, email healthcentre@lasqueti.ca.

At the AGM, we formed the Policies and Procedures Committee and the Senior Support Committee. Reports were given by committees which have been busy this year, including the Building Committee, which has undertaken the construction of the new duplex elder cottage, and the Health Committee, which coordinates health-care related

offerings at the JFC, including the weekly nurse clinic. If you would like to add your voice and skills to a Last Resort committee, there is lots of room to contribute; email healthcentre@lasqueti.ca or phone 250-333-8891 for more info.

After the AGM, everyone present was offered a tour of the new duplex, which is now "at lock-up" and protected from the winter weather. Please be in touch if you would like a tour, or just take a walk through the JFC garden and have a look at the construction yourself. Many local tradespeople have offered their expertise and labour to get the project to this point, and it looks great!

The AGM also elected the new Board of Directors, as follows:

President: Marilyn Darwin

Secretary: Gwen Bigsby

Treasurer: Sandy Morrison

Magic Mountain Liaison director: Tom Carter

Directors at Large: Tim Peterson, Mary Hurlburt, Pia

Lironi, Andrew Van der Meer, Ronald Abrahams, Victor Downard

The next meeting of the LLRS directors will be Wednesday November 4th at 1pm. If you'd like to observe the meeting either remotely or in person, or have anything to add to the agenda of this or a future meeting, please write to Robin at healthcentre@lasqueti.ca. All 2020 meeting minutes are now being posted on the JFC document archive, viewable at: judithfishercentre.com/archive.html.

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/lasquetilastresort/>



FELTIES IN LOCKDOWN 2021 CALENDAR

For those who did not order in advance, there will be some extra calendars available. Contact me at raineyroost66@gmail.com, or call 250-333-8645. There may be some at Provisions, as well. \$20 each. All the pictures can be seen on my website: raineyroost.com under "calendars." Thanks, Jay

DENISE'S DANCE STUDIO:

FALL SESSION AT DENISE'S STUDIO STARTING
MONDAY, NOVEMBER 2nd, 2020

TANGO, DANCEYOGA, BARTENIEFF AND YOGA CLASSES

Welcome fall with Dance, Yoga, & Bartenieff Fundamentals. Classes commence Monday, November 2nd. Newcomers are encouraged and welcomed. Treat yourself to the many benefits movement offers. Movement is medicine! The studio will be respecting all COVID 19 protocol, including use of hand sanitizer, proper social distance spacing, masks will be mandatory.

- ADULT CLASSES Nov 2 - Dec 1 ... Cost: \$105
Intermediate Modern Mondays 9:30-11:30 am

A blending of Jose Limone and Bill Evans technique this class focuses on developing physical prowess, artistic expression and somatic experiencing.

- Yoga Dance
Monday's 6:00-7:30 pm
Start: November 30th, 2020
Cost: \$60

This class blends the mindfulness of Yoga, and the dynamics of Modern, Jazz, Latin dance and Ballet. We will focus on flexibility, core strength, balance, lengthening and toning muscles, increasing awareness, the use of breath and improving range of motion. Come try out this class and have fun! All levels welcome.

- Vinyasa Yoga
Wed. 9:30-11:00 am
Start: November 11th - December 16th
Cost: \$90

This energetic flow yoga class offers a 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
Start: November 3rd - December 15th
Cost: \$105

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 6:00-7:45 pm
Start: November 3rd - December 15th
Cost: \$105

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!

All classes will be taught by Artistic Director Denise Lieutaghi, BA (Human and Social Development), certified teacher of the Bill Evans Method of Teaching Modern Dance, and certified Radiant Health Yoga teacher. For more information and for registration please call Denise at 250 240-0457 or email at dance@lasqueti.ca



NOVEMBER NEWS FROM FALSE BAY PROVISIONS

Hi everyone, as we slip from fall into winter there always seems to be individuals or groups of islanders that become lonely, sometimes falling into depressions or cabin fever. Please come down to the café and visit us if you feel the need to check in with someone, have a chat or just experience the coming and going of others while you sit and reflect on it all. The fireplace has been going lately and we are always happy to welcome you with a smile, kind word or recent story to entertain you. Feel free to call anytime to ask what is happening on a particular day or check what is on the menu, which is constantly changing.

Thali and Taco Tuesdays

Last month we started up these bi-monthly meals to go again. For this month's Thali Tuesday we are 'Travelling To Tamil Nadu', which is on the Southern tip of India.

Traditional ingredients include coconut, lentils, peppercorns, apples, red pumpkin, Seeraga Samba (a type of arborio rice), black lentils and slow ferments including doughs, sweets and buttermilk. Mangos, rice, red chilies, tamarind, mutton or lamb, chicken and a wide variety of seafood. The full menu will be posted prior to Tuesday, November 10th. Taco Tuesdays theme will be announced later this month. Thank you to everyone for coming out last month, all of your support has been terrific and an extra big thank you to those who purchased meals as a gift for others.

Provisions Bookstore and Library Is Back Inside

The bookstore has moved back inside with new shelves and continues to be restocked. The outside area may be used next summer when it dries out, until then you can find new books in the store and next month we will give an update on the total amount raised for the False Bay Schools Library. Again, thanks to everyone who has donated or purchased books. Expect some new cookbooks and other genres on the shelves shortly for those of you who are cooking more and more at home.

The Recipe Box

Last year we were given a gift called the Recipe Box. It is a compilation of 100 favourite recipes from BC Chefs that include both savoury and sweet dishes. All the recipes are on index cards with clear instructions with pictures of the finished dish. We would like to invite anyone who enjoys cooking and challenge those of you who have recently been in the kitchen more this year to make something new. We realise that some of the ingredients may be tricky to obtain but making your unique substitutions can be part of the fun. Just come to the cafe and pick one of the recipes, go home and make the dish, then share the result with us or your neighbours.

Post your photos on The Cooking and Community Facebook site with details of what you used and how the dish came together or a simple photo shown from your phone or camera will do.

If you want to contribute without sharing the results that is fine too. We will be joining in by making some of these recipes from the Box and sharing the results with you all as well as serving the ones that turn out successfully for breakfast, lunch, take out dinners or dessert directly from the cafe. Watch for more details coming soon or drop by and check in this month to see how you can participate!

Looking forward to serving you soon,

False Bay Provisions



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OUR HOURS ~ Winter

| | |
|-----------------------------|----------|
| WEDNESDAY | 6 - 9 pm |
| THURSDAY | 1 - 8 pm |
| FRIDAY | 1 - 5 pm |
| EVERY OTHER SATURDAY | 1 - 5 pm |

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Is yours dull, or do you glow?

When you walk into a room
You can sense the joy or gloom
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Energy shows, it cannot hide

Someone might be feeling sad
Or stirred to anger, getting mad
If you're not conscious of your flow
Negative vibes in you can grow

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Your thoughts and feelings set you free
Focus on Love and Joy always
Your energy, true and pure, will raise

You will then radiate and give
Upliftment to all those you're with
Serenity and peace glow from you
In all you say, and all you do

Infuse yourself in Love and Light
Be a beacon burning bright
Radiate, Illuminate, Sparkle, Shine
At one with all, Spirit Divine