

back. Toddler Drop-In is on again; Islands Trust Meeting Friday, October 8.

### HIES...a New Fundraising Event

We are delighted and grateful to be the recipients of the legendary Hornby Island Preschool Auction.

You will be hearing more from Braea Walmsley and Verlie Gilligan as they finalize a spring date and begin collecting items in earnest. Please see the announcement in this issue.

For more information about our programs and services please refer to our website:

<http://hornbyeducation.com>

Or email: [hiesboard@gmail.com](mailto:hiesboard@gmail.com)

Or call: 250 335-1085 and leave a message

Submitted by Joy Jefferies.

## Co-op Corner

Dear Hornby Island Co-op and community members,

Our Co-op is amazing in so many ways. Despite being located in a remote, tiny community, we can provide quality goods, essential services, and reliable employment for over 40 people, all year-round, not just in the busy summer season. We are very lucky to be as financially successful as we are, especially through last year. And, as grateful as we are, we have been looking forward to getting back to more one-on-one personal time that we get to have with our customers, and each other in the slower, cooler months.

At the Co-op, we spend the fall months in planning mode. Budgeting, strategic and business planning for the coming year, as well as looking into the long-term future are the big picture focus over the next few months. This is exciting and interesting work, as we look at what we have done, what we would like to improve, and what we are doing well but might want to improve. Over the last few years, we have also been narrowing focus in on a Future Vision Plan for our buildings and infrastructure.

Our Vision is to develop our current property in a way that enhances the social, cultural and natural landscape. To find ways to combine practical uses with elements of our beautiful west coast environment. To build some new buildings, and renovate our current building, preserving our funky history while modernizing standards. Priorities will include social, cultural, environmental and operational best practices for the long term.

We are currently working on a Project Program and site planning that identifies specific areas for development. This proposed program treats our property, and this project as a whole, with design concepts and planning unified across our entire property/site. Once Management and the Board have clearly determined the Future Vision Plan main elements, we will bring this proposed plan to our staff, our members, and the Hornby community for input and feedback.

We're excited about contributing to our Co-op, and our community this way. It's wonderful to have the opportunity to create a legacy we will be proud of for all the generations to come.

Wishing health and happiness to you and your family,

Lisha Scott, Team Leader –  
[lisha@hornbyislandcoop.ca](mailto:lisha@hornbyislandcoop.ca)

Claire Burke and Reid Carter, Co-Presidents –  
[board@hornbyislandcoop.ca](mailto:board@hornbyislandcoop.ca)

## Island Trustee Report

### GRANT SCOTT and ALEX ALLEN

The Islands Trust is not a local government like a municipality or regional district. We are in fact a trust and are delegated the power by the provincial government for land use planning and zoning only. This is all managed under the overall Trust policy of "preserve and protect" the environment and unique amenities of the 13 main islands in the Trust Area.

The Trust Council, made up of 26 elected Trustees, provides overall policy to guide the islands as to how their Official Community Plans and Land Use Bylaws should be enacted.

The present Trust Policy Statement was reviewed 25 years ago and the people who live on these islands know the dramatic changes that have happened during this time. So, two years ago the Trust initiated a process to revise the Trust Policy Statement.

To do this the Trust Council undertook an Islands 2050 engagement process that asked islanders what they wanted their island to be like and what they saw the issues facing us between now and 2050. An open house was held in the Hall on Hornby in the fall of 2019 and questionnaires and surveys were sent out to all islanders.

Interestingly, Community Resilience was the overarching theme on Hornby Island more than any other island. Adaptation, survival, responsibility, local sustainable systems,

community resources, and difficult times to come were areas of concerns shared at our open house. Is that how we still feel?

The 2050 engagement resulted in a draft Policy Review document that is now available on the Islands Trust website. It is a draft that will be revised hopefully by the end of 2022 after there has been proper engagement with islanders, First Nations and regional districts.

This is an important document that will guide revisions to our OCP and LUBs over the coming years. The main topics that are included in the draft Policy Statement that we will include in our Official Community Plan and Bylaws are:

**First Nations Reconciliation:** We will respect the rights and title of the coast Salish people who have aboriginal title to these islands in our OCP and Bylaws.

**Environment and Climate Change:** Our plans and bylaws will preserve and protect islands forests, wetlands, grasslands, lakes and streams, and the marine environment around our islands.

**Regional Governance Policies:** Will provide leadership and advocacy to assist in preserving and protecting the environment and unique culture of the islands.

**Freshwater Stewardship:** Global Warming has created serious water shortages in the summer months. Our plans and bylaws must take a precautionary approach to fresh water usage.

**Forest Stewardship:** Forests protect water, sequestered carbon will need to be enhanced and protected.

**Housing and Communities:** The lack of affordable and community housing, and general transportation, as well as other issues such as sewerage, need to be addressed to create resilient and sustainable communities.

You will be hearing more about this in the coming months. We all love this island and all the islands in the Trust Area so it is important that we get this Policy Statement right.

The Trust Policy Statement will contain the vision, principles and policies that will guide how we, through out Official Community Plan and Bylaws, will preserve and protect the unique amenities and environment on Hornby Island.

To see the draft new Policy Statement and provide your comments go to the Trust website at [islandstrust.bc.ca/programs/islands-2050](http://islandstrust.bc.ca/programs/islands-2050).

Stay tuned for more public engagement in the next six months. In the meantime, if you have concerns or questions on this, please reach out to your local trustees.

**LIVE LTC Meeting at Room To Grow, Friday, October 8, 10:30 am to 3:30 pm. See website for agenda package. No vaccine proof required but masks are required.**

## It's Your Health

KAREN ROSS

Where did that saying "Charley Horse" come from?

Although there are conflicting stories, all of them relate to baseball, and cramps that players can get. In an 1886 West Virginia newspaper "... Jack Glasscock is said to have originated the name because the way the men limped around reminded him of an old horse he once owned named Charley."

A Charley horse is the common name for a muscle spasm or cramp in the leg. The muscles in our legs are made of bundles of fibres that alternatively contract and expand to produce movement. When a muscle is in spasm, it contracts without your control and does not relax. Cramps can last anywhere from a few seconds to several minutes. They can be mild, or intense enough to wake you out of a sound sleep

Muscle spasms can occur in any muscle in the body, but often happen in the leg.

Things that can trigger a Charley horse include:

- Poor circulation
- Working your muscles too much, especially in repetitive movement like kicking during swimming. Tired muscles are more likely to spasm.
- Not stretching and warming up the muscles enough.
- Being active in hot temperatures.
- Not drinking enough fluids, muscles that are dehydrated become irritated and are more likely to cramp up.
- Having low levels of minerals, such as potassium, calcium, or magnesium in your diet. A deficiency of electrolytes can prevent your muscles from fully relaxing.
- Injury or a pinched nerve

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