

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

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



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

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

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

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

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

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

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

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

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

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

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

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

**THE MEDICINE WHEEL**



Nursing Clinic located at the Judith Fisher Centre  
 Email address: LasquetiHealthCentre@gmail.com  
 Nurse: Dianne McClure RN/MN  
 Cell: 250-240-5712 Home: 250-752-7419  
 Clinic phone (during clinic hours): 250-333-8891  
 Hours: Drop in Thursday from 11:00am–3:00pm

**Clinic Dates:**

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

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

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

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

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

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

**Go to: [www.health.gov.bc.ca/exforms/bcas/302.1fil.pdf](http://www.health.gov.bc.ca/exforms/bcas/302.1fil.pdf)**

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

Blessings, Dianne



**LTT - March 2020 – Textiles**

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

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