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## What About the *Wild Foods Festival*?

Like many folks in the Nanaimo area, we have been marvelling at the early onset of spring. While the rest of the country is still covered in snow and locked in freezing temperatures, we have been watching blossoms emerge and plants green-up earlier in the season than memory can recall. How many times have you cut your lawn already this year?

One unfortunate effect of this early spring has been an unusually early supply of wild spring greens—now almost over. Why unfortunate? Because, when you combine an early spring with a Wild Foods Festival date that had been pushed back a week due to a scheduling conflict, from the date noted in the NALT Calendar, it results in a dearth in the availability and diversity of wild ingredients. As well, several of our favourite chefs from past festivals, for reasons of scheduling or concerns about ingredient supplies, were unable to participate this year.

Not wanting to produce an inferior Festival, we have, with our City partner, decided regretfully to cancel the Festival for this year. This decision was not taken lightly. We are committed to holding a renewed and reorganized Wild Foods Festival in 2016.

However, our focus on wild and local foods has not been abandoned this year. We'll be kicking things off for Earth Week on the evening of Tuesday, April 21<sup>st</sup>. To help your mind to start along the path of wild indigenous foods, join renowned ethnobotanist, Dr. Nancy Turner, at Bowen Park Auditorium from 7:00 to 9:00 pm, as she talks about the themes covered in her book *Earth's Blanket, Traditional Teachings for Sustainable Living* (see poster insert). Copies of Nancy's book will be on hand, and she will personally autograph every one that is purchased.

As well, in partnership with the City of Nanaimo and Nanaimo Foodshare, NALT will be hosting a **Workshop on Local Food Security and Sustainability** on the afternoon of Sunday, April 26<sup>th</sup>—the date originally set for the now-cancelled Wild Foods Festival. This interactive workshop will begin at 12:00 noon with a wild and local foods lunch prepared by Nanaimo Foodshare, with teas and treats at the break. It will all happen in Activity Room #1 at Bowen Park. Discussions, led by local food sustainability resource groups and sectors, will focus on sources of and ways to support local food production and supply, and next steps towards a local food security plan. Registration, which includes the lunch, has been set at \$10, but an early-bird registration discount of 20% will be applied if you register by April 23rd; full price after that date and at the door. Please register by calling 250-756-5200 or online at [ireg.nanaimo.ca](http://ireg.nanaimo.ca) (barcode 141045). (See poster insert).

## NEWS FROM NALT

is published by the  
Nanaimo & Area Land Trust

NALT's Mission is:  
*to promote and protect  
the natural values of land  
in the Nanaimo area*

The Nanaimo & Area  
Land Trust Society  
was registered as a B.C. Society  
in 1995, and subsequently was  
granted charitable tax status  
and the right to hold  
conservation covenants.

Charitable tax #:  
893193771

### Staff

Executive Director: Gail Adrienne

Executive Assistant/  
Volunteer Coordinator:

Paul Chapman

Administrative Assistant:

Jenny Webb

Financial Manager: Sheila Downey

### Cleaning Services

Jen Wilson

### Pro-bono Services

Conservation Covenant Specialist:

Anne Kerr

Lawyer: John Manning

Investment Management:

Andre Sullivan

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Jennifer Davidson

Dean Gaudry (Chair)

Allan Hawryzki

Linda Nichol

Charlee Touchette

Wally Wells

Fraser Wilson

Jim Young

### Board Director Emeritas

Barbara Hourston

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## Changes

Spring is a season of change, renewal and growth. In addition to new faces on the NALT Board, this season has ushered in changes in the NALT office as well.

After seven years of excellent work, Deanna Bickerton, NALT's contract Bookkeeper, has decided to focus on her growing business. Keeping the books for a charitable society is a complex and changeable challenge, and Deanna has faced this task with aplomb. Thank you, Deanna.

A happy result of this change is that we get to welcome a new face to NALT; Sheila Downey will be handling NALT's books from now on. Sheila recently moved from Whitehorse, in the Yukon, to her new chosen city of Nanaimo. She has impressive credentials and a varied work history, serving NGOs as well as several businesses. She started work for NALT on April 13<sup>th</sup>, and has already leaped into the pile of accumulated paperwork, and emerged undaunted—with the first overdue Financial Report ready for review. Welcome, Sheila.

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## Bottles for the River

There have been two *Bottles for the River* events since our last newsletter.

The results are in, and the word is good! Together we raised more than \$850 from the January 10th bottle drive and over \$1,000 from the April 11<sup>th</sup> event.

Thanks to all our volunteers for putting in the hours and to our supporters for dropping off your refundable containers. Well done everyone!

Thanks again to Dave from Mistaken Identity Vineyards for supporting our volunteers with a generous donation of a case of full wine bottles! Thanks also to Lucky's Liquor Store for providing space at the Country Club Centre and their mall neighbor, Starbucks, for supplying coffee to keep our volunteers going. Thanks also to Chad from CoastFM for promoting us on-site and getting his (gloved) hands dirty. A big thanks to the Oliver Woods Community Centre for yet again donating many many refundable containers over the years. Thanks to the Running Room and Arrowsmith Bikes for lending us tents in case of rain or intense sunshine, and to John and Paul from Regional Recycling for looking after us even with a malfunctioning lift on the truck.

**Our next *Bottles for the River* is on July 4th in the parking lot beside Lucky's Liquor Store at the Country Club Centre from 9 am – 2:30 pm.**

Hope to see you there.

*News from NALT*

*April 2015 Page 2*

## 20<sup>th</sup> Annual General Meeting.

NALT held its 20<sup>th</sup> AGM on March 18<sup>th</sup>, 2015 at the Brechin United Church Hall. Facilitator Marjorie Stewart did an excellent job of guiding NALT members through the evening's agenda. Annual Reports were presented by the Board Treasurer, Fraser Wilson; Board Chair, Dean Gaudry; Executive Director, Gail Adrienne; Deryck Cowling, on behalf of the NALT Nursery Committee, and Executive Assistant and Volunteer Coordinator, Paul Chapman. Anne Kerr, enjoying a well-deserved vacation, submitted two reports: one as NALT's representative to the City's Advisory Committee on Environment and Sustainability, and on behalf of the Conservation Covenants Committee. Jo Graham also submitted a written report from the Moorecroft Stewards Committee. In general, the reports spoke to NALT's improved financial footing and about the dedication of NALT's many volunteers on the Board, in committees and carrying out the various tasks that work to fulfill our mission – *to promote and protect the natural values of land in the Nanaimo area.*

The reports were followed by the election of Board Directors. After serving a two year term, Director Catherine Watson sent her letter of resignation prior to the AGM, indicating she would not be seeking another term on the Board. Other Board members completing their two year terms, Holly Blackburn, Dean Gaudry, Jim Young and Fraser Wilson, were acclaimed in a motion from the floor, along with two new Directors: Linda Nichol and Charlee Touchette.



**Board Director Emeritas, Barbara Hourston, shares the credit for her award.**

Barbara Hourston, one of NALT's founding Directors and a catalyst behind many community movements for social justice and environmental stewardship, received a Lifetime Achievement Award from the Land Trust Alliance of British Columbia.

After the meeting, folks loaded their plates with a light supper and gathered to listen to an excellent presentation by Richard Hebda, Curator of Botany and Earth History at the Royal BC Museum. Richard spoke of the changing face of our coastal landscape and climate during the last 120,000 years, and the predicted changes to come from the current global climatic changes. It was a very sobering presentation, followed by frank discussion. Richard emphasized the need for conservation of natural lands and native species as being one of the important factors in building ecosystem resiliency in the face of significant climatic instability, and about the importance of land trusts to carry out this kind of work. He closed with a statement (paraphrased here) that if you cannot give your time or energy to assisting land trusts with their work, then give them your financial support.

We can all reflect back on the challenges and successes of the 20 year journey we have been on together, and look forward to what we can achieve going forward.

### **Did you know?**

**If you shop at the Soap Exchange at the Country Club Centre and mention that you support NALT, Barry and Shirley Reid, owners of the Soap Exchange, will donate to NALT 10% of the dollar value of your purchase.**

## **New Covenant Signed**

In February of this year, NALT signed on to co-hold a Conservation Covenant on a Lasqueti Island property known as the John Osland Nature Preserve. Near the Kwell Nature Sanctuary and the Mount Trematon Nature Preserve (both of which NALT also co-covenants), this 63.5 hectare property represents a significant piece of the conservation lands on that small island. NALT co-holds the covenant (and the Mt. Trematon covenant also) with the Lasqueti Island Land Conservancy (LINC). NALT and LINC have a co-covenantor agreement in place to spell out the roles and responsibilities of both parties. NALT's role is primarily as a back-up to LINC.

Some history: John Osland acquired the property in 1948 and suspended logging operations two years later to preserve the remaining old growth forests on the land. John remained an active member of the community for the next 62 years, known for boat-building and as an island historian. In 2010, John bequeathed his property to the Islands Trust Fund, with the intent that the property be protected for its natural values. ITF then approached both LINC and NALT to serve as co-covenantors.

With the addition of the covenant on John Osland's generous gift of land, NALT now holds or co-holds covenants on 8 properties in the area (with two more at various stages of development). Recently, a reserve account was established by NALT to hold funds to cover costs related to maintaining and monitoring these covenants.

The NALT Board is advised by a Conservation Covenants Committee—which assesses proposed covenant lands, negotiates covenant wording with the landowner and co-covenantor, and provides recommendations to the Board. The Committee members are Anne Kerr, NALT's Conservation Covenant Specialist, Dean Gaudry, Harriet Rueggeberg and Fraser Wilson. Every year, hundreds of hours of volunteer services are donated by the members of this committee—and many more by Anne—to accomplish this work.

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## **Seasonal Fundraising**

Through the latter part of November and most of the month of December, we saw the return of two of NALT's seasonal fundraisers: Christmas tree sales at the nursery and at the NALT office and NALT merchandise sales at a local mall.

Once again, NALT's living Christmas trees for sale or rent were well received. Sales and rentals raised more than \$1,000 for the *Natural Abundance Native Plant Nursery*. The potted trees were so popular that a sizeable amount of them almost walked (drove) off, if it were not for the timely intervention of a couple of NALT members. With their help, the would-be thief was royally reprimanded and made to put them all back—and the honouring of the honour system of self-purchase was as rewarding as the income earned. Many thanks to you both!

The 2014 Christmas season also saw NALT's return to a favourite and productive old haunt; once again, volunteers staffed a table of assorted NALT merchandise at the renovated Port Place Mall. As in years past, the location proved fairly lucrative; we raised \$2,100 in sales—a marked increase in the revenues of the previous year at Country Club Centre.

Thank you all to volunteers, to ad hoc “happened by” security personnel, and to our supporters.



## Reminder: 2016 Calendar Photos Needed

We love to see photos that depict all four seasons in the Nanaimo area; and we love to fill our file of possible photos for the next year's calendar early—rather than at the deadline of Friday, June 26th. So why not send us your recent (or not so recent) photos? Even if your photo doesn't get used for the 2016 calendar, it may be used by NALT in other ways—such as notecards, newsletter photos or a future calendar. And you will receive recognition each and every time your photos are used.

Here is what we are looking for:

Photos which feature areas that NALT is or has been involved with—including the Linley Valley, Mount Benson (and views from), Harewood Plains, pretty much all the creeks and rivers (and their watersheds) in and around Nanaimo (with extra emphasis right now on the Nanaimo River), Martha's Place in Qualicum Bay (now a NALT property), Hamilton Marsh, Moorecroft Park, the Yellowpoint Lodge property, the Parnassian Woods (Van Kerkoerle property in Cassidy), sites on Lasqueti Island, South Winchelsea Island, Gabriola Island and Mudge Island, plus local area parks where NALT has been involved with invasive species removal and habitat projects over the past 20 years. Also welcome are close-ups of local flora and fauna that are generally found throughout the Nanaimo region.

If you have a great photo of some site or feature in the Nanaimo area that we have missed on this list, send it in for consideration. We generally do not use photos that *feature* people or pets, but a figure in the background enjoying an outdoor activity can enhance a scene or setting, or add context to the “story” (such as the kayaker in the July 2014 photo).

How to participate?

For photos to be considered for the calendar, they need to be formatted in landscape (wide, not tall) and in a high enough resolution for clarity when they are enlarged to the calendar size of 8 1/2” x 11” (3+ MB is usually good). Please email your photos to [paul@nalt.bc.ca](mailto:paul@nalt.bc.ca) or drop off a digital copy at the NALT office.

Photographers whose images are chosen for the calendar will receive five free copies of the calendar in which they are used. As you may have noticed, each year we try to select a balance of images and match them with an appropriate calendar month or season; so if one of your photos is not selected for the 2016 calendar, we will keep all un-used submissions on file, and may use one or more for a future calendar. You will be notified whenever we do.



This photo of the view from Roberts' Roost, taken by Ron LePage, was featured in October of the 2013 NALT Calendar.

Please share with NALT your special photos that depict the natural beauty that makes this area such a great place to live. **Remember: Deadline for the 2016 calendar is Friday, June 26<sup>th</sup> at midnight—but we welcome submissions any time before then.**

Would You Like to Advertise  
in the NALT Newsletter?

Call 250-714-1990 to  
find out about our rates.



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**NALT Donation Form**  
**THE MOORECROFTERS' CAMPAIGN**  
**to raise money for**  
**Park amenities at**  
**Moorecroft Regional Park**

I, \_\_\_\_\_

would like to donate to the Moorecroft Stewardship  
Committee

My donation of \$ \_\_\_\_\_ is enclosed;  
cash, cheque or credit card (circle one)

VISA/ MC# \_\_\_\_\_

Expiry \_\_\_ / \_\_\_ Signature \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/ Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cheques should be made payable to  
"NALT – Moorecroft Stewardship Committee"

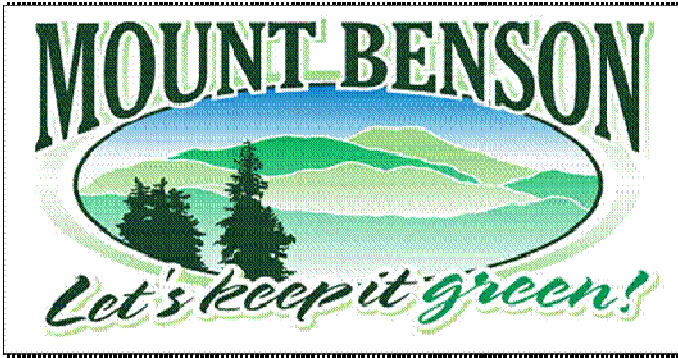
Charitable receipts will be issued for all donations of \$20 or  
more. NALT's charitable tax # is 893193771

Please record this contribution in the name of, if other than  
yourself:

I would like to remain anonymous on all NALT lists and  
literature (circle one) NO / YES

**Thank You for Your Support!**

**Donation/Pledge Form  
THE MOUNT BENSON CAMPAIGN II**



**DONOR CATEGORIES**

- \$50,000 or more     Ultimate Benefactor of Benson
- \$10,000 to \$49,999     Benefactor of Benson
- \$5,000 to \$9,999     Hero of Benson
- \$3,000 to \$4,999     Grand Champion of Benson
- \$1,000 to \$2,999     Champion of Benson
- \$500 to \$999     Patron of Benson
- \$100 to \$499     Friend of Benson
- less than \$100     Sponsor of Benson

My donation of \$ \_\_\_\_\_ is enclosed  
cash, cheque or credit card *(check one)*     **AND/OR**  
I would like to pledge \$ \_\_\_\_\_ in \_\_\_\_ (#)  
payments made monthly/annually/other \_\_\_\_\_

**Make cheque payable to NALT- Mount Benson Acquisition.**

Visa/MC# \_\_\_\_\_ Exp Date: \_\_\_\_\_

**Tax receipts issued for donations of \$20 or more.**

My name is \_\_\_\_\_  
(for tax receipt)

Please record this contribution in the name of :  
(if different) \_\_\_\_\_

*I would like to remain anonymous (Check Here)*

My street address: \_\_\_\_\_

City: \_\_\_\_\_ postal code \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Thank you for your continued support!**  
OFFICE ONLY: TR # \_\_\_\_\_



**Nanaimo River Donation Form**

I wish to donate to the Nanaimo River Project,  
to assist with the costs of developing a Nanaimo River  
stewardship strategy

**Donation Categories**

- \$5,000 to \$9,999     Benefactor
- \$1,000 to \$4,999     Hero
- \$500 to \$999     Champion
- \$100 to \$499     Patron
- \$25 to \$100     Friend
- less than \$25     Supporter

**My donation of \$ \_\_\_\_\_ is enclosed as cash,  
cheque or credit card *(circle one)***

Cheques should be made payable to **NALT – Nanaimo River  
Strategy Project** OR provide credit card info

VISA/ MC# \_\_\_\_\_

Expiry \_\_\_\_ / \_\_\_\_ Signature \_\_\_\_\_

Charitable receipts will be issued for all donations of \$20 or more.  
TO receive your tax receipt and be on our contact list, please fill out  
the section below.

*NALT's charitable tax # is 893193771*

My Name : \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/ Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Contact: \_\_\_\_\_

If this donation is being made in the name of someone other  
than yourself, please give their contact information

Their Name \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/ Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

I would like to remain anonymous on all NALT thank you  
and recognition lists **NO / YES *(circle one)***

**NALT Thanks You for Your Support!**

(OFFICE ONLY) TR# \_\_\_\_\_



## ~ THANK YOU ALL ~

*Many thanks to all the individuals, organizations and businesses who have donated their time and skills as volunteers, contributed items or services, made financial donations, renewed or started a membership, or begun a monthly pre-authorized contribution (PAC).  
November 24, 2014 to April 20, 2015*

**Donations – Moorecroft Acquisition Phase II:** Dorothee Kieser, Helen Sigvaldason, Gerald Thompson

**Donations – Mt. Benson Phase II:** Valerie Booth, David Forrest, Robert & Kathleen Harder

**Donations – Nanaimo River Watershed Roundtable:** Mike Gilmour, Oliver Woods Community Centre, Real Estate Webmasters

**Donations – Linley Valley Phase II:** Robert Strachan

**Donations and In-kind Goods – Natural Abundance Native Plant Nursery:** Dean Gaudry, John Gordon, Janeane MacGillivray, Duncan MacPhee, Wayne Morgan, Jane Saxton, Marjorie Stupich, TimberWest (Molly Hudson), Anneke & Peter Van Kerkoerle, Joan Wagner

**Individual Donations & New Memberships – NALT:** (4) Anonymous, Judith Albert, Jennifer Allin, Alan Aylwin, Darlene Booth, Lori Brothers, Jane Bryans, Anita Buxton, Alexandra Mary Calland, Holly Calvin, Jan Cook & Family, Armando dos Santos & Virginia Woodward, Dawn Dunphy, The First Unitarian Fellowship of Nanaimo, Hazel Galloway, Robert Gilchrist, Gladys Gorosh, Marie Heemskerek, Barbara Hourston, Cliff Jackman, Marianne Johnson, Bruce Joiner, Anne Kerr, Ian Knipe, Ambrose Knobel, Anne & Joe Kraskin, Paul & Jo Kynaston, Kenneth Lyall, Karin Maley, Philip Manders, Helen McInnes, Joan McIntyre, Carol Milo, Matthew O'Halloran, Jack & Linda Robinson, Cara Simpson, Wendy & Doug Smiley, Joan Stelling, Alida Thomson, Anneke & Peter Van Kerkoerle, Graham Wallace, Wendy & Bruce Ward, Wilhelmina Warick, Paul & Jenny Webb, John Wells, Shannon Welsh

**Business & Organization Donations – NALT Donated Goods & Services:** Dr B C Calvin Inc., Gem Fabrications Ltd., Living Forest Oceanside Campground

**Volunteers from November 21, 2014:** Gail Adrienne, Suzanne Andre, Mutiara Ayu, Holly Blackburn, Ruth Caspell, Paul Chapman, Linda Collins, Iain Culquhoun, Deryck Cowling, Ashley Dafoe, Jennifer Davidson, Hailey Davies, Kathy Doyle, Doris Edwards, Susan Fisher, Dean Gaudry, John Gordon, Evelyn Hamilton, Helen Han, Connie Hargrave, Jeff Hawker, Allan Hawryzki, Pat Hogue, Barbara Hourston, Denis Hughes, Peter Jeremy, Barbara Kerfoot, Anne Kerr, Jackie Li, Richard Li, Dale Lovick, Duncan MacPhee, Emily Matheson, Pattie Mitchell, Wayne Morgan, Susan Murphy, Linda Nichol, Betty Penston, Janice Porteous, Ellis Richer, Brian Roberts, Tamera Rogers, Harriet Rueggeberg, Jane Saxton, Chris Scorch, Austen Scott, Karen Skarpnes, Gary Smart, Charlee Touchette, Bruce Ward, Wendy Ward, Catherine Watson, Jenny Webb, John Wells, Wally Wells, Jeni Wile, Fraser Wilson, Pat Wilson, Inger Wyat, Jim Young.

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**Tuesday, April 21<sup>st</sup>, 7pm**

**At the Bowen Park Auditorium  
500 Bowen Road**

***Admission by donation.***

**Call 250-714-1990 for details.**



# EAT. SPEAK. EARTH WEEK



## COMMUNITY **inter**-ACTION

on

## FOOD SECURITY. Sunday, April 26<sup>th</sup>, 2015

### 12:00 noon – 3:30 pm

Activity Room #1, Bowen Park Complex.

## *Creating Local Food Sustainability – A Community Initiative.*

**Wild/Local Food Lunch (prepared by  
Nanaimo Foodshare), Treats & Teas too.**

**Cost \$10 (20% early bird discount if registered by April 23<sup>rd</sup>)**

**Call 250-756-5200 or [ireg.nanaimo.ca](http://ireg.nanaimo.ca) to register.**

**(Barcode 141045)**

**Call NALT 250-714-1990 for more information.**

