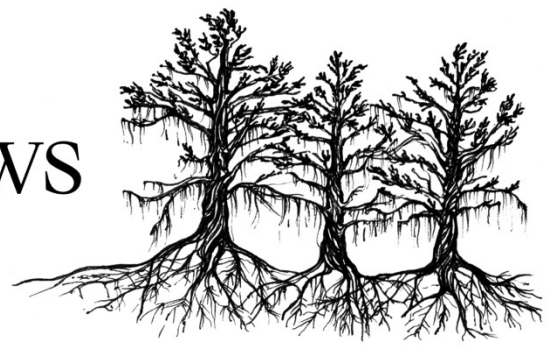


Xwe'etay News



Issue 15

April 2025

A Note from your Editors

This spring brings its usual beauty and sense of hope, but also sadness for the losses we're feeling in our precious community.

We offer this list as a celebration of life.

"You can tell it's Spring in our households because ..."

- we've switched from burning Douglas-fir to alder
- seed packets are everywhere
- the damn grass has started growing
- we're not wearing long underwear layers
- we're excited to make room in the freezer
- the pruning has begun
- we're searching for nettles
- we're leaving windows open
- the windows somehow got streakier
- we can hang the laundry outside in the sun
- the garden hoses are running
- the overwintering birds will soon leave the outhouse (fun, but they are messy creatures)
- we fall asleep to the sound of frogs and wake up to daylight
- the bulbs are popping out of the ground
- we returned our woollen mittens, scarves, and heavy sweaters to their moth-proof bins
- we re-occupy outside lounge-in-the-sun spots
- we celebrate the return of the hellebore, flowering currant, and those hearty garlic shoots that are standing strong in the cold soil.

Next month's photo theme is buds and blossoms. How 'bout suggesting a theme for future months? - *The Yew Collective*

To contact us and for submissions or donations:

xweetaynews@lasqueti.ca; for on-line, colour versions: www.lasqueti.ca/xweetay-news

Blessing The Boats

May the tide
That is entering even now
The lip of our understanding
Carry you out
Beyond the face of fear
May you kiss
The wind then turn from it
Certain that it will
Love your back may you
Open your eyes to water
Water waving forever
And may you in your innocence
Sail through this to that
- Lucille Clifton



Mikaela Wolovick

*We acknowledge and honour the Indigenous Peoples
who, for generations, have made Xwe'etay/Lasqueti their home.*

Isabella Crean

May 21, 2000 – January 29, 2025

On May 21, 2000, Isabella Crean was born to Lasqueti Island. At just seven days old, she was brought home and began her life on the farm.

During her first year, we moved with Bella to the Nelson area, where she formed lifelong friendships with both adults and children from the village where we lived. Bella loved the Kootenays, returning almost every summer as an adult to go camping and reconnect with family friends.

In 2007, we moved back to the island and Isabella entered grade two at False Bay Elementary where she made lifelong family friends. Being a Lasqueti kid comes with many adventures, beach days, and camping trips and many hikes up Mt Trematon.

Bella lived to perform. She loved making people laugh and feel happy. At age seven, she began dance class and performed in many island events.

Bella and I shared a love for travel, taking several memorable mother-daughter trips abroad as well as many family adventures together.

She inherited her love of winter and snowboarding from her dad. Many unforgettable father-daughter snowboarding trips with epic driving journeys, enjoying lunches in the lodge, sharing chairlift chats - loving every moment.

Isabella loved decorating, filling her home with house plants and the warming scent of lavender. She loved meeting new friends and spending time adventuring with them. Her greatest pride and joy was her beloved golden doodle, Lilah.

Lilah, much like Bella, is very social, loves people and really wants to be your friend. Both have a smile so big you can not help but smile back. Lilah has now moved to Lasqueti and will always miss her mom.

Bella had big dreams for her future, planning courses to work with children and looking forward to building a family of her own one day.



Bella died peacefully in her sleep Wednesday morning January 29, 2025

Life and death seem to have their own schedule, their own way of deciding when we arrive and when we leave. Isabella will be more than deeply missed. Our hearts ache in her absence.

We are grateful for the overwhelming outpouring of love, the kindness, contributions, and the two love blankets. The list of support is endless.

Please join us on April 12, 2025, at 1:30 p.m. for Isabella's burial ceremony, followed by a gathering at the community hall to remember all things Bella - community love, a feast, and music. – *Jason and Laura Crean*



Dearest Mary McRae has Left Us



Dear friends and family here and abroad,

On the last Sunday of the winter of 2025, Sunday, March 16th, Mary McRae passed away peacefully early in the morning at 4:44 at St. Paul's Hospital in Vancouver surrounded by her closest family members including her long time love Barry, brother Chev, Irene, Clara, Ignacio, Dorothy and son Camino.

Long lived resident of Lasqueti, Victoria and Vancouver. Always a dedicated member of her community and much more with intricate and intimate connections forged here in Canada over the last 75 years.

A Celebration of Life will be held in Vancouver at the Kerrisdale Presbyterian Church at the beginning of Summer Solstice, June 20th at 10 am for her. A second celebration will be held on Lasqueti in the summertime with details coming soon.

Feel free to send messages of love to the family in the manner you are most comfortable with and know that she was ready to move on to the next world. Gifts, cards or physical letters will be the best received medium as they are to be displayed and shared with the family and friends during the grieving and memorial. They can be addressed to: The Family, c/o False Bay Provisions, Lasqueti Island, B.C. VOR 2JO.

We hold her in our hearts as a magically mystic mother, daughter, wife, friend, dancer, painter, astrologer, massage therapist, herbalist, planter, pruner, seed saver, blessed spirit, dreamer and gardener extraordinaire!!! A woman who played many roles in her life with both a calm sincerity and love in her heart!

Mary will be sorely missed by her family and friends. Thank you so much to everyone for being there for her during this period of her life and throughout it. She has had so much support and love throughout her life here that she often remarked on how much it moved her.

- With infinite love and grace, from *Barry, Camino, Dorothy, and family* ❤️



Gordon Laffeur

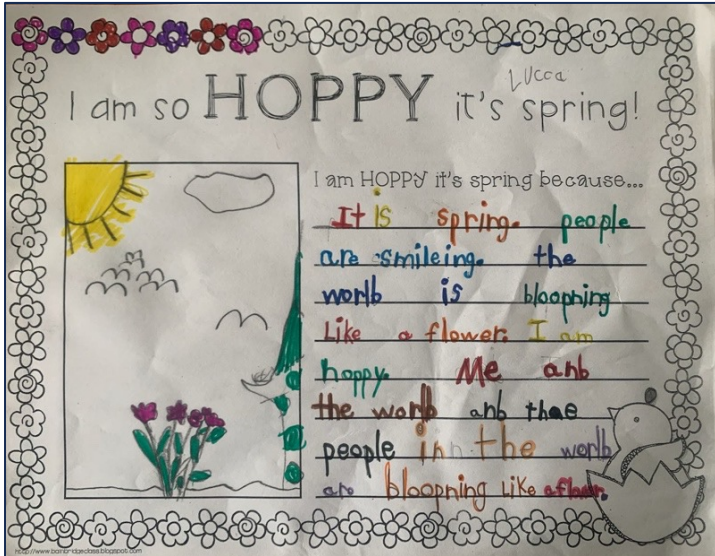
Camino Cochrane

Student Corner

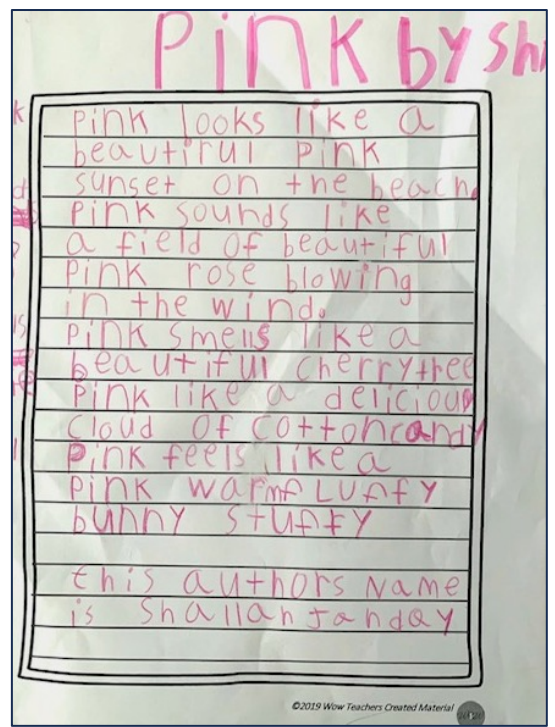


Check this page out in colour. Such beautiful images

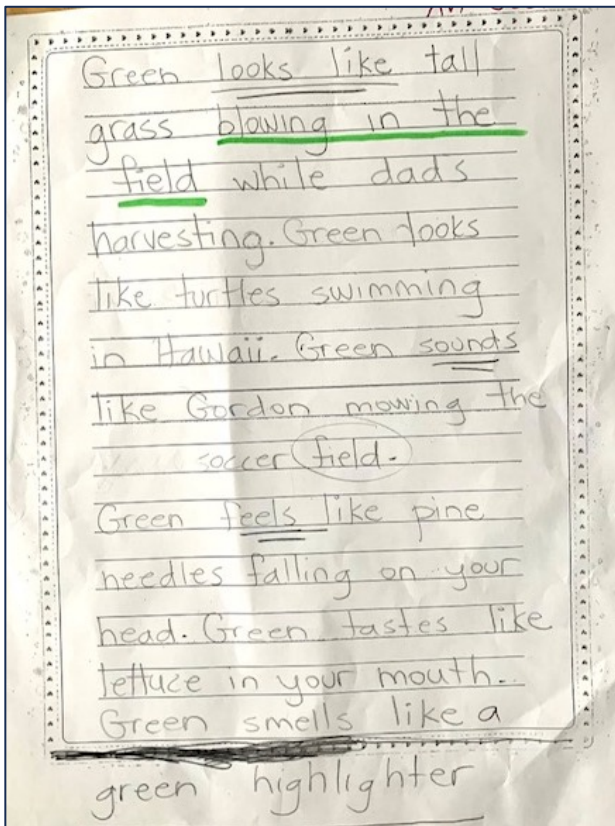
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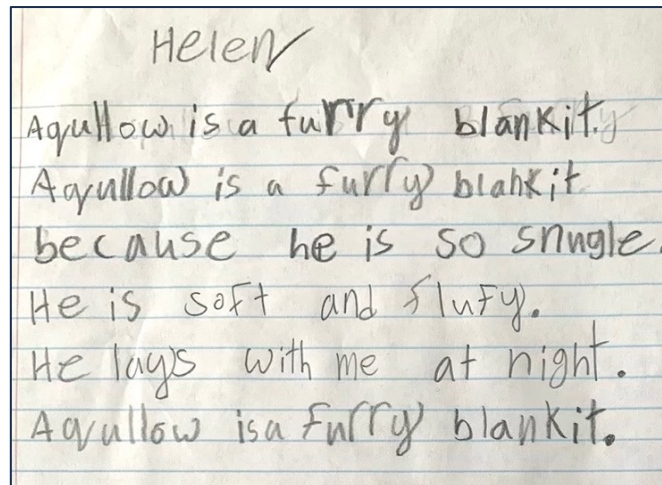
Lucca- grade 2



Sha Sha - grade 4



Avi - grade 2



Helen - grade 4



Juniper - grade 2

Back at sea heading home

There's a lifetime between us,
yet one flashing look
and my knees still weaken and wobble
like having stepped ashore after a week at sea
sailing rough, living on canned soup,
stale crackers and sweet black tea.

There's no place I'd rather be than partnered with
you,
sails set hard and creaking in a blow,
hands touching on the straining tiller.
And the year we sailed out of hell, where on distant
hills,
hectares of forests were burning, the channels all
clotted with thick smoke
that forced us to heave too often and practically feel
our way home...

...until that North wind came, fierce,
with the smell of distant frozen snow
and you flashed me that "carpe diem" look.
And wing on wing, through the ripped asunder
smoke, we did. – *Dolf Schoenmakers*

- 1) Measles, mumps, rubella (MMR) vaccine
- 2) Measles, mumps, rubella and varicella (MMRV) vaccine

The vaccines are part of the routine childhood immunizations and are publicly funded. They are also offered to others that need protection against measles. Two doses of the MMR vaccine is 97% effective against measles.

Measles is very contagious and spreads easily. The virus spreads through the air when someone breathes, coughs, or sneezes. You can also be infected if you touch objects contaminated by the virus.

Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes that may be sensitive to light. These symptoms are followed by a rash which starts first on the face and neck and spreads to the chest, arms, and legs. The rash can last anywhere from 4 to 7 days.

A person with measles can spread the virus to others from 4 days before to 4 days after the rash.

If you have been exposed to the measles virus and have not had the measles or received two doses of the measles vaccine, getting immunized is the best way to protect yourself and others from getting the disease. After exposure you need to get the vaccine within 72 hours to be protected against the virus. If this is not possible, you may be given immune globulin for protection.

Most people born before 1970 may not need to get the vaccine as they probably have had measles and have immunity against it.

For more information on the MMR and MMRV vaccines [#14a, 14e](https://www.healthlinkbc.ca/health-library/healthlinkbc-files)

Publicly funded vaccines are available through public health offices throughout BC. Appointments are required to receive vaccines. I am also happy to help with any questions. Best, ♥dianne

Nurse in clinic: April 10,17, 24; May 1



Sophia Rosenberg



This month's article is on measles. Lately, an increased incidence of measles has been occurring throughout many parts of Canada. Measles is a serious, yet vaccine-preventable disease caused by the measles virus. Infants less than 12 months of age and adults are the most susceptible to serious complications. Complications of measles can include ear infections, diarrhea, pneumonia, and encephalitis.

There are two vaccines available in B.C. that provide protection against measles:



Jody Ayres

Community Sourdough Spring Recipe

We celebrated the spring equinox last month with a nettle garlic and Parmesan pastry. And with celebrating our son's 9th birthday, baking a large daffodil cake, a minimalist 1930's cake made from mostly eggs. We look forward to wild berries, edible flowers, and heads of sprouting broccoli. A magical time of year for food is cresting the hill like the sun at dawn through the trees. I can see the dappled light of tart huckleberries, of sweet rose petals, and the savoury bite of garlic scapes, spring onions. The robust flavours of arugula, mizuna, and chicory tonifying our winter bodies with the music of green spring food.

Right now, the nettles are perfect for harvesting for winter mineral rich tea, or for adding to your diet. They are mineral rich, vitamin rich and in my opinion a superfood that we should all be eating after winter. I had the joyful experience of writing an article for the local (Saltspring-based) magazine *Folklife* this winter. My nettle pesto recipe will appear in their spring and summer "waste" issue - due out at the end of April.

Here is a variation of that recipe that I've been using to fill my spring pastry. Excellent in pastry or on pizza, and would also make a lovely topping for potatoes, chicken, pasta or fish.

Nettle Pesto

About 8 cups packed Fresh Nettles
1 cloves garlic
1/2 cup grated, not powdered Parmesan cheese
1/2 cup Olive oil
Salt
1 slice sourdough rye
1 egg yolk
Filtered water to smooth everything out.

Bring a large pot of water to the boil. If you like a strong garlic flavour add the garlic to your blender raw. If you like less of a garlic bite, then boil your clove with the nettles.

Simmer nettles for about 8 minutes.

With tongs, place cooked nettles (and garlic if you cooked it) into your blender. Don't worry about excess moisture as this will aid in creating a smooth paste.

Add remaining ingredients to your blender and blend on high until smooth. Use water if you need to smooth things out.

Keeps 1 week in the fridge. – *Violet R.*



Kitchen Creations



The Soup Pot

I love a good soup! Some of the tastiest ones I've ever made have come together super easily with leftovers from the fridge tossed into a stock. With some extra herbs and veggies it's a whole new meal. But other times I love following a recipe (or at least using it as a guideline!) and this is one of my favourites.

Making the stock from scratch takes extra time but if you want to use pre-made stock it comes together more quickly. I think this makes enough to serve a couple of garden helpers or, to save for another whole meal if you have a freezer. You can use steel cut oats to make it gluten free.

Cock-a-Leeky Soup

(adapted from **Melissa Clark, NY Times**)

3.5 lbs bone in, skin on chicken pieces
3 tsp salt; 1/2 tsp black pepper
4 large leeks, dark green parts separated and reserved for stock
3 medium carrots peeled and cut into coins, reserve peel for stock
2 celery stalks sliced, reserve leaves for stock
1 head garlic, halved crosswise
1 bunch parsley, reserve stems for stock
3 sprigs of thyme
1 each of bay leaf and star anise or, clove
1 tsp black peppercorns
2 T butter
1/2 cup pearl barley (or oats for gluten free)
1/2 c pitted prunes, chopped small

For the Stock:

Add chicken, salt and pepper, reserved vegetable parts, garlic, herbs and star anise to a large stock pot. Add 8-10 cups of water to cover and cook partially covered until chicken is tender, 45-55 minutes. Once cooked, transfer chicken to a large plate to cool and strain stock into a large bowl.

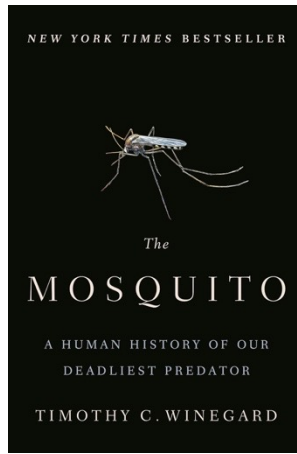
For the Soup:

Slice white and light green parts of 3 leeks into medallions. Finely slice the 4th leek for garnish and set aside. Wipe stock pot clean and melt butter and add leek medallions and sauté until golden. Set sautéed leeks aside. Pour broth back into pot and bring to a simmer adding carrots, barley and celery. Simmer uncovered for 40-50 minutes. Shred chicken and add to broth along with sautéed leeks and chopped prunes. Season with extra salt and pepper if necessary and garnish with remaining leeks and parsley. – *Deb Perell*



The Mosquito: A Human History of Our Deadliest Predator, by

Timothy C. Winegard,
(Penguin, 2019)



As Canadians, we all know, (and loathe), that pesky, irritating little insect who makes everybody’s life miserable. But did you know that she costs us billions a year in our defenses against her unwanted advances in the form of sprays, traps, and gadgets in order to avoid her deadly attacks? And deadly they are!

Mosquitoes, on average, have slaughtered about 2 million people a year. Guess who comes a distant second? Yep, our own species, Homo Sapiens! Sharks, bears, snakes, - not even worth a mention!

Yet the mosquito does not directly harm anyone. It’s the toxic diseases she transmits that cause our endless sickness and death. The mosquito is undisputedly the apex predator of humans, bar none! She has killed more people than any other cause of death in human history – statistics suggest that this is half the humans that have ever lived – around 52 billion people! It’s all explained in the book.

Winegard also gives us some insight into how to avoid her tormenting, aggravating attacks. Sorry folks, she shows no favourites, although Winegard suggests that blood type does play a role as well as being, well..., smelly!

But this is not just a book about our hatred of the mosquito – it’s really a history book – a history of our civilizations, cultures and wars and how we humans have all been affected and influenced by the lowly mosquito. Marching armies, inquisitive explorers and land-hungry colonists were often brought to their knees by our six-legged pest. For example, the Roman Empire finally ended when invading armies laying siege weren’t debilitated by malaria. That’s because some well-meaning city officials decided to drain the swamps surrounding Rome.

In this book, the author takes us on cultural journeys including those of African slaves’ journeys to America; Genghis Khan and the Mongol Empire; or the Colonial Wars and the New World Order.

But who do you think really influenced all their outcomes? You guessed it: the mosquito. And, get this, the author also suggests that the dinosaurs,

already decimated by the meteor strike, were finished off by that pesky mosquito – yes, they were around back then, too.

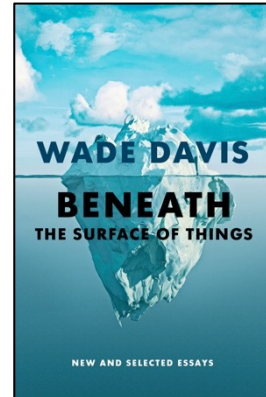
You can read it all in this interesting, absorbing tale about our alpha predator. Well, I hope this review has you itching to read my next one!

Okay,...I know,...I’ll stop now! - *Don Dempster*

Beneath the Surface of Things: New and Selected Essays, by

Wade Davis

(Greystone, 2024)



Beneath the Surface of Things gives readers an undeniable perspective on the history of North America’s terrorizing actions based on differences between us.

Davis’ 2024 bestselling book

begins with the history of America in the 1800’s, with its forced removal of Indigenous peoples through the Indian Removal Act of 1830. It follows with the vicious cotton economy that re-enslaved and tortured thousands through the Fugitive Slave Act of 1848, all while clearing the forests and enriching the situation for rich, White colonists who became the foundation of America. (The forced removal of Indigenous people happened in BC too!)

Davis’ precisely-worded narrative follows the swing of the continued history of segregation and exclusion with quotes from presidents and writers throughout. James Baldwin reminds us: “not everything that is faced can be changed, but nothing can be changed until it is faced.” He describes the history of American political backing and forced relocations of Palestinians. He follows this chapter with stories of prohibitions of coffee and coca, which demonized people and cultures in South America, leading to bankruptcy and illness, widening even further economic gaps - putting thousands in jail for growing the plant, and making millions for others who invested in and hid the cocaine trade. Davis adds that today “the base pay of those at the top is commonly four hundred times that of their salaried staff.”

He does not leave us in despair. He also

focuses on scientists and leaders who have turned the tide, enabling positive change and human compassion and understanding to help society evolve. A last chapter on the climate crisis has given this reader new hope and confidence that our species can survive if we acknowledge and face our history and our human fears. The pendulum swings. We can find the courage to choose intelligent and common sense solutions that will lead to a healthier planet and human culture.

A quote that helps set the stage for what is possible: "If you've embraced values and intuitions inconceivable to your great-grandparents [and] if you believe that wisdom may be found in all spiritual traditions, that people in all places are always dancing with new possibilities for life, that one preserves jam but not culture, then you share a vision of compassion and inclusion that is perhaps the most sublime revelation of our species, the scientific realization that all of humanity is one interconnected and undivided whole."

- Sheila Harrington



Dana Lepofsky



Tuxedo, the ex-bar cat, who has lived at Fletcher Road for some years now. I suspect he is around 16 or 17 years old, a neutered male. – Rosalind H.



EBBS AND FLOWS



The Big Fish and a Near Disaster

It was a cold day in December 1952 when my brother, Byron and I heard that the fishing was good in False Bay. We loaded the rowboat into the truck and soon were launching on the beach below the store. The weather was calm and clear. We quickly started rowing out with our tackle safely tied to the gunwale of the boat. The green cotton line stretched out behind us weighted down with about one pound of lead. Our bait was formaldehyde herring.

Just as we passed the entrance to McKinnell's Lagoon we felt a strong strike on our line. I was sitting in the back seat and quickly turned to face where the fish was pulling the line. I knelt on the back seat and looked down into the water to see a huge fish coming up. One look at me and that fish started to sound. I tried to pull it in, but instead I was pulled headfirst into the water. My eyes were wide open, and I could see the fish darting off away from the boat.

Byron leapt into action. I came up at the front of the boat and he quickly pulled me into the boat over the bow. I had been keel hauled! He then pulled the Spring Salmon into the boat and hit it with a gaff. Drenched and cold we quickly made our way back to the beach and the truck. We didn't even take the time to admire our fine fish but quickly hurried home to Scottie Bay. We got home and dressed into dry clothes and then got Mom to take a picture of me and Byron and our big 26-pound salmon.

A fine story to tell the admiring family!

- Marvin Mason



Marvin and Byron Mason, 1952



LASQUETI
ISLAND
COMMUNITY
ARTS
COUNCIL



The Layered Histories Project:



Lasqueti Origin Myths

When I arrived on Lasqueti over 30 years ago, I heard about Indigenous origin myths that claimed that First Nations never lived here permanently. Since XLAP's archaeological team found large, permanent settlements dating to 6000+ years ago, these myths are no longer circulating. Tla'amin Nation has no archival record of these stories, but a Texada version was apparently promoted by historians in Powell River ~40 years ago. Retelling these stories supported the idea that Lasqueti and the other islands were largely uninhabited by Indigenous People in pre-colonial times.

Here are the stories I collated from various sources about Lasqueti and nearby islands.

"People said Texada rose out of the sea and rolled over like a whale and would do so again, so no one could live there permanently." (Faren W.)

In another version, Dean Unger (in *A Garden of Thieves*) wrote, "...the island rose one day from the ocean in a great cataclysm [and] dissuaded them [the Coast Salish] from keeping a village site there. It was asserted that the Tla'amin believed... one day it would return [to the sea]..."

Roz Hildred shared, "In the '70s and '80s, the story was that Bull Island had risen out of the sea in a day, and that it would likely fall back into the sea just as precipitously, so no one would live there permanently."

A Lasquetian shared, "About 40 – 50 years ago, I heard Lasqueti (and Texada?) rose suddenly from the sea. This explained how/why Lasqueti is more volcanic/metamorphic than sedimentary rock like the other Gulf islands". Similarly, Donna Livingston told me, "About 20 – 30 years ago, I heard from the Sto:lo people that they didn't settle on Lasqueti because the water would rise and the island would disappear, like a couple of islands near Haida Gwaii. [Note: there is no record of any such story in the Sto:lo archives]."

In fact, a beautiful Indigenous origin narrative about Xwe'etay was recorded by anthropologist Franz Boas in 1895. It tells how people and supernatural deer descended from the sky on the trunk of a yew tree. While supernatural rodents gnawed the base of the tree, the First Peoples sang, "Oh let it fall and not break. Many deer will live on the trunk and we will build our houses on it." This was almost certainly part of a larger, complex narrative that wove First Peoples and other beings with places throughout the Coast Salish world. – *Dana Lepofsky*

The Clay Commons

The Arts Council is excited to announce that our grant application to the BC Arts Council was successful! We will be building a community ceramic studio!

A big thanks to the board members who made this grant a reality- amazing dedication and hard work -- to the QRD for approving the project, to the BC Arts Council for helping fund it, to Violet and Gabe for sowing the seeds, to Barb Greene for her deep commitment to the arts on Lasqueti, and to the community for clearly expressing the support and excitement that gave us the drive to follow through. Stay tuned for more info!

Art programs for island kids

We are currently putting together some programming for our island kids. We are thinking about preschool and after school programs. Painting, clay, drawing, textiles, collage, and music are just some of the possibilities!

If you have a class you would like to see happen, or have an idea for a class you would like to teach, reach out to us at: arts@lasqueti.ca - *Jen Brant*



Ken Lertzman

What We're Watching



All are available on DVD through Vancouver Island Regional Library

The Apprentice (2024 Ali Abbasi)

In mid 70's New York, a wealthy second son with high ambitions and questionable morals is the perfect protégé for a ruthless lawyer. A quick study, he embraces three rules for success: 1) attack, attack, attack; 2) admit nothing, deny everything; 3) claim victory and never admit defeat. 'Explains a lot.

About Dry Grasses (2023 Nuri Bilge Ceylan)

A cynical teacher does his time in a forlorn and remote Turkish village and gets embroiled in a scandal at the school. Slow paced, with epic sensibilities, a true cinematic experience.

Disco Boy (2023 Giacomo Abbruzzese)*

An illegal immigrant from Eastern Europe joins the French Foreign legion. On a mission to save hostages from a group of insurgents in the Niger Delta, he experiences an otherworldly epiphany. A hypnotic experience.

I Like Movies (2022 Chandler Levack)*

A coming-of-age comedy about a film obsessed high school senior with aspirations to be admitted to an exclusive film school. Lawrence is not the most likeable fellow, but you have to admire his tenacity. A Canadian gem!

Kneecap (2024 Rich Peppiatt)

An Irish language teacher in Belfast sees potential in a pair of drug dealers who speak Gaelic as a political statement. The trio form the rapper group Kneecap and become a transgressive success, resonating with the legacy of The Troubles. Kneecap is a real-life band.

My Penguin Friend (2024 David Schurmann)

Based on a true story of a 5-year friendship between a Brazilian fisherman and a penguin. I don't usually go for heart warming films, but cute little DinDim steals the show.

* also available in streaming format from Kanopy. - Sue Ashcroft



What We're Listening to



Revolutions, by Mike Duncan

I listen to a LOT of podcasts. Many will be of limited interest to most people (i.e. wonderful, but very geeky podcasts on jazz theory). One of my favourites, which should be of wider interest on Lasqueti, is Mike Duncan's "Revolutions". After completing his monumental, *History of Rome* podcast, which ran for 179 episodes over 5 years, Duncan took on the more thematic "Revolutions", which examined the history of revolutions beginning with the English Revolution in the mid 1600's and ending with the Russian revolution last century. If you are interested in the roots of social unrest, the drivers of revolutionary change, and the complex social dynamics and chaos that characterize real revolutions, this is your podcast!

Duncan covers the historical events just fine, but, for me, the real gems here are in his *analysis* of those historical events and the changing social context for them. I love how he relates events to larger ideas about social and political inequality and how and why people choose to fight against it – and most of the time, how it all goes wrong. This is about the grandeur, chaos, tragedy, motivation, and terror of the revolutionary process as much as it is about historical events. In between the English and Russian revolutions, Duncan covers the American revolution, several rounds of revolutionary activity in France, the Haitian revolution, Spanish American wars of independence, and the Mexican revolution. The podcast spans 310 primary episodes plus around 40 supplementary episodes and appendices, all produced over an 8-year period. As an unexpected and truly fun bonus, last fall, Duncan began a new season titled "the Martian Revolution". Here he uses everything he learned from the historical revolutions to craft a speculative "future history" of revolution in a Martian colony in the 23rd century. It is fantastic – and you can see the legacy of Robespierre, Lafayette, Stalin, Villa, and the rest playing out in a space colony.

Duncan has a very accessible style. He comes across more as an enthusiast than an academic (though he is something of both and his work is meticulously researched). He has a very dry, understated sense of humour that emerges in unexpected places – such as his "great idiot" (as opposed to "great man") theory of history.

Revolutions is available on all the standard podcast streaming services – Apple Podcasts, Spotify, etc.

– Ken Lertzman



2025 Budget: Good news - tax decrease:The qRD Board finalized the 2025 budget at its March meeting. I am happy to announce that Lasqueti will see an overall tax decrease of about 6.8% compared to last year (accounting for inflation - the effective decrease in real terms is larger by several percent).

The Board and staff went over four drafts of the budget (starting last Dec), and there were many debates about different services. It's always a balance between taxes and service levels. The decrease in the tax requisition is primarily due to allocating the 2024 LIVFD surplus as revenue in 2025, which more than offsets increases in some other regional services. The 2025 LIVFD budget includes saving \$60,000 into reserves this year as part of the proposal related to fire trucks and fire halls, on which I have previously written.

Overall assessments for Lasqueti from BC Assessment Authority increased by about 1.5%. So, if your property value changed by more or less than this amount, your property taxes will change by more or less than the overall average.

Capital funding for the Last Resort Society battery project: The qathet Regional Hospital District (distinct from the qRD, but the same directors) agreed to contribute \$9,457.15 toward the LLRS battery replacement project. It was good to receive support from the Regional Hospital District board for funding to a rural health centre (the Regional Hospital District generally only funds items related to central hospitals). Since the Regional Hospital District is only allowed to support capital projects for health facilities, the contribution was limited to the proportion of the power system attributed to the JFC (plus a share of the utility building), hence the specific number.

The cost of the new battery bank is significantly higher than the Regional Hospital District is able to fund, and the Last Resort Society will likely continue fundraising efforts to cover the costs. The qRD Board increased the Electoral Area E (Lasqueti) grant-in-aid budget by a matching amount; an application for this project might be considered by the qRD Board. Hopefully, in combination with public contributions, sufficient funds can be raised.

I am honoured to be your regional representative. - Director Andrew Fall, 250-333-8595

From Tim Peterson: Greetings all.

Bylaw No. 104, to permit the landing of the fibre optic cable, was adopted by Resolution Without Meeting on March 14. This permits the landing of the cable; any work to take it anywhere else will require further rezoning(s). There was some good discussion about options to consider, but until a proposal comes forward, the Local Trust Committee has completed its work on this file.

At our March Trust Council meeting in Nanaimo, trustees elected Salt Spring trustee Laura Patrick as our new Chair. Laura is a hard-working and committed supporter of the Islands Trust, and I know she will provide great leadership for the remainder of our term. Trust council adopted the 2025-26 budget, with a total planned spending of \$11.2M, which amounts to a 5.8% increase to the existing local trust area tax. This year, the Province was able to provide some hard numbers, and so we are able to show what that increase means in real terms. The average value of a property in the Islands Trust Area is currently \$825,784, and the tax increase on that property would amount to \$32.00, bringing the yearly taxes for Islands Trust up to \$424.68. Of course, due to BC Assessment's somewhat arcane system, these averages will work out somewhat differently on individual properties.

The Allocated Financial Statements from 2024 are also now available. These show that Lasqueti contributed \$107,865 in taxes to Islands Trust last year, and benefited from the federation by \$78,022 (that being the amount over taxes which was allocated to Lasqueti for all expenses, including things like office leases, etc). If you are interested in these documents, I can email them on request.

Our next regular meeting is scheduled for May 12. Please consider attending if you are able. In the meantime, feel free to contact your trustees with your questions, comments, or concerns. tpeterson@islandstrust.bc.ca 250-607-7094. To contact the whole committee and staff: laltc@islandstrust.bc.ca

From Mikaila Lironi: Big News! After much community input and discussion, the bylaw amendment has been passed to allow the fibre optic cable to come ashore at the barge ramp. I want to sincerely thank everyone for their engagement and enthusiasm during the Islands Trust meetings—it was refreshing to see a full house for a change.

That said, I feel it's important to address concerns regarding the public forum process. The format was designed to ensure fair and equal participation, allowing each individual to speak for three minutes, followed by up to four additional one-minute opportunities. Unfortunately, one community member, after using their full allotted time on Zoom, attended in person under a different name to continue speaking. This not only bypassed the established process, but was also unfair to others who respected the guidelines.

Additionally, a notarized affidavit petition against the fibre optic cable was circulated, which included both a minor's name and at least one forged signature. This raises serious concerns about the integrity of the discussion surrounding this issue. We recognize that changes such as this bylaw amendment can be challenging for some. However, open and honest discourse is crucial in maintaining trust and fairness in our decision-making processes. As trustees, we work hard to ensure that due process is followed, that information is accessible, and that all voices are heard. Moving forward, we hope for continued constructive engagement from the community.
mlironi@islandstrust.bc.ca 250-812-2560

Wisdom from Xwe'tay Gardeners



Local and Regional Seed Companies

We asked some island gardeners about their favourite local and regional seed companies. These businesses focus on growing seeds that encourage biodiversity and thrive in our specific climate and growing conditions. Thanks to Brigitte, Sue W, Hilary, and Dana for this list. Check out their on-line catalogues.

Local

- **Full Circle Seeds** (Sooke): Seeds grown on their 10-acre organic farm. Their catalogue includes heritage varieties, which are locally adapted and thus produce stronger, more pest-resistant plants with better flavor.
- **Sweet Rock Farm** (Gabriola Island): Specializing in open-pollinated, heirloom vegetable and flower seeds; dedicated to preserving genetic diversity.
- **Omega Blue Farms (Spider Lake)**: Dawn and her team started this farm to take back seed sovereignty and provide farmers and gardeners with high-quality, regionally adapted seeds.
- **Salt Spring Seeds (Saltspring)**: Well-loved by many, offering an incredible selection of locally grown and adapted heirloom and organic seeds.
- **Saanich Organics**. A collective of three women-run farms in Saanich. Many organic veggie varieties, generous numbers of seeds, quick service, good varieties.
- **Small Island Seed Co** (Nanaimo). Eclectic mix of the usual seeds, with special emphasis on disease-resistant and/or cold-hardy locally-adapted nightshades.
- **Tree Eater** (Denman). Mostly a permaculture nursery; nice selection and amazing service and will deliver to the ferry. They carry some seeds for permaculture plants, typically collected from their own stock.
- **BC Eco Seed Co-op**, a collective of small-scale BC seed growers from farms from Courtenay to Salt Spring and Sooke.

Regional

- **Adaptive Seeds** (Oregon): While not BC-based, Adaptive Seeds focuses on breeding and preserving open-pollinated varieties that thrive in the Pacific Northwest.
- **Osborne Seeds** (Washington): A family-owned company that offers a full line of clubroot-resistant seeds. They don't charge for shipping, and their seed packets contain a minimum of 100 seeds—perfect for sharing with friends and neighbors.

Canada and just cool

- **Hanna Earth (Toronto)**: Vegetables, herbs, flowers, some hard-to-find varieties. Good prices on smaller-than-usual numbers of seeds.
- **Gaia Organics** (Ottawa) Huge selection, including a lot of rare/unusual varieties, including blight-resistant tomato varieties and clubroot-resistant cabbage.

(Cont'd next page)

- **Richters Herbs & Seeds** (Ontario). Great selection of (mostly) medicinal and culinary herb seeds and live plants. They do a good job of packaging live plants to survive the journey to Lasqueti.
- **Experimental Farm Network** (US) supports collaborative breeding of new/locally adapted varieties by connecting growers interested in specific breeding projects. They distribute seeds produced by their members with profits supporting their organization and their members. High quality seeds and some great new finds.

Gwen welcomed them to her B&B and mentioned Ross and Nadine's house. "This was it. The colouring is the exact colour of the house we met in, and there is still work to be done. This is our forever home. I want to feel like it has us in it."

Part of the plan was remote work. Reza takes 311 (non-emergency) calls for the City of Vancouver. After social work, "their crises are not keeping me awake at night." Junie is looking for fully remote work.

Recognizing that food "is a great connector," they posted on Facebook and brought food to the market. Aigul asked them to cook for ArtsFest, and then more cooking gigs came their way. When Junie is here fully, she'll pitch in more - in between her MFA, teaching at SFU, and launching her second book of poetry in April!

About Lasqueti, Junie says, "I would love to see more facilitated conversations around the difficult things. There is more forward momentum when you discuss what you do want, what happens next, who is responsible for moving it forward. It would be great if there was a welcoming group for new people, to get them up to speed."

"This is the right place to have these conversations. We made the right decision."

They're making close friends and feeling supported. Above all, Reza says, "when I come back, I feel like I am coming home, because my wife is here; she's my best friend. I love her. It's the home we're building together. That is a beautiful thing." – *Suzanne Heron*



Meet the Neighbours



Junie Désil and Reza Sebti - Main Road



They are a new breed of Lasquetians: embracing the island while working remotely. Junie came from Winnipeg and Montreal to UBC. After working with women and children, she manages Vancity's DEI and accessibility, 3/4 remotely. Reza came from Iran to Canada as a child. He's a Red Seal chef and social worker. His mum dragged him to a party - where he and Junie were "immediately smitten" with each other - 17 years ago.

During the pandemic, they moved to Reza's parents' farm in Langley and thought, "canning, keeping chickens, this makes sense." Thinking about a collective community, and hoping to draw in family and friends, they laid out their vision: some farmable land, no big predators, not super-cold, affordable. "Being interdependent and communal- a lot of people have a hard time; it means letting go of the mine-all-mine mentality." Junie heard about Lasqueti and suggested it. Reza said, "Why not?"



Let's get rid of Passwords!



The advent of "Quantum Computers" renders modern encryption and passwords completely obsolete, so replacing passwords with something more secure has become a fairly urgent priority in the tech. industry. I'll stop talking about passwords soon, I promise, but before we leave the topic let's take a peek at the future of "authentication".

** "*authenticate*" means "to verify someone is who they say they are".

Multi-factor authentication (MFA)

Tech. companies know that passwords suck, so these days they add another "factor" to your login – often in the form of those annoying SMS (text) codes you need to enter to complete your login.

Adding a 2nd factor vastly improves online security and privacy, so despite the small extra inconvenience, you should use MFA whenever available.

Authenticator apps

Most large organizations now require employees to use an “Authenticator app” for MFA. These apps work like SMS codes but are more secure. The concept is a good one and could completely replace passwords. But the current tech. is more confusing than it needs to be due to a lack of standardization, with dozens of different apps using competing, incompatible strategies. So, while it currently sucks to set up, it can be both convenient and secure.

The 3rd factor - biometrics

There are 3 ways to “authenticate” – with “something you **know**” (like a password), “something you **have**” (like a phone number, email, or authenticator app), or “something you **are**”. A “biometric” is a precise measurement of your unique biology, like your iris, the shape of your face, or your fingerprint. If you use a modern phone or laptop, it likely already uses facial recognition or a fingerprint scanner to log you in. Biometrics are not foolproof, but are generally secure, convenient, and reliable. However, there are serious privacy concerns with entrusting such sensitive, personal data to a corporation. So, consider carefully before handing over any biometric data – do you trust the company with some of your most personal data – literally an aspect of your biological signature?

Passwords suck and with any luck will be replaced. In the meantime, putting these tips into practice will help you stay safe out there:

- use a Password Manager;
- use long, unique passwords for each different login; and
- use Multi-Factor Authentication whenever it is available. - *Joseph Fall*

Creatures are my Teachers

A Hen For All Seasons

Never ask a chicken fancier about her chickens because we don't shut up.

For 25 years, I kept purebred, show-quality bantams — pretty as peacocks and each an individual. Tiny was one of them. She was an Old

English Bantam, slightly bigger than a pigeon. She developed a language just for me and would make sustained eye contact and sounds she never used with the flock. Sometimes I understood.

One frosty autumn evening when Tiny was 10, she came to the door and asked to come in. I had brought her into the house on some colder nights the previous winter, so she knew about the wood stove. In her own high-pitched language, she made me understand. “It’s really cold and I’m old and skinny and small and if you let me in for the winter, I’ll keep off the rugs and stay on the tile around the wood stove and my poops are tiny and I won’t wander and cause trouble if you’ll just let me be warm.” How could I refuse this urgent plea? She hopped in the door and ran to the fire.

Tiny lived up to her bargain, never caused a problem, and stayed by the stove. Her poops were small and easy to clean up. At night she would perch on the edge of her banana box until dawn.

Each spring, Tiny chose to roost in the coop until autumn. In October she would return to the wood stove. This went on for several years.

If it was mild and I was going out, I would put Tiny in the coop for the day. But when I looked after a friend’s 2 chickens for 2 weeks, the flock dynamic changed. These big girls were bullies to 3 birds whom I kept separated. One day, I put Tiny in the coop so I could go out. When she saw the new huge hens, she flew frantically to the perch and pleaded with me. Her voice was urgent: “Don’t leave me here with them. I am so small and old, and they will kill me. You can’t let me die this way!” She was right. She would be killed. How could I be so stupid? Good thing she made me understand.

Tiny was 13 when she faded away. She was cozy by the fire, and I stroked her soft brown feathers until the end. – *Jay Rainey*





Lasqueti Island Nature Conservancy

The Lasqueti Island Nature Conservancy is preparing for another busy season of activities and projects. Already in February, we held a Fungi Film Fest of short films from around the world at the JFCenter. Also, on one of the rare sunny days in March a group of eco-warriors came out to continue the removal of invasive “spurge laurel” (*Daphne laureola*) from a south end property. Thank you to Trudi, Richard, Jodi, Barb B., Darcy D., Wendy, Doane, Izzy, Gordon, Hilary, Faren, Shoshanna, and James for being there. The annual cleanup of the Salish View Nature Reserve trail and enclosure is scheduled for early April. Go on up and enjoy the view from on high.

Coming soon... Watch out for “Beaver Tales” on April 11th and 12th. Jenny Balke, a Registered Professional Biologist from Denman island, will present a talk on beavers at 7 pm at the Art Center. Then on Saturday we will gather at the John Osland Nature Reserve at 10 am to explore the active beaver pond there and learn more about these important wetland stewards.

All are invited to attend our Annual General Meeting on May 22. After giving you information on just how the Lasqueti Island Nature Conservative functions and what it does on the island there will be a guided hike, destination to be announced.

On June 25th, LINC and the Lasqueti Community Association Reconciliation Committee will co-sponsor a film and discussion about a conservation project in the Kootenays involving local First Nation groups and local conservation activists. The filmmakers will be here to join us. More information about this event will be out soon.

Surveys of Lasqueti’s part- and full-time residents indicated a strong desire for hiking trails when we plan for management of our nature conservancies. Gather your tools and, as the season progresses, be ready to join in upcoming trail building projects on the John Osland Nature Reserve and B.C. Parks Foundation’s Young Point property. As well as the opportunity to mingle with fellow islanders for a day of useful work in a spectacular setting, all participants will be treated to a hearty lunch.

If you wish to hear about some of the volunteer positions available with LINC — from computer and film work, drone operation, assisting with visiting biologists and citizen science projects, to helping with the ongoing work taking place on our nature reserves — email linc@lasqueti.ca



Spurge Purge-ites

Community Calendar

- April 12: Isabella’s memorial. 1:30, at the cemetery and the Hall
- April 19: Farewell to Graham Allen 11:30, at the cemetery.
- April 20 – Easter Plant Sale - FBS
- May 3: Welcome Mural and exhibit opening. 10:30 at the dock.
- May 17: FBS Spring Fling Fundraiser
- May 17: Lip Sync, at the Hall.
- May 31: LCA AGM. 1pm, at the Hall.
- July 4 – 5: Arts Fest
- July 17: Old Time Chautauqua.
- **Nurse’s clinic: **Thurs, 11am - 3pm**



Sue Ashcroft

Community Sourdough April Bake schedule

- Organic Sourdough Bread: Tues, Thurs, Sat by 1pm
- Seasonal Sausage Rolls: Mon and Thurs by 10am
- Pastry Day: Fri by 1pm



Marti Wendt

Welcome Mural Unveiling and Exhibition Opening

~~ May 3 ~~

Join us on May 3 for an inter-community celebration to honor Indigenous heritage on Xwe'etay.

The day will feature the welcome mural unveiling, the opening of the XLAP travelling exhibition, and an inter-community feast.

Many hands, hearts, and minds co-created the mural installation. Coast Salish artists Jesse Recalma and Ocean Hyland, and local artists Sophia Rosenberg, Julia Woldmo, and Sam C. created the mural and carving and the bench to be placed on the west side of the freight shed. On beautiful wooden plaques mounted on the north side of the shed, there will be Jesse and Ocean's engraving of the island's Coast Salish origin story and text explaining the installation. There will also be a small audio installation to allow you to hear a welcome spoken in a northern Coast Salish language.

Here's how we envision the day:

10:30: guests arrive via ferry or water taxi.

11 – 12pm: viewing of the welcome mural— hopefully from the dock and on boats.

12:00: travel to the Hall with guests

12:30- 1:30: potluck and catered feast, viewing of the XLAP travelling exhibition.

1:30 - 3pm: viewing of exhibition video (1min).

Speakers and acknowledgements.

3pm: return to dock for water taxis and ferry.

Looking forward to celebrating with you!

— *Willy Clark, Julia Woldmo, Sophia Rosenberg, and Dana Lepofsky*

Supernatural deer that is part of the plaque engraving created by Jesse Recalma and Ocean Hyland



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Our Week in Review

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Black Sheep Gas		2 - 6			2 - 6	2 - 6	
Feed Store		11 - 3			11 - 3		
Ferry – from FB	1, 4	8, 11, 4			8, 11, 4	8, 11, 4	8, 11, 4
Ferry– from FC	2:30, 5:30	9:30, 2:30, 5:30			9:30, 2:30, 5:30	9:30, 2:30, 5:30	9:30, 2:30, 5:30
Free Store		10 - 2			1 - 5		
Life Drawing			7 - 9				
Nurse					11 – 3**		
Parsimony & Providence		3 - 7			3 - 7		
Post Office		10 - 4		10 - 4		10 - 4	
Propane filled						1 - 3	
Provisions	11 - 4	9 - 5		10 - 5	9 - 5	9 - 5	9 - 5
Recycling		10 - 2			1 - 5		
Pub – Coffees	9 - 1:30pm				7 - 10:30	7 - 10:30	7 - 10:30
Restaurant/Pub	3–close	5– 9pm	3 – close	3 – close	3 – close	3 – close	3 – close
Ultimate Frisbee	4:00			4:00			

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- * kids easter egg hunt!
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- * bake sale and coffee + tea

For any questions call/text
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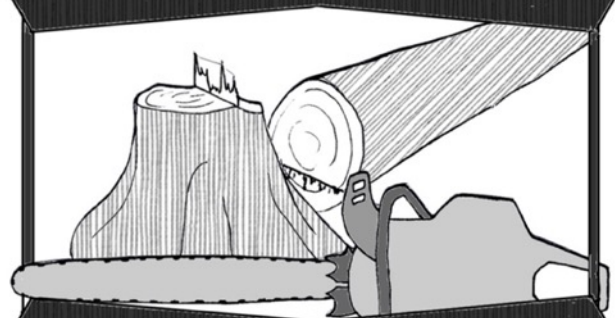
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