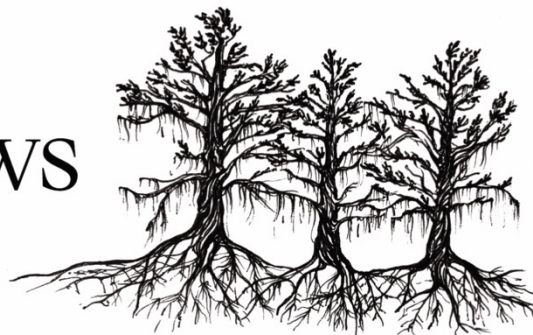


Xwe'etay News



Issue 25

February 2026

A Note from your Editors

If you have friends or family anywhere east of the Rockies, you know we're experiencing a very different winter than others. While Toronto had more snow in a single day than any time since the 1930's, we have budding shrubs and trees and bulbs that just can't wait to see the sun.

And the fog...Some found it dreary and cold, but many thought there was a magical beauty to it. Also, we only had to visit our friends living at moderate elevations to gaze down at the thick white mat, while standing in full sun.

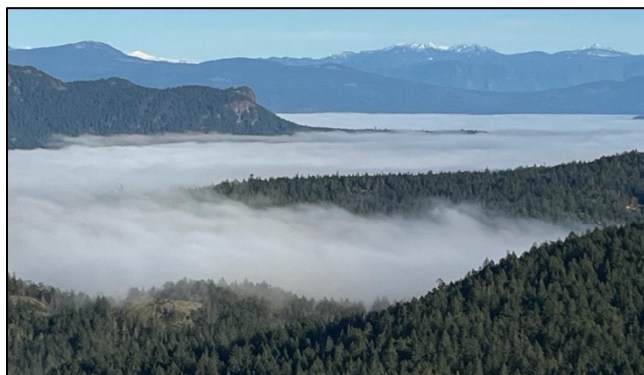
With the shift in seasons, some of our regular ad supporters have decided that they want to reconfigure their work lives. That means they have discontinued their ads with the newsletter. We are grateful for their support and the support of the other businesses that run ads with us.

Xwe'etay News' finances are in good shape now – thanks to those who send in funds for their submissions and to a few angels who give monthly or at once at the beginning of the year. However, we encourage everyone who likes having a local newsletter to donate something when they submit content, and of course, we welcome donations

just because you want to keep the newsletter going!

Finally, thank you, community, for the gorgeous lichen and moss photos. We are so blessed to live in this lush, bountiful landscape. And, speaking of bountiful, what's with the endless spider webs in every nook of our homes? Let's celebrate spider tenacity this month. Send in your **spider photos** for the next issue.

With gratitude, as always,
- The Yew Collective xweetaynews@lasqueti.ca



Ken Lertzman

Looking down on the fog from Mt. Trematon



John Martin

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



Self Portrait Poems

I'm a risk-taking mastermind who LOVES cats.
When crafting I am as destructive as a waterspout.
In the morning, I hear my cats meow coming from
the kitchen, asking for breakfast.

I see that tomatoes are disgusting. Is
I'm a risk-taking mastermind who LOVES cats.

I pretend I like social studies.
I feel free outside at night time.
I love shooting spitballs at people.
I worry about nothing sometimes, and sometimes
everything.

I'm a risk-taking mastermind who LOVES cats.

I believe I can do anything.
I dream about winning cross country running.
I try hard to do a front walk over.
I hope my IQ level is higher than my dad's.
I'm a risk-taking mastermind who LOVES cats.
- Zora Pranic (grade 5)

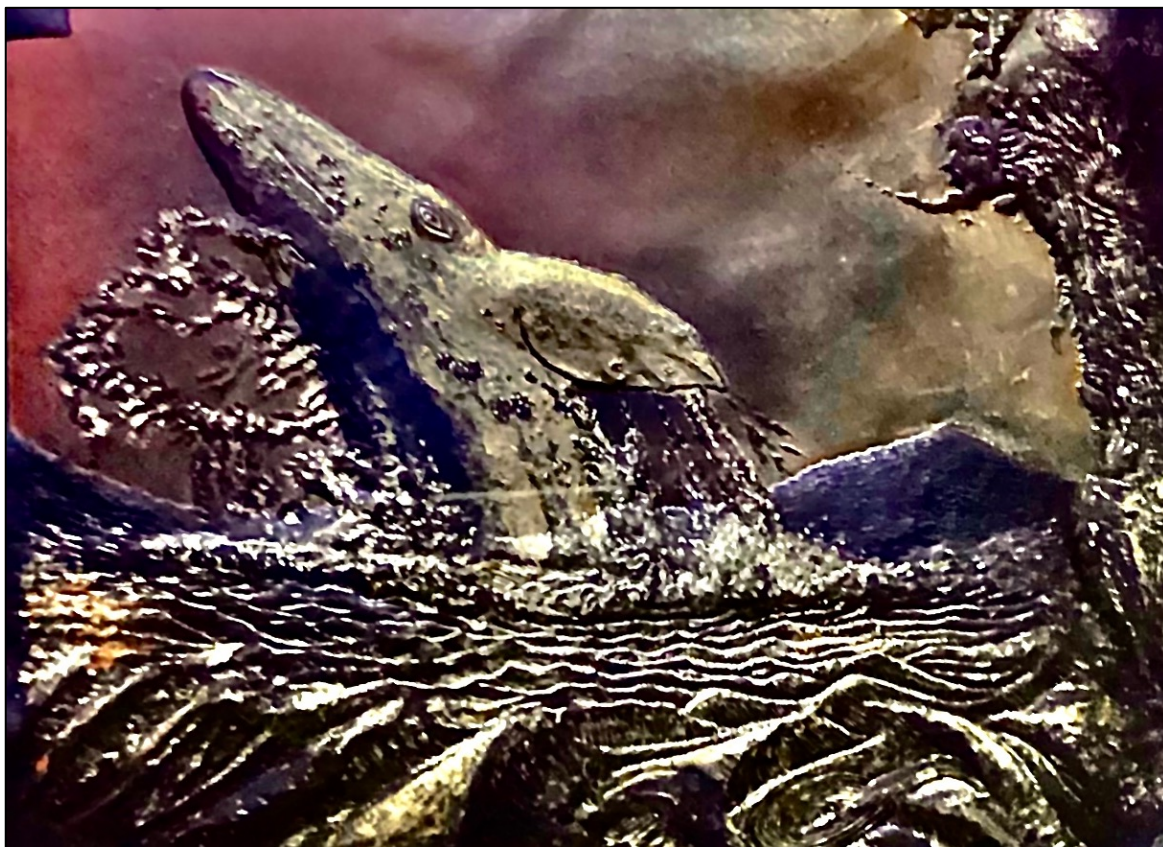
I am a Lasqueti girl who loves to craft.
I am as crazy as a cuckoo bird.
I wonder when my package is going to come.
I hear my cat's meowing in the morning.

I see the rain dripping off the trees.
I am a Lasqueti girl who loves to craft.

I pretend that I like math.
I feel the life of 6/7.
I feel joyous and happy most of the time.
I love my family.

I cried when my bunny died
I am a Lasqueti girl who loves to craft.

I believe that my cats can talk.
I dream about falling from the sky into an icy pool.
I try hard to run fast.
I want a white, noodle-like ferret.
I hope I get a new bike with a rat trap on the back.
I am a Lasqueti girl who loves to craft.
- Fina (grade 5)



"This is an embossed impression of a Grey Whale that I had printed recently. This image is one of my favourites, and I thought that readers would enjoy the sight of a whale that migrates near Lasqueti Island, on its way to it's breeding areas by the Baja Peninsula on the west coast of Mexico, this time of the year."

— Ronaldo Norden

Wisdom from Xwe'etay Gardeners



In anticipation of the up-coming gardening season, we offer a few quotes from some thoughtful people about the importance of gardening:

"We learn from our gardens to deal with the most urgent question of the time: How much is enough?" - Wendell Barry

"Gardens are not made by singing 'Oh, how beautiful,' and sitting in the shade."

- Rudyard Kipling

"Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace." - May Sarton

"The garden suggests there might be a place where we can meet nature halfway." - Michael Pollan

"I love spring anywhere, but if I could choose, I would always greet it in a garden." - Ruth Stout

"To forget how to dig the earth and to tend the soil is to forget ourselves." - Mahatma Gandhi

"What is a garden, if not about promise"

- Sue Wheeler

"There is hardly anything more magical than dropping a tiny bit of matter into cold dark soil and having a whole broccoli plant or bean vine come forth." - Sue Wheeler



Doane Grinnell

Pelt lichen from west coast Vancouver Island

The Heart of Winter

Mullein grows on the old burn pile, a rosette of thick tongues covered in water droplets.
The earth pushes up mossy mounds that seem like they might walk away.

Upside down in this puddle a tree sways, waves.
Hello or goodbye?

(Some languages use the same word for both.)

So many colours hide in the forest's muted palette:
yellow lichen, bright red arbutus berry, shy blue juniper.

The silvered bones of a tree sprawl along the ground.

I hear ancestors whisper from caves and openings
in rock,

stare into dark mouths and wide open eyes.

A yew reveals itself beside the path. Has it been
there all along?

Woodpecker carves a totem from a tree trunk,
Golden-crowned Kinglets chitter through fog.
This morning it took three tries to get my fire lit,
I even resorted to chunks of old candle wax.

It's four-thirty
precious daylight drips from branches,
soon hazelnut catkins will follow.

Under my hatchet a heart
shaped knot in the soft bark of cedar
splits down the middle.

I bundle kindling,
crumple love poems
for tomorrow's fire.

- Sophia Rosenberg



Sylvain Lieutaghi

Trail Marker, Juniper Reserve



Budget 2026: The Board will review draft 2 in early February, which will provide a more complete picture of where things stand. A significant budget issue to be resolved is the level of funding to save to reserves in the LIVFD service for future capital expenditures. To balance with tax increases, this will depend on the amount of surplus from 2025.

Town Hall: I will hold online and in-person town halls in mid-February, after the 2nd budget draft is available, and while there is still time for refinements.

False Bay Dock AVICC resolution: The qRD agreed unanimously to send the following resolution to AVICC (Association of Vancouver Island and Coastal Communities) to consider at their annual convention in April:

Whereas “remote port facilities” are essential services, defined by Transport Canada as serving isolated communities where marine transportation is the primary mode of transportation;

And whereas Transport Canada has ongoing efforts to divest remote port facilities despite the remaining remote port facilities in BC not being conducive to transfer according to Transport Canada’s 2020 evaluation of its Port Asset Transfer Program:

Therefore be it resolved that AVICC and FCM request Transport Canada and the Federal Government to cease further efforts to divest remote port facilities, to continue the National Marine Strategy commitment to ongoing maintenance of remote port facilities, and to provide transition funding for divested facilities that provide critical access to remote communities without the capacity to maintain the infrastructure.

I will post the background rationale to a lasquet.ca forum soon. This resolution was developed with Tim Peterson and Kate-Louise Stamford (regional director and Islands Trustee) for Gambier Island).

Public meeting on a potential fibre optic (last-mile internet) project: CityWest will hold a virtual public meeting on Feb 17 at 7pm. The scope of this potential project will be laid out, and there will be an opportunity to ask questions, including on technical and administrative aspects (e.g. potential involvement of the qRD at the wishes of the community). It is important for as many people to participate as possible to help identify the general direction our community desires to take.

A link will be made available closer to the date via the email list.

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



Terry Theiss



Coiled-leaf Claw-moss (*Hypnum circinale*)

– Charlene LLOYD



Birds on Lasqueti

Lasqueti's Winter Ducks

Most of us who live on the rock have access to saltwater. In the winter we get to see gorgeous ducks that aren't here in other months. The breeding plumage of males is the most distinctive, which makes them the easiest to identify. The coloring of female ducks is usually less gaudy.

Buffleheads have half-white heads with a flashy green forehead. They nest almost exclusively in Northern Flickers' tree holes. Barrow's Goldeneyes have a crescent-shaped white spot between their golden eye and dark bill and a black and white ladder along their sides. Common Goldeneyes have a round white spot between the eye and bill and a faint black ladder on their sides.

Male Hooded Mergansers have a wild black and white pompadour. They are the one species of the merganser family to live only in North America. Harlequin Ducks, sometimes called 'sea mice' because of their distinctive squeak, look like an artist painted streaks of white, black, and brick all over their dark grey bodies. The iconic call of a Common Loon distinguishes it from the Pacific Loon, because the Pacific is usually quiet in the winter. Loons' legs are placed far back on their bodies, which makes them very efficient swimmers, but they can barely walk on land.

Out deeper in the ocean watch for Long-Tailed Ducks with their extravagantly long tail feathers. Of all the diving ducks, they spend three or four times as long underwater as on the surface. Look also for Common Murres, and their smaller relatives, the Marbled Murrelets and Ancient Murrelets. Marbled Murrelets nest in our precious, old-growth forests, and newborn Ancient Murrelet chicks emerge from burrows at night and have to find their own parents on the ocean before they are fed.

Sometimes on protected bays ducks that prefer calm water can be spotted. We all know the raucous quack of the Mallard, but can you recognize the whistle of a male American Widgeon with the whitish-yellow feathers that run from the back of his beak over the top of his head?

Head out to the shore with your binoculars, a good bird book, and time to sit and observe. You might get lucky and see one of the birds mentioned here. And if you don't see any ducks at all, at the very least you'll enjoy some fresh air and quiet here on our island paradise. – *Terry Theiss*



On January 1, 2026, 14 intrepid Lasquetians passed through a portal into the new year by inaugurating the recently constructed foot trail at the Osland Nature Reserve. Leaving the valley bottom, the new trail winds up through old growth Douglas-fir forest, across a small stream and uphill to the top of Mt. Cook. Once atop the rocky, moss covered summit the ramblers were treated to spectacular views of Vancouver Island, Mt. Trematon and the wide Salish Sea.

Trail access through conservation areas is carefully planned and implemented to avoid places that could be adversely impacted by too much traffic especially in known wildlife areas. The Osland trail still needs a little touch up; another work party day is planned so put it on your calendars. A final trail building day at the Osland Nature Reserve will take place Saturday Feb 21st. A detailed reminder will be coming.

It will soon be time again for the annual Spurge Purge at the Collin's property. Each year LINC supporters gather to roam the woods around the old homestead pulling, clipping or digging up Daphne Spurge Laurel plants, a once popular ornamental that has escaped and is spreading through the neighborhood. This year's Spurge Purge will take place on Sunday, March 22nd. Stay tuned for more details.

Biodiversity is at the heart of ecosystem health and knowing the natural history of Lasqueti's protected lands helps guide LINC's conservation efforts. In wetlands and moist forest areas especially, diversity matters. Our current monitoring efforts in and around existing ponds and wet areas on Islands Trust Conservancy and BC Parks Foundation properties include gathering data with wildlife cameras, vegetation surveys, and sound recording devices. If you're out hiking around on any of these properties, you might see a sign alerting you to a wildlife camera. Monitoring, management, and data gathering are also underway on the Pt. Young conservation area with a focus on invasive plant removal and surveying for species-at-risk, such as the elusive Sharp-tailed snake, sensitive Red-legged frog and Lasqueti's unique population of Western toad.



Waste Case Scenario

Lasqueti Island Garbage Handling and Disposal Process

Once a month, a barge comes to Lasqueti from Lund to collect the trash that can't be recycled or reused. The date is irregular because of wind/water conditions. Waste Manager Mark (WMM) posts to Facebook Hotwire and the lasqueti.ca mailing list to alert the community of the date and changes. It always begins at 10 am and is over when the barge is full or no one else shows up with garbage. (Note: There is an outdated brochure from the qRD with incorrect hours. Please disregard.)

On trash day, locals arrive early at the ramp to line-up, dispose of, and pay for the garbage they've brought. Costs are \$7.50 per bag, \$40 per vehicle load, \$32/mattress, and \$20/bulky item (e.g., a couch).

Together with the garbage sorted from Free Store Donations (usually a truck load full), the loose Lasqueti garbage is loaded into supersacks (big white bags that can be tied shut) on the Incident Commander barge.

From Lasqueti, our garbage first travels to Lund. It pulls up to the Access Point Marine barge site in Finn Bay. There, a crane offloads the supersacks onto a truck and trailer which hauls them to the Resource Recovery Center (RRC) where they are weighed upon arrival. Inside the transfer station, the sacks are unloaded and pre-compacted by a loader.

The loader then gets busy and pushes the super sacks into the basement of the transfer station where an intermodal container on a trailer is waiting to be filled. Additional regional garbage is added and compacted until the container reaches its target shipping weight. From there, the container is scaled out of the RRC and hauled by City Transfer (CT) to the City Transfer Barge site in Townsite, Powell River.

From Powell River, the container and trailer are loaded onto a City Transfer barge and transported to their barge site in Richmond, BC. From the Richmond barge site, the container is hauled to an Intermodal rail yard in Richmond where the container is taken off the trailer and transferred onto a railcar. From there, it's transported by train to the Republic Services Roosevelt Regional Landfill located in Washington State, near the Washington/Oregon border. The one-way trip takes approximately 2 weeks.

Empty containers are returned to the RRC for the next load.

Our garbage gets around! Please, only send trash on this long journey. – Jenny Vester



Kitchen Creations



Decades ago, my dad's business gave our recipe cards as a promotional item. My mom and sisters each got one of the avocado green plastic boxes with 182 illustrated recipe cards inside. Mostly they were filled with home style, family recipes like beef stew, and lasagne. Mom didn't make too many meals from that box but I do remember one 'fancy' dinner that we all loved - Glazed Cornish Game Hens. It's easy; it feels special; and it's delicious.

Glazed Cornish Game Hens

Serves 6 but is easily adapted.

6 frozen Cornish Game hens, thawed
Salt and Pepper
Butter
Rosemary, crushed

Glaze:

6 tablespoons of butter, melted
2 tablespoons currant jelly

Wash hens and pat dry. Salt and pepper skin and cavities. Place lump of butter and a sprinkle of Roemer's in each cavity. Place birds, breast up, on a rack in a shallow baking pan. Brush skin with melted butter. Roast uncovered at 350 for 60-70 minutes or until tender, basting with glaze regularly.

Mom always added a little extra glaze and served the hens with wild rice. – Deb Perell



Marilyn Darwin



From Mikaila Lironi: People ask about Lasqueti leaving the Islands Trust. Although there's currently no mechanism to do so, *what would happen if we left the Islands Trust?*

Presumably qathet (qRD) would take over land-use and land-use planning. They would be in charge of Lasqueti's Official Community plan (OCP), zoning bylaws, and development permit areas. Land use decision making for Lasqueti would shift from trustees to a Regional Director with more of a qRD focus. The preserve and protect mandate of the Islands Trust would no longer be the default when planning for Lasqueti's development.

In contrast to the qRD, the Islands Trust mandate makes it more difficult to increase density, expand settled areas, approve major infrastructure, and rezone land for more intensive use. Without it, land use decisions would be guided by regional housing targets, economic development goals, infrastructure efficiency, tax base, and provincial pressure. In short, it would give the community less control over how Lasqueti is developed.

Lasqueti would become less of an "exceptional place" and more of a "managed rural area". Environmental protection for the island would be weaker and more negotiable. Our values would not have the same weight as they do under the Islands Trust. You'd have faster land use approvals, more outside pressure, and less legal protection of "slow, small, careful". Lasqueti would start to feel different. The biggest differences may not be obvious in 5 years, but would be in 30-50 years. *We won't see the results, but future generations will.*

Environmental protection on Lasqueti would be a policy preference rather than a statutory obligation. The Island would be more vulnerable to off island pressure, provincial housing directives, developers with deeper pockets, and these developers could appeal environmentally based decisions under "unreasonable restrictions". It would be easier to subdivide leading to more density here and there and eventually the need for more infrastructure.

Rather than working towards seeing our community vision realized, we'd be fighting to defend our community values. Instead of three trustees elected with the goal of preserving and protecting, our island would be shaped by one Regional Director who hopefully would be

dedicated to upholding community values. If not, once there's a precedent, it is difficult to go backwards. Now, when Lasqueti says no to development, we have the legal teeth of the Islands Trust behind us. This is especially important when it comes to the ability of the province to override our decisions. When you're up against a bigger, more powerful government, having legal protection is extremely valuable.

From Tim Peterson: Greetings, all.

Our Feb. 6 meeting will be electronic, but I am working to find an internet solution for the hall that will allow us to return to in-person for our May 4 meeting. We recognize that electronic meetings don't work for everyone, and we want our meetings to be as accessible as possible. At the Feb. 6 meeting, we will be considering the referral response on the draft Trust Policy Statement and getting an update on our OCP review project. Hopefully everyone interested in the Policy Statement has taken the online or paper survey by now, as it closes Feb. 2. Trust Council will be considering all of the responses and next steps at the March meeting.

On the subject of internet connectivity, City West will be holding an online community meeting Feb. 17 to outline their fibre optic cable plans. If they secure funding and go ahead with an installation plan, the Local Trust Committee will receive a rezoning application before the project can proceed.

Director Fall and I met with MP Johns' staff in Dec. and again in Jan. to provide information in support of advocacy to the Federal Transport Minister on False Bay dock, concerning maintenance and repairs. We are also working to bring resolutions to the AVICC convention to broaden the request for Transport Canada to cease its divestiture program for docks like ours. To that end, I have been in contact with other BC communities with remote ports on the divestiture list to see how we can work together on this issue.

On Jan. 22, I attended a Local Elected Officials' Engagement Session with BC Ferries CEO Jimenez. I took the opportunity to ask for follow up on my letter of Oct. 24, 2025, as promised in an email received Dec. 5. The following day I received an email from the BC Minister of Transportation and Transit, whom I copied on the Oct. letter. I am happy to share this email and I have requested it be placed on our next meeting agenda as a matter of public record. I am still waiting for a reply from BC Ferries.



Meet the Neighbours



Dave and Kathy Rogers, Lake Road

Dave might be the first person in Canada to survive celiac, thanks to a nurse aunt who recognized his symptoms in a scientific journal. In a picture of him at age 6 in Aklavik, where his dad was posted in the CAF, the 22 rifle is taller than he is.

He was also 'dyslexic,' at a time it was called 'stupid.' He'd get up to study at 2:00 a.m. After school he worked as a mold maker, manufacturing fibreglass component parts for boats in Sidney, where Kathy showed up.

Kathy had followed her retiring parents out from Calgary. She'd been a car mechanic, day care worker, and a substitute mum at age 10, after her mum's stroke. After fibreglassing, and in-home day care, she found her calling as an Educational Assistant with special needs kids for 20 years. Always wanting to live in the country, she and Dave packed their RRSPs for the last 15 working years. The nurse aunt left an inheritance, and it was time to go.

After a lot of looking, one ad fit their shopping list: off-grid, minimum building rules, a community but not pushy. "Where the hell is Lasqueti Island?" They found it in a kayaking book. (They were used to the outdoors. They hiked the West Coast Trail with a 6-month-old and a preschooler and kayaked everywhere.) The Hazelwoods and Lacey's were subdividing. After walking around ("The post'll be somewhere over there . . .") they immediately bought. "We signed the papers, sat looking across the valley, and said to each other, "What have we done? We've bought a rock!"

Several Lacey buildings landed on their property after the survey and needed moving. When the driveway was blasted in, rock rained down onto the Lacey's and nearly knocked Tim off his porch. The boatyard in Sidney supplied steel beams for the bridge across the stream, with Lasqueti ingenuity getting them placed. They beat their 10-year plan, moving in 2010. After a couple of years, Dave was restless, so Kathy said, "Start weaving again." He produces coats with west coast images from Kathy's paintings.

Kathy: "I love that anything is possible. Vic and Chris were so awesome. When something looked impossible, they'd say, 'This'll work.'" Dave: "What I like best is to sit out in the sunroom and watch the nasty weather and know it doesn't affect me; I've got food and water and heat and people. I'm just fine."

– Suzanne Heron



Note from Suzanne:

Meet the Neighbours is expanding beyond "newcomers", because relative newcomers may not know relative "old timers". Everyone is new to someone. The first step in being a community is knowing who people are, being able to say hi on the dock, to ask Dave what he's weaving now, or Chris where his favourite mushroom patch is. Everyone I talk to has a great story. So, if I give you a call, please consider sharing yours.



Ken Lertzman

Christmas Bird Count Results

On an extremely wet and windy January 3rd, 21 intrepid Lasquetians braved the elements to count birds. We covered a total distance of 28km by foot, 12km by car and 9.3km by boat for a total of 24.5 hours of observation. We saw 43 species on count day and an additional three species during count week (the 3 days before and 3 days after Jan. 3). Notable were the sightings of 70 American Widgeon, 122 American Robins, and 90 Golden-Crowned Kinglets. The most unusual sighting was a Barn Swallow dipping and diving along the edge of a rocky shore at the north end. For a complete list of our observations, as well as the historical records, please visit <https://www.audubon.org/community-science/christmas-bird-count/access-christmas-bird-count-results>. – Terry Theiss

The Saga of George Tranfield – Part 1

George Tranfield was one of the first settlers on Lasqueti in the 1870's. Born in 1820 in England, he died in 1879 in Nanaimo. This series is about George's tribulations during a dramatic time in BC's history.

The saga starts in 1860, just after the establishment of the colony of BC (1858) and Governor James Douglas's launch of a pre-emption process (1859) that opened the door for the first homesteaders. Smallpox decimated BC's Aboriginal people in 1862.

Clearing land by hand was hard work, so George was enticed to an area on the Fraser River near Point Grey – a summer fishing village of the Musqueam people. And so started his travails ...

An 1864 memo sets the stage:

On the 19th day of January 1860 Mr. Tranfield recorded a claim to 160 acres of Country Land at the entrance of the North Arm Fraser River. ... Within the boundaries of the claim stands an Indian house & burial ground but the house was deserted for a number of years previous to Tranfield occupying the ground. Since the date of Mr. Tranfield's record the Indians have again occupied the place.

George wrote to Governor Douglas to seek help (April 19, 1860; one 3-page sentence):

In addressing you, it is not with the love of writing or any wish to dictate, but a stern duty I owe my children in common with all mankind to provide a home for their offspring and to leave them above want, being compelled to plead my own cause as I know no other willing to undertake the task, if they wanted a cats paw, there would be plenty to run to me and then not tom or *maker, but Mr. Tranfield ... but when the tables are turned and I ask protection, it is shoemaker...*

... good morning, call this evening, if things had been allowed to take their own course I should never complain, being sure I should receive no wrong from my country, but a bad man has ruined me and consequently my children. ... and without our children's love, life is aimless, a perfect blank ...

... before I went upon the lot, I came to see if it was the site of any locon or government or Indian reserves, after searching all the papers and charts, I could find none, then the only point was it an Indian settlement, and I had ascertained it was not, for the Indians had deserted it at the time of the smallpox and never returned but to bury their dead, so I fulfilled all the requirements of the proclamations ...

To be continued ... - Andrew Fall

*cat's paw: to be used by someone else

*shoemaker: someone considered unqualified or without value

*I remain Sir
Your humble
servant
G. Tranfield
God Save the Queen*

(BC Archives)



Susan Ellard



Sylvain Lieutaghi

The Lasqueti Website

One of the services the Lasqueti Internet Access Society provides for our community is the Lasqueti website: [Lasqueti.ca](https://lasqueti.ca). It is a huge storehouse of information, observation, and inquiry about the island and the past, present, and future of the community and the land and surrounding waters.

Anyone with access to the internet can access and read what's posted there. To post on most of the site you need to register and create an account as a user - with no charge or cost, other than your time. Here's how to do it: <https://lasqueti.ca/books/how-to/create-account>

There are many ways to navigate the website: use the search feature, the tabs at the top righthand side of the opening screen, the navigation bar on the left side of the screen. I keep up on what's there is by going to <https://lasqueti.ca/tracker>. Each page lists the 25 most recent posts, and there is access to all the previous pages at the bottom of each page (223 in all, last time I checked, so 5,575 in total, beginning January 2008). Each line lists the type of post (forum topic, news or event, blog entry, etc.), the title of the post, whether there have been replies to the post, and when the last one (usually the original) was posted. Click on one you're interested and you can read it. Many of them allow replies, if you have anything to add.

The Lasqueti web site can be used to bring issues and sources of information or opinion about issues broader than Lasqueti ones to people's attention. Here's my latest, on the recent Supreme Court of BC decision on a small portion of Richmond land where the Cowichan Nation has established that it has Aboriginal Title but hasn't been able to use or benefit from it. <https://lasqueti.ca/node/7721> – Peter Johnston



Susan Ellard



Top 5 Practical tips for your digital life



Last month we started a "top 10" count-down of practical steps you can take to protect yourself from the Internet's most prolific scams and the excesses of surveillance capitalism. Here's my top 5 to complete that list...

5. Avoid or reduce time spent on apps with an algorithmic feed, like Facebook and TikTok. These apps use "AI algorithms" to decide what you see and who you interact with. These algorithms are carefully designed to manipulate your emotional response system and keep you scrolling. Prefer simple, secure messaging apps, like Signal, Messages, or Telegram, for social networking that puts you in control of your own "social feed". Article: Aug 2025

4. Your phone is a gateway to some of your most personal and private data. It is generally connected to the internet 24/7, and the apps you have installed are constantly exchanging data with the outside world, even when the phone appears to be "asleep". Give your phone a 20 min. privacy tune up to make things harder for the data pirates. Article: May 2025

3. Use a password manager! Just use the one already built into your browser and/or operating system. This will improve your online security, but mostly it will just make your digital life better. No more typing passwords, no more lost little slips of paper. Start today. Article: Mar. 2025

2. Choose a different long password for each app or website. With a password manager it's an easy way to vastly improve your online security. Reusing passwords across multiple sites or using short passwords is a gift to hackers and scammers everywhere. This simple habit makes things harder for thieves and charlatans. Article: Feb. 2025

1. Make regular backups! A solid backup is like an insurance policy – you only notice how critical it is after catastrophe. A good backup is your first line of defense. If you can only do one thing, make a regular backup of your most important data. Article: Jan. 2025

You'll find past articles on each of these topics in the XN archives (<https://lasqueti.ca/xweetay-news>) for more background and practical advice.

With hopes you are all off to a good start for 2026, and that it will be a good year for your online privacy and security. Stay safe out there.

– Joseph Fall

As too, shall I.

The fog changes the light,
Turns a promising day into a dim twilight
Like a dog with a bone
It gnaws, icy and white,
Clinging to us and not letting go,
A thickening drooling blanket,
Freezing like a heat pump's core,
And me a shivering burr trapped in that wet wool cold.

The fog at sunset is a different beast,
Changing from matted wool to the sheerest silk sheets
Laced with cotton candy, spun through with liquid light,
The oranges and reds are bleeding in, growing into the night,
Changing to tangerine and pink with long golden streaks...

and then...if you sit in that fog too long it dissolves you,
Latches onto your whole being, sucking at your silver soul
Like you'd hungrily slurp the oyster from its barnacled half shell home.

But if I were a Douglas-fir
I would embrace that fog,
And drink deeply from it in a good way
And then, instead of dying,
I'd get on with living... a couple of thousand years.

Good treevice, that: just get on with growing.

But I am human and frail, struggling to get even a moment older,
Waiting for a sunnier day, when the fog at long last will thin a ways...

as too shall I... and lift...as too shall I,
a sunset soul rising with that pink and tangerine mist.

-Dolf Schoenmakers.

This month's health article offers a brief discussion of cognitive decline and the early detection of dementia. As there are many types of dementia some of the factors affecting memory may be modifiable.

Some basic facts on dementia include: i) there are more than 25 different diseases and conditions that cause dementia; ii) Alzheimer's disease is the most common cause of dementia; iii) vascular dementia, fronto-temporal dementia and Lewy body dementia are some other major forms of dementia; iv) mixed dementia occurs when multiple conditions affect the brain at the same time; v) currently there is no cure for all types of dementia.

Although many people are worried about developing dementia, stigma seems to keep people from seeking help or even talking to someone about the memory changes they see in themselves or someone they support. When diagnosis is delayed so is support and connection.

There are standardized screening tools that can help to determine if a person has cognitive decline. Cognitive decline may or may not lead to dementia. Although the screening tools are not able to determine which type of dementia a person may have, they do provide some clues and, if the scores on the screening tools show significant cognitive decline, supports need to be put in place. Memory impairment can affect not only a person's physical safety but also their financial and personal safety. It is best to have memory screening done by a health care professional who is familiar with the tools to get a more accurate assessment and to determine if further medical or cognitive assessments need to be done. Supports within any family or community vary. Early detection can help prevent a crisis situation.

The Alzheimer's Society of Canada is an excellent resource for not only persons diagnosed with dementia but also for their friends and family.
<https://alzheimer.ca/en>

If you have more questions or concerns on this topic, feel free to reach out to me.

Best, ♥dianne

Clinic: Thursday, 5 Feb and 26 Feb at JFC

Lasqueti Nurse: Dianne McClure RN/MN

Clinic phone: 250-333-8891

Dianne's phone: 250-240-5712

lasquetihealthcentre@gmail.com

Q. Which ferry do you take home after going to the dentist?

A: The tooth-hurty. 🤪 (a Sophia original)

LCA Update

Fundraising Requests

The LCA Board advanced two funding requests to qathet Regional District for consideration: 1) to construct a sump for responding to a fire emergency at the hall; and 2) to request funding for internet connectivity, primarily for facilitating emergency response communications for LVFD-First Responders, but potentially extending to other community uses.

We are Fundraising!

The LCA is raising funds for a covered waiting area in French Creek. Don't get caught in the cold and wind help us build a community waiting room! We have a generously offered matching campaign from Ted McFeely. We need to raise \$17,000 which will be matched for a total of \$34,000 to complete the shelter.

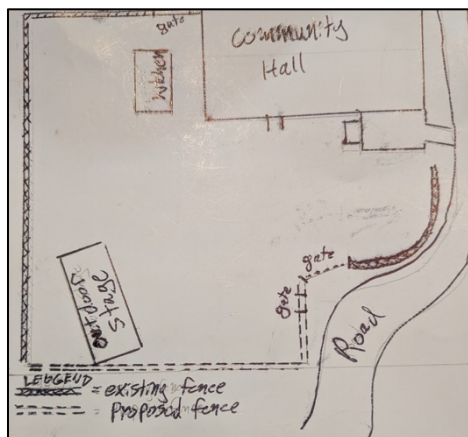
If you would like to donate, please send to lasquetilcatreasurer@gmail.com or mail to the LCA treasurer. Please specify for the French Creek waiting room. Note that any donation over \$25 is eligible to receive a charitable donation receipt.

Fence improvements at the hall!

We are working on adding to and improving the fence at the hall to make the space safer for our little ones during events. Please see the drawing for the proposed additions to the existing fence. If you have questions or issues or would like to lend a helping hand, please get in touch by February 28th. - Tikki for the LCA

Bookkeeper needed

The LCA is looking for bookkeeper to do a few hours a month for the LCA. Applicant would need to have experience working with spreadsheets and record keeping. Please apply to lcatreasurer@gmail.com. Wage based on experience.



Celebrating Chinese New Years at Provisions this month / Valentine's sweets for your sweetheart

Hello islanders here and abroad!

It's nice to see the sun start to come back after the darkest days of the year. Having that extra time in the day to be outside is awesome. We are all looking forward to more sunshine soon...

February marks the beginning of the year of the Fire Horse in the Chinese calendar, so we are marking it by cooking up a series of Asian-inspired cuisine until the 17th, which is the official start time.

You are a Fire Horse if you are born in the following years: 2026, 2014, 2002, 1990, 1978, 1966, 1954. In Eastern culture the horse represents action, freedom, speed and breakthrough. The horse is also associated with success and good fortune. This is a great year to be brave and try something new and exciting!

We'll be making special dishes throughout the month and making a take-home dinner during the week before Valentines day. Watch for the menu that we'll send out for that; and call or come by anytime to ask what's cooking today,

Also, for those of you who like to celebrate your significant other by surprising them with something sweet and delicious, you can look forward to our annual assortment of treats and desserts in the days before Saturday, February 14th and on that weekend as well.

Thank you so much to the island for supporting your local cafe, bakery, and general store. We are grateful to be serving you with a big smile and look forward to your next visit.

Have a great day! We are looking forward to cooking for you soon. All the best from False Bay Provisions



Gordon Scott

Reindeer lichen



Charlene Lloyd

Dragon Horn (*Cladonia squamosa*)

Festival of the Fine Hearts

On Friday the thirteenth (!) of February at 7pm at the gallery, we will host an intimate evening of original art and readings in celebration of love in all its myriad guises.

If you would like to display your art, arrange to have it at the gallery before noon on Wednesday Feb. 11th or come by with it then.

If you would like to share your words, you will be invited to pick a number from the hat when you arrive in the evening of the 13th.

Goodies for the dessert table would also be welcome.

Admission is free or by donation.

(Hopefully the 2025 Arts Fest Anthology will be ready and available for purchase.)

Community Calendar

Feb 13. Festival of the Fine Hearts, Art Gallery, 7pm.

Our Week in Review

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
A Life TimeZ Nursery	by appointment @ 819-698-3829						
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		1 - 5			1 - 5		
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	3:30			3:30			

**Nurses clinic: Thurs, Feb 5, Feb 26.



Susan Ellard



Charlene Lloyd

Crabseye lichen (*Ochrolechia* sp.).

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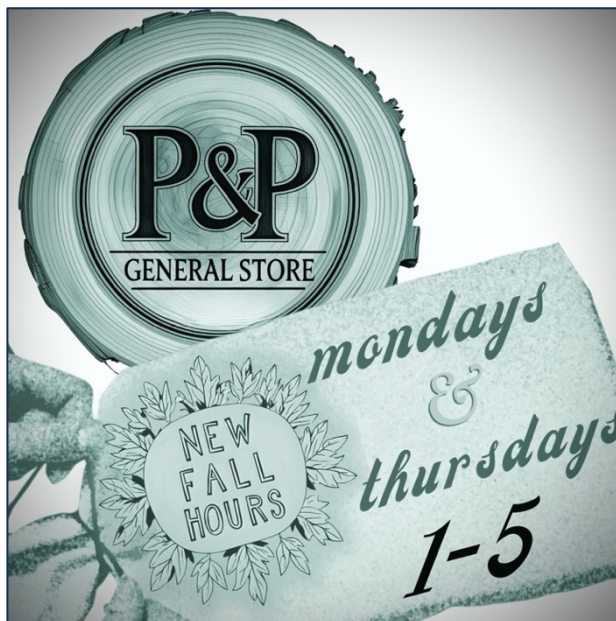
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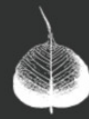
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Online versions: www.lasqueti.ca/xweetay-news

Deadline submission for March issue: 27 Feb