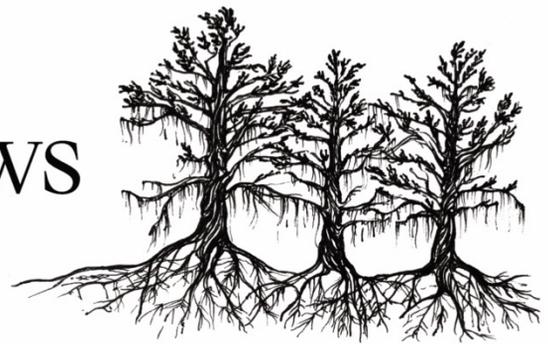


# Xwe'etay News



Issue 26

March 2026

## A Note from your Editors

In this issue, we honour the Chinese New Year (Feb 17) and the beginning of the year of the Fire Horse. This is a particularly auspicious year because it is the first time in 60 years that the Fire Horse corresponds with the yearly solar eclipse in Aquarius. As indicated by the name, and the beautiful images in this issue, the Fire Horse is associated with intense energy and passion. This is a time to move with integrity and intention, balanced with self care. It is a time of transformation. We, at the Yew Collective, wish all of you a year of transformation: from fear to acceptance, from anger to love. Xin Nian Kuai Le 新年快乐 (in Mandarin).

The next photo theme: "Precious Lasqueti moments" (you choose). **For submission deadlines each month, see back cover.**

- The Yew Collective [xweetaynews@lasqueti.ca](mailto:xweetaynews@lasqueti.ca)



Vida Violini

## Student Corner



### Rethinking Cars on Lasqueti

Submitted by Secondary Students

This term, False Bay School students explored a question that affects us all: How do cars shape life on Lasqueti?

Through their inquiry project, "Rethinking Cars on Lasqueti," students examined transportation from an environmental, practical, and community perspective. Their conversations were thoughtful, balanced, and rooted in care for the island. Students identified the condition of the main road as one of the biggest influences on transportation choices. Potholes, washboarding, dust, and seasonal wear make travel difficult and limit alternatives such as biking or walking.

They also noted that some vehicles on the island are not regularly maintained or are left unused for long periods. Concerns included emissions, oil and fluid leaks, soil contamination, and the visual impact of vehicles left to deteriorate.

"The message I heard from interviewing a few people is that the cars are not the biggest problem but the roads," one student reflected.

Rather than simply identifying problems, students proposed solutions grounded in community cooperation:

- Expanding carpooling systems
- Encouraging biking and walking where feasible
- Exploring shared or community-based transportation options
- Increasing awareness around proper vehicle maintenance and disposal

(Cont'd next page)

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

### Student Corner, cont'd from previous page)

A key takeaway from the project was that transportation habits are connected to infrastructure, environmental responsibility, and community culture. Students recognized that lasting change would require collective effort.

This project supported BC curricular competencies in Science and Social Studies by asking students to analyze local human-environment interactions, evaluate impacts, and propose sustainable solutions.

Most importantly, it demonstrated that even in a small island community, young people are thinking deeply about stewardship, practicality, and what it means to care for the place we call home.



Snow People created by the Elementary Students



## Meet the Neighbours



**Isaac Higgins and Brooke Wahlman,  
Gline-Fletcher Road**

Living most of his life on Lasqueti, Isaac, at age 25, is an old timer. He remembers Gretje's play group (age 3), dancing at Denise's, horseback riding at Bonnie's, piano lessons with Susan, fishing with his dad Sam, the robotics club with Sarah. At high school in Vancouver, Brooke was the first person to say hello: "You're new. Want some friends? Come eat lunch with us."

Brooke grew up mostly in Vancouver, living with each parent after they separated. In high school, she and Isaac were friends. They dated and then spent a year apart. In 2021 Isaac asked Brooke: "Will you be my valentine?" They've been together ever since.

Isaac is third-generation IATSE (International Alliance of Theatrical Stage Employees), but that's not the lifestyle he wants. During Covid he and Brooke went back to school. Isaac became a certified addiction and grief counsellor specializing in working with youth. "Having lived with people with addiction and lost people to addiction and having gone through grief, knowing a lot of young people," he was a natural for a job as a youth advisor with the BC Centre for Substance Abuse.

Brooke became a certified intimacy and relationship coach. Right now she "wears a lot of hats in the sensual/ intimacy realm": modelling and burlesque in the city and live streams on sexual wellness with a sex shop. They want to build a psychology practice together.

While building that, they also work on-island and off. Brooke's attention to detail brings housecleaning gigs. Isaac builds and landscapes, while conquering this winter's "catastrophic" rat invasion.

Brooke remembers the moment she got a distinct vision of the life she wanted. Seeing Lasqueti the first time, she thought, "this is the land I dreamed of." Now it's "the way everyone takes care of each other here. It's so beautiful. I just feel grateful to call myself part of it and contribute what I can. Now I've experienced what it means to live in a village sense, I don't think I could ever let it go. Also, noticing. Coming out first thing in the morning and noticing: oh, those flowers weren't there yesterday. Taking time to notice the world around you instead of rushing through the day."

For Isaac, it's "the amazing intergenerational relationships. It really makes the feeling of being a part of something and giving back, being able to share in what we have. With so much to love about Lasqueti, it's hard to wrap it all up."

- Suzanne Heron





While Annie and I were living on Galiano Island in 1997, some dear friends of ours lost their daughter in an automobile accident. They asked me to execute a clay oval model (10"/6") to be cast in bronze as a remembrance of her, for her grave. As a young woman, she flourished riding her loved horse. I was also able to save this image and use it for embossed relief printmaking. Annie, who is an accomplished horse rider, emphasized the importance of getting her hands held right!  
- Ronaldo Norden



**Budget 2026:** The Board reviewed draft 2 in early February. While it provided a more complete picture of where things stand, not everything from 2025 has been finalized (and so surplus isn't yet fully clear).

I am working to keep tax increases for Lasqueti to inflation rates. The average increase for the entire qRD is about 2%, but the amount paid by Lasqueti depends on the services in which we participate and relative assessment values.

One confounding factor is that BC Assessment values on Lasqueti increased by over 11%, but by only 2% over the entire regional district. This discrepancy increases the portion of shared regional services paid by Lasqueti even if the budget stayed flat.

When services have significant prior-year surplus, decisions need to balance use of this surplus between offsetting current taxes vs. saving for future expenditures and limiting future debt. This balance depends on the reasons for the surplus as well as planned asset management needs (i.e. pay now or pay later).

The LIVFD service represents about 47% of the tax requisition from Lasqueti (compared with 13% for general administration and 12% for waste management). It looks like the LIVFD service will have a significant surplus, much of which will be used to offset 2026 taxes and some of which will be put into reserves for future capital expenditures. This balance will be finalized at the March Finance Committee meeting during which the budget must be finalized.

**Public meeting on a potential fibre-optic internet project:** The CityWest meeting on Feb 17 was well attended. Questions were wide ranging and generally relevant and constructive. People who attended may correct me, but I believe that attendees showed general unity on at least two factors:

- If a fibre optic project proceeds, there is a desire for the entire island to be covered (ideally at the same time, but at a minimum in planned phases). Many comments were made in support of not leaving areas off the network.
- Appreciation that 5 senior executives from CityWest attended and responded to questions: CEO (Stefan Woloszyn), Chief Operating Officer (Wes Eisses), Chief Technology Officer (Ryan Ray), Director of Sales & Marketing (Philip Mills) and Director of Projects (Cheryl Katnick).

If you were unable to attend, but are interested in hearing more, feel free to ask me.

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

## Birds on Lasqueti Vagrants

When I am out birding, I often meet people who ask me if I have seen anything good. What I think they mean to ask is: have I seen a rare bird? It is not often that I see such a thing. Usually what I see are old friends like Chickadees, Song Sparrows or maybe a woodpecker.

At the Christmas Bird count this year two unusual birds were seen: a Barn Swallow and an American Dipper. But were these birds "rare"? We occasionally see Barn Swallows in the spring and summer, and it is always a delight to see one, but to see one flying along the shore on a cold rainy winter's day is rare. If you want to see an American Dipper, all you need to do is go up the Englishman River where you will see them flitting from rock to rock and even running under water. But to see one on Lasqueti where there are no fast-flowing rivers is very unusual.

A few weeks ago, a European Robin -- one of those little red-breasted birds that you see pictured on Christmas cards--was sighted near the docks in Montreal. It was the first ever seen in Canada. If we were in England, it would be a bird that young children would recognize. It is not rare. A bird such as this, that has strayed or been blown from its usual range or migratory route is called a vagrant.

For the last few weeks a Summer Tanager, a bright red bird native to the southern United States, has been visiting a bird feeder in a yard in Qualicum Beach, entertaining the residents as well as an endless stream of birders. So, although vagrants are rare, they do occur. Keep your eyes and ears open. – *Sheila Ray*

LINC had a productive February which included holding two special events and a variety of ongoing activities. Of special note, our Bumble Bee Project has launched. On February 4, we hosted Dr. Elizabeth Elle from Simon Fraser who gave an excellent and informative talk on "The Bees of Your Backyard." It was well attended and a link to the talk, as well as other Bumble Bee and pollinator resources can be found at: <https://linc.lasqueti.ca/xweetay-lasqueti-bumblebee-project/>. The queen bees are now "waking up" from their winter sleep and the first one – the red-tailed bumble bee -- has been seen! In late Feb we visited False Bay School to talk about bees and on March 1 and 14, we will hold in-person workshops to help folks learn how to photograph bees and use iNaturalist to identify them and how to participate in the project.

Additionally, we held a successful spurge purge on February 17 at the Collins' property. We removed a large quantity of these invasive plants. Another event is planned for March 22. On February 21, a final work party to finish building the trail at Jonny Osland's took place.

Forest monitoring continues on protected lands. Charlene is now collecting invaluable data on biodiversity. Trail-cams there appear to show more sheep than other mammals, but also deer and some passing dogs and cats. LINC submitted a grant to enhance this work. Meanwhile, our excellent administrator, Julia, leaves for an artistic sojourn in England for a few months, so we will be hiring Faren as a temporary replacement. We are very pleased to announce that Cynthia Milton will be joining us to serve as a new director.



Susan Ellard

*My son Christopher Halme 2 years old at Ogden Lake in 1973...Joan Millicheap's horse Princess had a wee foal. Chris broke out in hives soon after I took the photo and is still allergic to horses at 54 years old!*



Shari White

Tilia on Nema

## Once Upon a Name

*With this issue, the Yew Collective is excited to announce a new column: "Once Upon a Name". We invite Lasquetians to submit stories about the origins of their names – first or last. Tell us in a few lines or in a 400-word essay where your name comes from. Thank you, Rob, for kicking off the series!*

### The story behind the Linschoten family name

My surname is also the name of the village near where I was born in South Central Holland (Nederland). At that time, it was a bucolic pastoral place, complete with an ancient castle surrounded by a moat. The castle is still visible; the rest is gone. There is disagreement over what the name meant when it first popped up around 1131, but it appears to have Germanic roots.

Thanks to a Dutch obsession with keeping records, I can trace my family history right back to the 1700's with confidence, and to the 1500's with some guessing. The Linschoten name pops up and disappears with regularity. The "van" means "from" and it appears and disappears as fashion and politics changed. There was a lot of moving around in those times. What also recurs is a regular connection with trading outfits like the Dutch East India Company.

Going to sea was a popular career choice and some of my ancestors ended up in Enkhuisen, a bustling port city in the north of the country. My family sailed all over the world working some of the big trade destinations like the Cape in South Africa. That round trip took a full year.

The last one to do so was my grandfather Jacob Linschoten who plied many of the Indonesian islands as a ship's engineer. He was married to a local woman who gave birth to my father Ferdinand in Banjarmasin, Borneo in 1920. Jacob was an amateur photographer with his own darkroom. I still have bags full of his fading photographs. Among other things, they detail how freight was delivered to the more remote islands. The ship would meet a variety of rafts and boats, then load lumber, vehicles, and mail onto them with the ship's cranes.

When the Japanese invaded Indonesia Jacob and family moved back to an estate (thatched roof!) close to Linschoten, where I was born.

Family lore has it that one of my ancestors was Jacob Huygens van Linschoten. He sailed on Bering's first voyage to find the Northeast Passage

in 1594. He lived and travelled the world over, working as a trader, commercial spy, and writer. He kept a diary of his adventures, published in 1596. Arthur Burnell of the Madras Civil Service translated it from Dutch to English in 1885. I own a two-volume copy of that edition.

*-Jacob Robert Linschoten*



Indonesian islands c.1920, off-loading mail, building materials and people to smaller boats for transport to shore. Photo by Jacob Linschoten, ship's engineer.

## Wisdom from Xwe'etay Gardeners



### Order Seeds Now for Fall/Winter Planting

We are lucky to live in a relatively mild climate, where with a little planning, we can eat out of the garden every day of the year. To do this, we need seeds for the varieties that are cold-hardy and/or live over the winter to do their thing the next spring. Which means having the seeds to plant, which in my experience means ordering the seeds now, while they are available. By mid-summer, when the planting begins for these hardy vegetables, stores and seed companies may have run out.

To be ready to plant fall/winter lettuces, hardy greens such as bok choy and arugula, spinach, late carrots, overwintering broccoli and cauliflower, Walla Walla onions (plant August, harvest the next spring), I recommend getting the seeds now.

A simple cold frame or small hoop greenhouse can make a big difference too. Subject for another article.

Happy cold-weather eating for 2026/27!

*– Sue Wheeler*

## The Saga of George Tranfield – Part 2

Before George Tranfield came to Lasqueti in the 1870's ...

George had attempted to pre-empt land that he thought was an abandoned Musqueam village, until the Musqueam started returning as they recovered from a wave of smallpox. His efforts to secure a Crown grant traversed the top levels of the fledgling Colonial government, starting with his 1860 request to Governor Douglas (Part 1).

May 1861, he wrote Colonel Moody, Chief Commissioner of Lands and Works as his *"last hope for justice on account of your promise of speedily settling my title to the pre-emption claim" ... after "having sown and gathered my crops for two successive years"*.

George wrote again to Moody Sept 1863 in desperation *"Having heard that you were about going home, I address you in the hope that you will not leave without coming to some decision about my land ... however insignificant it may appear to those who have the cares of a Colony to attend to."* and *"... having spent all my time and every farthing I have earned these four years on the improvement of it being an actual and bona fide settler with the object of residing and improvement it to the end of my days"*.

Moody left BC soon after, succeeded by J. Trutch.

The following spring, George petitioned the Legislative Council. May 1864, the Colonial Secretary wrote to Trutch *"... Colonel Moody sent a party of Royal Engineers to stake off the land he desired to occupy, but it was never considered as an official survey ... 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."*

A week later, the Colonial Secretary wrote to George *"... it appears from the reports received that the Indians had not abandoned the land at the time when you occupied the same and that as it was the desire of the late Governor Sir J. Douglas that the Indians should not be disturbed in the possession of their lands. The Governor would be glad under these circumstances if you will at once select a piece of land elsewhere."*

George persevered *"You also say the Governor wishes me to select another piece of land – it is very hard to be told to do so at this late day when all the good land is taken up by speculators. ... I am getting an old man, too old to travel ..."*

Late May, the Attorney General wrote in a memo *"I think the justice of the case will be sufficiently satisfied by offering Mr. Tranfield a certain quantity, say 160 acres, of unoccupied Crown land (free of cost under the circumstances) ... He is not a good character, tho he has right but not law on his side"*.

Despite this offer, George replied July 1864 *"... through despairing of receiving justice and being too poor to support a man any longer on the ground ... I have been compelled to withdraw him, considering this a notice to his Excellency that I have not abandoned it. ... I would ask your influence ... if you know of any small office ... that a man might do it, independent the smiles or frowns of his superiors, I should be very happy if I got it as I feel too old to travel to another strange country without money to begin with ..."*.

Defeated yet obstinate - by early 1865, George was in Nanaimo, but not before serving jail time ...

- Andrew Fall

*I remain  
your obedient  
humble servant  
George Tranfield*

*To Col Moody  
Chief Commissioner  
of Lands and Works*

George signs off on his May 1st 1861 letter to Colonel Moody from his Inkerman Farm



**From Mikaila Lironi:**

## **Racism Has No Place in Public Meetings**

At the most recent LTC meeting, several comments were made that constituted Indigenous-specific racism. Due to the nature of those remarks, the recording of the meeting will not be posted publicly.

Racism is not limited to slurs or overt hostility. It also includes statements that dismiss Indigenous rights, question the legitimacy of Indigenous governance, or portray legal obligations as “special treatment.” When speakers suggest that consultation with First Nations threatens private property rights, or that Indigenous governments have “more rights” than other landowners, those claims reflect fear and misinformation, not fact.

Much of this fear stems from a lack of understanding about how Indigenous rights function in Canada. The duty to consult, affirmed in cases such as *Haida Nation v British Columbia*, does not give First Nations the power to seize private land. It requires governments to consult when decisions may affect Aboriginal rights and title. Section 35 of the Constitution Act, 1982 recognizes and affirms those rights; it does not erase private property ownership.

When people believe their land will be taken, or that Indigenous communities are being granted unfair advantages, anxiety can quickly turn into resentment. But fear does not justify repeating false claims or undermining the rights of Indigenous peoples. Generalizations about Indigenous communities, or suggestions that their legal standing is illegitimate, reinforce harmful stereotypes and contribute to systemic inequality.

The Town Hall portion of the LTC allows for discussion about land use and governance decisions. It does not allow for rhetoric that diminishes the rights or humanity of others.

Public meetings must be grounded in facts, law, and mutual respect. Indigenous-specific racism, whether driven by anger or by misunderstanding, is unacceptable in any public meeting and will not be normalized, tolerated or swept under the rug.

Any questions etc. [mlironi@islandstrust.bc.ca](mailto:mlironi@islandstrust.bc.ca)

**From Tim Peterson:** Greetings all,

At the February 9 meeting, the Local Trust Committee made a referral response regarding the draft Policy Statement, recommending proceeding subject to recommendations, which include: updating the amendment policy to ensure a regular review process; amending the “Land Back” advisory policy to clarify that the intent is to support opportunities for voluntary return of land in some circumstances; removing the term “floor area” from policies; and adding a guiding principle on climate change adaptation and mitigation. Trust Council will consider input from local trust committees, members of the public, and other agencies and First Nations to determine next steps.

An edited version of the meeting recording may be posted to the website, after the removal of discriminatory comments. The expression of anti-Indigenous racism is seeing a resurgence in BC, and Islands Trust has a responsibility to do its part in combatting harmful rhetoric, including not giving it a platform. The erosion of civil discourse in society not only exposes individuals and groups to risk, but distracts from the work of governments and other organizations. Hearing differing opinions on the content of policy and bylaws is an important and necessary part of the decision-making process, but diverging into personal attacks or discriminatory comments does not contribute in meaningfully to such deliberations; in fact, it detracts from them.

Our discussion with the representatives from the BC Marine Trail helped us understand their organization and priorities. They seem very open to input from community members and have offered to come to the island for a discussion here if there is interest.

We voted to hold our May meeting in person at the community hall, as it seems that an interim solution for internet connectivity has been found.

Our Official Community Plan review will be restarting later this year, building on the extensive work of the LCA OCP Steering Committee (and the previous LTC). Their report will help inform policy, and I’m happy to provide a copy to anyone interested. As we return to the review, I encourage you to think about what changes, if any, you’d like to see. Are there land uses you think should be permitted that currently are not, or vice versa? Community engagement is critical for adopting an updated OCP that serves the needs of our community.

As always, please feel free to reach out to your trustees with questions, comments, or concerns.



## It's Time for Nettles

*Those prickly perennials that grow everywhere have been poking their heads out of the ground for a couple of weeks now. Well known for their stinging, burning sensation when they touch your skin, nettles have a wealth of positive attributes from health benefits - vitamins A, C, K and several of the B's, as well as calcium, magnesium, potassium and antioxidants- to culinary uses such as soups, quiches, gnocchi, or saag paneer to name a few. Nettles outshine both spinach and broccoli for their vitamins and minerals and are a free ingredient for your kitchen that grows close to home in any disturbed patch of earth either wooded, roadside or garden. When harvested early in the spring and picked for their tips, nettles are at their best. And once steamed those prickly bits completely disappear. They may be used right away or, frozen for later use. Dried completely they make a herbaceous tea. I also found this delicious sounding recipe in the Guardian newspaper.*

### Nettle Risotto with Sorrel

- 100 g young nettle tops
- 900 ml vegetable or chicken stock
- 30 g butter, plus more to finish
- 1 onion, peeled and chopped
- 175 g Arborio rice
- Sorrel leaves - up to 1/2 the quantity of nettles, finely shredded
- Seal salt and freshly ground pepper
- 50 g Parmesan or other strong cheese, z plus extra to serve

Pick over nettles and boil in large pan of well salted water. Blanch and drain. When cool, squeeze out excess water and chop. Heat stock until almost boiling and keep warm over low heat. In large, heavy based pot, melt the butter over medium low, add the onion and cook for 8-10 minutes until soft and translucent. Add rice and stir to coat the grains. Pour in a third of the hot stock and bring to gentle simmer. Cook until almost all liquid has been absorbed. Then add the chopped nettles and a little more stock. Keep adding the stock a bit at a time and stirring until the rice is *el dente* and the texture is loose and creamy - about 20 minutes in all. You may not need the full amount of stock. Stir in the sorrel and season to taste. Dot a little butter over the risotto and sprinkle on the cheese. Cover and wait for a few minutes. Then stir in. Serve right away with more cheese on the table.

– Deb Perrell



Serena Renea

Nemaiah Valley, Autumn 2021 with old man Rick. Home of the Xenigwet'in People.

### “Lasqueti Additional Support for Seniors” Meeting

We'll be meeting on March 13<sup>th</sup> at 1 pm at False Bay Provisions to share concerns about dementia and similar conditions related to aging. We'll discuss strategies, offer support and share solutions. Current situations on Lasqueti indicate that age-related conditions are fairly widespread.

For reference: if you are hearing about this for the first time, L.A.S.S. is a committee formed within the Lasqueti Community Association. It is focused on offering extra present and future supports and mutual supports to seniors and their families. All ages welcome. Complimentary snacks & refreshments will be served. Thank you for reading. From the L.A.S.S.

## In Praise of Our Bodies

*At the Festival of Fine Hearts, we gave people the opportunity to write one line in praise of their bodies on a strip of paper. The line could be anything they liked about their body or a part of their body.*

*We often talk about the things that aren't working about our bodies and put our attention on things we don't like. This poem was a valentine to being embodied, to being in these bodies together in this moment, to the mystery of what it means to be a body.*

*We dedicated it to Jenny Vester, whom we missed at this year's festival because she's been off island tending her body! – The Festival Organizers*

I've had a mastectomy, chemotherapy, and radiation, and I'm still going strong 35 years later.

I love that my mind still works in an-ever its quirky way.

I love my body because despite my carelessness, it still carries me.

Thank you, my strong, beautiful body, passed on to me by my loved ones, and the care I give it.

Besides my brain, my fingers are my favourite body parts.

I love the perfect curves of my perfectly sized ears.

“Just keep going.”

I love having my body feel well-used, and remembering this blessing.

I like the scar on my cheek where Honey, a Bull Terrier, gave me a nip.

It makes me think I will live forever.

My beautiful cochlea in my ears.

I love my hands and what they do.

I appreciate how my stiff legs recover.

I love my body. It does things I don't understand.

I love you that you gave me a baby, my dear body. And I am trying to love that you are giving me the opportunity to love my post-baby belly.

What I love about my body is that it got me through decades of abuse and is still ticking.

When I was younger, I loved my hair. It never failed me. Now that I am older (much), it's unruly. I love that it's still here with me in abundance.

I love my body's ability to heal itself.

I love my hands, that support me.

Oh, to the impermanence of my soma, a temporary, resplendent gift.

I love the lessons my body has taught me. Patience, perseverance, and resilience.

What I love about my body is that it's *my* body. It's me and it always will be. This body turns sandwiches into cycling!

I love the echoes of my ancestors in my fingers, feet, and facial features.

I love my sturdy feet. They carry me everywhere I want to go. Run, jump, shuffle, stand, shovel, hop. Perhaps sometimes smelly, but the bright sparkle of toenail polish brings me joy.

I love my legs and mind along with curiosity that has taken me so many places. These smiles in your wake.

I praise my body for letting me run as fast as I can.

What I love about my body is my hair. It's so easy.

Perfectly spaced and happy toes.

My dextrous toes.

I love my good, strong legs.

Oh body, that you keep propelling me forward. Blessed, gnarled, strong, and powerful. I love you tanned, and I love you always. 9



Laura warming up the podium before the festival.



## The Channel of the Great Sabine

The fog lifted  
And the Salish was glass smooth.  
The islands started skating,  
Bold reflections all in tow.  
And the white birds glowed like platinum,  
And the ripples that they formed  
Stretched for many miles behind them,  
Like black ski tracks in the snow.

Suddenly you could catch your breath again.  
The evening air went down quite cold;  
With each swallow you grew younger,  
Shedding hours of fog-bound old,  
Shedding layers of ungrateful thoughts,  
Layers of depression too;  
Leaves you standing in a pure clear light  
Feeling clean, and quite renewed.

Once again you see the shoreline  
With great logs piled high -  
The dead - from ancient forest groves  
Tossed up by fall King tides.

These battered, weary travellers  
Voyaged up and down the coast;  
They carried no brave paddlers,  
Yet they traveled not alone:  
They shouldered all the true dreams,  
Left by old ones, through fall storms.

That night a full moon bloomed  
From the Salish, still glass smooth.  
The yodels from the winter loons,  
Pierced the shadows in the gloom,  
And the Northern lights and the diamond stars -  
They boiled and gleamed and grew  
And tomorrow there'd be such a dawn  
That for days we had not seen,  
For our gods were back, the damn fog gone  
From the channel of the great Sabine.

*-Dolf Schoenmakers*

In keeping with this month's theme of "horses," I thought I would take a quote from Canada's most famous Olympic equestrian, Ian Millar, as an opening to this month's health article: "If that analytical mind ever overrode that optimist in me, I'd be in some serious trouble".

Optimism is definitely an attitude that enhances a feeling of well-being. It can also contribute to a positive life as well as health outcomes. An optimist will tend to find growth and opportunity in what might appear, on the surface, to be the grimmest of situations. Optimism, however, does not mean that the existing realities of a situation are ignored. In order to create the best outcome for any given problem it is always helpful to choose a hopeful and proactive approach to life's challenges. Being proactive can help to mitigate potential problems or adverse outcomes. It can also help prevent the occurrence of a crisis in our life before action is taken. Optimists take a realistic approach to life and plan and prevent, to the best of their abilities. The optimist does not deny that the end of life is death; they plan to live the best life possible, discovering along the way what brings them hope to achieve their personal goals. The way we live and die can be shaped and directed without being too calculated or analytical. This brings me to the second theme of this article: advance directives. Advance directives are a good idea for anyone, but they are especially important if you are older than 65 and have a serious life-threatening illness or want to make sure you can choose the person you would like as your health care proxy. Advance directives are more than a DNR (do not resuscitate) order but can be part of them. I plan to learn more about advance care directives in the province of BC and more specifically, for those living and wishing to die on Lasqueti. It is not the pessimist in me that believes that fulfilling wishes on how one dies is important; on the contrary, it is the optimist. My hope is to avoid troubles.

Best, ♥dianne

Clinic: Thursday, March 5, 12, 26 at JFC

Lasqueti Nurse: Dianne McClure RN/MN

Clinic phone: 250-333-8891

Dianne's phone: 250-240-5712

[lasquetihealthcentre@gmail.com](mailto:lasquetihealthcentre@gmail.com)



Shari and Chaya skiing with Alice

Shari White

## The McRae Local Lending Library at Provisions

Hi islanders! We've been working on a library project for years and are pleased that it is finally starting this March. We have curated a collection of locally written books available to borrow free of charge or by donation. You can find them on a special shelf at *Provisions*. Each book contains index cards, much like traditional library systems --to record the lender and date. You can borrow the book for 2 weeks and then return it via an honour system. We'll be calling it *The McRae Library*.

Here are the titles available:

*Three Moons in Vietnam, Sailing Back in Time; and Where The Mountain Casts its Shadow*, by Maria Coffey

*Stein, The Way of the River*, by Michael M'Gonigle & Wendy Wickwire

*In The Spirit of Homebirth: modern woman, an ancient choice*, by Bronwyn Preece

*Tales of Prophecy, Vol 1 & 2*, by S. L. Bergen

*Cooking and Community on Lasqueti Island*, edited by Annie Carrithers, Kathy Schultz and Sue Wheeler

*True*, by Kirsty Elliot

*Forestopia: A Practiced Guide To the New Forest Economy* by Michael M'Gonigle & Ben Parfitt

*The Man Who Carried Cash*, by Julie Chadwick

*Lasqueti Island. History + Memory*, by Elda Copley Mason

*Within the Divine Realm*, by Crystal Rainbow Borelli

*The Oyster Who Looked at The Sky*, by Darcy Dobell (illustrated by Maron Syme)

*Never Quite Released*, by Donna Livingstone

*Who Shot Estevan Light?*, and *Sobering Dilemma*, by Doug Hamilton

Thanks to everyone who helped collect the books we have to offer so far. Please get in touch via Provisions if you have other locally written books to offer to this project. Additional copies of the books listed above are needed in case of multiple requests, loss, or damage. We are also looking for a full set of Arts Festival Anthologies to add to the library. Happy reading. Stay thirsty for knowledge and enjoy reading.

Best wishes from *The McRae Local Lending Library*



qathet  
REGIONAL DISTRICT

### Lasqueti Island Solid Waste Plan Monitoring and Advisory Committee Call for Applications

qathet Regional District is seeking a new volunteer member to sit on the Lasqueti Island Solid Waste Plan Monitoring and Advisory Committee for a three-year term. Interested, eligible individuals should send a written application explaining why they want to sit on the Committee and what qualities and/or expertise they will bring to the Committee.

Copies of the Committee's Terms of Reference are available on the qathet Regional District website ([qathet.ca/about/committees-and-commissions/](http://qathet.ca/about/committees-and-commissions/)). Committee members must be 18 years of age or older and be generally available to attend regular on-island Committee meetings and meet the Terms of Reference criteria.

Applications may be submitted by mail or e-mail:  
Address: qathet Regional District

Attn: Caroline Visser, Operational &  
Cemetery Services Clerk  
202 - 4675 Marine Avenue  
Powell River, BC V8A 2L2

Phone: 604 485-2260; Fax: 604 485-2216

E-mail: [operations@qathet.ca](mailto:operations@qathet.ca)

**The deadline for applications is 4 pm,  
Thursday, April 30, 2026**



After 24 months of providing us with helpful and accessible advice about digital safety, Joseph is taking a break from this column. If you have a specific idea for a future Tech Talk article, however, let us know. In the meantime, thank you so much, Joseph, for helping us "stay safe out there".

## Better at Home has arrived on Lasqueti!

We are working towards helping seniors maintain independence so that they can age in their homes with dignity, while staying connected with our community. We will be offering a variety of services including friendly visits, light housekeeping, light yard work, wood splitting & stacking, minor home repairs, digital literacy/tech support and others as the needs arise and funds allow. We will also be offering Navigation and Peer Support services to help seniors connect with other key resources and tackle challenging tasks like catching up on taxes and accessing government supports. These services will be offered on a sliding scale based on income with select services, such as friendly visiting and Navigation and Peer Support, being offered as free for all participants.

We are looking for volunteers and paid workers to help us provide these services to our valued seniors. We are also looking to connect with seniors that would like to be enrolled in our program.

This program is funded by the Government of BC, managed by United Way British Columbia, and brought to you by the Lasqueti Last Resort Society.



If you would like to be included in our program as a volunteer, worker, or participant, please reach out to Lisa Peterson at 250-607-7074 or Anna Smith at 778-867-8733 or email us [LBAH@judithfishercentre.com](mailto:LBAH@judithfishercentre.com)

## Xwe'etay/Lasqueti Bumble Bee Project

Join the LINC-sponsored Bumble Bee Project (XLBBP) and contribute to knowledge about our island bees! Using the iNaturalist program, we'll record community observations of the time, place, and ecological context of bumble bees. So far, there have been 59 different bumble bee observations on the island, including 6 species. We could have as many as 13 bumble bee species here, including one that is endangered. Visit: <https://inaturalist.ca/projects/xwe-etay-lasqueti-bumble-bee-project>

To learn how to take bumble bee photos and upload them to iNaturalist with your cell phone (it's easy!), join us at **Judith Fisher Center on March 1<sup>st</sup> 1–3pm OR March 14<sup>th</sup> 1–3pm**

Consider making it one of your spring and summer projects to record all the bumble bee species in your garden! As days get warmer, we're going to see more bee activity. Bee expert Elizabeth Elle says she starts looking for bees when temperatures are in the 10 – 15°C range. Start paying attention to the early flowers.

Check out Elizabeth's newly launched website "Empowering Gardeners through Ecology". It has lots of great bee and other pollinator information. <https://elizabethelleecology.ca>

For more information: Ken [lertzman@sfu.ca](mailto:lertzman@sfu.ca) or Gavia [gavia.lertzmanlepofsky@mail.utoronto.ca](mailto:gavia.lertzmanlepofsky@mail.utoronto.ca)



Izzy Harrington

Orange-rumped bumble bee (*Bombus melanogypus*) queen looking for pollen on Feb 9<sup>th</sup>.



iNaturalist Bumble bee observations on Lasqueti. Help us fill in the map!



## JOIN THE QATHET REGIONAL DISTRICT ELECTION TEAM

Are you interested in working during the 2026 General Local Election on Lasqueti Island?

We are looking for a Deputy Chief Election Officer. This role is contract-based, with the successful proponent working directly with the qathet Regional District Chief and Deputy Election Officer(s) to support the administration of elections on Lasqueti Island.

The qRD is also seeking applications from individuals who are interested in being put on staffing list for October. Election workers support polling stations during the election on October 17, 2026 or during Advanced Voting Days. Election Officials work from 7:30 AM until polls close, and until ballots are counted on General Voting Day. The qathet Regional District provides payment for work on voting days, a meal allowance, ferry costs as required, and training pay.

### CONTACT US FOR MORE INFORMATION

Michelle Jones, General Manager of Corporate Administration  
#202-4675 Marine Avenue, Powell River, BC V9A 7R2  
E: [vote@qathet.ca](mailto:vote@qathet.ca) | 604-485-2260 | [qathet.ca/election-2026](http://qathet.ca/election-2026)

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## Our Week in Review

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>A Life TimeZ Nursery</b>	by appointment @ 819-698-3829						
<b>Black Sheep Gas</b>		2 - 6			2 - 6	2 - 6	
<b>Feed Store</b>		11 - 3			11 - 3		
<b>Ferry – from FB</b>	1, 4	8, 11, 4			8, 11, 4	8, 11, 4	8, 11, 4
<b>Ferry– from FC</b>	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
<b>Free Store</b>		10 - 2			1 - 5		
<b>Life Drawing</b>			7 - 9				
<b>Nurse</b>					11 – 3**		
<b>Parsimony &amp; Providence</b>		1 - 5			1 - 5		
<b>Post Office</b>		10 - 4		10 - 4		10 - 4	
<b>Propane filled</b>						1 - 3	
<b>Provisions</b>	11 - 4	9 - 5		10 - 5	9 - 5	9 - 5	9 - 5
<b>Recycling</b>		10 - 2			1 - 5		
<b>Pub – Coffees</b>	9 - 1:30pm				7 - 10:30	7 - 10:30	7 - 10:30
<b>Restaurant/Pub</b>	3 – close	5 – 9pm	3 – close	3 – close	3 – close	3 – close	3 – close
<b>Ultimate Frisbee</b>	3:30			3:30			

\*\*Nurses clinic: Thurs, March 5, 12, 26



Cindy Craven

## Community Calendar

- March 1 Bumblebee iNaturalist workshop, JFC, 1-3pm
- March 13. Lasqueti Additional Support for Seniors. Meeting at Provisions, 1pm
- March 14 Bumblebee iNaturalist workshop, JFC, 1-3pm



Vida Volini

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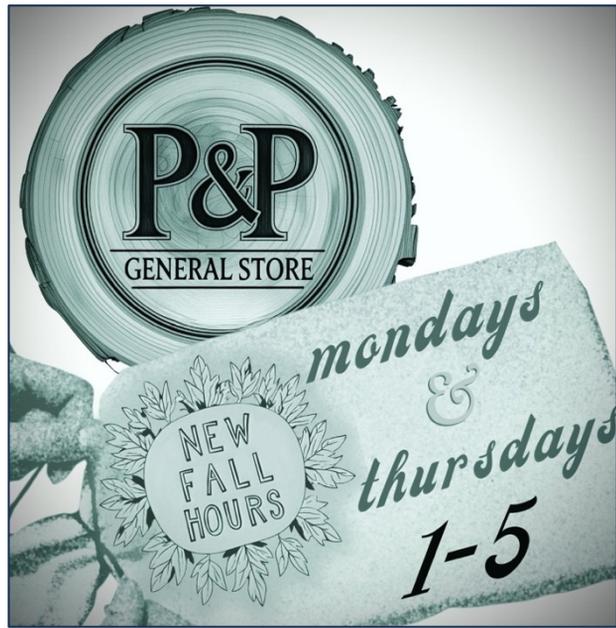
Mon - Sat: 9am to 5pm

Sun: 10 am - 3pm

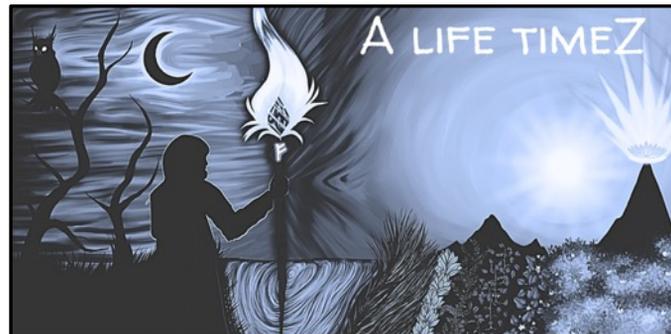
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[betterUmarket.ca](http://betterUmarket.ca)

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*mondays  
&  
thursdays  
1-5*



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Xwe'etay News is the monthly newsletter of the Lasqueti Island/Xwe'etay community. All submissions come from the island's community; donations cover production costs. An editorial collective is responsible for final production. To submit material for consideration (<400 words) or to make a donation: [xweetaynews@lasqueti.ca](mailto:xweetaynews@lasqueti.ca)  
Online versions: [www.lasqueti.ca/xweetay-news](http://www.lasqueti.ca/xweetay-news)

**Deadline submission for April issue: 27 March**