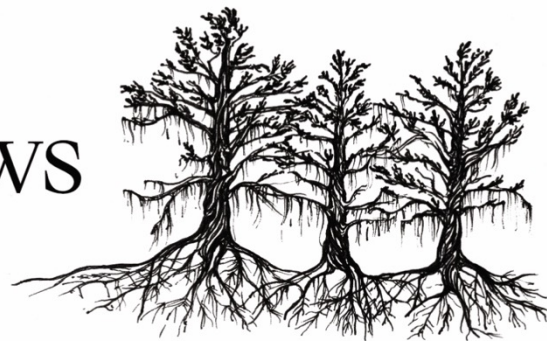


# Xwe'etay News



Issue 28

May 2026

## A Note from your Editors

We send this issue of Xwe'etay News to print with grief in our hearts for our beloved and miraculous friend, Jenny V. As a member of the Yew Collective, she approached everything with her trademark wit, creativity, and style. She loved this community and this community loved her right back. Her loss will be felt heavily by us all. We hope you are all surrounded by love and connection and that you carry on loving life in the big, beautiful, bright way that Jenny did. Laugh, dance, plant flowers, grow food, and let your creativity flow. Without question, that is what Jenny would want.

The garden photos are for you, Jenny.

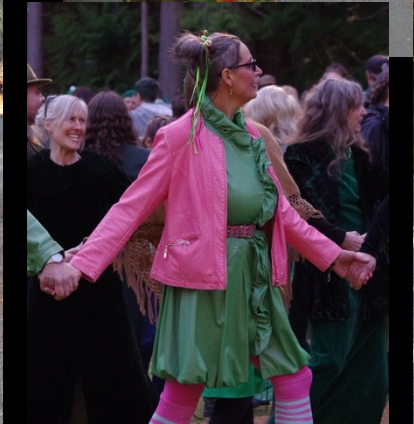
With love,  
The Yew Collective



Jenny's Spring Garden, 2026.



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





## Riding the Squall:

### False Bay School's *Lasqueti Storm Ultimate Team* Takes on the Playoffs

There's something fitting about a team called *Storm*. They don't arrive quietly. They don't play it safe. And this season, the False Bay School *Lasqueti Storm Ultimate* team has blown through their first year of competition the way a good Pacific front rolls in off the water — fast, fierce, and impossible to ignore.

On Thursday, April 30th, *The Storm* stepped onto the playoff field for the first time — and they showed up ready. Three games. Two wins. A season that began with a group of island kids learning the ropes of competitive BC School Sports Ultimate Frisbee has arrived at something none of us dared assume at the start: a berth in the Ucluelet Tournament next weekend.

Their only loss? To the top team in the region — Ucluelet themselves. And even that squall couldn't knock them off their feet. *The Storm* held their line, played their game, and earned their place at the table.

None of this happens without the people who choose to stand in the eye of it. Coaches Julia, Sean, Mike, and Alec have been the steady pressure system behind this team all season — building skills, building culture, and building the kind of confidence that lets a group of island kids walk onto a hugely competitive field and believe they belong there. They gave their time generously, their energy without reservation, and their belief without condition. *The Storm* is the result of their dedication and commitment to these young people.

And it absolutely does not happen without this community.

To Camino and Provisions — every meal you've sent with this team has carried more than just food. It's carried *Lasqueti* itself. The love that goes into that cooking travels with *the Storm* to every field they've played on.

To parents like Katy, Carmen, and Marilyn, and to every other family who made a trip possible, hauled gear, cheered from the sidelines, or simply said yes — thank you. You are the wind at their backs.

*The Storm* heads to Ucluelet on May 7 & 8 to close out their first season. Whatever happens, this team has already proved something remarkable: that a small island school can compete, can inspire, and can remind us all what it looks like when a whole community decides to believe in its kids.

Let's send them off loud. ⚡ - *Carolyn Smith*



"Our Garden", by Caleb, Age 6.



Rune Rosehart



**Rant About Mornings**

Just as you are getting to the good part of your dream  
Your parents call you down and wake you up.  
You wish you could roll over  
And go back to sleep  
Forget you even woke up at all.  
But no,  
They keep on nagging  
It's time for breakfast they call and shout  
But you're not even hungry  
It's time to go to school  
You look at your watch  
It's almost 9am  
But you really don't care  
You'd rather go back to sleep.  
Oh I wish school and breakfast  
and all those things were never invented!  
Oh I wish I could sleep forever!

*Helen Jacobs - grade 5*

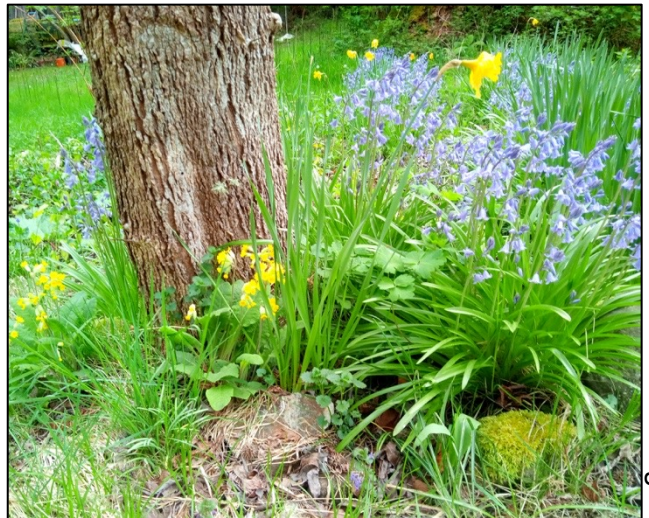
**Adventure Awaits**

The sky is wide and I am small  
It calls me near until I fall  
Rubies are red  
Diamonds are blue  
I am going and you will  
Come too.  
We sail through the sky  
Over mountains and valleys  
And I'm keeping track with pencils and tallies.  
I brought my pen and paper so I could draw  
But all the sights we see and all the sights we saw  
Were too magnificent for me to draw.

*Zinnia Rutherford Lironi - grade 4*



Violet Rosehart



Celia King

A little corner of England: cowslips and English bluebells



Sunflowers Ryder and Max Cejka



## Meet the Neighbours



### Serena Renea, Lennie Road

When your twin sister has a baby on a remote island, of course you join her. Serena and Pria have spent their lives coming together and separating. “With Arna now in the picture it’s gotten so beautiful. We have better communication and he’s soaking it all up.”

Serena has pursued multiple interests -- from herbal wanderings, travel, and scuba diving in Asia, to wwoofing on farms and busking in Mexico. The latter turned her into a professional entertainer after which she co-created her own production company in Vancouver. While doing this she undertook postpartum doula training (with Gloria Lemay), belly dancing (with Rachel Brice in Portland), African dance (with Jano in Mexico), and capoeira (with Dan on Mondays)!



She strives to maintain all of these interests. One of her herbal mentors, Susun Weed, taught her to build relationships with plants, to sit with them, and to listen. She has many favourites: red clover (“like candy”), motherwort (“she is very generous”), Hypericum, crone wort, nettles, yarrow...

When Pria gave birth to Arna, Serena made decisions differently. “I came here unsure about making the full transition. I heard the birds on a spring day and knew this is where I am to practice home. I’m not a hugely different person. I just feel like I fit here. Everything and everyone have affirmed that. I love who I get to be around; there’s such a concentration of wonderful people.”

She returned to Thailand for more training in Thai massage. “It has a spiritual aspect; there is always a prayer, a protective intention. You’re moving in ways that are supporting your body. When I am more comfortable, the receiver is also more comfortable. It’s a beautiful practice.” Serena supports herself with mobility training, capoeira, Qi Gong, and dance. “All the ways I support myself help me to give in integrity. And there’s a part of self-care that extends beyond the self. I feel fulfilled when I see how I’ve helped someone and when I’m needed; that’s one thing I love about Lasqueti. Consequence becomes a lot clearer: you drop something on the ground and you’ll see it.”

Now, Serena has a beautiful rhythm: Thai bodywork, working with herbs, gardening, marimba practice, caretaking, potlucks, and the occasional gig in Van. She recently created a burlesque character, Grandpa, inspired by the senior naked swimmers here, who reminds us to slow down and be comfortable with who we are. Look for Grandpa and Serena at Grub & Groove! – *Suzanne H*

### Makeke's Glory Bowl Potluck

Makeke Marimba means very sweet, literally “lots of cake” in Shona. We used to share gorgeous birthday cakes for celebrations until many of our members had dietary restrictions or stopped wanting to eat a lot of sugar. So we switched to having glory bowl potlucks. It’s the gastronomic equivalent of playing marimba and a similar metaphor for community.

Everyone contributes a part, however simple, and all together it is varied and nourishing. You can usually find something you already have on hand to bring and it’s not a lot of time preparing food in advance. We go away feeling well-fed and the onus to cook or bake has not fallen on any one person.

Instructions. A couple of folks agree to bring the main components: a grain (rice, quinoa etc.), greens (there is almost always something in the garden), sauce (Glory Bowl dressing), and protein (hardboiled eggs, chickpeas, tofu, and smoked salmon, etc.). Others can bring embellishments like toasted seeds or nuts, a seasonal steamed veggie, or anything else that inspires them.

We have found it is a “very sweet” and satisfying way to share a meal and it is always different and delicious. - *Sophia Rosenberg*

**Head injury resulting in a subdural hematoma: what are the risk factors? what to watch for?**

A subdural hematoma is a type of traumatic brain injury. It results from a head injury. A subdural hematoma develops when bleeding occurs inside your head and collects under the dura mater. The dura mater is one of the three layers of tissue (meninges) that cover and protect your brain and spinal cord.

When a tear in a blood vessel occurs and it leaks out in the space between your dura mater and your arachnoid mater a subdural hematoma develops.

Subdural hematomas are sorted by health care workers by how fast they occur, how much bleeding occurs and how much damage the bleeding causes. They are also classified as being acute, sub acute or chronic. Chronic subdural hematomas are more common in seniors, (those over 65 years).

**What are the symptoms?**

Symptoms of a subdural hematoma may happen immediately after trauma to the head (acute), or they may develop over time, even over weeks or months (sub acute, chronic). Symptoms include a headache that won't go away (severe in acute), nausea, vomiting, slurred speech, changes in vision, dizziness, weakness, balance issues, and weakness on one side of your body. Symptoms in chronic subdural hematoma can include memory loss, disorientation and personality change.

It is important to get medical help if any of these symptoms occur after a head injury.

Anyone can develop a sub dural hematoma from an accidental head injury, but certain factors increase your risk; they include:

- Age: people over 65 and older and babies
- Playing contact sports
- Taking blood thinners
- Hemophilia (an inherited bleeding disorder)
- Alcohol use disorder or heavy drinking

How is it diagnosed? A health care provider will take a careful history and do a physical including a neurological exam. Imaging with a CAT scan (computerized anatomical tomography) are ordered if there is suspicion of a hematoma or one developing. Imaging will occur prior to referral and surgery for the removal of the hematoma. - ♥ *dianne*

Clinic phone: 250-333-8891; Dianne's phone: 250-240-5712 [lasquetihealthcentre@gmail.com](mailto:lasquetihealthcentre@gmail.com)

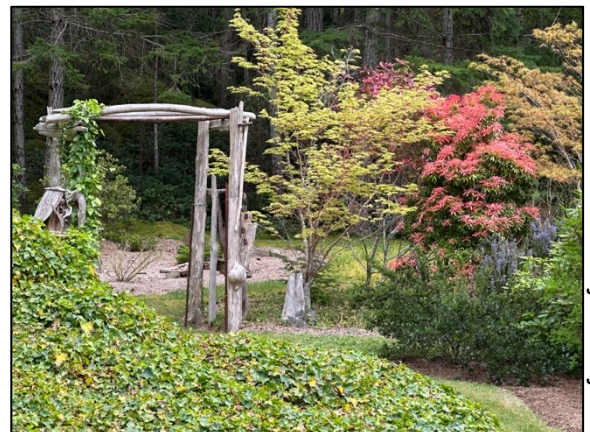
Clinics: May 7, 14, 21, 28

Covid immunization clinic: Friday May 22



Ken Lertzman

Death camas miner bee



Betty Dobbyn

## My Mother's Waiting

I step back into the shade of my tree mind,  
Listening to the rustle of thought leaves, feeling  
leaves, and, alas falling leaves.  
The lost memories drifting down to pile around the  
trunk and at my feet-  
Yet at the branch ends, especially in the spring,  
Buds of new ideas still reach towards the sun  
Waiting for a certain intensity of light to burst into  
joyful being.

Below them spreads the thinning canopy of my  
thoughts and feelings,  
All the leaves share the space; so the light strikes  
these Fibonacci bits of me equally,  
Catching the changing sun as Mother Earth turns....  
The ingrained habits of a life time are in the twigs  
that hold the leaves,  
And the branches that hold the twigs, with the sap  
coursing up and through  
From the depths in Mother Earth to my pointiest  
budding tips.

Perhaps the massive trunk is really the heart of me.  
The growth rings show the hard years, the easy  
years, the declining years....  
And yes, now there is bit of rotten hollowness in my  
core, a loss of heartwood...  
But for now, I endure... This trunk enabled me to  
remain grounded  
As I grew from seedling to veteran, reaching for the  
sky,  
So I always knew what I was supposed to do, and  
where I came from.

A twirling winged seed dove into my Mother Earth  
and found there my soul.  
From that moment, Mother Earth has talked to me:  
A long slow voice, vibrating in the vast network of  
my roots below,  
A mirrored map of the tree of me above,  
While I spent a very long time growing up and old.

Now end of life encroaches: root rot, browning from  
the top down;  
Brackets of fungus-like cancer lesions spot my  
thick-barked, once unassailable trunk,  
Massive limbs come crashing down on wet windy  
winter days,  
Where they're blanketed in mounds of my rotting  
leaf memories  
And are hugged close by Mother Earth below, and  
then in good time, I let my soul go.  
-Dolf Schoenmakers



Rachel Churchill



Betty Dobbyn

LINC work parties not only help keep our Nature Reserves in good shape but they also build a community of people who come to know and protect Lasqueti’s natural areas for generations to come. Many thanks to Jaya, Paddy, James, Wendy, Gordon, Bruce, Darcy, Ken, Faren, Betsy, Chris, Simmah, Sue, Peter, Dana, Jim and Charlene for coming out on a Sunday to work on the Salish View Nature Reserve. It was heartwarming to see everyone coming out and moving in a common rhythm and then enjoying a great lunch from Susie L.

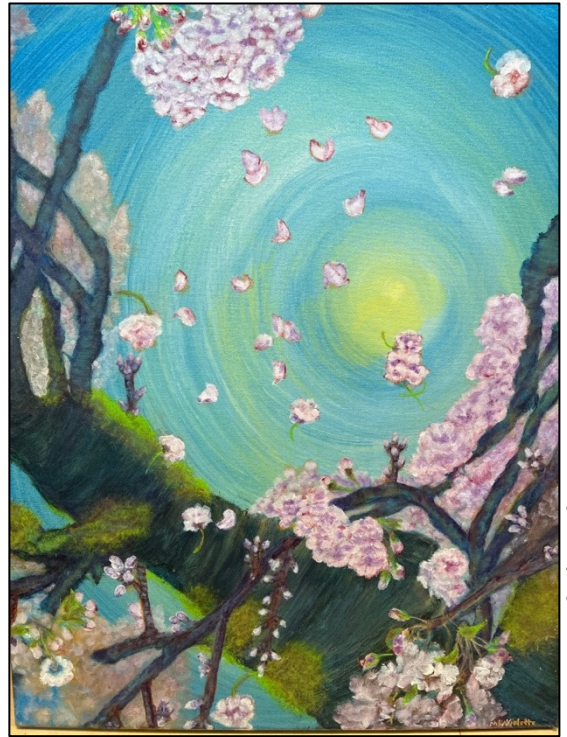
is by far the most commonly observed species, with the Vancouver Island Bumble Bee a distant second. Things may change as we go through the season. Now that the Death Camas is in bloom, be on the lookout for the very special Death Camas Miner Bee which is the only bee that can eat it’s toxic pollen and nectar.

If you want to submit bee photos or want regular updates on the project, you should sign up for an iNaturalist account and join the project. See the project page on the LINC website for more information about the project.



Ken Lertzman

LINC’s 2026 AGM is coming up on May 31. The event will take place at the JFC starting at 11 am, with a hike to the new Johnny Osland Trail following the meeting. If you’d like to participate by Zoom, let us know at [linc@lasqueti.ca](mailto:linc@lasqueti.ca). This year we will be presenting the world premiere of a 12-minute video called “The Johnny Osland Nature Reserve: A story of Change”. Combining historical images of Johnny Osland’s homestead with descriptive narration, videos and photographs, the film describes the changing ecology of the Nature Reserve over the last 10 years.



Submitted by Mopsy Purcell

Blossoms by Marianna Violeta

If you listen to the dawn chorus of birds on Lasqueti you would have appreciated Pierre Geoffroy’s bird listening walk on May 2nd. Pierre is the “EBird Supervisor” for the qRD and has been counting birds for over 40 years. Birds are a powerful indicator of ecosystem health and tracking their presence a great way to understand the dynamics of our island ecosystems. Look for a report from the bird listening walk in the June Issue.

The Xwe’etay/Lasqueti Bumble Bee Project continues to add to our species list for the island. We now have 183 observations, representing 18 species, posted by 33 observers! So far, the Sitka Bumble Bee



Lizzy Harrington



## Birds on Lasqueti

How do spring birds find us here every year on Lasqueti? First to arrive is the Yellow-rumped warbler, then the Orange-crowned warbler, then a month or so later, the Townsends warbler.

Next to arrive is the Northern house wren, chattering away, filling our bird boxes with sticks, vying for them with the migrating Violet-green swallows. The latest, the Western flycatcher, is now here, calling *you-who* (are you), just like the boys did back in my youth.

This month we are lucky to have Pierre Geoffray, an expert birder for over 40 years, help us learn how to identify birds by their calls. Trying to see birds is far more difficult than learning their calls and songs. If you happen to have your cell phone around, you can check on the calls using *Merlin*, a free app out of Cornell University. I also use *e-bird*, another free app from Cornell University, to record what I hear and see. Both can be used off line, so it doesn't matter if you have data or not!

Lasqueti has only two or three registered ebirders, so Pierre and I are hoping that his visit and bird walk here on May 2<sup>nd</sup> will help increase that number. You don't have to be obsessive (like me) and use *ebird* daily to report your sightings. You can record your sightings any time you like, and it helps one learn about some of the birds' migration habits as well. I've noticed that Buffleheads leave almost to the day—April 20<sup>th</sup> to go to their inland or northern nesting areas. They return again with their fledgelings around October 20. I know this through my checklists displayed on the website. These lists cover many years, providing important comparative data. You can also check out what other birders are seeing around you—over near Qathet region or in French Creek or even up on Mittlenatch island where scientists go to see what is happening near the northern waters. The latter is where hundreds of gulls nest.

Spring is such a beautiful time. It's so great to know that these birds can still find Lasqueti and the trees and bushes they need to survive. If you miss Pierre's bird walk, I'm happy to take anyone out for a bird walk and show you how to use *Merlin* or *ebird* while you are enjoying our beautiful island. - Izzy (Sheila Harrington)

## Wisdom from Xwe'etay Gardeners

### More on lightening our gardening

#### footprint: Rice husks (hulls)



A few months back we talked about the pros and cons of using coconut coir to replace peat in homemade potting soils. I've noticed that several people are trying coir this year and thank-you Carmen for carrying it at your stand!

In my on-going efforts to minimize mined and non-renewable products in my garden, I am seeking alternatives to adding perlite or vermiculite to my potting soil. As many folks know, these products are added to soil mixes to reduce compaction. While both products are mined, vermiculite is primarily used for moisture retention (so, ideal for succulents); perlite is used to increase drainage and gives the soil some airiness (which plant roots like). If you've used store-bought potting soil, you'll have those white granules from perlite throughout your garden.

Rice husks (or hulls), the by-product from rice production, are a non-mined, biodegradable alternative to perlite and vermiculite, with some additional benefits. Like perlite, they add airiness to the soil and thus increase drainage, and, like vermiculite, they are supposedly excellent at retaining soil moisture. In addition, they are a slow-release source of nitrogen, as well as phosphorous and potassium. When the hulls break down, plants benefit from the silica, which increases cell wall strength, making for plants stronger structurally and more resistant to getting chomped. And, if that's not enough, a barrier of rice hulls supposedly deters slugs. Finally, the hulls can also be used as mulch, to retain soil moisture and as a weed barrier.

Since rice hulls are used in both beer-making and as a garden supplement, they can be purchased at gardening stores (washed and parboiled) or from local DIY breweries (unwashed). The latter is cheaper, but some folks on-line are worried that residual grains will attract rodents in the unboiled version. I applied a very thick layer as mulch in a garden bed in North Vancouver – where rodents abound and there's been no sign of any disturbance.

I just bought a 25kg bag of hulls and have been sharing some around. I'm going to use it in all my potting mixes and am going out right now to build slug barriers. I'll let you know. - Dana Lepofsky

## Lasqueti Additional Senior Support

In 2024 we formed a new committee for the L.C.A. called L.A.S.S. Our mandate is to offer additional support specifically for seniors who live part or full time on Lasqueti Island.

This past year we met several times and analyzed the current housing situation for seniors and found that there could be more options, especially for those on a fixed or dwindling income. We also put forward the concept of an on-island paramedic station (with rotating medics) that would serve private community members. Our latest project is to offer supports to those with challenges navigating the medical or other government related websites and regulation. Having had recent personal experience in that field, we are well equipped to offer more resources on how to help with such issues. Meeting times are posted online and are accompanied by complimentary snacks, meals, and beverages.

We are not currently looking for more members of the committee but welcome participants in the meetings. If you are concerned about a family member or friend you can also come on their behalf for support. You can be sure of a positive welcoming environment where you can speak freely about your issues, be heard and have your privacy respected if you choose to keep some or all of your comments off the record. Part of the stigma associated with solving the issues created from these conditions is a reluctance to discuss, admit or respond to them promptly.

There is also an ongoing reference list of public and private services available on island. It should soon be available in print via a weather protected billboard to allow for easy access, especially for those who may be challenged to use the internet.

You can find the current info on diagnosing the basic principles of dementia as well as cards on how to contact the government for more assistance on the billboard at False Bay Provisions.

You can also contact the Alzheimer Society to access free, confidential support and information for people living with dementia, care-partners, health-care providers, and the general public at "The First Link Dementia Helpline" 9 a.m. - 8 p.m. (1-800-936-6033).

Thanks for reading. We'll post the next meeting time well in advance and look forward to hearing your concerns and solutions. - *Camino for L.A.S.S.*

## The LCA Community Forum

The community forum is a space for sharing and listening on topics of community importance. We held four forums in the past year: on vacation rentals, sheep, racism, and unity and division in our community. Committee members are Peter J, Aigul, Shoshanah and Marti W. New members welcome.

## The Lasqueti Island Food Bank

The Lasqueti Island food bank operates with a grant through qathet regional district and monetary donations from the public, under the LCA umbrella.

We purchase high quality staples and for the most part, organic goods. Our goal is to provide healthy food items which will sustain people for a reasonable period of time. We stock up two to three times a year, filling massively heavy totes which we store at the JFC.

We deliver boxes every two to three months, depending on need and more often in fall and winter.

We take great care to be discrete and private in our approach. Our experience has been that most people only need the extra assistance for a short time or seasonally.

If you know of anyone who might need a top up, please contact us. We rely on word of mouth to guide us in fulfilling our mandate of helping out.

If you would like to donate to the food bank, etransfer or send a cheque to [asquetilcatreasurer@gmail.com](mailto:asquetilcatreasurer@gmail.com). Receipts will be issued for donations over \$20.00. Marilyn D. 250 333 8852; Suzi R 250 927 8142

## LCA Recreation Infrastructure Committee

This year, the LCA Recreation Infrastructure Subcommittee has been working to secure a site at the community hall for a new playground. We are currently considering the area between the living fence and the hall deck, where the swing set is located. We hope to receive confirmation soon on whether this site is approved so that we can move forward with the grant application process.

We have also identified a qualified playground designer who carries the required \$5 million general liability insurance as specified by the LCA. The designer has already visited Lasqueti and is willing to take on our small-scale project!

Many parks with playgrounds now also feature disc golf courses, creating vibrant recreational spaces for the whole community. Disc golf is an inclusive, low-cost activity that can be enjoyed by people of all ages and skill levels.

In conjunction with the proposed playground, we are seeking approval from the LCA to develop a 9-hole disc golf course at the community hall. This addition would enhance the area's recreational offerings and provide a fun, accessible activity for residents and visitors alike.

At the most recent LCA meeting, several key concerns were raised:

1. The visual appearance of disc golf baskets and whether they might be considered aesthetically displeasing. Baskets could be painted to create a more decorative effect. The goal would be to camouflage them as much as possible and integrate them into the environment.
2. Safety concerns, in particular, throwing discs beyond property lines or into hall windows and the roadway. Course design would carefully address these factors to ensure safe play.
3. The potential for injury from discs striking individuals. One idea discussed was prohibiting course use during community events. This would be similar to how the school course is restricted to after-school hours.
4. A preference that baskets not be permanently cemented into the ground. Standard installation typically involves securing a metal ground sleeve into a 2–3 foot deep hole with concrete and gravel for stability. Portable baskets were discussed as an alternative, though concerns were raised about their stability if pulled on by children.

If you're interested in this project or have feedback please come out to the LCA AGM May 30th to show your support. - Thanks, *Laila Fricker and Ian Rusconi*

## Creek Parking Committee

The French Creek Parking Committee consists of 8 volunteer members this year from Lasqueti Island. The committee takes applications for green space parking in French Creek, manages a wait list, and facilitates renewal and pass eligibility on behalf of the French Creek Harbour Authority to ensure limited parking spaces are used to their fullest capacity.

To date we have issued 6 new passes and maintain a total of 165 green line parking spaces. The waiting list is now 9 people. This year we have put effort into developing an internal procedures manual that will help bring new members up to speed more quickly when they join the committee. It will aid in providing consistent and fair practices in issuing passes to our community.

For more information or questions about eligibility and criteria, please email the entire committee at [lasquetifcparking@gmail.com](mailto:lasquetifcparking@gmail.com)

Your committee members, Lisa J, Pia L, Carmen S, Sue K, Terry T, Laura C, Cindy C, Deb P

## Lasqueti Community Cemetery

The Lasqueti Community Cemetery has two volunteer cemetery sextons, Laura and Ivy, plus our honorary historian Kathy. We are not looking for new members at this time.

This year in the cemetery we laid to rest a few new residents.

Many new plants are being planted to bring a beautiful, gentle feeling to this resting place.

Last year's fall clean up created an abundance of leaves to help Ivy spearhead the creation of compost soil for our memorial gardens.

This year we continued to clear land for the new area.

Our mandate is to provide a gentle and loving place for islanders to lay their loved ones to rest and be remembered. *—Laura C.*

## Ferry Committee

### Community Meeting

After months of unanswered communication and miscommunication, we finally have a community meeting confirmed with Western Pacific Marine (WPM): **Saturday, May 9th, 12–3 PM at False Bay School**, in person or via Zoom. Submit your Zoom link request to Tim Peterson:

timpeterson24@yahoo.com

This meeting was originally supposed to take place last fall. Attempts to engage WPM went unanswered, and when a January date was offered, the Ferry Committee had less than two weeks' notice; not enough time to properly notify the community. We hope to see as many people there as possible.

Notably, WPM has still not notified the community of the May 9th meeting, despite being provided all the necessary contact information.

### Contract Compliance

This past year has again required significant effort to hold WPM to its contract requirements. After initially indicating willingness to meet the required crew levels for 59–60 passengers, compliance remained inconsistent. More concerning, WPM quietly decided at some point that it no longer needed to meet those requirements; without communicating this to the community. When the Ferry Committee pressed further, it became clear that WPM had been referencing the wrong Transport Canada document entirely; one covering a maximum of 50 passengers, not the contracted 59–60. We believe this has now been corrected, but the lack of transparency throughout has been deeply concerning.

### Operational Concerns

Community members have raised several concerns:

- **Weather cancellations** have increased. While some reflect climate change, the pattern suggests some captains handle rougher conditions better than others, and not all follow the usual route that reduces passenger discomfort.
- **Preboarding** for community members with medical conditions ahead of freight and other passengers has not been handled consistently.
- **The age and condition of the Centurion VII** remain a concern. Maintenance issues mean reduced sailing capacity, which effectively reduces service to the community.
- **Scheduled refit and maintenance**, originally delayed from last fall, has still not been scheduled.

### BC Ferries

In June 2025, the Ferry Committee met with BC Ferries' Executive Director of External Communications for a candid conversation about ongoing service issues. Productive, follow-up items were never actioned after that director went on medical leave. We continue to try to re-establish contact.

### Contract Review

The two-year window to conduct a contract review of WPM has now passed. A community communication plan due in October 2024 has also never been delivered. The Ferry Committee is pursuing both with BC Ferries and the Ministry of Transportation and Transit. We look forward to seeing you **May 9th at False Bay School** and at the **LCA AGM, May 30th at the Community Hall**.

— *Shelley Garside, on behalf of the Ferry Committee: Sue Kristinsson, Laura Crean, Jana Vannan, Tim Peterson, Ezra Auerbach, Peter Johnston, Andrew Fall, Shelley Garside*

### LICA (Lasqueti Island Community Archives)

Over the past year, LICA (Lasqueti Island Community Archives) has slowly continued to work on our digital Lasqueti Archives.

The LCA has allocated a small room (the old library) at the hall for LICA, and we hope to turn it into a proper archives room by this fall.

We are still receiving (and open to receive) archival material (newsletters, photos, slides, films, newspaper articles, etc.) regarding the history of Lasqueti Island and its people. Please, contact us if you have some you are willing to part with or allowing us to scan.

The LICA committee is planning to continue with the same members. Keeping the main committee small works well, but if interested in helping us, volunteers are welcome. Thank you for your support.

— *Andrew and Marie-Ange Fall, Sheila Ray, and Lisa Johnson.*

## Fall Fair Committee

**2025 Fall Fair:** One thing I love about the Fall Fair is that so many of the attendees also volunteer in some capacity to make the event flow. About 280 people came to the fair, over 100 of whom were volunteers, from the pre-fair preparations right through to the post-fair wrap-up. We wrote a more detailed thank you in the Oct 2025 Xwe'etay News. But given the amount of work to feed dinner to about 230 people, hats off to Violet and Tikki and their entire crew.

The 2025 Fall Fair Committee made a great team, distributing oversight of major tasks to provide a space for our community to come together to showcase, play, compete, eat and dance together.

The Fall Fair is also a fund-raiser for the LCA, and the net proceeds were just over \$5,000, which will go towards hall improvements.

**2026 Fall Fair Committee:** Shifting the Fall Fair to an LCA committee has helped keep it going. Consider stepping up to be part of the 2026 Fall Fair organizing committee at the upcoming LCA AGM – bring fresh ideas. And if you aren't able to join the organizing committee, consider how you can contribute to the fair (and perhaps expect a call...).

2025 Fall Fair Committee: Shoshanah, Daniela, Dana A, Hilary, Jordan B, Jenny V and Andrew F, with lots of input from Dana L.

## Think Like a Bird – Prevent Window Strikes

Imagine you're a bird in flight and you spot what you think is an open vista of sky and trees but instead it's a window reflection. Approximately one billion (!) birds die from window strikes in N. America each year.

When birds hit windows, they either die instantly, or they fly away and die later from internal bleeding, bruising, or neck injuries. Birds have to deal with many hazards already. Why add to their problems? It's not difficult to bird-proof your windows.

Start by identifying dangerous windows, including picture windows, corner windows, glass railings, places where birds can see through one window to another, or windows near feeders. Go outside and look at them from a bird's point of view. If you see branches or sky reflected in the glass, that's what birds will see, too. Here's how to fix it.

*Apply all of these methods to the outside of the windows, spaced 2 in. x 2 in. apart. A single hawk silhouette or one or two stickers will do little to help birds.*

For our house, and for the new pottery studio at the Arts Centre, I made dot patterns using Uni Posca water-based paint markers. You hardly notice the dots from inside during the day. The pens are available at art supply stores, and I have a few to lend out. Just ask!

Decals offer an easier way to apply the correct spacing of dots across your window. Get "Feather Friendly" decals at Wild Birds Unlimited in Nanaimo.

Make zen wind curtains out of parachute cord or thick string or ribbons and hang them on the outside of your windows. Hang strings 2 - 4 inches apart and let them blow in the breeze.

Quick fix: Make art on your window with soap or tempera paint.

Screens work, if they're on the outside and cover the entire surface.

If you're constructing a new building, placing a pane of pain where there used to be air, please take the time to make them collision-proof, preferably before you install the glass.

If you're not at your place often, use shutters or plywood, netting, or anything to cover the windows and glass railings when you're away.

If birds are able to see through one window to another, close the curtains or a door between rooms.

Adapted from: [www.allaboutbirds.org/news/why-birds-hit-windows-and-how-you-can-help-prevent-it](http://www.allaboutbirds.org/news/why-birds-hit-windows-and-how-you-can-help-prevent-it)

— Carolyn Masson



# My Oceanside Chocolate Home Association (MOCHA)

## Looking for Community Integration Support Workers

**MOCHA** is a volunteer Board whose members (Martha Holmes, Andrew Fall, Tim Peterson, Denise Schmit, Jasmine NeeNee, and Beth Ott) work with Latisha Seaton, Judy Peterson and Michael Huguenard to help ensure that Latisha's needs and desires are met

To enable Latisha to continue to live and thrive on Lasqueti, MOCHA is looking for people interested in regular paid work.

Interested individuals must be enthusiastic and eager to learn and apply skills to help care for Latisha, including personal care, and indoor/outdoor activities. CI Workers will provide support to Latisha during the day, Monday – Friday. Training provided.

**Contact:** Judy and Michael 250 333-8534 10am- 10pm or any MOCHA Board member.

### Latisha Seaton - Let me introduce myself

You may have seen me at community events; perhaps you don't know me personally.

I have lived on Lasqueti for over 30 years in an accessible home mid-island with Judy and Michael. I have some challenges walking and speaking, but I can hear well and communicate with gestures and with the help of my computer tool.

I am often overlooked in crowds, sitting in my wheelchair, but am very happy when people talk with me. I'd love it if you can tell me a silly joke.

I enjoy painting, going to the beach and socializing at community events.

And very important: I especially like chocolate!



### The Saga of George Tranfield – Part 4

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

After serving his jail term, George set up a store in Nanaimo in 1864. His chequered past would soon catch up with him, however, like a rising tide.

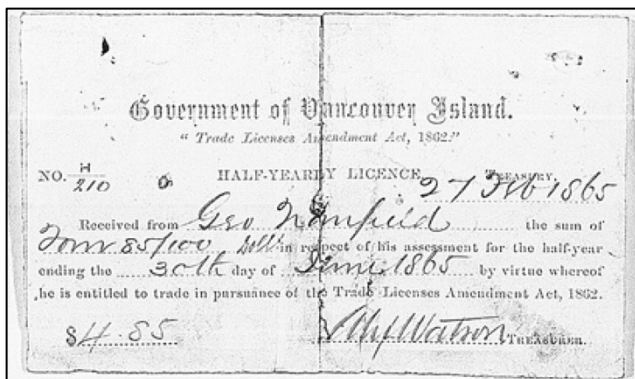
In August 1868, George wrote to Governor Seymour after "three men came to my shop about or before noon and commenced a system of abuse and violence.... [A] bout 3 o'clock I threatened if they would not go, I would make them, when one seized my cleaver and ... we came to blows. The testimony says I struck first, but if I did in the excited state I was, and 3 men on my premises each larger by 40 to 60 lbs than myself, I old, they young men, I felt at the time I was doing no more than defending myself against fearful odds." The incident ended when "Finally, about 7 o'clock, I taking a stick not thicker than a policeman's staff in self defence, commenced the offensive ..."

Curiously, George was fined: "It is hard on me after paying taxes and licence, for protection these ten years, and I when needed it, to be left alone at the mercy of ruffians at least 7 hours ... and driven to desperation in defending myself, to be heavily fined with the threat if I do not raise the money to be dragged to jail ..."

His letter includes some clues: "I do not see why after leaving British Columbia, the old spleen should follow me." (spleen can mean anger).

When the Governor declined to intervene, George replied defiantly: "it was lucky that you did not mean to interfere in the oppression of me, for if you had it would be too late as I was already crucified to the spleen of a petty tyrant in resisting an attempt to a kind of blackmailing. ... Four years ago, I was imprisoned, deprived of my liberty, my property allowed to scatter over the country and my business destroyed after paying every demand of Government and receiving no protection ... I cannot help it if you take offence at my want of cringing in my letter, but when a man smarts under what he thinks is undue oppression, he must be what I am not if he admire the whip that strikes him."

George then turned back to homesteading -- on Lasqueti ...  
- Andrew Fall



Ken Lertzman

Jade Scanlan and Sha Sha Scanlan-Thomas at April Grub & Groove

**WARSHING CLOTHES RECIPE**  
 Build fire in backyard to heat kettle of rain water. Set tubs so smoke wont blow in eyes if wind is pert. Shave one whole cake of lye soap in boiling water.  
 Sort things make 3 piles  
 1 pile white  
 1 pile colored  
 1 pile work britches and rags  
 to make starch, stir in flour in cold water to smooth, then thin down with boiling water.  
 Take white things, rub dirty spots on board, scrub hard, and boil.  
 Then rub colored don't boil just wrench\* and starch.  
 Take things out of kettle with broom stick handle, then wrench, and starch.  
 Hang old rags on fence  
 Spread tea towels on grass  
 Pore wrench water in flower bed.  
 Scrub porch with hot soapy water.  
 Turn tubs upside down  
 Go put on clean dress, smooth hair with hair comb,  
 brew cup of tea, sit and rock a spell and count your blessings.  
 \*wrench means rinse

Submitted by Kate Hackett



**From Tim Peterson:** Greetings all. In an earlier report, I mentioned that our qRD Director Andrew Fall and I were jointly advancing a resolution to request that Transport Canada cease its divestment program for remote ports, such as the False Bay dock. I am pleased to report that the resolution was passed at the recent Association of Vancouver Island and Coastal Communities convention. This means that it will now advance to the Union of BC Municipalities and Federation of Canadian Municipalities for consideration. If approved, these bodies will then advocate directly with Transport Canada to request that the divestment efforts cease. Lasqueti and other communities with remote ports rely on our dock infrastructure as the essential lifeline to emergency services and basic transportation, and it is past time for these efforts to cease, to end the uncertainty that this program has generated. I will be working with our AVICC FCM representative to see how we can support the passage of the resolution and will report as appropriate.

As Trustee Lironi noted last month, municipal elections are coming up in October. After our May 4 meeting, we only have the July 6 meeting scheduled, (although it is possible that we may request an additional meeting to adopt the proposed Land Use Bylaw changes, if needed). If you are interested in learning more about the role of trustee and how the organization works, feel free to reach out to either of us, and we will be happy to tell you more.

Occasionally, incorrect statements about Islands Trust and the Lasqueti Local Trust Committee circulate in our community. I am sometimes asked why I don't publicly refute such incorrect statements. Rather than use this column to react to such statements, I prefer to notify the public about things that I think are important or interesting. That said, if you are unsure about something you have heard, or want to know more about any Islands Trust topic, I invite you to reach out to your trustees. If we don't have the answers at hand, we will find them for you.

[tpeterson@islandstrust.bc.ca](mailto:tpeterson@islandstrust.bc.ca) 250-607-70940

**From Mikaila Lironi:** How the Islands Trust Works

At its core are Local Trust Committees (LTCs). Each island area elects two Local Trustees every four years. These trustees are the primary decision-makers for land use planning in their community. They adopt and amend Official Community Plans, create and enforce land use bylaws, hold public hearings, and make decisions on development applications. Their authority is local but guided by the overarching Islands Trust mandate set out in provincial legislation. Chairs are full voting members of the LTC and are responsible for keeping order and ensuring meetings are properly conducted in accordance with legislation and policy.

Local Trustees also serve a second role: they sit collectively as Trust Council, the governing body for the entire Islands Trust area. Trust Council sets overall policy, approves budgets, and ensures consistency between island communities. It does not manage day-to-day local planning decisions but provides the framework within which LTCs operate.

From among the trustees, Trust Council elects an Executive Committee made up of the Chair, Vice-Chair, and two additional trustees. The Executive Committee handles governance oversight between Trust Council meetings, sets agendas, and provides direction at a strategic level.

The Chair is not a mayor and does not direct local trustees. Instead, the Chair presides over Trust Council and Executive Committee meetings, represents the Islands Trust externally, and works closely with senior staff to ensure the organization functions effectively.

Professional staff carry out the operational work. Planners, bylaw officers, administrative staff, and senior leadership support both LTCs and Trust Council. They provide technical advice, process applications, draft bylaws, conduct research, and ensure legal and procedural requirements are met. Staff do not make policy decisions; they implement the direction given by elected trustees.

In short, Local Trustees make land use decisions for their islands. Trust Council sets the broader policy framework, the Executive and Chair provide governance leadership, and staff ensure the system runs smoothly. Together, this structure balances local autonomy with a shared regional mandate to preserve and protect one of B.C.'s most ecologically significant areas.

16 [mlironi@islandstrust.bc.ca](mailto:mlironi@islandstrust.bc.ca) 250-812-2560



Busy, busy, busy. That's what this time of year is. And so, having something in the fridge that lasts a few days (and actually tastes better on day 2 and 3), and that can turn into different meals or get doubled to take to a potluck, is a bonus. This salad does it all. Serve it over fresh greens for lunch or add a protein and it's a whole meal. If you sauté some spinach and throw the salad in the pan with it and then add a fried egg on top, it's a whole different meal. And if there's still a little bit left over, I bet it would make a great soup tossed into any kind of stock you have with extra veggies added in. Let's all eat well during the busy, busy, busy!

### **Farro Salad with Roasted Tomatoes**

Toss 4 cups of cherry tomatoes in olive oil.

Poke each with a knife so they don't burst or, cut in half.

Place on a parchment lined cookie sheet and roast at 300 F until they are done to your liking.

Meanwhile, bring 1 cup of farro to a boil in 4 cups of water with 1 teaspoon of salt.

Reduce to a simmer and cook uncovered for 15-20 minutes.

Drain any extra water and let cool.

For the dressing, roughly chop 1 large garlic clove on a cutting board then add 1/2 to 1 tablespoon dried oregano depending on your taste,

1-1/4 teaspoons of salt and a few grinds of black pepper.

Mince until it forms a fine paste.

Transfer to a large bowl and whisk in 1/4 cups of red wine vinegar

Then slowly drizzle 1/4 cup of olive oil whisking the whole time.

Taste and season.

Add the farro into the bowl and stir

Add the tomatoes, 3 ounces of feta and 1/2 cup black olives, pitted and chopped.

Garnish with chopped basil or mint leaves.

Adapted from Deb Perelman, *Smitten Kitchen Keepers* – *Deb Perell*



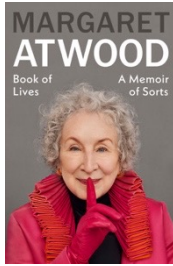
Early Clematis porch flowers by Ronaldo

## Book Review



Margaret Atwood. *Book of Lives: A Memoir of Sorts*. McClelland & Stewart, 2025.

Do you already have to be a fan of Margaret Atwood to want to read her “sort of” memoir? Prolific, with over fifty works under her belt, she is arguably Canada’s best-known author. Born at the outbreak of World War II, her life is a window on the experience of women coming of age in the 1960s and 70s, from a uniquely Canadian perspective.



“Peggy,” as she was known, spent childhood summers living off grid in the wilds of northern Quebec, the rest of the year in the city, the family comfortable transforming from country mice to city mice. Walking home from school at the age of 16, a poem formed in her mind (not a particularly good one, she admits) and this was when she decided to be a writer. Her parents were not impressed. They had hoped she would pursue a career in science. Her mother’s advice was “Well, if you’re going to be a writer you’d better learn to spell.” After graduating from the University of Toronto, she went on to graduate studies at Harvard. Back then, female PhD candidates were simply expected to serve tea and cookies at faculty meetings.

Atwood came to the Canadian literary scene when it scarcely existed and has helped shaped its growth and development. She was the right person for the right time – her talent rewarded with early success. Atwood’s story, or perhaps more correctly, her version of her life, is presented chronologically. She highlights significant “life lessons” learned along the way, showing how early experiences inform our future selves.

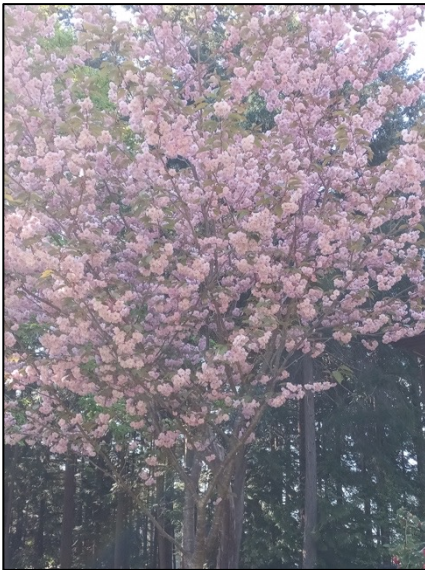
She explores most of her significant works of fiction, identifying real people who would later appear as characters. The distinctive Atwood voice is there – wry, pithy, and sardonic. An accomplished storyteller, she makes this 600-page book an easy read. While Atwood occasionally stoops to some gossip and catty remarks, she is candid about herself. She explores the duality and complexity in all of us - women are not inherently angelic.

A memoir worth reading must meet two standards: an interesting life, delivered in an engaging style. The *Book of Lives* achieves both and may inspire you to discover or revisit her oeuvre. - Sue Ashcroft

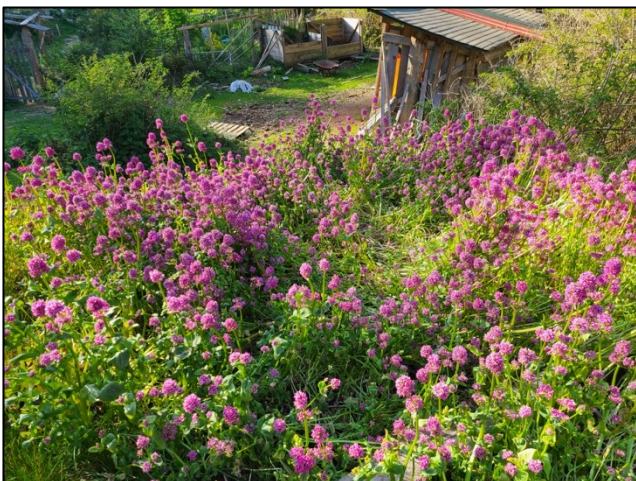


Patrick M'Gonigle and Dave Wilcox groovin' at the last Grub & Groove of the 2025/2026 season

Ken Lertzman



Judy Kearney



Annual flush of seablush on a rooftop wildflower meadow - a refuge from grazers. The meadow started three years ago with a few seeds from the Finnerties. Every year there's more pink on the roof!

Kaia Bryce



**Freestore and Recycling Depot:** Based on recommendations from our Waste Management Advisory Committee, the qRD Board agreed to increase winter hours by 2 hours/week, and will also explore options for recycling more types of items.

**Wharf resolution at AVICC (Association of Vancouver Island and Coastal Communities):** The resolution “*cease divestment efforts of remote port facilities*” put forward jointly by the qRD, Islands Trust and Strathcona Regional District was adopted unanimously at the AVICC convention. It has already been provided to our MP Gord Johns. As a next step, Trustee Peterson and I are aiming to advance it to the Federation of Canadian Municipalities (FCM) convention. I also sent it to the FCM Executive Director of Policy and Public Affairs.

**AVICC workshop on the Cowichan Tribes Case:** I attended a workshop at the AVICC convention on how this case may affect local governments. The panel included a lawyer with extensive experience supporting local governments (Don Lidstone) and a lawyer who has worked on different sides of Aboriginal title cases (Robert Janes). They provided objective explanations and assessments, with a focus on potential implications for local governments.

One of their recommendations was to read the judgement because understanding the nuances and details is important to infer potential implications in areas beyond the disputed land in Richmond. That is why I previously read it (all 779 pages), and the information from the workshop confirmed and refined my understanding.

This ruling placed significant uncertainty on the property owners that are *directly* affected in Richmond, and may affect their property values until resolved. This situation arose because the land was both reserved for the Cowichan (by the actions of Governor James Douglas, based on the Royal Proclamation of 1763) yet also converted to private property via Crown grants (by the actions of Richard Moody, Chief Commissioner of Lands and Works). Since that discrepancy was caused by the Province, the judge made clear that the Province has a responsibility to resolve it.

Outside the disputed land in Richmond, the implications will vary by location. In most areas, the extensive evidence required is likely lacking (e.g. Hudson’s Bay Company ship logs). The ruling may change as the case works its way through the BC Court of Appeal and the Supreme Court of Canada, which will determine any new legal precedents.

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



“Night Garden” by Ryder Cejka.  
Created ~10 years ago as part of an art project at FBS with Kimi C.

## Last Resort Society, Yard Sale. May 23

The Last Resort Society is holding a Yard and Bake Sale at the Judith Fisher Center on Saturday May 23<sup>rd</sup>; 10am to 1pm.

Anyone wishing to join us in selling their precious yard sale belongings is welcome. Set up will start at 9am. Sell out of your trunk or bring your own table.

### Basic rules

1. Anything you bring must leave the property right after 1pm. Sold or not.
2. We would ask that you make a 10% donation of your sales to the Last Resort Society.
3. We ask that you follow rule #1! Unfortunately, we are not in position to accept any donations of yard sale goods at this time, as we have enough precious goods of our own to flog off.

## Therapeutic Ball Workshop

Friday, May 8<sup>th</sup>; 12:00-2:15 pm

Cost \$45

At Denise's Studio

Are you constantly stiff and achy? Are you having difficulty bending down or getting up from the chair or couch? Well, this is the workshop for you. Come learn how to massage your body with different sized balls while alleviating stress and stiffness. This unique workshop will not only relieve tension, it will lengthen muscles, improve posture, articulation and enhance breathing. Simple stretches and integrative movement exercises will be also included in this workshop.

What to wear: comfortable loose clothing

What to bring: drinking water and balls: 1 spikey small (1.3/4"), 1 spikey medium (2.1/4"), and 2 smooth medium (2.1/2") (there are spikey and smooth medium balls available for purchase).

Limited Registration to 12 students.

For more information or registration call Denise at 250 240-0457 or email [dlieutaghi@gmail.com](mailto:dlieutaghi@gmail.com)

## Photo Theme for June issue of XN

The birds are making nests, the sea lions are barking and the sheep are wandering. The flocks have all returned. **This month we want to see photos of your "flocks" whether they are chickens, ducks, goats, dogs.** We use the term loosely but, we think you get the idea. – The Yew Collective

## Book Recommendation for this Summer

*The Stimulated Mind; Future-Proof Your Mind from Dementia and Stay Sharp at Any Age*, by Dr. Tommy Wood. (Penguin/Random House, 2026).

I'd like to offer this book to anyone on island who would like help navigate onset dementia or is interested in studying how to prevent or slow the onset. This book showcases how to future-proof your brain from dementia and stay sharp at any age. It challenges the idea that cognitive decline is inevitable. I found out about it by watching an interview with Dr. Wood and was intrigued. This led to discovering his book and a whole new world of info about our brains and the protection and health of them. Drawing from cutting edge research and years of coaching elite athletes, Dr. Wood reveals that the brain can actually get stronger with age if we give it the right inputs. And he offers a science based, actionable blueprint to shape a sharper, more adaptable brain. Contact me at (250)333-8558 to be on the list to borrow it anytime. - *Camino*



## COVID-19 Vaccine Spring 2026 Clinics for Select Groups

An additional dose of the COVID-19 vaccine is recommended for those at risk of severe illness, including:

- Anyone 80 years and older
- Indigenous people aged 70 and older
- People 6 months and older diagnosed with significant immunocompromising conditions

Invites to book appointments are being sent to adults 65 and older registered in the Get Vaccinated system. Visit [getvaccinated.gov.bc.ca](http://getvaccinated.gov.bc.ca) or call 1-833-838-2323 to book. Call if you have any questions.

Island Health Clinic: May 22  
Judith Fisher Centre, #1 China Cloud Bay Road, Lasqueti Island



TO LEARN MORE, VISIT

[Islandhealth.ca/covid19-vaccine](http://Islandhealth.ca/covid19-vaccine)  
or scan the QR code



### Lasqueti Island Community Association AGM

The LCA is having their AGM at the hall at 1pm May 30, 2026. At this time you will have the opportunity to hear what is happening in your community. Come give us your input and questions plus a chance to renew this term's LCA membership. REALLY LOOKING FORWARD TO SEEING YOU ALL!

### Death Café – May 20

There will be a Death Café on May 20, Wednesday 4-6 pm at the Arts Centre. Death Cafés offer an informal opportunity for folks to share (or just listen to) any feelings, questions or thoughts about death and dying. The more we talk about death, the less scary it can become. “What is mentionable is manageable.” Tea, cookies and confidentiality. - With love from Sophia and Annie

### False Bay Provisions Birthday BBQ - Its time to turn it up to 11!

Hello to the island. We are excited to announce a BBQ to celebrate Provisions 10<sup>th</sup> year of service to the community. A thank you is in order to everyone who has been involved in our mission to feed you and provide a relaxed and welcoming place where you can meet to eat, drink, talk and visit with your family and friends. The last decade has been amazing, and it is time to mark the occasion.

On Saturday, May 23rd, we welcome you to join us on the lawn for an early family style BBQ lunch at noon. Weather permitting, please bring a lawn chair or blanket to hang out in the grass; or you can gather at the picnic tables. All ages welcome. Come ready to chat with friends and have a nice meal together.

Thank you so much Lasqueti for your support in being here. This is YOUR restaurant, bakery and general store. What you see here comes from what you have asked for over the years and you can look forward to watching it continue to grow with the times and your needs. What else can we say? It truly is a real pleasure to serve you in style with a smile! 😊 .

Much love and gratitude from all of us at Provisions. Have a great May. - Camino

### Our Week in Review

|                                   | Sun        | Mon              | Tues      | Wed       | Thu              | Fri              | Sat              |
|-----------------------------------|------------|------------------|-----------|-----------|------------------|------------------|------------------|
| <b>A Life TimeZ Nursery</b>       |            | 10 -5            |           |           |                  |                  |                  |
| <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 - 5           |           |           | 10 - 5           |                  |                  |
| <b>Life Drawing</b>               |            |                  | 7 - 9     |           |                  |                  |                  |
| <b>Nurse</b>                      |            |                  |           |           | 11 – 3**         |                  |                  |
| <b>Parsimony &amp; Providence</b> | 2 - 6      |                  |           |           | 2 - 6            |                  | 11 - 2           |
| <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 - 5           |           |           | 10 - 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>CS Bread Stand</b>             |            |                  | Bake day! |           |                  | Bake day!        |                  |
| <b>Ultimate Frisbee</b>           | 5:30       |                  |           | 5:30      |                  |                  |                  |

\*\*Nurses clinic: Thurs, May 7, 14, 21, 28

## Community Calendar

- May 8. Therapeutic Ball Workshop. 12 – 2:15.  
Denise's studio.
- May 9. Western Pacific Marine mtg. FBS; 12-3pm
- May 16. False Bay School Spring Fling.
- May 20. Death Café, Arts Center, 4-6 pm
- May 23. Last Resort Society Yard and Bake Sale,  
JFC, 10am – 1pm.
- May 30. LCA AGM, 1pm at the Hall.
- May 31. LINC AGM. 11 - 12:30 at JFC.
- July 17. Celebration of Life for Milan.



Kat Jones

The promise of things to come. Tomatoes harvested from the greenhouse Fall 2025

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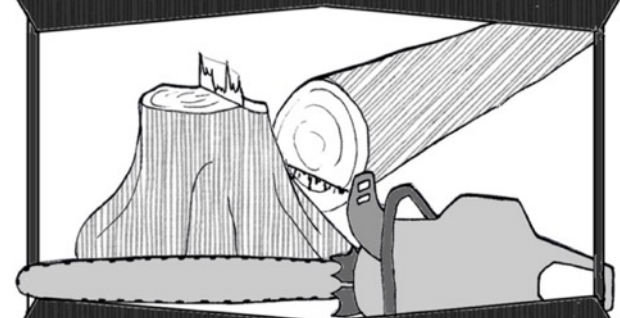
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