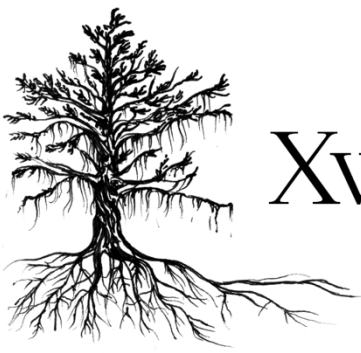
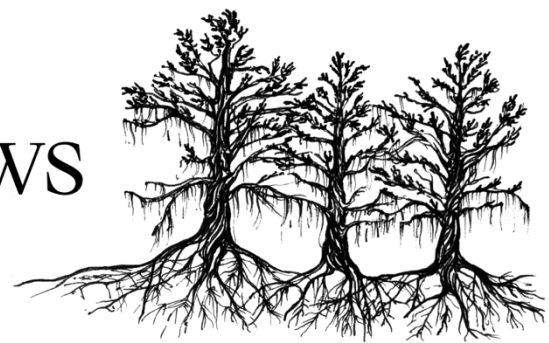




Xwe'etay News



Issue 22

November 2025

A Note from your Editors

Notice anything different about our look this month? We're so happy to share that we're doing a trial print run with Laurence Fisher on his home printer – which means colour! Thank you so much Laurence for bringing more colour to our already sometimes colourful lives!

Thank you all for sharing your morning moments with us (and to Dianne for picking up the coffee theme). So nice to see the favourite mugs, cozy spots, word games...

Inspired by a lovely moment on the dock the other day, our December photo theme is “**inter-generational Lasquetians**”. In the near future, we'll be honouring spiders, so keep your eyes open now. There are some beautiful webs being woven these days.

In addition, in recognition of the change in seasons, the Collective invites you to submit short stories about **winter ferry crossings/winter Lasqueti travel**. We'd love to publish these over the next few months (under 400 words, please).

***And, check out our new digital index of all back issues. Thanks to Sue Ashcroft! ***

https://lasqueti.ca/files/user279/xweetay_index_october_3_2025.pdf

Several folks ask every month when the next XN deadline is. Here's a pro tip: the next deadline is *always* listed on the back page of the newsletter. **The next deadline is Nov. 27 (Thursday).**

To contact us and for submissions or donations: xweetaynews@lasqueti.ca; for on-line, colour versions: www.lasqueti.ca/xweetay-news
- Anna D., Karen G., Dana L., Deb P., JennyV, and Wendy W.



~~~~ Ebbs and Flows ~~~~

George Sweet –

Cherished Friend of the Phillips Clan

There were “The Three Georges” who were close with the Phillips family, all originally Englishmen and then Lasquetians. The well-known saying was “Leave it to George” because the family could, and often did on occasion, “leave it” to one or other of them, knowing that they would receive prompt attention and good advice.

The Phillips clan came to refer to George Sweet as “our” George. He was a Somerset man who had left home at an early age to seek his fortune abroad, and, in the autumn of his days, settled in BC rather than returning home to England. George was familiar with the BC coast, where he had fished for several years. He had dropped in at Rouse Bay, as others had done from time to time, and eventually he became one of the Phillips’ dearest friends. At first, he lived on his boat anchored in the bay and later he became a beloved member of the Phillips’ household until his death, which occurred some years after Evadne Phillips and he had left the island to live in Vancouver.



George Sweet on the beach in Rouse Bay, 1940's

(Cont'd next page)

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

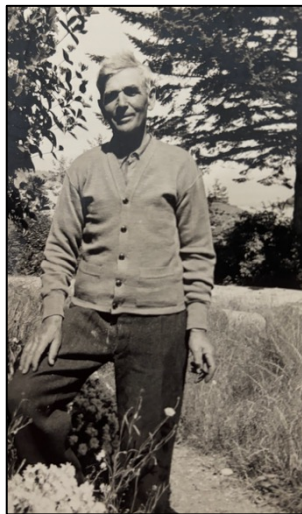
On Lasqueti George was not only a good companion, but of invaluable assistance in the training of the children (Edward and Diane) -- although they may not have realised it at the time. He did many repairs to the house with his tricks of the trade of woodcraft when the other menfolk were out fishing. He was also an avid reader, and, drawing on his reading and his personal experience, could provide information on a variety of topics.

His nephew Leslie from England was a big fan of his Uncle George too and he also became a valued friend of the Phillips on visits to Vancouver.

George is buried at a military cemetery near White Rock. – *Deirdre Phillips*



George's boat 1940's



Kitchen Creations



Green Tomato Season

Gardening, and therefore cooking, has many seasons: the fleeting strawberry season, overflowing zucchini season, too many salad greens season which might be followed by not enough salad greens season. If you are in the midst of what to do with green tomatoes season, these recipes from Dana Lepofsky and Ken Lertzman are for you!

Green Tomato Pasta Sauce

Good for tomatoes with a bit of red inside.

Sauté lots of onion and garlic in olive oil till soft and starting to caramelize. Add to the pan lots of chopped green tomatoes (they can be roasted in the oven or barbecued first for extra flavor). Add salt and pepper to taste, and hot chili flakes if desired. Cover the pan and cook till the tomatoes are soft and the sauce is bubbly. Blend with a hand blender, leaving some chunks, if desired. Serve over spaghetti.

Green Tomato Rellenos (adopted from Moosewood Cookbook; for 8 rellenos, 1-3 per person).

We like to serve these topped with spicy tomato sauce. Open a jar of your tomatoes, add some chili powder, salt, and chili flakes (if desired) and reduce on the woodstove while you're making the rellenos.

1. With a spoon, hollow the center out of firm, green tomatoes. Set aside the scooped-out part for filling.

2. Roast the scooped tomatoes till soft (but not mushy) in the oven on a baking tray or in a cast iron pan if you can cook all sides.

3. Prepare filling by mixing together:

- Minced tomato innards
- $\frac{3}{4}$ c breadcrumbs
- $\frac{3}{4}$ c grated cheese
- 2 T grated onion
- 2 med cloves garlic, crushed
- 1 t. cumin
- several dashes of cayenne
- salt and pepper to taste

4. Gently stuff filling into the scooped-out tomatoes.

The batter:

1. separate 3 eggs.

2. beat whites till soft peaks

3. Beat yolks with 1 T water, 3 T flour and $\frac{1}{4}$ t salt

4. fold yolk mixture into the whites.

Heat oil in a pan, then dollop some batter in a blob. Place a tomato over it. Cook over medium heat till batter starts to look done. Spoon more batter on top of each tomato and turn to cook all sides.

Serve with the sauce as soon as you can after the rellenos are cooked.



Susan Ellard



The Important Thing

The important thing about fall is that you can eat
apple pie
that your mother is baking from the apples you
picked from your orchard.
Or you can eat the turkey that your father is carving.
You and your siblings cook mushrooms in garlic
butter,
The mushrooms smell nutty and
And I love getting cozy with my parents in front of
the hot fire, watching a Halloween movie.
But the important thing about fall is the apple pie
that your mother is baking from the apples you
picked from your orchard.
- Fina, grade 5

Halloween

It was a full moon, it shined brighter than ever. The
sky was dark. I heard rustling, then ear piercing
howls. I went into the forest, mist was all around me.
Then I realised it was smoke coming from a
cauldron on a fire. I ran to the next station and
walked into a spider web. "EEK! Eek!" I went to go
and get some candy but instead I felt something that
was weird, gooey and slimy. When I had finished the
trail I went to the fire with my dad and he got me a
cup of hot apple cider. It tasted sweet and sour.
After that, I ate some candy, it tasted so good, sweet
and it popped in my mouth. Then I went home at
midnight feeling happy and excited for the next day.
Lucca - grade 3



Dana Lepofsky

The Important Thing

The important thing about fall is the leaves.
You can make a big pile of leaves and jump in
them and spread them all over the place.
And leaves make a crunching sound when you
step on them, it reminds me of the sound of
eating potato chips
Every fall when it gets cold
We have a fire and I get cozy with my mum
And my cat on the couch.
And I love when the colours change
And the leaves turn orange and brown
And I love when my sister and my mum make pie
Delicious pumpkin and apple pie
And I love it when the wind whispers in my ear
Singing a beautiful song.
But the important thing about fall is the leaves.
- Shallahjaday, grade 5



Susan Ellard

Fall harvests have now been completed and thanks given, but of course, work in the woods is not done. It is time for projects that were lower priorities during the growing season. We are hoping that you will assist LINC with two of these projects – invasive species removal and trail building.

For almost two decades LINC has worked with various public and private conservancy groups to facilitate their acquisition and stewardship of over 900 acres of property on Lasqueti. (Please have a look at our website for the details of the properties.) We provide the boots on the ground for work to conserve these lands. Last year we had a very effective day of invasive species (holly) removal at Young Point. A further 80 acres contiguous with that reserve were conserved this summer! On **November 9th** we will be hosting another “holly haul” on the newly added lands. The contrast between the neighbouring properties highlights the threat of invasive species and the effectiveness of our removal efforts. Please join us with your gloves, shovels, and pruning shears or clippers; many hands make light work! The terrain is flat, open, and easily accessible but could be damp. Meet us at 10:00 at the Salish View trailhead. Lunch will be provided for those who contact LINC at linc@lasqueti.ca or phone 250-333-8632 by Sunday the 2nd at 6:00 pm.

After that we will be hosting a trail building day at the Johnny Osland reserve. The trail has been mapped and flagged; we are now ready to build the trail to a beautiful ocean viewpoint. This will be only the second official trail on Lasqueti, after Salish View (also a LINC project.) Again, we look for your help on this project; date still to be set.

Finally, we are pleased to welcome Charlene Lloyd as our part-time Stewardship Coordinator. Charlene has Bachelor of Science in Environmental Science and a decade of experience in ecological fieldwork, invasive species management, and community-based conservation. She will be assisting LINC’s board in implementing our service contracts with the Islands Trust Conservancy, BC Parks, and BC Parks Foundation and with monitoring the conservancy covenants that LINC holds. We are excited about the contributions she can make to our work! – *Martha Konig*

Turkey Vultures

You’ve probably noticed that the sky is devoid of those large raptors. They left Vancouver Island and Lasqueti in the past month. Turkey Vultures, sometimes referred to as buzzards, migrate from southern Mexico and South America to southern Canada and Lasqueti annually from March/April through to the end of October. In the past few years, a small number of Turkey Vultures have been staying on Vancouver island all winter long. We saw a few last winter in December around Esquimalt.

A study by PhD student Cara Hetherington is underway through the Duncan Wildlife Centre to figure out why. Nine birds were fitted with solar transmitters last year, so their flight paths could be studied. Are they becoming like the Anna’s Hummingbirds, with a few adapting to the warming climate and preferring to stay? One day in October 2024, up to 2500 birds (grouped together in a kettle) were seen near Sooke. This year the count has been closer to 1000. The crossing from Sooke to the Olympic Peninsula in Washington is a hazardous one for these birds. It’s 20 kilometers over water, and even though they are large, they don’t have the strength to cross without some assistance from favourable winds and weather windows.

Turkey Vultures have small featherless red heads, which they plunge into dead carrion and other dead animals. Almost exclusively a scavenger (the genus name *Cathartes* means “purifier”), their food is a natural clean up that typifies nature’s cycles. Their v-shaped wings distinguish them from Eagles flying high in the sky, and they can soar for hours on warm thermals without flapping their wings. Turkey Vultures come here to nest on rocky outcrops and their young fledge in July. Maybe you’ve seen one near Lasqueti’s many rocky ledges?

Dave Manning, a nature writer, photographer and birder for over 60 years, fell in love with Vultures at age 65 on Pender Island. For over 11 years he’s studied the birds, especially the young chicks he’s watched peering out of their nest caves. I recently read his hard-to-find book, “The Old Man and the Vulture,” and I learned more about how nature’s seeming outcasts are incredibly important in our island ecosystems. -*Izzy (Sheila Harrington)*



DIY Potting Soil

Now that things have slowed down in the garden it's such a great time to do some of those things you never have time to think about during the crazily busy growing season. And one of those things is thinking about mixing up your own potting soil.

Why, you may ask? Well, besides being cheaper and doing away with more plastic packaging, as an organic gardener, you also get full control over what goes into your soil.

Commercial potting soils can contain unwanted chemical fertilizers, peat-heavy components, or imported materials. Mixing your own you can ensure the mix is light, well-draining and rich in organic matter.

Well known gardening guru **Linda Gilkeson** offers this simple recipe:
Linda's Homemade Potting Soil Mix

Mix 1 part each of:

- Coconut coir or peat moss
- Vermiculite, perlite, or sand
- Well-aged, screened compost
- Good garden soil

Then add 1 tablespoon each of lime and organic fertilizer per gallon of mix.

A note on peat:

Peat is harvested from peat bogs—unique wetlands that store large amounts of carbon and support rare wildlife. Removing peat releases stored carbon dioxide, and using alternatives like coconut coir or compost helps reduce our reliance on peat extraction.

A note on vermiculite:

Vermiculite is a finite, mined and non-renewable resource. However, it's generally considered low-impact compared to peat extraction because it's used in smaller quantities and doesn't deplete living ecosystems. It can't be "renewed," but it's inert, non-toxic, and long-lasting.

If you prefer to avoid peat, try this alternative from gardening author Jenny Rose Carey.

Peat-Free Potting Soil Mix

- 1/3 chicken grit (by volume)
 - 1/3 peat-free potting mix
 - 1/3 natural soil, mixed with leaf mold or compost
- Jenny recommends including a bit of real soil to help introduce beneficial microorganisms.

If you're starting seeds, skip the fertilizer and most of the compost. Seedlings need a light, airy mix that lets new roots grow easily.

Seed-Starting Mix

- 1 part coconut coir or peat moss (for moisture)
- 1 part perlite or vermiculite (for air and drainage)
- Optional: up to 10–15% fine, well-aged compost for gentle nutrition and microbes

Making your own soil mixes could be fun! You'll reduce waste, avoid more plastic packaging and maybe end up with better results? Let us know how it goes! —*Anna Dodds*



Sue Ashcroft



Book Review



52 Ways to Reconcile – How to walk with Indigenous Peoples on the Path to Healing by David A Robinson. (Penguin/Random House, 2025)

I didn't have time to read this fully, but it's what you might expect: suggestions for things to organize and do with others, or to do on your own. Each section seems to have good tips and good resources. Pick even a few that suit your preferences, and -- especially if you work with others -- you'll learn a lot, and not only about the others. Robertson, a two-time winner of the Governor General's Literary award, writes for children and adults and is a member of the Norway House Cree Nation. — *Peter Johnston*



From Tim Peterson: On October 6, the Local Trust Committee met to consider a response to the following: the NOLS Crown Land referral; the Islands Trust Policy Statement; the OCP Business Case, and a new Minor Project. For the NOLS referral, the LTC recommended refusal of the project for a number of reasons, including issues around consultation, fire and environmental risks.

The Policy Statement presentation and Q & A showed a marked deficit in advance communication. Certainly there were more questions than could be addressed in the time available. The LTC opted to defer decision on the referral to our next meeting.

Community members expressed a desire to hold community meetings for further discussion of the draft Policy Statement. Accordingly, I attended a meeting on Oct. 19, attended by approximately 20 people, during which I made notes and answered the questions I could. Another meeting is being planned.

The Policy Statement is an important document which lays foundations for many local bylaws. It may be viewed on the Islands Trust website (2050 pages); there is also a survey there as well. I am trying to get more paper copies of the survey on island.

The LTC approved the Business Case which is intended to fund work on the OCP review through March 2027. Unfortunately, the ongoing BCGEU strike is impacting the Islands Trust, so realistically timelines for all projects will need to be amended. Some meetings have been cancelled, but it is too soon to know if our December meeting will be affected.

We also approved a Minor Project to amend the Land Use Bylaw subdivision requirement to reflect the metric equivalent of 10 acres, which will only impact the subdivision of very large parcels. As always, please feel free to contact your trustees with your comments, questions, or concerns.

From Mikaila Lironi: At the October LTC, it was apparent that there is some misunderstanding and fear around Aboriginal Title and fee simple land and what it means for those of us who own land.

Canadian Law has recognized Aboriginal Title since 1763 when a Royal Proclamation was made

to establish the constitutional fact that Indigenous peoples already owned their lands. This meant that in order to settle on Indigenous land, the consent of the First Nation(s) was required. Aboriginal Rights and title are enshrined in Section 35 of Canada's Constitution. Even though the proclamation and constitution have made everything pretty clear, the Crown for the most part has never finalized agreements with the nations.

Now, what about British Columbia?

For the most part, title has not been addressed between the government and First Nations. The government has been dragging their feet when it comes to actually ratifying treaties between the Crown and First Nations.

Does this mean that if you own property that was occupied by First Nations that it's going to be taken from you and given to First Nations?

No.

Wait, isn't this what the Cowichan court case was about and didn't they win?!

The court case did not nullify private land ownership or return lands owned by non-Indigenous people to First Nations. The case just proved what was already true: if the Crown sells or gives away land that belongs to First Nations, then it's the Crown's job to sort it out, not the private land owners.

Well, what about Haida Gwaii? Doesn't the Haida Nation own all the land now?

The Haida people had their Aboriginal title recognized, but this will not affect the jurisdiction of local government, bylaws or private property on the islands.



Anna Dodds



Reduce Plastic Consumption

Take a close look at your recycling and garbage bins. Plastic packaging is likely one of the main components of the waste you generate. Although convenient for packaging items, not everyone makes sure that this plastic ends up in the recycling bin. According to *Canada-wide Plastic Packaging Flows: A 2024 Progress Report*, the overall rate of recycling residential plastic packaging in Canada in 2022 was 16%

(<https://plasticactioncentre.ca/directory/canada-wide-plastic-packaging-flows-a-2024-progress-report/>).

Statistics for BC are better with a recovery rate of residential plastic packaging of 45% in 2024. Of the 45% of plastic recovered (plastic collected through the recycling stream), 98% of it was sent to recycling end markets for further use (<https://recyclebc.ca/about/annual-reports/>).

Clearly, there's lots of room for improvement, but recycling is only one way to prevent plastic from ending up in landfills, incinerators, or the environment. The best way to prevent this is to reduce your use of plastic packaging overall. As it degrades, plastic breaks down into smaller and smaller particles called microplastics. These tiny bits of plastic are found in the deepest sea, the highest mountains, in the air, water, soil, and in the food we eat. They contain chemicals that can mimic hormones and increase the risk of disease

(<https://www.ucsf.edu/news/2024/02/427161/how-to-limit-microplastics-dangers>).

In response to the threat they pose, some people are aiming for a plastic-free life. If you want to break the plastic habit too, here are some beginner moves.

- Use reusable shopping bags, reusable water bottles (metal or glass is best), and coffee mugs. A kit in your car (or backpack) containing these items, plus napkins, cutlery, or chopsticks, is smart and forward-looking.
- Shop with your own containers and bags at a bulk store, where purchases are based on weight rather than packaging. Buying loose products means you decide on how much to buy. Buying in bulk helps you, or your family, friends, or neighbours, combine purchases, save money, and reduce plastic.
- Dine in rather than taking out food. Bring your own containers for doggie bags.
- In the kitchen, wrap food in beeswax-coated cloth or other repurposed fabric. Use glass or metal containers that are washable and reusable for leftovers.
- - Grow and cook your own food.

- Buy second hand rather than new products.

- Research ways to make your own hygiene, beauty, and cleaning products at home.

For more tips on how to reduce the plastic in your life, check out

<https://www.canada.ca/en/environment-climate-change/campaigns/beat-plastic-pollution-challenge.html> - JennyV



Karen Gates



Deb Perell



Community Wildfire Resiliency Plan: The updated plan provides a comprehensive overview of values at risk, wildfire risk assessment, FireSmart, and recommended actions. The plan is in the October Board agenda and will likely be posted to www.qathet.ca.

Paraphrasing from the executive summary:
“Wildfire is becoming increasingly prevalent across the BC landscape.... Wildfire threat and its associated risk to communities ... is likely to increase due to climatic changes, making it more critical than ever to understand wildfire risk and identify the most effective strategies for mitigation.”

Identified risks included:

- *“Public perception of wildfire risk is higher than the actual threat level ... This may lead to misaligned community expectations and challenges in prioritizing risk reduction efforts.”*
- *“Islands within the qRD pose a unique risk due to their vulnerability factors such as lack of firefighting and emergency service personnel, limited evacuation potential, and occasionally lack of available water for firefighting.”*

From the section on Lasqueti: *“Lasqueti Island, from a wildfire and forest fuels perspective, has generally lower wildfire threat due to the very limited areas of logging slash and generally very little other industrial activities or development. ... Human ignition is a risk factor – especially in the summer with a lot of visitors. Structure fires that turn into wildfires are a concern.”*

One key step you can take is to request a FireSmart assessment by one of our local assessors.

LIVFD volunteer dental coverage

Changes are being made to enhance the fire department dental plan to more closely match the Canadian Dental Care Plan.

Wood Smoke Reduction Grant intake now open

This program aims to reduce wood smoke and improve air quality by supporting replacement of old wood stoves with low emission heating options. Rebates are offered on a first come, first served basis with pre-qualifying conditions. For application info, see the qRD web site.

UBCM Workshop on Supporting Mental Health in Elected Officials

Across BC, local elected representatives are dealing with increasingly complex issues as well as increasing public frustration that has sometimes escalated into abuse, impacting stress-load and mental well-being. This workshop, sponsored in part by the Justice Institute of BC, discussed some ways elected representatives can navigate this challenging environment to continue to support their community while maintaining their own well-being.

Please feel free to contact me. I am honoured to be your regional representative. Director Andrew Fall, qathet Regional District Tel: 250-333-8595



Celia King



Book Review



21 Things you may not know about the Indian Act, by Bob Joseph (Indigenous Relations Press, 2018)

This book by Bob Joseph, a well-known trainer of businesses and governments in relating to First Nations, gives a brief but revealing overview of some of the racist and cultural genocidal provisions that have been in the Indian Act, first adopted in 1876 and still in effect, though it has been changed a number of times. It is still the defining legislation that defines and controls First Nations and Inuit peoples. By reading it, you will have a fuller understanding of why these People feel that they have been very badly treated. It's available from VIRL as a book and an e-book. Also available by the same author: *Indigenous Relations: Insights, tips and suggestions to make reconciliation a reality.* – Peter Johnston



Cookies: the OG of Tracking Technologies



What's with those "Accept Cookies" buttons on every web page these days? The "cookie" is one of the web's strangest ironies: invented to make websites more helpful, they became the backbone of its modern surveillance systems.

When someone recently asked me to write about cookies, I was surprised to find I hadn't yet. Cookies are the original tracking technology and remain one of the easiest and most common ways to profile your online behaviour. Let's look at what they are, where they came from, and how you can take back control.

Back in the early '90s, the budding web had a problem: zero recall. Each time you loaded a page, it was a clean slate. Netscape engineer Lou Montulli came up with a simple solution – a small file websites could store on your computer to remember you between visits. Thus the "cookie" was born. This one small innovation made possible the modern web we take for granted today, with its shopping carts, logins, preferences, and other services and conveniences.

Think of a cookie as a claim ticket. When you visit a site, it gives your browser a note — "this is visitor #123." Every time you return, your browser hands the note back so the site remembers you. The engineers built in some guardrails to prevent misuse and otherwise viewed cookies as mostly harmless.

Advertisers, however, soon realized they could plant their own cookies through ads and widgets embedded across many sites. These *third-party cookies* let them recognize you wherever you went and allowed them to link your browsing history to ever-growing profile databases. Et voila, the foundation of today's vast systems of surveillance capitalism. *What Can You Do?*

- Use a privacy-focused browser like **Firefox** or **Brave**, which block third-party cookies automatically.
- Review your browser's **privacy settings** and enable "*Block third-party cookies*" or "*Delete cookies on exit*."
- When asked to "Accept Cookies," click "*Only Essential*" or "*Reject All*." At worst, a page may lose minor functionality and you can always reload it.
- Periodically **clear cookies** to wipe old tracking data (look for "*Clear History*" in your browser menu).

Cookies began as a simple, harmless convenience but quickly transformed into a powerful and largely hidden workhorse for surveillance. GDPR rules have forced websites to reveal their use and ask for your consent and with a few small changes, you can keep the useful crumbs and leave the trackers behind.

– Joseph Fall

Lasqueti Island Community Arts Council (LICAC) AGM Recap

The Lasqueti Island Community Arts Council AGM, hosted on October 6, was a great success. This year, we tried something new: each director shared a personal vision for the future of arts on the island, and we wove them together into a shared statement and haiku.

LICAC Directors:

Executive: Jennifer Brant (President/Treasurer), Julia Woldmo (Vice-President/Treasurer), Faren Wolfe (Secretary/Treasurer); Directors at large: Valeria de Rege, Junie Désil, David Robinson, Alison Cromie, Pachiel Smith, Andrea Dillingham-Lacoursiere.

To renew your LICAC membership for this year, please e-transfer \$5 to arts@lasqueti.ca.

LICAC Vision:

We are cultivating an arts ecosystem — rooted in belonging and connection.

A community of kind-hearted troublemakers, holding space for creation, learning, and exchange. Together, we tend what's been passed down while nurturing new growth through collaboration and skill sharing.

We imagine residencies, workshops, and creation spaces where artists can work, teach, and inspire the island.

As a council, we're strengthening the backbone that supports this work — building access to funding and resources, linking local artists with regional opportunities, and organizing the structures that help creativity thrive here.

Art is how a community breathes, remembers, and grows forward together.

LICAC Haiku:

Art breathes us forward.

Hands and hearts build and exchange,
the island creates.



Meet the Neighbours



Ken and Lianne Heath, Mine Road

Moving to Lasqueti without any idea of how life works here *can* have a happy ending.

Ken and Lianne grew up in Victoria. At age 4, they saw both sets of parents split up. Lianne did okay. She got into farming, running excavators, trucks, and all the big machines. She put in a cranberry field from start to finish. Then she moved to Vancouver and became a roadie, delivering equipment for Tina Turner, Bruce Springsteen, Ozzy Osbourne, and local bands. To keep busy, she also worked for a microbrewery, doing every job including office manager.

Four-year-old Ken did not do okay: "When dad left, I sank into a depression that I never got out of, and no-one knew." When he ran out of money at UBC (Engineering), he found "Funeral Homes" in the Yellow Pages. "This is what I want to do. There are people sadder than me, and maybe I could help them." He became a funeral director, until, with returning depression, he pivoted to body removal. He realized he could greatly improve the harsh process, so his company used blankets and pillows and care. They served 33 funeral homes on the lower mainland.

Through his cousin, Ken met Lianne. After five years he asked her out for coffee. "I kind of pursued her. Eventually she said yes, and we started going out. We fell in love pretty quickly, and have been side by side ever since. That was 15 years ago." Then, 8 years ago Ken started microdosing LSD and psilocybin for months - "and my brain came back."

They retired to a little farm in Bowser. On meeting our old ferry captain Jeff at the golf course, they heard Lasqueti stories, and realized they could afford waterfront here. Waving off the suggestion to "try it out", they said, "Let's do it." Several years later there are fences, chickens, and gardens. The house is still being finished.

So, it all worked. "It's gorgeous here. I love the peacefulness. It's fun. I love gardening and tending to animals and building the house. I enjoy the work. We're pretty private, and the community is fantastic, with a lot of kind people... I love the peace, the darkness at night, and the quiet. When I visit the other side, the noise, the number of people driving around, everyone annoys me. I like the peace that comes here, and I need peace. And I love the people. Everyone is amazing."— *Suzanne Heron*



"Poor Man's Rock", is an area on the southeastern shore of Lasqueti Island, now a land holding of BC Parks Conservation. I heard it said that in the old days of hand line fishing in a rowboat, one could always count on catching fish near this point of shoreline because of the reef and the current. Inland from this point, within the conservation area of BC Parks, is a superb and rare Mediterranean mini climate. - *Ronaldo Norden*

Forget me Knot

Bruised spirits,
the dried up hope
of late summer souls,
the rocks of life's hard knocks
are all drought exposed...

Perhaps one last voyage?
Can we find another shallow draft boat?
To sail this shimmer of a damn sadness river
To where it empties
into the one ocean of Hope.

We find a sky blue, double-hulled cat' named
"Forget Me Knot,"
that is just now still, and near invisible
in the night gloom of a dark new moon,
anchored and low tide stuck in the sandy muck of
Old Soul Cove.

There, you recall,
I gripped you hard - and lost,
tasting of tears and snot,
feeling your ragged breath, smelling your sweat,
bogged in that mudflat stench of rotting algae death.

The distant waves begged us:
"No more sadness, loves"
as they pushed, hushed through oyster-tiled rocks,
breaking to get to us, reaching to enclose us
with their "glow in the dark," warm, wet, late
summer hugs.

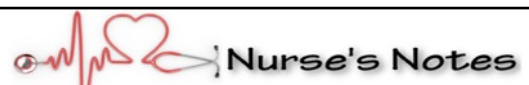
Most of us don't know when the end will come.
But if you are one of those diagnosed terminally ill,
with the hourglass suddenly shaken and draining,
then your remaining life becomes easy and achingly
demanding.

The demand? Well - just live life hard with every
jagged grain of sand.

The tide lifted the healing catamaran
one sticking hull at a time,
until suddenly we were effortlessly floating - free ...
the wind immediately pushing at the tall mast
and tugging at the bits of sail not tightly rolled.

Forget Me Knot strained at the anchor rode
like a horse strains at the reins,
impatient to be away;
like a soul strains against the last threads of life,
impatient to be away.

There is joy in every bit of love, and every bit of
wind,
and in every breath of life ... fly, Forget Me Knot! Fly!
— Dolf Schoenmakers



What is the most consumed and socially accepted stimulant in the world? You probably guessed right! Caffeinated coffee and tea are consumed daily by approximately 90% of all adults in the world. Several chemical components are found in coffee and tea in their natural forms. They include caffeine, as well as antioxidants (polyphenols, catechins, and flavonoids). These components have both beneficial and adverse health effects.

Observational studies have been the primary sources of data on the health benefits and risks of caffeine. Consequently, it is difficult to identify caffeine itself as a causative agent of any health outcome that is reported from studies of this type. However, for the majority of healthy adults, consuming less than 400mg of caffeine a day appears to be safe. Less than 2.5 mg/kg per day is reported to be safe for children and adolescents. Caution is advised for excessive caffeine intake, in particular, combining it with caffeinated energy drinks and/or alcohol and other drugs.

Short term benefits of caffeinated beverages include mental alertness, improvement in vigilance and reaction time and athletic performance. Long-term benefits are more dose-dependent. Caffeine has been associated with a reduced risk of Parkinson's disease, Alzheimer disease, alcoholic cirrhosis, and gout. Apparently both caffeinated and non-caffeinated coffee are associated with a lower risk of type 2 diabetes. Adverse effects from the consumption of high levels of caffeine can include anxiety, tremors, headache as well as insomnia. In the long-term caffeine has been associated with generalized anxiety disorder and substance use disorder although causality has not been fully established for this.

The existence of caffeine dependence and or its misuse is a controversial subject, but the withdrawal of caffeine has been well documented as a clinical syndrome. The most common symptom is headache. Other symptoms include tiredness/fatigue, decreased alertness, decreased contentedness/wellbeing, depressed mood, difficulty concentrating, and irritability.

All in all, it seems there's not too much wrong with enjoying that "cup of Joe" each morning. I, for one sure do. You may also have a favourite mug to savour it in. Cheers, dianne ♥

Tsk Tsk Revue

If you are a consenting adult with a sense of humour and a taste for titillation, you're invited to the Community Hall on Saturday November 22nd, 2025 for the 17th Annual Lasqueti Island *Tsk Tsk Revue*.

If you like things a little wild (but also safe), this naughty variety show -- an evening of raucous, sexy, silly and audacious FUN -- is for you. Mark your calendars so you don't miss this original and sometimes crazy, adults-only production. Never been before? Be brave. It's a celebration of the sensual and a door to exploring the pleasure of being in a human body. Never missed one? Can't wait to see you there!

Doors open at 6:30. Dress to impress and express and come mix and mingle. Snag a good seat. Enjoy the sexy slide show. Buy your tickets for the anatomically incorrect chocolate love organ raffle. Farrell and company will be making sweets and savouries to delight your taste buds. Pia will be running *The Pink Flamingo Bar*. The *Tsk Tsk Players* will be preparing to WOW the audience as the tension builds! - *JennyV*

Death Café Nov 3

Annie and Sophia will be hosting another Death Cafe on Nov 3, 4-6pm at the Arts Centre. This is an opportunity to share whatever is on your mind or in your heart with regards to death and dying. Everyone welcome. We'll make tea and cookies.



Heather Crawford

Report on Public Meeting about the Islands Trust Policy Statement Survey

A public meeting was held Oct 19, 2025 with members of the public and Tim Petersen Islands Trust. Fourteen members of the community were in attendance. The purpose of the meeting was to allow the public to learn, discuss and ask questions about The Islands Trust Policy Statement Survey. Not all of the Policy Survey was able to be covered in the short amount of time; thus another public meeting will hopefully take place in November.

As a member of the community, I hope that more people will attend.

I believe that The Island Trust Policy Statement is an important Government document that will drive the future of Islands in the Salish Sea including Lasqueti. This is an opportunity for us to contribute to our future. - *Lynn Sprague*

Christmas Bird Count

Mark your calendars, bird watchers! On Saturday, January 3, 2026, the annual Lasqueti Island Bird Count will take place. This is primarily a dawn-to-dusk event followed by a potluck supper. And some folks venture out afterwards looking for owls.

We are always looking for new birdwatchers to join us – any level, even inexperienced beginners. The important thing is to count as many species and individual birds as possible. Watch for a more detailed announcement in the December issue of this newsletter.

If anyone is interested in hosting the potluck dinner where we tally our results, please contact Marti Wendt (250-240-8879), Wendy Schneible (250-333-8632) or me (250-240-2266 or 250-333-8501). – *Terry Theiss*

Our Week in Review

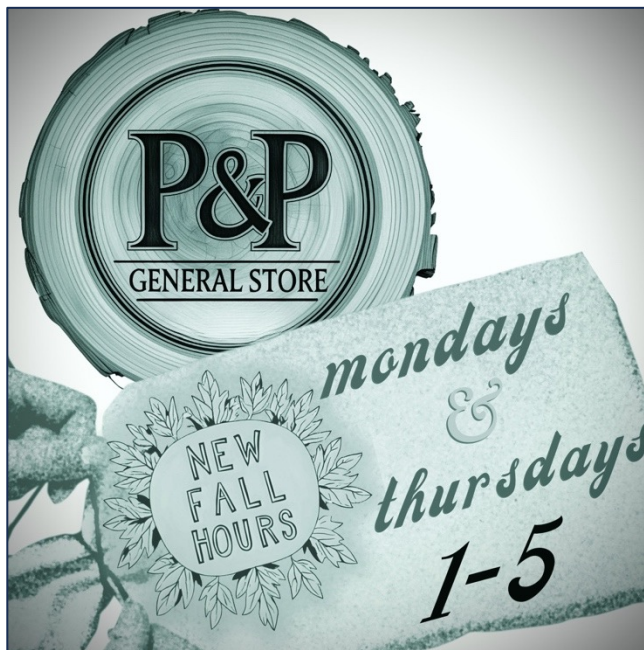
	Sun	Mon	Tues	Wed	Thu	Fri	Sat
A Life TimeZ Nursery	by appointment @ 819-698-3829						
Black Sheep Gas		2 - 6			2 - 6	2 - 6	
Feed Store		11 - 3			11 - 3		
Ferry – from FB	1, 4	8, 11, 4			8, 11, 4	8, 11, 4	8, 11, 4
Ferry– from FC	2:30, 5:30	9:30, 2:30, 5:30			9:30, 2:30, 5:30	9:30, 2:30, 5:30	9:30, 2:30,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

*Nurses clinic: Thurs, Nov. 13, 20, 21-22 (vaccines)



Community Calendar

Nov 3: Death Café. 4-6pm. Arts Center
 Nov 14: Free form movement with live music at the Hall, 6:30pm
 Nov 22: Tsk Tsk Revue. At the Hall.
 Dec 6: Winter Craft Fair. 12 – 3pm at the Hall.
 Jan 3. Bird Count Saturday. Potluck location TBD.



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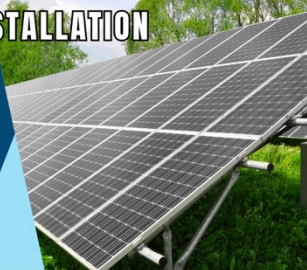
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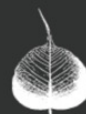
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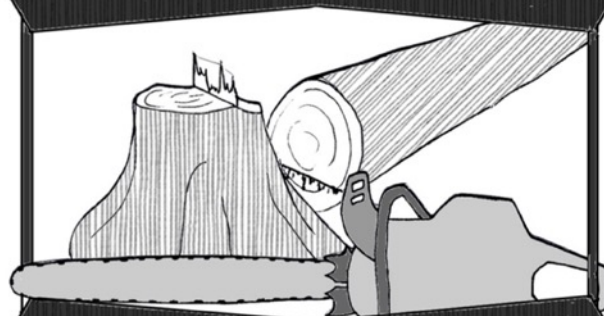
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Online versions: www.lasqueti.ca/xweetay-news

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