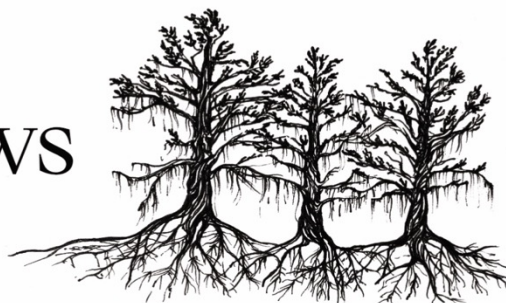




Xwe'etay News



Issue 32

September 2026

A Note from your Editors

Whew. It's August and we're all wondering where the summer has gone. There is that distinctive shift in the air: crickets abound, there's morning dew, and the ocean is colder.

With this issue, we have some good news and not good news about the newsletter. The absolutely fabulous news is that Darcy Dobell and Don Dempster have joined the Yew Collective (DD x 2). Don will focus on the finances (thank you, Don!) and Darcy will fill in as needed. Welcome to the team you two lovely people.

The not so good news is that *Xwe'etay News* needs funds if it's going to continue to produce print copies. **Please see page 2 for more details.**

Thank you, as always, to our contributors – however you choose to be involved in this community initiative.

The next issue theme is **sunflowers**. Ask the juncos– they think this is a great theme.

- With gratitude, The Yew Collective (Anna, Dana, Darcy, Deb, Don, Karen, Sue, and Wendy)

P.S. A reminder that the deadline for the next issue is in the corner of the back page of the current issue.



Dana Lepofsky

Zucchini

The lusty energy of this plant!
grabbing at sunlight with huge, fringed hands,
sucking the earth with hungry roots.
It sprawls over the terrace saying, "more,
more",
stems and fruit pushing up like tongues,
butter rich blossoms gaping open and drinking
in bees.

All summer we feed from its glorious appetite
picking the slim, new fruit each morning
until finally satiated, we give up
and let it grow fat as thighs
under mildewed leaves
then slump back to soil

It's not the sexual allusion that interests me
it's the lesson in taking and giving,
the hunger and feeding.

Do we become what we most desire?
And is that, ultimately,
what we offer? – *Sophia Rosenberg*



Susan Ellard

A zucchini swizzle stick.

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

Xwe'etay News is Seeking Donations!

As you have read in some of our earlier editorials, we're looking for financial contributions to continue with the print edition of *Xwe'etay News*. Without additional funds, we'll have to stop printing in a few months. The online version of course will continue even if we need to stop the presses.

As with many previous newsletters on Lasqueti, we are partly funded by donations made with submissions. While we appreciate these donations, they have been sporadic, and we understand that not everyone is able to contribute financially. In addition, we believe that submitting content is already an important contribution. We'd love to see the cost of printing supported by all our readers.

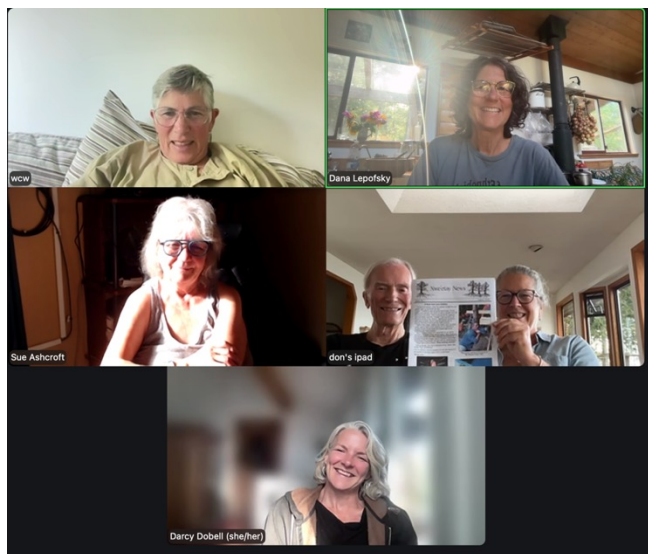
Each month, it costs us ~\$650 to print 275 copies of a 20-page issue in colour. Each 20-page newsletter costs something like \$2.40. **Thus, a one-column submission (<400 words), costs ~\$15.**

While we're looking at other financial options, we're asking those who value having a print newsletter to consider making a donation. Every \$5 or \$10 contribution keeps another edition rolling off the press.

Donations may be e-transferred to xweetaynews@lasqueti.ca or sent via cheque to Don Dempster: 31 Spring Bay Road; Lasqueti.

Thank you for your on-going support of our community newsletter.

- The Yew Collective. (Anna, Dana, Darcy, Deb, Don, and Karen, Sue, and Wendy)



A Yew Collective meeting (from Top L: Wendy, Dana, Sue, Don and Deb, and Darcy). Missing: Anna and Karen.



Barb Brooks

Someone switched the babies in the nursery



Maritza van den Heuvel

A Lasqueti not-so-still-life

A Zucchini Haiku

Zucchini riches
nourishing body and soul
from farm to table

-Maritza van den Heuvel

This article comes from “lived experience.” As you may or may not know, I have undergone a total knee replacement and am now six weeks post-op. Knee replacements are probably among the most common orthopedic surgeries being performed. However, each surgery and recovery is unique and presents different challenges for each individual. I know many people on Lasqueti who have undergone this surgery and can probably attest to that.

I would like to address in this article the importance of our expectations after surgery, regardless of what type of surgery we have undergone. Unrealistic expectations can lead to disappointment, and with disappointment may come negative feelings, including a sense of failure.

Being informed about what to expect can help us avoid some of these pitfalls. Mood and outlook can affect motivation and our willingness to stick with a prescribed physiotherapy program throughout recovery.

Of course, it is impossible to know exactly what to expect after any surgery. However, asking questions of your surgeon, doing some reading, accessing legitimate online information, and preparing your home environment are all important things to do before surgery. It is also helpful to have some understanding ahead of time about what to expect regarding pain, pain control, and mobility at the different stages of recovery.

Recently, I have found myself wanting to return to more of my pre-surgery activities while ignoring those repetitive (and sometimes painful) prescribed exercises. I have been reminded that these “misguided expectations” can actually hamper recovery.

For me, having access to regular physiotherapy sessions has helped keep me “in line.” I have also been able to access some supplemental online material that I have found beneficial.

Perhaps most importantly, the support and encouragement of friends, family, and health-care professionals have been critical to my recovery. Thank you for the well wishes and for the beautiful card that was sent to me in the mail.

It is the little things that matter. - ♥dianne

Jane in Clinic September 3rd.

Clinic: 250-333-8891; Dianne: 250-240-5712
lasquetihealthcentre@gmail.com



Birds on Lasqueti



Red Crossbills have returned to Lasqueti! Most days I hear them calling to one another as they fly from one Douglas Fir crown to the next Douglas Fir crown. They always arrive announcing there are conifer seeds available. Their departure means the seed bounty is over.

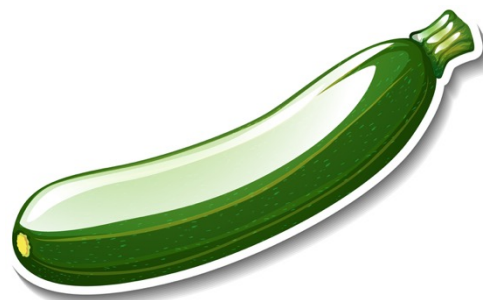
We seldom get a good look at them because they live high in the canopy. The males are dull red; the females and immature birds are grey-green shading to yellow. I have only gotten a good look when they flew down into the garden for mineral rich bits of egg shell.

Their extraordinary crossed beaks are engineered specially for removing conifer seeds from cones. They pry open a cone with these two levers and extract the seed with their tongue.

It has come to light that there are many different subspecies, or types of Crossbills, focusing on particular conifers. The usual group in my neighbourhood are type 4, Douglas-fir specialists. Different types have slightly different bills to optimize harvesting their preferred cones. To avoid cross breeding, each type has a slightly different flight call as well.

Because Crossbills are always seeking a good cone crop, which is quite variable from year to year, their breeding season is the most variable of any bird in North America. They may start nesting in late winter, when they find bountiful seeds. As the days get shorter in late summer, they stop breeding, but may resume as soon as days lengthen after Winter Solstice.

Another bird to enjoy with your ears!
- Marti Wendt



My Zucchini Awakening

I arrived on Lasqueti last August with a sun hat, optimism and the quiet confidence of a woman who can run an entire school but had never kept a plant alive longer than a staff meeting. My south-facing garden bed sat empty, yet overgrown, full of promise and zone 8a optimism.

By Spring, I thought, "I'll start small," I told the alliums. "Just one zucchini plant. For fun." The zucchini heard this as a challenge.

By the third week of July, I understood — the way you only understand a thing after it's happened to you — that a zucchini plant does not produce vegetables so much as it stages an occupation. My companion planting notes, once tidy, devolved into increasingly unhinged marginalia: "Day 19: harvested three the size of canoe paddles. Considering a raft." "Day 24: found one hiding under a zinnia like it knew what it had done." "Day 31: ran out of counter space. Zucchini now living in the laundry room. This is fine."

By August, I'd fallen down the rabbit hole of "50 Ways to Use Up Your Zucchini" articles, because a gardener with a surplus this size doesn't have a harvest, she has a research project. I made zucchini pickles, zucchini fritters, zucchini pasta, and one deeply ambitious zucchini "apple crisp" that I served with a straight face and called dessert. My search history became a confession: zucchini lasagna, zucchini soup, can you freeze zucchini, is it normal to dream about zucchini?

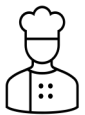
Eventually I did what any sensible islander does with a surplus this size: I declared it a family matter. I packed a cooler, walked it onto the ferry, and showed up at French Creek looking less like a visiting relative and more like a produce courier with a personal vendetta. "I brought zucchini," I said, handing them over to my daughter before she could object. Nobody ever objects the first time. By the third trip, she was hiding when she heard the ferry horn.

Still — I no longer think of myself as a gardener-in-training. I think of myself as someone whose family now flinches at the sound of a cooler zipper.

I have arrived. - Carolyn Smith



Kitchen Creations



Zucchini Chocolate Cake

There are many great zucchini chocolate cake recipes out there, but this is the one I grew up with, and it is delicious. The crunchy cinnamon sugar top as an alternative to icing travels well, making it hassle free to bring to potlucks or friends and family. It can be made dairy free with dairy-free chocolate chips and the included non-dairy options. Enjoy!

Judy's Zucchini Chocolate Cake

1 cup diced zucchini

1/2 cup butter

1/2 cup oil

(or use 1 cup butter or 1 cup oil instead of 1/2 cup each)

1-1/2 cups sugar plus 2 tablespoons for top

1/2 cup milk or water

1 teaspoon lemon juice

2 eggs

2-1/2 cups flour

1/4 cup cocoa powder

1 teaspoon baking soda

1/2 teaspoon baking powder

2 teaspoons cinnamon- half for batter, half for top

1 cup chocolate chips- half for batter, half for top

Mix dry ingredients, then mix wet ingredients and add to dry.

Stir in zucchini and chocolate chips, and smooth into a 9" x 13" prepared baking pan.

Sprinkle top with chocolate chips, cinnamon, and sugar.

Bake at 350* for 40-45 minutes, or until a toothpick comes out clean.

Cool until you won't burn yourself eating it!

- Tim Peterson



Field Review: Super-Soco TC Electric Motorbike

The Super-Soco (now branded “Vmoto”) is a Chinese-made bike with surprisingly good engineering given its low price tag. In 2019, with the BC electric vehicle rebate, the total take-home price was < \$4000. On Lasqueti roads and terrain its effective range is ~50-60km, plenty for on-island trips, with space on-board for a 2nd battery, doubling the range. As a “limited speed” motorcycle it can be driven with your normal class 5 drivers license. Yet it’s got plenty of pep and will go >60km/hr.

The 60V 30Ah lithium battery is well designed and packed in an aluminium case with a comfortable carry handle. It pops in and out of the bike easily, so you can charge at the house. I recommend a 2nd battery – we keep one at the house to top up when there’s spare solar while the other is in the bike.

The 120V charger draws ~300 watts, generally a manageable load when the sun is shining. Recharging from ~50% depleted takes ~3-4 hours. Our original battery is still going strong 7 years later, at about 80% capacity.

This bike is drive-by-wire – no transmission, no gears, no drivetrain == very low maintenance. The gravel and dust are hard on the (hydraulic) brake pads, which did need to be changed – an easy handy-person job requiring no special tools. The sturdy, lightweight aluminium and carbon steel frame and suspension handle Lasqueti’s rough roads quite well, giving a comfortable ride even after years of abuse. A low centre of gravity makes the bike stable and easy to ride, even for smaller riders. And the stock street tires provide reasonable traction on our roads, though not great in deep gravel and we won’t ride it once the roads get slick with mud.

The TC is powered roughly similar to a 50cc engine. It is designed to take a passenger with a generous seat and rear foot-pegs. But performance degrades on hills with the extra weight. It’s better suited to a single rider, though we do regularly double up.

The electronics seem like the weakest link. A wireless key-fob activates the start-stop switch, unfortunately integrated with an anti-theft system, which did malfunction in year one. They said it was a “first production year” issue and sent a replacement at no cost, but I remain skeptical

about complicated electronics in our wet, marine environment. For this reason we store the bike under cover and try to rinse off the corrosive muck after riding on wet roads.

The TC is not an off-road bike, nor well-suited to long-distance touring. But it is a practical island runabout: quiet, inexpensive, easy to maintain, impervious to fuel shortages, and well-suited to many everyday trips. So far so good, 7 years and 7K km later. - *Joseph Fall*



LASQUETI
ISLAND
COMMUNITY
ARTS
COUNCIL

Thank you, community, for your overwhelming support of the Lasqueti Island Community Arts Council’s New Moon Market fundraiser. A very big thank you to our amazing volunteer chefs Violet and Gabe, who fed pizza to the crowd as our volunteer performers and musicians (the Kens, Bacchanalia and the Deadly Nightshades, the Latin Trio, Serena P., Katrina H. and Karla L.) provided entertainment during the shopping and mingling. Our Arts Council executive team of Alison C., Jen B., Junie D. David R., and Faren W. was led by Valeria D. and supported by Hilary D., Mary Ellen, Clare K., Ian G., Rune R. and Lupine R. Amazingly, we raised a few thousand dollars which supports the continued running and maintenance of our dear Arts Centre.

Our beloved Clay Commons Ceramic Studio is continuing to come into form. We’re in the process of organizing some interior natural plastering with our local Mud Girl. It makes sense for a clay studio to have some clay walls! September will see interior window frames installed as well as interior electrical sockets and lights. Hooray!

As the world churns and our hearts rend, we recognize that art is a vital component of individual and collective health. With this in mind, we’re committed to collaborating with other community groups to provide an element of art experience to community events.

- *Jen Brant*

Mrs. Welsh lived in a homemade grey house across the main road from us. The house was in the trees, and there was a long hill leading up to her place and a big wooden gate at the end.

When I was five, Mom let me go and visit Mrs. Welsh on my own. She was my first adult friend.

When she heard the gate open, Mrs. Welsh would open the kitchen door and watch me, smiling. She usually wore a dress buttoned up to her neck and a plain apron. Her soft grey hair was done up in a braid wrapped around her head.

Her house was small and neat and smelled of baking. In the main living room were two armchairs by the window and a bookshelf with books and pretty German-looking figurines. The kitchen was part of the room with a counter, a woodstove, and a sink. Her dishes were in a shelf over the sink. A wood stove by the wall kept the whole house warm. On the porch, piles of firewood were stacked very neatly with a button formation at each end to keep them from falling over.

Mrs. Welsh, when she was still Klara Kanunugle, came to visit her sister, Mrs. Schumach, but her passport had expired and she couldn't stay unless she married someone. Mr. Welsh was a bachelor and offered to marry her. Mr. Welsh had built the house years ago. They lived together for many years; he died just before I was born. She talked about him a lot, sometimes talked to him in soft German, and it felt like he was still there.

Mrs. Welsh kept a stack of Katzenjammer Kids comic books for me to go through. The twins, Hanz and Fritz were always getting into trouble and having adventures. Mrs. Welsh would shake her head and say something in German but with a smile.

At Christmas, Mrs. Welsh would have a small tree decorated with real candles. She liked to knit and sew and always had something she was working on. She gave me a beautiful green and white sewing box. I loved it.

I'm now in my seventies, the age she must have been at the time. She was a gentle, kind person who gave me confidence and opened my eyes to a broader world. She also gave me a lifelong appreciation for older women.

-Donna Livingstone

Abandoned Gardens are a Source of Microplastics in our Forests

When I first moved to Lasqueti over 30 years ago, I loved wandering in the forest and finding active or inactive gardens. They seemed to me to reflect acts of defiance, countering the "war against drugs" that directed funds away from the many social and environmental justice issues that needed governmental support. I also understood that it was a way for people on the island to make a living and a means of generating funds that supported our community more broadly. I still recognize their value for these reasons.

But today, many of the gardens on remote parcels of forested land have been abandoned. Often left behind are the tarps, pots, fencing, and fertilizer bags – all of which are a source of plastic waste that is degrading into microplastics (particles <5mm in size). These will eventually degrade further into nanoplastics (<1 micrometer) that can't be seen by the naked eye.

Although the bulk of research about the environmental damage of microplastics has focused on ocean ecosystems, there is ample evidence demonstrating the impact of degrading plastics on forested ecosystems. The impacts are complex, but in general, the plastics lower the viability of the soil ecosystem and those that rely on it. One study found microplastics to be pervasive in amphibians, with fatal consequences. Furthermore, by persisting in their organs for a long time, the microplastics get transferred up the food web to other organisms who eat the amphibians.

In general, microplastics in forests globally come from run off or wind and rain and then are filtered through the canopy. However, here on our island, a cursory look at the abandoned gardens reveal that they are a significant source of degraded plastics. Plastic bits are embedded in the moss and are working their way down into the soil column.

If you're concerned about microplastics in our forests, I hope you'll join me in cleaning up the old garden debris before it's too late (it's already too late in some gardens, I suspect). Make an outing of it with a friend. The gardens are usually in beautiful places. Bring a backpack, work gloves, and a garbage bag (yup, more plastic). This is a chance to give thanks to our forests for providing a place to garden and nourish our island community. What better way to honour those places than to take a moment to return the forest ecosystem to its original, healthy state? – Dana Lepofsky



Soil Testing

I stare at my neighbour's garden with envy. "Your beets are so beautiful!". Large, beautiful, ruby-red bulbs busting out of the ground. Mine did reasonably well last year, but this year it's been a complete disaster. And my blueberry bushes look pretty sad too, despite being mulched, watered and cared for. What's going on?

Like most of us, I do my best to rotate crops, add compost and soil amendments, and grow cover crops to try to keep my soil balanced. Yet, every year, there are always a few crops that don't do well. and, after all these years I have never taken the time to test my soil. Then, while reading about soil testing, I found that one of the classic signs that your soil might need testing is... poor beet growth. Ha.

Online experts recommend testing your soil every five or six years. Oops.

A soil test measures soil pH as well as nutrient levels, so that you can get accurate information on what you need to do, rather than just guessing whether your soil needs lime, compost or another amendment, which is what I have always done. So now I am curious to see what is going on below the surface.

So what to do? The BC Government's Ministry of Agriculture website tells us that there are two common soil tests used in BC:

- **A basic soil test** checks the pH and the nutrients (NPK) levels of the upper 15 cm of your soil.

- **A post-harvest nitrate test** is done in the fall after crops have been harvested. It measures how much nitrogen is left in the top 30 cm of your soil and can help guide fertilizing for the following season.

The instructions for each test are slightly different, so it's important to collect your sample at the right depth and at the right time of year. Check the government website for more detailed information to do this successfully. Then you have a few options of where to send your sample to. On Vancouver Island, **MB Laboratories** in Sidney provides soil testing and has clear instructions on how to collect and submit samples. There are also other laboratories available, including **Pacific Soil Analysis** in Richmond.

As for me, I think it's finally time to stop guessing and send off a few samples. Maybe next year someone will look at my beets with envy :)

- Anna Dodds



Lasqueti Island Nature Conservancy

When one thinks about conservation, often it is land protected in parks or eco-reserves that first comes to mind. But conservation can also be the simple act of supporting native species on the land where we live. The Lasqueti Island Nature Conservancy currently has a few bucketfuls of prickly pear cacti needing to be rehomed. If you have a have a dry, sunny spot, rocky or sandy or gravelly, out of the traffic patterns of bare feet and house pets, please consider growing *Opuntia fragilis*. These prickly pear starts need no water or fertilizer: just lay them on bare ground or a thin layer of moss and they're good to go. Prickly pear is truly prickly, sporting both straight spines up to 3 cm as well as smaller bristles that can get under your skin. The clear, yellow paper-like flowers blossom in late spring are stunning and attractive to pollinators. It is our most northern cactus. Interior First Nations used both the pads and tiny fruits for food and medicine. Please email us at linc@lasqueti.ca if you're interested in stewarding this unique species!

Looking ahead, in October, LINC is partnering with the Reconciliation Committee and the Arts Council to host Dr. Chelsey Armstrong, an ethnoecologist and archaeologist at Simon Fraser University. Chelsey is well known for her research on ancient Indigenous food cultivation practices. She will give a talk on Indigenous food forests on Friday, October 30, at 7:00 at the Arts Centre. This will be followed by a walk through a Pacific crabapple 'orchard' on a south end property on Saturday, October 31. An art workshop involving Pacific crabapples is also the works; details to follow.

As we reach the end of summer, male bumble bees have become more common as queens prepare for next year's generation. Once pollinator season comes to a close, Bumblebee Project facilitators Ken Lertzman and Gavia Lertzman-Lepofsky will analyze the iNaturalist data that has been collected over the summer on our bee species and write a brief report. We will share these results with the community later in the fall in conjunction with a bee inspired art workshop sponsored by the Arts Council.

Join us on September 13 at the JFC from 2-4 to celebrate Shelia Harrington's Islands Trust Community Stewardship Award



Elections are important

We'll be having elections for both our local Islands Trustees and Regional Director.

Why should you care (and vote)? First, because local representatives make decisions about items that affect our lives (including land use, fire department, recycling depot, library, property tax levels, etc.). Second, because local representatives often advocate to the Provincial and Federal governments about important items for which they are responsible (including roads, wharf and ferry), and communicate with our MP (Gord Johns) and MLA (Stephanie Higginson). And third, because local representatives speak on behalf of our community to other agencies (e.g. Province, Island Health, other local governments, First Nations).

Who and how we are represented matters.

And high voter turnout supports democracy.

Please vote: Oct 7 (early voting day) or Oct 17 (voting day).

Pondering candidates

We'll know who is running after Sept 11 (end of the nomination period).

As you ponder options, perhaps consider the following:

- (a) Stepping up as a candidate is a big life decision - all candidates deserve appreciation for putting their name into the public ring.
- (b) Candidates will vary in their approach and platform. To achieve anything significant, representatives need to be able to gain support from our community as well as from other representatives on their Boards.

What about my remaining time as your regional director?

I will be attending the Union of BC Municipalities convention in early Sept, and hopefully meeting with the Minister of Transportation about our ferry (or at least with senior staff in the ministry). I also plan to organize a community meeting to talk about the Church property, probably in early Oct.

My next steps

I will always be ready to stand up for our community. I've spent half my time on Lasqueti in the role of regional director, and most of the rest in the role of President of the LCA (not to mention the APC, LINC, E-DAC, ...). I'll carry on with my other commitments, and I will offer to help our next regional director and

any of our important Lasqueti societies (but don't plan to join any Boards for the time being).

Please feel free to contact me. I am honoured to be your regional representative.

Director Andrew Fall, qathet Regional District

Contact: afall@qathet.ca



From Tim Peterson: The final Trust Council meeting of the term is September 9-11. Check the Islands Trust website to view the meeting online, or to participate in the public comment period (on Wednesday afternoon, September 9).

The agenda includes a first look at budget items for the next fiscal; a briefing on the implications of the Provincial Infrastructure Projects Act; the new Corporate Planning Process; Council Committee structure recommendations; and a proposal for an advocacy letter in opposition to the proposed West Coast Oil Pipeline, among other business. I will also be advancing a trustee-sponsored request for decision, to write a letter supporting Motion M-35: Federal Operational Support For BC Ferries, put forward in Parliament by MP Gord Johns.

It has been a busy term, and although it hasn't always been smooth sailing, I have learned an awful lot. I have some optimism that a willingness to consider new approaches to the way Islands Trust operates can bring positive changes to the organization over the coming term.

As always, feel free to contact your trustees with your questions, comments, or concerns.

From Mikaila Lironi: Mikaila was unable to submit a column because we wouldn't let her. She was getting married at the time of our deadline and we thought she had much better things to do! Congratulations, Mikaila! Sending you lots of love from the Yew Collective.





Meet the Neighbours



Jim, Josiah and David Robinson, Shelley Szauter, and Link Leisure - Elderberry Lane (Part 2)

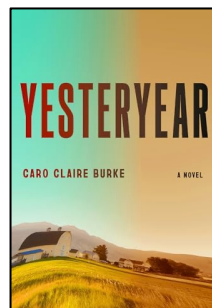
Josiah studied sociology and anthropology, so naturally he worked in a coffee shop in Vancouver, where he met Shelley, also a barista. Shelley left home in London, Ontario for Vancouver at 18, doing “my fair share of misbehaving” before she and Josiah got together. “We lived in Vancouver until we found ourselves in a 2-bedroom basement suite with 3 kids, and needed a change.” They returned to London for Shelley to run the family scrap metal business with her brothers. Josiah, who was a stay-home-dad became a palliative care nurse. When the business sold, they were able to come west again, with the idea of a multi-generational place. They saw the Lasqueti farm online, and asked Jim, David and Link. The Robinson family farm in Princeton, where Jim was living, was being sold, and he said, “100%!” So did the others. They’ll give Josiah and Shelley’s college-age kids time to get interested, now things are easier (“For two years it was all about infrastructure: water, heat, electricity. The first winter was brutal.”) Josiah joined the Board of the Judith Fisher Centre, he and Shelley are volunteering with Better At Home, and David and Link have been helping with the Clay Commons. “Jen Brant said her goal was to put in a ceramics studio,” says David, “and when I asked how we would get it, she said, ‘we’re going to build it.’”

David says, “If Link & Dad & I were standing together, people here would go, ‘Oh Hi’ to Dad, and who are you guys?’, he fit in perfectly.” Shelley says, “When we first went through that gate on Elderberry Lane, it was an overcast, rainy spring day, and it was just so beautiful, even in that weather; it felt like almost a release, like you can let go of a lot of the anxiety and stress and worries that you have living in the city. And the freedom: you can create your own little paradise here, whatever that looks like for you, and nobody is going to call the City if your grass is too long.” David adds, “We’re surrounded by beautiful people who give in a way that there isn’t any thought about what they’re getting, they’re just giving because that’s what the Island does. And that’s been really beautiful.” -*Suzanne Heron*

Book Review



Yesteryear by Caro Claire Burke.
2026 (Alfred A. Knopf)



Natalie Heather Mills is a Christian tradwife and influencer. She has a winning formula: an idyllic life on a farm in Idaho, a brood of adorable children and a manly husband. She sends daily videos to her millions of followers: making meals from scratch, tending to the chickens, praising the lord, and selling homespun merch. Traditional viewers see her as the epitome of solid American values, young ambitious types see a feminist icon, while the liberated “Angry Women” are just plain jealous. They all have one thing in common – addicted to vicariously living in her picture-perfect world.

Natalie may not be the most endearing protagonist, but she is disciplined, determined, knows what she wants and how she’s going to get it. She works diligently to construct and project a version of herself that feeds other people’s fantasies and expectations. In a world where women are constrained to certain roles, Natalie aims to make traditional look glamorous – and make a pile of money too.

One morning, Natalie wakes up to a new reality. She’s still on the farm in Idaho but it’s now a genuine off -the-grid homestead, circa 1850s. She is no longer a make-believe pioneer woman, but the real McCoy. Will this go well for her? I ain’t sayin’.

This debut novel is truly remarkable. It’s one of those books that, once started, can’t be put down. The writing is snappy, evocative, and sometimes shocking. I laughed out loud throughout. Burke has precision perspective on contemporary American social norms, whether online, in the media or a live performance. Witness the American Dream knocked off its pedestal. The film rights have been secured, starring and produced by Anne Hathaway, so track down a copy now. Vancouver Island Regional Library has 38.

- *Sue Ashcroft*



Smoke Season, Again: What's the Holdup?

While sharing food after a recent marimba practice, the conversation turned to the 44°C heat in Madrid, a continental heatwave pushing the upper limits of the IPCC's long-term models, and to the hazy red sunsets over the ocean here as our neighbours fought the Boston Bar fires. "Scientists' estimates were conservative, they're scientists!" someone says. "And they said so, at the time," I agree. "The problem isn't the models, but that action wasn't taken on the information."

How is that possible? Canada signed the Paris Agreement a decade ago. In 2019, the House of Commons declared a climate emergency. In 2021, the Canadian Net-Zero Emissions Accountability Act was passed, aiming for net-zero by 2050. Yet, every indication suggests that Canada will fail its 2030 goals, let alone those for 2050.

So, what makes action *action*, if not information, promises, and plans?

The determinant is whether an outcome is structurally binding and legally enforceable. In 2025, a unanimous International Court of Justice Advisory opinion confirmed that announcing a target isn't enough. Paris signatories must genuinely strive for compatibility with 1.5°C. But for our own courts to enforce that, Canada needs Federal implementing legislation, and no government since 2016 has built it. The Canadian Net-Zero Emissions Accountability Act binds governments only to process: they must publish what they're doing, not actually meet targets or face consequences for failing.

Without that enforceable floor at home, Canada plays both sides - presenting as a global climate leader abroad while backing new pipelines and scrapping emissions targets at home. Seth Klein has long called this contradiction "the new climate denialism", but naming it changes little without concerted pressure on governments to resolve the enforceability piece.

Indigenous peoples are well practiced in perceiving the difference between lip service and structural reality. Two Wet'suwet'en House groups have been in court for years, along with fifteen Canadian youth in a companion case, seeking a declaration of what Canada's own constitution arguably already requires. They say that Canada's failure to meet its Paris commitments violates Section 7 of the Canadian Charter, notably the rights to life, liberty, and security of the person. A win would not only make shirking climate responsibility answerable in court, it would bypass government delay to resolve the structural loophole directly. As smoke seasons persist and policy shifts go backwards, these legal efforts are worth watching. -J.S. McIntosh-Fash

Vignettes falling like late summer leaves and flying winged maple seeds

Where do snowpeople go?

Caterpillars die

And change to butterflies,

Where a snowman turns to water-

And old men, are burned to dust.

I mourn the drying puddle

And the wind-blown ashes they become,

And a million Monarchs fly to Mexico,

To hang like orange leaves

From tropical trees in the southern sun.

If I laid my head on your chest,

Like the hardness of a egg

Against a mother Robin's breast

And into that warm softness, push

And rock with your heart's steady beating,

As the mother bird presses and presses

Into her sky-blue clutch,

Better to feel their shifting

and even hear a distant peeping-

and then begin to sing.

A warm breeze blows up the lagoon.

My nose and ears scoops up

The scents and sounds of summer seaside.

Today, the oysters spawned as one,

Transforming our green transparent water

Into milky blue shades of Lake Louise

The broadcast carried up by a perfect tide

Like melted vanilla ice cream,

All the way to the head of our warm, calm lagoon

Instead of spilling seed out into the cold wind-ruffled Salish Sea.

Under trees in the forest

My shadow all but disappears;

I know there is something in that forest,

Something washing up on the shoreline by the sea,

Familiar traces of something not quite there,

Forgotten when I wake up from my dreams, calling out-

Could be newborn angels or long dead ancients

Could be just flickering shadows, of late summer leaves falling and flying winged maple seeds.

Or an old man's disordered and missing memories.

- Dolf Schoenmakers

Fall classes at Denise's Studio

Treat yourself to the many benefits movement offers. Movement is medicine and it's fun!

ADULT CLASSES

Modern Dance

Mondays 5:30-7:30

A blending of José Limón and Bill Evans technique (including Bartenieff Fundamentals) and floor barre. This class focuses on developing physical prowess, artistic expression, choreography and somatic technique. A fun work out! Be prepared to sweat!

September 14 - November 9

Cost \$180 drop in \$25

Beginner Modern Dance

Tuesdays 9:00-10:30

By popular demand I will be offering a gentle introductory modern class that is not performance oriented. This class will blend José Limón and Bill Evans technique (with Bartenieff Fundamentals) and floor barre. It is designed to increase muscle tone, strength, flexibility, balance, artistic expression and somatic technique.

September 15 - November 10

Cost \$180, drop in \$25

Bartenieff

Tuesday's 12:30 - 2:00

Are you constantly achy and stiff, and suffer from soreness or fatigue?

Try this introductory Somatics class and learn some basic developmental movement patterns and Bartenieff Fundamentals that will help alleviate fatigue, stress in joints, offer ease in movement, increase balance, breath and body-mind awareness. Be prepared to feel grounded, connected, reintegrated and rejuvenated from this class. All levels.

September 15 - November 10

Cost \$180 , drop in \$25

New! Therapeutic Ball Work/Somatic Class

Wednesdays: 9:30 - 11:00

Are you having difficulty bending down or getting up from the chair or couch? Has your range of motion diminished and are you feeling less flexible and fluid in your movement? Well this is the class for you. Come learn how to massage your body with different sized balls while alleviating stress and stiffness. This unique class will not only relieve tension, improve full range movement and fluidity, it will lengthen muscles, improve posture, articulation and enhance breathing. Simple stretches and

integrative movement exercises will also be included in this gentle but effective exercise class. All levels.

September 15 - November 11

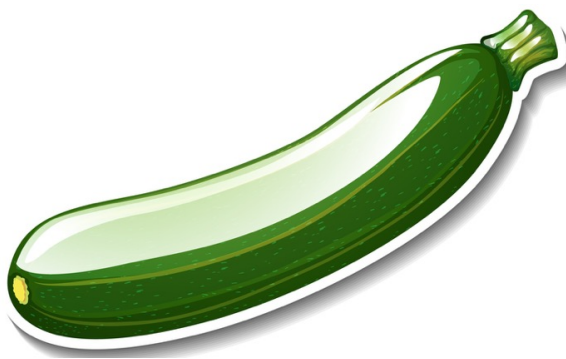
Cost \$180, drop in \$25

All classes will be taught by Artistic Director Denise Lieutaghi, BA (Human and Social Development), certified teacher of the Bill Evans Method of Teaching Modern Dance and certified Radiant Health Yoga teacher.

For more information and for registration: contact Denise 250 240-0457 or dance@lasqueti.ca



(poster artwork by Tony Seaman)



Notice of Candidacy – Shelley Garside

Dear Lasqueti Community,

After serving two terms (8 years) as the alternate director for our current regional director, Andrew Fall, and with much encouragement from many of you, I am excited to announce my intention to run for the position of qathet Regional Director, Area E, Lasqueti Island.

Andrew has done an amazing job representing us, and it is my hope and intention to continue on this positive trajectory.

For those who do not know me, I have been actively involved in our community as the chair of the LCA Ferry Committee for more than ten years, and as the chair of the APC (Advisory Planning Commission) for the past few years. Additionally, I have served on numerous boards and committees, including the Island Health Board (VIHA) and Vancouver Island University (VIU, and formerly MUC), where I held the positions of both vice chair and chair over a number of years.

My goal is to serve the needs of the Lasqueti Island community in a way that supports our culture and local priorities, contributing to the vibrancy and well-being of our island way of life.

Please feel free to reach out to me at

shelley@garside.ca.

Thank you for your consideration for this role, which I would be truly honored to fill.

Sincerely, Shelley Garside

Notice of Candidacy – Tim Peterson

I intend to stand for re-election as one of our Island Trustees in this fall's election, October 17. Please feel free to reach out if you would like to have a conversation about any of the issues that are important to you. Call or text me at 250-607-7094 or email: timpeterson24@yahoo.com. Whoever you support, please plan to vote for your local representatives this October!

Editors' note: *In the October issue, we'll be posting statements from the declared candidates for the Regional District and Islands Trust elections in November. Please contact Andrew Fall andrew@gowlland.ca to coordinate a statement is you're interested.*

Lasqueti Fall Fair 2026

Saturday, September 19 • Community Hall
Doors at 1 PM • Adults \$15 • Under 18 FREE

The Fall Fair is back! Come spend the afternoon (and evening!) celebrating the harvest, eating well, playing hilarious games, admiring chickens, and dancing together.

There'll be exhibits, food vendors, fresh corn, desserts by Farrell, dinner by Violet & Tikki, and the Happy Apple Bar, plus food competitions and wine tasting.

Bring the little ones for kids' races and relay games, and bring your competitive spirit for Lasqueti Legs, tug of war, and women's & men's arm wrestling. We'll also come together for a traditional Virginia Reel, called by Denise.

Competition schedule: The Chicken Pageant starts at 2 PM, followed by the Pie Contest at 3 PM. Judging for jams and salsa will be completed by 5 PM. **All pie, jam and salsa entries must be in the library by 2 PM to be included in the contests.**

And of course, live music! The mesmerizing Bacchanalia will transport us back in time with medieval music over dinner, followed by Cheko y su Combo closing out the night with a Latin dance party!

This year's Fall Fair poster features a beautiful painting by Tony Seaman. We're very grateful to Tony, Deedee, and Nadine Seaman for allowing us to use his artwork, and it feels really special to have Tony's art as part of this year's Fair.

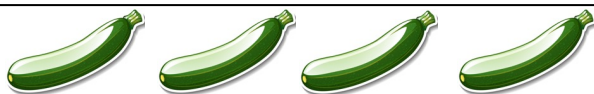
There's lots happening throughout the day! We'll be releasing a full schedule in the coming weeks, so have a look, choose your must do activities, and plan your day accordingly, festival style!

This will be our first Fall Fair without Jenny, who, alongside Andrew Fall, helped organize the Fair for the past 13 years. We'll be thinking of her as we gather to carry on a tradition she gave so much to. Let's make Jenny proud!

Want to help out? Volunteers and donations are always welcome. Contact Daniela if you'd like to help: rmtdaniela@gmail.com

And in true Fall Fair fashion, remember to bring a tea towel and lend a hand with the dishes! See you at the Fair!

- The Lasqueti Fall Fair Committee



Community Potluck and Showing of Namesake Film, 10 Sept

Join the Reconciliation Committee and Tla'amin First Nation for a screening of the film *təm kʷaθ* ("Namesake"). As described by the film makers, this is a film about place, memory, and what it means to live together.

The film recounts how a request from the Tla'amin Nation – to change the town's name from one that honours the Indian Agent Israel Powell – initiated a public conversation.

Through interviews, archival records, oral histories, and community gatherings, *təm kʷaθ* follows the unfolding discussion around the possible name change and the deeper question underlying the meaning of names and naming.

<https://namesake.film>

10:30 – 11am: Transport Tla'amin crew from the dock to the Hall. DRIVERS NEEDED.

11:30 – 12:30: Welcome and community potluck.

12:30 – 1:45: Film showing (1hr, 16min)

1:45- 2:20: Q & A and visiting.

Community Calendar

10 Sept: Namesake film. 11:30 at the hall.

19 Sept: Fall Fair

30/31 October: Indigenous Forest Gardens.

Presentation and crabapple walk by Dr. Chelsey Armstrong.

27 November: Tsimshian foodways book launch, by Drs. Spencer and Rachael Greening.

Community Stewardship Award presentation, Sunday, September 13, 2-4 PM at the JFC.

The Lasqueti Local Trust Committee invites the community to join us as we honour Shelia Harrington and present her with the Stewardship award. There will be snacks and a very brief reading from her book, *Voices for the Islands: Thirty Years of Nature Conservation on the Salish Sea*.

Let's celebrate her achievement and honour conservation efforts on Lasqueti and across the Islands Trust Area.

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	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	9:30, 2:30, 5:30
Free Store		10 - 5			10 - 5		
Life Drawing			7 - 9				
Nurse					11 – 3**		
Parsimony & Providence		2 - 6			2 - 6	2 - 6	
Post Office		10 - 4		10 - 4		10 - 4	
Propane filled						1 - 3	
Provisions	10 - 5	9 - 5	12 - 5	9 - 5	9 - 5	9 - 5	9 - 5
Recycling		10 - 5			10 - 5		
Restaurant/Pub	1pm - close	1pm - close	3 – close	1pm– close	1 – close	1– close	1– close
CS Bread Stand			Bake day!			Bake day!	
Ultimate Frisbee	5:30			5:30			

**Nurses clinic: Jane in clinic Sept. 3rd

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A LIFE TIMEZ

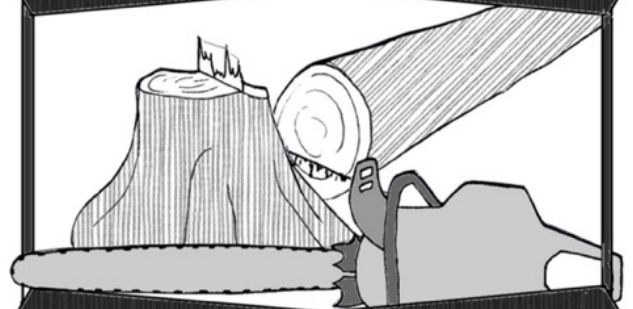


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THURSDAY	2 PM – 6 PM
FRIDAY	2 PM – 6 PM

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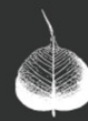
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Online versions: www.lasqueti.ca/xweetay-news

Deadline submission for Oct. issue: Oct 1