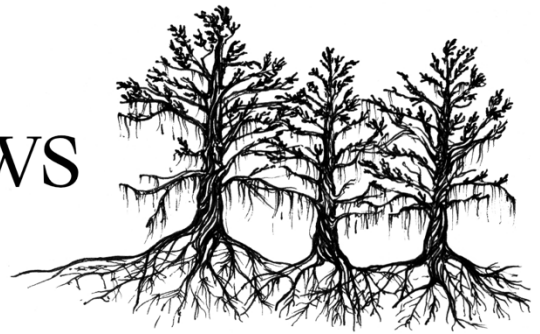


Xwe'etay News



Issue 3

April 2024

A Note from your Editors

It's a pure delight to see people reading our newsletter in various venues, and to have people come up to us with ideas for new submissions. Keep the ideas coming!

We continue to try to figure out how many newsletters to print. We know that some people do not want a print version, but in the words of one of our nearest and dearests, "I was too lazy to respond to the email!" :)

So, we propose this: When you are done reading the newsletter you've received in the mail, especially if it's in the first couple weeks of the month, please bring that copy to Provisions, the pub, the ferry, or put in the PO letter slot. This seems like an easy way to distribute the newsletter to others who want a paper copy, but for some reason did not get one.

Happy reading! - the Yew Collective
xweetaynews@lasqueti.ca



Birds on Lasqueti

The Hummingbirds are Back! (and some never left)

The first salmonberry blossoms have opened and that means spring and the return of Rufous hummingbirds. But wait, some of us have been seeing hummingbirds all winter. Yes, things have changed since I started birding on Lasqueti. Then, if I saw or heard a hummingbird in the garden, it was a Rufous. Now there is another species living here: the Anna's hummingbird, named after the Italian duchess Anna Massena.

Anna's hummingbirds are native to California. In about 1930 they began expanding their range toward the east and north. They were probably able to do this because of an increase in ornamental flower gardens and bird feeders. However, they are not dependent on these food sources. Anna's eat more insects than any other hummingbird species.

Anna's arrived in B.C in 1940. In 1980 there eight were recorded on Victoria's Christmas Bird Count. By 1986 there was evidence that Annas were breeding here. In 2002 one was recorded on Lasqueti's Christmas Bird Count; and they have been on almost every count since. On the 2022 Christmas bird count, 1084 were counted in Victoria.

Anna's hummingbirds do not migrate although they may move around a little, looking for good food sources. The ones we see all winter may not be the same birds we see in the summer. They have a stunning courtship display. The males fly up in the air and then swoop to the ground making a loud noise as the air rushes through their tail
(cont'd next pg)



Male Anna's hummingbird

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

feathers. They nest early – beginning mid-December or January – and can easily have two or more broods.

The Rufous hummingbird is known for its aggressive, feisty behaviour and its long migration. It makes a circular tour of western North America. Leaving their winter range in Mexico, they follow the flowers as spring moves north, arriving here when the salmonberry blossoms in mid-March. Some continue their migration up the coast as far as Alaska. They begin their return as early as July, travelling south along the chain of Rocky Mountains.



Male Rufous hummingbird

While Anna’s hummingbirds are increasing their range and number, Rufous populations declined across their range by approximately 2% per year between 1966 and 2019. They are included on the Yellow Watch List for birds most at risk of extinction without significant conservation actions.

Take a careful look at the hummingbirds in your garden and at your feeder. Is it the striking green Anna’s or the dashing little Rufous? – Sheila Ray

~~~~ **Ebbs and Flows** ~~~~

Today as I walk the roads and paths of my ancestors, memories wash over me.

As I walk through red alder thickets, memories of my dad arise. My dad was a clever man. For me and my brothers our dad was kind and wise. As dad walked with us kids, he'd take out his handy pocketknife, reach down and cut a young alder sapling. With a few short flicks of his wrist and a few taps to bruise the green bark, he would make a few sharp and angular cuts and then hand

us each a small whistle type flute. As we walked in the spring sunshine along our road up to the main road, we kids played our tunes that matched the cheery robin (in our heads). Dad also showed us kids how to tie the top boughs of red alder saplings to make a loose circular knot. He would return in a year or more to cut free the bough to make a cane. The cane would sometimes keep the circle knot, or he'd often trim it to look exactly like... a cane. He'd trim the length to whomever received his canes as a gift. He'd skin the green bark off and varnish the cane before gifting it.

As we walked Main Road, songs of actual robins accompanied us. Their soft rolling notes are still in my head today. The babbling water that pooled into the next pool as we walked downhill would entice us kids to play.

As we picked fiddleheads, we'd continue our walk – we kids learned much like fawns with a parent. We'd play and learn at the same time. Nature was the constant my dad needed and what we all needed.

Today, as you walk those ancestral paths and roads on Lasqueti Island, stop in a sunbeam near the sound of falling water, listen for the robin, and maybe pull out your pocketknife and attempt to whittle a small flute. Play the song of rolling robin notes and recall a little boy with his two older brothers on a walk on an island that has been here for many generations before you.

- Rocky Sampson

**Things that were not on my radar before I encountered Lasqueti**

- Voltage, watts, kilowatts
- Bulk, absorb, float
- Composting of any kind
- Position of the sun throughout the year
- Knots, especially 30+ knots
- Inverters
- Tides
- Wind direction
- Slugs
- Spider poop
- Kindling
- Log splitters
- Gumboots
- Headlamps
- Dollies and totes
- Potholes
- Fire rating
- Quality gravel

- Sue Ashcroft

## Stephen Lamb



As many of you might already know, Steve Lamb passed away on St. Patrick's Day. He and Doban had just returned from his second favourite place - Lasqueti South, aka La Manzanilla - where Steve spent the last 8 out of 9 winters. He was also fortunate enough to live with Seaborne, Noel and his new grandson Satori before he left. And although it was brief, at least he got to spend some time with Louis and his family upon returning.

Steve was many things to many people- a confidant, a father, a joker, a trusted friend, a lover of nature, great gardener, a cantankerous stubborn Scotsman. Anyone who truly got to know him saw all of this and more.

Arriving on Lasqueti in the late 1960s, he fell in love with the wild untamed island that it is. He put down roots and made it his home. Even though he travelled extensively and loved other places, he said he couldn't imagine living anywhere other than his community of Lasqueti. His legacy is the beautiful Orchard and land he left his family, one of Lasqueti's hidden gems.

A celebration of life will be arranged for later this season.

There are so many more things one could say about Steve to summarize his life, but for now we will say you are loved, and you will be missed.



## Sea Fever

by John Masefield

I must go down to the seas again, to the lonely sea  
and the sky,  
And all I ask is a tall ship and a star to steer her  
by;  
And the wheel's kick and the wind's song and the  
white sail's shaking,  
And a grey mist on the sea's face, and a grey  
dawn breaking.

I must go down to the seas again, for the call of  
the running tide  
Is a wild call and a clear call that may not be  
denied;  
And all I ask is a windy day with the white clouds  
flying,  
And the flung spray and the blown spume, and the  
sea-gulls crying.

I must go down to the seas again, to the vagrant  
gypsy life,  
To the gull's way and the whale's way where the  
wind's like a whetted knife;  
And all I ask is a merry yarn from a laughing  
fellow-rover,  
And quiet sleep and a sweet dream when the long  
trick's over.



Sweetly dreaming now, our beloved  
Stephen Lamb: July 22, 1943 - March 17, 2024





## Student Corner



Recently, our school took part in a Skills Canada competition. We had a choice to either create spaghetti bridges or wind turbines. Niall and I decided we would work together to enter the wind turbine competition, since spaghetti bridges are kind of finicky.

First, we had to come up with a design. This involved testing different shapes and sizes of blades, as well as angling the pitch to create the most efficient design possible. We asked ourselves: which wind turbine blade design will generate the most electricity? We did some research and found that two blades were efficient, three blades still more efficient, and four even *more* efficient, although not by much.

We then created an hypothesis: that three blades would make the most power, but that two would be harder to mess up, since you only have to make two identical blades instead of three or four. There were many variables, such as the number of blades, the blade shape, length, width, pitch, etc. We couldn't change the distance from the wind source, the max power of the wind source, the size of the generator that the blades were mounted to, or the strength of the turbine base, etc.

To build our turbine we used: 5" wooden dowels, cardstock, and a 12-hole mounting hub. We cut out a design stencil and traced 4 copies onto cardstock. We glued the cut-out blades on either side of the dowels (two per dowel) so that just enough dowel stuck out to fit into the hub. Then we inserted dowels into the hub so that only the blades were seen; and we placed the hub onto the generator as per the competition instructions.

At the end of our experimentation, we were able to achieve a total of 4.3 volts with the fan given to our school. Unfortunately, the fan used in the actual competition was far weaker than the fan we used during testing, and so we got a max of 3.2 volts in the testing stage, and about the same amount in the judged part.

We managed to get first place in both competitions. Sawyer and David achieved second 4



place. Our team will now be moving on to the Provincial Competition in Abbotsford. The second-place team will come if another team doesn't show up.

In conclusion, we found out that two blades work better than three or four; but that's just our opinion.  
- Kahlia Dryburgh



"My Mum on the bluff before the baby is born" - photo by Orion Herriot - Enright March 9th, 2024.



## Meet the Neighbours



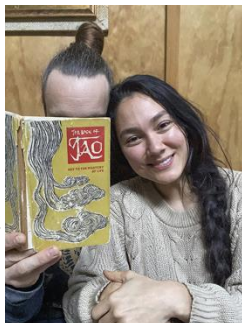
Meet some relatively new neighbours: Alison Cromie and Shen, up Lake Road.

### *What's your Lasqueti story?*

Our Lasqueti story begins at the tenderloin age of 18, when we fell in love in high school. After a heavy-hormonal-accidental-adolescent breakup, we did life apart for 18 years. During this time Shen found Lasqueti, and Alison found Shen's Dad's copy of the Tao Te Ching he lent her ("The Way" Ω) back in Philosophy class, which led her to find Shen. Upon reuniting, we realized we were both deeply allied and involved with cacao, Alison holding cacao ceremonies, and Shen being a chocolate maker for over a decade, searching for the most pristine growing conditions and heirloom genetics in the world. Ah, chocolate . . . Is it an aphrodisiac? Well, yes. Can you add herbs to enhance your bodies rhythms? Well, yes. Is it fun to make and eat? Almost all the time. Do you need power to make chocolate? Yes, just enough. It is food as medicine, heart opening, juice for neurotransmission, and a vehicle for adaptogenic tonic herbs of the highest source. If you ever want to talk chocolate, ask Shen. Now back to our "Lasqueti story". Our coming together and to Lasqueti took a few years (doesn't it always?) After a year, we love it here. Learning the seasons and cycles, planting, growing, harvesting, and dreaming our way through our first full year has been a steep learning curve that we hope gets steeper, because it's the most enjoyable curve we've known. We may not be ahead of it, and we're not entirely sure where it is at this point, but we are with the Tao. Nonetheless we're thankful for everyone we have encountered along the way.

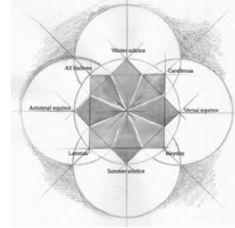
***If you had a magic wand, what is one thing you would change on Lasqueti?*** Make the Island

(and all surrounding ocean and land mass - without distinction of national borders) a NO FLY ZONE, save emergency aerial crafts. This would of course stop pollution of our airspace, prevent changes in pH in our water and soil, and reverse progress in the robot army of commercialization.



***What would you never want to change?*** The answer is 42. (For those unfamiliar with Hitchhiker's Guide to the Galaxy: not a thing.) (note from Suzanne: the chocolate is amazing)

## Poems for the Cross-Quarter Days



### **An Island of Nettle Eaters**

Aigul, plucks them with her bare hands, eats them raw. Valeria fries bright green pancakes in lots of olive oil, serves them with very creative sauces. Kathy feeds us all Oysters Nettlefeller we eat around the beachfire.

The Olesko sisters make Green Goddess soup, serve it up at the April Bread and Jam; and for the PAC plant sale this year Kirsty made Nettlekopita.

Jazmin brews nettle beer, Domena presses steamed nettles into balls to dip in peanut sauce. She brings them to book club. I make Season Turning Soup: the last of the winter-stored squash, the first tender nettle tips.

We make pesto for pasta, sauce for the polenta, nettle lasagna. We tincture leaf, root, and seed for medicine. We even compost them to nourish our soil. And when the cycle is winding down we dry them for tea to sip slowly through the dark days until next year.

It's spring and the kale is sweet and sprouting in the gardens but still we go to the untamed places to gather the feisty weed. Isn't that why we have all come here? To feast on what the wild offers; to feel that slight sting.  
- Sophia Rosenberg, 2018



## Wisdom from Xwe'etay Gardeners



### Rat-free Composting

When rats started becoming more of a problem here on Lasqueti we decided to change the way we composted our kitchen food scraps. While thinking about building a rat-proof wire cage compost bin we temporarily decided to just bury our compost to keep it critter free. Apparently, this is called the “dig and drop” method of composting and it couldn’t be easier. When your compost bucket is full, simply dig a hole deep enough to allow you to bury your compost with about 10 inches of soil on top. Before covering in your hole, fill your compost bin with water to wash it out, pour this water into the hole and then cover it over.

Poke a stick in the ground to remind yourself where your compost is and voila!

There are many advantages to this “dig and drop” method:

- it is so quick and easy
- feeds nutrients directly into the soil
- increases the amount of worms in your soil
- increases the organic matter and improves the texture of your soil
- no smell
- no turning or aerating needed
- you can include meat and bones without attracting rats and other animals
- coffee grounds immediately add nitrogen to your soil, egg shells immediately add calcium to your soil and help to decrease soil acidity

For years I added buckets and buckets of seaweed to my sandy soil in the hopes of increasing the organic matter and encouraging worms, to little effect. Since burying our compost the soil has become rich and crumbly and full of worms! Hurray!

You can even do this during winter and the worms will keep working happily in the soil to break down your organic food scraps. Simply choose a bed that doesn’t need to be planted for about 4-6 weeks and fill it with a succession of compost holes as needed. If you need to use the bed before all the composting has been completed, then think about planting shallow-

rooted crops like lettuce or other salad greens. While we still maintain a compost bin for garden debris, we love not having food scraps in this pile. I am curious if you have tried this method in heavier soil and had any luck? Composting is a huge topic so if you would like to share your composting tips, please email [annalouisedodds@gmail.com](mailto:annalouisedodds@gmail.com). Perhaps we can compile composting wisdom from a variety of Lasqueti gardeners in our next issue.



Lasqueti Island Nature Conservancy

It’s springtime and it’s newt season! Many of us are familiar with the rough-skinned newt (*Taricha granulosa*), often seen slogging across the roads at a glacial pace. Adult newts reach sexual maturity at 4-5 years. This time of year, the adults are headed to ponds and lakes for the annual mixer. Males undergo remarkable metamorphosis when they enter the water. Their trademark rough skin becomes smooth, and their tail transforms into a long, graceful paddle. They are clearly in their element, undulating casually in pursuit of sex and caviar (newts will dine on amphibian eggs, even their own).

Following a gentle dance of underwater nuzzling, males release a sperm globule into the water. If the newt lady is feeling it, she will collect the globule to fertilize her eggs. Females hide individual eggs in aquatic vegetation, scattered across a wide area. As fresh eggs are a wetland delicacy to many – including newts themselves – this distribution strategy may improve overall survival.

Rough-skinned newts are loaded with a powerful neurotoxin that could be fatal if ingested but cannot be absorbed through human skin. A newt may be helped across the road, just don’t lick your fingers afterwards. Incidentally, garter snakes can generally handle the newts’ toxin and are their only known predator (aside from tires). Provided they get across the road safely, their lifespan may exceed 12 years.

In other news, LINC’s AGM is May 11<sup>th</sup> at the JFC. The dress code is gumboots, as proceedings include an intertidal field trip. Details to follow in the LINC newsletter.



## Ahoy Hoy Maties an' Salty Dogs

(sung to the "Gilligan's Island" theme song)

🎵 Just sit right back and you'll hear a tale,  
A tale of a fateful trip.

That started from the French Creek port,  
Aboard the Centurion ship,  
the mighty Centurion ship. 🚢

🎵 The skipper was a mighty sailor man,  
The passengers brave and sure.  
But the ship churned in the chuck that day,  
Shooting for Lasqueti's shore,  
Lasqueti's faraway shore. 🎵

🎵 The wind was really getting rough,  
The tiny ship was tossed.  
If not for the courage of the fearless crew,  
The Centurion would be lost,  
the ferry would be lost.

🎵 Passengers got queasy then,  
As stormy seas did toss.  
If not for the grit of this motley crew,  
They'd all have lost their sauce,  
they didn't wanna lose their sauce. 🤢

🎵 The crew were brave, their spirits high,  
they faced each twist and turn.  
With dogs barking on the wet back deck,  
passengers cheered from the stern,  
had beers at the stern. 🍺

🎵 As they spied the dock, through the storm,  
their hearts begin to glow,  
Relieved to be back on the rock,  
and some solid ground below,  
some mossy ground down below. 🎵

Rain falling down, with a sigh, they hauled stuff to  
the shed, then chopped wood and lit a fire,  
Before they could get to bed,  
With an aspirin for their heads,  
Oh shoot we forgot to buy aspirin for our heads.

🎵

🎵 So join us here each week, my friend,  
You're sure to get a smile.  
From the adventures of this crazy bunch,  
Here on Lasqueti Isle!  
That zany Lasqueti Isle! 🎵

-Adam Enright

## Kitchen Creations

### Super seed crackers

Gluten free, dairy free cracker which are  
deliciously simple and easy to make.

1 1/3 cups sunflower seeds

1/3 cup pumpkin seeds

1/3 cup flax seeds

2/3 cup sesame seeds

1/4 cup psyllium husks

1 tsp fine salt

Optional: some nutritional yeast and dried thyme

### DIRECTIONS:

1. Preheat oven to 350.
2. Add all ingredients to a bowl, stir to combine.
3. Add 2 cups water and stir to combine.
4. Let stand for 15 mins.
5. Line 2 cookie sheets with parchment paper
6. After 15 minutes, stir mixture again and spread evenly on the cookie sheets
7. Bake for 1 hour. If you would like your crackers to break into even pieces, then take them out of the oven after about 30 minutes and score them with a knife so they will break along clean lines. Return to the oven to bake. I often just allow them to break into random pieces once they dry.
8. Switch the oven off and leave the crackers in the oven to dry for at least 1 hour.
9. Allow to cool and store in an air-tight container. - Recipe from Anna's sister Amanda, adapted from a recipe from [twosleever.com](http://twosleever.com).



Minah and Poi making morning "sak sak" (Sago palm paste) on Eloaua, Bismark Archipleago, New Guinea, 1988

## **Dog Watching ~ The Wolf Amongst Us Dogs and Kids: A Perfect Combination or a Nightmare?**

You might be lucky enough to have grown up with a loving dog, or maybe you spent your childhood longing for one. Or maybe you were one of the many children bitten by a dog?

Likely, your early experiences formed your relationship with dogs, for better or for worse. Now, as an adult, you might find yourself faced with a dog acting aggressively towards children, or with a child so highly attracted to dogs that it is hard to hold her back!

Bite statistics bring unfortunate news. In Canada, one of out every two children has experienced some form of dog bites by the age of 12. Although most of these bites don't require medical attention, many leave psychological scars. Roughly 3/4 of these bites are from dogs with whom the child is familiar, i.e., a dog that is owned by family, friends, or neighbours. While shocking, this also tells us that most of these bites are preventable.

Our best approach is education!

*Education for people:* Bite Prevention Programs teach kids and guardians helpful skills, some as simple as: Ask before approaching or petting! Ask the owner first, then ask the dog! The way to ask a dog is to respectfully stay at a distance and wait, then read the dog's response: Is the dog welcoming us in or telling us to cut it off? Cut-off signals are easy to recognize once learned; it's good for people to recognize these signals *before* the situation escalates into a threat or a bite. Next time on the ferry, take one of the body-language cards from the back notice board!

*Education for dogs:* Just as with people, early experiences form lasting impressions in dogs. Ideally, a puppy has many happy experiences with children, from babes in arms to toddlers and onwards. The very best and easiest education happens in the first 3 months of a dog's life, i.e., during the critical Canine Socialization Period. If early socialization is missed, dogs will likely react fearfully or aggressively towards the unknown – in this case, children. Luckily, we can help these dogs become more accepting of children through the *Behaviour Modification* program. The latter

gives us tools to change a dog's behaviour as well as its underlying emotions.

Change can happen, but it takes specialized help, the right skill set, determination, time and other resources.

Thank you for open eyes and minds! - Domena

P.S. Invite me to a Bite Prevention Presentation!

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## **LCA Update**

Mark your calendars! The Lasqueti Community Association's Annual General Meeting will be **Saturday June 8th 1pm at the Community Hall**. We would like to publish a special insert in next month's paper so everyone can review all the subcommittee reports in advance of the meeting, and we can get through all the procedural stuff in good time (because no one likes long meetings). So all LCA sub-committees are asked to submit a BRIEF report of their past year's activities (max 250 words) to the LCA executive (lca@lasqueti.ca) by April 20th, including a complete list of subcommittee members and whether they wish to stand again. Anyone wanting to start a new LCA subcommittee can draft a mandate (what would your committee do?) and submit it to the LCA executive as well, and your request will be added to the AGM agenda. The exec will then compile everything and get the reports out to the community altogether in advance of the AGM.

Win \$50!

We need a pictorial guide to lighting the hall stove for the HUG (Hall Users Guide). Send us your version of how to light the big dragon stove at the hall in pictures and you could win \$50!

We are still accepting donations for hall kitchen renos and after the kitchen we'll be looking at refurbishing the floors. Charitable receipts will be issued for donations over \$50. Just make sure LCA treasurer Lisa Johnson (lasquetilcatreasurer@gmail.com) has your full legal name and address.





## The Arts Almanac

I am reading a book called *Thirty-two Words for Field* (2020) by Irish writer Manchán Magan. It is a poignant book, excavating “lost words of the Irish landscape” and showing how language that is tied to the natural world can offer a different way of seeing, and of being in relationship with place. My great-grandfather was from Galway, Ireland and my MFA thesis was about finding kinship with the other-than-human world. The idea that this kinship could be embedded in a familial language really excites me.

It is a rich book, tying Irish to Arabic and Sanskrit and lamenting the colonial stronghold and forced Christianity that made Irish the endangered language that it is today. However, it is the power of poetry and sound that live at the heart of this book. Magan points to the origins of Irish words as pure sound meant to transform the landscape. Druids and poets “used the power of sound to affect bodies and surroundings”. He talks about the resonance and frequencies of ancient cairns and caves; he also discusses archeological research and the measurable effects that singing in these spaces had on seeds. Corresponding lab tests have shown that electromagnetic variance influences productivity and viability, activating the seeds before they are planted.

Poetry and storytelling, even in the more pragmatic, less connected English language, have the power to resonate deeply. When we gather at Arts Fest and listen to one of our island poets read their work, the sounds that underlie the words change the air around us. They affect us in a way that only the spoken (or sung) word can. Not only can we derive meaning from the thoughtfully chosen words, but we can close our eyes and let the sound connect us on deeper levels than comprehension allows. Different frequencies can affect the way we perceive the world. We can be transported through portals and experience a kind of genius loci, the spirit of place. Language, particularly the language(s) of origin in any landscape, can facilitate access to relationship and kinship.

So, if you are curious, consider reciting poems to yourself or others and coming out to listen to poets and storytellers. You might learn some

words of the original language where you are and speak them to the trees. Or you could try singing to your seeds at 110 hertz. Your garden might just grow better than ever. – Jennifer Brant

## Arts Council Update

The Arts Council together with XLAP are supporting the creation of a welcome mural on the Lasqueti dock that reflects the deep-time ecological and cultural history of the island. The mural is being co-created by local artists Julia Woldmo and Sophia Rosenberg and Qualicum First Nations artist Jesse Recalma and will incorporate painted and carved elements. Stay tuned for more details!

For everyone who has been asking if there will be an Arts Festival this year, the answer is YES! Mark July 5-6th on your calendars. If you want to be involved with the planning and execution, please come to the Arts Center on Thursday April 18th at 4pm to participate in the envisioning process. We want to revitalize the Festival, give it some new pizzazz, include more on-site art making. For this we need your ideas, energy and committed volunteer time. There are perks to being a volunteer, including free admission as well as being part of making a big, awesome community celebration of the arts happen.

- On behalf of Jennifer B, Julia W, JennyV, and Faren W



- Jamie Smith



## We need to talk about phishing

I've got more to say about AI and its potential impacts. More on that next month. But this month, we need to talk about "phishing"... again.

**"Phishing"** is a type of cyber-attack (computer scam) that uses social engineering (aka fraud) to trick a person into revealing some private information, installing malicious software, or entering a real password in a scammer's fake website. Most phishing attacks are sent via email, although text messages and social media are also common vectors.

Yes, these are those annoying spam messages that claim you won a prize, or that appear to be from a friend in need or recommending a great investment or funny video.

Phishing attacks are so common because they are very simple to launch, requiring little technical expertise. And with the vast troves of data collected about us and sold in data markets, they are becoming ever more sophisticated, appearing as a legit message from a familiar source with a legit-sounding request, making them a serious threat.

Each year my students fall for a phishing attack demo I run. These are digital-savvy students, many of them expert computer users. So how can the rest of us protect ourselves?

Tell-tale signs of a phishing email:

- **urgency:** something has happened to your account / your money / your family / etc. and you need to do something right now!!
- **sender:** the email may appear to come from someone you know or do business with (spear phishing), but often the sender's actual email address is a give-away
- **a link:** there is nearly always a link they want you to click - that's how they will launch the actual attack

If you receive a suspicious email that appears to be from your bank or email provider, or from a

friend or family member, **don't click the link and don't reply** before:

- Checking the sender's email address carefully. If it looks fishy, it is phishing. Delete.
- Using your browser to navigate to your bank / cell provider / etc. and log in to check things out. But don't use the link in that email!!
- If you are still unsure, check with the person or organization who appears to have sent you the message. But don't reply to the suspect email!!

Remember, the person being impersonated - the one the scam email appears to be "From" - is also a victim of identity theft. It is not their fault, and it does not indicate they have been hacked or sloppy with their own cyber-security. We are all victims here.

Be kind and stay safe. -Joseph Fall

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## My Favourite Tool

My must-have tool in the garden is a Japanese Kana Scraper. Resembling the claw of a giant anteater (which can rip into stone-hard termite mounds with a single swipe) this small hand scythe is excellent for light weeding, hoeing, and trimming grass in areas your Lawn-Boy won't reach. The 4.5" curved, carbon steel blade is attached to a 10- inch hardwood handle. Stays sharp, yet easy to hone as required. Ergonomic and nicely balanced, there is no strain on your wrist after extended-use. To avoid rust, periodically clean and wipe the blade. Note: right-hand drive. About \$35 at West Coast Seeds. - Rob Brownie



*Editors note: Submit your "Favourite Tool" to us for subsequent issues! (<100 words, please)*

Local as well as international news has been reporting a recent increase in measles cases worldwide. Measles is a highly contagious viral illness. Symptoms include fever, malaise, rash, cough, coryza, and conjunctivitis. It occurs worldwide and remains endemic in areas with low vaccination rates, particularly in resource-limited settings.

Persons born after 1970 will have less memory of this disease as immunization was introduced in the late 1960's radically decreasing clinical cases. Due to a number of global factors that have caused the disruption of childhood immunizations there has been an increase in this extremely contagious disease. Measles and its sequel can cause serious illness. Groups at increased risk for complications of measles include immune-compromised patients, pregnant women, and individuals with vitamin A deficiency, poor nutritional status, and the extremes of age.

Vaccination is known to be the best defense. The following is information obtained from Island Health's Medical Officer of Health newsletter of March 2024.

- Vaccination is very effective for long-lasting protection against infection (85-95% after 1 dose, ~98% after 2 doses)
- 2 dose series routinely given at 1 year and 4-6 years of age; ~10% of 7 year olds have not received any doses
- Eligibility (complete details at [bit.ly/BCCDCMMR](http://bit.ly/BCCDCMMR))
- Born before January 1, 1970: likely immune through prior infection, eligible for 1 dose if no history of measles vaccination nor disease
- Born on/after January 1, 1970: eligible for 2 doses of measles vaccine in a lifetime
- Infants age 6 months - 1 year can receive an early extra dose if travelling to area with measles transmission
- Parents/guardians of eligible children can access the local health unit ([islandhealth.ca/our-locations/health-unit-locations](http://islandhealth.ca/our-locations/health-unit-locations)), adults to [bcpharmacy.ca/pharmacy-services/mmr](http://bcpharmacy.ca/pharmacy-services/mmr) or health unit.
- Public Health is going into select schools for kindergarten and grade 1 catch-up.

I would encourage anyone who has not been vaccinated or is unaware of their immunity to this disease to reach out and obtain the information needed to keep yourself and those around you free from ever contracting it.

Best, ♥dianne

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

cell 250-240-5712; Clinic # 250-333-8891

**\*\*Clinics Thurs. At JF Health Center, 11-3\*\***

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## Waste Case Scenario

### Glass Recycling

Glass is inert but not biodegradable. If thrown in a landfill it takes up valuable space and wastes a resource that can be infinitely recycled with no loss in quality.

Glass is made with sand. Besides air and water, sand is the most consumed resource in the world, primarily in concrete. The angular sand mined from rivers, the bottom of the ocean, and beaches is the perfect aggregate for concrete. Because harvesting from these vulnerable areas disturbs sea-life, industries are now exploring crushed glass as an alternative to sand. Once crushed into various grades, glass can be used for concrete, roadbeds, bedding for pipes, filler around retaining walls, reflective paint, sandblast material, fiberglass insulation, and new glass containers.

In 2023, Recycle BC announced approval of Progressive Planet (a CleanTech and Manufacturing Company) as the end market for glass collected through the program (as long as they meet and adhere to Recycle BC standards). Once the Pilot Plant in Kamloops is built it will use 100% post-consumer glass to make PozGlass, a replacement for the Portland cement and fly ash from coal plants currently used in concrete. This made-in-Canada breakthrough will reduce the carbon footprint of the cement industry.

A similar practice was started on Lasqueti Island in 2019, when a donated glass crusher was used to create a rough aggregate that locals used for concrete projects. Unfortunately, the crusher has since broken down and now the glass collected on Lasqueti is shipped off-island to other recycling programs or ends up in the garbage.

*(cont'd next pg)*



*(Waste Case, cont'd from previous pg)*

Currently, clear and coloured glass bottles and jars can be taken to the Lasqueti Recycle Depot where they become part of the regional recycling program with Recycle BC. Glass lightbulbs can be taken to Product Care lightbulb recycling depot in Parksville; and refundable glass beverage containers (like juice and wine bottles) can be taken to a Return-It Center in Parksville for a deposit refund. There is no formal recycling program for glass household items like glassware, decorations, windows, and mirrors. These should be placed carefully in the garbage or given new life in your next piece of art! - Jenny V



faintest of clues, the expertise of Dana and her team lay in to seeing the unseen.

Within hours many discoveries were made. As Dana and Faren plotted a grid where percussion core samples were taken, Vlad surveyed the perimeter and mapped features of interest. We learned that the calcium-laden shells at the midden base disintegrate as the surrounding acid-rich soils are neutralized. As a result, more recent deposits of shells, bone, and fire ash break down more slowly, leaving more stable and “legible” layers of matter. Dana was able to read the sediment as you would a poem – “sterile sand/ charcoal hearth/ clams steamed and roasted/ shells burnt to smithereens.”

The value of this single day of fieldwork was immeasurable. It was later shared that carbon-dating revealed evidence of continuous occupation going back 1400 years – relatively young compared to neighbouring middens and clam gardens studied nearby. As these findings have helped us enrich our connection to the land, we trust this work contributes to a much broader understanding of the island’s cultural memory. We are grateful to share in this unfolding story.

- Rob Brownie

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### **Minding The Midden: A Field Day with The Xwe’etay/Lasqueti Archaeology Project**

Looking out to Tucker Bay, a midden rests alongside a shallow cove. This is a cherished spot where our land group has gathered for decades. At first glance the midden isn’t obvious. Largely overgrown with a carpet of grasses and wildflowers, scattered shell fragments can be seen here and there. It is only from the foreshore that the compacted remains of clams and oysters are fully exposed, revealing centuries of accumulation a metre deep.

Understanding of how this precious piece of land was historically used is a generous mix of legend and guesswork. It is common knowledge that middens are significant for Indigenous Peoples, but as we strive to be good stewards here, many questions remain as we seek to fully understand what lies under the ground beneath our feet.

In the summer of 2022, we were fortunate to have members of the Xwe’etay/Lasqueti Archeology Project pay us a visit and carry out a midden survey along our beach. The fieldwork began with an acknowledgement of our Coast Salish hosts. It was agreed the land would be worked lightly, and that found belongings were to be left in state. Like detectives sifting through the



## Creatures are my Teachers



### Sex and the Single Turkey

Something has bothered me for over two decades, and I must clear it up publicly.

A rumour may have circulated 25 years ago that I pitch wild, passionate woo to turkeys. This scandalous story is untrue. Mostly.

To explain, I'll go back in time to the day I opened a box full of 4-day-old bantam chicks I had ordered. Towering over them was a turkey poult I had not ordered. The chicks were huddled under her like she was Mom.

Clementine and I bonded. She loved to nap with me in the sunshiny Teapot yard. She'd snuggle into the crook of my arm, stretch her neck over my shoulder, and doze off.

One day, I found her lying limp on her side. I stood her up, and she fell over. I spread her wings to look for injuries, and ruffled through her feathers in search of wounds. Suddenly, she stood, fluffed up, and ran off.

This happened again the next day. I checked her over like before. When the exam was finished, she jumped up, fluffed, and took off.

Eventually, I clued in. Clementine had reached sexual maturity and became depressed when it was time to get laid. She decided my examinations were good enough.

Once each day, she would go into the throws of sex starvation. I'd grab her neck feathers roughly like a tom would, put my hand on her back, and pushed her up and down until she was satisfied.

One day, Clementine was doing her woe-is-me thing by the hedge at the teapot corner. I performed my duty, saying emphatically, "Oh, baby, baby, oh baby, you know how I like it."

On the other side of the shrubbery and fence, a tentative voice said, "Jay?"

I was horrified. Whoever it was knew me. I pictured what he might think. And which local did he imagine I was with?

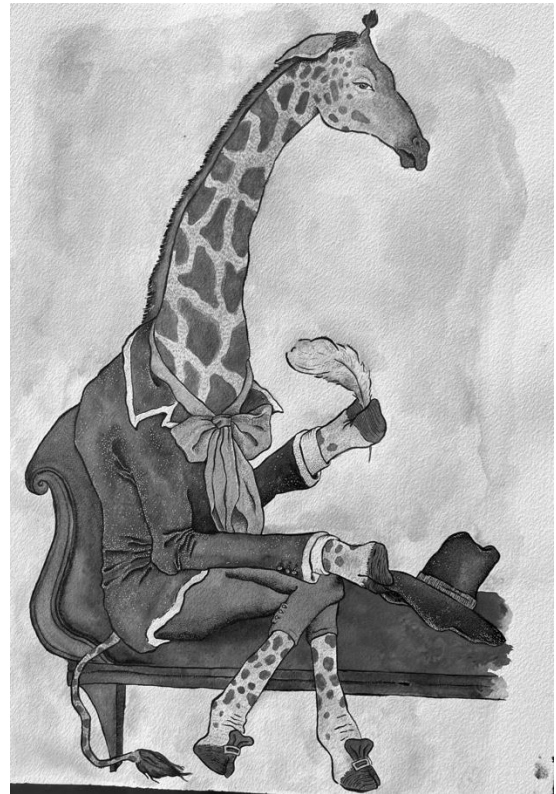
I called through the shrubbery, "It's not what you think. It's just a turkey."

There was a pause. He said, "Oh," and walked away.

I never knew who it was.

Looking back, I see how my wording could have been misinterpreted. If the fellow did not flee the island after this incident, he might still be among us, with an opinion of me I'd like to change. I assure you, sir, that I do not pitch wild, passionate woo to turkeys. I only fake it.

– Jay Rainey



Sid the giraffe after taking a bath,  
Embarked on a trip to the mall.  
Twas just other day, he heard elephant say,  
"There's a new store called beasts, big and tall."  
A giraffe with a passion for the latest in fashion,  
Must take stock of every hip shop.  
Without further delay, and half week's pay,  
he's off to buy a funky new top.  
In posh foreign labels and hat made of sable, all  
he needs now is a scarf.  
Then others would say as he passed their way,  
"By Jove, that's one dapper giraffe!"

– Jamie Smith



**From Tim Peterson:** At our March 4 meeting, we considered the application for an amendment to the Land Use Bylaw for the private dock in Scottie Bay. A motion was passed to request that the applicant work with staff to provide information on how land and water access to the dock would be legally secured in perpetuity for emergency services, prior to the Local Trust Committee considering first reading of draft bylaws, so that we can fully understand the implications of this offer by the applicants.

Discussion in the town hall section included the desire by some members of the public to amend the policies for docks in the OCP and LUB. I expect we will have more discussion at our next meeting as to how we might consider having a public meeting concerning this wider issue. It is not clear to the Local Trust Committee that there is broad consensus that this is a change the community desires. An open discussion could help to clarify the issue. We also requested a referral to the Advisory Planning Commission to consider private docks and their use.

We also made a number of amendments to the current version of the draft OCP, to reflect some of the work done in the previous term. These will be included in the updated draft, likely for our May meeting. As well, we requested staff to schedule a screening of *Dust n' Bones* and inquire about the feasibility of working with local First Nations to host a discussion on the film. *Dust n' Bones* is a documentary that examines the legal issues, political controversies, and historic mysteries that threaten the preservation and rededication of First Nations artifacts, burial sites, and remains.

As Mikaila mentioned, we will be holding our first meeting with Snaw-naw-as in April, which marks the start of the new relationship between the LTC and the Nation.

Trust Council in March was focused on budget deliberations over the three-day session. The final decisions result in 5.9% increase to local trust areas, including Lasqueti, and a 13.1% increase to Bowen Island Municipality. I have requested an easier-to-read tax notice, but staff have

advised that this is challenging due to the seven different regional districts across the Islands Trust Area.

Our next regular business meeting is scheduled for May 6 at the JFC. In the meantime, feel free to contact your trustees with your questions, comments, or concerns: 250-607-7094. [tpeterson@islandstrust.bc.ca](mailto:tpeterson@islandstrust.bc.ca) To contact the whole committee and staff, email [laltc@islandstrust.bc.ca](mailto:laltc@islandstrust.bc.ca)

**From Mikaila Lironi:** In the past months, I have learned a lot about our Official Community Plan (OCP) and Land Use Bylaws (LUB), specifically that many of our community members don't understand how it all works. I have spoken to our Planner Stephen Baugh at length to ensure that I am providing accurate information (thank you, Stephen).

The OCP outlines how the community at the time would like to see the island develop from a land use and land use planning perspective. "The purpose of this Plan is to outline the goals of the community, the objectives relating to matters of Local Trust Committee authority and policies that provide guidance as to how to implement those objectives"

[\(https://islandstrust.bc.ca/document/lasqueti-island-ocp-bylaw-no-2023/\)](https://islandstrust.bc.ca/document/lasqueti-island-ocp-bylaw-no-2023/).

In 2018, we started a review of our OCP as it hadn't been reviewed since 2005 and was out of date. The LCA (Lasqueti Community Association) created an OCP Steering Committee, and as you may recall, the community was asked for input on OCP-related issues on multiple occasions in the form of community meetings. The OCP Steering Committee produced a report outlining what they liked and didn't like about the OCP.

The LCA report was presented to the LTC (Local Trust Committee) who directed staff to draft an OCP bylaw that incorporated the recommendations from the LCA report. At this point, using the Islands Trust Act and Local Government Act, and the Islands Trust Policy Statement as a guide, the report was reviewed by staff to ensure that the suggested changes were possible within the framework of the applicable acts. A new OCP draft bylaw was created and given first reading. Then



(Islands Trust - cont'd from previous page)  
the amended OCP was referred to First Nations, local governments, and agencies. These bodies may request changes, indicate support, fail to respond or identify their interest with some general comments. The Lasqueti LTC Project Page has more information on the project (including the LCA report) <<https://islandstrust.bc.ca/island-planning/lasqueti/projects/>>.

If you have any questions about this or anything else related to the Islands Trust, please don't hesitate to contact me (or Tim). Mikaila Lironi 250-812-2560 [mlironi@Islandstrust.bc.ca](mailto:mlironi@Islandstrust.bc.ca)  
Mikaila Lironi [mlironi@islandstrust.bc.ca](mailto:mlironi@islandstrust.bc.ca)  
250-812-2560



### **Community Evacuation Workshop: April 6**

The qRD is holding a workshop to enhance community resilience and emergency preparedness on April 6 from 10am to 1pm at the community hall. Everyone is invited to participate. The workshop will be interactive and practical-focussed and include a tour of the evacuation supply container. Snacks and refreshments will be provided.

For more info, see "What's Happening" at [www.qathet.ca](http://www.qathet.ca).

### **Regional Director Town Hall**

This provided an opportunity to review qRD service levels and costs (in particular LIVFD, waste management, marine ramp, emergency preparedness, library, LCA contribution, health centre contribution, grants-in-aid, regional parks and social planning).

There was some constructive discussion about the sources underlying the tax increase this year, expected to be about 23%. As described in my Feb article, primary factors are inflation (accounts for about 1/5th of the increase), LIVFD for health and safety training, critical stress management, and volunteer medical and dental benefits (a bit more than 1/3rd of the increase), and waste management due mostly to the Resource

Recovery Centre (about 1/3rd of the increase, although still less than the cost of waste management on Lasqueti).

### **Connected Coast: continuing the conversation**

Connected Coast was a major topic at the LIAS meeting held Mar 23. To help support informed discussion, I will review some relevant information that I have previously provided. First: the community will have a say in whether or not this service rolls out on Lasqueti, and how. No decisions have been finalized regarding last mile service. There won't be a last mile service option to discuss until grant funding is secured, after which a plan can be proposed based on the funding available.

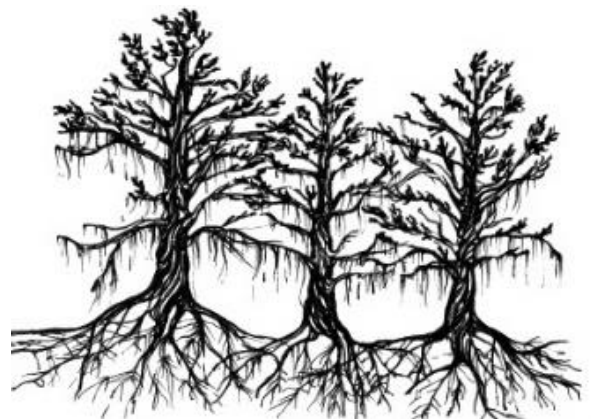
My June-Aug 2023 articles laid out and addressed a number of questions, including: what is the Connected Coast project? who are Connected Coast and CityWest? what is last-mile service and how might it be financed? what is the potential for a local organization or the qRD to apply for funding? and what are the next steps if CityWest obtains a grant?

A few questions arose at the LIAS meeting about which I will seek information.

If you have other questions on this topic, please send them to me and I will try to address them in upcoming articles based on my understanding (or seek answers).

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

- Director Andrew Fall, qathet Regional District.  
Contact: Tel: 250-333-8595



## Community Happenings and Notices

### So, you want to stay here 'til you die?

Have you ever said or heard your friends say, "I'm going to die on Lasqueti. No going over for me". Just how feasible this plan is depends on many things, some we can try to plan for, and some things are simply beyond our control. If you'd like to find out more and be a bit better prepared, we have just the workshop for you. On **Saturday May 4th** our very own Jennie Taylor R.N. will be explaining many aspects of the reality of dying here on the rock and what your options could look like. Jennie will also be demonstrating some of the physical skills needed to make the person dying more comfortable. So, if you have questions about your own death or how to support others in their dying process, please consider this opportunity to learn and share. **Saturday May 4**, Arts Centre 3:30 - 5:30. Tea and cookies. Contact Annie, 8661 for more information.

### Support our FBS students at the Skills Canada Competition

False Bay School Intermediate class recently participated in the Skills Canada Competition. So far, a couple of groups of our students have had success in the District competition and in the Regionals, with Kahlio Dryburgh and Niall King winning first place in both competitions. They have moved up to the next level and are soon on their way to competing in the Provincials in Abbotsford. After winning second place at the Regionals Competition, Sawyer Seiler and David Lindsay will also be attending the event. They may also have an opportunity to compete. Because the Provincial competition is on a Wednesday, the teams will need to leave on Monday and spend an extra day over.

*If you are interested in donating to support the teams going to Abbotsford on April 17 to compete in the Provincial competition, please contact False Bay School at 250-333-8813.*

– The Intermediate Class at False Bay School

### Monthly Community Calendar

April 6: Emergency Evacuation (Supply Container) workshop (+ lunch); Community Hall 10 – 1  
April 10: Barge run, 10 am on till full.  
April 14: Ken Lister Trio. Community Hall 7:30pm  
April 20: Community Forum #3; Community Hall, 2 – 4pm  
April 28: Heart Sharing Circle, 1-3, JFC  
May 4: "Stay here till you die" workshop (with Jennie Taylor); Arts Centre 3:30 - 5:30  
May 14: Arne's memorial.  
May 18; Spring Fling, False Bay School (Victoria Day long weekend).  
June 28, 29: Dance Performance and Costume Ball, Denise's dance studio  
\*\*\*Nurse: Every Thursday all of April\*\*\*

### 21st Annual Dance Performance & Costume Ball

Friday, June 28th and Saturday June 29th.  
This year I am pleased to announce that I am presenting this event at my studio and for two consecutive nights.  
There is limited space available, so seating reservations are recommended.  
More details to follow in the next Xwe'etay News.

### V-Star Varieties News

The V-Star Varieties roadside stand is open! Starting with Kombucha and pea seedlings, soon to be joined by lettuce and spinach. Pickings might be slim until the weather really warms up but eventually there will be a wide variety of veggie, herb and flower starts coming out of the nursery. If you would like a catalog of offerings, please email me at [jennyv@lasqueti.ca](mailto:jennyv@lasqueti.ca) or call 250 240 7288 and put in your special order. I'll leave some printed catalogs in the stand as well. Happy growing your own!

## Our Week in Review

|                          | Sun        | Mon                 | Tues  | Wed     | Thu                 | Fri                 | Sat                 |
|--------------------------|------------|---------------------|-------|---------|---------------------|---------------------|---------------------|
| <b>Ferry – leaves FB</b> | 1, 4 pm    | 8, 11, 4            |       |         | 8, 11, 4            | 8, 11, 4            | 8, 11, 4            |
| <b>Ferry – leaves FC</b> | 2:30, 5:30 | 9:30,<br>2:30, 5:30 |       |         | 9:30,<br>2:30, 5:30 | 9:30,<br>2:30, 5:30 | 9:30,<br>2:30, 5:30 |
| <b>Provisions</b>        | 12 - 4     | 9 - 5               |       | 10 - 5  | 9 - 5               | 9 - 5               | 9 - 5               |
| <b>Post Office</b>       |            | 10 - 4              |       | 10 - 4  |                     | 10 - 4              |                     |
| <b>Free Store</b>        |            | 10 - 5              |       |         | 10 - 5              |                     |                     |
| <b>Recycling</b>         |            | 10 - 5              |       |         | 10 - 5              |                     |                     |
| <b>Nurse</b>             |            |                     |       |         | 11 - 3              |                     |                     |
| <b>Feed Store</b>        |            | 11 - 3              |       |         | 11 - 3              |                     |                     |
| <b>Propane filled</b>    |            |                     |       |         |                     | 1 - 3               |                     |
| <b>Black Sheep Gas</b>   |            | 2 - 6               |       |         | 2 - 6               | 2 - 6               |                     |
| <b>Pub</b>               | 3 – 11?    | 3 – 11?             |       | 3 - 11? | 3 - 11 ?            | 3 - 11 ?            | 3 - 11?             |
| <b>Restaurant</b>        |            |                     |       |         |                     | 3 - 8               |                     |
| <b>Ultimate Frisbee</b>  | 4:30       |                     |       | 4:30    |                     |                     |                     |
| <b>Life Drawing</b>      |            |                     | 7 - 9 |         |                     |                     |                     |

### Community Forum #3

The second Community Forum, focused on solutions to the rental housing shortage on Lasqueti, was a fruitful gathering of ideas. There are many potential solutions-as well as hitches-to creating more housing for Lasqueti. It is clear that a working group should be formed to explore the myriad options and shape a plan. If you have an interest in delving into this topic deeper, please reach out to me by email or phone ([shoshanahray@gmail.com](mailto:shoshanahray@gmail.com) 250-240-0178)

The third Community Forum will be held **Saturday April 20** at the Community Hall from 2-4pm and will focus on creating strategies around the prevention of wildfires on island. There will also be a period to bring up any topic of community concern that is on your mind.  
- Shoshanah

### Food at Ken Lister Trio Event

Emily C will be serving Korean Tacos at the jazz experience at the Hall on April 14th. Menu will also include: Gochujang Pulled Pork or Sesame Crispy Tofu with Asian Slaw and Sriracha, Lime Crema, served in a tortilla with Kimchi, and Cheesecake. Special coffees, and other beverages will also be available. Come out and enjoy good food and Sunday Jazz with the Ken Lister Trio!

### Heart Sharing Circle

Sunday April 28th, 1-3 at the JFC.

It's been great to sit together in circle.

Sharing circles provide a space for individuals to connect with each other and to share their stories in a non-judgmental and supportive environment.

See you at the end of the month!

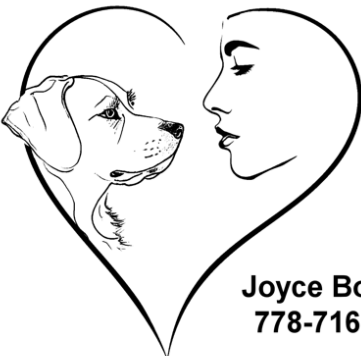
\*If you're in need of support, or have questions about the Heart Sharing Circle, please get in touch

- Aigul, Carly M., Carly P., Hilary, Jenna, Sho





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For the online version: [xweetaynews.com](http://xweetaynews.com)  
**Deadline for submission for May issue:**  
**April 26.**

