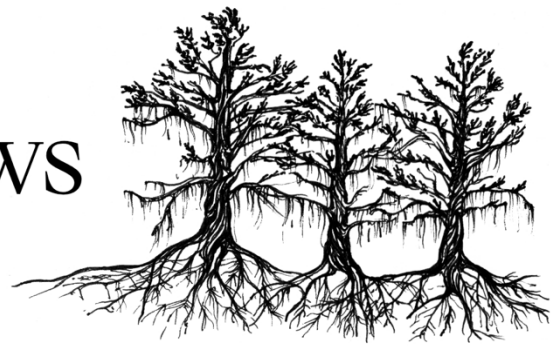


Xwe'etay News



Issue 11

December 2024

A Note from your Editors

This issue is the last that Dianna will post on her beautiful website. Thank you, Dianna, for your on-going support of our community newsletters.

We now have a web page that has colour versions of all past and current newsletter issues for your reading enjoyment.

<https://lasqueti.ca/xweetay-news> Because we're not constrained by the page limits of the print version, these on-line editions contain the full set of the beautiful photos people have submitted for each issue.

We love that photo submissions are another way that people can contribute to Xwe'etay News. Next month's theme: **wood piles**. Also, feel free to suggest a future theme!

- *The Yew Collective*; xweetaynews@lasqueti.ca

The Woman We Knew and Loved ~ Marianna Laviolette ~ Dec 28, 1949 - Nov 12, 2024



From here on out our beloved Marianna, my extraordinary Mama, will be attending parties, giving hugs, serving her brand of spicy dishes and spicier advice in a different form. She'll be around. She'll be ALL around us, just in a different way. Her direct line is 4:20 or you can reach her by saying her name out loud and holding up a wee shot of tequila.

She was born after Christmas and before New Years in 1949, a tough time to be born. That's why it's Capricorn season. You've got to be tough, and she was. The sign of the goat takes strength in its perseverance and ability to traverse the most rugged, dangerous terrain. Mum was like that. Her gorgeous legs and force of determination saw her up and over immense obstacles in her life (which she didn't talk about much) before she came to Lasqueti on the Captain Vancouver in February 1975.

(Cont'd next pg)



John Martin

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

(Marianna cont'd from previous pg)

After that, her life was an open book because she had found her “paradise” and her “angel” in our father who had scooped her up two weeks previously at a roller-skating rink in San Jose California. He was sensitive and visionary, a gentle bell-bottomed charmer in circle glasses, John Lennon-esque, but the French-Canadian version, that was a particularly seductive brand of man Mum had not encountered in her strict Mexi-cali Catholic upbringing. When she asked him what he did, he told her he was a poet. When she asked him where he lived, he said he had just moved out of a cave into a shack he had built in the forest. That was it. That was the kind of romance she had been waiting for.

Mum had a unique sense of romance. She didn't like it in words so much. If you started waxing on, she'd tell you to “stop it”. Her love language came from the part of her heart that had no words. It was in the soil and paint under her nails. It was in the beautiful little altars she made all her life. Like bright oyster shells on a trail— they offered light, magic, and intention on her path. If there was a surface close by “just laying idle” she would transform it into a little patch of sacredness with elemental artifacts and articles of whimsy.

She was the creator of sacred spaces. In her paintings she captured the beauty of a bean pot, the silk in poppy petals. She painted cacti in traditional Chinese watercolor style. I mean, who does that? Someone whose heart chooses to pledge its faith in peace and beauty, who chooses hope and love in spite of the cruelty it has known.

A brave-heart was our Mama. She loved Motown, Nina Simone, Aretha, Marvin, Smokey, Chavela, Luis Miguel, Ricky Martin, Chihuahuas, her toenails painted, the sun in Mexico (but also here), Charlie Brown Christmas trees, dress up parties, skinny dippin', sushi, babies, dancing, and singing. She loved peppering her talk with “*No me digas*” and other Spanish quips, feeding people, the tiny bottle of tequila she always kept in her purse, keeping her hands busy, and above all, her beloved Lasqueti island and all her friends on it.

She was an enigmatic burrito who could make anytime a good time even if it was pulling weeds in the garden. They say if you want to really know someone look at their garden. Mum's gardens were a visual of her spirit. They were full of surprises, full of space for reflection and humor, tenderness, wild abandon, and hot colours, hot colours only. She

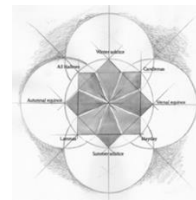
was the sower of seeds in every way, and she has and will forever gift all of us with the seeds she shared: loyalty, beauty, inspiration, wisdom, a little side eye, a whole lot of smile, song and dance, creativity, endurance, comfort, strength, companionship, straight talk, warmth, and love.

Those remembered never die, and I feel much comfort in knowing that she will not be forgotten anytime soon.

Mama, your man Rick is going to miss you; your grandkids, your friends and family will all miss you so. Your four stinky kids, Anthonio, Marisol, Ray-Arjuna (AKA Noony), and Rudolfo-Dharma (AKA Rudy) will light incense outside for your spirit just like you taught us, place your picture next to Dad's on our ofrendas, mourn, and celebrate you in equal parts.

We will find you in the fire sparks, the night sky, the hummingbird and the owl. We will honor you in the tender seedlings we nurse to life and plant in the earth as you did us. *Te amo para siempre.* – Marisol Laviolette

Poems for the Cross-Quarter Day



Winter Solstice

Hymn to the Nameless One

Now as the year swings down,
and the darkness encloses
even the smallest bird,
the largest animal,
and we too enter the hour
when everything is falling once more
into the twilight
of not knowing,
what we ask is that
you be with us,
not as a pillar of fire
nor a blaze across
the heavens,
but like water
at rest in a pitcher
which catches the morning light and is filled
with its own radiance.

- Dorothy Walters

Rare Bird? Not Really

Several years ago, a very rare robin-sized bird, native to Asia, was spotted in Vancouver. This brought the “twitchers” scurrying for their binoculars to add it to their life lists. It even made the CBC noon show. Shortly after this, I got an excited phone call. Someone reported seeing this rare bird in their yard on Lasqueti. I was skeptical. Rare birds are rare.

“No” she said. “Robin-sized with distinctive white markings.” When I got to her place, sure enough, there it was: a robin-sized bird with white markings. But it wasn’t a rare species. It was a leucistic robin.

Leucism is a not-uncommon genetic condition that results in the partial loss of pigmentation in a bird or other animal. It can cause a small degree of white colouring; in some cases, it can turn the entire animal white, such as the famous white ravens of Qualicum.

A few years ago, a robin with a white head visited Mark and Jenny. It stayed for a couple of weeks, hunting for worms with the rest of the robins and then left. It came back the next three springs, but it hasn’t been seen since. This November, Wendy and Bruce saw a Dark-eyed Junco with a white head, back and chest in their yard. It stayed for two days feeding with a flock of Juncos and then it was gone. Kaia Bryce saw a leucistic Sparrow.

Obviously, this is not a rare phenomenon; but it is startling and exciting to see one. It may confuse you at first, but the size, shape, and neighbouring birds will help identify it.

A Reminder: Christmas Bird Count Saturday December 28. Phone Marti 250 240 8879

– Sheila Ray

learn: tree falling, excavator, sawmill, solar system, house construction, greenhouse and more.

Audrey and Norm operated their custom carpentry business, the *Winnipeg Scene Shop*, for 25 years, building stage scenery and displays for the likes of Harry Belafonte, Billy Crystal, the Royal Visit, and Parks Canada. Among their biggest projects were the *International Rock Awards* in New York City for two years running and the interior themes and set construction for two large Winnipeg casinos.

After years of working around the clock and racing to meet deadlines, they decided in 2000 to move to Vancouver Island, settling in Nanoose. After a few years they started doing some renovation jobs and building water features, one of which was a 3-story waterfall in Glen Sather’s residence in Whistler.

Norm bought a boat and enjoyed many years fishing out of French Creek and wasn’t anxious to leave his familiar fishing grounds, so Lasqueti fit the bill. Norm and Audrey grew up in a small town so the culture and community of Lasqueti felt like coming home.



Chris and daughter Jenny moved out with them. Jenny took Interior Design and created *Jenny Martin Design* in Victoria; Chris took Culinary Arts and upon graduating he was offered a position at the Hilton Hotel in Amsterdam. After his year in Amsterdam Chris worked in Whistler for a couple years. He then moved to Victoria where he got interested in electronics and learned to use CNC machines while working at Synq. This led him to build electric guitars in his spare time.

Chris hopes his diverse skill set (carpentry, blacksmithing, welding, electronic tool and musical instrument repairs, catering, bike repairs) and his ability to work with a multitude of materials will be of value to people on the island.

The Martins hope to get the house site cleared this winter and the house built next summer. Norm is delighted with the artistic community on the island and looks forward to getting more involved once the house is built. – Suzanne Heron



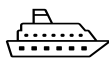
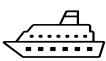
Meet the Neighbours



Audrey, Norm and Chris Martin, Elderberry Lane

They had always dreamed of homesteading and had been hunting for years for a small acreage. They found a private sale, “Lake in the Woods” on Lasqueti and were sold after checking out the pretty site. Chris joined his parents in checking out the property and decided he was game to help develop the site. There were lots of new skills to





The Ferry Committee met recently to discuss the community meeting with Western Pacific Marine (WPM) on October 26, 2024. Both online and in person attendees provided valuable feedback. The online participation option was appreciated; it was very helpful to individuals with hearing impairments.

After reviewing the extensive list of concerns raised, the committee decided to start with a few key issues to address systematically. Recognizing the ongoing challenges, we remain committed to ensuring that the needs of the Lasqueti Island community are met. Here are the Current Concerns:

1. **Crewing and Capacity:** The vessel's passenger capacity of 59 is not being met due to insufficient crewing, a problem persisting for nearly two years. We will address this in follow-up communications.
2. **Additional Runs:** Clarity is needed on whether additional ferry runs will be scheduled when the Hollyburn is operational to address passenger and freight capacity shortfalls.
3. **Accessibility:** The vessel's cabin accessibility is inadequate, as noted by many attendees. Improvements are essential for those with mobility challenges (there is currently no way for wheelchairs to enter the cabin)
4. **Shelter at Terminals:** The lack of proper shelter at False Bay and French Creek is untenable, particularly for our aging population.
5. **Communication Plan:** The Current Contract stipulates that WPM will submit a communication plan that is accessible to the public.
6. **Dock Maintenance:** Ensuring the maintenance of the False Bay dock is a critical concern. We plan to engage our MP in meaningful dialogue to secure its upkeep.

This is just the beginning of our efforts to address these and other pressing issues with WPM, our MLA and our MP. With the next ferry contract going out to tender in 2-3 years, it is vital for Lasqueti Island to have a voice in shaping the request for proposals (RFP) to reflect community needs.

Moving forward, we will seek the community's support for a letter-writing campaign to emphasize community concerns. Your continued participation will be crucial as we advocate for improvements to this vital lifeline.

The committee extends heartfelt thanks to all community members who contributed to the October meeting. Your input is invaluable in shaping the future of our ferry service.

Wishing you a happy holiday season, and safe travels. - Shelley Garside for the LCA Ferry Comm.

Wisdom from Xwe'etay Gardeners

Dancing the Cutworm Flamenco



It was nighttime and I was carefully following the beam of my headlamp through the yard. The newts get under foot, and I have to peer at each step before I take it. My light lit up a cluster of naked caterpillars. Odd for them to be out at night, and so many in a spot. I continued looking for newts but was noticing more of these camouflaged caterpillars. And more. They covered the grass and were devouring the foxglove foliage. There were hundreds of them!

I put out a notice asking people to look in their yards and gardens that night and report back. It appears these winter cutworms are hither and yon in multitudes. Look for holes in leaves and turds like peppercorns.

These gluttons eat until spring and survive freezing temperatures. The larva eat roots as well as leaves. During the day they hang out in the soil around plants, and in leaf litter.

Birds would eat them, but they appear at night. Ducks and chickens may root them out, but they may also root out the plants. Parasitic wasps help. The most effective treatment is to collect them at night. If you stomp on them, don't wear shoes with deep lugs. I learned the hard way. Eeeewwww.

I find the best way to kill these vermin is to dust off the stilettos, put up a disco ball, and blast some Spanish music on the outdoor speaker. Then dance the cutworm flamenco and watch the entrails fly. Tickets for this performance are for sale. Or bring your own stilettos and join in for free. Family rates apply on weekends. Bring a napkin. It gets messy. – Jay Rainey



Jay Rainey



'Tis the season of craft fairs and art sales, whether intimate like our own island fair, or expansive and all-encompassing like the Eastside Culture Crawl in Vancouver. Artists and artisans work steadily to make enough work to fill a table; and they practice a friendly but unattached demeanor to try to engage customers without appearing desperate. For many of us who are introverted and use our art as a form of communication, this type of public engagement can be quite challenging. Add the difficulty of pricing work and the discomfort of competing for sales with fellow creatives and the result is a human doing their best to mask their stress with poise.

And then there will be that customer, the one who picks up one of your open-hearted wares and expresses surprise over the cost, not realizing you have already dropped your prices to make your work more affordable. You pay yourself \$10.00 an hour because at least you get to do what you love while others toil away as baristas making minimum wage. Oh wait, the minimum wage in BC is \$17.40 an hour.

When I told my mother-in-law that I was going to do my Masters degree in fine art, she asked "to what end?". I was so caught off guard that I snorted my tea, but she inadvertently got to the crux of the matter. In many cases, higher education results in higher compensation for your work. Not with an art practice. A menial job done by an unskilled worker on our island often pays more per hour than what an artist can charge for their work and actually sell it.

We surround ourselves with objects, whether they be functional, artistic, or spiritual. The objects we invest in become signifiers of our aesthetics and values. We live in a society where globalization and capitalism have distorted the true cost of creating the objects and art pieces that we buy. Before you balk at the cost of a piece, hold it in your hand, or stand in front of it, and imagine what has gone into the making. Connect with it. Let it bring you joy or inspire curiosity. Find the value beyond the monetary and support the creative people in your community.

- Jen Brant



For this health article, I found myself reflecting on change and how, in nature, there is always change. Each season brings its own special change and without it there wouldn't be growth. Why do people sometimes resist change, even if it is for positive growth? I came across a word *metathesiophobia*. It means fear of change, and is often rooted in past experiences and our natural tendency, as humans, to stick to what is familiar. Predictability can create a sense of safety where in fact it may not be safe at all.

Being scared of the unknown is a common feeling among most people. However, having a *phobia* can disrupt your life as it brings more extreme symptoms that can manifest not only emotionally but physically and mentally as well.

There are ways you can recognize whether you have a fear of change. The following are a few:

- You stay in a failing relationship even though you want to leave it
- You feel unhappy and stuck in a situation but avoid creating positive change
- You have extreme anxiety over what is going to happen in your future
- You refuse to stray from everyday routine because of uncertainty of what might happen if you stray from it
- You frequently have nausea or indigestion when you think of change
- You find yourself shaking, trembling or having heart palpitations at the thought of a life change

There are two types of fear: the constructive one that alerts us of true danger and keeps us safe; and the destructive one that is alerting us to a nonexistent threat. The destructive fear can prevent us from making a positive change. As December is here, we may start to look into the New Year and reflect on the past. Are there positive changes in your life you might like to make? What is holding you back? Is it a destructive fear?

There are a few things that might help if you feel like fear of change is holding you back. Some strategies include: setting short and long-term goals, cultivating social supports, practicing meditation, journaling and creating vision boards. If these measures don't help, seeking out therapy or counselling may help to build a more adaptable mindset that embraces change instead of fears. Seasons change and so do we. Blessings, ♥dianne



Sue Ashcroft

Creatures are My Teachers

I Sleep with Spiders

Itsy, Bitsy, and Legs lived in the corners of the window in my sleeping loft. I love spiders, but these three were a bit big for my comfort level, and they were 2 feet from the bed. But web spiders stay home. I knew they wouldn't crawl on my face while I slept.

At dawn, they retreated into their crevices. At dusk, they emerged to occupy their webs. One spider didn't have one. She lived in a tiny hole in the window frame. At night, she'd crawl to the opening of her little cave and drape 4 or 5 legs over the edge. She'd stay like that until dawn. I never saw the rest of her body. She cracked me up, so I named her Legs, and we bonded.

Itsy and Bitsy had adjacent window corners. The

loft is short, and I was almost ensnared in their webs each time I climbed into bed. The spiders knew my movements and were not easily startled. One night, I was performing the usual stretches in bed, and I added a new one. The movement was different, and so they scurried into their crevices. By the third night, they were unafraid.

The window screen is difficult to seal, and no-see-ums invaded. Itsy and Bitsy reaped the rewards. I don't know what Legs ate. She wouldn't venture out.

Every few weeks a spider would disappear for a couple of days, and return. They can go weeks without food and water, but eventually they have to forage.

One night, I greeted my arachnid friends and found Bitsy gone and Itsy in her place. "Itsy," I said sternly, "did you eat Bitsy?" She refused to answer, but I saw the guilt in her eyes — all eight of them.

Before vacuuming the loft, I would bang around the window so they would run for cover. Vacuums are a house spider's worst enemy. Maybe they have arachnid horror movies: "Silence of the Vacuums," "Suction," "Crevice Tools on a Plane," "The Beater Bar that devoured Grandpa," "The Texas Crevice Tool Massacre."

Recently, Legs and Itsy disappeared. Most spiders live for a year, so their time was up. I saw no egg sacks, so there won't be a deluge of offspring. This pleases me.

My spider tenants were tidy, quiet, and dependable, and they disposed of corpses promptly after dining. When my time comes, I hope the same can be said of me. — Jay Rainey



Jay Rainey

The Health Benefits of Qigong: A Path to Holistic Wellness

Qigong, an ancient Chinese practice blending gentle movements, breathwork, meditation, and spiritual intention, offers profound benefits for physical, mental, emotional, and spiritual health. Rooted in the philosophy of harmonizing body, mind, and spirit, Qigong supports a deeper connection to life force energy, or Qi, fostering a holistic sense of well-being.

Physical Benefits

- **Flexibility and Balance:** Flowing movements improve stability and reduce the risk of falls, especially for older adults.
- **Immune Support:** Strengthens the immune system, enhancing resilience to illness.
- **Heart Health:** Promotes relaxation and lowers stress, improving cardiovascular function.
- **Pain Relief:** Alleviates chronic pain from conditions like arthritis and back pain.

Mental and Emotional Benefits

- **Stress Relief:** Combines mindfulness and breath control to calm the mind and ease anxiety.
- **Mental Clarity:** Enhances focus and cognitive function through meditative practice.
- **Emotional Balance:** Regulates emotions, reducing depression and improving mood.
- **Improved Sleep:** Encourages restful, rejuvenating sleep by calming the nervous system.

Spiritual Benefits

- **Inner Harmony:** Qigong nurtures a deeper connection to self and all of nature, fostering inner peace.
- **Energy Alignment:** Balances the body's energy systems, supporting spiritual growth.
- **Expanded Awareness:** Encourages a sense of oneness and harmony with the universe.
- **Sacred Practice:** Many practitioners view Qigong as a spiritual journey, inviting mindfulness and gratitude into daily life.

Getting Started with Qigong

- **Qualified Guidance:** Learn from an experienced instructor to master the forms and intentions.
- **Ease into It:** Begin with simple exercises and expand gradually.
- **Consistency is Key:** Aim for at least 20-30 minutes daily for lasting benefits.
- **Patience Matters:** Spiritual and physical growth unfold over time with dedication.

Qigong is more than a physical practice—it is a pathway to holistic well-being. By integrating body, mind, and spirit, this ancient art invites you to cultivate health, balance, and spiritual awakening. Practicing Qigong daily can transform your life, creating a grounded yet expansive sense of peace and vitality. – *Shelley Garside*



Jan Darwin

Tsk Tsk Gratitude

It's a serious buzz to hold and host a special event like the Tsk Tsk Revue and afterwards it requires that thanks get sent out in all directions. Altogether, 57 people contributed to the unfolding of the show, including the 30 local and special guest stars who made up and performed the acts, the sound and light technician, decorators, make-up artists, chocolate maker and sellers, bar tenders, foodies, a DJ, videographers, a poster maker, door workers, outfit designers, cleaner uppers, car loaners and car drivers and one Mark Bottomley who is my main mate in this co-creation. I am deeply grateful for the willingness of people on Lasqueti and beyond to contribute to the brewing of local culture and for the audience members who delight in sampling and responding to it. There is pure pleasure in the playing we do together. xoxoxJV (If you want to see the whole list of names, hit me up and I'll share).





Sheila Harrington “Voices for the Islands: Thirty Years of Nature Conservation on the Salish Sea” (Heritage House Publishing, 2024)

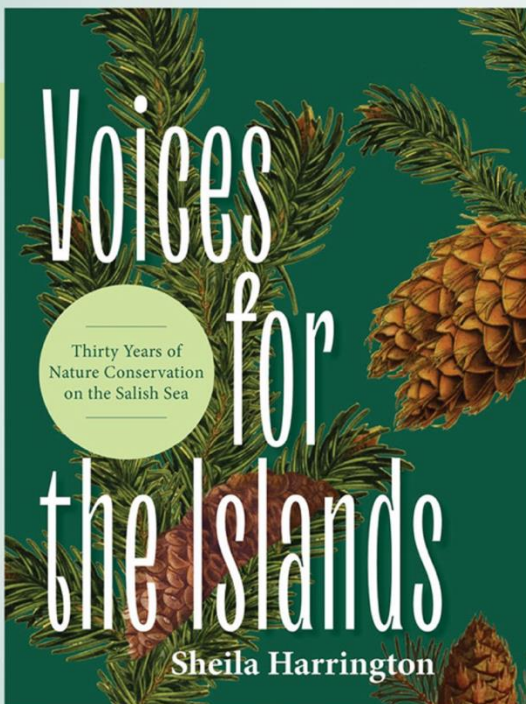
Sheila Harrington has lived on Lasqueti for 15 years and is an active member of the Lasqueti Island Nature Conservancy (LINC). She previously lived on Galiano and Salt Spring, where she was an instrumental participant in the early conservancy movements there. After learning that some of the early pioneers had passed, she decided to go back to visit old colleagues to recount the oral histories of 30+ years of land and marine conservancy. Over a three-year period, she sailed her boat around the Salish Sea to 17 islands. The islands saw similar threats and successes, but each of the 15 chapters tells a unique story.

Heedlessly destructive logging practices and hyper development projects galvanized the local heroes to prevent extinction of unique species and permanent loss of habitats. Even recreational tourism poses a threat to natural ecosystems. Climate change is the latest threat; and this is why ongoing recruitment of the younger generation is vital.

The novice activists faced herculean challenges. Fortunately, many came from backgrounds in public administration, academia, science, the arts and environmentalism. They found creative and effective ways to raise money, access funding sources and enlighten existing and new residents about their impacts on the environment. One charming retelling is the \$100,000 raised by the 2001 Salt Spring Nude Calendar. Local Conservancies learned to forge relationships with all levels of government as well as First Nations and organizations on neighbouring islands.

This short review can scarcely convey the breadth of research and detail that *Voices* offers. The narrative unfolds with a delicate cadence, much like the gentle rhythm of a boat on a calm day. Along her journey, Sheila bears witness to the abundance of wildlife, flowers, trees and other bounties of nature. One begins to perceive the notion of land “ownership” in an entirely new way, much in line with First Nations’ perspectives. As Sheila points out, we “hold” the land for a short time, and, only through careful land stewardship, can it remain permanently protected.

Sheila references the term “solastalgia” and her book is an antidote to that feeling of hopelessness for our environmental future. As we head towards the darkest time of the year, this book would make a perfect Christmas gift. Alternatively, a donation in someone’s honour to LINC, or similar organization, will help sustain the legacy. - *Sue Ashcroft*



NOW AVAILABLE

Available at Provisions,
Crystals and Camomile,
Mulberry Bush,
Fireside Books

[MORE INFO AT HERITAGEHOUSE.CA](https://www.heritagehouse.ca)

In these troubling times of climate change and biodiversity loss, Harrington’s book is an uplifting testament to how individuals and communities working together to protect what they cherish can make an incalculable difference.” *Sarah Cox*

Calla Lilies and Foxgloves

Point Young had been on my bucket list for years. It was now a proclaimed Provincial Park on Lasqueti Island, and I had donated to its preservation. So, in May of 2024, despite my aches and pains I achieved my goal.

Kathy led the way for me, Kate and Violet through the delightful open undergrowth toward the Point. The foxgloves and sword ferns were at their loveliest.

Point Young had been a conversation topic in my young life. Not part of my experiences, but part of adult concerns and lives. My teen brothers fished off that point for two summers. And that is where Poor Man's Rock was located. In the Depression even a poor man could catch a fish there. The sea faring Islanders used Point Young as a position of reckoning. "We reached Point Young by noon..."

We passed some signs of human habitation, but it was now a park and would soon be natural again. One couldn't help but wonder at the tenacity of people who had walked these trails packing basic living materials to form their homes. They could have brought things in by sea, but the beach was rock strewn with a tight choke of driftwood on the foreshore.

The park had a well shorn landscape which emphasized the beautiful foxgloves growing in majestic clumps. Many years ago settlers had brought sheep to the Island. Those settlers were long dead, but the sheep remained. Indeed, the sheep had decimated many species of wildflowers. It was hard to find curly lilies or paintbrush or seablush as they had all been cropped.

After we had had our fill of Point Young we hiked through the forest and came upon another abandoned dwelling. A few planks leaning haphazardly, and a courtyard made of rocks packed up from the beach by someone called Rena. It made me think of the Romans. That courtyard would remain forever reminding future generations of someone who had loved a bit of beauty on remote Lasqueti.

But the part of the landscape that stood out in stark beauty was the Calla Lilies planted around what must have been a lovely garden. They were at their peak in generous blooms. Ah, here was something that remained from the woman who had lived here and brought these bulbs so lovingly from the mainland to plant. And she brought something that the sheep would not eat. – *Stephanie Williams*



Kathy Schultz

Update from LCA Reconciliation Committee

At the last Lasqueti Community Association AGM, there was agreement to keep the LCA Reconciliation Committee going. To that end, an expanded group has come together to breathe new life into the committee. Our mission statement is:

"The mandate of the LCA Reconciliation Committee is to raise awareness and understanding among the island community about Indigenous Peoples — including their traditional ways of life and historical and current struggles resulting from colonialism — as a first step towards reconciliation. We will do this by supporting and creating events that bring the island community together with neighbouring Nations, educate about Indigenous ways of life and histories, and foster an increased understanding of what reconciliation might mean for our community."

We have several events planned for the new year and are hoping to broaden the community of folks who participate in the group. For further information, Susan Morrison morriso1@telus.net - *The LCA Reconciliation Committee (Peter J. Susan M., Aigul, Faren, Dana, Dolf, and Willy).*

Waste Case Scenario

It's December and the days are short and dark. If your homestead generates enough power, you might have strings of festive lights in storage waiting to add some twinkling brightness to the season. But what if you pull them out and find they no longer work? Are they now trash? Fortunately not. It's actually easy to keep them out of landfills where they take up precious space and waste the recyclable glass and metal components.

In BC, when you purchase holiday lights you pay into a service that includes dealing with the products' end-of-life management. An organization called Product Care Recycling collects, among other recyclables, light fixtures from hundreds of locations across the province including retro-style incandescent strings, twinkling LED garlands, chandeliers, pendant lights, desk lamps, standing lamps, bike lights, book lights, electric candles, flashlights, recessed lights, work lights, security lights, night lights, outdoor, and ceiling and wall fixtures. These can be portable, hardwired, free standing or solar powered. You can recycle almost any type of fixture, as long as its primary purpose is to illuminate a space. They don't, for instance, accept artificial trees with lights attached. Check out their website to learn more productcare.org.

Product Care Recycling also accepts all types of light bulbs: LEDs, incandescents, halogens, CFLs, fluorescent tubes (straight, curved, square, circular), miniature bulbs, ultra high performance bulbs, UV and germicidal bulbs, as well as other specialized bulbs.

After collection, light fixtures and bulbs are then sent to an authorized processor for recycling. There, workers wearing special respirators and other personal protective equipment sort types of lights and stage them for manual or mechanical processing. All standard fluorescent tubes and most other lights are put through a machine called a tumbler which crushes and separates components. The glass, metal, mercury and phosphor are separated so that they can be stored or used again.

Locally, you can drop off up to sixteen light bulbs (any combination of bulbs) and up to 5 light fixtures at Parksville Bottle and Recycling Depot, and Dolly's Home Hardware. Central Builders and Parksville Home Hardware accept light bulbs but not light fixtures. Parksville Bottle and Recycling

Depot also accepts commercial light bulbs – meaning over the 16 bulb limit at a given time.

When buying holiday lights, keep in mind that LED lights last seven times longer and use up to 90% less energy than standard incandescent strings.

May your holidays be merry and bright! – JennyV



Kitchen Creations



Spiced Red Lentil Soup

This recipe is from the Extra VeganZa cookbook from Phoenix Organic Farm. I love the simplicity of this recipe and the burst of flavour. I almost always have these ingredients on hand so it's a great go to when I'm flat out of ideas for lunch or dinner. I also usually add some fresh cilantro for a little extra freshness. Great tummy warmer for those cold winter days. Enjoy.

Ingredients

3 tbsp olive oil
1 medium onion
1 tbsp fresh ginger root, grated
5 cloves garlic finely chopped
1 tsp brown mustard seeds
1/2 tsp each coriander seeds, garam masala and turmeric
1 tbsp sea salt
2 cups red lentils, washed
6 cups water
1 cup green peas, frozen or fresh

In a large pot, heat the oil on medium heat and add the onions. Stir in the ginger and garlic. While these are cooking, grind the mustard and coriander seed with a mortar and pestle, and add them to the pot as well. Stir in the turmeric, garam masala, salt and red lentils. After a few minutes, add the water and bring to a boil. Once boiling, reduce to a low simmer and cover. Cook for about one hour. Stir the lentils occasionally to ensure that they are not sticking to the bottom of the pan. Remove from heat and stir in the green peas. Cover and allow the soup to sit for a few minutes to cook the peas. Serve warm with fresh bread. Serves 6-8. - *Jelina MacDonald*



Grants-in-aid: 2nd intake - Allocating grant funds isn't as easy as it might seem. There are always more good applications than funds, and the amount of available qRD grant funds are purposefully limited to moderate taxes. Most of the grants were awarded in the 1st intake in late spring. In the 2nd intake, general and non-Lasqueti local grants were allocated to the Orca Bus, Four Tides Hospice Society, the qathet Film Society, the Powell River Skating Club, the Association of Savary Island Committee and the Texada Health Services Society. Local Electoral Area E (Lasqueti) grants were awarded to the LCA Food Bank and LIAS.

The 2025 budget is a-comin'- The first draft of the 2025 budget is on the December 4 Finance Committee agenda. There will be many changes as the budget goes through 3 or more drafts.

LIVFD asset management proposals - The Dec 4 Finance Committee agenda includes asset management proposals for all regional volunteer fire departments, including the following for LIVFD:

- allocate funding from the Community Works Funds, LIVFD reserves and borrowing to replace the existing aging fire engine and water tender in 2026 and 2027 with new or used vehicles. Recent changes by the Province allow Community Works Funds to be used for fire halls and apparatus. Also, any borrowing with a term longer than 5 years requires approval by the electors.
- reducing the number of apparatus by one to reduce maintenance and replacement costs.
- increase contributions to LIVFD reserves via taxes to save towards replacement of fire apparatus and fire halls as part of the general asset management process used by the qRD. Fire halls eventually need replacement, and are expensive. Timing of replacement is not yet on the horizon, but initiating discussions may help the community and qRD develop acceptable plans.

According to expected asset life cycles, annualized depreciation costs are about \$32,500/year for the fire halls, and about \$57,600/year for the apparatus. These would be the long-term average levels that should be saved for asset replacement, but the amount reserved over the past decades has been significantly less to limit tax increases (which have been substantial for other aspects of the service).

While the underlying issues are not new, I only became aware of these proposals when the December Finance Committee agenda was released.

Expect more info and an announcement for a public meeting after the Dec Finance Committee meeting.

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

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



From Tim Peterson: Trust Council will meet December 3-5 in Victoria. We will be starting the meeting with a session on respectful meeting conduct, after concerns about conduct and workplace safety prompted the Executive Committee to remove the video of September's council meeting from the website. This will be Council's first look at the draft 2025-26 budget, with the final budget being decided at the March meeting. It will also be the first chance for our new CAO, Rueben Bronee, to meet with trustees, as he starts getting oriented in his new position. We will also be joined by San Juan County Councillors, and Bowen Mayor Andrew Leonard.

Locally, our final meeting of the year will be December 16, at the Judith Fisher Centre. At our last meeting, we asked staff to provide a timeline, including a Public Hearing and a referral to the APC, for the Connected Coast fibre optic application, so I expect that it will be on the agenda. Please consider attending if you can. In January, appointments for our Advisory Planning Commission expire, and we will be looking for expressions of interest if any of the current members do not wish to continue. Contact trustees or staff if you want to find out more about this local advisory body. As always, contact your trustees with your questions, comments, or concerns.

From Makaila Lironi:

Happy crispy holiday season. As Tim mentioned in his article, this APC 's (Advisory Planning Commission) tenure has ended. Interested in voicing your opinions and thoughts about the community, but can't handle the idea of a monthly commitment to a meeting? The APC only meets when there's a topic to discuss; I believe they met under 5 times in the last 3 years. Despite the infrequency of their meetings, their input is invaluable. I urge you to apply if you think this might be something you're interested in. I think it's

extremely important to have a wide range of voices represented, so if you're not usually a meetings person – this would be a great way to contribute your ideas.

I'd also like to give my heartfelt thanks to the APC for their efforts over the last three years. I know it was rough at times, especially when dealing with challenging topics regarding ongoing issues. I was so impressed by the thoughtful, thorough manner in which the APC discussed and teased out definitions such as "community benefit". Thanks again, Shawna, Dave R., Pachiell, Shelley, Phillippe, and Gail S. – *Mikaila Lironi*, mlironi@islandstrust.bc.ca 250-812-2560



Betty Buckland



Update from XLAP: The Long Bay Animal Bones

In Fall 2019, just before the world changed, several Lasquetians participated in our first community archaeological exploration at the south end of Long Bay. These archaeological deposits, which we now know are part of a larger site that extends to the north side of Long Bay, were discovered in the early stages of building a cabin when 6 machine-excavated holes were dug for foundations. At the request of the landowner, an archaeological permit was obtained, and our community volunteered to screen and help the volunteer archaeologists collect samples from the layers in the side walls of the excavated holes.

Based on seven radiocarbon dates, we know the southern portion of the site is at least ~2900 years old and was used until 150 years ago. The

northern portion is at least 3700 years old.

After sorting samples in the lab, we have a list of the animal remains. There were also many unidentified small fish in the assemblage.

- **Shellfish:** butterclams, littleneck clams, cockles, mussels, barnacles, urchins, whelks, bentnose clams, limpets, moonsnails.
- **Finfish:** herring, surfperch, spiny dogfish, rattfish, salmon, rockfish, sculpin, greenling
- **Mammals:** beaver, deer, dog, harbour seal

Of the invertebrates, littleneck, butters, and cockles are found in all time periods and in the greatest amounts. Herring is the clear fish winner, followed by surfperch. Herring and perch spawn in late winter and early spring in the eelgrass beds that almost certainly thrived in Long Bay. The bases of eelgrass were also a valued springtime food. The larger fish (e.g., dogfish and flatfish) could have entered the bay to feed on herring. There are few salmon bones.

The deer bones suggest that when at the site, people always hunted and processed at least one deer. The smaller numbers of beaver and seal bones suggest that people hunted and processed these occasionally. Doggies were also present. Unfortunately, there was no DNA preserved in their bones, so we can't tell if they were woolly or hunting dogs.

Overall, the remains from this site fit well with other archaeological sites in the Salish Sea: people harvested and processed a range of terrestrial and marine species of which herring, bivalves, and deer were the main sources of food. The herring and clams seem to have been harvested and processed en masse, presumably to be transported back to their home village (across the bay?) for winter stores or to be exchanged with others. – *Dana Lepofsky*



Book Review



***Native Nations: A Millennium in North America*, by Kathleen Duval, (Penguin/Random House, 2024)**

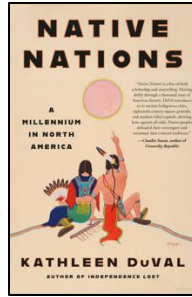
I recently read this engaging book which may be of interest to some in our community. It is this year's winner of the prestigious Cundill History Prize because it "embodies historical scholarship, originality, literary quality and broad appeal." The *Wall Street Journal* refers to it as "an essential American history that places the power of Native Nations at its center, telling their story from the rise of ancient cities more than a thousand years ago to fights for sovereignty that continue today."

A highlight is the author's revision of conventional understandings of the scale of pre-contact Indigenous communities. Urban centres evolved quickly after 1000 C.E. (Common era, aka A.D.) coinciding with a mild climatic time known as the Medieval Warm Period. For instance, the city of Cahokia, near St. Louis, was larger than both London and Barcelona at the time, and in the 12th century, the Huhugam of the Phoenix and Tucson basins, had a population of 50,000 – larger than the contemporaneous city of Delhi. There are many more examples of the enormous scale, sophistication, and vitality of these civilizations.

The Medieval Warm Period was followed by a time of climate change and instability ("the Little Ice Age"). Coincident with this, many of these large civilizations moved away from urbanization into smaller social groupings associated with egalitarian government structures, diplomacy, and complex economies.

When Europeans arrived in the sixteenth century they did not understand the social foundations of these smaller societies – expecting large urban centers with similar power structures as their own. Consequently, the newcomers underestimated the complexity of Indigenous societies which were based on reciprocity, inclusion, and broad political and religious inclusion. In contrast to European societies, these nations built social structures designed to limit hierarchy and autocracy and protect their values.

Duval goes on to discuss how Mohawk, O'odham, Quapaw, Shawnee, Kiowas and other Nations evolved and defended their sovereignty and sustained their cultural traditions after the arrival of the Europeans. They did so by leveraging their



power and negotiating their place alongside or within settler culture amid increasing existential threats. While the definitions and exertions of power shifted over time, the sovereignty and influence of Native peoples remained a constant. And, as Duval argues, they should continue to do so into the future.

This account of the history, resilience, resistance and cultural growth changed much of my understanding of Indigenous history. It may well do so for many in our community. - *Willy Clark*



Terry Theiss



Lasqueti Island Nature Conservancy

LINC's Year in Review!

As 2024 comes to its damp conclusion, we are reflecting on the opportunities we've had to learn more about our ecosystems and histories through workshops, presentations, and our homegrown multimedia content (have you checked out our LINC_BC YouTube channel?). In addition to LINC's ongoing conservancy monitoring and management work, we've had lectures about Coast Salish Woolly Dogs (not to be confused with woolly bears), heard inspiring tales of conservation successes at Sheila Harrington's book launch (*Voices for the Islands*), explored the power of the iNaturalist app and database, found and feasted on foraged foods... the list goes on.

We are looking forward to another year of events and activities! In 2025, you can expect a fungi-themed film screening, a new trail through the Osland nature reserve, and a field day to practice using iNaturalist and eBird – to name a few upcoming projects. Thank you to our members for their support in making events like this happen on the island.

Please get in touch if you have ideas you'd like to bring to life, or if you are interested in being part of some of our ongoing field work on the nature reserves. If you would like to make a year-end donation to help us keep this work up (email us at linc@lasqueti.ca), we would be most grateful for your support. Wishing you a peaceful winter holiday from the LINC board. – *Kaia Bryce*



Chipmunk

I was 2
 my bare feet crunching
 on the hard soft gravel,
 empty yogurt container in hand
 determined look on my face
 Ontario, 2015,
 the smell of fresh rain,
 dew on the the grass,
 a rodent sitting on the driveway
 two white stripes down its back.

Chipmunk
 My brain clicks
 Again
 Chipmunk

I slowly creep towards it
 and...
 bam!
 it echoes like I'm in a cave.
 The yogurt container hits the
 ground
 Right on top of the chipmunk!
 I slowly lift up the container and
 Peek inside
 then
 crunch!
 I scream
 The yogurt
 Container is flying
 The chipmunk runs
 I don't care
 I look at my finger
 It's bleeding
 A look of depression
 Crosses my face
 My chipmunk
 Is gone
 Never to be caught again.

- Cat McCann (grade 6)

Memory poem

It was a cold day
 when snowflakes owned the
 land
 in the month of December.
 My siblings blushed faces
 as they piled in the door.
 Fingers numb
 from the cold, crisp air.
 Alone,
 I put on my rain boots
 and gloves.
 Outside the crunch, crunch
 of the snow under my feet
 Peaceful
 under fluttering
 snowflakes.
 I kick trees
 and they dump lightly
 on my head.
 I roll snow into a ball.
 Like a bird it flies,
 lifting from my fingertips,
 Finally and peacefully
 it hits the tree,
 erupting like a volcano.
 -Ruthie King (grade 6)



Betty Buckland

Ode to Basketball

Basketball, you will stand
 forever
 You are my best friend
 If I am bored I go the court
 Balling wherever, whenever,
 With you I feel I score every time
 Tall or short we win just the
 same.
 When the loud, pretty bang of
 your ball hits the court it makes
 me thrilled
 With you every bad day feels like
 a good day
 Basketball you will stand your
 ground
 Never fall down
 stand tall you say
 Don't back down!
 Inside the musty gyms and
 outside cold fresh air you
 remain a joy
 Basketball you are there when
 others are not
 You will never give up
 You have millions of good plays
 Music in ears
 Layup every time
 You will never not get it
 Net moving when scoring
 Feel like a thousand ants in my
 stomach when I go to a game,
 but you never disappoint
 The feel of holding the ball,
 leather roughness,
 Crossing over to go in for a lay up
 Feeling free
 I will be on the court with you
 always
 Basketball you will stand forever.
 -Akili Violini (grade 8)



Grief Recovery and Community

When we experience the loss of a loved one through death, estrangement or distance, the holidays can feel overwhelming and just too different to enjoy. The suggestions below may bring some PEACE during this up-coming holiday season.

P - PLAN ahead what you feel will bring you comfort and acknowledge the traditions that might be too difficult for you. It's ok to plan your holiday to be different this year. You are just planning this year. You can adjust your plan each year. Decorate if you want to or don't. Attend religious services, or don't. Make cookies, send cards, gather with others, or don't. You should empower yourself with a plan that is uniquely what you need this year while grieving.

E - EXPECT your ENERGY and EMOTIONS to fluctuate during the days ahead. As you make your holiday plans, add in planned time to rest and refresh. And if you can, EXERCISE may also help your energy level.

A - ASK for help from others. If you want to decorate for the holiday but can't handle it by yourself, either emotionally or physically, ask someone to help you. Or, if your budget allows, hire someone to help you. Ask someone ahead of time to honor your loved one by stepping in for their past traditional role or responsibility, i.e., saying Grace, carving the turkey, reading *The Night before Christmas*, making the eggnog, etc.

A - is also a reminder to me to ACCEPT invitations and outreach from others. Experiencing a nice time with others over the holidays does not mean you have forgotten your loved one or moved on.

C - CREATE new traditions. Allow yourself to think of some new ways to be with family and friends. You might also choose to set a place at the table for the loved one(s) who are not with you this year. You may decide to start attending a new holiday community event by yourself or with family.

E - EXPLAIN your plans to others who care for you. Invest time to share what you are comfortable doing this year and what you want to skip, and why you have made the plans you have. By actively identifying your intentions, you can hopefully avoid others experiencing surprise or hard feelings over your choices.

My wish for you this holiday season is for you to be at PEACE – *Lisa MacKay*

Our Week in Review

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Black Sheep Gas		2 - 6			2 - 6	2 - 6	
Feed Store		11 - 3			11 - 3		
Ferry – from FB	1, 4	8, 11, 4			8, 11, 4	8, 11, 4	8, 11, 4
Ferry– from FC	2:30, 5:30	9:30, 2:30, 5:30			9:30, 2:30, 5:30	9:30, 2:30, 5:30	9:30, 2:30, 5:30
Free Store		10 - 2			1 - 5		
Life Drawing			7 - 9				
Nurse					11 – 3**		
Parsimony & Providence		3 - 7		3 - 7		3 - 7	
Post Office		10 - 4		10 - 4		10 - 4	
Propane filled						1 - 3	
Provisions	11 - 4	9 - 5	10 - 5	10 - 5	9 - 5	9 - 5	9 - 5
Recycling		10 - 2			1 - 5		
Pub – Coffees	9 - 1:30pm				7 - 10:30	7 - 10:30	7 - 10:30
Restaurant/Pub	3—close	5 – 9pm	3 – close	3 – close	3 – close	3 – close	3 – close
Ultimate Frisbee	4:00			4:00			

Community Bulletin Board

Waste Manager's Note: Tire Collection Update

Just a quick note that we collected 479 tires at the tire collection day back in October. WMM

Lasqueti Women's Choir

Our Winter Concert will be held on Sunday , December 15th, 2pm at the Hall.

Please join us for a varied programme of seasonal songs and surprises. – *Celia King*

Lasqueti Additional Senior Support Committee

Hi community! Following up on our announcement last week of the Lasqueti Additional Senior Support (L.A.S.S.) committee's offer of extra help for seniors on the island, we are pleased to let you know we had our first event. We served a dinner by donation to cover the costs of renting the hall, prep and food, followed by music and games as well as an open, relaxed and informal discussion on how we can offer more specific supports to our elders on the island right now and into the future.

Thank you to those of you who attended the first L.A.S.S. Meeting on Tuesday, November 26th. We had a good turnout of 15 people, especially for a cold winter day, and covered quite a bit of ground in 2 and a half hours. Meetings are scheduled monthly through the winter.

Based on recent feedback, the next meeting will be held a little earlier in the day. More details to come prior to the event.

A complete overview of the details, suggestions and follow-up actions will be posted and sent out via mail. The main project we are following up on immediately is creating a physical bulletin board of all services available on island for established residents or newcomers to utilize.

Also, in addition to the meals served at the hall, we were able to offer a total of 50 meals to the community for free the following day through pick up from the Provide stand at Provisions as well as direct delivery to seniors' homes.

We'll leave you with one of the most poignant comments from one of the attendees: When asked, "what could you share with the group about living as a senior on Lasqueti and what could you use help with?", they said, "I could use some help and am reluctant to ask."

Please ask. That's what this is for. - *The Lasqueti Additional Senior Support committee*

Community Calendar

Dec 12, 13: FBS Christmas play, 2pm
Dec 15: Lasqueti Women's Choir, 2pm,
Community Hall
Dec 14: Grub & Groove
Dec 28: Bird Count

**Nurse's clinic Mon. 11 – 3:00, NOT 19, 26 Dec,
2 Jan***

FBS Christmas Play, December 12 and 13

False Bay School is excited to announce that we will be showcasing a performance this month called **The Grouch**. It is a humorous modern take on Dr. Seuss' The Grinch. It takes place in Boo town instead of Who town and cute little Cindy Lou is a teenaged Mary Boo. This is a whole school play and rehearsals are underway! We are very fortunate to have Donna MacDonald volunteering her time to help direct this year's play. The show will also highlight students singing, dance and artwork/set design.

We will be having two afternoon performances:
Thurs, Dec. 12, 2:00pm; Fri, Dec. 13th, 2:00pm.
Come and enjoy the show! - *Amanda and Anna*

Annual Lasqueti Christmas Bird Count

Our annual Bird Count will be held Saturday, 28 December. After the count we will warm up with a potluck and tally at Wendy and Bruce's. Come between 5:00 and 6:00. We always welcome new counters. For more information or to find a group or a good area to search, call or text Marti at 250 240 8879.

Phone Lasqueti!

It's been 2 years since the Lasqueti Phonebook was last updated. I will be updating/publishing a new one to come out January 2025. If you would like your information changed, updated or added please send it to: phonelasqueti@gmail.com

Phonebooks will be \$6 per copy. Payment can be made by e-transfer to:
dianna.maycock@gmail.com

If you wish to have one mailed to you, please add \$1.00 for postage (\$7 total) and include your mailing information when you send your e-transfer payment. Thank you. - *Dianna Maycock*

Lasqueti Lifeline & Provide Fundraising Drive for 2025

Hello to the community. Thank you to those who follow, enjoy the support of, or have supported our food security projects over the years!

This coming spring marks the 5th year since Lasqueti Lifeline & Provide was created on the island. Our goal is to offer support to islanders who could use more food and or groceries to supplement their food budgets.

Over the last year we've seen more use of our services than ever. With food prices steadily rising, the overall cost of living going up faster than usual and the myriad of challenges associated with living off the grid it's clear that giving a lifeline of assistance here is well appreciated and in constant use. This is the first year we have been preparing food to offer in the community year-round, even through the summertime, and all of it has gone very quickly. The need is greater than ever.

If you are reading this and have helped out in anyway over the past year and or in previous years we want you to know that your contribution has given us the chance to provide a remarkable service here. Typically, these types of organizations receive regular support from the government, via grants or another system in place that pays the costs. Here, on Lasqueti, we are completely funded by local residents.

If you can contribute now in a financial way, please contact us via mail at Lasqueti Lifeline c/o False Bay Provisions, Gen Del, VOR 2JO or come into the store and ask to speak with someone about how you can help.

We are also looking for gifts of non-perishable foods, i.e., canned goods, dried goods, shelf stable vegetables (squash, onions, garlic, potatoes etc.), as well as sweet treats or baked goods that are not prone to spoiling.

Thank you for your help. Feeding it forward has been our motto and serves to remind us of how giving assistance to those in need can brighten their day. Have a warm and cozy winter. We wish you enough - Much love and gratitude from the team at Lasqueti Lifeline & Provide`

Welcome Mural Update

We're done painting! Next is the protective varnish coat. Remember to mark your calendars for the inter-community celebration on **3 May**.



Terry Theiss

In Courtenay

Please come visit . . .



LAUGHING OYSTER
BOOK SHOP

New owners: Trina, Hollis & Marti

House for rent in False Bay starting December 1st

Are you looking for comfortable, reliable housing for the winter on Lasqueti? We have a fully furnished 3- bedroom house available to rent monthly starting December 1st in False Bay. Or, shorter term stays are possible, let us know exactly what you are looking for and we'll go from there.

Rental includes electricity, water, woodstove and dry firewood. Propane stove, water heater, inside bath and shower, hardwood floors, 5 minutes from the ferry with prompt support available for anything needed. Prices are based on the number of occupants, length of stay and assistance required.

Please contact Dorothy or Camino at 250 333 8558 or in person for more info. If you want to take a tour just let us know and we'll make a time to check it out together. Looking forward to hearing from you! - *Camino*



Light & Energy
LIVING WELL

Wellness Events
Holistic Treatments
Intuitive Services
Interactive Workshops

LightandEnergy.ca



info@lightandenergy.ca

LASQUETI CONSTRUCTION SYLVAIN LIEUTAGHI

H: 250 333 8888 | 250 240 0405
slieutaghi@gmail.com



**NEW CONSTRUCTION
RENOVATIONS | PASSIVE HOUSE
CUSTOM HOMES
INTRICATE STONE/WOOD WORK
INSURED/COVERED BY WORKSAFE BC**



PARSIMONY & PROVIDENCE

We're Open!

Mondays. Wednesdays. Fridays. 3:00pm-7:00pm



MASSAGE THERAPY

SHAWNNA KARRAS

REGISTERED MASSAGE THERAPIST

333-8866



RESILIENT TECH SOLUTIONS

Energy Systems and Off Grid Solutions

Automation and Remote Monitoring

Maintain and Optimize

Training and Consulting

Solar, Wind and More

Serviceing Lasqueti and surrounding area

Mitch Prior
250-344-0454
info@resilienttech.ca



BETTER U MARKET

Picking, packing & delivery to Lasqueti ferry is FREE

Grocery-Produce-Vitamins-Dairy
Frozen Foods & More!

149 W. Second Avenue
Qualicum Beach, BC

Mon - Sat: 9am to 5pm
Sun: 10 am - 3pm

betterUmarket.ca
mike@betterumarket.ca
250-752-3132



FRENCH CREEK PHARMACY

Trusted ... Experienced ... Caring

250-586-6212

Fax: 250-586-6214

Direct Doctor Line: 250-586-6216

Email: frenchcreekpharmacy@gmail.com

5-886 Wembley Rd, Parksville BC V9P 2E6



Cloudy Days Solar

Solar installations,
upgrades, maintenance,
trouble shooting.

Cell: 250 240 1013

Email: Jordan@lasqueti.ca

WOOD CHIPS & WORM SH*TS

On site wood chipping &
Island made vermicompost



Darcy
403-899-3690

Lasqueti Soil & Supplies

Soils, manures, fertilizers
and much more!

see T Pot stand
for in stock items

* Lordco orders also available *

Contact
Carmen!

250-333-8855
E: carmstew@hotmail.com



QUALITY LANDSCAPE INSTALLATION

www.bodhilandscapes.com

Bodhi Landscapes

30 years of experience.

Specializing in:

Garden Design

Fences and Gates

Patios/Stone Masonry

Arbors/Pergolas

Retaining Walls

Decks

Aaron Pitt

bodhilandscapes@gmail.com

250 650 0752

Off the Grid Dance Denise Licutaghi

**Dance, Yoga,
Private Classes,
Dance Intensives**

dance@lasqueti.ca

www.OffTheGridDance.com

250-240-0405

ELEMENTAL ELECTRIC

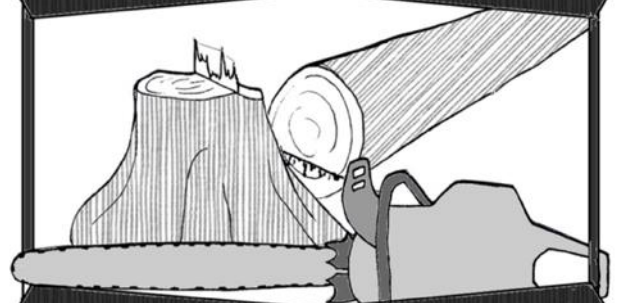
SALES,
DESIGN AND INSTALLATION:
Solar Systems
Residential & Marine Wiring

MORE INFORMATION GIVE US A CALL:

RONAN: 250-240-1198 | JUDY: 250-650-9649

Email: ronan1@shaw.ca

LASQUETI TREE WORKS



LAKOTA 250-240-8708

MARTIN 250-937-0894

CALL OR TEXT

**A+ WATER TANKS
SEPTIC & ACCESSORIES**



**LASQUETI CONSTRUCTION: PREMIER PLASTICS
DISTRIBUTOR, DELIVERED TO YOUR PROPERTY
CALL/TEXT SYLVAIN: 250-240-0405
EMAIL: SLIEUTAGHI@GMAIL.COM**

Early Papagiannis
Healing Sessions: Qi Gong and Acupressure

Body • Mind • Spirit
250.203.7055



**Melinda Auerbach
Consulting**
for Individuals and Businesses

Professional help for all your tax needs

- ✓ Track your business income, cost, & remittances throughout the year ☎ (250-333-8898)
- ✓ File Canadian & US tax returns for current & prior years ☎ (250-240-8650)
- ✓ Apply for CPP, OAS & benefits ✉ melinda@lasqueti.ca
- ✓ Set up a CRA account & more!



Terry Theiss

Joyce Bonfield Dog Care
In my home



Joyce Bonfield
778-716-3801

Small and Medium dogs only
Days, Overnight or longer
joyceratelle@gmail.com

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

For the online version: www.xweetaynews.com

Deadline submission for Jan issue: Dec 29.