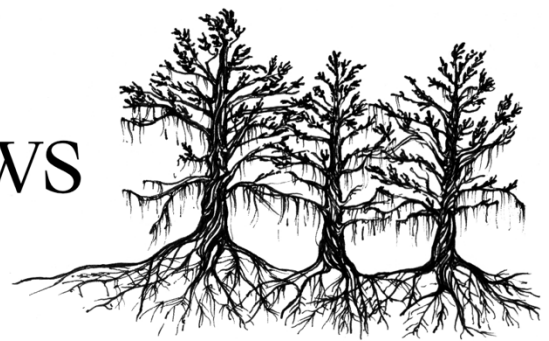


Xwe'etay News



Issue 13

February 2025

A Note from your Editors

We're always looking for new ideas for the newsletter that reflect who we are (or were) as a community. This month we're introducing two new columns that we hope will be populated by community members. The first is, "Disgusting Food I Ate When I was Young" – inspired by a pretty funny dinner conversation. The second also arose from a suggestion over dinner: "What We're Watching" with titles and short descriptions of movies, tv shows, youtubes, etc. We welcome contributions to these and to the ole' favourites "On Their Shoulders" and "My Favourite Tool", as well as suggestions for new content.

And please continue to send in your fabulous photos. **Next month's photo theme is outhouses.**

To contact us and for submissions or donations: xweetaynews@lasqueti.ca; for on-line, colour versions: www.lasqueti.ca/xweetay-news



John Martin

Community Gate Quilt at JFC



John Martin

This gorgeous quilt, created by many hands, hangs on the wall of the Judith Fisher Health Center. Kathy Fisher's brother won it in a fundraiser raffle for the Last Resort Society and donated the quilt to the centre when it opened. Tiny seed pearls were donated by Ray Lipovsky and Eve Llyndorah and incorporated into each square.

From L to R. Row 1: 1. Lily Mayall and RW, Old House Bay; 2. Celia King, outhouse; 3. Darzo Olesko, garden gates; Dazy Drake; Row 2: Suzi Taylor, from her mind; Martha Holmes, outhouse; Lily Mayall; Joy and Ronaldo, Annie's gate; Row 3: ?, Tea Pot; Dede Seaman, gate made by Tony Seaman for John Cantrell; Group effort; Lisa Johnson, her old gate; Row 4. Rosalind Hildred, her former home, Fletcher Rd; Jane started, Lily finished; Skarlet Mortenson, John Cantrell's walk-in gate; Bonne Olesko.

***Many thanks to Joy for gathering this info and to Mopsy for the idea to honor this piece.

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

Creatures are my Teachers



Jay Rainey

Fawning Over a Fawn

When her mother disappeared, Dapple the fawn discovered the Teapot orchard. It was September and her spots were fading. She was trying to eat fallen apples. Ruminants have no upper front teeth, so biting an apple can be difficult. I'd stomp on them when she was away to make them chewable. I was trying to help without taming her.

One day I arrived with an armload of kale I'd gleaned from a neighbour's garden. It was for her, and she knew it. She trotted over and pulled the kale out of my arms. I gave up trying to keep her wild, and we became buddies.

Each morning, she was at the door waiting for her head "scritches". She liked the chickens, and when I'd scatter their scratch, she nibbled alongside them.

One day Dapple sauntered into Joy's store through the open door, did one lap, browsed, and left without making a purchase.

When Dapple was one, she attracted a buck. A doe is fertile for 24-36 hours. The male must sniff her pee to estimate when. This young buck loitered for days, but the moment for whoopee had not arrived.

As Dapple came closer to being in estrus, Buckminster stayed nearby. Each time she peed he'd run over, take a whiff, curl his lip and wander off.

One day he did not leave her side, following just inches away. Finally, it was time. Buckminster was ready to mount when a bigger buck entered the orchard. They locked horns, surrounded by fascinated chickens. I felt bad for Buckminster, who did all the pee sniffing, only to be ousted by Mister Slam-bam-thank-you-ma'am who did none of the work. I stood 12 feet away and ran out of film just before the main event.

In June, Dapple arrived with her fawn. Deer had never eaten the fennel in the garden, but I noticed Dapple chomping it for the first time. She did this daily. Why now? Then I remembered fennel is a milk stimulant. She knew what she needed.

During bouts of mind-boggling depression, I greeted the mornings with dread. I'd climb down the loft ladder, already thinking dark thoughts. Then I'd open the door and see my forest friend bathed in morning light, wanting nothing more than to say, "Hi. I'm still here. Let's share an apple."

Let the day begin. – Jay Rainey

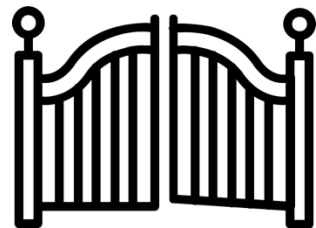
My Most Disgusting Childhood Meal



Inspired by a hilarious dinner conversation, when we were sharing our grossest childhood meals, that we had to endure multiple times. Anyone else have one you want to share?

From Ian Rusconi: "Grandma's version of a burrito": Canned Vienna sausages and Heinz baked beans, rolled in a flour tortilla, sometimes baked to warm it. It had all the ingredients of a burrito, right? meat, beans, and cheese. To this day, Ian can't eat Vienna sausages.

From Dana L.: I don't know if this counts, because I LOVED this when I was younger, but I'm pretty sure I couldn't eat it now: Instant mashed potatoes (had to be instant) mixed with *griven* (crispy chicken skin cracklings) and lots of *schmaltz* (rendered chicken fat) – the more the better.



~~~~ Ebbs and Flows ~~~~



The Ladies Boat Cove Picnic

If you look closely, they're not all ladies. Will Cook stands behind, holding his son Clarence. His wife Ellen is the 2nd one standing on the left. Just peeking between the 4th woman (Louise Cook) and the next (Mrs. Reitz) is Emma Douglas. The story from Elda Mason's book tells how Emma trudged from the Old Douglas farm through the woods holding a lantern to deliver Clarence, who was arriving early. It would have been a long walk in the dark to Ellen and Will's home on the land just below our old house. She wrapped him and placed him in a box on the open oven door.

It seems Clarence did not like being separated from his mother for the photo, and his father thought to hold him close behind the group of ladies. Or could it be that Will had moved from the space to his wife's right, as Lily, standing far left, was rumoured to be ill?

Lily Riddell stands to the left of the group. Most likely, Jimmy had brought them by boat from their home on Jenkins Island. Her life was filled with tragedy; her mother, Sarah Jane, died when she was 14, and both her father, George Stubbins and her only sibling, Robert, drowned when she was 17. Still, Lily was a fun-loving woman and a good match for her social fisherman husband. She wouldn't deny him the opportunity to gather at the May Day picnic with the others. But she looks distressed and stands away from the rest. Lily has tuberculosis and is dying.

One hundred years later, I discovered that

Clarence died at age sixty-five and is buried in the Sechelt cemetery.

Lily was buried in the Quamichan Indian Cemetery in the Cowichan Valley just four months after this photo was taken.

Emma Douglas is buried in the Lasqueti cemetery with her husband, George Douglas.

Notes: Lily was born on Lasqueti Island. Her grandmother was Maggie Stubbins, buried in a lonely salal covered spot at the northwest tip known as Sunset View. Maggie Stubbins was also the great-great-great-grandmother of our community member, Faren Wolfe.

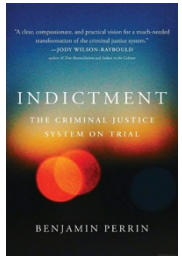
- Kathy Schultz, with acknowledgements to Stephanie Mason Williams and the Mason/Copley families for sharing early photos.

Book Review



Indictment: The Criminal Justice System on Trial, Benjamin Perrin
(Univ. of Toronto Press, 2023).

This book offers a critical overview of Canada's penal system. Its goal is to explain how and why the system isn't working, and how it might be reformed or replaced. The author includes input from many people involved at all levels of the system. Briefly, the crux of the trouble is the unrecognized and undealt-with trauma often suffered in childhood, and the need for both victims and offenders to be dealt with in humane, respectful, and helpful ways. The first half of the book outlines the problem; and the other half presents a scenario that has been working in Scandinavian countries, particularly Norway, that minimizes incarceration. There they emphasize treating people respectfully in order to facilitate their return to their communities. It's eye- and mind-opening, and it offers a ray of hope in a dismal situation where the norm tends to be harsher treatment for offenders, and zero treatment for victims. As one who has spent time in prisons, primarily as a volunteer, I see this as a book that everyone should read. VIRL has 5 copies, including an e-book. - Peter Johnston





Passwords Suck



Last month I wrote that a reliable, recent backup is an essential recovery tool in case the worst occurs. On the flip side, using unique, strong passwords is your first line of defence in preventing a cyber-attack in the first place. Unfortunately, passwords suck...

When you log in to a service, like email or a web site, a computer at the other end needs to compare the password you typed in with a master copy stored in their DB. If/when this DB is compromised by a hacker, it can leak many millions of user passwords onto the Internet. These leaks are all too common and a core reason that passwords are inherently insecure.

Check haveibeenpwned.com to get a sense of how many times your own login information has been found in one of these leaks. The scale of the problem is eye-watering. To protect yourself from “**credential stuffing**” attacks, where bots tirelessly roam the Internet trying these leaked credentials on different sites, you need to use a unique password for each site.

Meanwhile, another army of bots is busy trying to break into your accounts using a dictionary of common passwords, like this one tinyurl.com/common-passwords. To defend against these “**dictionary attacks**”, your passwords need to be random or at least uncommon.

However, even random passwords are insufficient to defeat a “**brute force**” attack, where the hacker’s bot brigade just systematically tries every conceivable password to log in. At typical CPU speeds in 2024, an 8-character random password that uses upper/lower case, numbers, and symbols can be cracked by brute force in just hours, whereas, thanks to exponential scaling, a 16-character password would take longer than the age of the universe! So, the current recommendation for password length is 12-16 character, minimum, to stay secure.

But who can remember dozens of long random passwords? This is where a password manager can help. A “password manager” is like a digital assistant that securely stores and recalls your passwords, so you don’t have to. A password manager can take some of the pain and security risk out so passwords suck a little less. And there are password managers built right into the apps

you already use. In fact, you may already be using one!

Next month I’ll delve into the practicalities of choosing and using a password manager. Till then, stay safe out there. – *Joseph Fall*



Shawna Karras



Kitchen Creations Chickpea and Leek Soup



This is a recipe that I got from a friend back in 2012 when I was at university in Ottawa. It tastes a lot like potato leek soup, but it's heartier and has more protein. I hope you enjoy it too!

1 large can of chickpeas
3-4 leeks
2-3 cloves of garlic
6 cups of soup stock
parmesan cheese
Cilantro

1. Bring soup stock to medium heat
2. Drain chickpeas and put 'em in to simmer
3. Clean and wash leeks, then dice and sweat with garlic in olive oil on medium heat for 2-3 minutes.
4. Add them to soup
5. Blend 3/4 of the solid matter and return the puree to the pot
6. Add parmesan cheese, salt and pepper to taste, and cilantro to garnish

Hope you enjoy! - *Amanda Jahnke*



Meet the Neighbours



Jade Scanlan, Janaka, Jah and Shasha, Scottie Bay

It took serendipity, last-minute saves, and community to gather this family together on Lasqueti. Soon after Jade left her husband of 13 years in Los Angeles - "I had to remove myself even though we had 3 kids" - she was offered a ride to Lasqueti. She wanted a place where she could grow her own food. She also wanted to come home. Born in Calgary, raised in Belleville, ON, with a B.F.A in painting and sculpture from York University, and without American ID, Jade wanted to return to Canada.

When Covid hit, Jade got to Lasqueti and found work; she's now a caregiver for Latisha. She also revived her art. "For 13 years we focussed on the children expressing themselves. Up here, with free time, I rediscovered art for myself." She organizes Life Drawing, "more like a group meditation than a class". Nine-year-old Shasha is a regular. She is an awesome artist.

But to get Shasha and her sister Jah Jah here in the first place! Her son Janaka got a US passport and flew up 2 years ago, but the girls had no birth certificates. Immigration, Refugee and Citizenship Canada ordered a DNA maternity test, to be undertaken at an embassy. After applying repeatedly in Los Angeles for 6 months, they flew to New York, where they were asked . . . for their birth certificates! They finalized it all within hours of flying home.

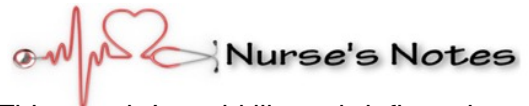
Now they could cross the border, but only by land or sea. In stepped the Lasqueti community. Emily drove to collect the girls. In Parksville they waited out a cancelled ferry before the family was reunited.

The whole family loves the nature on Lasqueti, a far cry from the concrete jungle. Here, "we can be isolated and also come together." Jade has learned about gardening and life off-grid. The kids *are* learning the lifestyle - though Shasha misses steak and Janaka would love better WiFi. And about the community, Janaka says, "everyone is very helpful." Shasha agrees: "I love school." (Jade told Anna that she gets an hour-by-hour account of the school day from Shasha).

Jade says, "I would love a forever home and a garden I build for a decade - but I couldn't imagine a place like this until I got here, where everyone knows each other, with an Arts Centre, the Hall,

the recycling depot. Some want to make Lasqueti more convenient, but I think having to work for your lifestyle is great. Let's preserve those values."

- Suzanne Heron



This month I would like to briefly review the FODMAP diet. Many of you may have heard of it as it is often suggested for use in the treatment of IBS (Irritable Bowel Syndrome), which is, globally, one of the most common gastrointestinal disorders. A low FODMAP stands for a diet low in **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides **A**nd **P**olyols. FODMAPS are carbohydrates that are largely indigestible in the small intestine because of the absence of suitable hydrolase enzymes or incomplete absorption. The FODMAP diet is a well-researched diet that appears to have the best results to date for overall IBS symptoms, (i.e., symptoms such as abdominal pain, bloating, frequency and urgency). If a low-FODMAP diet is suggested, it should be implemented under the guidance of a dietician; and a strict diet should be implemented for as short a term as possible (e.g., four weeks).

One of many on-line resources that may be helpful in learning more about the FODMAP diet and IBS is that of the Canadian Digestive Health Foundation.

<https://cdhf.ca/en/understanding-the-fodmap-diet> Best, ♥dianne

***Nurse in clinic: 13, 20, 27 Feb, 6 March ***



On Their Shoulders Judy Peterson



Two themes embody Judy Peterson's life: children and food.

Judy was in Reno, Nevada in 1972 raising her four young kids (Larry, Beth, Robin, and our Tim) and supplementing

her monthly child support cheques by catering at the multi-denominational "Center for Religion and Life" when she met Michael. As a trial for their relationship, she suggested a camping trip with her kids to western Canada. At a campsite at Miracle Beach, a fellow camper likened them to Lasquetians. Curious about what this meant, they trundled off to the Rock where they encountered a beautiful panabode house on 10 acres for sale for \$19,400. They bought it the next day with the last of their travel funds.

Three years after getting married and obtaining immigration papers for the whole family, Judy and Michael moved from Reno to Lasqueti.

Soon after moving, Elizabeth – a five-year-old child with disabilities whom Judy met while volunteering with a mental health institution – joined the family on Lasqueti and lived with them until she was 16. It was through Elizabeth that Amber entered Judy and Michael's life. During a visit to Vancouver's Sunny Hill Hospital with Elizabeth, Judy spotted Amber, a one-year-old with severe disabilities. Judy immediately saw Amber's internal light, so she and Michael took her home where she lived with them until her death at the age 37.

Around this time, Judy founded a support group in Parksville for parents of children with disabilities. There she met a woman who was distressed about the mistreatment of her godchild, Latisha and was looking for alternative living situations for her. To Judy's delight, what started out as a one-year custody agreement with Tisha's father turned into a beautiful life-long family connection.

In addition to Elizabeth, Amber, and Latisha, nine non-birth children found refuge in Judy and Michael's loving home over the years. Each time a new kid was added to the household, Larry, Beth, Robin, and Tim accepted them with caring and grace.

Embedded in this tale of loving children is Judy's

passion for making and sharing food. In 1978, when Judy (a non-typist!) worked as a secretary at False Bay School, she initiated the free hot lunch program that continues to this day. Initially, she sourced all the food herself and prepared the diverse and wholesome lunches. Eventually, Judy prepared a booklet with recipes and clean up routine for volunteers and kids.

And then there's the beloved "new Mom food train". Judy initiated this in 1979 with the birth of Rachel Churchill. Last year, Katrina was her latest beneficiary. In addition, Judy has always cooked for islanders in need (i.e., for the Fire Fighters' picnics, Fall Fairs, etc.)

With Michael, Judy has nourished our stomachs and our hearts. More importantly, she and Michael have helped us see people with disabilities – to respect their rights to be cared for and to live in dignity. So, while it is true that children and food are integral themes to Judy's story, so too are compassion and love. – Dana Lepofsky



Judy and Michael at their wedding, 1974



Judy and Michael's gate

Citizen Science at Work

On December 28th, a cloudy grey and mildly windy day, 16 people scoured portions of Lasqueti and the surrounding waters for birds. They covered 25km by foot, 18km by car, and 16km by water. Forty-nine different species were identified, as well as some unidentified species of goldeneyes, gulls, and an owl. The most numerous species were: American Wigeon, Bufflehead, Barrow's Goldeneye, Common Merganser, Dark-eyed Junco, Pine Siskin, and Red Crossbill. Specially noted were a Trumpeter Swan and a Marbled Murrelet. Three additional species were seen during Count Week (the three days before and after Count Day): Northern Goshawk, Barred Owl, and Red-Breasted Sapsucker. A small group gathered at Bruce and Wendy's in the evening to report their findings.

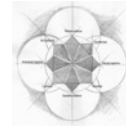
This local event is part of a count across North America, one which celebrates its 125th anniversary this year. It began as an alternative to the annual "Christmas Side Hunt", in which teams would compete to see who could kill the most birds. In 1900 Frank M. Chapman suggested a count instead, so that bird populations could be monitored in the face of humans' impacts on the environment. By counting birds each of us contributes to scientific research and advocates for the protection of our natural world.

What I am struck by is that we saw more species than last year. Yay! But our numbers of human observers are dwindling. Please consider joining us in December 2025. We'd love to have more eyes out there counting. Many of us count birds throughout the year; some send regular reports to eBird and/or iNaturalist. We use the Merlin Bird ID app, as well as very worn and tattered copies of Sibley's *Guide to Birds*, the National Geographic's guide to the birds of North America, and many others. You can begin to learn the birds in your corner of Lasqueti now. By December you'll have learned some by heart, and if you join with other folks, you'll learn more. Take walks with your neighborhood birders. You, too, could become a twitcher! If you join the Christmas Bird Count, you'll be participating in community action to provide valuable data assisting in the preservation of our fragile feathered friends. – *Terry Theiss*



Katy Stewart

Poems for Cross-Quarter Days



Imbolc

Imbolc is an Old Irish word that translates as "in the belly". It is also the name of the cross quarter day on Feb 2nd -- the halfway point between the winter solstice and the spring equinox. Imbolc is sometimes called Oimeal, literally ewe's milk, referring to the time when ewes lactate. Most traditions mark this stirring of spring in some way: Chinese New Year, Candlemas, Groundhog day, Tu B'shvat etc.

There's a spark cradled
in winter's belly.

A breath wakes it
and the days stretch.

It is sunrise.

In the hearth is crumpled paper,
shaved cedar, split pitchy fir.
Touch it with a match, like a kiss.

Sap rises orange and yellow
in willow branches.

Buds swell on fruit trees
that will bring the rough grey
to life again.

We have woken with dreams
conceived in darkness:
inspiration, new beginnings.

Offer them milk,
carry them into the light.

–*Sophia Rosenberg 2025*

Update from The Layered Histories Project

One of the goals of the Layered Histories Project is to fill in our understanding of the island's history, especially the little-known time between what is represented in the archaeological record and the better known post-1930s period. In particular, we're interested in understanding: *What happened to the Indigenous population that lived here for millennia? Was there a time of overlap when Indigenous and settlers lived on the island? What were the timing and nature of the ecological transformations on the island?*

In this article and the next few, I recount some results of our on-going research about this time period. Some of this information comes from the archival documents currently being uploaded to the Layered Histories archive – a digital archive for our community's history. This article covers the period up to the late 18th century.

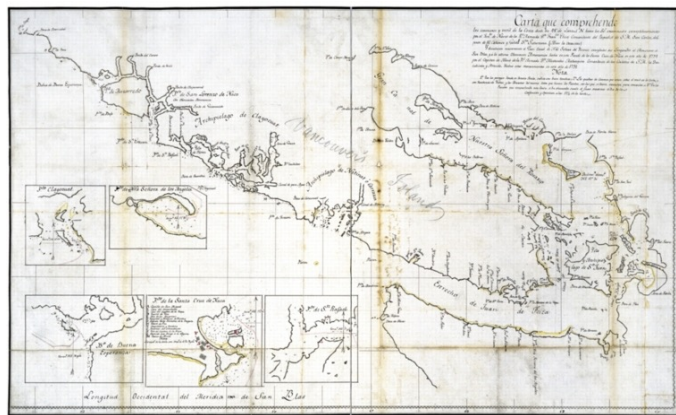
The archaeological record tells us that beginning some 8000 years ago, Indigenous people on Lasqueti lived in small, temporary encampments across the island. By 6000 years ago people established large, permanent settlements on the island's north end and then spread eastward; most bays were occupied by ~2500 years ago.

It's difficult to determine when these substantial settlements dissolved. The XLAP team collected charcoal for radiocarbon dates from the upper layers of those settlements where we were invited to work. However, since many of these locations are occupied today, it can be difficult to collect a charcoal sample definitively associated with the last Indigenous settlement. Our current sample of six radiocarbon dates from these layers indicates that First Nations ceased to live in these settlements as late as AD 1840. At this time, the Northern Coast Salish name for the island was likely "Xwe'etay" (meaning yew tree).

Beginning in the late 18th century, the social and ecological landscape of the island changed rapidly. The first major shift came with the devastating effects of the smallpox pandemic, which began in 1779 in central Mexico and spread to the Salish Sea in 1781/82. Ten years later, José María Narváez, Commander of the schooner *Santa Saturnina* sailed around the southwestern part of Lasqueti. According to historian Jim McDowell, it was the first mate, Juan Carrasco who eventually gave the island its current name in honor of naval officer Juan Maria Lasqueti. Unfortunately, there are apparently no records from the *Santa Saturnina's*

voyage save what was incorporated into the first map made of this part of the Salish Sea.

However, according to historian Cole Harris's analysis of Captain Vancouver's 1792 journal, there were many deserted villages in the Salish Sea that were the result of the smallpox epidemic. We do not know the effects of this epidemic on the Indigenous population of Lasqueti specifically, but given the island's central place in the Salish world – geographically and socially – we can expect that it was substantial. - Dana Lepofsky



1791 chart of the Salish Sea which Narváez helped to prepare (<https://www.garylittle.ca/maps-historic/narvaez.html>; with permission from Gary Little).



Close up of "Lasquety"



Jacob King

What We're Watching



It's winter! Which means many of us are spending more time watching shows around the computer. We've started this column to answer the often-heard winter question, "What are you watching these days?" (Thanks for the suggestion, Joy!). Send us your suggestions and we'll print them in this column.

Bad Sisters. A dark comedy about the Garvey sisters' bond and their plot to escape a manipulative brother-in-law. (Apple TV).

Schitts Creek. A wealthy family rebuilds their lives in a quirky small town they once bought as a joke. (Netflix)

Downton Abbey. A period drama about the Crawley family and their servants navigating life in early 20th-century England. (Netflix)

The White Lotus. A dark satire about the secrets and tensions of wealthy guests and staff at a luxury resort. (Crave)

Succession. A razor-sharp satire about the power struggles and dysfunction of a wealthy family-owned media empire. (Crave).

Crash Landing on You (2019) A delightful, one-season S. Korean series about a rich S. Korean businesswoman who "lands" in North Korea when a rogue wind redirects her while hang gliding. Themes of friendship and love; also insights into North and South Korean culture. Supposedly banned in North Korea and thus was very popular there (Netflix; subtitled)

Extraordinary Attorney Woo (2022). A delightful, one-season Japanese TV series about the first female autistic lawyer in Japan. Insights into the high-pressured world of law in Japan. (Netflix; subtitled)

The Law According to Lydia Poët. Italian TV series (2023, 2024). Loosely based on the true story of Lydia Poet — the first female Italian lawyer in the mid to late 1800's. She's more like a detective than a lawyer. The mysteries are sometimes a bit contrived, but Lydia's costumes are spectacular. (Netflix; subtitled)

Lupin. French TV series (Jan 2021, June 2021, 2023) about Assane Diop — a "gentleman thief" who is inspired by the Arsène Lupin novels of the early 1900's. Diop is played by Omar Sy, who is fabulous. The third season maybe wasn't as good, but they're all pretty great. (Netflix; subtitled) - Karen and Dana

A Pod of Podcasts



This is the wintertime of our discontent, as Shakespeare said. You may be coming down with cabin fever! What is cabin fever? Here is a perfect definition.

One chilly day, I ran into Al Gainsbauer at Provisions. "Al," I said, "I think I have cabin fever." "You don't know what cabin fever is!" he replied. "So what's cabin fever, Al?" "Cabin fever happens when first, you find you're talking to yourself. Then you start arguing with yourself. Then you start losing all your arguments with yourself. Then you know you have cabin fever!"

Cabin fever is real! In this age, our salvation doesn't have to come from Shakespearian inner monologue. It might come through the invisible magic of WIFI. Here's a list of current event podcasts that offer a cure.

The Rest Is Politics: US is a podcast about US and world politics, hosted by Anthony Scaramucci, a former White House director of communications and avowed Republican, and Katty Kay, a veteran liberal BBC correspondent. Playing off each other's differing politics, they share their breadth of knowledge and experience along with tidbits of info and gossip from their connections behind the scenes.

The Rest Is Politics: UK is a podcast hosted by Alastair Campbell, former Downing Street Labour party member, and Rory Stewart, a former Conservative party cabinet minister. It offers an insider's perspective on current UK and world politics that draws on opposite ends of the political spectrum.

Democracy Now! is an independent news podcast hosted by award-winning journalists Amy Goodman and Juan González. It provides news coverage focusing on social justice, human rights, and under-reported stories from around the world.

Frontburner is a daily news podcast hosted by journalist Jayme Poisson. It dives deep into the headlines, offering comprehensive coverage with expert interviews and insightful commentary.

If current events aren't your cup of kombucha, there are podcasts on every topic. Next month, if I'm not swallowed by a whale, I'll share some history podcasts. – Adam Enright



2025 Budget: LIVFD fire trucks and firehalls.

Based on the feedback I received at the Town Halls and elsewhere (with appreciation), I put forward ideas that were designed to try to balance the tax burden with LIVFD needs. The January Finance Committee deliberated on this and unanimously made the following recommendations to the Board:

THAT the Board direct staff to amend the Capital Asset Replacement Plan for Lasqueti Island to:

- *Reduce the Lasqueti Island Volunteer Fire Department apparatus fleet by one apparatus; and*
- *Budget to replace the 1983 Engine with a used vehicle at a cost of up to \$400,000 in the 2026 budget; and*
- *Direct staff to fund the apparatus purchase through an allocation of \$300,000 from the Community Works Fund and \$100,000 from the Lasqueti Volunteer Fire Protection Service Statutory Reserve; and*
- *Direct staff to apply any allocated funds remaining from the apparatus purchase toward future purchase of apparatus; and*
- *Direct staff to increase the contributions to the Lasqueti Fire Protection Service statutory reserve fund from \$14,025 to \$60,000 in the 2025 budget toward replacement and/or renovation of apparatus and fire halls; and*
- *Direct staff to apply any additional surplus from 2024 as 2025 revenue*

The intent of the above recommendations is to support LIVFD to move forward with the purchase of a used replacement fire engine in 2026, paid for by grant funding and LIVFD reserves (no increased taxation for this item), and to direct any remaining allocated funds to future apparatus replacement.

2025 Budget: General. The Finance Committee will review draft 3 of the 2025 budget in early Feb. Based on draft 2, it looks like overall, taxes will be about 9% higher than last year. About half is due to inflation (3-5%), with a real increase (net of inflation) of slightly over 4%.

About half of the real increase is driven by 2 factors: (i) General administration: a consultant will be hired to help with increased information requests; and (ii) Waste management: the Resource Recovery Centre is up and running, but the significant debt must be repaid.

The LIVFD budget is set to increase about 2.5% in real terms net of inflation (about 7.7% including inflation), largely for vehicle maintenance. However, prior year surplus is not yet known and may be significant, so the budget is still in flux.

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

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



From Tim Peterson: Greetings all. At our next meeting, February 10, we will hold a Community Information Meeting, followed by a Public Hearing on the Connected Coast fibre optic rezoning application. Please note that following the Public Hearing, the Local Trust Committee will be prohibited from hearing further from the public about this application. For those unable to attend in person or online, the notice in this paper lists the mail and email addresses for written correspondence. Note that the deadline for written feedback is 4:30 p.m., February 9. It is also worth noting that this application covers only the landing of the fibre optic cable and construction of the "vault" --next to the barge ramp in False Bay. All other considerations around "last mile" or distribution projects will be considered separately and only if this application is approved. To access the staff report and application, go to the Islands Trust website> Island Planning> Lasqueti> Current Applications. Alternately, I'm happy to email these documents to you on request. And, as always, feel free to contact your trustees with your questions, comments, or concerns.



Lasqueti Island Nature Conservancy

We are delighted to report that LINC's 2024 Year End Appeal was a big success. We had 66 donations totaling \$16,737 dollars, exceeding our \$12,000 goal by \$4,700! We gratefully acknowledge this huge outpouring of support.

Thank-you Lasqueti. A shout out thank-you to the 18 sustaining donors who increased their contributions driving the average amount of the donations to just over \$250. And a very warm welcome to our 30 new donors. Your support helps fund our educational events and stewardship costs.

This year's success is due in large part to the generous donation of time, craft and skill of Lasqueti artist Ronaldo Norden who produced stunning hand-made lithographic prints of the Johnny Osland Nature Reserve. A signed and numbered print of "Johnny Osland's" was sent to those 32 donors who contributed \$250 or more. Ronaldo lovingly rendered Johnny's homestead nestled under big trees, with the surrounding forest, hills and bulky Mt. Trematon looming in the distant sky. Ronaldo seems to have felt the pulse of nature -- a true justification for conservation -- and translated that feeling into art. It proves what some say is an undeniable link between art and nature.

This is our only major fund-raiser of the year. We gratefully extend our thanks to everyone who contributed to our Year End Appeal.

LINC's regular monitoring of the Islands Trust Conservancy's (ITC) Nature Reserves is coming up in May. This is an annual event where LINC Directors walk the trails and boundaries of the Nature Reserves with representatives of the Nanaimo and Area Land Trust and ITC, taking note any major changes. We file a report, with photos, for each Nature Reserve and keep this as a record of our visits. This is also year 4 of the 5-year Mt. Trematon Herbivore Exclosure study where the plant recovery inside and outside the fenced area is monitored annually. The preliminary results are pretty astounding, with ocean spray and other plants rebounding nicely from years of sheep and deer grazing. This year we also plan to start work on a trail to the top of the Johnny Osland Nature Reserve so that this spectacular vista can be safely enjoyed. Coming this spring, LINC and the BC Parks Foundation will begin a management plan for Marine Island. We will start with an on-line public opinion survey. We seek your input on the future management direction for this newly conserved property. Look for a link to the survey coming soon. - *Gordon Scott for the LINC Board*

"Woke" – we hear this word bandied about a great deal lately, often meant as a put down. Makes you wonder, what does the word mean, and where did it come from?

Reputable English language dictionaries define woke as: well-informed, alert, aware. More specifically, it refers to being alert to social injustice and discrimination. While officially added to the Oxford English Dictionary as recently as 2017, its usage can be traced back as far as the early 1900s. Among Black Americans, it was slang for awake, a call to wake up to the cold reality that Blacks were lowest caste citizens of the United States. While the Civil Rights movement ended legalised segregation, race discrimination persisted.

In 1923, activist Marcus Garvey called on Blacks to "Wake up" to the social injustice they endured. At the end of his recording "Scottsboro Boys" (1938), Led Belly advises visitors to Alabama to "Best stay woke, keep their eyes open." "Wake up" is a familiar refrain in the works of filmmaker Spike Lee, where he urges his fellow Americans to face up to the truth that their country has never reconciled with its racist past.

The term entered the general lexicon in the aftermath of the murder of Michael Brown in Ferguson Missouri, in 2014, also the genesis of the Black Lives Matter movement. Wokeness then began to encompass an awareness of pervasive and often subtle social inequality and injustice. Not long after, the term was co-opted and weaponized as a bludgeon against progressive and "leftist" views.

In 2022, right-wing Governor DeSantis of Florida introduced what was termed The Stop-Woke Act, a deliberately vague yet loaded attempt to target critical race theory. In the case of *Warren vs DeSantis*, Warren's attorney requested an official definition of woke. Counsel for DeSantis, Newman said that the term means "the belief there are systemic injustices in American society and the need to address them." DeSantis's Communications Director offered that it was slang for "progressive activism." DiSantis believes that the notion of systemic racism is "a bunch of horse manure."

Progressive action to take a stand against systemic injustice poses a threat to the status quo. Those who have enjoyed power and advantage over the less privileged may resist losing their hegemony. They seek to downplay or deny past injustices. Ironically, some of the more vehement complainers of wokeism and elitism are the wealthiest members of society. - *Sue Ashcroft*

Update from the LCA Reconciliation Committee

Public gatherings are commonly opened with an Indigenous land acknowledgement, which we encourage. People often ask, "What is an appropriate acknowledgement for Xwe'etay/Lasqueti?" People are concerned about getting it wrong, offending someone, or saying something "by rote" that seems perfunctory.

Deciding on a meaningful land acknowledgement requires understanding the complex layering of traditional and colonial governance systems that determine which First Nations connect to Lasqueti's lands and waters. It is complex because diseases and colonial processes ended permanent Indigenous settlements here by the mid-1800s. After that, groups continued to visit Xwe'etay/Lasqueti to harvest a range of resources. They recognized the island as part of their homelands – as they do today. Currently, at least 16 Nations have officially asserted their historical connection to some of the island's lands and/or waters. Most are Coast Salish Nations; a few are Kwakwaka'wakw Nations to the north of us.

It is often recommended that land acknowledgements include the names of specific groups. People here often recognize the Tla'amin Nation because they are treated. While recognizing Tla'amin is important and appropriate, recognizing this group alone excludes other groups who also have historical connections but may not be in the treaty process or are not yet treated.

Here are some suggested wordings for the acknowledgement, with increasing localized, but still inclusive, recognitions:

- "We acknowledge the ancestral and current Indigenous Peoples who have deep connections to Xwe'etay..."
- "We acknowledge the ancestral and current Indigenous Peoples of the Salish Sea..."
- "We acknowledge the ancestral and current Coast Salish Peoples of the region..."
- "We acknowledge the ancestral and current Northern Coast Salish Peoples in whose core territory Xwe'etay lies..."

The important thing to remember is that there is no one correct way to acknowledge the Indigenous ancestral and current connections to the place we now call home. Some people like having an acknowledgement at every public event,

while others believe its overuse makes the message meaningless. Take a moment to consider what is being acknowledged and perhaps make a personal statement about how the past and present Indigenous peoples inspire or connect to your group and its work. Above all, acknowledgements should be sincere and meaningful to you.

If you'd like more information about the Reconciliation committee or have ideas about education topics, contact

LCA-reconciliation@lists.sfu.ca

- Aigul, Dana, Dolf, Faren, Susan, Peter, Willy



Bruce Bird

The Green Parrot, mid-1980s (where Provisions is now)

Hall Sound Update

Thanks to generous donations from community members and organizations, sales contributions, and special fundraising events, the LCA raised \$10k over the last two years to fund equipment upgrades to the Community Hall sound system. Some purchases are still outstanding, but the majority of the audio gear has been in use since Arts Fest 2024.

With that \$10k, the LCA was able to repair the two damaged monitor speakers, purchase a barrel of new microphone stands, and order hundreds of meters of audio cable to custom-cut and finish to suit the Hall's specific needs. Perhaps most importantly, the LCA was able to significantly upgrade the Hall's main speakers, and to purchase a digital soundboard that has

(Hall Sound cont'd from previous page)

greatly improved the flexibility and the overall quality of sound reproduction for all events at the Hall, inside and outside. So far, users of the new equipment have expressed delight at the ease of operations.

Tim Peterson has also graciously "permanently loaned" a collection of stage microphones to the LCA. This greatly increases the in-house supply and reduces the need for event operators to bring their own equipment to supplement the Hall's gear.

Still on order and under-budget: an ethernet-connected digital stage box to replace the old, dilapidated copper snake; a bluetooth receiver to allow users to simply walk in and play something from their phones; and a dedicated wireless router for remote operation of the soundboard. The ultimate vision of the new sound system is one of maximum usability and minimum setup effort for all venue renters.

Next on the list: installing the main speakers on the stage wall!

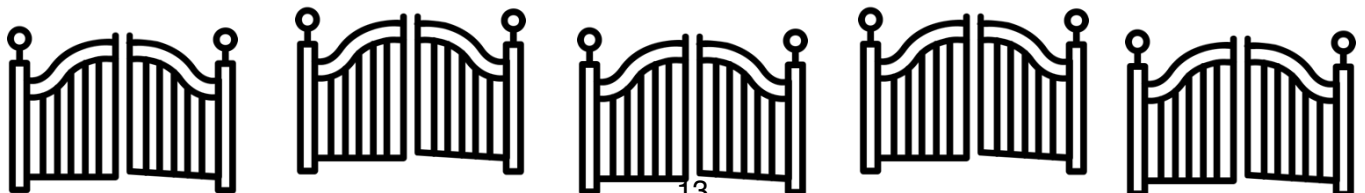
Thank you one and all for your help in creating a more enjoyable community space. Stay tuned for further updates. – *Ian Rusconi*



Richard Potterton

My Favourite Tool

The Grabbenpullhammer - used for fence wire tensioning etc. - *Roger King*





Ode To Potato

From the damp dirt you came
 Soil stuck to your golden skin
 Dug from the garden
 And sent to the pan
 Or stew
 Or oven
 Or grater
 Or any way I want
 That's why you're so beautiful potato
 You can do anything, be served with so much
 From winter to summer
 Or spring to fall
 For thousands of years we've adored you
 No orchid or fiddle leaf fig
 You're simply so simple
 Not asking for perfect conditions
 Golden to ruby
 And clean white to blue
 Can't forget the dubious green
 A spud in the rough
 I can't get enough
 So sorry that I had to eat you.
 - David Lindsay - grade 8

My Life in 30 Words

Bang!
 Another deer in the freezer
 with the fish.
 Ripping on dirt bikes and quads,
 Sport shooting on Saturdays.
 Subwoofers shaking the house.
 Shredding the MTB trails.
 That's my life.
 Sawyer Seiler - grade 7

My Life in 30 Words

Hard, easy.
 Barefoot, soft wet moss under my feet.
 Summer adventures.
 Rainy, cold, hot, dry.
 Fun, sad, the sun, the moon.
 Bread and Jam.
 Hot summer evenings.
 The beach, Lasqueti. Beautiful.
 -Ruthie King - grade 6



Susan Ellard

Darwin Ellard's design and construction



Roger King

Roger's gate. Made from local scrap metal



Terry Theiss

Terry's gate to her beautiful garden

Walking on the Yew: Celebrating 8000 years of history on Xwe'etay

Save the date: May 3, 2025

We invite Lasquetians and our First Nations neighbors to celebrate the Indigenous history of Xwe'etay. May 3 at the dock and Community Hall.

The event marks the unveiling of a stunning mural and carving installation co-created by Coast Salish artists Jesse Recalma and Ocean Hyland and Lasqueti artists Sophia Rosenberg and Julia Woldmo. The installation celebrates the richness of Indigenous heritage on Xwe'etay, as reflected in archaeological records, memories, and oral traditions. Installed on the freight shed at the Lasqueti dock, it will serve as a vibrant welcome to all who approach the island by water.

In addition to the art unveiling, we will launch the travelling exhibition on the Xwe'etay/Lasqueti Archaeology Project (XLAP). This exhibit highlights photographs of community members from Xwe'etay and XLAP's First Nations partners.

To honour these installations and what they represent, we will gather for an inter-community feast at the hall.

The mural installation is best seen by boat, so we encourage you to arrive by canoe, kayak, or other watercraft if possible.

More details will be shared soon. For now, please mark your calendars. We look forward to gathering with you on this meaningful day. - Willy Clark, Reconciliation Group willy@lasqueti.ca

The Small Festival of Fine Hearts

It's that time of year again when we begin to wake from our deep winter slumber and celebrate all kinds of love with our friends and neighbours!

Sunday Feb. 23 at The Art Gallery.

Doors at 6:30, readings begin at 7

Admission by donation.

Dress in red (if you feel like it).

This is a warm invitation to anyone who would like to display art for the event and/or read your words to get creating. We will be in touch to let you know how to participate in the art show. Writers simply show up that evening and draw a number from the hat for your 7-minute spot.

This will also be the launch of the 2024 Arts Fest anthology! –*Sophia Rosenberg*

Community Calendar

Feb 9: Ski trip fundraiser at Provisions. 11-2.

Feb 9: Community Forum, 2-4pm. At the Hall.

"What does reconciliation mean to me"?

Feb 10: Lasqueti Island Local Trust Committee.

Regular meeting. 11:30 am, JFC

Feb 23: Small Festival of Fine Hearts. 6:30, Art Gallery.

****Nurse's clinic: Thurs, 11-3, NOT Thurs. 6 Feb****

The Lasqueti Island Local Trust Committee Public Hearing about Proposed Bylaw No. 104

11:30 am, Mon, Feb 10, 2025, Judith Fisher Ctr

- 11:15 AM – Community Information Meeting held before the Public Hearing for you to learn more about the bylaws and to ask questions

- 11:30 AM – Public Hearing

What is Bylaw No. 104? The bylaw amendments to the Lasqueti Island Land Use Bylaw (LUB) include:

- Permitting fibre-optic cable telecommunication public service utility use in the location of a proposed fibre optic cable which will come from Vancouver Island, through False Bay, and terminate at the end of Weldon Boat Ramp Rd.

Written submissions will be accepted until 4:30 p.m., Feb 9, 2025 to: Islands Trust, 700 North Road, Gabriola Island, BC, V0R 1X3 or email: northphsub@islandstrust.bc.ca

Written submissions made in response to this notice will be available for public review. No written or oral representations will be received by the Lasqueti Island Local Trust Committee, or its members, after the conclusion of the hearing.

For More Information: Copies of the proposed bylaw, the Public Hearing Binder and other information is available from Jan. 27 - Feb. 9, 2025 here: <https://islandstrust.bc.ca/island-planning/lasqueti/current-applications/> and at the Islands Trust Northern Office, 700 North Road, Gabriola, BC V0R 1X3 from 8:30 a.m. to 4:00 p.m., excluding statutory holidays.

Enquiries? Contact the Islands Trust Northern Office, northinfo@islandstrust.bc.ca, 250-247-2063 - *Nadine Mourao, Deputy Secretary*

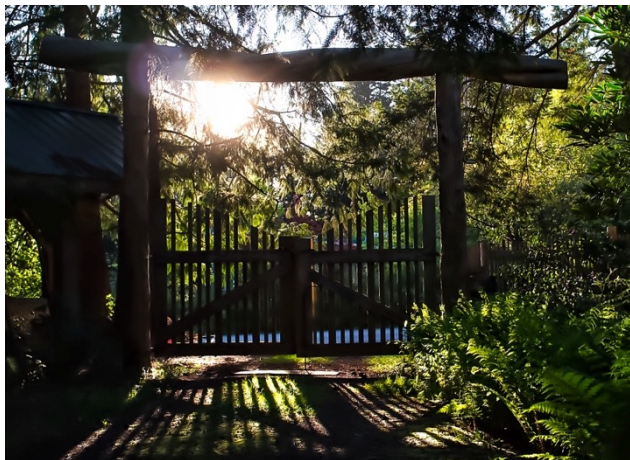


Valentine's Weekend Dinners at Provisions

Greetings islanders! We are pleased to offer a special romantic dinner series starting Friday, February 14th at the cafe. Expect a tantalizing menu of sweet, savory and delicious dishes to mark the occasion. We'll have a series of specials available to dine in if you are feeling social as well as dishes designed for you to enjoy at home -- for those of you who prefer a quiet dinner at home by yourselves.

Menu to be announced in the week prior. Keep your eyes (and hearts 😊) peeled for the details. Looking forward to creating a memorable dinner for you and your loved ones. Have a terrific February.

Much ❤️ from Provisions



John Martin

Fundraising at Provisions for Lasqueti High School Ski Trip

Hello community! We have a special fresh batch of donated books that will be on sale for the month of February at False Bay Provisions to raise money for the students on island who are planning a skiing field trip.

All books are about 50% off the cover price with other books discounted an extra 50%. In addition, we'll be donating our recyclables (pop cans etc.) that have cash value to add to their funds for the trip. We support the concept of regular student field trips as it broadens their horizons while growing up here. Please come and shop to see if there is a book you are keen on; and support their trip together. Thank you!

Lasqueti High School Initiative: A Community Solution

We're excited to update you on our local high school initiative! Traditionally, students graduating from False Bay School have had to move off-island—to the mainland, Victoria, or Parksville/Qualicum Beach—to attend high school. While the province provides \$550/month per student to help cover costs of boarding or relocating, this model often creates significant challenges for families, including:

- High housing costs.
- Splitting up families.
- Job disruptions and leaving Lasqueti homes.

In response, we've developed a local high school program to keep our students and families together.

A Growing High School Program

Over the past six months, six students in grades 9–11 have enrolled in courses through CEAP (Collaborative Education Alternative Program) and NIDES (North Island Distance Education School). With school district approval, the students study in the back room of False Bay School, with part-time use of the JFC for quieter spaces.

Thanks to a dedicated tutor, our students are excelling—an impressive achievement, given that success rates for distance learners are typically just 20% for solo students and 60% for group learners! Parents have also been volunteering daily to supervise the program, making this a true community effort.

Outdoor Adventures

Beyond academics, our students have been given the opportunity to be a part of the ROAMS program (Rivers, Oceans, and Mountain School) through Ballenas and Kwalikum Secondary Schools. They will enjoy activities like skiing, white-water rafting, camping, and hiking, while connecting with peers from other schools—an enriching blend of learning and adventure.

Looking Ahead

By September 2025, we expect four new students to join, and interest in the program continues to grow as more families look for alternatives to relocating.

Want to Learn More?

If you'd like to know more or have questions about the program, please contact:

- **Julia Mitchell:** 250-228-2284
- **Katy Stewart:** 250-240-2704

Thank you for supporting this initiative, which allows Lasqueti students to thrive academically, socially, and emotionally—right here in our community.

Together, we're building a brighter future!

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		
Post Office		10 - 4		10 - 4		10 - 4	
Propane filled						1 - 3	
Provisions	11 - 4	9 - 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			

** No Nurse's clinic Thurs. 6 Feb**

Locally-authored Books Wanted

Hello islanders. We are looking for donations of books authored by local residents. It's for a new project. These could include Arts Festival anthologies, books of poetry, history books, environmental books, cookbooks, fiction and non-fiction. Authors can be both past and current residents. Ideally the books should be in good condition. If you can help, please contact False Bay Provisions at 250 333 8558. - Thank you in advance!

V-Star Rest, Jenny V

To all of you who have supported V-Star Varieties for the past 17 (!!) years, thank you. It's been a pleasure to grow food and green babies for your bellies and gardens. As I'm in a process with metastatic cancer, I'm letting go of the part of me that engaged in that kind of intense productivity. It's time to slow down, rest, heal, and live well. I intend to enjoy every second I get in this body, on this island, with this community, on this planet, at this time. Send me your love and know my great big grateful heart returns it threefold.

Fundraiser brunch at Provisions!

Sunday February 9th.
11-2 high school kids
will be cooking and
serving brunch.

All proceeds go to
their upcoming **ski trip!**



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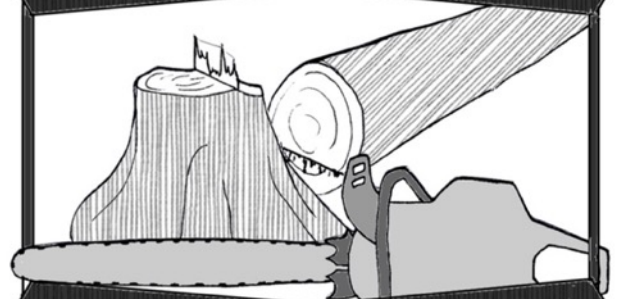
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Xwe'etay News is the monthly newsletter of the Lasqueti Island/Xwe'etay community. All submissions come from the island's community; donations cover production costs. An editorial collective is responsible for final production. To submit material for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

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

Deadline submission for March issue: Feb 23.