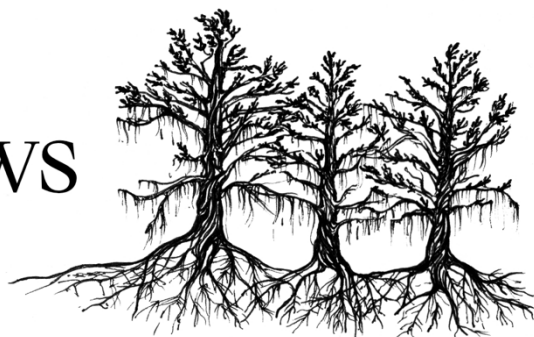


# Xwe'etay News



Issue 18

July 2025

## A Note from your Editors

Really? How could it possibly be July already? How many of us promise ourselves every season that, “things will settle down when ....”, and then we find ourselves involved in something else equally wonderful and time-consuming.

As we go to press, our gardens are coming into full flush – as evidenced by the bouquets we see everywhere: in people’s hands, at the market, and on our kitchen tables. There is much to be grateful for.

Continuing with the theme of bounty, how ‘bout this for the August issue photo theme: **“Garden splendour”**.

However, if you have a great Lasqueti-esque photo you want to share with your community, please do submit it with a caption.

To contact us and for submissions or donations:

[xweetaynews@lasqueti.ca](mailto:xweetaynews@lasqueti.ca); for on-line, colour

versions: [www.lasqueti.ca/xweetay-news](http://www.lasqueti.ca/xweetay-news)

- The Yew Collective



Painting of Barbara Greene by Lily Mayall at the June exhibit of Barbara’s paintings at the Arts Centre

## Birds on Lasqueti

Every June I listen for the peet-peet cry of the first Nighthawk. I look up to see a tiny speck on long wings trolling the sky for mosquitoes. The Nighthawk only stays long enough to raise its babies, so I look up every time I hear it. Its mottled brown feathers camouflage it so effectively, in fifty years on Lasqueti I have never seen it on the ground where it nests.

Two other uncommon birds I seek in early summer are the flamboyantly plumaged Western Tanager and Black-headed Grosbeak. The male Grosbeak sports a bright orange body contrasted with a black head, wings and tail. The female trades orange for a breathtaking peach. It prefers the upper canopy of moist deciduous forest edges, so only look for it on bottom land.

The Western Tanager also favours the forest edge, so it may flit through your yard. You will always stop to look at its bright red head and bright yellow body with black wings and tail. Look now because it will leave as soon as the kids are on their own.

We are blessed to live where these three species come to find enough cover and food to raise their families. - *Marti Wendt*



Camino Cochrane

Dorothy and Camino's bouquet for Mary

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





This drawing was done near one of the main sources of water drainage that enters into Squitty Bay. I love these small water courses that slowly meander their way through undisturbed forests offering peaceful motion and lighting. – by *Ronaldo Norden*



Darcy Dobell and her beautiful roses



A Josie bouquet



Rena Schiek and her beautiful roses





## Kitchen Creations



It's going to happen soon. Or, maybe it's already happening to you? Yes, zucchini season is coming! It starts out innocently enough with a few tender little zucchinis here and there but suddenly it turns into an avalanche. I say, be prepared and get ahead of the game with some really tasty recipes. Here's one I love from Deborah Perlman, more widely known as *Smitten Kitchen*. Check out her 3 cookbooks - the recipes are delicious and mostly use ingredients you have on hand – good comfort food that's nice enough to serve to company. I've edited her instructions but you're all good cooks, so you'll know what I mean. Adapt and substitute as necessary!

### Zucchini-stuffed Zucchini with Sorta Salsa Verde

#### For the zucchini:

4 smallish, slim zucchini  
 1/2 tsp kosher salt  
 1-2 T (15-40ml) olive oil or butter  
 2 medium shallots, finely chopped  
 Red pepper flakes or freshly ground black pepper  
 3/4 c (70 grams) panko  
 1/3 c (40 grams) coarse grated gruyere or Comte  
 A few fine gratings of lemon zest

#### For the Sorta Salsa Verde:

1 large garlic clove, roughly chopped  
 1 T (10 grams) capers drained and rinsed  
 1 tsp loosely packed fresh oregano or, 2 tsp dried  
 3/4 c loosely packed fresh parsley  
 1/4 c loosely packed fresh mint leaves  
 1/4 c (60ml) olive oil  
 1 T (15 ml) lemon juice, or more to taste  
 Salt and freshly ground pepper to taste

Heat the oven to 400 degrees.

Halve zucchini lengthwise and scoop out flesh.

Place the zucchini on a lightly oiled 9x13 casserole dish.

Chop the zucchini flesh and toss with 1/2 tsp of salt and set in colander to drain for 10 minutes.

Place garlic and capers in food processor or blender or grind them together. Add the herbs, then the olive oil until the herbs become saucy; or just mince everything by hand. Then add the lemon juice and seasonings to taste.

Cook the shallots in a large skillet and add the drained zucchini and cook for 5 minutes more until most of the moisture has evaporated. Add more seasoning if needed. Remove from the heat and combine with all but 1 tsp of the panko, the cheese, lemon zest and 2 T of the herb sauce.

Fill the zucchini cavities and sprinkle with extra panko.

Bake for 40-45 minutes until the zukes are soft and the filling is browned. Dollop on the remaining salsa verde.

Variations: you can replace the panko with cooked quinoa and sprinkle chopped pecans on top. Enjoy! – *Deb Perell*



Don McDonald

Josie Martens selling her gorgeous bouquets at the Saturday market.



Anna Dodds

## Enshitification

Cory Doctorow is out there speaking truth to power about the endgame for surveillance capitalism. Here's a short excerpt from a recent speech, edited for brevity.

Increasingly, American nurses are hired from one of three "Uber for nursing" apps. On these apps, a nurse never knows how much they're going to get paid from shift to shift. Since the apps are controlled by a cartel of just 3 companies, they can control the way nursing labor is priced. For example, before an app offers a shift to a nurse, it goes to a data broker to buy data on that nurse's current financial situation. The more indebted they are, the lower the wage offered to that nurse for that shift. The algorithm finds the "optimal" wage that's just enough to entice the most desperate nurse to take the shift, you know, caring for the sick, the elderly, and the dying.

This is "enshitification" in action. I coined this word to describe the decay of online platforms. Enshitification is a three-stage process, exemplified by the trajectory of Google's business model:

Stage 1: In the beginning, Google maximized spending on building a great product with the best search results. Users loved it. Simultaneously, they bribed every product with a search box to ensure it was Google by default. This is the first stage of enshitification - when a platform is good to its end users but finding ways to lock them in.

Stage 2 comes when users are locked in and will have a hard time departing. The platform starts to make things worse for users to enrich business customers. For Google that meant an ever-larger fraction of the search results page given over to ads. Things are getting worse for end users but better for business customers. But those business customers are also getting locked into the platform, growing ever-more reliant on cheap ads.

Stage 3: As Google gains power over its business customers, it is able to claw back all the value in the platform until all that's left is a kind of homeopathic residue - just the least value needed to keep both business customers and end users locked to the platform. Google has now become fully enshitified - crappy for everyone except its execs and shareholders.

To listen to Cory's full keynote address at PyCon 2025: [https://youtu.be/ydVmzg\\_SJLw](https://youtu.be/ydVmzg_SJLw)

You can also hear more from Cory on his latest podcast "Who Broke the Internet."

<http://tiny.cc/who-broke-the-internet>

- Joseph Fall



In 1623, William Shakespeare wrote, "*one man in his time plays many parts, his acts being seven ages, from screaming infant to the finality of oblivion*".

I don't know if Eric Erickson took his lead from this Shakespeare quote or not but sometime in the 1950's he developed a theory of the "stages of change". He identified eight stages of change, providing approximate ages and conflicting states that need to be resolved to successfully move from one stage to another. These stages of development were not meant to be fact, but rather a tool to think and reflect on and perhaps help a person in developing a positive self-esteem. As I consider where I might be in my particular stage of life, I find myself simultaneously observing my grandchildren as they enter what would be the earliest of the stages.

Erickson's stages of change are: (i) trust versus mistrust; (ii) autonomy versus shame and doubt; (iii) initiative versus guilt; (iv) industry versus inferiority; (v) identity versus confusion; (vi) intimacy versus isolation; (vii) generativity versus stagnation; and (viii) integrity versus despair. I enjoy looking at these various stages but recognize that they have their limitations. I believe they can be useful in gaining some insight into our selves. Reflecting on where and why we may be at a particular stage in life can be enlightening and perhaps allow for some positive personal growth.

Blessings, ♥dianne

\*\*\*Nurse in clinic: July 3, 10. 17, 11 – 3pm\*\*\*





## A Slice of Cemetery History

In the late 1930s, *Good Fellowship Club* a group of young Lasquetians, held fundraisers to create a community cemetery. Albert Cook and Charlie Williams each donated a portion of their property, totalling about an acre. The young men worked to clear this sandy stretch along the road.

Almost fifty years later, our family arrived and, to our surprise, discovered that we owned the piece of the cemetery that Charlie Williams had given.

Through Elda Mason's *History of Lasqueti*, along with other stories told, a quote from my favourite Steinbeck novel came to mind:

"[Cannery Row's] inhabitants are, as the man once said, 'whores, pimps, gamblers, and sons of bitches,' by which he meant everybody. Had the man looked through another peephole, he might have said, 'saints and angels and martyrs and holy men,' and he would have meant the same thing."

Insert Lasqueti Island into this quote, and it got me thinking about Charlie and his position on both sides of that peephole.

Our community might have looked much different today without him. One of the most significant events that changed the course of history was in December of 1927. Frenchie Fountaine had just brought the mail from Pender Harbour to Tucker Bay. Charlie came with a couple of men, tracked down the then-postman Mr. Washburn, and wrestled the unsorted mailbags away to False Bay in his boat. From this time on, False Bay would become the center of island activity. Charlie had made a deal with the steamship company to only stop in False Bay. This act left the middle and southern populations bitter with lasting hard feelings.

In False Bay, Charlie prospered. During the depression, his store gave credit to many. His seine fleet, reduction plant and other ventures kept some employed.

It was he who worked to establish a proper school in False Bay and served on the school board for many years. Among his good acts was using his boat to transport people to the hospital in Pender Harbour. He showed kindness to those in need, such as taking in Onslow Perry after his house burned down.

Charlie also took land away from those who became indebted to him and is remembered today for some unscrupulous land deals.

As the story goes, one community member requested that he not be buried on Charlie's pie-shaped piece of the cemetery. Charlie, however, was buried at the top end of his side. A prestigious gravestone marks his spot. – *Kathy Schultz*





**From Tim Peterson** Happy summer! The June Trust Council meeting saw the new Local Trust Committee Meeting Procedures Bylaw passed. This bylaw will now supersede our local bylaw. The main difference will be in the delegations' rules, with more stringent requirements and timelines. The major piece of work is the draft Policy Statement. Trust Council will be considering the draft on July 9, and again on July 29 for potential First Reading. These online meetings are open to the public to observe. If First Reading proceeds, the draft will be put out for a six month public engagement period.

In addition to website and social media advertising and opportunities to share your views, there will be a mail out, printed surveys, and a session at one of our Local Trust Committee meetings. The Policy Statement contains both advisory goals and directives, which local bylaws are expected to address, and it is foundational to land use planning across the islands.

Trust Council also amended the 2025-2028 Strategic Plan to include items intended to ensure that the Policy Statement is reviewed regularly, to avoid major revision projects like this in the future, and to keep the policy up to date with current realities.

Our next Local Trust Committee Meeting is July 14th at the Health Centre. We will have a project charter for a new minor project, which is planned to complement our major project, the Official Community Plan update.

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

### **From Mikaila Lironi:** Meeting Conduct

As much as the *Islands Trust* is disliked by some community members, being part of the Trust means that our local government decisions aren't made in some far-off office—they're made on island, at public meetings of the *Lasqueti Local Trust Committee* (LTC). These meetings are where important decisions about land use, community

planning, and our island's future take place. That's why how these meetings are run really matters.

Proper meeting conduct isn't just about following rules—it's about fairness, respect, and making sure everyone has a chance to be heard. When meetings are orderly and respectful, it creates space for good discussion and thoughtful decisions. When things get off track—if someone dominates the conversation, interrupts, or gets personal—it can shut others down and derail the process.

The LTC follows a set of procedures meant to keep things fair and focused: set agendas, make time for public input, encourage respectful debate, and ensure that decisions are made in the open. These aren't just bureaucratic boxes to check—they protect the integrity of the decisions being made and help build public trust. When everyone sticks to the process, it's easier to focus on what really matters: the issues affecting our land, our homes, and the community's future.

Part of what makes Lasqueti special is the small, passionate, and tight-knit community. But in such a close community, it's especially important to keep our public spaces—like LTC meetings—respectful and inclusive. We all care deeply about the island which means we have strong opinions about local issues. But this doesn't mean that we can't disagree without being disrespectful.

It's up to all of us to help make public meetings work well. Trustees and staff have a role to play in setting the tone and sticking to the process. Community members have the right to speak up—and the responsibility to do so in a way that's constructive.

At the end of the day, how we make decisions is just as important as what we decide. Let's keep Lasqueti's meetings a place where people feel welcome to participate, where ideas are debated with respect, and where decisions are made in a way that reflects the best of our community. - Trustee Mikaila Lironi  
250-812-2560 mlironi@islandstrust.bc.ca



Pull back your half-decomposed maple leaf mulch, lift a board in your garden, peek under the rocks lining your veggie beds—and what do you see? Wood bugs, wood bugs, wood bugs, wood bugs. They are everywhere! And they seem especially prolific this year.

These tiny, armored critters—also known as sow bugs, pill bugs, or roly-polies—are technically crustaceans, not insects, and are more closely related to shrimp than beetles. Wild, right? With seven pairs of legs, segmented bodies like a lobster's tail, and gills for breathing, they're surprisingly complex.

Wood bugs love moisture and feed on decaying organic matter like fallen leaves, compost, and rotting wood. And while they play an important role as decomposers—helping break down plant material and returning nutrients to the soil—they can also be a destructive force in the organic gardener's veggie patch.

Wood bugs live for about 2–3 years, molting several times as they grow. The females carry eggs in a pouch until they hatch, and the babies emerge as tiny, fully formed wood bugs. In healthy numbers, they're mostly harmless. But when populations explode, they begin nibbling on young seedlings, soft fruits like strawberries, and the tender edges of leaves and plant stems. They've even chewed the stems of my mature cucumber plants—taking out the entire plant in one go. Yikes!

So what to do? Dana suggests this, originally formulated for slugs:

Mix together in a sealable container and shake well:  
(Dana triples the recipe):

**2 cups water;**  
**2 teaspoons sugar**  
**2 teaspoons flour**  
**1 teaspoon yeast**

Before planting in a bed destined for plants wood bugs especially love (cucumbers, beans, eggplants), bury small cans (cat/dog food, salmon, etc.) at soil level and pour the mix into the cans to fill (the mixture will froth). By morning, your cans will be disgustingly and delightfully filled with wood bugs. Reapply if needed near vulnerable plants. Empty after three days; the mixture starts to smell.

Learning all of this about wood bugs made me love them a little more, but truly, large numbers of these critters can have a damaging effect on your garden. If you've found a good method for dealing with wood bugs let us know. – Anna Dodds

### New Garbage Tipping Fees

The Board adopted new tipping fees for all waste management administered by the qRD.

Much appreciation to alternate regional director, Shelley G., who attended a Special Committee of the Whole meeting in early June while I was away on a work trip. Shelley firmly and logically convinced the Board to keep the per bag fee at \$7.50/bag (no increase), to retain the truckload option (with a new fee of \$40/truckload), and to set fair fees for tires and mattresses.

There are also new fees for “bulky items” (\$20), mattresses (\$32), and tires (\$3/tire off rim; \$15/tire on rim; and \$70/commercial tire on rim).

Note that it is up to the Waste Manager to decide on how large a load counts as a single truckload (to be equitable, very large loads may be considered as more than a single truckload). It will also be up to the Waste Manager how to implement acceptance of bulky items and mattresses (e.g., these may be limited to certain barge runs or to a maximum amount per barge run).

Tipping fees only cover part of the cost of disposing waste – the rest comes from property taxes. Reducing waste is the main way to keep costs of the waste management service in check.

In addition to the tipping fees, the qRD will be expanding its recycling program at the Resource Recovery Centre to join recycling/reuse programs for paint, household hazardous waste, alarms, electronics, large appliances, tires, oil and antifreeze, and thermostat recovery. Hopefully Lasqueti will be able participate more in these programs as things roll out.

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





### On Compostable Plastic July 2025

On July 15, 2024, the BC government placed bans on single-use bags, containers, packaging and utensils if constructed of plastic and/or compostable plastic. Why compostable plastic since it's branded as a promising alternative?

Compostable plastics are manufactured from plant-based materials (often cornstarch or sugar cane) and are hard to distinguish from conventional plastics made of fossil fuel. The Lasqueti depot workers have learned to spot it so it doesn't contaminate (and therefore devalue) the bales intended for plastic recycling. Compostable plastics are so physically durable they can withstand the current plastic recycling processes. The operational problems created (jamming up equipment and causing undo wear and tear) make compostable plastics a problem in the Recycle BC system.

So compostable plastics can't be recycled but neither can they be easily composted! Most facilities don't yet meet the specific conditions for handling compostable plastic containers, straws, cups, bags and cutlery, so these products are filtered out and sent to the landfill. Possibly they'll break down there, depending on aerobic conditions but it could take years, decades, or longer, because landfills tend to block out air, moisture and sunlight, all crucial elements for biodegradation.

The problem with compostable plastics is they don't decompose at the same rate as other organic materials like household food waste, yard trimmings and soiled paper products. Industrial and commercial composting facilities control parameters such as temperature, carbon to nitrogen ratio, humidity and air supply so that aerobic microorganisms can break down the organic matter without leaving any toxic material behind. When treated in a municipal composting facility, household food waste will degrade completely in 20 – 40 days. Few facilities are designed to deal with compostable plastics and backyard compost bins don't get hot enough to begin the decomposition process either.

The best choice of all is NO plastic. Remember to take your re-usable shopping bags, to-go mugs, and other refillable containers (for leftovers at a restaurant or bottles to fill with laundry soap or shampoo) when you head out into the world as a consumer. - JennyV



On Wednesday June 25<sup>th</sup>, LINC along with the LCA Reconciliation Committee hosted the showing of the film *Snk'mip; Dig Deeper* to a full house at the Art Center. This film tracked the process of a restoration project by the Valhalla Foundation For Ecology Conservation group on a piece of wetland along Slocan Lake in the Kootenays. Along the way these folks were challenged to dig deeply into the purpose and how to's of healing a much-abused property, face the challenges of hostile public opinion and, most importantly, find an understanding of and cooperation with the Sinixt First Nations who once lived in that place. This heartfelt exploration of controversial subjects (not unlike some experienced here on Lasqueti) caused lively and interesting discussion among the viewers after the showing.

In May, biologist Cora Skein was on island to record the progress of our own restoration project on the Mount Trematon Nature Reserve. LINC would like to thank the Gordon family, especially Jean and Catrina, for their expertise and overview, as well Carolyn Masson, Simmah and Serena for volunteering their time in this meticulous and precise ongoing scientific work. Already we are seeing the spontaneous re-emergence of such native plants as the chocolate lily (*Fritillaria affines*) within the fenced enclosure. Soon LINC will be recruiting volunteers for expanding this project to take in a riparian section along the creek flowing out of Trematon lake.

Also later this year volunteers will be asked to partake in creating a trail on the John Osland Nature Reserve up to one of the island's most impressive viewpoints. Coming together in shared purpose allows us to discover new friends and deepen community bonds while having fun working in beautiful surroundings.

LINC now possesses various filming equipment including a drone and would encourage anyone with an artistic flair interested in film production to contact us if they have ideas that might help educate and promote land conservation on the island.





## Meet the Neighbours



### Chelsea Delle Palme and Mackenzie Kirby, Lake Road

They went from 100 to 0 in less than a month -- from the middle of the city to the middle of nowhere -- with a purpose: to be a part of, instead of apart from, nature.

They both grew up in “bland cities with a river, where you want to leave as soon as you turn 18”, and so gravitated from Calgary (Mack) and Ottawa (Chelsea) to gritty Montreal. They were loft-mates: Chelsea on the top floor and Mack and four other smelly bike messengers below. Chelsea transitioned from the late-night energy of working in bars and playing and singing in a band, to a more wholesome energy of teaching yoga full-time, for nearly ten years. Likewise, Mack burnt out running his own bike messenger company and became an electromechanic. This cool hands-on designation enables him to fix anything controlled by electronics: machines and motors, hydraulics and pneumatics, appliances and electrical, wiring the solar and programming automation.

At age 14, at an arts high school, Chelsea met Violet - the Violet who came to Lasqueti to visit a WWOOFing friend, met Gabe, and... that's another story. Visiting Lasqueti was now a thing. So, when she and Mack felt done with urban sprawl and city life, and were craving nature, Chelsea said, “Let's go to Lasqueti. You'll like it, I promise., You can take things apart and put them back together.”

They barged their van over and camped near Violet and Gabe for the 2024 summer. In the fall, Cindy got in touch about living and working at Old Douglas Farm, where they are based. “It is so beautiful, seeing everything on the farm blooming over this long spring, [and] working, being introduced to homesteading (they just got baby chicks).”



“Lasqueti can be a haven for people who want to make a life outside of the structures over there; you can come here with a van and a good attitude and really wanting to live this way and maybe things will fall into place . . . Instead of coming here with ideas of what it's going to be and putting that on Lasqueti, you really have to weave yourself into what Lasqueti is.” They've entered the gig economy (“if the island wants you here . . .”) and are loving the freedom vibe and being more communal with all the other living beings. “We feel like we've been guided well and supported. We're hoping that continues -- to have a home, have a family.”

-*Suzanne Heron*



Josie Martens

### The Urgent Wind and the Willing Cedar

My skin prickles with the warm caress of the wind.

I push into it like a lover, wanting more...  
for who can not but love the wind?

Today an old cedar in the prime of life... fell,  
badly handled, likely by a drunken rogue wind.  
They had danced together in a courtship that  
lasted centuries.

I wept not just for the broken fallen tree but for a  
wind utterly becalmed with grief.

Two beings that could not have been closer...  
for longer.

Imagine pressing into the caress for centuries,  
a willing cedar against an urgent wind?

- *Dolf Schoenmakers* (May 25, 2025, revised  
June 8, after my first death and dying  
meeting, Lasqueti Island)



## Update from XLAP: More Intertidal Sites



The archaeological record suggests that at its peak, anywhere from 800 to 2000 Indigenous people lived on Lasqueti in the pre-colonial past. To support this large population required tending the resources of the land and sea to maintain consistent food supplies. During the low-low tides in late June, Faren, Julia M., Kathy S. and I recorded some new intertidal archaeological sites that were part of this ancient resource management system. These and other sites demonstrate intimate knowledge of the landscape and engineering that incorporated natural landforms and water flow.

One intertidal management feature in the Fegen group is nestled in the intertidal passage between the bedrock of the two adjacent islets. The intertidal flat is protected from the open ocean, creating a calm intertidal habitat ideal for capturing fish and cultivating clams. This large feature is composed of cobble rock walls, with openings that channel water and fish. Lower in the intertidal are three shallow, rock-walled “clam garden” terraces. These constructed terraces were cleared of rocks to increase clam habitat. Though there are now only dead butter and littleneck clams, this must have been a hugely productive system in the past.

Elsewhere, on the southwestern shore of Lasqueti, fish trap engineers incorporated a deep, natural pool set in a steeply sloped cobble beach. Along one side of the pool, the engineers built a wall transforming the pool to a teardrop shape. This fish-holding pool is remarkably similar in size and shape to fish traps on an islet near Jervis and in False Bay, suggesting the ancient engineers were working from a common design.

On the incoming tide, water flows through the narrow opening of the pool, increasing in velocity. This attracts small fish who feed on the food moving into the channel, in turn attracting larger fish into the trap. We observed large schools of pile perch milling around the mouth of the trap and then following the water (and food) flow as the pool flooded.

In addition to the pools, we noted a small, rock-strewn human-made terrace in the mid-intertidal. This terrace may have been used for fish processing on the otherwise sloped beach. We have noted similarly constructed areas alongside other fish traps. We imagine they once held temporary shelters for a flurry of activity. – *Dana Lepofsky*



Fegen fish trap and clam garden complex. Faren is standing just above the clam gardens. Note two of the rock alignments (front center and right) through which fish and water were funneled.



Tear-shaped fish trap with rock wall within the natural pool. The constructed terrace is visible (middle right) (photo Kathy Schultz).





Ron Abrahams



Kathy Schutz

Creation by Juniper (age 8 on July 1)

## Community Bulletin Board

### The 22nd Dance Performance and Costume Ball Thank Yous

I'd like to extend thanks to everyone who helped out, volunteered, and participated in the 22nd Annual Dance Performance and Costume Ball. This event has a lot of moving parts and I appreciate the attention to details and the support from all of you.

A big thanks to all the dancers. Your dedication, commitment, passion, and laughter are a true inspiration for me. I'm grateful to live in a community that supports the arts and treats dancers like rockstars!

Thank you Lasqueti. Much love Denise



Denise Lieutaghi

Bouquets that magically appeared at the end of this June's fabulous Costume Ball.



### Community Calendar

July 11 – 13: Three plays by Michel Tremblay.

7pm (11<sup>th</sup> and 12<sup>th</sup>); 2pm (13<sup>th</sup>). At the Hall

July 17: Old Time Chautauqua.

July 19: Rockshow!

July 27: Community Forum. 1:30 – 3:30. At the Hall.

July 31: Terry's birthday tea.

Aug 2: Firefighters Picnic.

Aug 30: Lasqueti Days Parade.

Sept 20: Fall Fair.

\*\*Nurse's clinic: Thurs, 3, 10, 17 July 11 - 3pm\*\*



### Birthday Tea Reminder

On Thursday, July 31 from 2:00 - 4:00pm the women of Lasqueti (yes, if you have summer guests, bring them) are invited to tea in my garden. Doane will run our skiff back and forth from the dock, you can come in your own boat, or you can walk in from the back of Cocktail Cove. The trail will be marked with ribbons.

Wear a tea hat, bring finger food to share, or neither. Simply come enjoy an afternoon together. Take a dip on our beach. Loll in the garden. Help me celebrate my 75th. Please, no gifts. - Terry Theiss

### Rockshow! XVII

Saturday, July 19, Rockshow! returns for its 18th year, featuring live music outdoors at the community hall from near and far! This year our own Bad Genny will take the stage at prime time, as well as Queen of Vancouver Island Carolyn Mark, Nanaimo's Sweet Dreams, Jervis, Chautauqua, Foxygloves, and more! Beverages from Old Douglas Farm and Longwood and food by Pia & Pals to keep you grooving day and night. Gates will open at 4 PM. \$25, kids 12 & under free. Ask about discounts for seniors and families. Put on your dancing shoes and come on out and enjoy live music! – Tim Peterson

### Summer Art Shows at the Gallery

July 1st - 9th: *Massivatures and Miniatures* - recent work by Jen O'Connor

Opening reception Sunday July 6th, 4 - 6pm

July 10th - 23rd: *Unfolding spaces: Expressions of Existence*, by Aischa Fräsdorf  
*Experience Dimensions of Being: Contemporary Visions*

Opening reception, July 12th, time TBA

July 24th - August 6th: *love letters on arbutus bark* new works by andrea dillingham-lacoursiere

<http://www.raggedyandrea.com/>

Opening reception Friday, 25 July, 2025  
5 - 8 pm

August 7th - 20th: paintings by Jane, Darzo, Karla and friends featuring work inspired while on vacation in southern latitudes. Title and opening reception TBA

August 21st - September 3rd: *Mary, Faeries, Friends and Flowers* - featuring more of Mary McCrae's paintings that we haven't yet seen!

September 4th - 24th: *Wild Threads: a fibre arts group show* creatively curated by Valeria de Rege, Sandra Smirle, and Violet Rosehart.

Gallery will be open during post office hours, at Saturday market, and by appointment.

### New Summer Hours for False Bay Provisions

Hi community, we are opening longer to serve you this summer!

Mondays, Thursdays, Fridays and Saturdays our hours are 9 am until 6 pm.

Tuesdays, Wednesdays and Sundays we are open 10 am until 5 pm.

You can find a poster in this issue and cut it out to put on your fridge to help remember if you want! See you soon, have a great day!



**GET YOUR  
GROOVY  
ON!!**

**MARK YOUR CALENDERS  
LASQUETI DAYS PARADE  
SATURDAY, AUG. 30, 2025  
NOON, TEAPOT CORNER  
COME JOIN US!!!**



## Our Week in Review

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

\*Nurses clinic: Thurs, July 3, 10, 17

### Land Share with Cabin For Sale

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Two women wearing bright yellow outfits are captured in a dynamic dance pose on a wooden deck. The background shows a wooden building and trees.

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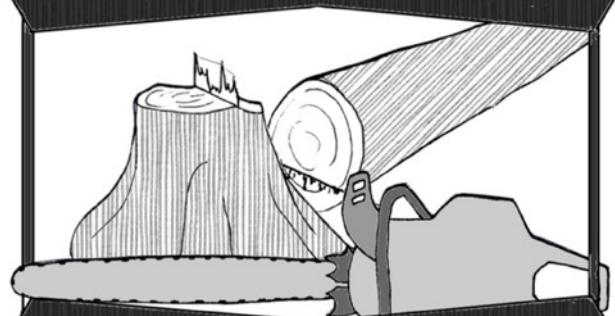
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**Deadline submission for Aug. issue: July 26.**