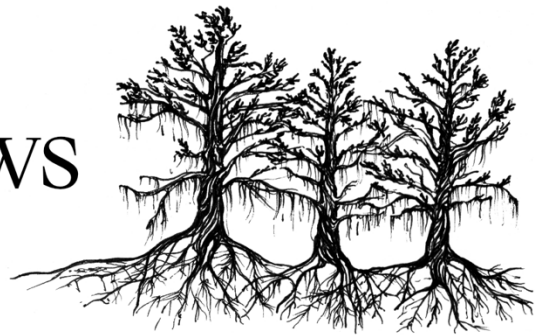


# Xwe'etay News



Issue 5

June 2024

## A Note from your Editors

Spring is a time of celebration, and Lasquetians know how to celebrate. The display of cakes in this issue, starting with the images of the stunning cakes from the 1930s and 40s, reflects our creativity, how much we like a good reason to come together to party, and above all, our love for our people.

Speaking of celebrations, if you celebrate having a community newsletter, please consider making a donation to keep the newsletter going. While not required, we appreciate a donation anytime you submit something for publication.

Oh, and next month's photo theme is **Floral Arrangements**.

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



Evadne Phillips of Rouse Bay with one of her classic cakes. Circa 1940. Elda Mason in her book on Lasqueti says these cakes were sometimes raffled off at fund raising events. (Photo donated by Deirdre Phillips).



## Birds on Lasqueti

### Swainson's Thrush

"Have you heard a Swainson's Thrush yet?" asked a friend in early May. "Not yet," I told her. She said that she had heard one the previous evening. And sure enough, the next night as I was walking home there it was, the beautiful melody of a Swainson's Thrush echoing through the forest. I stopped to listen and thought of the warm summer evenings that I would soon be enjoying.

The Swainson's Thrush is a drab bird, secretive and seldom seen but its ascending flute-like song is unmistakable. On the west coast they are known for "singing up the salmonberry" as their ethereal song climbs up the scale.

They are long-distance migrants, flying north from Central and South America to nest throughout the forests of North America. In British Columbia they can be found almost anywhere; they are one of the province's most widespread birds. They arrive late and leave early so we must enjoy them for the short time they are here.

– Sheila Ray



Terry Theiss' kiwi upside down cake

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



Turkey Vulture nesting and roosting site, high up at the very end of Elderberry Lane, offered as a way to better understand our island's location in the Salish Sea. – *by Ronaldo Norden*

## Walking The Yew

Dana Lepofsky had an idea for a mural on the freight shed depicting False Bay before colonial settlement according to the archaeology project's findings. Jesse Recalma, a Qualicum artist, was game for a collaboration, as were Julia Woldmo and myself.

We brainstormed and Julia made a sketch. We would depict the village in False Bay, highlighting some of the plants and animals important to the First Peoples. Jesse would carve a sun face and side panels. The central gesture would be arms upraised in welcome.

Julia and I painted on the trapezoid of plywood in the Arts Centre. (The freight shed has a shed roof like the buildings of the First Peoples!) We entered the process like a dance- literally dancing each week as warmup. We ended our days swimming in the bay we were painting! We used roots, feathers, branches, moss, sticks, stones, bones and seaweed to make the neon pink underpainting with our intention to honour this place. (This still peeks through, especially in the moon.)

In the time lapse of our studio days ([https://www.youtube.com/watch?v=mfqshcYOE\\_s](https://www.youtube.com/watch?v=mfqshcYOE_s)), you see that we are moving over the whole image as the landscape takes shape and colours shift and

details emerge. Both of us are intuitive painters and so we held the overall plan while continually leaping into the unknown.

We chose species that have cultural, ecological, and personal significance with input from Indigenous advisors and archaeological research. Under the bench are clams in mud. In the ocean: seal, urchin, crab, herring. On land: nettle, camas, thimbleberry yew, redcedar, crabapple. In the air: raven, hummingbird, bat, bee, spider. Supernatural deer, rodent, and yew from the Xwe'etay creation story are shapes inside the hands.

Jesse painted triangle markings and consulted for animal eyes inside the arms. When we painted humans with their fish traps, houses, boats, and fire, the ancestors arrived!

Jesse carved a cedar sun-face, and side panels with the once abundant kelp and eyes to represent the ancestors. Sam Cromarty made a bench from old growth yellow cedar. Jesse and Ocean Hyland created a graphic for the plaque.

The installation stands as sentinel as we come and go from the island. People from the neighbouring First Nations were among the first to see it and Kim Recalma-Clutesi offered blessings, shaking her halibut-shaped rattle and scattering eagle-down over us all. – *Sophia Rosenberg*



## Welcome Mural Gratitude

Our Welcome Mural gratitude extends far and wide—far beyond what any list can capture.

We acknowledge the following individuals and organizations for making the creation and celebration of this artwork possible. This list does not include the many hands who helped make the whole endeavour so special. To our entire community: thank you. Additional project contributors not listed above:

William White – Cultural Advisor

Betty Wilson – Language Advisor

Ken Lertzman – Advisor, Audio installation

Bruce Grant – Mural installation

Daniel Jacobs – Solar & electrical installation

Gary Kollmus – Cedar for bench & plaques

Arvin Amini & George Lertzman-Lepofsky – Audio system

Bruce Bird – False Bay Wharfinger

Ian Rusconi – Plywood cutter

Celebration Event Team:

Aigul Kukolj – Lunch coordinator

Kathy Schultz, Jane McKay, Ivy Runnings &

Reza Sebti – Food coordination

Joseph & Brigitte, Sue & Peter – Veggie donations

Violet Rosehart – yummy food

Clare Kenny, Alex McKenzie, Willy Clark – Event setup

David Eugster – Sheep donation

Faren Wolfe – This and That



The many drivers, those who brought potluck food to share, and gift basket donations

Community Organizations and Project Partners:

Xwe'etay/Lasqueti Archaeology Project (XLAP)

Lasqueti Island Community Arts Council (LICAC)

Lasqueti Community Association (LCA)

LCA Reconciliation Committee

Project Supporters:

British Columbia Arts Council (BCAC)

Social Sciences and Humanities Research Council (SSHRC)

Simon Fraser University (SFU) Community Engagement Initiative (CEI)

- *Julia Woldmo*

## Book marked

I smell wood smoke, as she kisses me goodnight.  
I joke and say, I'm still here, my love, thank you  
for a good day.

She gently falls asleep, I return to my book, wide  
awake.

this marks the start of another troubling night.

It might be for the best  
to be finally put to rest  
perhaps hidden and small  
high up upon a shelf against the cedar bedroom  
wall.

Hidden behind the much-creased paper backs  
in a sneeze inducing dust filled nook...

a dust bunny warren really...

one of many, in this rarely dusted but well  
thumbed trove of countless books.

Books I held on to like a drowning man  
through all my years.

treasured books rich in their oft' read many  
subject rows.

Know this man *by their covers*...

...it's there I wish to make my final rest,  
there I want my story to end,  
in a mausoleum of several million words  
book marked amongst my lifelong friends.

– *Dolf Schoenmakers*

I have been spending all the time I would normally devote to my personal art practice working on community-based projects. It is an interesting push-pull in my artistic life, balancing the connection that comes from engaging with people who want to be creative with the recognition that making work for myself, by myself, is a means of processing and speaking in a visual language that is intrinsic to my being. When I was teaching full time, I held on to my art practice by my fingernails, making sure to carve out a few minutes to be held by the inherent unknown of my art process. This has become a pattern that has been difficult to shift. Prioritizing some form of personal art ritual feels self-indulgent when there is so much to take care of in my immediate world, let alone in the bigger world.

To be clear, creative problem-solving does not serve the same purpose or fill the same need. I have tried to soothe myself many times with reassurances that there are lots of ways I am doing creative tasks, from plastering the masonry stove to drawing plans for the community ceramic studio. Do they involve a creative skill set? Absolutely. Can they be meditative? Without a doubt. Are they a creative practice? I don't think so.

When I refer to the unknown of the creative process, I am speaking about the discomfort that comes from an uncertain outcome. Humans generally don't like being uncomfortable and will seek stability at every opportunity. Alternatively, we override the discomfort of new experiences or unfamiliar territory with adrenaline. The creative process asks for a different relationship with discomfort. Rather than pushing through, it asks that we come with quietude, trust, curiosity and no attachment to outcome. It allows for tendrils of the familiar to anchor us, to prompt and champion us as we spend time in this interstitial space between an unformed idea and its materializing. And if we can stay in this place, if we can put aside our doubts as they arise again and again, the work will carry this energy. It will resonate.

As beautiful as this sounds, most of us do not see the relationship between creativity and self-development, and how sitting in the discomfort of the unknown could be beneficial. I am ready to shift the pattern. I will start with ten minutes a day.

— Jen Brant

When I learned that this month's picture theme was "cakes", it got me thinking not only about all the wonderful cakes I have eaten in the past, but also the celebrations that involve preparing and sharing a special cake.

It also got me reflecting on the many idioms surrounding the word "cake". It is just a piece of cake" or contrary to that, "it is no piece of cake". Another one that comes to mind is, "You can't have your cake and eat it too".

However, the one I would like to reflect on for this article is "Let them eat cake". Whether Marie Antoinette (who was only about 14 at the time), in the late 1700's actually said these exact words I don't know. I do know however that the sentiment attached to it has prevailed. It is a saying that displays the insensitivity of the true realities of life for the unfortunate. It may be difficult to imagine the hardships that many people in the far-reaching places in the world are faced with, or perhaps, how we might do something about it. We can know, however, how our neighbors are doing. When I think of cake now, I think of sharing, and the cake we share being decorated with the individual gifts each person has. It creates the diverse yet inclusive community of where we live and perhaps work.

Here is to sharing a beautifully decorated cake.

- ♥dianne

\*\*\*Nurse in clinic: June 19, 26, 1 – 3pm\*\*\*



Tikki Smith

Spring Fling Cake Walk



## Surveillance Capitalism and the Attention Economy



Our spiritual, philosophical, and political leanings, our unconscious biases and susceptibilities are laid bare by the trail of data we inadvertently share online. Tech companies use it to predict pregnancies, sexual orientation, and other highly personal attributes, even those we may think we've kept private. Maybe you've even experienced that creepy feeling as vaguely familiar ads seem to follow you around the internet? That's not your imagination. And none of this is a clandestine conspiracy. It's a business model.

It's called **surveillance capitalism**—a term coined to describe how tech companies profit by collecting and monetizing your personal data. Not just what you search or like, but where you go, what you buy, who you interact with, how long you dwell on each piece of content, even where your eyes scan and what they linger on. Most of this data collection happens behind the scenes, in ways you don't see or expect. And all this data is transformed into a product: **you**.

Turning you into a commodity requires some sophisticated technologies and statistical methods, but it's easy to understand the business model:

1. **Compete for your attention** (with algorithms designed to keep you scrolling)
2. **Harvest your data** (with or without your consent)
3. **Analyze and package it** (using machine learning statistics)
4. **Sell predictions** about your preferences, biases, and behavior to advertisers, political campaigns, insurance companies, scammers, or any others willing to pay.

An app's apparent purpose, to inform, entertain, or improve your life, is often merely cover for its true purpose and design – to keep you on the app so more data can be collected. On many apps, predictive AI algorithms now curate a personalized content feed, tailored to push your buttons and keep you scrolling. Millions \$\$ are spent on the cognitive science and algorithms that provide a competitive edge in the marketplace for your attention – this is step 1 in the business model: the **attention economy**.

The ultimate goal is **control** – to know you better than you know yourself so that your preferences, your purchasing habits, your political opinions, and even personal relationships, can be exploited and manipulated.

So, what can you do?

Last month I prescribed a “privacy tune-up” for your phone. In the coming months we'll explore some additional practical steps you can take. In the meantime, **talk about it** – help friends and family understand how surveillance capitalism works—awareness is our best defense. And, as always, stay safe out there. - *Joseph Fall*



### Kitchen Creations



#### Gluten-free Sponge Cake and Ermine Icing

Pre-heat oven to 325 F

Line the bottom of two 28" round tins with parchment paper circles.

Separate 5 eggs, room temperature discarding 2 yolks

In first bowl combine:

¼ cup neutral oil

3 large egg yolks

¼ cup + 2 Tbsp of maple syrup

¼ cup Lakanto or other dry alternative sweetener (yes, you can use sugar)

1 tsp vanilla extract

Mix together well. These are the wet ingredients.

In second bowl combine:

1 cup Bob's 1 to 1 Gluten-free flour

1 ¼ tsp baking powder

½ tsp sea salt

any spices to flavour sponge

Sift together. These are the dry ingredients.

In third bowl place:

5 egg whites

¼ tsp cream of tartar

Beat until soft peaks start to form then gradually add: 2 Tbsp cane sugar

Continue beating until stiff (you can turn the bowl upside down)

Gently mix wet and dry ingredients together until homogenous and gently fold in egg whites. All egg bits should be mixed in but try not to overmix. Divide between the 2 pans.

Check after 35 minutes. The cake should stop “talking” to you and should bounce back when you press lightly on the top. Turn oven off and let cakes sit for 10 minutes. Remove from oven and turn pans upside down on a rack,



leaving cakes in them until completely cool. This helps keep the sponge from collapsing. Remove cakes from pans.

### Filling

Whipped cream or custard with a drizzle of fruit or caramel syrup. Poke holes in the sponge with a chopstick and pour the drizzle in.

### Ermine Icing

5 tbsp of any flour  
1/2 cup to 1 cup of granular sweetener (sugar or alternative)  
1 cup of warm milk or milk alternative  
1 1/2 tsp vanilla extract  
A pinch of salt  
1 cup softened, unsalted butter (around 63 deg F)

Make a roux. Heat the flour and sugar in a saucepan for about 30 seconds, stirring constantly.

Slowly whisk in the milk. It will thicken quickly. Be vigilant with your stirring so it does not burn. When it is a little thicker than custard, remove from heat and transfer to a bowl to cool. Put something on the surface (parchment paper, plastic bag) to keep a skin from forming. You want it to be cool but not cold.

Beat your butter for a few minutes until it is pale and smooth. Add the roux one tablespoon at a time while beating at a medium speed. Then add the salt and the vanilla and any other flavours you want. Continue beating until it holds its shape. It is now ready to use. – *Jennifer Brant*



Jen's GF sponge cake with Ermine icing and custard filling for Mark B.'s birthday celebration in May.

## **GF Chocolate Applesauce Cake with Raspberry-chocolate filling and topping**

(modified from: <https://www.allrecipes.com/recipe/17678/chocolate-applesauce-cake-iii/> )

Preheat oven to 350 degrees F (175 degrees C). Grease and flour two square (8 x 8) or standard round cake pans

### Cake batter

Sift together in a bowl and then set aside:

1 1/4 cup Bob's Red Mill GF Flour  
3/4 cup GF oat flour (ground in coffee grinder)  
2 t unsweetened cocoa powder  
1.5 t baking soda  
1/2 t salt

In a large bowl, cream until light and fluffy, using an electric mixer on medium speed:

1/2 c butter OR coconut oil  
3/4 c sugar  
2 t vanilla extract

Beat in two eggs one at a time.

Alternate mixing in dry mixture into the wet mixture with:

2 c. applesauce (preferably cooked down so it has changed color) and the flour mixture.

Pour into the two cake pans. Bake at 350 deg (175 deg C) for 35 minutes or until a knife in the center comes out clean.

### Topping and Filling

Make raspberry sauce while cake is cooking: Set aside a few raspberries to decorate the top of the cake. Cook the rest down with sugar to taste and 1 T of corn starch to thicken. When thickened, add chocolate and stir till melted. Set aside.

Remove cakes from the pans after cooled. Generously spread raspberry-chocolate sauce over middle layer and let it drizzle over the sides. Place second layer and put remaining berry sauce over the top and sides. Put a few whole berries on the top to decorate.



GF applesauce chocolate cake for Grandpa's (Ken's Dad's) 95<sup>th</sup> birthday celebration in May. – *Dana Lepofsky*



## ***Standing on High Ground, Civil Disobedience on Burnaby Mountain.* Rosemary Cornell, Adrienne Drobnies & Tim Bray (editors), (Between the Lines, Toronto, 2024)**

As one of ten thousand protesters of the Trans Mountain Pipeline in 2018, I was absorbed by *Standing on High Ground, Civil Disobedience on Burnaby Mountain*. Along with several Lasquetians, I stood with Will George of Tsleil-Waututh Nation, and many other First Nations to heed their call to “Protect the Inlet” and ecosystems in the Salish Sea.

I was inspired by the book’s stories from some of the hundreds of people arrested in protest of a project and a justice system rigged to protect a corporation and later the federal government intent on moving through Indigenous territory and rural and urban communities with blatant disregard for those affected by this pipeline and its storage and transport site of toxic bitumen.

*Standing on High Ground* recounts the history of the pipeline, identifying the deathly effects that a spill or fire will create (told by oil spill experts and engineers). Most engagingly, it shares descriptions from those arrested right up to 2023 when the pipeline started transporting this toxic product from Alberta’s tar sands through Burrard Inlet via giant tankers and then out the Salish Sea!

In the face of Trudeau’s promises of community approvals and Indigenous reconciliation, the book shows the blatant co-option by the federal government to ensure that fossil fuels keep running from Alberta to the rest of the world (not to Canada). The “Rule of the Law” was broken by numerous stalwart activists, including Elizabeth May, who described “the abuse of procedural fairness rules [as] breathtaking.” She, along with Vancouver’s mayor, health and safety scientists, a former TMX engineer and numerous Indigenous peoples, professors, and spiritual leaders all chose civil disobedience (charged with criminal contempt) against this disastrous project. The book includes details of their arrests, their hearings, and their sentences—ranging from \$500 to 30 days in prison (the latter applied largely to Indigenous people.)

Among the many testimonies, the words of Emilie Teresa Smith, an Anglican priest who served four days of incarceration, stand out: “Our world, the planet we all live on, our Holy Mother on whom we all depend, is in peril. We humans have caused this earth-wide devastation, because the dominant worldview has named greed as the central good of

our human community and has forgotten the cost of such selfishness. We have forgotten the virtues of moderation, cooperation, harmony, balance, generosity... somehow, bizarrely—many of us have accepted this greed-based worldview.” Emilie was shackled, thrown into a van and sent to the Alouette Women’s Correctional Facility.

Postscript: On May 14/25, the federal government with provincial backing suggested dredging Burrard Inlet to allow for full capacity for these huge tankers. – Sheila Harrington

### **Essential Hummingbird Feeder Care**

Hummingbird feeders bring these iridescent jewels to your garden, but proper maintenance is crucial for their health and safety.

#### Cleaning Schedule

Clean feeders every 1-2 days in warm weather, every 3-5 days when cooler. Never top off old nectar—always discard completely before refilling. Scrub all parts with hot water and a bottle brush, avoiding soap which can harm birds. For stubborn buildup, use weak vinegar solution followed by thorough rinsing.

Every few weeks, sterilize with one part bleach to nine parts water for an hour, then rinse extensively to remove all bleach traces.

#### Perfect Nectar Recipe

Mix four parts water to one part refined white sugar. Never use honey, artificial sweeteners, or red dyes—these can be harmful or fatal to hummingbirds.

#### Consequences of Neglect

Dirty feeders breed bacteria and mold, causing infections and digestive issues. “Black tongue syndrome,” a fungal condition, can prevent feeding and cause starvation. Contaminated feeders also attract ants and bees, deterring hummingbirds while spreading further contamination.

Signs of illness include puffed feathers, lethargy, and crusty eyes.

By investing just minutes in regular cleaning, you ensure your feeder remains a safe haven for these remarkable creatures. -*Shelley Garside*



## Gastropod: the podcast that “looks at food through the lens of science and history”

For many of us, food culture is a big part of Lasqueti culture. Look at how much time we spend talking about what we’re growing, cooking, and eating. If you like learning about the history of foods or the science behind how food tastes and smells, where it came from, or how it transforms during the cooking or fermenting process, the award winning “Gastropod” podcast is for you!

Now in their 11th season and with 263 episodes so far, Gastropod is a scripted conversation between two journalists, Cynthia Graber and Nicola Twilley, who specialize in food, science, culture, farming, and the environment. The podcast name comes from a mashup of “gastronomy” and “podcasting”, not the molluscs – though they do have a fun episode on snails. There is a lot of humour in the podcasts and Nicky and Cynthia are clearly having a good time with their subject matter.

Each episode focuses on a particular topic – like the surprising histories of the origins and popularity of bagels, fish and chips, Thai food, and ramen. Others are more focussed on the underlying science behind a food or food-related phenomenon -- like the recognition of umami as a distinct taste, gut-brain connections, the importance of microbiota more generally, the increasing prevalence of food allergies, or the secrets of sourdough. Many are surprising -- like the origins of the mintyness of peppermint, or the connections between the origins of writing and the production of beer. I recently listened to an episode about how ice cream is a “thermodynamic miracle” that depends on how it simultaneously contains three states of matter—solid, liquid, and gas. Many episodes focus on the history of the rise in popularity of a particular fruit or vegetable. Examples of this include episodes focussing on each of kiwis, kale, avocados, kelp, bananas, breadfruit, and quinoa. These are a mix of botany and culture that always includes surprises. In each episode they interview people who are experts in the topic and usually end up eating something unexpected (like ambergis flavoured ice cream).

Food culture is inextricably linked to food politics and there is often an interesting political or environmental through-line in the Gastropod discussions. The historical connection between sugar production and slavery is a good example. Gastropod is available on all the standard podcast apps (Apple Podcasts, Spotify, etc.). - *Ken Lertzman*

## ~~~~ Ebbs and Flows ~~~~

### Fond Memories of our Summers on Lasqueti

August 13<sup>th</sup>, 1964 ...My mother Alex Brown (cousin to Tommy Millicheap) was faced with a conundrum... As usual our family spent July and August with mom’s Uncle Archie Millicheap at his log house on beautiful Ogden Lake. It was my younger sister Georgia’s (Forbes) birthday and there was not much in the way of meat for her dinner birthday celebration. Mother decided it was time for the wicked old rooster to go. Every time we ran around the lake to the old swimming hole, we would tip toe up to the chicken coop fence and look around for the big nasty rooster. As soon as we opened the gate, there he was, chasing all five of us kids and pecking at our heels ‘til we got through the gate. He came to a dramatic end when Mom and our cousin Gary from Victoria rounded up the wood chopping block and the big axe. Between the two of them, the rooster was beheaded. The drama for all of us was unbelievable. We had only seen dead chickens in Safeway under plastic wrap....ready to roast. We all stood open mouthed as the rooster ran around the yard without a head, squirting blood all about. I must say Mom amazed us all. Our 6-year-old little brother Jimmy couldn’t take it. He ran into the farmhouse, grabbed a pillowcase, stuffed it with all his belongings and then ran out the door with the pillowcase slung over his shoulder. He ran down the dusty road yelling, “You chicken killers”. So, he ran away from home. Meanwhile, Mother began stewing the rooster on the old wood stove after I was given the job of plucking all its feathers. Jimmy finally returned around supper time but when Mother dished out the birthday stew on our plates; I was the only one to taste it. Anne, Georgia, Barb, and Jimmy refused to eat the meal. By the way, it was absolutely delicious, and my four siblings had cake for dinner that night. -

*Susan Ellard*



**Tax notices are out.** Your property taxes will go up or down depending on three main factors:  
(a) How much overall property assessment values go up or down. For Lasqueti, the total assessed values increased by 1.4%.

(b) How much tax rates changed from the different taxing authorities. As I described in a previous article, the overall taxes requisitioned by the qRD from Lasqueti went down, which means that the tax rate for the qRD portion of your property taxes decreased by more than the increase in assessed values.

(c) How much the assessed value for your property went up/down in comparison to the average. For example, if the assessed value of your property increased by more than the overall average, your taxes will go up more than the average increase (or down less than the average decrease in the case of the qRD taxes).

**Grants-in-Aid.** At the May Finance Committee, 12 societies presented to the Board regarding their request for a grant-in-aid (none from Lasqueti). It is uplifting to hear about all the good work being done by volunteers in the region, work that covers a wide range that includes social issues (e.g., therapeutic riding, community justice), children and youth (e.g. the Orca bus, which is a travelling fun and educational experience loved by kids in the Powell River area), environmental issues, recreation (e.g. trail maintenance), music (e.g. Townsite Jazz Festival that performed on Lasqueti last year), film, art, special events (e.g. Sandcastle weekend on Texada) and tourism information.

Grants will be decided in the next month or two. The deadline to apply for a grant-in-aid for the second intake is the end of August.

**Justice Institute Communication Training.** To improve board communications and relations, the qRD Board held a one-day in-person course from the Justice Institute of BC. We'll see if this improves our board meetings. The course was very good; and working with the Justice Institute rather than a local government consultant was a more generally useful and cost-effective approach to try to improve our communications during meetings.

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:** Greetings all, Trustees are gearing up for the Trust Council meeting, June 17-19 on Salt Spring. In addition to the usual committee reports, and the results of the annual financial audit, the Local Trust Committee Meeting Procedures Bylaw No. 197 will be considered for adoption. This bylaw will replace the local bylaws in the interest of efficiency, but it is not one I am currently in favour of, since our own version was recently updated, and those local updates are not reflected in the new bylaw.

Trust Programs Committee has finished their work on the draft of the new Policy Statement, which will be considered for First Reading by Trust Council at the end of June, before going out for referrals and public input. The current Policy Statement has not been substantially revised in over 18 years, and the new version is scheduled to be completed before the end of term.

Locally, the private dock application was turned down at our May meeting. While I favoured a different approach which would have included more public process, the fact that staff indicated it was at variance with the current Policy Statement checklist means that even if the Local Trust Committee (LTC) had eventually approved it, it may have been rejected at Executive Committee.

On the topic of docks, the LTC wrote in January to the Minister of Transport, regarding the False Bay dock. Several members of the public had questioned why our dock was not on the list for funding last year, and so we wanted to ask that we be put on any future list. Unfortunately, the response was underwhelming. *"In 2019, Transport Canada conducted a complete wharf and float restoration at the dock, followed by minor repairs and maintenance in subsequent years. In 2022, a routine detailed inspection noted that the dock remains in serviceable condition. Transport Canada conducts inspections every 4-5 years and another inspection is planned for 2026."* The reply also suggested looking into the divestiture program, which is a whole other issue.

Our next regular meeting is scheduled for July 14 at the JFC. In the meantime, please feel free to contact your trustees with your questions, comments, or concerns.

## From Mikaila Lironi:

### What Do the Bylaws Say About Bed and Breakfasts and Vacation Rentals?

If you're considering renting out space to visitors on Lasqueti Island—whether it's a few rooms in your home or a separate cabin on your property— here are the rules you need to follow.

**Bed and Breakfasts (B&Bs):** B&Bs are allowed as a "home enterprise" on non-commercial land, but there are clear limits. You can offer short-term, overnight stays in up to **three**

**bedrooms** within your **primary residence**—the home you live in full-time. You can't operate a B&B out of a separate building like a cabin, and you're only allowed **one B&B per dwelling**. However, if your property has more than one house, each one can have its own B&B, as long as the other rules are followed.

#### **Guest Cabins and Short-Term Rentals:**

Renting out guest cabins or any separate accommodations for less than 30 days is considered **commercial use**, and it's only allowed if your land has **Commercial 3 zoning**. Most residential properties on Lasqueti are not zoned this way, so you **cannot legally use guest cabins for short-term rentals** without rezoning your land first.

#### **Vacation Rentals and Rezoning Requirements:**

The Lasqueti Official Community Plan also makes it clear: if you want to offer vacation rentals—whether it's your whole home, a guest cabin, or another building—you **must apply to rezone** your property or the specific building. When reviewing a rezoning application, the Trust Committee looks at things like: How many vacation rentals are on the property (density), whether there's enough water and sewage capacity for guests, and the potential impact on neighbours and the wider community.

In short, B&Bs in your home are allowed within limits, but using separate buildings or offering short-term rentals in general likely requires rezoning. Before listing your space online or accepting guests, be sure you're in compliance with these rules.

Any questions or clarifications, please contact Tim or me. Sincerely, Mikaila Lironi 250-812-2560 mlironi@islandstrust.bc.ca

## Wisdom from Xwe'etay Gardeners

### Immune boosting Aerated Compost Tea



I was just looking at the black spots on the leaves of my evergreen magnolia, wondering what to do, when I remembered aerated compost tea. I learned about this tea years ago but haven't made it in a long time but am inspired to make some now! Aerated compost tea is a nutrient and microbe rich liquid fertilizer that you can make at home to boost plant immunity and soil health.

Aerated compost tea is made from well-rotted compost, a bubbler and some sugar-like molasses. Simply steeping compost in a bucket generally promotes the growth of anaerobic bacteria, which can be harmful. By adding oxygen, aerated compost tea promotes the growth of a more diverse range of beneficial aerobic microbes.

**How to make it:** Put your compost in a permeable fine mesh bag or cheesecloth, then suspend it in a container of water. Now add in a small bubbler, like something you would use in an aquarium, and then add the molasses. Basically, by adding the oxygen and sugar you are creating the best possible environment for the microbes to grow and multiply at a rapid rate. You will need to bubble it for at least 24 hours, but 36 hours is better.

**Recipe:** Make it in a 5 gallon bucket or something larger, depending on how much you wish to make. We made it in a 45-gallon plastic barrel with about 16 cups of compost, or worm castings and 1 cup of molasses.

**How to use it:** For maximum potency, your aerated compost tea should be used within hours of making it, but it can be stored for up to a few days with reduced potency over time. If you would like to spray the tea directly on the leaves to fight a disease like black spot, then you should spray it early in the morning or in the early evening. Otherwise, you can water it directly into the soil and the timing doesn't matter quite as much.

We have mostly used aerated compost tea to prevent plant diseases like powdery mildew, but it can also be used to improve soil structure and fertility by boosting the population of beneficial microbes in the soil.

Aerated compost tea is another great thing you can do for your garden right now at very little cost. Let me know how it goes! - Anna Dodds



## What Happens to Our Recycling?

Step 1. On Lasqueti, it all begins with collection at the depot. After bringing in your recycling, clean and dry, and sorting it into the proper category, depot workers bale it for moving off-island in efficient bundles.

Step 2. The baled recycling is barged to Powell River and then transported to a Material Recovery Facility (MRF) in either Richmond or New Westminster.

Step 3. Recycling is sorted into multiple grades of material using the latest automation technology. On conveyor belts, paper, plastic, metal, and glass recycling passes through a manual picking phase before fibre screens, magnetic separators, eddy current separators, optical sorters, and air jet separators sort it into categories of similar materials.

Step 4. The sorted material is baled and prepared for end markets.

Step 5. The bales of recycled material are shipped to remanufacturing facilities to be made into new packaging and products.

Step 6. Recycled material is turned back into its original product or pelletized. Recycle BC, the non-profit tasked with collecting, processing, and sorting depot and curbside materials from residents, approves and verifies the end markets, while trying to keep them as local as possible. Merlin Plastics, in the lower mainland, is an end market for plastic which uses pellets to manufacture new products such as furniture, car bumpers, shelving, crown moulding and picture frames. End markets for metal include B.C., Ontario, and the U.S. Metal can be recycled indefinitely. It is shredded, smelted and rolled into sheets, wire, and new containers/packaging. Paper is pulped and pressed into fibre and is marketed overseas, to the U.S., and in B.C. It is made into egg cartons, boxes and other post-consumer wastepaper products. Glass remains in B.C., and is used for new containers, sandblast materials, and construction aggregate.

Step 7. Recycled products are sold back to consumers.

According to the Recycle BC Annual Report, in 2023 over 200,000 tonnes of residential packaging and paper was successfully collected and managed, resulting in a recovery rate of

79.6%. For plastics, 98% of plastic collected was sent to recycling end markets, and 99% of that was sent to recycling end markets in BC.

(<https://recyclebc.ca/about/annual-reports/>).

While the recycling process reduces the need for virgin material extraction it's not an excuse for more consumption! Reduction at the source is the way to true planetary care and respectful use of resources. - JennyV



## Meet the Neighbours



### Joanne Berthiaume and Rick l'Heureux - Weldon Road



Covid forced early retirement, so they followed family, escaping the cold of Montreal. Joanne and I chatted, looking over False Bay, while Rick found the hockey game at the pub.

Joanne studied Fashion Design, and with 5 seamstresses and 37 sewing machines, she created costumes for dancers, gymnasts, cheerleaders and theatres all over Quebec and into Ontario. It was, "quite busy" (understatement.) "I thought I would keep going through Covid, but people cancelled everything, and I thought, I'm closing down." Rick worked at Bombardier for 30 years as an expeditor, always playing music on the side. They raised three children in Montreal who all left the ice and snow behind. Joanne and Rick decided to follow.

They looked for a calmer retirement place close to water and family. Their son Patrick had found Lasqueti, searching for a place in Canada that was warmer, with work and with woods - and off grid. He came four years ago, working at Windy Bay and elsewhere. Joanne and Rick came every summer.

Then son Philip was transferred to the Comox military base and bought property up Oben Road

(cont'd next page)



(Meet the Neighbors cont'd from previous page)

with Patrick. Joanne: "Our daughter is a globetrotter, so I said to Rick, we might as well follow the boys. I used to see them once a year, now I see them every weekend. And Marie is coming in July. We will all be together."

Last year Rick found three other musicians and played the rock show. This year, he and Dan are looking for a bass player. He's been jamming all over and walks everywhere. Joanne keeps her hand in sewing. "One of the schools begged me to continue, and I still love what I do." Perhaps you saw her Barbie clothes at the Christmas fair. "Sequins, I love all that stuff!" They're patiently awaiting the house Patrick is itching to build.

What do you love about Lasqueti? "People are truthful to themselves. No facade. Their soul is who they are. They are generous of their time and their art. I love seeing the children who are 6, 7 years old playing with the 14-year-olds, and the 14-year-olds so caring about the little ones, accepting and helping them out - this is beautiful. I came here for the weather first, but found the people."

What would you change? "Internet for my husband, for the hockey games. This would make him love Lasqueti even more!" – *Suzanne Heron*



LINC is co-hosting a screening of the documentary film *Dig Deeper* with the Lasqueti Reconciliation Committee, 7pm on Wednesday June 25<sup>th</sup> at the Arts Center, by donation. From the film's homepage: "As an idealistic conservation group strives to restore a damaged wetland and tensions escalate with local off-road motorized users, an unexpected revelation uncovers the site's ancient Indigenous heritage, propelling them on a transformative journey of reconciliation with the Sinixt People and reshaping perspectives on land stewardship."

Conservation is a conversation, and *Dig Deeper* reflects the implications of protecting ecosystems without fully considering the many layers of value that various humans ascribe to them. For many of us Lasquetians, reckoning with our place in this ecosystem is inescapable. Everyone knows someone whose car was squashed by a tree. This small community bristles with different ideals, boundaries, and motivations, and we must make tricky decisions about what aspects of nature we are trying to 'protect', and why, and how, and at what expense. Biodiversity? Beavers? Spiritually significant sites? Big trees? Carbon sequestration?

In March, biologist Jenny Balke came to assess beaver activity in the Johnny Osland reserve to lend her perspectives on the implications of the ecosystem-engineers, and their disproportionate influence on a reserve that also serves to preserve old-growth Douglas Fir. Let us know if you'd like to read up on our 'beaver reports'. The epic beaver dam at the east end of the pond is worth checking out; it's shocking to think that it was made by a couple of rodents. Throughout the spring and summer, other scientists will be visiting to monitor the nature reserves – science being one way of defining and evaluating conservation outcomes. If you'd like to spend a day in the gumboots of a biologist examining our shared ecosystem in a new way, contact [linc@lasqueti.ca](mailto:linc@lasqueti.ca)



Another of Evadne Phillips' cakes. 1930s



### Cats

Cats are cute, fluffy, soft, and cuddly. Come in colors of blue, gray, white, brown, orange. And mixes of them. I have a cat. His name is Nemo, he is black and white.

Cats have very good senses. They can hear smell and see extremely well. Some types of wild cats. Puma, cougar, panther, sand cat, ocelot, tiger, and lion. Cats come in many different sizes. Some big and some are small. Short hair some have long hair. Cats are the best. The end!

- Zora Pranic, grade 4

### My Bunnies

My bunnies were the best. I got them in a box. They were Gray. Their names were Stewie and Shish kabob . They had babies three times! In the first litter there were six babies, in the Second litter there were five babies, in the third litter there were three babies. I had them for 2 years. They were adorable. They lived in Powell River at my dad's house. One day I got a call from my dad and he told me that a big black bear came and ate them. I was very sad. My bunnies were my best friends.

- Serafina Duggan, grade 4

### is the best dog ever



Norman is the best dog ever because when carlos dead me and my grandma we Were rilly Sad. We got Norman The from S.P.C.A. PS My Grandparents live in Saskatchewan. We were visiting them In the summer. Carlos but he didn't like toys.

He loved chasing chickens and tried to eat them. My helmet and that's why i love norman so much. This is a picture of norman.

- Grace McCann, age 10



A cartoon cake I made for Coco's birthday a few years ago. It was so fun! - Kirsty Elliot



Evan's 5th Birthday Cake by Karen Gates



By Arlen King



## Community Bulletin Board

### 22nd Annual Dance Performance & Costume Ball

Friday, June 27<sup>th</sup>, Saturday June 28<sup>th</sup>

Mark in your calendars!

This year's show not only showcases Lasqueti dancers, but also live music with Josie on piano and singers Amanda, Denise and Nalia. A show not to be missed.

Doors open at 7:00, Performance 7:30

Entrance: Adults \$20, Teens \$10; Ages 12 and under are free.

There is limited space, so seating reservations are recommended. You can email me at [dlietaghi@gmail.com](mailto:dlietaghi@gmail.com) or text at 250 240-0457 for reservations. See you at the show. - Denise



Tikki Smith

Ruthie King at the Cake Walk at the Spring Fling

### Wind Phones Come to Lasqueti and Beyond

Another dimension to all our lives (and deaths) has been added here on Lasqueti. With permission from the cemetery women (Ivy Runnings and Laura Crean) we have put up a wind phone on the maple just to the right as you start up the cemetery hill.

A wind phone?! What's a wind phone?

The wind phone concept originated in 2010 with Itaru Sasaki in Otsuchi, Japan, where Itaru installed an old, unconnected phone booth in his garden. Initially created as a way for him to "talk" to his cousin who had recently died, the phone allowed him to grieve and say those things he'd never gotten to express. The idea spread, and after the 2011 tsunami the phone was relocated and opened to the public, providing a place for grieving survivors to connect with lost loved ones. Since then, wind phones have been replicated in various locations around the world.

This concept had great appeal to us both, so with the help of Doane and Ronaldo the first wind phone has been installed. The second one will be coming soon and put up in the forest on the edge of the Arts Centre. - Annie and Terry

### Community Calendar

June 6: Covid booster, 11:30 – 3:45, JFC

June 6: 11:30 -3:45; June 7: 9 – 12:30; General Immunizations. JFC

June 25: *Snk'mip Dig Deeper* film , 7pm, Lasqueti Arts Center

June 27, 28: 22<sup>nd</sup> Annual Dance Performance and Costume Ball

July 4 – 5: Arts Fest

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 31: Terry's birthday tea.

**\*\*Nurse's clinic: \*\*Thurs, 19, 26, June, 1 - 3pm\*\***



## Your Input Requested

So, I keep coming back to this idea, so I think it means I need to do it.

I want to put together a column that will be called: *Things Yew Told Me: Towards Our Best Lives on Xwe'etay* (that's the working title...).

And the theme (if there is one) would centre around attempting to answer the question-- "How could we collaborate more effectively to support each other here?"

I'm imagining an eclectic mix of ANONYMOUS submissions, doodles, shopping lists, love notes, random journal entries, project sketches, useful hacks for off grid living, birding notes, things you've learned on your healing journey, gardening tips, musings, book reviews, rants, recipes, etc. (etc., etc.)

I may or may not include all submissions. :)

Please feel free to get your submissions to me by whatever creative way you can imagine—tuck it onto the dash of my car (one of several black CRVs lol....There are certain stickers on mine), or into my bike panniers (bike is white with fat tires — one red and one black pannier) if you see them around somewhere, or my mailbox (with stamp via the PO), or on your way by. Perhaps it's time for a picnic at Squitty or to finally hike up Salish View like you've been meaning to do one of these days? The mailbox is on a stump, second driveway on the right as you come up the hill after Grant Road heading south. Pretty please? With love, - Hilary



Cake made by Doug and Chris for George Lertzman-Lepofsky's Bar Mitzvah on Lasqueti in 2011. As requested, the cake had a Greek theme, complete with Cerberus (the 3-headed dog), a jello-filled, vibrating wine-dark sea that sunk the trireme, various gods and goddesses, and a Mt. Vesuvius that erupted gummy bears.



Mark B's second birthday cake! Made by Jenny. Chocolate zucchini cake (from the Rebar cookbook), topped with matcha icing and Jenny flowers.

## False Bay School Replacement Project Community Consultation Update from the Qualicum School District



On Thursday, May 29, the first community consultation meeting for the False Bay School Replacement Project was held at the school site on Lasqueti Island. This marked the public's first opportunity to engage directly with the project team and senior leaders from the Qualicum School District since the Ministry of Education and Child Care (MOECC) approved the \$14.2 million project in April 2025.

### A New School for Lasqueti Island

The goal of this project is clear: to deliver a safe, efficient, and high-performing school that will serve students, families, and the wider Lasqueti Island community for generations to come. The meeting included a presentation covering the project's scope, Ministry-approved components, and a timeline extending through the next 18 months. The new school will feature:

- Two modern classrooms
- A learning commons
- A Neighbourhood Learning Centre
- An indoor gymnasium
- Accessible washroom facilities
- Administrative space
- A diesel-powered generator and enhanced solar array for clean, reliable energy

(Cont'd next page)

### A Fully Restored Playing Field

As this is a full school replacement project, construction will necessarily affect the existing playing field. However, the project team emphasized that funding has been specifically allocated to restore and improve the playfield by the time construction is complete. The commitment is not just to replace what exists—but to ensure students and the community have access to a safe, high-quality outdoor space that meets modern standards for recreation and physical education. This new playfield will be a key asset to the school and surrounding community, supporting physical activity, outdoor learning, and community events well into the future.

### Next Steps and On-going Engagement

This is just the beginning of a collaborative process. Several additional community consultation meetings are planned over the coming year, offering community members, families, and educators the opportunity to share ideas and shape the final design. The next consultation dates are being finalized and will be announced soon. We expect sessions to take place in late June and late July, and we encourage all community members to participate.

We look forward to hearing your voices as we work together to create a welcoming, resilient, and inspiring new school for Lasqueti Island.

– the Qualicum School District



Lasqueti cake made by Doug and Chris for Gavia Lertzman-Lepofsky's Bat Mitzvah on Lasqueti in 2006. The ocean with the loons (Gavia is the genus of loons) rotated via a motor underneath the cake.

### Three Plays

Ladies and gentlemen! The event you've been waiting for. *On the Rock Theatre* presents three one act plays: "Berthe," "La Duchess de Langeais," and "Surprise, Surprise!," by Quebec's famous playwright, Michel Tremblay.

July 11th and 12<sup>th</sup>. Doors open 7:00pm; showtime 8:00 pm

July 13<sup>th</sup>. Matinee, showtime 2:00 pm.

At the Community Hall. Tickets at the door (\$20 Adults, \$5 Students. No wee ones please!

- Donna MacDonald

### Let's go Boating!

Spring is here and it's time to enjoy being out in the water! The Lasqueti Yacht Club is having their opening sailpast event on Sunday, June 22nd at 1 pm. This is a fun time to be on the dock to see boats of all sizes doing their annual spin around False Bay.

Thinking of joining the yacht club? Here are some things to consider: LYC members receive a 10% discount at Independent Shipyard and Harbour Chandlery, the club has 8 Lasers available for member's use, and we have great social events on water and land. Other things to watch for are public laser sailing days in July and dry land sessions for the kids coming up soon. If you'd like to join, memberships are \$30 per person and \$60 for families. For more information contact our membership coordinators Sharon Chesham ([sharon@thefudgery.com](mailto:sharon@thefudgery.com)) or Luise Zinsli ([zinsli@telus.net](mailto:zinsli@telus.net)). See you on the water!

– Deb Perell



Jay Rainey's 50th birthday party. (Subtitle from Jay: "Someone left the cake out in the rain.")



## Birthday Tea

When I turned 55, I started a tradition of holding a tea in my garden for the women of Lasqueti on my birthday. The tea then happened every 5 years. When I turned 70 it couldn't take place because of COVID. So, 10 years after my last tea, I am once again inviting women of all ages to have tea in my garden on Thursday, July 31. Please come and help me celebrate my 75th. If you want to bring food to share that's fine, but not necessary. It's really just an opportunity for us to get together and enjoy one another's company on a summer afternoon. Doane will run our skiff back and forth from the dock to our place from 2:00 - 4:00 pm. You can also walk in - the trail will be marked with ribbons from the back of Cocktail Cove. Or bring your own ocean-going vessel to our beach. I'll announce it again on the email list as the date gets closer. For now, mark your calendars. I'd love for you to join me for a cuppa. And, jeeze, 75 transits around the sun is an accomplishment! - *Terry Theiss*

## Join us for Arts Festival 2025, July 4th & 5th at the Lasqueti Community Hall

Arts Fest kicks off Friday July 4<sup>th</sup>: Quiet Art Viewing: 1pm-4pm. Readers Night: doors 6pm and readings start at 7pm sharp. All day Saturday July 5<sup>th</sup>: Gates open at 1pm, come out and enjoy live music, food, drinks, art viewing (sales 2pm-6pm), kids activities, face painting, and much more. If you would like to help with setup or have any questions, please feel free to reach out to either of us.

-Pachiel 250-240-2088 [pachielflower@gmail.com](mailto:pachielflower@gmail.com)

-Tikki 250 240-2918 [smithtikkit@hotmail.com](mailto:smithtikkit@hotmail.com)



Shawna Karras

Two of Violet's cakes

## 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
<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
<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>	11 - 4	9 - 5	11-4	10 - 5	9 - 5	9 - 5	9 - 5
<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, 19, 26, June, 11 - 3pm\*





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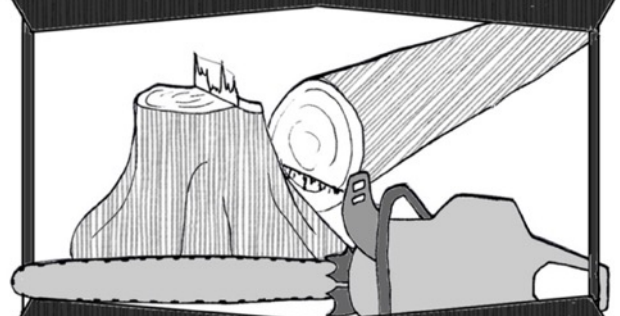
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**Deadline submission for July issue: June 29.**