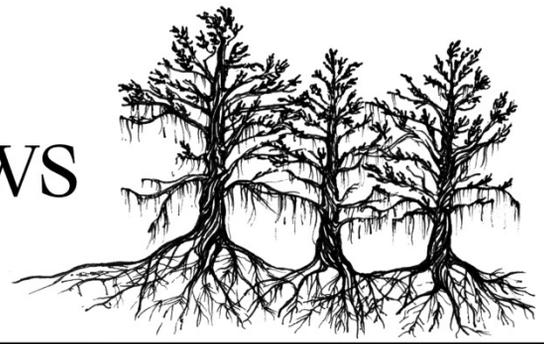


# Xwe'etay News



Issue 2

March 2024

## A Note from your Editors

We are so deeply moved by the outpouring of support for *Xwe'etay News*. This outpouring is evident in the many one-time submissions and regular columns, the flow of donations, the positive feedback “on the street”, and the fact that we have to increase our print run!

Because of this enthusiasm, and because we are committed to producing a newsletter with many voices *and* that is affordable, we have to keep pretty strict adherence to our maximum 400-word limit. Thanks to all the submitters who have graciously gone back to their pieces and cut to meet our limits, or who have accepted our team’s edits. We know how hard it is to cut words!

We’re already looking forward to our next issue. Please send ideas our way:

[xweetaynews@lasqueti.ca](mailto:xweetaynews@lasqueti.ca) - The Yew Collective

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

### The Picture Frame

The framed picture on my office wall seems to fit right in with the rest of the family pictures. Its outline is delicately decorated in black enamel with graceful storks and vines painted on it. It has a Japanese feel about it. Two squares and one circle hold precious pictures of ancestors long dead. But this frame has an obvious chip out of the top of it. No one has ever attempted to fix this because it is part of the frame’s history.

I was born after my Grandma Margaret Mason had died so I felt the loss of her as a

grandmother in my life. When my dad was cleaning out his things one time, he said I could have this frame as it belonged to his Ma. Then he told me the story of this family heirloom.

His parents lived in their cozy home at the head of Boat Cove on Lasqueti Island. They led a peaceful, idyllic life with family and friends nearby. Then tragedy struck. Grandpa died and Grandma never got over the loss. She went to Vancouver to live with her daughter and leave her precious home. In her absence she rented the house, fully furnished, to a lady in a wheelchair (paralyzed from being on the Titanic) and her nursemaid. All went well until one time the overly hot wood stove caught the house on fire.

The nursemaid had no idea what to do about a fire, so she left the lady in the wheelchair in the burning house and ran to the neighbour’s house about a quarter of a mile away. Terror and panic took over as the lady in the wheelchair tried desperately to escape but to no avail. (cont’d)



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

*(Ebbs and Flows cont'd from p. 1)*

She realized the house was full of precious things that belonged to my Grandma so she started throwing things out the window thinking she could save some things even if she couldn't save herself. One of the things she flung out the window was my picture frame; it landed badly on a rock.

Luckily the neighbour, Mr. Cook, arrived quickly enough to rescue the lady in the wheelchair, but the house was lost. Meanwhile, Grandma in Vancouver was not doing well. On the night the house burnt down, she dreamt that there were flames all around her and she awoke in terror. She never recovered enough to return to Lasqueti, and she died shortly thereafter. But the chipped frame hangs on my wall, and my grandma smiles out, a gentle reminder.

- Stephanie Mason Williams

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## The Layered Histories Project

Xwe'etay/Lasqueti is an island steeped in history. We're just beginning to understand the depth of that history, beginning at least 7000 years ago with the first Indigenous visitors. Since that time, and continuing to today, 1000's of people have been part of creating layers of our island's historical record. Today, as Kathy Schultz once said, "we're all walking on someone else's history".

The Layered Histories Project is borne out of the desire to document these histories. A sister project to the Xwe'etay/Lasqueti Archaeology Project (XLAP), the goal is to assemble historical documentation into an archive and ultimately into an interactive website. In addition to XLAP, we are funded by a qRD Regional Grant and the Heritage Legacy Fund.

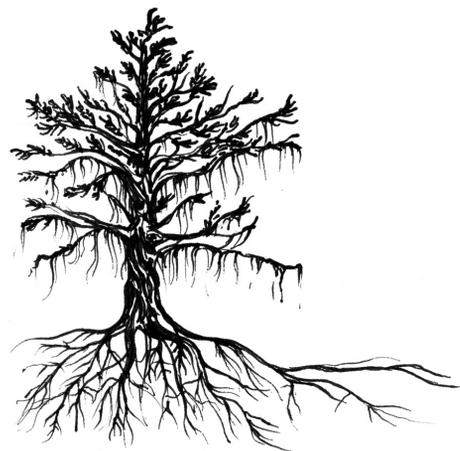
One of the goals of our research is understand how the landscape has changed over time. To do this, we're compiling information from early survey data, journals, and photographs, and air photos (1932 onward). Gordon Scott with his background in Geography is helping us understand ecological changes. Andrew Fall is

modeling where streams were, and which could have been used for drinking and/or salmon in pre-logging times. Julia Woldmo is conducting interviews with island long-timers to document observations of ecological changes. Collectively, we're learning a lot about how people of the past – settler and Indigenous – lived on our island.

All this information is being uploaded into a digital archives designed for the Layered Histories project. The archives will allow a user to read about specific places, people, or species by searching with the appropriate key word or phrase. At the request of some donors, some information may have restricted access and only be visible to family members.

In a few years, our dream is to turn the archives into a beautiful, place-based website that allows the user to explore the history of particular island places and how they are connected to other places. For instance, imagine zooming in on the Lasqueti cemetery and seeing the map that the XLAP team created of the graves. Then click on one of the settler graves to read their life story and see photos. Imagine further that on reading you find this person lived in xxx bay 60 years ago. Now you can click on the link for xxx bay and experience its full history – as documented in the archaeological, ecological, archival and memory records. The possibilities are vast.

If you have any information or documentation you'd like to share with the Layered Histories Project, contact Julia Woldmo [julia.woldmo@outlook.com](mailto:julia.woldmo@outlook.com) - Dana Lepofsky





## Meet the Neighbours



When I suggested a “*Meet the Neighbours*” column to Dana, she said, “Great! Will you do it?” So, in the interest of getting to know more of our growing population, I’d like to introduce a (willing) Lasquetian each month. I thought it only fair to start with myself . . .



### ***What’s your Lasqueti story?***

When Dolf said, in the depths of an Ontario winter, “I’d like to end up in the Gulf Islands,” I said, “Sure!” and started poking about online. I quickly decided the southern islands were too overdone for us. I looked north - and thought, the whole point of being in the best climate in Canada is to be in the best climate. Texada seemed big enough to have community, but the online feel I got was, for us anyway, too country-and-western and gravel-pitty. But there was a smaller island just at its south end . . . I felt like Goldilocks. That island looks the right size. The right latitude. I wonder about that island . . . In the days before our website, it was hard to find out information, which we liked. What we did find out resonated. Interrupted ferry service so it isn’t a bedroom community: if you’re going to be here, figure it out here. No car ferry: no rubberneckers. Community groups making stuff happen. We visited in 2004 to find a place to tuck away for later. But that’s another story.

***If you had a magic wand, what is the one thing you’d change on Lasqueti?*** I’d wave my wand to cost-effectively enable us to reduce our carbon footprint from wood, gas, diesel, propane - without unintended consequences.

***What would you never want to change?*** The traditions and habits that reflect a desire to pull together and take care of each other. Knitted blankets. Meetings at the Hall. Cooking for the First Responders and new parents. Shoshanah’s new get-togethers. And waving to each other on the road (if you can call that 2-finger raise from the wheel a wave). I had a conversation with Bob Kearney on the ferry: do you just wave to people you know (Bob’s tendency) or to everyone (my habit - though perhaps more vigorously to friends)? I maintain that since we are all crazy

enough to live here, we are all connected. The last time I passed Bob at the mailbox, I waved madly to him. – Suzanne Heron



## Birds on Lasqueti



### **Bon Voyage Buffleheads**

The Bufflehead (*Bephalo albeola*) is our smallest diving duck. They are common here during the winter in small, protected bays or fresh water ponds. The male is a striking black and white; the female is a drab brown with a neat white patch on her cheek. Their plumage is so different that they look like they could be different species.



They spend the summer nesting and raising young in boreal forests or aspen parklands in interior BC. They nest almost exclusively in cavities excavated by Northern flickers.

Bufflehead pairs stay together for many years. The only time they leave water is when the female leads her chicks from their cavity nest to a lake or pond.

In the fall they return to the coast, usually arriving in places like Heron Bay in mid-October. They are shallow divers and eat invertebrates on mudflats. In freshwater they eat larvae of such things as dragonflies.

To dive, Buffleheads compress their plumage to squeeze out air; they then give a slight forward leap and plunge powerfully downward. They hold their wings tightly against their bodies underwater and use only their feet to propel themselves. At the end of a dive, they bob to the surface like a cork.

Now is a great time to watch for Buffleheads. Almost any protected bay will have a few swimming and diving in it. They are getting ready to leave and the males are courting the females. They do this by flying over the females, skiing to a stop on the water near them and bobbing their heads. They look like little black and white wind-up toys.

We won’t see them leave, but as the days get longer and warmer and the ice on the lakes and ponds of the interior melts, we will suddenly notice that the Buffleheads have gone.

## Wisdom from Xwe'etay Gardeners



### GROWING YOUR OWN STARTERS

Why start your own plants indoors when there are quality starters for purchase on Lasqueti? If you're like me, you like to pick your favourite varieties and time them for your garden's parameters. Some plants, like peas and spinach, are less bothered by seed-eating rodents and birds if started indoors. Bottom line is that I just love having my hands in the dirt while the rain drums on the skylights.

Before starting, you need to figure out a few things. Most vegetables germinate best at a warmer temperature (21 to 25° C) so find a warm spot in your house. At night, consider making a nest with hot water bottles. The luxury solution is a commercial heat mat which will raise the temperature 5 to 7° C. Even better, purchase a heat mat with a thermostat. This investment should last for decades.

Ready-made soil mixes are available on island from Carmen. She will also have various soil amendments, which you may wish to add in small amounts. Read the ingredients' list carefully for any adjustments. I make my own mix using good soil from outside the garden, compost, and coarse vermiculite.

Use your imagination for containers. Milk cartons and other cartons, either upright or sideways, are popular, as are various yogurt containers. Plastic containers will last many years if you store them in the dark. To guard against disease, wash containers in a 10% bleach solution. If you are using unconventional containers, punch a few holes in the bottom for drainage.

Fill your containers with damp (not wet), soil close to the top of the container. Add seed sparingly and top with very little soil. To keep the soil damp, cover with plastic or put into a plastic bag, end open. CHECK EVERY CONTAINER EVERY DAY. If your pots require additional water, add it sparingly. If you can add the water from the bottom, that is better.

As soon as seedlings sprout, they will need good light in a cooler location. Some people manage multi-directional light by setting the plants between the window and reflector—like mirrors or aluminum foil. No matter what your set up is, it is beneficial to rotate seedlings from one spot to another. Repot or thin the seedlings before they become crowded. As soon as feasible, move seedlings out into a cold frame or greenhouse or porch. Plant in the ground as soon as possible.

– Marti Wendt

### Book Review

*Super-Earth Mother: The AI that Engineered a Brave New World.* By Guy Immega. EDGE Science Fiction & Fantasy Publishing, 2023.



Whether you are optimistic or pessimistic about the future of the human race, this is an intriguing read. There's just enough scientific description to make it authentic without overwhelming those of us who have a vague understanding of all the complexities. This epic journey begins in the year 2053 on a moon outpost colony then travels another 20,000 years into the future to a planet with earth-like characteristics yet dangerously challenging to DNA adapted humans. Guy Immega conjures a world full of imagination but rooted in the plausible evolution of exoplanets. This is not just science fiction, set in a forbidding alien environment, but also a story about fundamental human nature, both natural and AI driven.

The author's name may be familiar. Retired aeronautics engineer, Guy has owned property on Lasqueti since the early 1970s. He was one of many who worked to thwart BC Hydro's attempt to run the Cheekye Dunsmuir line across the island from 1977 to 1979. Read more about this amazing undertaking in *Accidental Eden* by Douglas L. Hamilton and Darlene Olesko (Caitlin Press, 2014). Doug authored the chapter "Kilowattus Interruptus" pages 76-82.

Guy and his wife Gayle continue to visit Lasqueti on a regular basis and are generous community supporters. If you have a proclivity toward Science Fiction or are Sci Fi curious, check this out. - Sue Ashcroft

## A god day

Today I move a mountain,  
Tomorrow drain a sea;  
Each day I'll paint the sky blue,  
Open flowers for the bees,  
And hang the sun high  
to shine on all the many trees,  
For I have found the god life  
where it lives, deep inside me.

Today I shuffle constellations,  
Tomorrow count the desert sands;  
Each day I'll raid the garden  
For roots and cuttings to  
transplant;  
I find I hold the seeds of life  
In the hollow of my hand,  
For I have found the god life  
and live in the promised land.

As I open schools for fishes,  
write songs for all the whales,  
show penguins how to shuffle  
step  
And the albatross, the waves,  
to glide a tiny feather's width  
o'er the ocean's giant waves...

Today I made the morning -  
But I first I made the dawn;  
Tomorrow I'll make breakfast  
but first the robin's song;  
a string hammock to snooze in  
but first a drowsy afternoon -  
For I have found the god life  
And will not put a foot wrong.

As I open schools for fishes,  
write songs for all the whales,  
show penguins how to shuffle  
step  
And the albatross, the waves,  
to glide a tiny feather's width  
o're the ocean's giant waves...

Today I made angels,  
Tomorrow I'll make saints -  
But first I'll need sinners  
To show their difference.  
Then I'll make the night fall  
and raise up the Milky Way,  
For I have found the god life  
and live a god filled day.

Where I can open schools for  
fishes,  
write songs for all the whales,  
show penguins how to shuffle  
step  
And the albatross, the waves,  
to glide a tiny feather's width  
o'er the ocean's giant waves.

- Dolf Schoenmakers  
Feb.15, 2024, Lasqueti Island



# Hey, Lasqueti Island

## Join the Islands Trust subscriber list!

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Sign up today for timely updates, event notices, and engagement invitations!

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SCAN ME



Islands Trust

Preserving and protecting over 450 islands  
and surrounding waters in the Salish Sea

## Dog Watching ~ The Wolf Amongst Us

Whether you are a dog owner or not, dogs are fascinating to watch. They “speak” 24/7, mostly without a single noise! Their Canine body language tells us what they think and feel in the moment! Dogs don’t lie; they communicate unfiltered by convention. And, best of all, they offer us an intersection with the wild!

Amazingly, all over the world, humans have learned to cooperate with descendants of the wolf - often bringing dogs into their living rooms or even their beds! While we bred them for vastly different traits, not much has changed in their language. Beyond their bark, dogs are still using the same alphabet as their forebearers, the wolf!

As inhabitants or visitors to Lasqueti, we share ferry rides with humans and dogs, captive for the duration. Why not take a few moments to observe firsthand how dogs interact? All we need are wide-open eyes and minds!

Think of an encounter between dogs and humans as a conversation. Try to observe *objectively* rather than *interpreting* motivations or meaning. Imagine a dog is tied up on a 4’ leash. A human approaches the dog to 5’ away, standing front-on, making direct eye contact, and leaning forward. Noticing the human, the dog turns his head away, showing the white of his eyes.

In these 15 seconds there is the potential to fall into the trap of common misunderstandings and interpretations about conversations between our two species. Is the human trying to intimidate or dominate this dog? Or are they simply showing friendly interest using typical primate body language? Was the human unaware that they in fact opened the conversation with offensive, possibly threatening body language - as read in Canine language - instead of being neutral or inviting? Is the dog submitting, being stubborn, anxious, or politely disengaging upon possibly perceiving the human behaviour as a threat? Or is the dog simply reacting to a noise behind them? And, consider how another dog, maybe already stressed by the noisy, unpredictable environment on the ferry, might respond. Bark, lunge? All because they, justifiably, interpreted Primate language into their own Canine language.

Thank you for entering the conversation! More to explore! - Domena

## Kitchen Creations

### Veggie Cabbage Rolls

\*\*Visit [xweetaynews.ca](http://xweetaynews.ca) for step-by-step photos\*\*

These cabbage rolls are inspired by the ones my Grandma made—only hers had ground beef.

Ingredients (approximate measures!):

- 1 head of white cabbage
- 2 cups cooked white basmati rice
- 1 med onion, finely chopped
- 1 cup mushrooms, coarsely grated (yup, grated)
- ¼ cup finely chopped walnuts
- 2 cups tomato sauce
- juice from one lemon
- 3 Tbsp? of honey; salt to taste

Cut out the core of the cabbage and remove one by one at least 10 leaves from the outside of the head. Try not to break them. Running the head under hot water helps remove the leaves.

Cut a narrow V at one end of each leaf to remove the thickest part of the central spine. Steam these leaves until just wilted. Set aside.

The filling: Sauté the chopped onion in a heavy skillet. When golden, add 1-1½ cups of thinly sliced cabbage from the remaining head.

When wilted, add the grated mushrooms and cook slightly. Add the walnuts.

Add the rice and mix till blended. Add some (¼ cup?) of the tomato sauce to the rice till it's coated with the sauce. Don't make it too wet, or the filling will be hard to handle. Add salt to taste

In a saucepan, pour in the remaining tomato sauce and lemon juice and stir. Add honey, stirring in 1 Tbsp at a time and tasting, until the sauce is a mix of sour and sweet. Pour half of the sauce into the bottom of a casserole dish (8" x 8" works well).

To prepare the rolls: Place a healthy dollop of filling on a steamed cabbage leaf. Tuck in the sides and roll up. Place the roll seam-down in the casserole. Some will look better than others, but once in the casserole, no one will be able to tell. Continue to place rolls in the casserole, so they're side by side. When you've run out of leaves, or filling, or space, pour the rest of the sauce over the rolls.

Bake at 350 degrees uncovered until bubbly and the tops of the rolls are slightly browned. Cover if they're drying out. - Dana Lepofsky



## Is AI Intelligent?

“Artificial Intelligence” (AI) is not a consumer product. It is a 60+ year old field of research – essentially the study of things computers are not yet good at. While the media refers to ChatGPT and its ilk as “AI”, a more accurate term (though admittedly less marketable) might be “Machine Inferences Relying on Arbitrary Generalizations and Extrapolations” (MIRAGE). These systems use a clever slight-of-hand to give the appearance of intelligence without any of its substance. And they do so by using statistics. A lot of statistics.

Free from pre-conceived ideas and possessing a virtually unlimited capacity for dull repetitive calculations, computers, it turns out, are very good at statistics. “Data Science” is merely a dressed-up term for doing statistics with a computer. And “Machine Learning” paradoxically means the machine’s inferences are based on naive correlations (aka arbitrary generalizations and extrapolations) rather than any kind of logical rationale or contextual understanding. Not so much “learning” as “informed guessing”. And while “Machine Guessing” doesn’t have the same marketing ring, it does explain why these systems “hallucinate”, aka “confidently spout nonsense”.

Those gee-wiz consumer products and the spin and misdirection about super-intelligent AI distract us from the serious negative consequences MIRAGE tech is already having, right now:

- Their insatiable appetite for data has effectively appropriated most digitized creative works without compensating or acknowledging their human authors, copyright or not.
- Decisions they make about people’s education, employment, housing, insurance, credit scores, or prison sentences entrench historical social and economic inequities that are deeply encoded their “training data”.

- Their energy consumption is measured in KWH per second, and may emit as much carbon as 5 billion inter-continental flights per year.
- They have accelerated mass misinformation and election interference campaigns, the spread of audio/video deep fakes and other scams, and autonomous weapons systems.

Of course, there are also many beneficial applications, particularly in medicine and health care where these models are improving cancer screening, discovering new drugs, and saving lives.

Like any powerful technology, its net impact will depend entirely on who uses it and to what ends. Regardless, we need to be clear-eyed about its present-day problems and realistic about its potential for long-term harms. The first step is to recognize that machine “intelligence” may be an illusion promoted by those who hope to profit from its promise, and seek to entrench their own power before the rest of us spot the mirage. – Joseph Fall

## Appreciation for Windsor Plywood

We were recently the recipients of a big favour from the crew at Windsor Plywood near French Creek. When we asked what we could do for them, they said they were happy to help. We asked if they had something like a party fund, and they said, Yes. We are planning to make a donation to the fund. We imagine that other Lasquetians have also received favours or good treatment from Windsor and might also like to express their gratitude. If you'd like to contribute with us, you can add to ours, if you like, or do it on your own.

Let us know how much you'd like to contribute, and whether you'd like your name included in the list of appreciative Lasqueti people, or are happy to just be one of the community over here. Please e-transfer funds to [pjohnston@lasqueti.ca](mailto:pjohnston@lasqueti.ca) or [sue@lasqueti.ca](mailto:sue@lasqueti.ca) and include a note saying what it's for.

Years ago, I asked them why they would deliver a box of screws to the ferry. They told me then that today it was a box of screws, and next time it might be most of a house. We think they are a great business to have close to the ferry.

There are some recent changes in the cervical screening program in BC, which I am happy to report. It will decrease for many, the number of Pap tests required. HPV (human papilloma virus)-based screening detects pre-cancerous lesions earlier and better than cytology-based samples (Pap smears). Many regions of the world have already transitioned to HPV-based screening.

These changes should help decrease barriers and increase accessibility for all those requiring screening. This ultimately will provide for early detection of pre-cancer or cervical cancer.

Some people may have already been contacted and provided with a self-screening kit as Lasqueti island was included in the district that ran the pilot project for this program.

Regardless of where a person resides in BC and when they are due for cervix screening, they can choose to collect their own sample vaginally (self-screening), wherever they feel safe and comfortable.

Cervix self-screening is available to anyone aged 25 to 69 who:

- Has a cervix;
- Is due for routine screening;
- Has ever had sexual contact (intercourse or digital or oral sexual contact involving the genital area with a person of any gender);
- Is asymptomatic; and
- Is registered with the Medical Services Plan of BC. This includes people who are HIV positive and/or immune-compromised.

People who are NOT eligible for cervix self-screening include those who are:

- Currently experiencing symptoms
- Currently pregnant
- Recommended to have a co-test (both HPV and cytology testing with a provider-collected Liquid Based Cytology -LBC sample) due to a previous diagnosis and treatment of pre-cancer
- Using a pessary; or
- Have a history of cervical cancer.

The patient will directly mail their sample themselves to the Cervical Cancer Screening Laboratory.

Patients can request a cervix self-screening kit from the Cervix Screening Program by phone at 1-877-702-6566 or online

at [www.screeningbc.ca/cervix](http://www.screeningbc.ca/cervix).

If you are ordering self-screening kits on-line you will need to complete a form that requests the name of your primary provider and clinic name and address. This is NOT my name or the name and address of the Judith Fisher Centre but that of your family physician or NP.

If you have further questions about self-screening feel free to contact me. I will hopefully be able to help or find an answer for you!

Best, ♥dianne

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

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

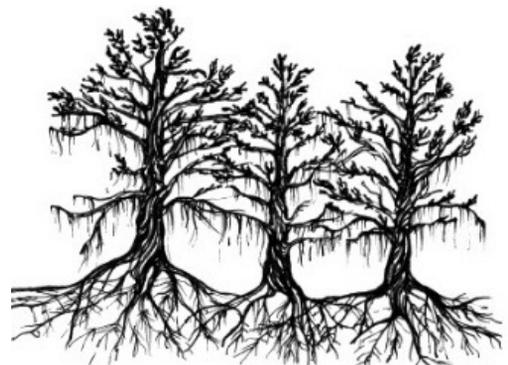
**\*\*Clinics Thurs. At JF Health Center, 11-3\*\***

### **Gratitude for Terry Theiss former Editor of *Our Isle and Times***

With the new Yew Collective producing a Lasqueti community newspaper, I reflected on the 20+ years that Terry Theiss quietly published *Our Isle and Times*. It is astounding to me that someone would voluntarily gather, lay out, and print over 200 papers every month for more than 20 years!! Terry – you have outdone yourself, and I know that many people in this community are very grateful to you.

Lasqueti is lucky to have our volunteer editors who give their time and expertise by providing our community with a newsletter full of local news and events. Contact me if you want to contribute to a wee gift of appreciation for Terry's many years of service.

Izzy sheharrington@gmail.com



## The Arts Almanac

I want to talk about ceramics. I get so excited when I talk about ceramics. Ceramics are intertwined with the human experience! Ceramics are almost universal, developing at roughly the same time on every continent! Ceramics blur the traditional, outdated division of art and craft!

The oldest known ceramic sculpture dates to 29,000 BC while the oldest ceramic vessels date to 18,000 BC. We started working with clay before we began to bake bread or make rope. We coiled and hand built until 3500 BC, when the first pottery wheel was invented, allowing us to coil build more quickly. We quickly figured out that we could throw vessels on a faster wheel that made use of a heavy flywheel. We continue to use a version of this development in the present day—the kick wheel—even with the invention of the electric motor that now powers most pottery wheels. We still choose to pit-fire pottery though we now have access to kilns, thus maintaining a connection with the original process as we develop techniques and refine materials.

Working with clay seems to tap into ancient DNA we carry, the same DNA that is activated when we sit outside around a fire under the stars. We all carry ancestral trauma, but we also carry ancestral joy and knowledge. With clay, we get to pull on a thread that leads back to the Neolithic Age yet is still a relevant part of contemporary life.

People who engage with clay describe feeling like they are coming home. When I work with clay, I feel a deep quietude. Its tactile nature activates my sense of temperature, texture, and form. Sculpting, shaping, and coiling activate my fine motor skills. My muscles are engaged as I knead and roll. I cannot help but be in my body, and this allows my mind to be still.

Ceramics is also an exercise in detaching from the outcome. The most experienced ceramic artist will open the kiln with a sense of trepidation, wondering if their work survived. This becomes a shared experience of anticipation and wonder when we fire a community kiln. When we open it up, we are faced with the result of our patience, process, and vision. Ceramics—elastic, unpredictable, labourious—can bring us together to celebrate (and mourn) our creative ingenuity

And unforeseen, and often invisible, obstacles. And herein may lie its true magic. – Jennifer Brant

### Arts Council Update

The Lasqueti Community Arts Council, in partnership with the Xwe'etay Archaeology Project, is pleased to announce they are the recipients of a grant from the BC Arts Council for a collaborative mural in False Bay by local and Indigenous artists. Stay tuned for more information.

The Arts Center now has a projector and a sound system available for rental with the gallery. The sound system can work with the projector for movies, but it also has two microphones and two instrument plug-ins, so it's perfect for intimate concerts.

The qathet Regional District has launched a survey to seek input on the construction of an addition to the Lasqueti Arts Center to house a Community Ceramics Studio. This short, non-binding, survey will be open for responses until March 8, 2024 at 4:30 pm.

The online version of the survey is available here: <http://tinyurl.com/4h25b4sy>. Paper copies of the survey will be available at the Lasqueti Island Recycling Center and the Post Office as of Friday, February 16, 2024. Please return your completed paper copy to the Lasqueti Island Recycling Center on or before March 8, 2024.

In November 2023, Jennifer Brant, President of the Lasqueti Island Community Arts Council, submitted a proposal to add a new building on the qathet Regional District lands known as the Lasqueti Arts Centre to house a community ceramic studio. The Lasqueti Island Community Arts Council has stated that they will seek an infrastructure grant from the BC Arts Council. They are not asking for financial support from the qathet Regional District. The full staff report: <https://qathetrd.civicweb.net/filepro/documents/154313> The information collected will form a “What We Heard Report” that will be placed on a public agenda to inform the Directors on next steps regarding this project.

If you have any more questions, email the arts council at [arts@lasqueti.ca](mailto:arts@lasqueti.ca) - On behalf of Jennifer B, Julia W, JennyV, and Faren W

# Waste Case Scenario

## Wood Smoke Reduction Program

The qathet Regional District Board has approved the 2024 Community Wood Smoke Reduction Program. Funded by the BC Lung Foundation and the qRD, the program provides rebates to qRD residents who remove a non-EPA certified wood burning appliance used for home heating and replace it with an eligible cleaner heating option. The aim of this program is to reduce particulate matter in the atmosphere and improve our local air quality.

### New 2024 Rebate Amounts

Exchange Type	Rebate Amount
Wood to electric insert	\$400
Wood to wood	\$600
Wood to pellet	\$1,000
Wood to heat pump	\$1,500
Decommission: removal of pre-2005 wood stove with no replacement	\$300

More information can be found on the [qRD website](#). Homeowners can apply through [Efficiency BC](#) to access additional rebates outside this program.

While some heat pumps are now in use on Lasqueti, most of us primarily use wood to heat our homes. Wood is seen as an environmentally friendly fuel because it is renewable. That's true but, according to BC Lung Foundation, wood burning also releases significant amounts of harmful substances into the environment that can have short-term and long-term health impacts:

- Short term exposure to the complex mixture of solids, gasses and liquids in wood smoke can aggravate lung issues such as asthma and COPD, cause shortness of breath, coughing, headaches and eye irritation.
- Long term exposure can increase risk of heart attack and stroke, cancer, and organ damage. Everyone is affected but infants and children, the elderly, pregnant people, outdoor workers, and people with heart or lung conditions as well as diabetics, are more susceptible.

To learn more about how wood smoke affects your health and the environment, visit [bclung.ca](http://bclung.ca)

To minimize the impacts of wood smoke, the BC Lung Foundation recommends replacing wood burning appliances with other sources of heat such as electricity, gas, pellet stoves, or heat pumps, but, for most Lasquetians, burning wood is the only option. The BC Lung Foundation provides the following advice to minimize pollution:

- Use only dry wood that has been seasoned for at least six months.
  - Burn wood with less than 20% moisture (moisture meters are available on island).
  - Split pieces to 10-15 cm in diameter to maximize surface burn area and increase efficiency.
  - Use only paper and dry kindling for starting a fire.
  - Maintain your wood stove, keep the chimney clean and use your dampers!
- Check out the [Provincial Wood Burning Guidelines](#) for more information on how to properly dry, store, and build your wood stove fires. – Jenny Vester

The **next trash barge** run will be on Wednesday March 13, 2024. 10am until the barge is full. Changes due to weather will be posted on Lasqueti Hotwire and the email list. Please call Waste Manager Mark (250) 240 9886 with any questions.

**Recycling and Free Store Rules**

Please respect signs. Drop donations during open hours. Clean, usable clothing and household items only. Please, no food, garbage, recycling, TV's, soft foam, batteries, electrical devices, mattresses or hazardous materials, ie: chemicals, fluorescent light tubes, prescription/non-prescription drugs, or pills in general. There are recycling programs on Vancouver island for many of these materials. Recycle BC Website: [www.recyclebc.ca/what-can-i-recycle](http://www.recyclebc.ca/what-can-i-recycle)



## Creatures are my Teachers



### I Am Chicken, Hear Me Cluck

Little-Chicken-Who-Loves-Me was a stunning mille fleur bantam. Translated it means, a thousand flowers. They have fluffy feet and burnt orange feathers, each one ending in a white and black dot. The black turns green when it catches the sun.

Little-Chicken loved massages, and followed me, jumping onto my shoulder, or tucking her head into my down vest. (I didn't tell her it was stuffed with chicken feathers.) She was jealous when I petted other chooks and would grab my clothing, yank it, and say, "Grrr grrr."

This wee hen would only lay her egg in the house, under the telephone. Some mornings she had a bun in the oven that she squeezed in until I let the flock out of the Chicken Hilton. Desperate to get to her nest, like a human making an emergency sprint to the outhouse, she'd launch into flight, flapping madly toward my back door. I'd run to get ahead of her before she hit it. She'd lay her egg, eat millet, sip water, and head back outside.

One day, after this routine, she stood looking at the couch, saying, "Grr grr." I said, "What? You've laid your egg, eaten millet, sipped water. What more could you want?" "Grr Grr." Finally, the BSH (big stupid human) understood. She wanted me to sit down. I did. She leapt onto my lap, nestled down, and demanded a massage.

Once when I was away, Kathy took in Little-Chicken. She would fly into the fig tree, hop to the open window, launch onto the table, and peck the butter.

Little-Chicken-Who-Loves-Me was one of many who invented a language just for me. With eye contact and noises she never made with the others, she would tell me what she needed. The BSH would try the wrong solutions but eventually figured out her demands. When she knew I got it, she would teach me other tricks.

Each member of this mixed flock of purebred bantam show birds has a unique personality. People often call chickens stupid. Maybe the meat

birds are so because we breed them to be daft. Humans cannot farm animals that are smarter than we are.

I learned so much in 25 years of chicken farming. I may try harder to understand them than most, but I'm still just a BSH. These patient creatures trained me, and I am the better for it.

– Jay Rainey



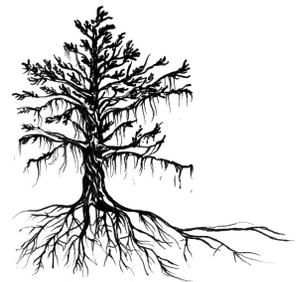
### I Touch Rock

I touch rock  
and feel the pulse of the earth.  
Beneath my fingers  
the crystalline heartbeat rests.  
Sharply etched,  
the coarse and fine grained matrix  
sits solid and real.

I touch rock  
and feel the bones of the earth.  
Baking in the sun,  
hot and strong,  
shattered by ice,  
weathered by water,  
ground to powder,  
and washed away.

I touch rock

-in the Stein Valley,  
9/1/85, Ken Lertzman





**2024 Budget:** The qRD Board has been working hard to mitigate tax increases. We held a 7-hour Finance Committee meeting to review and trim discretionary items, but there were no dramatic differences for Lasqueti from what I reported last month. The full budget is available on the [www.qathet.ca](http://www.qathet.ca) web site. The budget process must be finalized by the end of March.

**2024 Regional Hospital District Budget:**

Lasqueti is in an unusual situation: we obtain most of our health care services via Island Health, but we pay into the Powell River Regional Hospital District, which works with Vancouver Coastal Health.

The Regional Hospital District exists mostly to share capital costs (40%) with Vancouver Coastal Health (e.g. new buildings, machines, major renovations); operational costs are entirely covered by Vancouver Coastal Health. These costs have been increasing as facilities age and health needs increase. To cover our share, we sometimes have to borrow. The qRD Board has chosen to increase reserves to reduce the need for future debt (but that means increased tax requisitions).

This was not done lightly, but the qRD was at risk of being underfunded and it was well below average tax rates compared to other Regional Hospital Districts. Even with the increase, we are still below the average. For Lasqueti, our 2024 hospital district tax rate will still be less than half the rate paid by rural electoral areas in the Regional District of Nanaimo.

**Proposed Community Ceramics Studio at**

**Lasqueti Arts Centre:** The Lasqueti Arts Council requested permission to build a community ceramic studio on the qRD-owned Legion Lot. Community input is important, and a qRD survey is open until March 8. see the article by the Lasqueti Arts Council for details.

**Woodstove Replacement Rebates:** The Wood Smoke Reduction Program has been revamped and is now hopefully more accessible to Lasqueti residents (first-come-first-served). Rebate amounts have increased (e.g. \$600 for an EPA or CSA certified wood stove and \$1500 for

a heat pump) and there is more flexibility (e.g. option to keep a woodstove when adding a heat pump). Details at:

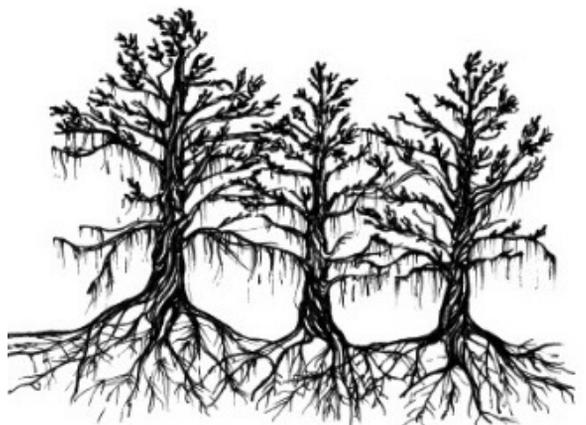
<https://www.qathet.ca/services/waste-management/community-wood-smoke-exchange-program/>

Contact the qRD for info on how to apply – be the first Lasquetian to receive a rebate (and then tell us about it!).

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 Islands**  
The other day  
I heard someone say  
our lives are controlled by  
fairies.  
-Sue Wheeler

**Moonlit Night, January**  
Bootprints in snow  
from the porch  
to where the truck  
had been parked.  
Tire tracks turning east  
not west, out of the driveway.  
So few secrets on an island.  
-Sue Wheeler





**From Tim Peterson:** I wrote in my February report that our next meeting was *May* 6. In fact, we have a meeting scheduled for March 4! My apologies for getting that wrong. At the March 4 meeting, starting at 11 AM at the Health Centre, we will get our first look at the new Carey dock application (LA-RZ-2023.1) We will also be receiving memos on the Provincial Short Term Accommodations Act and new BC Housing Statutes legislation, as well as a staff report on our OCP/LUB review project. Consider attending in person or electronically.

The March 12-14 Trust Council meeting in Nanaimo will be largely focused on the 2024/25 budget, but will also include discussion of a Meeting Procedures Bylaw amendment to permit Committee of the Whole meetings, like many other local government bodies.

There will be a request for Trust Council to approve the Bylaw Compliance and Enforcement Review project charter, based on the report from the Office of the Ombudsperson and the work of the Regional Planning Committee. The scope of work is to review, assess and implement the recommendations of Ombudsperson's report through changes to Trust Council policies, Bylaw Enforcement practices and procedures, and implement changes through staff training and regular communications.

The ongoing work to move to a corporate planning process continues, in an effort to integrate strategic planning and longer-range budgeting, which is anticipated to produce efficiencies and more certainty that long range projects will be budgeted to completion.

Finally, the provincial government announced on February 21 that it is pausing plans to amend the Land Act that would have shared decision-making power with First Nations. I was registered for a province-led webinar for local governments that same day, as there had been no information shared with us, but it was cancelled in conjunction with the announcement from Minister Cullen. It remains to be seen what direction the province will pursue with these important matters.

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

**From Mikaila Lironi:** Spring has sprung and I even heard the birds chirping this morning. Not a lot to report, but I did attend a Regional Planning Committee where we discussed the changes coming into effect for Short Term Rentals (STRs) in May 2024. As these changes are not mandatory for communities with a population fewer than 10,000 people, the trust area isn't automatically included. Whether the trust area is going to opt in will be under discussion in the coming months.

We also discussed freshwater sustainability strategy implementation in the trust area which includes mapping, water management, policy and ground water availability. As our water levels seem to be getting lower each year, this is an important strategy to consider. We have our Local Trust Committee meeting coming up on March 4<sup>th</sup> and our quarterly Trust Council meeting the week after. Happy planting Mikaila Lironi  
[mlironi@islandstrust.bc.ca](mailto:mlironi@islandstrust.bc.ca) 250-812-2560

### **Job opportunity with LIAS**

LIAS (Lasqueti Internet Access Society) is looking to contract a community member to continue and complete the ongoing project Improving Economic Vibrancy: A Lasqueti Island Initiative. This project is funded by a Rural Dividend Grant from the BC Ministry of Jobs, Economic Development and Innovation.

This person should have skills and experience in the areas of community engagement and strategic planning, and the ability to identify & assess technology that could improve the local economy and community services.

Deliverables: 1) community engagement sessions; 2) strategic planning; 3) a written report on the process and results.

Time frame: mid-March to mid-August, 2024

Amount available: \$5000

We will send out detailed information about the project, timeline, and application process to interested parties. Please email an expression of interest to: [directors@lias.ca](mailto:directors@lias.ca) by March 2nd.

On Feb 22<sup>nd</sup> fellow LINC Director Wendy S. and I accompanied two consulting biologists to the Johnny Osland Nature Reserve (JONR) to examine the status of ongoing beaver activity. The Islands Trust Conservancy (ITC), the owner of the JONR, contracted with biologists to visit the site, assess the impacts of the beaver family on the surrounding forest and neighborhood. The biologists will write a report with their findings and provide options for the management of the water level, if that is necessary.

We discussed the history of the property and the ecological changes that had occurred over the years as the bottomland at JONR transitioned from what was likely a mixed forest and shrub swamp to a ditched and drained pasture to its current state of a beaver-created shallow, open water wetland.

We observed fresh cuttings on the beaver's lodge and counted five species of ducks feeding in the wetland. The biologists were surprised to hear that goshawks had been sighted hunting over the wetland and that Western toads were breeding in the wetland's shallow margins. Western toads have not been found on any other Gulf Island except Lasqueti. At our 2023 AGM at JONR we witnessed hundreds of swallows feeding on insects. An eagled-eyed birder in our group spotted a couple of rough-winged swallows in the crowd. The wildlife camera person at the dam spotted deer, sheep, otters, geese, an owl, a bald eagle, and a beaver. It appears that the wetland at JONR is supporting a wide diversity of creatures.

Beavers move to new territories when food runs out, which may be soon as they have started stripping the bark off the bases of big cedar trees on the margins of the wetland. There are a few alders left along the edge, no willows to speak of, and little other shrubbery. Beavers will eat aquatic vegetation like cattails, but even cattails are hard to find around the wetland. It is possible the beaver family at JONR will run out of food and just abandon that territory at JONR causing ~~and~~ the bottomland to undergo yet another ecological transition. We look forward to the biologist's report.

Big thanks to the 15 people who came out to purge Daphne laurel at the Collins property on February 17<sup>th</sup>. Many of the volunteers are veteran Spurge Purgers who praised us for our significant reduction of Daphne.

### The Margin

Bordering the cabin there's a prickly mesh of thistles that sways gently as a breeze arrives. Bees move in a ballroom dance to float and alight on the purple flowers and then, with a stronger gust, the spikey cluster lays back and the bees take cover in the thick grass below.

The sea breeze blows a saxophone, overhead the firs and cedars engage, their long graceful limbs like swing dancers in the fifty's. They swoop and sway, slim arms with upturned sleeves, partners ecstatic in ponytails and swirling skirts.



Tomorrow, Axel and I talk on the ferry. He lives down-island so it's really our only time.

*I love just being on the property, he says, just pattering around, building things, I just... love it.*

*I know what you mean, I reply. Although sometimes, like when I was driving through San Francisco a year ago and saw those huge cranes in the port, and the ships and the scale of industry, you know? Sometimes I just feel kind of... useless.*

*Ya, I don't know...that's just crazy...that's just stupid talk. You shouldn't bother with that. Sometimes I think the most incredible thing we can do is to watch a big tree swaying in the wind.*



Here now, the wind has passed. The conifer limbs bounce and settle, dancers return to their tables.

The thorny thistle nest stands upright again and the bees return. They drift from flower to flower, their pattern peaceful and obscure.

– Gord Ohm

## Ferry Committee News

On January 27th, MLA Adam Walker and his team visited Lasqueti Island to listen to the concerns of islanders regarding ferry service. The meeting, hosted by our Regional Director, Trustees, and the LCA Ferry Committee, took place at False Bay school, accommodating both in-person and online attendance. With 50 people present in the room and 30 participating via Zoom, the meeting fostered a positive and respectful atmosphere, allowing for a diverse range of perspectives. Also in attendance were members of the Canadian Coast Guard and a representative from Western Pacific Marine (WPM.)

This is a brief synopsis of the primary concerns and questions voiced by residents. Residents can expect a more detailed report from Adam Walker's office in the coming weeks.

1. **Safety Concerns:** Residents expressed feeling uncomfortable or unsafe on the ferry, a sentiment new to many. Questions arose about the safety and maintenance of the ferry, along with concerns about crew training.

2. **Accessibility Issues:** A lack of appropriate access for mobility-challenged individuals was identified as a significant problem. Residents requested a Travel Assistance Program, similar to those available on regulated routes.

3. **Service Schedule:** Some residents advocated for a 7-day per week service to meet the needs of students, workers, and an aging population requiring increased access to medical care. However, others were concerned that enhanced services might lead to undesirable changes on the island.

4. **Communication and Transparency:** Inconsistent and sometimes incoherent communication from WPM raised concerns. Attendees expressed a desire for more transparency and inclusion in decision-making processes.

5. **Contractual and Operational Issues:** Concerns were raised about contract violations that incur no consequences. Participants highlighted the absence of a formal mechanism to resolve issues and complaints.

6. **Environmental Considerations:** There was some consensus among attendees regarding the desire for a more environmentally-friendly ferry vessel.

7. **Facility Conditions:** Residents expressed a desire for toilets that consistently functioned and had handicap access. Concern about the condition of the ferry crew's accommodation was also raised.

As previously mentioned, MLA Adam Walker's team will release a summary report in the coming weeks. He will provide Lasqueti Island residents with his report and will forward it to the Ministry of Transportation and Infrastructure, BC Ferries, Western Pacific Marine, and the LCA Ferry Committee. The report will be made publicly available. Mr. Walker has expressed his commitment to continue advocating on behalf of Lasqueti Island.



### Qathet Regional Emergency Preparedness Program

Join us for an Emergency Evacuation Supply Container Workshop on Lasqueti Island! *Are you prepared for the unexpected challenges of island living?* Our workshop, designed for community members, organizations, and first responders, is a must-attend event!

#### Highlights:

**Knowledge is Power:** Acquire practical information on the use of the evacuation supply container. **Hands-On Experience:** Engage in interactive demonstrations to enhance your household emergency preparation. **Community Resilience:** Strengthen our Island community by fostering a culture of preparedness and mutual support during crises. **Regional Emergency Preparedness Program:** Learn about our program, uniting communities in preparing for emergencies. **Lunch Provided:** False Bay Provisions-catered lunch for registered participants.

**When/Where:** Saturday, April 6, 2024;

10:00 am - 1:00 pm; Lasqueti Community Hall

**Register:** Contact the qRD Evacuation Planning Assistant at [epa.qrd@gmail.com](mailto:epa.qrd@gmail.com) or call (250) 267-8621

Come together to ensure the safety of our Island community. Your attendance makes a difference! Get Ready, Stay Ready – see you there!

## Community Happenings and Notices

### Heart Sharing Circle

**What is a sharing circle?** This Sharing Circle is a confidential, supportive, safe space for co-listening. It's a space to go beyond small talk, to share what is in our hearts. This is similar in form to a Death Café but without the set theme. There will be some facilitation, but this is not a professional therapeutic setting (although authentic connection can be therapeutic). Each person is invited to share or pass, according to their preference.

**Who is it for?** The Sharing Circle is for anyone who wants to share and receive empathy, be vulnerable and find support, dig deeper into what it means to be humans, and be together in an intentional, welcoming space.

**Why is it important?** By creating time and space to unburden our hearts we can embrace the world with a little more lightness. By practicing sharing what's under the surface we enhance our emotional and mental awareness. In addition, we hope to also encourage a culture of looking out for one another, and to learn what works for people in times of need.

#### Individually:

- ~Improved emotional and mental wellbeing
- ~emotional expression leads to feelings of relief, peace, connection, empathy and joy

#### As a community:

- ~Cultivating strong connections with each other and our community as a whole
- ~Creates new ideas about how to help one another, particularly in times of mental or emotional distress
- ~We hope to cultivate vulnerability as a strength, and sharing as a superpower~

Soup is also good for the soul! As a token of our care we will offer jars of homemade soup for attendees to take home for themselves or a loved one: a warm reminder of connection and caring. If you are struggling and unable to take part in this sharing circle, you can directly contact one of the people listed below for support.

**When and where?** Saturday March 23 4-6pm at the Judith Fisher Health Centre. Everyone is welcome. For more information: Shoshanah, Carly P, Aigul, Carly M, Jaya, Hilary, Jenna.

### Monthly Community Calendar

March 9: Grub and Groove, Community Hall

March 13: Trash barge run. 10am

March 23: Heart Sharing Circle + soup; 4-6pm  
Judith Fisher Health Centre

March 24: Community Forum 2, 2-4pm.  
Community Hall.

March 29: Family Meal, Community Hall

April 6: Emergency Evacuation (Supply Container) workshop (+ lunch); Community Hall 10 - 1

April 14: Ken Lister Trio. Community Hall 7:30pm

May 14: Arne's memorial.

\*\*\*Nurse: Every Thursday (through 4 April)\*\*\*

### Ken Lister Trio

As the final show in Powell River's 2024 Townsite Jazz Festival, the **Ken Lister Trio** will be performing at the Community Hall on the evening of April 14. All three members of the trio – Ken Lister on bass, Bill Coon on guitar, and Buff Allen on drums – are exceptional musicians and long-time, active participants in the West Coast jazz scene. You may remember Ken and Bill's spectacular duo performance a few years ago in Denise's dance studio. See the Townsite Jazz festival website for more extensive biographies. Coming over from Powell River to open for the Trio will be Brooks Secondary School's *Kitchen Sink Jazz Combo*.

**When/Where:** April 14, 7:30; Community Hall

**Tickets at the door:** \$25; under 12 free; 13-18 half price.

### V-Star Varieties News

The days are lengthening, the buds are fattening, and I'm starting to drop seeds into soil. Once again, I plan to turn my greenhouse into a nursery this spring, offering a variety of vegetable, flower, and herb starters. If you want to support this local farmer, send me an email [jennyv@lasqueti.ca](mailto:jennyv@lasqueti.ca) and I'll send you my catalog so you can put in your special order.

In middle/late March (if the birds and slugs don't mess with my plans) the first peas, spinach and lettuce will be available at the V-Star roadside stand at Ruby's Corner.

## Community Forum

16 people attended the First community forum. A common thread throughout the forum was a need to reinvigorate community spirit. I hope to achieve this through this forum process, by using focussed and intentional thinking and communication; hopefully leading to more participation and cooperation and great outcomes!

The topics that came up were: heightening the awareness/importance of forest fire prevention and fire – proofing of our island plus related catastrophe planning/response; creation of some sort of mass transportation system on island: creative possibilities include reinstating the telegram app rideshare posting place, private taxi/delivery service, cooperatively owned van, etc; advocating for the filling in the gaps in BC transit bus services between Victoria and Courtney by calling on the regional district, BC transit, and islands trust; A proposal that connecting to the renewable energy of the BC Hydro grid would eliminate emissions from generators and woodstoves and allow people to drive electric cars; to create a welcome wagon; the housing shortage on island.

Because it was a relatively small group we spent five minutes respectfully discussing each topic as a group. Housing was chosen as a specific topic for the next forum, with fire safety planned to be the focus at another forum in the spring. Please gather your thoughts and bring them to the next forum. Please email or snail mail me [Shoshanahray@gmail.com](mailto:Shoshanahray@gmail.com) if you have specific idea, interest, information or resources to contribute towards any one of the topics that came up at the first forum, and for now I will act as a hub for networking.

The next forum will be 2-4 pm on Sunday, March 24 at the community hall. The forum will begin with a space for new concerns or ideas, then the main part will focus on creative brainstorming and next steps around the creation of housing. There are provincial housing legislation changes that may have some effect upon Lasqueti and more information will hopefully be available at that forum. - Shoshanah

## Friday Night Family Meal at The Hall

It's a pleasure to announce *Family Meal Fridays*, a monthly event offering dining, games, and music on the last Fridays of the month at the Community Hall!

There will be traditional board games (Pictionary, chess, Twister, Monopoly, etc.), card games, a colouring area, air hockey, and table foosball. Feel free to bring your own games or contact us for other suggestions.

There will also be an Acoustic Circle Jam for musicians. We will have a variety of instruments to play and a microphone with amps for those of you who want to sing or strum. Beginners don't be shy; show us your stuff.

Thanks to those who helped with the last Family Meal on February 23<sup>rd</sup>: Chris, Doug, Dave, Bruce, Sallumia, Audrey, Norm, Ezra and Jade, as well as the team at the cafe who helped with the prep. If we missed someone, know that you are hugely appreciated as well.

There is a yearly fee of \$2 per person to become a member; and after that entry is \$1 per month. If you have small bills or change, please bring these for entry payments and dinner. There are now 50 members of the Family Meal supper club and next month we expect it to grow larger.

We are not hosting these events to make money; this is another effort to create an affordable food event for the community to enjoy. With the basic costs of food as well as the creation, transportation, and storage of food rising to gross heights, we are committed to providing opportunities to the island to come together and enjoy a tasty meal at an affordable price.

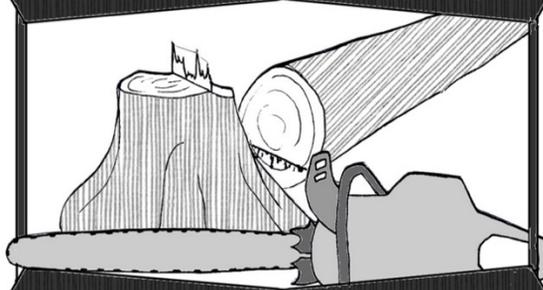
Finally, we've recently had members of the community step forward to sponsor meals for those who might enjoy a monthly dinner. Because of this, we'll be sending out prepaid meals thanks to their generosity. If you want to help out with the next round of pre-paid meals, please contact us before the end of the month.

Thank you SO much to everyone who supports these functions. It's remarkable and a testament to the power of our islands' social circles! See you on **Friday, March 29<sup>th</sup>**! Looking forward to sitting by a toasty fire, dining and playing together. - much ♥ False Bay Provisions

## Our Week in Review

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

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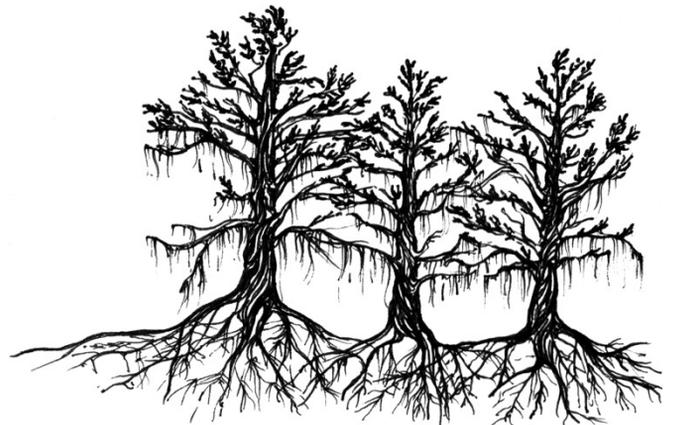


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- ✓ Apply for CPP, OAS & benefits
- ✓ Set up a CRA account & more! melinda@lasqueti.ca

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For the online version: [xweetaynews.com](http://xweetaynews.com)  
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