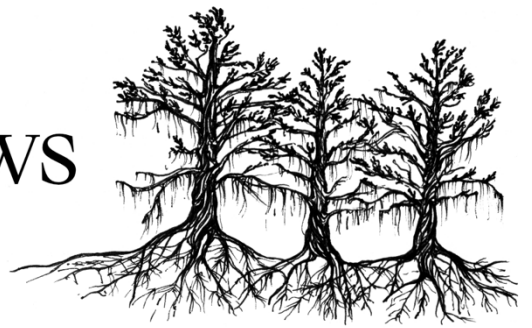


# Xwe'etay News



Issue 14

March 2025

## A Note from your Editors

With this issue comes the promise of Spring. The snow and ice have melted, the days are luxuriously longer, and we've moved beyond the anxious time of wondering if our water lines will freeze, or our over-wintering veggies will turn to mush. Daily, we have much to be thankful for, especially when we compare our lives to most beings on the rest of the planet. Besides, we have great outhouses here!

We are, as always, aware of what a privilege it is to be editors of our island's community newsletter.

And, please continue to send us your fabulous photos. **Next month's photo theme is cats (especially in wheelbarrows).**

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)



Ye Olde Outhouse

From the "Behind Closed Gates" calendar -Jay Rainey

## Poems for Cross-Quarter Days

Equinox occurs when the Earth is tilted parallel to its path of motion around the Sun, which makes the length of day and night exactly the same. This year's vernal (spring) equinox occurs Mar 20, at 2:01 a.m.



### Vernal Equinox



In this Goldilocks season of  
"not too hot not too cold"  
day and night  
get it just right

They share, like children  
making sure to split everything  
evenly, in the middle, so its fair  
.....for a moment

There is an old wives tale  
that an egg will stand on its end  
at the equinox

I've always been fond of old wives  
weaving tales of enchantment  
in this moving, magical world

See how the egg  
with its hidden sun  
stands on tiptoe like a ballerina  
as earth spins  
1670 kilometres per hour  
at the equator

hold your breath  
get very still  
as it hovers there  
balancing elegantly  
and then

topples  
into the messy chaos  
of spring

- Sophia Rosenberg, 2025

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

## Identifying Gulls

When I looked at the results of this year’s Christmas Bird Count, I noticed that there were 280 gulls recorded. Of these, however, only 5 were recorded as Glaucous-winged gulls. The remaining 275 were listed simply as species gulls; their specific species designation was unknown. This is not surprising. Gulls are hard to identify. Their colours change as they age. A one-year-old gull looks nothing like its two-year old sibling or its three-year old parent. Different species can look remarkably similar.

Sometimes it is the colour of their legs or the spots on their bills that distinguishes them. If you want to start identifying gulls, I suggest that you start with the three common gulls that you most likely have seen on Lasqueti Island.

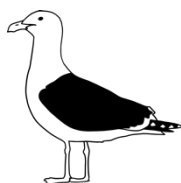
The Glaucous-winged gull is the biggest of the three. Its name, Glaucouone-year-oldwinged, means grey-winged. It does not have black wing tips. It is the only one that nests on Lasqueti and can be seen any time of the year. It is the gull we see dropping clams on the rocks and eating the succulent morsel inside.

The Short-billed gull has a new name. It was formerly known as the Mew gull. It looks similar to the Glaucous-winged but definitely smaller, with a shorter bill and noticeable black wing tips. It can be seen in large flocks for most of the year, but in the summer, it heads off to nest on lakes and further up the coast.

Bonaparte’s gulls are the smallest gull. They are a dainty little gull that can be seen in large flocks mostly feeding on small insects or crustaceans on the surface of the water. In breeding plumage they have black heads; but at other times of year, they have white heads with a small dark spot behind their ear.

Of course there are other gulls to learn about, as well as how to distinguish mature gulls and gulls in breeding plumage. But if you can identify these three gulls, you would be able to record something more interesting than “species” gull on the next Christmas bird count.

- Sheila Ray



For all the reasons passwords suck (see last month), alternatives to passwords are in ascendance. More on that next month. In the meantime, we can simplify our digital lives and improve our privacy and security by using a “password manager”.

### Security Priority #2: Use a Password Manager

A “password manager” is like a digital assistant that securely stores and recalls your passwords, so you don’t have to.

Apple provides a built-in password manager named “**Keychain**”. If you use a Mac, iPad, or iPhone, many of your passwords are already being stored there, behind the scenes. You can launch the new built-in “**Passwords**” app to view, add, edit passwords. On a Mac, you can also use the more sophisticated “**Keychain Access**” app, where you can even store “secure notes” with sensitive data like credit card or banking numbers. A single “master password” (usually your computer login) is used to unlock your keychain. Make your “master password” memorable and strong (a meaningful 3 - 4 word phrase often works well) and write it down!

Windows also comes with a built-in “**Credential Manager**” that stores passwords behind the scenes. I’m not as familiar with this one, but it will offer similar services, and there are many tutorials about how to use it.

All modern browsers, like Firefox, Chrome, Safari, and Edge also come with built-in password managers. In fact, you may already be using it! When you log in to a web site your browser will ask if you’d like to store the password – that’s the password manager – just say yes! Next time you go to log in, it will auto-fill the password for you! It will also help you to create unique, strong passwords as you sign up for new online accounts. Learn to use it and let it take some of the pain out of passwords. Now you can use secure, unique passwords on each site easily.

Finally, I’d avoid 3rd party cloud password managers, like **Keeper**, **LastPass**, and **1Password**. Cloud-based systems are inherently less secure than storing passwords on your device. There is little to be gained, and potentially much to lose, by sharing your most sensitive information with yet another company, especially one that likely cares more about their bottom line than about the sanctity of your data.

Next month: let’s get rid of passwords! Till then, stay safe out there. - Joseph Fall



***The Dangle***, by Jack Schofield  
(Coast Dog Press, 2024)

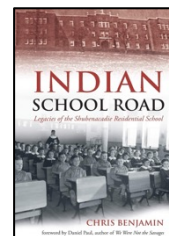


*The Dangle* is authored by Vancouver Island's Jack Schofield. It is a spy novel set immediately after WWII, the beginning of the "Cold War." Katherine LaRonge, a brilliant young classical pianist, is approached after a performance in London by an MI6 officer, who informs her that she has been under extensive surveillance and that her early life is a fiction. After her parents died, the woman who she thought was her grandmother, was actually a Soviet agent, posthumously decorated for her service to the state. This bogus granny was also an accomplished concert pianist and a caring mentor to her charge, focussed more on music than ideology, a case of "Beethoven over Bolshevism". In the eyes of MI6, however, Kate is a "Dangle", an indoctrinated communist, living in the West as a potential asset. Told of her fabricated history by Lambert, Kate finds herself unmoored, not knowing who she is or where she came from. Lambert asks for her help and to report to HQ the following day. There she is interviewed by a charming man with a stutter named Harold and agrees to a role as an intelligence analyst in the Paris embassy. This will allow the British to observe and perhaps use her. Harold also goes by the name of Kim (as in Philby). Kate, it would seem, is a confused innocent caught in a dangerous shadow world. But is she? On the plane to France, Kate meets Jack Campbell, a Canadian pilot during the war who was shot down over France, then rescued and hidden by a French resistance cell. He subsequently joined their resistance struggle and ultimately escaped to Switzerland. Campbell is returning to France for a reunion with the resistance cell. Although initially frosty, an intimate relationship soon develops; many adventures ensue in a treacherous world of competing loyalties and betrayal.

Partly based on the experiences of a friend, *The Dangle* incorporates real characters and situations in an entertaining and intriguingly convoluted story. Schofield has led a varied and interesting life. A former bush pilot, he founded the publishing house, Coast Dog Press,

and published several non-fiction books based on his own experiences. Written at the age of 97, *The Dangle* is his first novel. It is a well written fun read that gives an inside look at the devious and amoral secret world that underpinned the geopolitics of the Cold War years. -Brian Pitt

***Indian School Road: Legacies of the Schubencadie Residential School***, by Chris Benjamin  
(Nimbus Publishing, 2014)



This book is about the only Indian Residential School in the maritime provinces. It's written by a non-Indigenous man who describes himself as an ally. He has clearly done a lot of research about the federal government's policies and the church's involvement, and the details of officials and principals and staff and students of this school. I've read several handfuls of books about other schools and heard and read much testimony of students and some staff members, but I learned a lot, and got a different, more detailed and wider perspective on Canada's Indian Residential School history from this book. VIRL has two copies of the book and one of the e-book. - Peter Johnston

***Five Little Indians*** by Michelle Good  
(Harper Collins, 2020)



This novel tells the stories of Indian Residential School students when they are released from their IRS and beginning to live their lives as what we have been calling "survivors". It's a very good read, though it's not always light and cheery. It's very human and full of characters who seem very real, as many characters in novels are. It's good to read about some of the effects of having been incarcerated in an IRS on their lives as they live them, and to have a glimpses of how real lives might have unfolded. A different view from most of the books I've read on these topics.

VIRL has 33 copies of the paperback, 4 book club sets, 2 copies of the large print edition, 12 copies of the e-book, and 19 copies of the downloadable audio book. - Peter Johnston



# Creatures are my Teachers

## A Thorny Situation

Fact - If you are asleep in bed and roll onto a hedgehog, you wake up.

Gumby, Pokey, and Sonny were African Pygmy hedgehogs rescued from a kid who was keeping them outside in November. They cannot survive our winter climate, so I took them off her hands before they died.

This trio was a mother and two offspring. Sonny was the smallest. The first night, I watched them for hours. Whenever Pokey came for water from the dripper bottle, her son got in front of her as she drank and licked her throat. I was puzzled, but soon realized the kid had attached the bottle too high for the smallest hedgehog. The mother was tonguing the little ball in the spout so that the drips would roll down her neck where her son could drink them.

Hedgehogs are nocturnal and cover a square km of land each night, eating bugs. So I gave them the house and they ran all night. The pitter-patter of their feet sounded like rain. Gumby did endless figure 8's and spun out on the curves. I gave Sonny away once he got horny.

This was before internet, and I did not know how to care for these strange beasts. Their first time out, they found some ash under the wood stove and rolled in it ecstatically. So I gave them a dust box. They had to teach me what they needed.

The house was hard to heat. They were okay at night when they were active, but during the day they needed warmth. I loosely piled blankets, and placed hot water bottles in different layers. At dawn, the hedgies would crawl into the hottest spots. When they warmed up, they moved to cooler layers.

The girls ate mealworms, crickets, and grasshoppers. Every summer day I'd be up the bluff with the butterfly net, foraging for grasshoppers. Mealworms I raised myself.

The first time they saw peas, they impaled them on their spines. This is called anointing. They do this with new foodstuffs, but I didn't know that. Everything they did was fascinating.

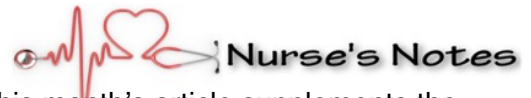
Hedgehogs make great pets, which is too bad. They should be left to roam the grasslands of Africa; they should not live in hamster cages.

I would have loved to let Pokey breed so I could watch these weird creatures evolve, but I knew better. Sometimes being responsible sucks.

– Jay Rainey



Jay Rainey



This month's article supplements the photographic theme of this month's Xwe'etay News: outhouses.

Almost everyone is familiar with an outhouse or some form of outdoor latrine even if they don't regularly use one. Since my time in health care (including taking a course on international health), I have been somewhat intrigued by them. They vary so much in their design and construction. Some have the most spectacular views!

We are all aware of the importance of properly positioned, maintained and designed outhouses.

I would like to focus on the trip to the outhouse. Navigating one's way to an outhouse in the middle of winter or along a slippery muddy path is a safety risk, especially in the middle of the night and as we age. Think about minimizing your fall risk on your travels to and from the outhouse! Our risk of falling increases as we age!

There are so many outhouses on Lasqueti, so it's important to be well informed about all of these factors. Best in health and wellness!

♥ dianne

\*\*\*Nurse in clinic: 6, 13 March, 3 April \*\*\*

Ah spring ... the rain has finished off the snow and ice and we are believers in renewal. Who else is looking at the swelling salmon berry buds hoping to see a flash of pink, signaling that first flower?

It's three growing seasons since the Mount Trematon Nature Reserve enclosure was completed. The native shrubs we planted have established themselves and the survival rate inside the enclosure is close to 98%. Outside the enclosure, in areas receiving the same treatment, survival is 60%, with little evidence of growth. Transplants inside the enclosure were significantly more likely to flower and produce seed, allowing for future natural reproduction as well as providing forage for pollinators and birds. There were no signs of flowering or fruiting outside the fence. Even more impressive is the response of natural vegetation inside the fence. Oceanspray has shown explosive regeneration from the root crowns. Species that are native to the site but were not included in the replanting group have sprouted and will take their place in a revived shrub and herb community. More enclosure will soon be added at Mount Trematon. It will be near the existing location, in an area of rich native floodplain vegetation not represented in the enclosure so far. This area has strong potential for natural recovery.

As more land is considered for conservation on Lasqueti, the Trematon Biodiversity Study addresses the question of what happens after its acquisition as a park or nature reserve. It is not enough to set land aside: active stewardship is necessary too. The bodies who accept management responsibility for these areas, such as the Islands Trust Conservancy or BC Parks Foundation, establish their objectives through management plans. However, they often don't have boots on the ground to do much active management and partner with community groups, like LINC, to meet their objectives. The Trematon study is part of that process. Many long-term residents of Lasqueti have observed changes to our forests and plant communities. The Trematon study is about documenting these changes and exploring possible paths to recovery.

If you are in the Mount Trematon area, please check out the enclosure. Walking along any section of the fence will allow you to observe the difference

between plant communities in and outside the fence. Focus on the understory and witness the result of three years relief from browsing and grazing.

Watch for announcements of a series of coming LINC events and please visit our website and Facebook page.- *Duane West for LINC*



## Kitchen Creations



### Wendy's Killer Chocolate Mousse (vegan)

(A guaranteed winner!)

#### Ingredients:

A block of good-quality dark chocolate (I use Callebaut) - approx. 190 grams

- 1 can of coconut milk
- 2 to 3 generous tablespoons of cocoa powder
- 2 to 4 generous tablespoons of maple syrup
- 2 to 4 generous tablespoons of Cointreau
- A pinch of salt.

#### Directions:

- 1) Melt the chocolate in a double boiler
- 2) Add it to your blender
- 3) Add the rest of the ingredients to the blender
- 4) Blend well
- 5) Pour into a container and place in the fridge until the mixture hardens (an hour or so)

This mousse is very good on its own but is exquisite with fruit compote and/or whipped cream.

**Note:** This recipe yields the creamiest and tastiest mousse you'll ever experience! And it takes all of 10 minutes max to make it. Measurements are all approximate. I get a vacuum-sealed block of dark Callebaut Belgian chocolate at Thrifties and I cut it into 3 chunks. That leaves me with 3 smallish chunks, each weighing around 190 grams. I use one chunk per recipe. I pour "dollops" of syrup and Cointreau directly into the chocolate/coconut milk/cocoa powder mix in the blender and... I taste as I go at this stage to ensure that both the sweetness level and the Cointreau flavour shine through the chocolate! Cointreau is expensive but if you get hooked on this mousse, you'll need it for the many mousse offerings that will follow.

- *Wendy Wickwire*

## ~~~~ Ebbs and Flows ~~~~ Sheila Verle Tucker

Karen Martin sat talking to her mom, questioning her about where she might want her ashes put when she died. Without hesitation, she said, "Throw them in the salt chuck at Tucker Bay on Lasqueti Island."

This was the wish of Sheila Verle Tucker, who was born to Clyde and Eva Tucker in 1935. When Clyde died in 1945, Eva took on running a sawmill. The mill had been set up in Tucker Bay, so she purchased the land and a small home for her family. Eva also taught school at Tucker Bay from 1944 to 1946.

Here are some of the recollections I received from Sheila's daughters, Fran Metcalfe and Karen Martin:

"Our mum's dad passed away when she was nine. He suffered from Pemphigus Vulgaris, and Grandma would nurse the sores on his legs. She said how kind and gentle he was. He never raised his voice. He worked hard and was a deep thinker.

Mom was a tomboy and allowed to run wild, roaming the island. She loved being in the water and bragged about swimming across to another island. Once, while running along the beach, jumping over a log, she landed on a snake. It wrapped around her leg, making her fear snakes forever.

I remember her saying they burnt bark and wood found along the beach. One of her challenges was to fill the wood box and keep it full, but she could never succeed.

She talked a lot about her mom teaching at Tucker Bay School. She was very proud of that and said how smart Grandma was, that education was important to her, and that her children would have a good one. She got lippy with her teacher (her mom) and had to write the word 'paper' 100 times on the board after school because she argued that it had 3 Ps.

She had crushes on Georgie Douglas and Douglas Cook.

She left the island to live with her brother's family in Penticton to finish high school.

Sheila was 89 when she passed 5 minutes after midnight on New Year's Eve. Of all the places that Mom has lived, she loved Lasqueti Island and claimed it as her home. No matter how long you live there, there's a place in everyone's heart you consider your home and will always want to return to."

Sheila's daughters plan to bring Sheila home to Tucker Bay this August. – *Kathy Schultz [Thanks to Stephanie Mason Williams for the photo]*



The False Bay School student body, 1949.

*Kneeling:* Ina Pearson, Darlene Shirley, Bonnie Camp, Dorothea Douglas.  
*Standing:* Roy Whyte, Reid Bryson, Douglas Cook, Herb Whyte, Denis Lawson, Byron Mason, George Douglas, Phyllis Camp, Sheila Tucker, Marvin Mason. ANNIE CAMP

## Arts Council Update

We have a logo! A big thank you to vice-president Julia for making this happen and to Nalia for her fantastic design. All our correspondence will look much more professional.



LASQUETI  
ISLAND  
COMMUNITY  
ARTS  
COUNCIL

## Arts Fest 2025

Arts Fest is scheduled for July 4th and 5th, 2025, **but it can only take place if a dedicated volunteer committee is formed to organize it.**

This committee will oversee all aspects of planning, working in collaboration with and reporting to the Arts Council board to ensure a successful event.

Clearly defined coordinator roles are essential for accountability and keeping everything on track. A comprehensive guide is available to support the committee in carrying out all necessary tasks.

We cannot stress this enough—Arts Fest will not happen without committed individuals stepping into key organizational roles in the months and weeks leading up to the event, as well as on the festival days themselves. Please consider getting involved! If you have any questions or are interested in joining the committee, please contact [arts@lasqueti.ca](mailto:arts@lasqueti.ca)

We would like to express our deep gratitude for all the amazing energy Jenny V brought to the board. Quick-thinking, compassionate, organized, a visionary, and an exceptional problem-solver, she has given so much to make creative magic happen in our community. Thank you, Jenny! Having you at the table has been delightful. Here's to resting, healing, and living. – *Jen Brant for LICAC*

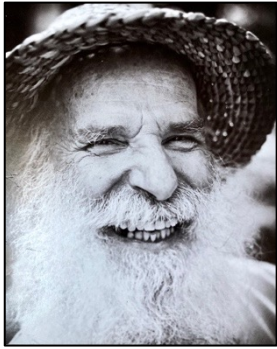




## On Their Shoulders



### Tolling Jennings



In 1979, Tolling was looking for a community in which to raise kids. He remembered visiting Lasqueti; it was ideal.

Folks were playing a game called *LOVE: Laughter On the Verge of Exhaustion* with made-up rules, no score-keeping and imaginary

goalposts: “We discovered a similar game in Vancouver called *Ultimate*. We [the *Lasqueti Esoterics*] got involved and before long the Canadian team had players at every level who had played with the *Esoterics*. Ultimate is still played on the school field, before sauna.”

The sauna is open to Islanders and their guests. Its ethos is: “be willing to come, get naked with others you don't know, sweat a lot, and maybe chant. It's also a place for people to explore healing and the revelatory states that can happen after your third sweat.”

In 1996, to cover the cost of attending the *Ultimate Worlds*, Tolling used “Morgan dollars” as collateral on a loan. “We got talking about currency based on hard metals - the holy grail in the numismatic world. We put precious metal coinage into circulation, and our mint became world famous - all hand done. The press was from 1928, the lathe from 1910 and the drop hammer from the 1800s.

The engravers from the Canadian Mint invited us over and wanted to know if we needed another engraver. Two of our coins are in the National Currency Museum at the Bank of Canada.”

What are you most proud of? “It's more about contributions to the community health and the spirit of the island. Of all of it -- captaining the *Esoterics*, participating in logging protests, designing the exterior of the arts centre --the sauna (maintaining it and keeping it going) is, without a doubt, the best thing I've done on this island.”

What's the ethos for Lasqueti? “Lasqueti has a unique energy that encourages natural living and a respectful approach to the island. I have breakfast every morning with 30 close friends from all over the neighbourhood. If I don't have their food out on the deck, they come and find me. I was in the outhouse the other snowy day, and eight male towhees showed up right outside, so I sprinkled

some seed, and they just came down and ate. In the summer, a towhee tapped on the glass next to Kay to come and feed them. That's the kind of relationship that Lasqueti wants to see happen here. - *Suzanne Heron*



Sue Ashcroft



Dianna Maycock

## The Layered Histories Project:

### Indigenous Presence on Xwe'etay/Lasqueti in the 19<sup>th</sup> Century

The Indigenous population of Xwe'etay/Lasqueti was decimated by European diseases in the 19<sup>th</sup> century. In addition, the establishment of Hudson Bay's Fort Victoria (1843) may have also disrupted the millennial-old regional trade networks in which Lasqueti played a central role. Despite such disruptions, however, Indigenous use of and connection to the island continued.

Compelling evidence for this comes from the island's many Douglas-firs which show multiple signs of bark removal for high quality fuel. Unlike the old-growth Douglas-fir stand in the Qualicum Forest, where the bark slabs were removed with wooden wedges over 250 years ago, the Lasqueti slabs were removed with European metal axes. Chris Hanna, our *Layered Histories Project*

archivist, suggests that metal axes would have been common only after 1825 via Hudson Bay trade networks.

“Trade beads” also offer clues to Indigenous presence on Lasqueti. The beads found on Lasqueti were made in the early to mid 1800s.

Written observations provide another line of evidence of early Indigenous presence, but these are sparse. An 1872 newspaper article recounts the story of Col. Taggart who was shipwrecked off Sea Egg Rocks and took refuge on Lasqueti (possibly in Jenkins Bay). The account notes a trail to a spring that was like a “jungle tracked only by thirsty Indians” and a place where “several canoes landed for a supply”. The 1877 journal of Andrew Colville McKenzie (an early Lasqueti sheep farmer) notes a First Nations camp, maybe at Marshall’s Beach.

A more recent account of Indigenous presence is by Elda Mason: *“The late A.G. Transfield Jr. told me that there was once a potlatch house on Lasqueti own by the Pentlatch Indians... Mr. Transfield had seen and spoken to natives who occasionally passed or stopped at Lasqueti around the turn of the [20<sup>th</sup>] century. ... they had effected a trade of flour for salmon.”*

Laurence Fisher recalls Tony Carter telling him in the 1970s about a conversation with a 107-year-old Cowichan Elder who had paddled into False Bay as a child and observed “people all around – all around.” Given Carter’s age, this could well have been just prior to the 1862 smallpox epidemic.

Individually, these snippets are somewhat dissatisfying; but collectively, they speak to the continuation of age-old connections of Indigenous Peoples to Xwe’etay/Lasqueti. This connection was further solidified in the late 19<sup>th</sup> Century through intermarriage between Coast Salish women and settlers. – Dana Lepofsky



Carson and a Douglas-fir tree with multiple slabs removed with a metal ax. Finnerty Islands.

## Arts Almanac No. 9: Yellow

Full confession: I love yellow. If you had asked me what my favourite colour was a few years ago, I would have hesitated. I would have said all colours have a place and I love different ones at different times, in different situations. And then out of nowhere, I was drawn to yellow like a moth to a flame. Ochre, mustard, golden, lemon, rubber ducky yellow. I was in love. I bought myself a pair of bright yellow Dansko clogs and wore them first in the studio, then in the garden, and finally everywhere. Then came merino long underwear in mustard, and a beautiful yellow toque that I rarely took off. I didn’t understand it, I couldn’t explain it. I felt happy when I looked at yellow. And I needed all the happy I could get.

Our relationship with yellow is an old one. Yellow pigment has been derived from the earth, urine, arsenic, lead, cadmium, titanium, and the resin of the Guttiferae genus of trees. Many dye plants produce yellow including coreopsis, fustic, tansy, goldenrod, marigold, osage, and daffodil.

We first started using yellow ochre to adorn cave walls and our bodies as early as 45,000 BCE. An iron oxide-rich earth pigment found in many parts of the world, it has been used for everything from cave paintings to frescoes and is still in use today. Ancient civilizations of Greece and Egypt, and certain parts of Asia used pigment derived from orpiment, an arsenic-based mineral. It was the dominant yellow up until the 19<sup>th</sup> century, when it fell out of favour due to its high toxicity and incompatibility with lead and verdigris. It was replaced by cadmium yellow, which being rich and lightfast, quickly became the yellow of choice. We now have synthetic azo dye-based yellows for those who do not want to work with cadmium.

Yellow is luminous, vibrant, and burdened with cultural significance. Once the colour of gold and the sun, and the gods associated with both, it became a colour of envy, deception and jealousy in the West during the 14<sup>th</sup> century. It was considered duplicitous and even treasonous, and this pushed it to the margins of society, worn to identify executioners and sex workers both. Even Van Gogh’s love of yellow could not shift its reputation. It continues to be one of the least popular colours, despite its sunny disposition.

– Jen Brant



## What We're Watching



**North of North (CBC Gem)** - If you've ever wanted to hear an Inuktitut cover of Dua Lipa or ooh and ah over Inuk fashion that mixes traditional and contemporary styles, North of North is the show for you. Just sign up for a (free) CBC gem account to laugh hilariously at a story set in a fictional village "north of the furthest place you've ever been". This show, filmed in Iqaluit, pokes fun at city-folk, settlers, and at the shenanigans that ensue from trying new things in a small town.

– *Gavia Lertzman-Lepofsky*

**Call Jane (Netflix)** – A movie about a 1960s suburban housewife who joins the Right-to-Choose movement and makes some really big changes in the way she sees and interacts with the world. Don't want to be a spoiler with too much detail. It's very timely seeing how far backward we've recently moved on that topic.

**Transplant (Netflix)** – Set in Toronto, this is about a Syrian refugee who faces major trials and tribulations in his efforts to acquire work as a physician in Canada. Like all serialized TV offerings, it's a bit of a soap opera, but the characters and plots are engaging.

**Collision (Kanopy\* and season 1 on Netflix) –**

An English show that spends the entire season on one crime -- a very complicated highway accident. Typical high British quality, good acting, excellent plot and high-quality filming. Loved it and found it hard not to binge.

**Mo (Netflix)** – A story about a Palestinian refugee in limbo living in Houston. It's billed as a comedy and has lots of laughs. It's just as easy to describe it as a timely and poignant drama about the absurd times we live in.

**Shaun the Sheep Adventures from Mossy Bottom (Kanopy\* and Netflix ["leaving soon"])**. Silly as hell but so are we. It features the adventures of very smart farmyard animals on a goofy English guy's farm. Never stop laughing.

\*Note: Kanopy (Free Library station) is part of the benefits of membership in [Vancouver Island Regional Library](#) along with books by mail and Libby (books on-line). There's a lot to watch and it's free and has no ads. Some pretty old stuff, a fair bit of trash, and many, many gems.

–*Ezra A.*



## A Pod of Podcasts



If I may momentarily put on a hat of gravitas and quote the philosopher George Santayana, "Those who do not learn from history are doomed to repeat it..." This is true. We have seen this all before . . . from mass migrations to the rise of populism, to the emboldening of oligarchs. 'Tis all encoded in the rich tapestry which is our very own history, ready for our exploration.

But...is it entertaining? I would argue, yes. These are epic tales filtered through a human lens and bias and based on real events.

Here are some engaging history podcasts that may both entertain and broaden your knowledge of our world and place.

"**Dan Snow's History Hit**" is a podcast where historian Dan Snow explores significant historical events, figures, and moments of the past. Snow travels worldwide to narrate these stories, often featuring interviews with expert historians on-site. His polished radio voice and British accent are perfect while you are doing dishes, walking in the woods, or heading off to bed. The podcast features a mix of educational content and storytelling that aims to connect historical events to contemporary issues.

"**History This Week**" is a podcast where host Sally Helm explores pivotal historical events that occurred during the week the episode is released. Each carefully-scripted episode delves into a specific moment in history, examining the decisions and actions of both well-known and obscure figures who have shaped our world. Through interviews with historians and experts, the podcast provides a fresh perspective on how these events unfolded and how they impact us to this day. Each episode is around thirty minutes long, so they stay punchy and to the point.

"**History Daily**" is a podcast hosted by Lindsay Graham. Each weekday episode takes listeners back to a significant event that happened on this day. From world-altering moments to cultural milestones, the podcast offers short and concise narratives (of around fifteen minutes) about the people and events that have shaped our world. It aims to inform and entertain, providing a quick history lesson that is a low time commitment. Lindsay Graham approaches history with a focus on social justice and equality, which is a refreshing take on history.

Well, dear reader, here is but a small sampling of what is out there. I'd like to know which ones you've found! – *Adam Enright*

## 2025 Budget: Good (tentative) news regarding avoiding tax increases

The Board has been trying their best to keep the budget and taxes in check, especially in light of the economic storm clouds on the southern horizon.

At the Feb Finance committee, I got Board support to allocate \$160,000 of the 2024 LIVFD surplus as revenue in 2025 – that is to offset taxes. The other option would have been to put it in reserves (and incur some tax increases), but the Board had already agreed to put \$60,000 into reserves this year as part of the proposal related to fire trucks and fire halls that have been under discussion since Dec. The Board made similar motions to use surplus for the Savary Island and Northside fire departments to offset taxes.

The Board decided to do a 4<sup>th</sup> round of budget discussions in March (it must be completed by the end of March by law), so the exact tax changes will not be known until it has been given a bow and tie.

But based on draft 3, and unless there is a big change in the final draft, it looks like there will be no tax increases for 2025. We'll know for sure in a few weeks.

## 2025 Assessed Values

According to BC Assessment Authority, the sum of all assessed values on Lasqueti is a bit over \$246 million, an average increase of 1.4% over last year. If your assessment changed by less (or more) than 1.4%, then expect a bit less (or more) change on your taxes compared to the average (because it's nearly all based on assessed values).

## FireSmart Funding

The qRD will try to get another grant from the Union of BC Municipalities to continue the FireSmart program. It is always a good idea to take steps to reduce risks of fire spreading to your home and buildings. Coastal-adapted FireSmart info is available on the qRD web site.

Please feel free to contact me. I am honoured to be your regional representative.  
Director Andrew Fall, qathet Regional District.  
Tel: 250-333-8595

**From Mikaila Lironi:** Hi Everyone, You may have noticed the lack of my usual column in the February edition. As I was coming to the island in person, I figured it would be best to give my information when I saw you all. Unfortunately, the snow, and cancelling the Grub and Groove really cut into the visiting I was hoping to do.

The day of the February LTC meeting, despite the snow and the roads being incredibly icy, upwards of 40 community members came out to let us know how they felt about the fibre optics cable. The JFC was absolutely packed; it would be great if the Community Hall had Internet capabilities so that we could host popular meetings at a larger venue.

Members of the community respectfully shared their opinions about having a fibre optics cable land at the barge ramp on Lasqueti. Contributors' questions were well thought out and well expressed. I know we have a tendency on Lasqueti to be worried about any changes to our way of life, but there were practical and very real concerns and ideas brought up by attendees. It was absolutely fantastic to hear everyone's opinions and ideas. Thank you to everyone who participated in person and who sent letters and emails. Great community engagement!! Thanks. [mlironi@islandstrust.bc.ca](mailto:mlironi@islandstrust.bc.ca) 250-812-2560

**From Tim Peterson:** Greetings all, I want to echo Mikaila's appreciation of those who braved the terrible road conditions to come out to the Public Hearing on February 10th to share your views on the fibre optic proposal. It is an important part of the process for members of the public to let us know what you think so that our decision-making can be better-informed by the community.

Due to the timing of this month's deadline, I won't be able to report until next issue on the outcome of the Local Trust Committee's deliberations on Bylaw 104 (the Connected Coast fibre optic proposal) at the February 27th Special Meeting.

Islands Trust Council convenes March 11-13 for our quarterly meeting in Nanaimo. The meeting will begin with an election, as our Chair,

(Trust cont'd from previous page)

Peter Luckham, is resigning the position after 10 years of service. A new Chair (and potentially a new Vice-chair) will be elected by members of Trust Council before we proceed to other business. March is budget time, and we will be deliberating on the various items proposed to be included in the 2025-2026 fiscal year, including the Lasqueti OCP/LUB project. We will be requested to encourage voluntary adoption of the principles of Dark Sky International in our local communities. We are scheduled to have a presentation and Q & A session with BC Ferries on shaping future public engagement due to the dissolution of the Ferry Advisory Committee system. It is worth noting that Lasqueti was not formally part of that system, and that the LCA Ferry Committee continues its work as before.

Locally, our next regular meeting is scheduled for May 12 at the JFC. As always, please feel free to contact your trustees with your questions, comments, or concerns.



Our original open-air outhouse, built c.2006 with scrap wood and nails Earl left behind, cut with a small rusty handsaw and then hammered in with the back of a maul (we didn't have any tools yet...) This is located close to our original camping spot. Still functional but a bit of a walk. Oh, and there's a bucket hidden in there, self contained ;) – Alex MacKenzie

### Memorable Childhood Meals



This is not an awful dish but may not be the healthiest fare.

CHIP BUTTY (pronounced with a strong Lancashire accent):Homemade French fries (my Grandma made the best) sandwiched between two pieces of white bread, with a good slathering of butter. Add generous amounts of salt and malt vinegar. -Sue Ashcroft

## Wisdom from Xwe'etay Gardeners



### How to Get Early Zucchini

I love having zucchinis to grow, to admire the beauty of the plants, and to eat, and I like to have them as early as possible from my garden. Here's a way to do that, shared with me years ago by a local fine gardener:

On February 15\*, soak a couple of zucchini seeds between pieces of damp cloth or paper towels until they sprout. As soon as they sprout, plant them in pots of soil, 4" pots or bigger.

Keep the pots watered and in a warm spot in the house until there is green above the soil and true leaves are starting to develop. Move the pot to the brightest place you've got, by a window or under grow lights if you have them.

On April 1st, transplant the plants outside into garden soil under sealed protection-- a little plastic tent with the corners and sides held down or a closed cold frame. On a sunny day, open the cover a little to prevent overheating. Remember to close it at dusk! (Do try to be careful about this, though I have found that the baby plants will tolerate a little forgetting.) If you want only one plant, sowing two is some insurance, and it's never a problem giving one away.

As soon as the female flowers show (there will be a tiny zucchini at the base of the flower), take the cover off to allow pollination. Voila! Zucchini harvest around the first of June. You can plant another one around that date, by your usual warm weather planting method, to extend the zucchini harvest season into the fall. – Sue Wheeler

\* You are reading this on or after March 3rd. Not too late to start your early zucchini! Proceed as above and plant the young plant in the garden maybe around April 10-15. You will still get zucchinis much earlier than usual.





## Life and Unimaginable Loss

When life throws us a curveball, such as an unimaginable and unfathomable loss, our bodies and minds will get to know sadness like nothing before. It can be crippling to the point we are unrecognizable to ourselves or others.

Too sad to do anything, even too sad to sleep sometimes. We might wonder, what do I do? How will I go on?

It may seem too basic or futile but the practise of staying in the moment and being present in the moment can give us the tiniest bit of relief from the sadness, even if only for a fleeting moment.

For example, stand in the woods and focus on freshly falling snow on a cedar branch and verbally saying it out loud to help keep the focus.

Or stare into a flower and acknowledge the beauty.

Lie down in a comfortable position, acknowledging your breath -- I am inhaling, I am exhaling and filling my body with oxygen. Maybe repeat it a few times.

Maybe try doing a mundane task like washing the dishes -- I am holding this soapy sponge and washing my favourite plate.

This is not to say we're not present with our loss and love we feel for a person. It's about just taking a short break from the heavy sadness.

We go on one day at a time, maybe even one hour at a time if that's what we can focus on. Another idea is to think of a happy memory, a joyful memory with your person, and think of how you felt in that happy time. That is an opportunity to take a break away from the sadness, even for one minute a day.

Being present and being still with moments of joy can be a lifesaver, if practiced daily.

When we are truly present in the moment, we are not deep in the sorrows of our past, nor are we fearful of the future; and it is here in this place we can find some solace.

Numbness and shock are common responses after loss, especially an unimaginable loss. Sometimes people confuse this with denial. However, if it were denial, we wouldn't be feeling the pain we feel.

Numbness and shock have their very own timeframes, ranging from a couple hours to several months, depending on everyone's unique situations. Awareness reminds us that the process of grief is natural and normal.

♥ - Lisa McKay

## Tide Tables

The tides are slowly pulling out and back, at this time of day they're in no hurry at all, a mere mirage of shifting movement.

Somewhere else in the world they must be rising and piling up, sneaking up beaches, headlands, and tidal rivers, Gaia breathing in and out.

Before me the long thin geological structure of our West Coast islands is revealed. When submerged, these narrow strips of weed covered unseen rock are called reefs, just like their tropical coral cousins.

As the tide drops and inches away, a few small strips of sunken island lift dark and dripping, having the startling appearance of ridged whale backs rising...

Ah if only whales were rocks for part of every day. They'd swim about, then harden, getting in ships' ways, a hazard to shipping, where ever they rocked up and stayed.

I daydream of that place where rocks could spout and beat their tails to frighten ships away.

Where whales could change to reefs and rocks to save themselves from keels, nets and props. A turn of tables I'd truly welcome, welcome a lot.  
- Dolf Schoenmakers



Dolf Schoenmakers



### How To Be Human

One  
Be real.  
Be yourself, have a personality and love things.  
Because if you're not yourself who are you?  
Putting on a face that's not you can be sour and plastic like  
a fake lemon.

Two  
Dream.  
Have ideas and follow your wants like a kitten chasing a  
butterfly.  
You have a great mind so use it.  
Experiment like humans before you have.

Three  
Do what you love.  
If you have a passion, pursue it as far as you can.  
Doing things that make you happy can be medicine in itself.  
Like a hot drink served in bed.

Four  
Know when to stop.  
Helping people is great.  
But so is privacy.  
Being in someone's life unwanted can make you feel like  
a pair of eyes in a window.

Five  
Listen.  
You're not the only one with a voice.  
Sometimes it's better to hear other people then yap about  
yourself.  
Leave your ears full, not your mouth empty.

Six  
Don't believe everything you hear.  
Trust is good, but you still need to think about the things you  
hear.  
Having your own opinions keeps your identity.  
There's a sea of information, and you need to find the drops  
to drink.

- David Lindsay - grade 8

### Poetry Hides

You can find poetry  
in the  
fluffy fur and feathers,  
the land that we walk on.  
Many others did too  
The big  
Open  
sky spotted with clouds  
that the fluffy feathered  
Creatures fly in, they  
Soar over us  
Knowing all.  
Flutter,  
flitter,  
Hover up  
and up  
farther they go  
Only come down  
when the cat gets  
hungry as a beast  
He screams his call,  
snatch them up  
feathers everywhere,  
Softly  
drifting down,  
Like snow,  
quick and quiet  
Painful  
but painless That is where poetry  
hides. - *Prairie Jahnke - grade 6*



Faren Wolfe





## LCA Update

The LCA exec would like to see a new grants committee established at the AGM to help find, apply for and oversee grants in support of community activities. The executive will be looking for some fresh faces and likely other subcommittees will as well. You are also welcome to propose new committees at the AGM. Hope to see you there!

Thanks to our French Creek Harbour Representative Peter Lironi, we've received approval from the harbour authority to build a waiting/luggage shelter on the dock in French Creek! The plan is for a 24' x 7.5' (+4' overhang) covered shelter with benches (with room to fit totes under) and wall panels on 3 sides (aluminum lower panes with polycarbonate window panels above). If you'd like to support this project, donations can be sent to the LCA via treasurer Pia Lironi (e-transfer to [lasquetilcatreasurer@gmail.com](mailto:lasquetilcatreasurer@gmail.com)). Just be sure to include a note about what it's for. Donations over \$20 will be issued a charitable receipt.

We are also ready to start converting the back chill room into the library so expect to see more construction work happening at the hall soon. The storage cupboards along the back will be removed, new flooring put down and bookshelves installed. The current library room will then become the chair room and the current chair room (behind the corner that often houses the bar) will finally become the community archive room. We have had money bequested from Pat Forbes for a Lasqueti Archive for many years so it will be great to finally put that to use. The LCA also plans to add a new storage room through where the woodbox for the big stove is, sectioning off the end section of the deck. This will become locked storage for our new sound equipment, projector etc.

If you want to rent the hall, get in touch with Sue Wheeler to book your dates. Please fill out a rental form and get a copy to LCA secretary Jenna. Blank forms, as well as an envelope where you can submit your completed forms can be found on the bulletin board in the hall meeting room. Did you know it's only \$20 to rent the hall for 4hrs for a small group if you don't use the kitchen? What a deal!

**The LCA Annual General Meeting will be held at the hall, 1pm Saturday May 31<sup>st</sup>.** - the LCA executive (Hilary Lisa J, Jenna, Pia & Tim P)



Richard Chesham



Terry Theiss



Kathy Schultz



Benoît Mayaux

## Hall Acknowledgements

The LCA sends massive appreciation to everyone who steps up to volunteer and contributes towards making our little island community awesome! The LCA would like to thank JennyV for her many years on the LCA exec and hall building committee, Mark B and Bruce G for their many hours, days and years of work on the hall and Ian R for all his work getting our new sound system together, as well as everyone who has worked on LCA subcommittees (hall building, ferry, parking, food bank etc., etc., etc.!) and all the community volunteers who have helped make the hall and the LCA what it is today.

If you're not already doing a bunch of community volunteering, consider stepping up to shoulder some of the load, we'd love to have your help.

- the LCA Exec (Hilary Lisa J, Jenna, Pia, Tim P)





## My Oceanside Chocolate Home Association (MOCHA)

### Looking for Community Integration Support Workers

**MOCHA** is a volunteer Board whose members (Martha Holmes, Andrew Fall, Tim Peterson, and Beth Ott) work with Latisha Seaton, Judy Peterson, and Michael Huguenard to help ensure that Latisha's needs and desires are met.

To enable Latisha to continue to live and thrive on Lasqueti, MOCHA is looking for people interested in regular or casual paid work with competitive wages and benefits.

#### **Community Integration Support Workers:**

*Interested individuals must be enthusiastic and eager to learn and apply skills to help care for Latisha, including personal care, and indoor/outdoor activities. CI Workers will provide support to Latisha during the day, Monday – Friday. Training provided.*

If you would like to meet Latisha and learn more about her and her mid-island home, please contact Judy and Michael to arrange a visit.

Latisha would be happy to accept chocolate donations!

**Interested in finding out more? Contact:** Judy and Michael @ 250-333-8534, 10am - 10pm or any MOCHA Board member, (see Lasqueti Island phone book for local Board members).



## Saint Patrick's Day 2025 at Provisions

Hello to the island. We'll be having a BBQ and serving Irish themed dishes to dine in or take out at Provisions on the afternoon of Monday, March 17<sup>th</sup>, to mark the occasion as well as the coming of the Spring Equinox. After a long, cold, dark winter, it's time to start fresh, revel in the warmth returning and bring back the light. More details leading up to the event. See you then laddies and lasses!

## Community Calendar

March 17: St. Patrick's Day BBQ. Provisions

March 22: Spurge Purge, the Collins', 9:30 – 12:30

March 28: 1-2 pm. Launch of Doug Hamilton's book. Arrowsmith Lodge, Parksville.

May 3: Welcome Mural and exhibit opening. 10:30 at the dock.

May 31: LCA AGM. 1pm. At the Hall.

\*\*Nurse's clinic: Thurs, 11-3, NOT Thurs. 20, 27 March\*\*

## Lasqueti Additional Senior Support Meeting Report

At the end of February, we met for dinner in False Bay at Hummingbird House (formerly known as the yellow house) to brainstorm how to offer more support specifically for senior housing. We started to delve into how seniors could potentially move onto neighbours' properties for additional assistance and physical support (as well as emotional help when needed) while preserving their independence and dignity. We agreed that factors such as easily navigable layouts, good pricing, and basic utilities that are easy to operate and maintain are key. We also noted that each person has different needs.

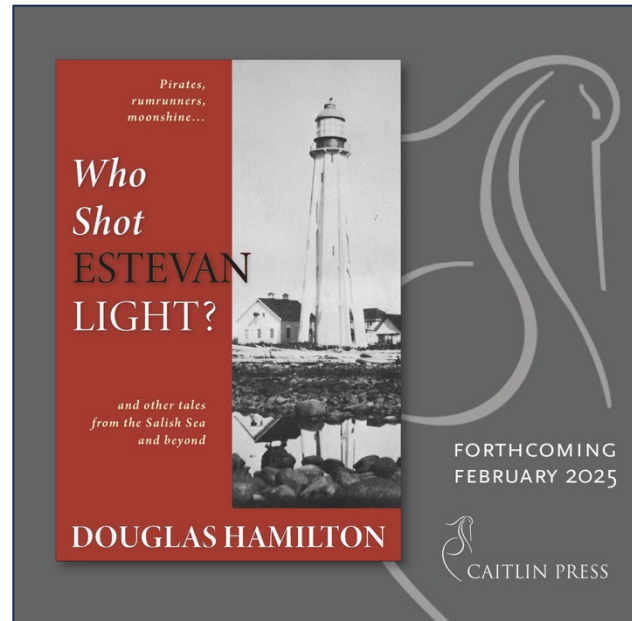
The possibility of a permanent paramedic facility— as a way to improve physical assistance for seniors – was on the table along with more details on how individuals who want to live together could lower their costs by pooling resources, power & infrastructure. Ask me in person for more details.

The next meeting is on Saturday, March 22<sup>nd</sup> (time t.b.a.) and the focus is on cluster housing and using tech. We are working on hosting a cellphone, internet & social media 'how to' event complete with basic problem-solving tips on operating systems. We will have 2 or more tech savvy individuals to assist with that. The goal is to have that available on island on a regular basis with a rotating group of tech-minded people who are willing to volunteer their time to make that happen. Thanks for coming to the meeting. See you at the end of March! - *Camino for L.A.S.S.*



# ***Who Shot Estevan Light?: Tales from the Salish Sea and Beyond*** *by Douglas Hamilton*

In this eclectic collection, Hamilton shares stories of maritime history and local folklore: The Flying Dutchman, a notorious BC pirate reputed to have been part of Butch Cassidy's gang and who eluded the police only to resurface on Lasqueti Island; a BC lighthouse that was shelled by a Japanese submarine in 1942; an undeservedly little-known French explorer who rivalled Captain Cook in the extent of his travels in the Pacific, and more. Hamilton introduces us to a band of rumrunners who narrowly escaped police while using speed boats outfitted with WWI aircraft engines, and to the tragic history of the steamship *Grappler*. He takes us inside a horrendous maritime disaster event exacerbated by racism and greed, and he shares the tale of a Spanish map of "California Island" that looked suspiciously like Vancouver Island at a time when maps were state secrets or deliberate deceptions. As in his previous publication *Accidental Eden*, Hamilton treats the reader to tales of local west coast folklore, including the perils of moonshine, a mysterious disappearance, and a titillating intergenerational tale. *Who Shot Estevan Light?* offers an enthralling escape into the world of adventure, intrigue and timeless west coast maritime stories.



Order directly from Caitlin Press, local independent bookstores, and Chapters/Indigo.  
<https://caitlinpress.com/Books/W/Who-Shot-Estevan-Light>

## **Book Launch: *Who Shot Estevan Light?* March 28, 2025, 1 – 2 pm**

Doug Hamilton and Penny Sadler invite you to the launch of Doug's latest book *Who Shot Estevan Light? and other Tales from the Salish Sea* at Arrowsmith Lodge, 266 Molliett Street, Parksville.

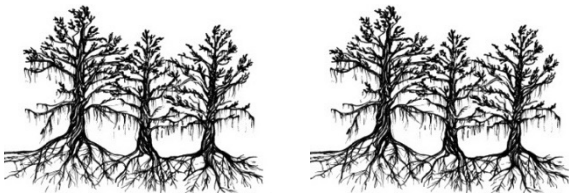
A short introduction will be followed by an opportunity to purchase the book. We ask people park on the side streets instead of in the Lodge's parking lot - Thank you.

## **Spurge Purge, 22 March**

Come join in with friends for a 3 hr stretch of purging the Spurge Laurel at Collins and surrounding areas March 22nd, Saturday 9:30 - 12:30. We've made such a huge difference already! Please send an email to [linc@lasqueti.ca](mailto:linc@lasqueti.ca) to confirm your attendance, so we can order you a scrumptious lunch after! To find out more about the invasive Spurge Laurel see [this info](#). Cheers, *Izzy and Marti*

## **Brunch fundraiser at Provisions (for the high school ski trip)**

Thank you to those of you who came out on a cold and snowy day last month to support our local youth in raising money for their ski field trip! Between sales from our bookstore, a bottle drive, individual donations and proceeds from the brunch we were able to raise over \$800 to help pay for it. Having as many opportunities as possible to experience the outside world while growing up here is an essential part of preparing for adulthood. We look forward to supporting future trips. All the best - *False Bay Provisions*



## Our Week in Review

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
<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 - 2			1 - 5		
<b>Life Drawing</b>			7 - 9				
<b>Nurse</b>					11 – 3**		
<b>Parsimony &amp; Providence</b>		3 - 7			3 - 7		
<b>Post Office</b>		10 - 4		10 - 4		10 - 4	
<b>Propane filled</b>						1 - 3	
<b>Provisions</b>	11 - 4	9 - 5		10 - 5	9 - 5	9 - 5	9 - 5
<b>Recycling</b>		10 - 2			1 - 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			

\*\* No Nurse's clinic Thurs. 20 and 27 March\*\*

### New Old Time Chautauqua

New Old Time Chautauqua (NOTC) is returning to Lasqueti to start their 2025 tour of the central and southern Strait of Georgia area.

NOTC is scheduled to arrive on Lasqueti on **July 17<sup>th</sup>** for a long weekend of family-friendly music, fun, activity, community-service work, education, entertainment, etc. They were here in 2009, and it was a highlight for all participants. They will be camping near the community hall, and using the hall for their cooking and eating. They will share the space with Rockshow.

Information about the NOTC is on-line, including on the Lasqueti web page.

Local organizers (so far) are Pachiell Smith, Jacob King, Andrew Fall, and Peter Johnston. More information will be coming soon about this Lasqueti event. Get in touch with us if you'd like to help; and think about how you might participate and contribute to this fun-filled weekend. – *Peter Johnston*



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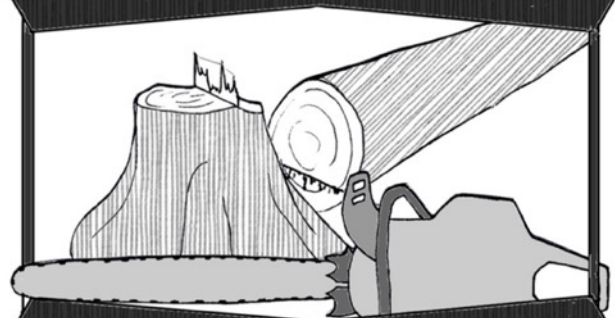
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