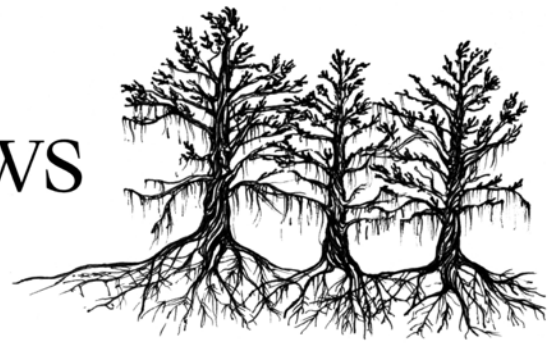




Xwe'etay News



Issue 10

November 2024

A Note from your Editors

Thanks to all for the beautiful mushroom submissions. Gorgeous. Visit our on-line version to see the images in colour. Our next photo theme is LEAVES. Alive, dead, piled, singular...

It is with deep gratitude and a tinge of sadness that we're letting you know that Dianna Maycock has decided to let go of volunteering to maintain the Xwe'etay newsletter site. This well-deserved exit comes after 5 years of publishing the newsletter and 6 years of creating/updating/maintaining the online version. She is turning her attention instead to focusing on her new Light & Energy Holistic, Spiritual & Wellness business (www.lightandenergy.ca). We wish Dianna well and are so grateful for her wonderful contributions to our community. Starting January, current and past issues of Xwe'etay News will be available as a color .pdf on lasqueti.ca.

And thank you to folks who sent in donations to keep the newsletter alive! Keep 'em coming.
- *The Yew Collective*; xweetaynews@lasqueti.ca



Duane West



Birds on Lasqueti

Belted Kingfisher

The other day Jenny and I were at the window watching our neighbourhood birds. There was a flock of eleven Common Mergansers grooming themselves on the rocks across the bay. They were all a similar brown colour so it looked like they were all females. However, there could have been males among them that had not yet grown into their fancy breeding plumage. In most species of ducks, the males are brighter and more noticeable than the females. They can be so different that they look like different species.

While we were looking at the Mergansers, we spotted two Belted Kingfishers chasing each other around the bay making their rattling calls. What are they doing? Jenny wondered.

We watched them more closely and noticed that neither of them had the russet band across their chest. They were just blue and white. Belted Kingfishers are a species where the females are more colourful than the males. So these were two males having a territorial battle.

Why are the females more colourful? One theory is that the female Kingfishers migrate whereas the males stay in their territory all winter protecting it from any intruders. When the females return in the spring their bright belt signals that they are female and not to be chased away.

There are other things that make Kingfishers unique. They dig tunnels into sand banks that can be up to six feet long to use as nests. You can see some of these tunnels in the sand bank near Millicheap Road.

They feed mostly on fish which they spot from a perch or by hovering over the water. They capture

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

(Birds cont'd from previous pg)

their prey in their bill and then carry it back to their perch where they swallow it whole and regurgitate any undigested bones, scales or shells as pellets. Owls do this too. Very few other birds do this. Sometimes Kingfishers catch fish that are too big to easily swallow. When this happens, you'll see the Kingfisher whacking the fish several times against its perch.

Start checking the protected bays and ponds for Buffleheads. They are returning from their breeding areas where they have raised their young. They'll be with us all winter. – *Sheila Ray*



Izzy Harrington

-In autumn they eat like crazy, then hibernate under logs and in leaf litter until spring. They emerge from hibernation and binge at the salad bar. Then they weave cocoons. A few weeks later, voilà, they are Isabella tiger moths.

-Woolly bear poop doesn't stink. It looks exactly like peppercorns.

-They need their terrarium cleaned daily. They like moss. They also like lots to eat, and protection from the sun.

- Although legend has it that the width of the orange stripe around their middles predicts the weather of the upcoming winter, they don't all agree.

- They are fast and don't take direction well.

- When you become frustrated and want to strangle one, you will not be able to find its neck.

- They are focused. There is no ADHD in their woolly world.

- If you get one in your eye, it stings.

- About myself, I learned that no matter how old I get, I will always be a small child.

Before I freed the woolly bears, I warmed them up. I carried them back to their fem patch. I sat in the damp moss and thanked them for their hard work. Each one moved in a straight line away from me, in all directions. I watched them trundle off like little buses until they were gone. I felt like a mother watching her offspring leave to start new lives. "Good luck," I called. "Write when you find work." I had empty cocoon syndrome.

I looked forward to seeing them again the next summer. By then I wouldn't recognize them, but each Isabella Tiger Moth I'd meet would make me wonder, are you one I exploited? – *Jay Rainey*

Creatures are My Teachers

107.5 Woolly Bears

In a stand of ferns there was an army of woolly bear caterpillars. I had a plan for some photographic scenes with them, so I made a comfy terrarium to house them for a few days. Here is what I learned:

- 107.5 woolly bears equal 1 and 2/3 cups. (It was a shame about the point 5)

- 107 woolly bears can denude 3 fronds of bracken fern and several branches of huckleberry leaves in 12 hours.

- If they're chilly they stay curled in balls and refuse to perform. When I warmed them by the wood stove they became active. Too active. At about 14°C they were just right.





Marilyn Darwin

Marilyn Darwin came to Lasqueti as an 18-year-old looking for adventure. She was with friends at Radar Beach, near Tofino, when she met Jack Barrett and Kevin Monahan who invited them to visit Lasqueti. They stayed in an empty cabin up Centre Road (now Lake Road). She met Jan, her life partner, while helping to build the Community Hall. The couple moved to Jenkins Island for close to four years where they lived in an army tent. Then they returned to Lasqueti, living first at Squitty Bay before moving onto the 40-acre parcel given to them by the Darwin parents. They then relocated to Alberta for 25 years where they raised four children. They continued to visit Lasqueti annually until 2014 when they made a permanent move back to the island.

Around this time, Marilyn attended a *Lasqueti Community Association (LCA)* meeting with a view to volunteering in some capacity. She met Carson Tak and together they devised a plan to create a Lasqueti food bank to provide staples to the needy. At first, they relied on donations from *Naked Naturals* and *Heaven & Earth* in Parksville. Eventually they received local donations and expanded from distributing Christmas hampers to distributing food staples several times a year. They also provide staples when an emergency occurs. There are now four volunteers (including Marilyn) who provide much needed healthy and dry goods; and it's all confidential.

As this project grew, the JFC board invited Marilyn to use the *Judith Fisher Centre* for storing the food bank supplies. She joined the JFC Board and eventually became its president. She still serves as president. Prior to this role, Marilyn knew little about the *Centre*. Through her work there, however, she has come to appreciate how much the *Centre* provides for the community. It has grown into a hub for a variety of organizations. In addition to a weekly health care centre, it also provides heat, electricity and water to the fire hall, the recycling depot, and LIAS. Marilyn oversees the JFC Board and is strategic in balancing the *Centre's* needs with those of the public.

I have appreciated the considerable volunteer contribution Marilyn has given to this community. She is a "silent warrior" and, as such, is among

the many Lasqueti residents who have history that is little known or recognised.

- Shirley Rogers



Marilyn in the 1970's on Jenkins Island

Editors note: Want to honour someone's long-time contribution to the island community? Consider writing the next "On Your Shoulders" column.

Wisdom from Xwe'etay Gardeners



Gardening When It Counts

Many of us here on Lasqueti produce some of our own food. But how many of us have a diet that's even 50% locally produced? With food getting more and more expensive, how could we collaborate more effectively to improve local food security? There are many answers to this question; but I believe one important part of the solution is developing more locally adapted, resilient seeds.

Because the sun, healthy fertile soil, accessible water, fencing and person-hours to plant, weed, water and harvest that gardens require are all in limited supply here, it is worth focusing on crops that are well adapted to our growing conditions and resilient enough to reliably produce decent yields. Selecting appropriate varieties of locally adapted seed can make a big difference to garden outcomes. For example, I have grown "Gold Princess" yellow storage onion and a dry bush bean called "Early Warwick" for the last couple of years that both dry down a month earlier than other varieties. This saves me a month's worth of summer watering rounds and avoids losses to fall mildew, mould and rot.

I'm also starting to explore landrace plant breeding to develop resilient, genetically diverse varieties that are adapted to our local growing

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(Gardening cont'd from previous pg)

conditions and practices. Plants lose vigour due to inbreeding. Most commercially available open-pollinated varieties have essentially been inbred for decades and commercial hybrids are simply the offspring of two highly inbred parent lines. The resulting 'hybrid vigor' is essentially just a partial reversal of inbreeding depression. Commercial seeds are bred for uniformity rather than resilience. A landrace is a genetically diverse and promiscuously pollinating population; you WANT the plants to cross, so you kind of turn all that traditional seed saving stuff about maintaining pure lines on its head. One way to develop a landrace is to start by growing 5 to 50 different varieties together to make an initial mass cross, called a "grec". Then, through survival of the fittest and farmer-directed selection, a new locally adapted variety slowly develops over years of saving and replanting seed. I've started with squash. If you grew a squash this year that was prolific, finished early, kept well and was especially tasty with yummy skin, save me a few seeds! Maybe we should start a little seed saving and breeding club? - Hilary Duinker

Where did ancestral islanders get their toolstone? Part 2.

In addition to obsidian – which was valued for sharp-edged tools, ancestral Lasquetians relied on their social networks to obtain other non-local toolstones. Slate, for instance, which was ground into knives and projectiles, had to be imported. We assume that the source was Jervis Inlet, but our team is undertaking a geochemical analysis to confirm this. Our analyses tell us that the stone adzes and chisels are made primarily of nephrite, but one piece found on the Windy Bay beach is made of the more breakable jadeite. Nephrite likely came here from the southern Interior of BC via well-established trade routes.

While these non-local toolstones played central roles in the social and economic spheres of Xwe'etay, the majority of local tools are not made from these sources. Rather, the projectiles, knives, and "flakes" are largely made from relatively low quality, black toolstone. Given its inferior quality and abundance, we assumed that the ancestral peoples got the rocks from local sources. *But, where??*

After visiting several locations, Rhy (geophysicist) and Jerram (archaeologist) were able to crack the local toolstone code on the Fall

Fair weekend. This was partly thanks to Tom Weinerth who visited the archaeology table with an assortment of beautiful, rounded cobbles that he collected from the Boot Point conglomerates. Rhy "zapped" Tom's rocks and found the elemental composition to be intriguingly similar to that of the archaeological tools. Additional analysis of the elements in the conglomerates on the beaches of Boot Point and Squitty Bay confirmed that the ancient Lasquetians were indeed using the cobbles in the conglomerates as a local quarry for their toolstones. Furthermore, Rhy and Jerram found a cobble sitting on the Boot Point conglomerate shelf from which someone had removed many flakes.

The conglomerates weren't the only local toolstone source. Rhy noticed a rock shelter on the cliff behind Michael and Judy's house that was large enough to have been used in the archaeological past. The surface was clearly leveled, likely by Indigenous People. Further along the cliff is exposed limestone. Rhy found "flake scars" on the rock that indicate that the ancestral peoples quarried fine-grained toolstone there.

I'll provide further updates as we complete our analysis of local and non-local toolstones.

–Dana Lepofsky

Re Part 1: As Tom W. notes, to bring the obsidian boulder from SE Idaho to the island meant carrying it in baskets strapped to the back and in canoes. No horses involved.



Limestone/chert quarry behind Judy and Michael's.



Conglomerate at Boot Point which ancestral islanders quarried for their toolstone.

Shona Musical Traditions and the Roots of Marimba Music

Makeke's repertoire comes through an ancient line of Shona oral music tradition; each song is carefully passed on to us by a teacher from that tradition. Some of these songs come from the deepest mists of time, transcribed from drums and dance to mbira and to marimba over millennia. Reinterpreted in each generation, they maintain the primal rhythms and melodies which are core to Shona spiritual practices.

Zimbabwe was colonized relatively late, maintaining traditional culture until the late 1800's. The British colonizers tried to erase those ancient traditions, banning religious ceremonies and outlawing traditional music and dance. Within the memory of some of our teachers, the sound of mbira music could bring violent punishment to a household, so parents discouraged children from playing it. Shame and distrust of their music traditions persisted through the years of civil war that led to independence in 1980. The marimbas we play were invented to revive these nearly-lost musical traditions.

In 1968 Dumisani Maraire came from Zimbabwe to Seattle to study and teach ethnomusicology at the University of Washington. He founded several bands and inspired a Shona music tradition in the Pacific NW. We play several songs composed by Dumi, including Kutambarara, which embodied his vision to "dismantle cultural, political and racial barriers" by spreading Zimbabwe's music. As appreciation of Shona music grew in North America, traditional music, ceremonies, and dance were reestablishing themselves in Zimbabwe, where they now permeate popular culture and revived spiritual traditions.

During Makeke's years together we have had the honour of learning from many teachers. From the start our teachers explained that in Shona culture, music plays a special role in bringing people together. One of our missions as a band has been to spread that celebratory togetherness where and when we can. At the same time as we were exploring the joyous traditions of Shona music, we were getting glimpses into the enormous challenges and sometimes wrenching hardships faced by Zimbabwean people in Zimbabwe or as immigrants in Canada. These insights drew us onto a path of community service that has included raising funds for charitable organizations or individuals in need. These acts of support have helped foster

deep and long-lasting ties of friendship as rewarding as the music itself.

(Here's an article that links the sounds we play to the origin of all)

<https://mamoyoshrine.wordpress.com/2018/01/15/guruuswa-the-origin-and-the-genesis/>

- *Makeke Marimba*



Covid and Flu vaccine will be provided by public health at the JFC on Friday the 29th from 11:00 am to 4:00 pm and Saturday the 30th from 09:00 am to 12:30 pm.

This month's topic will be on poisonous wild mushrooms. Mushroom foraging is a popular activity for many, and mostly speaking, it's a healthy outdoor one when precautions are taken.

In North America there are about 250 species of wild mushrooms that are poisonous. There are many more that can cause varying degrees of adverse health effects. The "death cap" mushroom is one of the most toxic of mushrooms and unfortunately it is being increasingly found in BC. Unfortunately, in 2016 a toddler in Victoria died by eating a meal of harvested toxic wild mushrooms.

It is important when harvesting your own wild mushrooms to become knowledgeable on mushroom terminology and take NO risks when harvesting a mushroom for consumption. Become familiar with your field guide and if a mushroom does not match even one of the characteristics listed for an edible species, DO NOT EAT IT! You also can't identify poisonous mushrooms by taste or smell; and some experts even have difficulty identifying poisonous mushrooms. Poisonous mushrooms are found not only on forest floors. but in parks, on roads and on curbsides, as well as on urban lawns and gardens.

Symptoms that can occur after consumption of a poisonous mushroom include: nausea, vomiting, hallucinations, seizure, liver failure, kidney failure, coma and death!

If a child has eaten a wild mushroom, take the mushroom from their mouth and hands. Keep the left over. Find a similar type for identification; and describe it to a poison information specialist.

The BC Drug and Poison information center phone # is toll free: 1-800-567-8911.

Here's to Safe and Successful Foraging! ♥dianne



Meet the Neighbours



Mikaela Wolovick, Maple Bay

Mikaela *DOES* stuff. She renovated a van (“Vincent Van Go”) with YouTube as her guide. Spent a year working in the Yukon and consoling a grieving aunt. Circumnavigated Australia, with a stint as a roustabout doing 12 hour days picking dirt out of fleeces. Somehow juggled being front-of-house for an off-grid lodge in Banff with studying International Management and French, and travelling in southeast Asia.

Covid hit Banff: the town went from 0 to 96% vacancy overnight, bears wandered the ghost town, and Mik thought, “All my skills are in hospitality, what am I going to dooooo?” Which led to a summer with mom on Thetis, creating Vincent (“I didn’t even know how to change a drill bit when I started”). Which led to exploring trades, and a carpenter’s apprenticeship. “Every job was different, I learned so much so quickly.”

She reunited with Aussie friend Kacee, who had met Shawna, new owner of the Lasqueti Hotel. Kacee came here and said to Mik, “You are coming to Lasqueti, you are meant to be here.” So she did. She and Kacee and also Nick worked the bar like a ballet that summer. Branching out into jobs for (mostly) seniors, she thought, “I like working with these folks.” An online care aide course with practicums in Nanaimo and Qualicum, living in Vincent, was also a time to start a wee thrift store - “The Second Hand Van.”

Mik was far from finished with the role of shopkeeper. Alongside her partner Nick, they conjured a wondrous transformation of the hotel bar into a pop-up shop fundraiser extravaganza, “Parsimony and Providence.” They raised sufficient funds to lift their friends from the streets into secure housing. “I simply adore this store-starting venture,” mused Mik. Next, she and Nick infused a corner of the hotel with quaint new life, into the little hardware store. Heartfelt gratitude to Dave Cox for the custom stained-glass sign illuminating the ATM.

Two very different paths: one low key, somewhat intimate, the other entrepreneurial and high energy. “I’m self-diagnosed ADHD,” said Mik, “I need to do different things. Being a care aide is so rewarding and I love it. Doing the store and care makes me better at both.”

“It’s hard living here, but it’s taught me so much about patience. My skill set has gone up

exponentially being here. Everything that’s hard is worth it. This is the first place that’s ever felt like home. I never really liked islands when travelling, always felt a bit trapped - and now I don’t want to leave or go anyplace else.” – *Suzanne Heron*

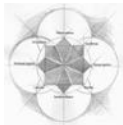


Note from Suzanne: It is my privilege to coordinate the “Meet the Neighbours” column. It’s my tiny contribution community-building. The idea came to me post-Covid, with the ~100 new people in our island community. I’ve heard many times, “So many people here I don’t know!” I figure a basic building block of community is putting names to faces and stories to names.

To my surprise, I’m sometimes finding people reluctant to be featured. I’m unsure why. Be assured, you vet what I write, and it’s your story. Please let me know if you’d like to introduce yourself more fully to your neighbours, or would like to see someone else’s story!



Suzi Rezensoff



How to be a Good Ancestor

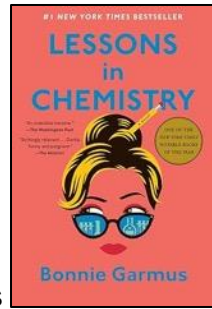
be still
 listen
 slip through the needle eye of silence
 leave behind your preference for black licorice,
 your talent for word games
 your grandfather's watch....your hair, your skin,
 your teeth
 enter naked as bones
 ask the furred, the feathered, the finned
 how to ford the river, how to scale the mountain
 how to spin your flax to gold
 feel the floor beneath your absence,
 the wide planks of the old house
 that were once proud firs breathing out cool fog,
 touch the skies those trees held up
 stand before gods that are strangers
 their language harsh in your ears
 and do not flinch
 trust kindness when you find it -
 the flesh surrounding the apple's seed
 the apple clamped in the beak of a raven
 become a raven's fingered wings
 flying through time
 sifting wounds and wonders
 become your one unbearable wound
 cry tears that freeze in six-pointed geometry
 then fall and fall
 until they smooth mountains
 be the unmistakable snowflake
 that launches the avalanche
 and buries the village
 become the thaw
 uncover a single memory of wholeness
 drip that sweet clean water
 on the growing vine
 of generations
 the vine that will someday flower
 with the twin stars
 of a baby's open hands
 a baby who will cry out to you
 from a dense and troubled darkness
 and you will answer
 heal child, the way is in your blood

- Sophia Rosenberg 2013

Book Review



Bonnie Garmus
Lessons in Chemistry
 (Doubleday, Canada, 2022)



Elizabeth Zott has an aptitude for chemistry and wants to become a scientist. So, what's the problem? The problem is that this is the 1950s and her world is not ready for high achieving women in science. Undaunted, she refuses to accept the status quo ... a generous helping of neurodivergence helps. She unwittingly becomes a TV sensation hosting a culinary show, incorporating her knowledge of chemistry into the science of cooking. Next, she starts dishing out empowerment advice to housewives. A full course of equally unconventional characters feeds her journey and together they explore themes about true love, friendship and creating your own family.

Lessons in Chemistry is a really fun read, easy on the brain, like a fluffy meringue. Let's be honest – *Anna Karenina* is good, but it's a bit of a slog. The narrative unfolds like a comic book fairy tale – with real villains and heroes and a preternatural dog. But don't be lulled by the jocular tone. Our protagonist must constantly contend with sexism and expectations of conformity.

Readers born after 1980 may wonder whether Elizabeth Zott's trials and tribulations are somewhat overdone. Sadly, this is not the case. Even today, there seems to be nostalgia to return to a mythical version of the 1950s, largely espoused by populist politicians and their adherents. Some yearn for the good old days, when women (and others) knew their place. As one U.S. vice-presidential candidate claims, professional women who prioritize their careers over having children are choosing "a path to misery." Elizabeth Zott would not be amused.

- Sue Ashcroft



Terry Theiss



Kitchen Creations



Spice Dal

This recipe is from a book, *The Vegetarian Epicure*, that I bought when I was twenty. Probably lots of us have this book. I like it because it is so quick and very flavourful. I dump lots of different foods into it, for e.g., cooked potatoes or carrots or broccoli or cauliflower or leeks or chicken or lamb or beef or garlic or chopped kale. Pretty much anything you can think of. You could even try tofu! Just coat the chunks of tofu with a bit of cornstarch (maybe with a little chipotle mixed in) and fry!

Dal is one of the most highly concentrated forms of protein, and a staple food of India – a country largely vegetarian for many reasons. If you cannot get the Indian split-grain dal, then split peas can be substituted. It is simple to prepare, ridiculously inexpensive, and delicious. Enjoy!

Here is the recipe...

- 1 ½ cups Moong or urhad dal (or yellow split peas – see above)
- 4 cups water
- 1 ½ tsp salt
- 3 Tbs butter or ghee
- 1 tsp cumin seeds
- 1 tsp ground turmeric
- ½ inch stick cinnamon
- ¼ tsp cayenne pepper
- ¼ tsp ground ginger
- ¼ tsp ground coriander
- ½ tsp mustard seeds
- 6 whole cloves

Wash the dal or split peas and boil them in the salted water until they are very soft and most of the water is absorbed. Stir often.

Heat the ghee or butter in a saucepan and add the spices to it. Stir them around for a few minutes, then remove from the heat. Pour the dal into the butter and spices, being careful to protect yourself from the spattering which is likely to occur. Return to the heat, stirring often, and let it simmer until it has the consistency of a fairly thick sauce. Serve very hot. – Joy



~~~~ Ebbs and Flows ~~~~

All My Relations

The Indigenous women of Lasqueti Island had deep ancestral ties to communities on the Gulf Islands, the Sunshine Coast and the East Coast of Vancouver Island. When a First Nations person says, "All My Relations," they are saying, "all the coast is connected. All things are connected in life. The water, the land, the sky, and First Peoples of what we call The Salish Sea are all community."

Today, when my partner and I go on an outing on the islands or on the mainland, I ask myself, "I wonder which cousins we will meet today." We always meet by chance a family member. Similar meetings undoubtedly occurred 150 years ago on Lasqueti Island. The island is interconnected by tides, linking families of Indigenous descent.

When Elda Mason published *Lasqueti Island: History and Memory*, she captured lots about early Island life through her female eyes. Her book, along with others, such as that by Florence Dubois, highlights whole networks of early families with deep ancestral ties and a millennia of connections to the sea and land. If you mention one early pioneer name connected to Lasqueti, you'll often find several living family members will step forward to say, "That was my Auntie, my Uncle or my cousin." There will often be yet more links to Salt Spring Island, Hornby, Sechelt, Vancouver Island, Powell River, Squamish, etc. People are all connected through those earliest women of Indigenous families.

My own mother knew her connections to Lasqueti Island life when we lived there in the 1960s. She recognized surnames like Silvey and others such as Page. My father, however, had no idea of just how many relations had traveled to make Lasqueti Island home, for example, the Douglas's, the Pappenberger's and others.

My own childhood home stood upon a cliff above False Bay. The land was a large midden several feet deep. I and my brothers pulled arrowheads and projectile points out of the very soil laid down by my Sechelt and Salish Sea ancestors hundreds of years before I came along.

I will write more about the earliest First Nations women of Lasqueti Island in an upcoming paper. I have taken two DNA tests that connect me to my cousins and ancestors. I seem to be related to all those First Nations ladies! The women and Islands are truly bound together. Huy' ch' ga (thank you).
- Rocky Sampson, Port Alberni BC

Waste Case Scenario

In 2019, the BC provincial government created the *Clean Coast, Clean Waters* (CCCW) Initiative as part of the *CleanBC Plastics Action Plan* to reduce plastic waste and pollution in the environment. Since the inception of CCCW, a group of Lasquetians has participated in an annual central Salish Sea cleanup working under the program management by *Ocean Legacy Foundation* and *Let's Talk Trash*.

This year the team (Project Managers: Mark B and Julia M; and Field Technicians: Faren W, Carly P, Kaia B, Bella W, and Julia W) was allocated fourteen days to clean Lasqueti, the small surrounding islands (Sangster, Jedidiah, the Finnerties and Fagins), the south end of Texada, Thormanby, and Nelson Island. They headed out in Mark B's aluminum boat and covered approximately 75 km of coastline dislodging big ropes from under rocks and logs, vacuuming ground-up Styrofoam bits, scrubbling over slippery rocks and beach wood to collect whatever the ocean washed up. It was exhausting work, relieved only by Ian Rusconi's lunches and snacks. In Ian's words, "I'm trying to make you all feel valued. You're dealing with environmental grief on top of all the manual labor. It's to be respected."

The debris was hauled to Squitty Bay and stockpiled on the beach. There, the crew sorted and tagged the collection into big white super sacks and loaded them onto *The Incident Commander*, (the big new barge that is servicing Lasqueti) and delivered it to Powell River where it was weighed.

The bags totalled an impressive 4,312.4 kg of beach debris! Styrofoam was most plentiful weighing in at 1383.8 kg. Landfill was 1290 kg. Tires with foam and without added up to 649.5 kg. Other categories included hard plastic, barrels, oyster baskets, beverage containers, rope, netting and metal.

Anna Smith, our new Diversion Specialist, was tasked with repurposing useful items: 273 kg of so-called marine debris, including rope, barrels, balls, plastic mesh, floats and aquaculture trays. These went to 30 Lasqueti community members. The rest was recycled through *Ocean Legacy Foundation's* network of processing facilities.

Did you know that the *qathet Regional District* hosts BC's first *Ocean Plastic Depot*? Located in Powell River, this transfer station for marine debris receives materials from marine clean ups as well as from individual residents who discover marine debris and bring it in.

Many thanks to all the hands involved in this year's Lasqueti marine clean up! - *JennyV*



Community Works Fund – Change is in the Air

As part of an agreement between the Union of BC Municipalities (UBCM), the Province and Canada, each year the qRD receives a significant amount of money that it can use for infrastructure, called the *Community Works Fund* (CWF).

Lasqueti has received a fair share of benefits, the most impactful perhaps when CWF was used to build our recycling centre.

The amount received by the qRD is a base amount + a per capita amount for the *rural* population. The City of Powell River, like all municipalities, also receives CWF (base amount + per capita amount for their city population).

The qRD has managed the CWF in a single pooled account to keep options flexible. It has primarily used it for rural projects. This has worked well so far (and is simpler than dividing the funds by electoral area, as in some regional districts).

However, this approach runs a risk. Most financial decisions by the qRD are made using a “*weighted vote*”, where each regional director has a number of votes based on the population of their area (using the formula set by the Province). Lasqueti and other electoral areas get 1 vote apiece, except area C (south of Powell River) gets 2 votes. The two regional directors appointed by the City of Powell River get 7 votes combined. This means that on weighted votes, the two city directors can outvote the rural directors (who have 6 weighted votes combined).

In general, weighting votes for financial issues is equitable since they are based on population sizes. However, there is a kink with Community Works Funds because the CWF received by the qRD are based on the rural population and intended to benefit rural areas (the City of Powell River receives its own CWF).

This kink recently led to some tension when one of the city directors moved to use \$1.4 million of CWF to help complete the Resource Recovery Centre, and a weighted vote was on the table. After a lot of discussion, this tension has started turning towards cooperation, and the Board will consider asking the City of Powell River to match funds from their CWF to complete the Resource Recovery Centre project.

However, this tension has motivated the Board to review how the qRD allocates Community Works Funds, and changes are likely.

Does this affect Lasqueti? Yes – CWF can be used for important local infrastructure projects instead of taxation or borrowing.

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



From Makaila Lironi: In order to reduce the overall number of private docks and boat ramps located along the foreshore and alleviate the ecological damage that can be caused by the proliferation of private docks and boat ramps, communal private docks and boat ramps are encouraged and may be considered on a site specific basis. The development of regulations to permit such joint co-operative facilities should ensure that the communal facilities would not have the effect of closing off access to any one bay and that environmental and social effects would be addressed” (OCP Bylaw no. 77, 2005).

In the most recent Lasqueti Trust Committee (LTC) meeting, the issue of an unpermitted dock in Scottie Bay was discussed. The committee determined that more community engagement is essential to reach a fair resolution. The LTC has requested that the Lasqueti Community Association (LCA) hold a meeting with the applicants, allowing community members to ask questions and express their views. The LTC reviewed numerous emails from residents, showing arguments on both sides. Recognizing this as a divisive issue, the committee saw the need for broader community input.

Current bylaws prohibit private docks on Lasqueti, except in cases where “...*the parcel is not accessible by a dedicated public right-of-way or registered easement...*” (4.13(b) LUB No. 78, 2005). “*Private docks may be considered on a site specific basis...[i]n considering an application for a dock, environmental and social effects must be addressed*” (Policy 15, OCP Bylaw no. 77, 2005).

For the LTC, the issue here goes beyond questions of fairness, the dock’s utility, or opinions about the applicant. It’s a matter of regulatory integrity: if the OCP and LUBs are not upheld, we face a choice—to amend them, enforce

compliance, or ignore the infraction.

If you have any questions or comments, please feel free to contact Tim or me. Our next LTC meeting will be held 16th of December 11-3 at the JFC. Hope to see you there.

mlironi@islandstrust.bc.ca 250-812-2560

From Tim Peterson: Greetings all. At our October 21st meeting, the Local Trust Committee considered two applications. The first was the rezoning application to permit the landing of a fibre optic cable adjacent to the barge ramp, as part of the Connected Coast project. The LTC decided to have staff draft the bylaw amendments necessary to enable this part of the project. Although the LTC can waive a Public Hearing on this application, I am strongly in support of conducting one. However, we removed the part of the recommendation to permit the public utility use in all zones, as this would have permitted any utility to operate here without any further consideration of whether it would be appropriate for the island, or any community desires around such utilities.

The second application was for the Carey dock in Scottie Bay. In consideration of the fact that we have received a number of letters, both in support, and opposition, the LTC decided to request staff to draft an amendment bylaw for consideration of First Reading.

In local government, First Reading is used to introduce an idea or plan that activates the legislative process for further review, including a Public Hearing, information meeting, or Advisory Planning Commission and other referrals. It does not mean a decision, favourable or unfavourable, about the proposal has been made.

From my point of view, triggering formal public engagement is an important next step. Questions remain about the offer of a Statutory Right of Way, including who would hold it, and how useful it would be to the community. The applicants stated at the meeting that they were open to consideration of other options to provide a community benefit. The determination of what benefit the community desires, and that the applicants are willing to provide, has yet to be made.

In other news, the Islands Trust has announced that Rubin Bronee has been hired as the new Chief Administrative Officer. He comes to the position with many years of executive experience within the provincial government, most recently as

Assistant Deputy Minister with the BC Public Service Agency. We have been fortunate to have our Director of Administrative Services, Julia Mobbs act as Interim CAO during the past several months, as she has done an amazing job of covering both roles for this period.

Finally, The LTC held a joint meeting with the qathet Regional District on Oct 17, including our Director Andrew Fall and the qRD Chair, Clay Brander, and staff from both organizations. qRD CAO AI Radke told us he expects to hear from Ministry of Transportation on options regarding the roadway upland from the barge ramp, and a process to legalize the current uses. We agreed to hold another joint meeting once he has received further information from the Ministry. Our next regular business meeting will be held on December 16th. Please consider attending if you can, and, as always, feel free to contact your trustees with your questions, comments, and concerns.

tpeterson@islandstrust.bc.ca 250-607-7094. To contact the whole committee and staff, email laltc@islandstrust.bc.ca



Jody Ayers



Online Safety

One of the great luxuries of our island life is relatively low property crime rates. Many leave doors unlocked, valuables unsecured, and keys in the car. But the social bonds and mutual trust and respect that keep us safe here are non-existent when we step into cyber-space. The Internet that connects us to the outside world also gives the world's shysters, charlatans, and thieves a bridge over the moat to our wee isle.

Over the years, I've helped dozens of Lasquetians detect, avoid, or recover from cyber-attacks. In the next few Tech Talk articles I'll write about some practical steps you can take to improve your online safety. But to start, an anecdote about one of the ne'er-do-wells from halfway across the globe who managed to infiltrate our little corner of paradise with bad intent.

Aster (name changed) often calls for help with her email or login problems. This time she was having trouble installing a program. "I think I have a virus" she started. "This nice man from Microsoft called to say they detected a virus on my computer. He helped me download this free program to clean the virus off. Isn't that sweet? Anyhow, I got it downloaded, but we tried for ½ hour to install it. I just couldn't get it to work. Could you help?"

Never had I been so glad for her tech-challenges. Of course, the nice man was not from Microsoft. And the program was malware, probably programmed to lock her computer so the scammer could demand a ransom. Or, maybe it would appear to remove "the virus", then run silently in the background, stealthily sending banking passwords, credit card numbers, and other private data back to the hacker without a trace. In any case, Aster, beautiful, trusting soul, fell for a similar scam about a year later but this time managed to get the darned program to work. Luckily, she also realized, just a little too late, she'd been tricked again. We used a backup to remove the malware and she agreed to hang up on any future callers from Microsoft (or Google, or Facebook, or Amazon, or...).

It can happen so easily to any of us. Next month I'll discuss some of the reasons the Internet is such a haven for scammers, why it seems to be so insecure, and some simple things you can do to keep yourself safe. – *Joseph Fall*



Lasqueti Island Nature Conservancy

LINC year end fund raiser - Prints by Ronaldo!

We are excited to partner with local artist Ronaldo Norden who has generously donated his time and skill to offer a special series of prints to our community as a thank you gift for your support.

Starting from his drawings created on site, Ronaldo transfers his image onto a metal base employing an ancient method using wax and acid baths. Then, using the 16th century style printing press at his island studio, he hand presses every print in such a way that each has its own unique finish. All together, he'll create a limited edition of just 50 numbered and signed prints, 25 of which will be offered in the upcoming LINC Year End Appeal. These prints capture a view of two of our Nature Reserves as they overlook the John Osland Lake towards Mount Trematon in the background.

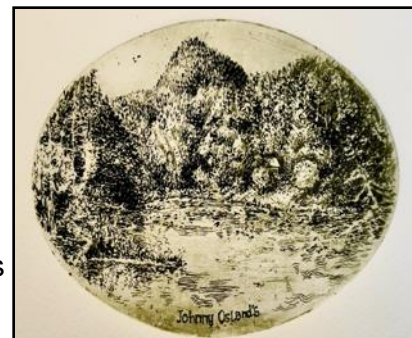
Soon we will have a short film on our website documenting both the maker and the making of these special gifts. Anyone who donates \$250 or more will automatically receive one print (7" x 5", unframed) as a token of our thanks. Additionally, three prints will be raffled off and entered into a draw for all donors, regardless of donation amount. To Make a Donation: E-transfer: linc@lasqueti.ca Cheque (mailed to): LINC, General Delivery Lasqueti Island, BC, V0R 2J0

Website (CanadaHelps): linc.lasqueti.ca Include the following details (via envelope or email): Name, Email, Phone, Mailing Address Contributors of \$20 or more will be added to our membership and will be issued a charitable tax receipt. For accounting, please include (via mail or email): Name/ Email/ Phone/ Mailing Address

We are deeply grateful to everyone who has given their time, energy, and financial support to LINC and the essential work of land conservation.

Together, we are building a lasting legacy of environmental stewardship that will benefit future generations.

Join us in protecting Lasqueti's wild places by making a donation today. - *James Schwartz for LINC*



Shoulder Season

It's the weekend

I feel a poem nibbling on the wrinkled ridges of my unconscious brain

Gentle and whiffling like horse lips searching for oats in the palm of my hand

Gleaning for bits of words and phrases that have lodged there from this week's gestalt of living and not living, doing and not doing, being in this season, being on this island.

The mushrooms are in ascendancy
The rain falls with gathering purpose

The sun is trapped above the clouds, more days than we really want.

Puddles and pools begin to form in their basins at the ravine bottom.

They are desperate to gather and group to greet winter with boisterous tumbling and joyous voice from the top at Main Road all the way to the muddy lagoon bottom.

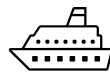
In winter the tides are strong and ready to receive the surge of fresh water

that will flow non stop, cutting a deep channel through the mud.

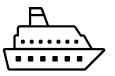
In a matter of days, the clams and oysters that have dry season crept stealthily into the edges of the tide-smoothed stream banks, will begin to struggle and die, poisoned by the lack of salinity...

But the crabs will feast, and the gleaming pale shells, empty of life, will join the many years of others, marking the stream's undulating course to the sea, like a white brick road, like a mindful raked Zen Garden.

-Dolf Schoenmakers



Ferry Committee News



Thank you to everyone who attended the community meeting with Western Pacific Marine (WPM) on October 26th at False Bay School.

There were over 60 in-person attendees and an additional 23 households through Zoom. The hybrid model makes things so much more accessible.

Bryan Coe attended the meeting on behalf of Western Pacific Marine, and BC Ferries representative, Hardeep Grewal and WPM Superintendent James Vaughan attended via Zoom.

We were able to have a meaningful discussion with Bryan, who allowed the community to keep his feet to the fire, through questions and comments that were timed and moderated by Ferry Committee members. This allowed many community members to have their voices heard.

The Ferry Committee will write a more detailed report for the December Xwe'etay News edition after a review of the meeting minutes.

Just a few quick points that might be helpful for our community members:

- The Rocket Rez pay system has been used by WPM for some time now on other runs and is being adapted for Lasqueti. It will have no bearing on other Lasqueti Ferry operations or fares.
- Cash will stay with us as a pay option.
- There was never any intention to have large percentages of online bookings. Bryan is aware that it wouldn't work in a small community.

Watch for more details on the community meeting, in the December issue. *Until then, we wish you safe and happy travels.*

- Shelley Garside for the Ferry Committee.



James Schwartz



John Martin

Student Corner



Haiku

Bonfire crackling
Hanging out with friends tonight
Wait, this is a house!

Got out of bed...warm
With a blanket on my head
Wait, where am I now?

Bored dull unimpressed
Especially while I am
Writing a haiku.

Dark folds in early
Dawn, the dew licks my lawn, but
Now it's time for bed.

- Orion Herriot-Enright

Basketball Ode

I will not play basketball today
oh, what's that?
it's a basketball
I must dribble the ball..
Oh no now I'm playing 21
And hoarse
now I'm taking shots around the court
now my friends want to play a game
oh, why not?

We started at 1pm
how is it already 7
a little more can't hurt
it feels so good for my body to play
now it's 9
and I can barely
walk

I must go to bed
thinking
tomorrow I will
not play basketball
I need a break

- Cruz Moen

Our Week in Review

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

** No Nurse's clinic Thurs. 14 Nov**

Community Bulletin Board

Charming Local Mercantile Now Open!

In an exciting development for the community, Parsimony and Providence has officially opened its doors, promising a unique shopping experience tailored for off-grid living. This alluring local mercantile offers a thoughtfully curated selection that includes essentials like hardware, tools, and housewares, as well as garden supplies, electrical components, and even a 24/7 ATM for cash needs.

Beyond the essentials, Parsimony and Providence provides timeless antiques, charming furniture, decor, and whimsical handcrafted oddities, catering to both locals and explorers with a taste for the unique.

Open every Monday, Wednesday, and Friday from 3:00 PM to 7:00 PM, the shop invites the community to explore its offerings. For inquiries,

contact the shopkeepers: text (250)-944-0484 or parsimonyandprovidence@gmail.com. Stay updated with the latest news by following them on Facebook at Parsimony & Providence.



The Lasqueti Island Food Bank

Dear Community, This month, *The Lasqueti Island Food Bank* is celebrating ten years of operation! We have had a decade of helping those in need and delivering healthy nutritious staples to assist people through the leaner months. We are a small group of volunteers who keep the *Food Bank* going. We are a non-profit independent group that works out of the JFC center. In the beginning, we worked out of our own homes. Around five years ago, we were kindly offered a room in the JFC by the JFC Board to prepare and store our food. We are grateful for this space. The *Food Bank* thrives because of those in the community who have generously given to us. Your private donations have allowed us to provide food more frequently.

We couldn't do it without you. We also receive a small grant annually from Powell River to add to donations. We thank Andrew Fall for this as he makes sure we are not forgotten. People come and people go. It's a joy to help and a joy to see people regain their independence. We are available for any emergencies that may arise. Thank you again for your support. We look forward to continuing our work as *The Lasqueti Food Bank*.

- Marilyn D., Carly Mc., Suzie R., and Carson T.

Battery Maintenance Workshop

Learn more about monitoring your power system by attending Ezra's Battery Maintenance Workshop on Sunday, 24 November at 11:00 in the Judith Fisher Centre. Following Ezra's explanation, there will be a Q and A session, until all the questions are answered. By donation to the LCA.

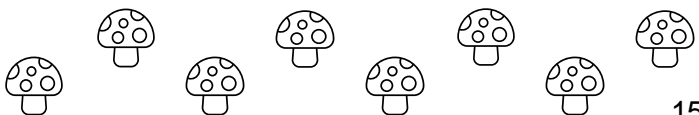
- Marti for the Climate Change Action Group.

Tsk Tsk Review 23 Nov

If you like things a little wild (but also safe) you're invited to a naughty variety show called the Tsk Tsk Revue at the Lasqueti Community Hall on Saturday, November 23rd, 2024. It's an evening of raucous, sexy, silly and audacious FUN! Mark your calendars so you don't miss this original and sometimes crazy, adults-only production.

Doors open at 6:30. Dress to impress and express and come mix and mingle. Get a good seat. Enjoy the sexy slide show. Buy your tickets for the anatomically incorrect chocolate love organ raffle. This year Farrell and company will be making sweets and savouries to delight your taste buds. Feel the tension build. Expect the unexpected but also be prepared for dancing, singing, comedy, live music, lip syncs and skits. Showtime is at 8pm. Afterwards we dance to the Beatfarmer's beats.

\$20 gets you in the door. If you can't afford it, get in touch because volunteering works as entry. FMI jennyv@lasqueti.ca or 250 240 7288



Lasqueti Additional Senior Support (L.A.S.S)

Earlier this year at the Lasqueti Community Association Annual General Meeting, I formed a new committee, the L.A.S.S. The goal of the L.A.S.S. is to offer additional support to seniors who live on Lasqueti. Currently the L.A.S.S is a committee of three: Shoshanah Ray, Peter Johnston and myself. Shoshana and Peter, who have been on the committee since the beginning, have a history of offering their time to the island in various roles.

Now that the winter is coming, the committee's actions are starting here by offering a planned volunteer rideshare program on Lasqueti to help seniors get around with a potential to expand to assistance in driving them to certain areas of Vancouver Island.

I plan on offering home services as well, including basic chores and more detailed tasks that seniors may need. Other groups in the past have offered similar services. I am looking at how they operated and I may call upon some past participants of similar previous projects for advice and inspiration.

We'll also be meeting later in the winter to discuss how these services can improve the process of aging on Lasqueti. We may ask participants to suggest additional services they may be keen on.

Dates for that meeting will be announced via email and posters.

Seniors in the community who would like to participate can contact me at (250) 333-8558. They can also ask me about it while I'm at work. I am also available to answer questions whenever you see me around town. - All my best, Camino



Jody Ayers

Annual Lasqueti Christmas Bird Count

Saturday, 28 December. The pot luck dinner and tally location has not yet been determined. New counters are always welcome. To help hook up with a small group, or for more information, please call or text Marti at 250 240 8879.

Community Calendar

- Nov 9: Grub & Groove
- Nov 17: Community Forum, Community Hall
Sunday 2-4pm; Potluck lunch 1pm
- Nov 19: Last day to place Mitchell's Soup order
- Nov 23: Tsk Tsk Review
- Nov 24: Battery Maintenance Workshop, 11am
JFC
- Dec 4: Residential School Denialism zoom
presentation; 7pm
- Dec 7: Christmas Craft Fair
- Dec 14: Grub & Groove
- Dec 28: Bird Count.

Nurse's clinic Thurs. 11 – 3:00, NOT 14 Nov*

Understanding Residential School Denialism - Zoom presentation with Dr. Sean Carleton: Wed Dec 4 pm

There is a disturbing rise in anti-Indigenous sentiment in some media venues. These discussions take many forms, including downplaying reports about the atrocities that occurred in Canada's government- and church-run residential schools.

We invite the Lasqueti and Powell River communities to a special Zoom presentation by Dr. Sean Carleton (University of Manitoba; <https://umanitoba.ca/arts/sean-carleton>) to learn about the history and roots of denialism. Our hope is that a greater understanding of these hard topics will allow for more open and truthful discussions about Canada's history.

When: Wed. December 4, 7pm

How: Register for the zoom presentation:

<https://sfu.zoom.us/j/9123456789>

-The LCA Reconciliation Committee

Coffee at the Pub!

Al is making speciality caffeine- and flavour-rich coffees all ferry mornings except Mondays. Expressos, Americanos, lattes, you name it. Come get fueled up to help start your day.



John Martin

Welcome Mural Update

SAVE THE DATE! **3 May 2025**. Gather to celebrate the installation of the Welcome Mural and the opening of the Xwe'etay/Lasqueti Archaeology exhibit. Join our community and our First Nations neighbours to marvel at the beautiful mural and exhibit, followed by a community feast at the hall.

– *Willy Clark, Lasqueti Reconciliation Group*
reconciliation-group@lists.sfu.ca



Close up of hummingbird on the mural – one of the many beings depicted to reflect the rich natural and cultural history of the island.

Gold Dragon Grand Opening at Provisions

At the end of October, we held the first opening of the Gold Dragon Art Gallery at Provisions featuring local artists, Ronaldo Norden, Kuba Suttles, Darlene Olesko, Marianna Laviolette and friends. Gold Dragon is the newly launched art group based on Lasqueti. It focuses on art, music and multimedia.

This show features acrylic works on canvas, pottery, etchings, sculpture, landscapes as well as portraits. It will run until January. More new art is due to be added this month as we approach December. Please come by anytime.

False Bay Provisions is open for viewing. A big thank you to the artists for sharing their inspirational work with the island! There is art inside every heart. ❤️ - *Camino*



James Schwartz

Flu and Covid-19 Immunizations

Island Health will be returning to Lasqueti Island on November 29 and November 30 to hold immunization clinics for influenza and COVID-19 vaccines at the Judith Fisher Centre.

The general population started getting their notification to book an appointment for their flu and COVID-19 vaccines in the second week of October 2024.

Getting immunized for the flu and COVID-19 is important and the best way to protect you and the people close to you against serious and sometimes fatal illnesses. If you have questions about your COVID-19 and flu immunization options or need help booking an appointment, visit www.getvaccinated.gov.bc.ca or call 1-833-838-2323. - Jocelyn Stanton, Island Health

Community Sourdough and Catering

We have just returned from our trip to Italy where we wined, dined, and met people. I heard many stories about our ancestors.

Trust me when I say we did a healthy amount of bakery research!

And as the jet lag wears off, we are getting excited to get back to baking.

As of the last week of October we will be stocking the stand at Lennie and Main once more with our organic sourdough loaves, cookies, pastries, and whatever else we are inspired to make according to what the seasons have to offer.

There is fresh bread and cookies in the stand most days, and the organic pastry goes out on Fridays.

If you have any special requests, send us an email, or give us a call at 250 607 1619 - *Violet*



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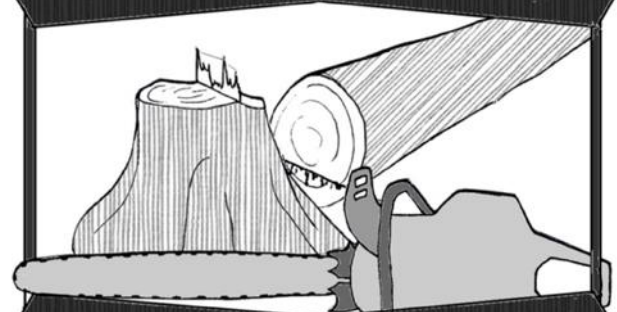
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Xwe'etay News is the monthly newsletter of the Lasqueti Island/Xwe'etay community. All submissions come from the island's community; donations cover production costs. An editorial collective is responsible for final production. To submit material for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

For the online version: www.xweetaynews.com

Deadline submission for Dec issue: Nov 24.



Terry Theiss



James Schwartz



John Martin



Shelley Garside



Izzy Harrington



Marilyn Darwin



Bob Kearney



Izzy Harrington



Izzy Harrington



Shelley Garside



John Martin



Ken Lertzman



Heather Crawford