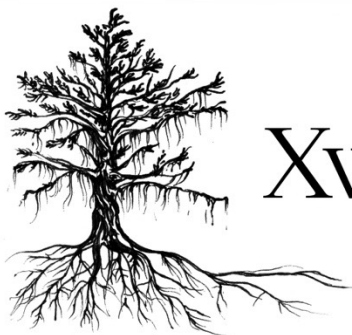
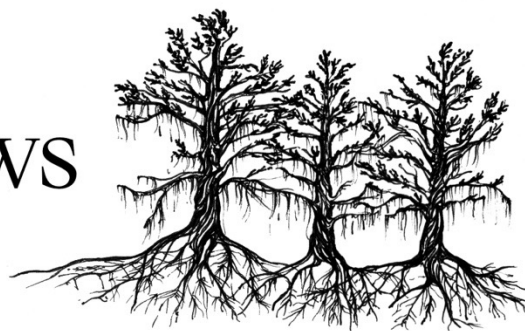




Xwe'etay News



Issue 21

October 2025

A Note from your Editors

We're pretty darn excited to announce that Deb Perell has joined the Yew Collective! As many of you know, all things are more fun with Deb. And! Deb is taking over organizing the cooking column, so if you have ideas, send them her way.

Much gratitude to Laurence Fisher who has offered to do the huge task of picking up the newsletters from the printer, folding them to the PO-approved size, and then delivering the box to the ferry. Thank you so much, Laurence!

Thanks to all who sent in the amazing frog and frog-related photos. It's pretty clear that we love our amphibian neighbours.

A frog biologist told Dana that it's rare to have tree frogs, red-legged frogs, and Western toads all in the same place. Yet another way that we're so very lucky. Toads and red-legged frogs are declining in SW BC and are listed as species of "Special Concern" by COSEWIC. Happily, tree frogs are thriving. Go tree frogs, go!

For our October issue, we're gathering photos of your morning beverage routine. Your favourite mug, location to sit...you decide!

To contact us and for submissions or donations:

xweetaynews@lasqueti.ca; for on-line, colour versions:

www.lasqueti.ca/xweetay-news - JennyV, Wendy W.

Anna D., Dana L., Karen G., AND Deb P.



Ken Lertzman



Stella Daniels



Wendy Shneible



Sylvain Lieutaghi

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

Our Feathered Friends

Doesn't it feel like there's magic in the air on the days when you're walking a trail or meandering on the beach, and you find a feather? Feathers only occur on birds now; however non-avian dinosaurs also possessed feathers. With all their diversity they are made of a single protein called beta-keratin (not the same as beta-carotene, the pigment in carrots), which is also found in skin and reptile scales.

Ornithologists have identified seven types of feathers. *Wing* feathers and *tail* feathers are self-explanatory. Then there are *contour*, *semiplume*, and *down* feathers. *Contour* feathers cover a bird's body and streamline its shape. *Semiplume* feathers provide underlying insulation, and *down* feathers are closest to the body and trap heat. *Filoplume* feathers act like whiskers to sense the position of contour feathers. And last, but not least, *bristle* feathers are on the head. While their purpose is not completely understood, they may protect a bird's eyes.

Feathers perform several functions. Most importantly, feathers allow a bird to fly. Wing feathers are anchored by strong ligaments to wing bones, so that they can survive the rigors of flight. They are controlled and rotated to provide thrust and lift. Tail feathers are used for steering.

Feathers also keep birds warm. Our Merganser and Mallard ducklings are covered in fuzzy feathers at birth, so that they can withstand the cool water they must swim in almost immediately after birth. Songbirds, on the other hand are often born featherless – you've peeked into a robin's nest, haven't you?

The function of coloring is for show or for camouflage. The coloring of birds is what is fascinating to many of us. Our male wood ducks have modified contour feathers on the top of their heads. They can elevate thousands of these tiny feathers by using muscles under their skin to create a colorful fan as a courtship display. Our Common Nighthawks have such perfect camouflage colors that it's really easy to miss seeing them on rocky bluffs, where they nest on the ground. And the flash of gold seen in the right light on a male rufous hummingbird's throat is startling.

Enjoy your walks this fall. May you be lucky enough to find some unusual feathers. If you want to read a fascinating, true story of crime and people's obsessions with wildly colored feathers, read [The Feather Thief](#) by Kirk Wallace Johnson.

- Terry Theiss

Healing

Today I needed rainbows,
Rainbows that lifted me on full spectrum wings
through the pain,
The obscuring prism veil
And back into the white light.

Tonight I'll need a meteor falling.
Just one, that will lead the way, roaring and blazing
From here to there,
From where I'm broken in the dark and grim of here.

At dawn I'll need a salmon's back
To leap the weight of falling water,
And drop off my journey-battered soul
Into a hidden, deep, gravel-bottomed pool.

At noon I'll need the tide to fall
And expose the sand, so I can roll like a beast
beneath a crucible sun,
So I can coat my crazed hide with a silicon glaze of hope
And emerge from this kiln, fused and remade,
Able to catch and hold the flow, the weight of my
silver liquid soul.

It's evening; I need a tree to rest. Deciduous or
conifer, either will do,
As I am snail-small, worn through and through.
I need to lean back into a trunk and feel the sap
run,
The tree and I breathing ancient breaths, breathing
together as one.

At sunset I need a big wind, and an even bigger
tide
To toss me up amongst my uprooted gnarly-ended
Yellow cedar friends.

Then, woven together like Ojibwe dream catchers,
we'll face
And embrace the battering of nightmare waves.

The next morning I found I didn't need the mirror
To tell me that I was old -
I had grandchildren for that,
And loosening teeth, carbon fibre "stix", wispy hair
And a low battery warning on my prison power
chair.

And later that same morning,
I found I didn't need anything else at all!
That morning I walked the story of who I was and
what I already had...
I felt whole.
And my steps were buoyant and carefree upon this
land...
And this land was buoyant, carefree, and timeless
in my soul.

- Dolf Schoenmakers



Coconut Coir vs Peat: No Easy Answers

How to garden in a way that is healthiest for the people we feed *and* the planet? An example of how difficult it is to find this balance is the use of peat to amend our soil. The benefits of adding peat are several, including increasing water retention and improving soil structure especially in heavy soils.

Amending with peat, however, has environmental and social downsides. According to the UNEP, "Peatlands cover just 3 per cent of land but store about twice as much carbon as all the world's forests". Mining and otherwise degrading peatlands release huge amounts of CO₂ into the atmosphere which in turn increases greenhouse gases and global climate warming. Globally, peatland degradation (of which mining for gardens must be a relatively small part) is a larger emission source than international aviation and shipping. Furthermore, peatlands are biodiversity hotspots and central to the culture of many Indigenous Peoples. Canadian sphagnum moss peatlands supply peat around the world.

Coconut coir (the fibrous inner husk of coconuts) has been touted as an eco-friendly alternative to peat. Coming mostly from Sri Lanka and India, the husk of the coconut is a byproduct of coconut production. Previously left to rot in large methane-producing piles, coir may be a good alternative to peat with its good moisture infiltration and retention, and good drainage. Additionally, coir breaks down more slowly than peat and is less acidic.

Coir comes in two forms: blocks and already hydrated/washed plastic bags. The blocks of coir, which expand with water, are more efficient to ship long distances and have minimal packaging.

Before coir can be used in the garden, salts need to be flushed out. The blocks must be washed by the consumer. In some places, the industrial flushing of coir has been implicated in the contamination of local drinking water and in water shortages. In India, where water use is highly regulated, the water apparently goes back into the coconut plantation.

Cinnabar Valley Farms get dry coir blocks from SE Asia and then hydrate and buffer them locally. Several sources note the potential harm of buffering to local water sources, but I have no information from Cinnabar.

A representative of Cinnabar Valley Farm told me that their My Coco mix could be used as a 1:1 replacement with peat in DIY soil mixes. However, they noted that their hydrated coir can contain residual salts and should be rinsed before use for seed-starting mix. They also recommend, "a Cal-Mag fertilizer to help displace excess sodium and potassium." - Dana Lepofsky



Alex Mackenzie



Terry Theiss



Heather Crawford

A Life on Lasqueti Island: My Grandma Evadne Phillips

In the dirty 30's, long before Lasqueti Island became the haven of independence it is today, my Grandma Evadne Phillips, a remarkable woman from British Guiana, settled in Rouse Bay with many of the Phillips clan. Though it was long before my time, I heard countless stories from her and my father, Edward, about carving out a life on the island. Her sweet, loving nature surely left an indelible mark on those who knew her then.

Born in British Guiana (now Guyana), Grandma grew up in a world far removed from the rugged west coast she would eventually call home. In the 1930s, she, her brothers and son, and her formidable mother Amy immigrated to Canada via New York City, seeking independence, connection to nature, and a way to weather the Depression through fishing and growing their own food.

Grandma was at the heart of their life in Rouse Bay, tending the homestead without modern conveniences. She created a garden just above their three shore-side homes, providing fresh produce and flowers. In my own garden now, I always imagine her in her garden sanctuary, cultivating blooms for bouquets and fragrant potpourris, as well as preserving fruit, berries, and fish, and even making dandelion wine! I like to think she'd sweetly smile if I told her this was now called "food security."

Despite the hard work, she always found time for everyday beauty. Her intricate cake decorating for birthdays and island parties, often adorned with delicate sugared flowers and elaborate piping, brought sweetness to daily life. Her family's sartorial style also set them apart: carefully tailored dresses, fine suits, and handmade costumes for island celebrations.

Grandma understood hospitality like no one else. Her pot of soup was always on the stove should any guests arrive. She knew the joy of welcoming others and offering the warmth of her home. A wise person once said your purpose is not what you do, it's what happens in other people when you do what you do. When you spent time with my grandmother, there was always delight, care, and beauty, which I carry in the book of my heart to this day.

As Lasqueti Island evolved, Grandma's legacy of resilience, artistry, gentleness, and gardening surely endures. From that little piece of paradise, she continues to inspire me every day. – *Deirdre Phillips*



Deirdre Phillips (R) striking the same pose as her Grandma Evadne Phillips (L) did, many years before.



Jane Pearse



Wendy Shneible



Heather Crawford



Hello Lasqueti! My name is Carolyn Smith, and I'm very excited to have recently joined the community as Vice Principal and teacher at False Bay School.

I come to Lasqueti from Kyuquot, where I spent the last year as Vice Principal in a small, K–12 multi-grade classroom school. Before that, I lived in Edmonton, where I worked in a variety of schools and leadership roles. In total, I've been a teacher for over 20 years and I feel very fortunate that my career has given me the opportunity to work in such unique and close-knit communities.

Family is an important part of my life and a big reason I chose to move closer to this area. My daughter Dominique and her partner Jason live in Nanaimo, along with my two wonderful grandchildren: Jace (15) and Shawnacy (4). Being near them brings me so much joy. My youngest daughter, Rebecca, and her husband Jonah live in Edmonton, and much of my extended family is also in Alberta. Although moving to Lasqueti means I'm farther from some of my family, I'm grateful to be closer to Dominique and her children.

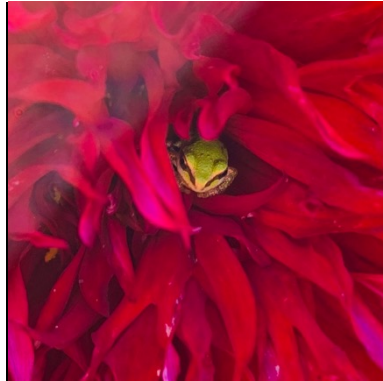
Since arriving, I have been truly overwhelmed and thankful for the warm welcome I've received from the community. The homemade goodies, canning, flowers, and veggies that people have shared with me have been nothing short of amazing. It's a reminder of the generosity and care that makes island life so special.

What excites me most about being here is the chance to learn alongside the students, families, and community of Lasqueti. I believe education is at its best when it is connected to place, people, and shared experiences, and I'm eager to see how that will come to life here.

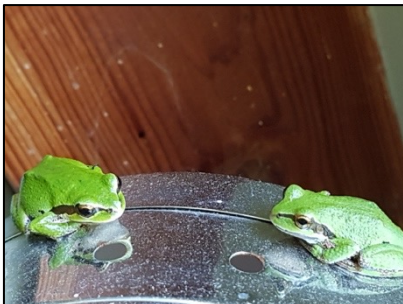
I'm looking forward to getting to know everyone—whether in the school, around the community, or on the trails. Please feel free to say hello if you see me around. I'm thrilled to now call Lasqueti home. — Carolyn



Wendy Shneible



Anna Dadds



Sue Ashcroft



Jane Pearse



Serena Renea



From Tim Peterson: Greetings all,

It was a busy month, with a Trust Council meeting on Gabriola from September 16th-18th, followed by the Union of BC Municipalities convention in Victoria from the 22nd-26th.

Trust Council endorsed the draft Bylaw Compliance and Enforcement Policy and Manual, which will be coming back to the December meeting after further review by the Regional Planning Committee. We also reviewed and prioritized recommendations from the 2022 Governance Report. Special Counsel to the Premier on Indigenous Reconciliation, Douglas White, K.C., J.D. gave an interesting talk on the way forward for reconciliation, including consideration of how provincial legislation may be amended in coming years.

Executive Committee members at UBCM met with Ministry of Housing and Municipal Affairs staff to talk about housing and BC Assessment on property insurance and taxes. Minister Neill of Water, Land, and Resource Stewardship discussed Crown Land referrals. I had an opportunity for a few good conversations with our MLA Stephanie Higginson. Vice-chair Elliott led a session on tiny homes on wheels; and I attended sessions on community assemblies, local food, and strengthening wildfire resilience, among several others. I also attended Survivors' Flag raising ceremonies at Government House and the Legislature.

Our next Local Trust Committee meeting will be October 6 at the Health Centre. Items of interest include: the Policy Statement Referral, the Crown Lease Referral, a proposed Public Notification Bylaw, and a staff report on rescinding resolutions. The agenda is available on the website. Please consider attending, if you can. As always, feel free to contact your trustees with your questions, comments, or concerns.

From Mikaila Lironi: What exactly does a Lasqueti Islands Trustee do?

1. Critically read agendas for their local trust committee (LTC) 5-6x per year. They can also add items to the agenda that they believe need to be addressed.

During the LTC meetings, trustees will vote on motions, give their opinions and thoughts about the agenda items, and hear from constituents and delegations. Planning staff also attend these meetings to advise on procedure, guidelines, land use bylaws, and the official community plan (OCP).

2. Critically read agendas for Trust Council (3-day quarterly meetings). They can also add items to the agenda if they are relevant to the trust area as a whole. These meetings are attended by all the trustees (26) from the 13 islands in the Trust Area. Trustees will give their opinions and thoughts about the agenda items, vote on motions, and hear from constituents and delegations. Directors and Islands Trust staff also attend these meetings to provide reports, to advise on procedure, guidelines and policy, and support and help the meeting run smoothly.

3. Check and respond to emails.

Lasqueti Island Trustees receive around 30-100+ emails a week depending on if there's a hot topic item coming up at the LTC, or if there's a Trust Council meeting approaching. The emails provide information about the island, trust area or province. They also include emails from constituents or staff asking questions. These emails can also require time-sensitive responses, so it needs to be checked regularly.

4. Trustees also have the option of serving on different committees such as the Regional Planning, Governance, Financial Planning, Trust Programs or Accessibility committee. These committees meet quarterly.

5. Attend other conferences such as the Union of BC Municipalities (UBCM), Oceans Protection Plan (OPP), Salish Sea Symposium (SSS), Rural Islands Economic Partnership (RIEP) among others.

6. Refer constituents to the appropriate resources to help answer their questions.

This is not an exhaustive list, but these are what keep us busiest.

Hope to see you at the JFC at 11 on Monday, October 6th.

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



Motor Oil and Anti-Freeze Recycling

For all new Lasquetians and any who haven't yet made use of the service, here's a reminder that the Recycling Depot has an oil collection locker accessible during open hours. The best thing to do with used motor oil and antifreeze and the containers they come in, is to recycle them and safely reclaim the value of these non-renewable resources.

Interchange Recycling is a non-profit with the goal of providing an eco-friendly and cost-effective way to recover and dispose of materials accepted in their program. According to the Used Oil Management Association, each year, through public recycling stations and certified oil change shops, approximately 50 million litres of oil and 3 million litres of antifreeze are collected and responsibly managed in British Columbia. (<https://usedoilrecycling.com/british-columbia/>). Though there is no cost at drop-off time, consumers contribute to the cost of the program through Environmental Handling Charges added onto the retail price of oil/antifreeze products—so it isn't really free. The retailers and automotive shops who sell oil and antifreeze collect and remit the Environmental Handling Charge to Interchange Recycling.

What can be collected?

Any automotive antifreeze, petroleum or synthetic crankcase oil, engine oil, hydraulic fluid, transmission fluid, gear oil, mineral heat transfer fluid, or other fluid used for lubricating machinery or equipment.

Oil filters (no gasoline filters). Any spin-on or element oil filter used in hydraulic, transmission, or internal combustion engine applications, including diesel fuel filters.

Any plastic containers up to 50 litres in size manufactured to hold oil or antifreeze.

What happens with the materials collected?

Used oil is refined and reused as lubricating oil. It can also be re-refined (that's a real word) and used as fuel in pulp mills, cement plants, and asphalt plants as an alternative to newly extracted petroleum.

Used antifreeze is reprocessed to produce new automotive antifreeze.

Oil filters are crushed and taken to steel mills to manufacture into reinforcing steel (rebar, nails, wire), and plastic oil and antifreeze containers are made into new oil containers.

When dealing with oil and antifreeze products, use a dedicated funnel to return the product to the original container so it can be recycled as well. Don't mix oil and anti-freeze and avoid allowing water in. Tightly cap all containers. Bring to the depot and ask for help getting the product into the locker. Then, feel good about doing the right thing!

For a complete list of accepted items, visit: <https://interchangerecycling.com/bc/> - Jenny Vester



Gordon Scott



In Spring a young frog's fancy turns to love.

Jay Rainey



Jacob King



This month's article focuses on the Union of BC Municipalities (UBCM) convention.

What is UBCM and How is it Relevant to Lasqueti?

UBCM is like a non-profit society in which all local governments in BC are members, including cities, towns, regional districts and the Islands Trust.

Each year UBCM holds its Annual General Meeting (or convention) at which local government representatives elect the UBCM board, similar to Lasqueti societies but with hundreds of attendees from across the Province.

UBCM enables local governments to advocate to the Province with a unified voice for issues of importance to the majority of representatives. This is done by local governments putting forward resolutions that are debated and voted on at the convention. Resolutions that pass are like sending hundreds of individual letters. It doesn't mean that the Province always acts, but it definitely perks their ears.

Some resolutions have direct relevance to Lasqueti, in particular those related to Provincial roads, ferries, environmental protection, housing, and health. Many relate to equitable treatment across the Province, or sufficient funding, especially for issues that have been downloaded by the Province onto local governments.

Over 150 resolutions were debated (before time ran out). If you are interested, you can see the full set of proposed resolutions at:

ubcm.ca/sites/default/files/2025-08/2025%20UBCM%20Resolutions%20Book.pdf

UBCM Convention Workshops

The 5-day UBCM convention also includes many workshops. I attended some on tiny homes for rural housing, mental health of local representatives, wildfire resilience and a town hall with cabinet ministers for housing, health and transportation. Relevant information will follow in future articles.

Meetings with Ministers and Ministerial Staff

In parallel to the convention, local governments can request short meetings with ministers or longer meetings with senior staff. The qRD Board met with:

- the Minister of Forests to discuss opportunities for the closed mill site in Powell River (along with city of Powell River councillors);
- the Minister of Indigenous Relations and Reconciliation regarding collaborative communication and water service infrastructure and Tla'amin land in the Lund Community Watershed;
- senior Ministry of Health staff to ask for increased support and cost compensation for First Responders in rural fire departments related to training, equipment, mental health support and patient transport, as well as Provincial responsibility for helicopter medevac sites.

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



Greije Lohmann



Terry Theiss



Ezra Auerbach



Dark Design Patterns: Code that Works Against You



Notice how signing up for a service or free trial takes seconds, but cancelling it can feel like an escape room? Hidden links, multiple confirmation steps, or even a need to call customer support – it's maddening. But that isn't bad design; it's a carefully crafted "*dark pattern*" designers call a "**Roach Motel**". "*Dark Patterns*" are subtle, often hidden designs that steer users in the direction a company wants them to go.

Legal scholar Lawrence Lessig famously argued that "*code is law*." He meant that the design of digital systems (the functions, the interface layout, the buttons on a screen) forms a kind of architecture. Just as a city's layout channels how people move through it, digital architecture defines the pathways and obstacles in cyber-space. Dark patterns exploit this principle. They are like phishing scams elevated to routine business practice, shaping our online behavior in ways that serve companies rather than users.

On the early web, misleading ads mimicked the Windows interface ("Your computer is infected!") or disguised themselves as fake "Download" buttons, tricking people into installing malware. Modern techniques are more polished and are now normalized corporate practice, but the intention is the same: to mislead and manipulate us into taking actions we wouldn't freely choose.

Modern *dark patterns* include:

- **Forced continuity:** free trials that silently convert into paid subscriptions unless you act.
- **Default opt-ins:** pre-checked boxes for marketing emails, auto-renewals, or "extras."
- **Email walls:** pop-ups on websites that make it seem like you must enter your email address to view content.
- **Bait-and-switch:** low-priced offers you can't locate among higher-priced items.
- **Fake scarcity:** countdown timers - "Only 2 left at this price!" - designed to induce panic buying.

The architecture created by code isn't neutral. Dark design deploys psychological manipulation to shape our choices and behaviour. It can lead to financial harm; it erodes trust and autonomy; and it normalizes predatory business practices. What can you do? Slow down when you encounter pop-ups, buttons, and forms. Look for pre-checked boxes and uncheck them. Before signing up for a trial, search for "cancel [service name]" to gauge how difficult it will be. And remember: if a process feels confusing or deliberately frustrating, it was probably designed that way.

Spotting dark patterns is the first step in resisting them - and in demanding digital spaces designed for people, not just profits. – *Joseph Fall*



Jay Rainey



Frog spa on a hot summer day

Carolyn Masson



Roger King



Terry Theiss



Meet the Neighbours



Deanna Lindsay (Bird) - Weldon Road



"I grew up without much of a sense of who I was and then, at age 22, I had a near death "moment" falling backwards out of a tree in Mexico. I came back with a broken arm, a whacked back, and a spiritual thirst. After two years of spiritual seeking, I found my husband, whose spiritual path, *Subud*, was the right one for me."

Deanna's husband was from Michigan. In the mid-80's they moved, with their son, to Paradise, Michigan, where they both taught elementary school on the golden shores of Lake Superior. When the marriage ended, Deanna moved to Lasqueti Island, where her siblings lived; but she also spent time studying Breema bodywork in California, where her son lived.

At a New Year's Eve party in 2002, Bruce Bird offered Deanna a ride home, He then invited her to dinner and they soon got married.

Bruce trained to be a leather carver and saddle maker, but during their ten-year marriage he was most interested in antler carving. Bruce has Métis heritage and his natural ability to carve is reflected in his amazing carvings.

Deanna and Bruce parted after 10 years, but they remain very good friends. She moved to Victoria to be closer to her "spiritual" *Subud* family. It's not a religion, but an experience that seems simple, but is very profound. There is no teaching, and the members are of all races and beliefs and religions, or none.

Deanna always had an interest in writing, and during the pandemic she wrote a memoir, *Turning Points*, that begins with her fall from the tree in Mexico. Her second book, *Bruce Bird * Antler Carver*, tells the story of their coming together, along with Bruce's family history and his development as an antler carver. Both books are available at Provisions!

Deanna lived in Victoria for 10 years but wondered, "Why am I living in the city?" Last summer she moved to a cabin on Weldon Road. She still spends lots of time with her partner in Victoria and he visits her on Lasqueti.

What's to love about Lasqueti? "Sitting here watching the mountains and the ocean, surrounded by nature instead of city sounds and sirens. It's a rustic life but I don't mind that. I love the cozy warmth of a wood stove. I spend time with my family and nephews here, where I'm immersed in nature, in a place that feels like home." - *Suzanne Heron*





Kitchen Creations



My mom loved cookbooks. She also loved clipping recipes from newspapers and magazines and carefully tucking them between the pages of her small, 3-ring recipe binders (one black, one red). Most of those recipes rarely saw the light of day.

Her binders now rest on my cookbook shelf. Though I rarely cook from them, I cannot let them go. Instead, I've placed them next to my own green, 3- ring binders. Tucked between the recipes I've collected from friends and family – the ones I make often – are newspaper and magazine clippings of recipes I've rarely made.

The soup below is a recipe from a magazine, the name and date of which I've lost. All I can tell you is that it's from a restaurant called Ubuntu in Napa California and that it originated with a then acclaimed executive chef named Jeremy Fox. As Ubuntu closed in 2012, the clipping is likely old. My substitutions (in parentheses) are based on what I had on hand – another trait I inherited from my mom and have honed here on Lasqueti.

A Cozy Soup

Serves 4

2 tbsp + 1 tsp sherry vinegar (rice vinegar)

1 tbsp + 1/2 tsp salt

1 tbsp sugar

1 lb small beets, trimmed

1/4 c olive oil

1/2 c chopped shallots (onion)

1/8 tsp ground ginger

2 c vegetable stock (beef)

1/2 c crème fraiche (sour cream)

1 tbsp prepared horseradish, drained

1 tsp lemon juice

2 apples

1 tbsp grapeseed oil (olive oil)

Salt & pepper to taste

Watercress (optional) and olive oil for garnish

Combine 6 cups water, 1 tbsp vinegar, 1 tbsp salt and sugar with beets and bring to a boil. Reduce heat and simmer for 45 minutes and then cool, peel and dice.

In a saucepan, heat olive oil over medium-low heat and add shallots, 1/2 tsp salt and ginger. Sweat 8-10 minutes but do not brown. Add beets, broth, 2 cups water and 1 tbsp vinegar to saucepan. Simmer for 10 minutes. Meanwhile, combine crème fraiche, horseradish, remaining vinegar and lemon juice. Season with salt and

pepper and put aside. Use melon baller to scoop out apples, leaving peel on. (No way! I diced). Purée soup with grapeseed oil until smooth. (I did it but I'm not sure I would do it again). Season with salt and pepper and ladle into bowls. Garnish with apple, crème fraiche mix and watercress, if using. Drizzle with olive oil.

I hope you like your version as much as we liked ours! - *Deb Perell*



Nurse's Notes

Smell is just one of five senses that we are likely to take for granted until something goes amiss. This article will provide a “tiny taste” of “smell” also known as “olfaction”.

Parosmia or *phantosmia* are terms for phantom or unpleasant odor perception and it is this symptom that can be annoying and persistent enough for someone to seek some medical advice.

There are many medical issues that can cause a negative or unpleasant smell: an unpleasant smell condition; nasal and paranasal sinus disease (allergic rhinitis, nasal polyps, rhinosinusitis); post viral infections; post traumatic facial or head injury; central nervous system disorders; environmental chemical exposure; endocrine disorder (diabetes, hypothyroidism); as well as normal aging. Many of these conditions are treatable, modifiable, or transient in nature.

The absence or dysfunction of smell can have safety implications, as a person may not be able to detect hazardous substances or spoiled foods. Persons with taste and smell issues are known to have an increased risk of depression. They may also experience changes to their weight and nutritional status.

I guess the biggest “take-away” to this article is that it would be “non-sense” to ignore impairment in any of our senses.

We need all of them so preserving them is in our best interest!

Be well, stay well. ♥dianne

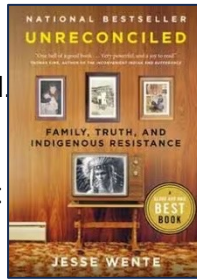
Nurse in clinic: Thurs, Oct. 9, 23, 30. 11 – 3pm



Unreconciled – Family, Truth, and Indigenous Resistance by Jesse Wentz (Penguin/Random House, 2022)

Jesse Wentz, born and raised in Toronto, has been a lifelong film nerd. He writes clearly and interestingly about his life as an Indigenous child, youth and adult. He also writes about the whole range of issues that he grew up and lived with, immersed, as he was, in our colonial culture. He does a particularly good job of writing about intergenerational trauma, tokenism, cultural appropriation and growing up with little power in a racist culture that is unable and unwilling to admit to its history. This book is well worth reading, and I recommend it as a clear airing of the issues that have been coming up between colonial governments and the Aboriginal Peoples (First Nations, Metis and Inuit cultures) that owned, occupied and managed these territories before the explorers, trappers, traders and settlers arrived and took over. He is particularly strong on cultural appropriation, which isn't just about using images on T-shirts. We appropriated, forbade and removed nearly all of their cultures and identities.

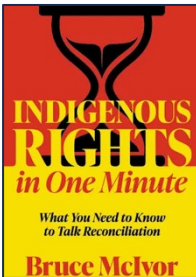
If you were to read one book on the topic of reconciliation, I'd suggest this one.



Indigenous Rights in One Minute – What you need to know to talk Reconciliation by Bruce McIvor. (Harbour Publishing, 2025)

This book consists of one hundred one-minute reads, each summarized in a sentence and then elaborated on briefly. The result is: fifty of the most important questions about Indigenous Rights along with the top fifty Aboriginal law decisions and why they are important (and a reminder that our courts are the final arbitrators of the laws that our governments pass). It's probably best to read this book over some time. You'll find it interesting, surprising and mind-opening. McIvor, a member of the Manitoba Metis Federation, is a founder and senior partner at First People's Law LLP, and author of *Why Reconciliation Fails Indigenous People and How to Fix It*.

– Peter Johnston



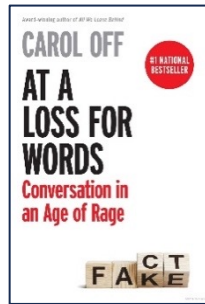
Carol Off (2024). *At a Loss for Words: Conversation in an Age of Rage* (Random House)

Carol Off is an award-winning journalist, with over 40 years of experience in the field and in broadcasting. She was the long running co-host of CBC's *As It Happens*. The genesis of this book began around 2020, when she became aware of a distinctive change in language used during political conversations on air. The tone had become more extreme and vicious. There was no longer mere disagreement, but intense hatred towards those who held opposite views. Words have power and meanings can be manipulated and misdirected. There has been a deliberate attempt to foster polarization, appealing to strong negative emotions, at the expense of reasoned discourse. This is most prominently manifested in the takeover of social media, with the purpose of spreading disinformation and discrediting mainstream sources.

As Canadians, we are well aware of the rise of authoritarian regimes: Russia, China, North Korea, India to name a few. It may be disturbing, but we perceive them to be far enough away to stop us from sleeping at night. Now authoritarianism is literally at our doorstep, as though a raving lunatic has moved into our neighbour's house. We have front row seats to witness the cataclysmic decline of democracy in the United States. We can't afford to be complacent.

Each of six chapter focuses on seminal words, the meanings of which no longer unite us: freedom, democracy, truth, woke, choice, and taxes. Each is contextualized with defining events when division and discord became further entrenched. The chapter on freedom, for example, delves into the mindset of those who stormed the U.S. capitol on January 6th as well as those who joined the self-anointed "freedom convoy". Perhaps it comes down to semantic rhetoric: freedom to make your own choices versus freedom to do whatever you want.

Well researched, accessible, personal and articulate, this book is an easy read about hard facts. Is liberal democracy doomed? It's not as bad as you might think – it's worse. - Sue Ashcroft



Fall Fair Thank You's

What a fair! Once again, our community came together with heart, humor, and many helping hands to pull off another memorable Fall Fair. A huge thank you to everyone who contributed their time, energy, creativity, and care. This year's Fall Fair welcomed over **250 attendees and many more volunteers!** a true reflection of our community spirit! Thanks to everyone's generosity and participation, **proceeds will go to the LCA** to continue supporting the upkeep of the hall.

We do this work for the love of our community, culture, and connection. Despite it being one of the busiest times of the year, we made the time to bring this event to life. Many members have been giving their energy for over a decade! We are so lucky for their hard work and dedication to our community. Your vision and countless hours of planning made this event possible so **THANK YOU!**

Food & Drinks: First, a huge thank you to **Violet R** for preparing such a delicious local meal, and to **Tikki** for so kindly helping her make it all come together. **Dinner meal:** Violet R, Tikki and Gabriel, Lisa, Sailor, Gordon, Nigel, Hilary, Shoshanah, Aigul, Ezra, Simmah, Echo Farms, Jen B, Chelsea, Carly P, Ivy, Moey, Jaya, Serena, Julia M, Carson, Adrian, Jennifer A, Deuphine, Sue. Greens: Nigel for growing them and Jenny V for washing them. Thanks to Peter, Sue, and Nigel for the space and support to grow the black coco beans and garlic. Special thanks to Pia and Tikki for creating such a smooth system to feed us! **Bar:** thank you Cindy, Mathew, Stella and Henner and Don who also helped at the bar

Corn crew: Jordan for organizing, shopping and prepping, Audrey Martin, Marlyn Darwin, Richard Chesham and Sharon, Serena and Stella, and all those who jumped in to help.

Soups: Aigul, Emily C (chicken taco soup), and others. **Bread:** Gabe and Violet. Buns: Camino.

Vendors: Thank you to our wonderful vendors for keeping us fed! Rachel (tacos), Katrina & family (Indian food) Farrel (desserts)

And everyone who contributed desserts for the dessert table: thank you!

Games & Activities: Thank you to **Dana A and Jenny V** for bringing us such a fun afternoon! Even the rain held off for us. **Wine tasting:** Anna D; **Rope contests + epic knot demo trailer:** Ian Giles; **Arm wrestling:** Donna MacDonald.

Jessica Slavic & Jen O'Connor for the Kids race winners and caterpillar race and Gisele for the cookie & lollipop prizes. Seaborne (firewood) and Hilary (cedar) for the relay race. Mark B (relay race recycling + judge), Robyn D (Tug of War), Shari (pony rides) and Michelle for the awesome photo booth!

And a big thank you to all the games participants who brought so much joy and energy!

Pie, Jams & Ferments: Thanks to the many bakers who entered pies (28 tasters and more than 10 pies!). It was a delicious success, and to all who brought jams, salsa, and fermented foods.

Displays & Creative Contributions: Ivy, Anicca, Marilyn & Jan Darwin, Marti, Valeria, Nalia, Gretje, Aigul, Lianne & Ken, Katy Stewart. Fibre arts: Marie-Ange, Doris, Jay Rainey, Celia, and more.

Love blankets: Marti, Joe (Linda's), Jenny V.

Blind Orchestra: Special thanks to **John Martin** for organizing and to **Shari** for leading the day of. Gratitude also to **Nalia, Carolyn, Josie, Heather, Jessica, Simmah, Adrian, Kaia, Ken Lertzman, Thierry, Robin, Shari, Dave Wilcox**, plus the wonderful mandolin player and fiddle player who joined in. Thanks to **Angelica** for conducting one of the pieces. What a gift of music to the community!

Music, Dance and Sound: Thank you **Joseph** for the hard work with the sound. **Denise**, for the fun and energizing dance and **Kaia, Ken, and Jeremy** for playing such fun live music during the dance! And to the lovely SimPatoco band, **Simi and Paddy!** What a beautiful, fun way to end a wonderful day.

Setup, Cleanup and Logistics: Peter J, Andrew, Isla, Matthew, Hilary, her friend Katie and her daughter, Jodi, Shoshanah, Daniela, Sofia Seaman and Ian G. (special shoutout to Ian for staying until the end coiling rope, folding tarps, and fitting everything back into the shed!)

Tarp crew: Mike P, Bill L, John L, David E, Danat K. **Front gate crew:** Melinda, Heather C, Jack B, Gretje, Simmah, Ezra, Susan E, Darwin, Dana L, Jennie T, Wendy S., Darzo, Kathy, and Dave R.

And a big thank you to everyone who helped with dishwashing and cleanup during and after the event.

Poster and mail out: Daniela **And finally...** To everyone who washed dishes, tidied, contributed food, joined a game, or simply said "How can I help?" you kept everything moving smoothly. This fair could not have happened without each of you. Thank you for showing up, for the laughter, the hard work, and the spirit of generosity that makes this event a true celebration of community.

With deep gratitude, The fall fair committee (Andrew, Shoshanah, Hilary, Jenny V, Jordan and Daniela)

Fall Fair 2025



Terry Theiss photos



Heather Crawford



Heather Crawford



Terry Theiss

Joe Schley and his knitting. He knitted many of the items for Linda.

Lucca and winner, Leafy, in the Chicken Pageant



Kaia Bryce



Virginia Reeling



Heather Crawford

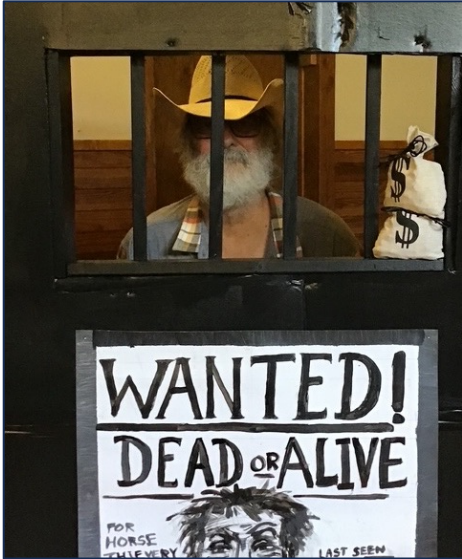
Don's Dahlias

Lasqueti Yacht Club Year End

On September 13th the Lasqueti Yacht Club held its final event of the year - a Western themed dinner and dance with a silent auction in support of the proposed playground and frisbee golf course at the Community Hall. The hall looked like an amazing scene from a Western movie, the appetizer and dinner were delicious, and the auction was a big success and raised approximately \$2100 to go towards the proposed project. Much appreciation to all who contributed to making this a great event and especially to those who gave, and purchased, the very generous auction items. The Lasqueti Yacht Club is proud to be able to give back to our wonderful community.

We also want to thank everyone who came out to our laser sailing days this season and made them such a huge success. We hope that next year with your continued enthusiasm and participation, we can take our sailing program even further.

Until next spring! – Deb Perell



Cemetery History Project

Sheila Ray and I (Kathy Schultz) have undertaken the project of writing a brief biography of each resident in our cemetery. Hoping to give a brief glimpse of their life and their history on the island. With seventy-nine graves in our cemetery, we could use help from anyone who would like to assist by writing about someone they have known well. morkats@gmail.com and sheila@lasqueti.ca



Refurbished cemetery mural by Eric Ruffino



Secret Cove, west of Jenkins Bay. Sea Egg Islands, where gulls frequent, are to the right of the image - Ronaldo Norden

L.A.S.S. Fall Meeting and Family Meals start October 8th

Dear islanders,

Last year at the Lasqueti Community Association's Annual General Meeting we formed a new committee of the Lasqueti Community Association called L.A.S.S. to focus on offering supports specifically to seniors who live part or full time on Lasqueti Island.

We'll continue our work at our first fall meeting on Wednesday, October 8th at Provisions --after the store closes -- from 6:30 until 7:30 pm (ish). Future dates TBA. The main gate will be closed so just push it open and come in the front door.

The discussion next week is going to focus on managing aging gracefully at home with a focus on how to navigate diminishing physical and/or mental capacities as an individual, or as a family living together. We'll also focus on how to support a loved one or neighbour with these issues from a distance. This follows closely our last meeting's theme: finding and creating more affordable and reliable housing on Lasqueti.

All ages are welcome. Feel free to write us at camcray@hotmail.com if you have any questions.

A complimentary family meal will be served. Food-to-go is an option if you want to meet first and take your supper home with you. Space is limited so come early to get a seat. Pens and paper are provided for notes. Thanks for your interest. See you soon! - *Camino for the L.A.S.S.*

Dance at Hall!

You are invited to this month's "Second Fridays" free form movement practice October 10th at 7pm at The Hall. This practice will open and close with a sharing circle, and be guided by the live instrumentation of Vaughan Matthews. Be prepared for a surprising journey, as we open to the body's wisdom, playfulness, and movement of our emotions. A time to connect with yourself, others and the spirit of life! Suggested donation \$15-20. (Next month's Second Friday is Nov 14th.). Questions? Contact Heather (250) 228-6892.



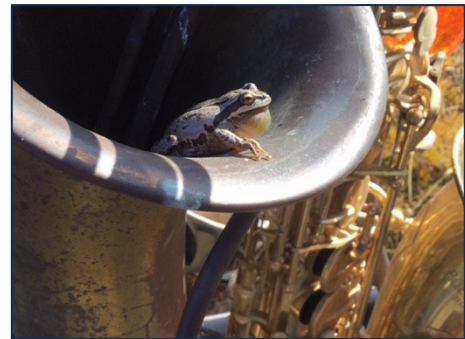
Heather Crawford

17th Annual Tsk Tsk Revue

It's almost time for the 17th Annual Tsk Tsk Revue! This titillating variety show, produced by Bazoombah!, offers folks a chance to shine on stage and/or watch entertaining antics in an adults-only setting.

The Tsk Tsk is show is brought to you by a creatively charged cast of dancers, singers, musicians, actors, clowns, and comedians. Come romp with us through the delights and hilarity of earthly sexuality. The line-up is studded with original, imaginative, sensuous, raunchy, and provocative acts by locals and special guest stars. Expect to laugh, learn new things and explore sex in a way where nothing and everything is sacred.

Save the date, November 22, 2025. Get your act together (if that's your jam) or if you want to volunteer, contact jennyv@lasqueti.ca
More details to come! – *Jenny V*



Wendy Shneible



Our Week in Review

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
A Life TimeZ Nursery		10 -5					
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	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	9:30, 2:30, 5:30
Free Store		10 - 2			1 - 5		
Life Drawing			7 - 9				
Nurse					11 – 3**		
Parsimony & Providence		1 - 5			1 - 5		
Post Office		10 - 4		10 - 4		10 - 4	
Propane filled						1 - 3	
Provisions	10 - 5	9 - 6	10-5	10 - 5	9 - 6	9 - 6	9 - 6
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			

*Nurses clinic: Thurs, Oct. 9, 23, 31



Halloween Party

Join us **October 25, 2025** at the Lasqueti Hall for a night of Halloween dress up and spooky boogies! Brooke and Isaac celebrate their 25th birthdays and invite you to join in the festivities! Doors at 7pm. This event will be **ALL AGES** until 10pm with a costume contest at 9pm sharp!

Entry is \$25. KIDS FREE.

Bar run by Mik & Nick (Note: we will not have the kitchen open). Music by: Beatfarmer, S.Holmes, Aizen, Slater, Project Future, and Ciscles.

Performances by (after 10pm):

Venus Villentine, Millie Ogawa, Velvet Nymph, Nympho Nova & Trisquit Miniscus!

If you would like to volunteer, please reach out to etisaac@gmail.com! We look forward to celebrating with you.

Community Calendar

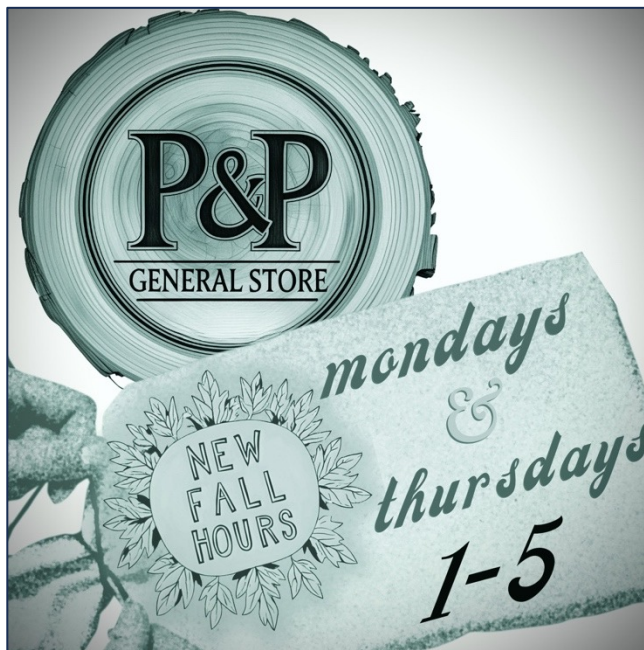
Oct. 25. Halloween dance. At the Hall.

Oct. 21. Last Resort Board meeting. 1pm at JFC.
Open to general public.

Oct. 31. Halloween at Teapot House.

Nov 22: Tsk Tsk Revue.

Nurse's clinic: Oct. 9, 23, 30. 11 - 3pm



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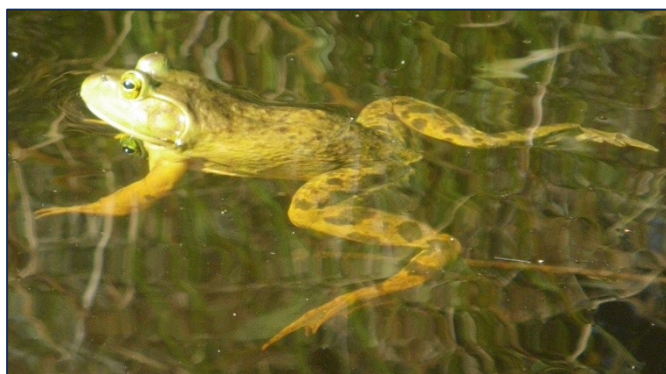
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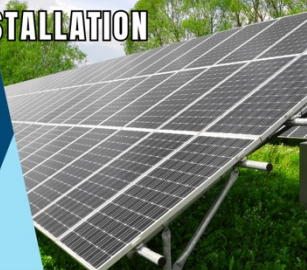
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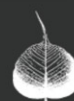
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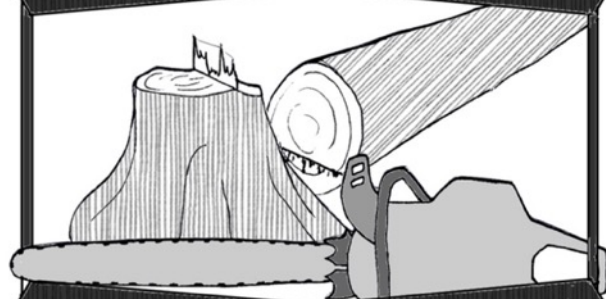
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Online versions: www.lasqueti.ca/xweetay-news

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