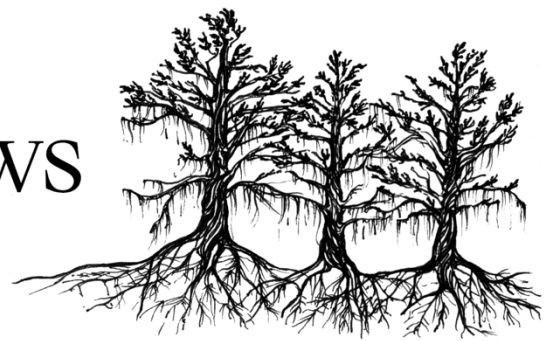


# Xwe'etay News



Issue 8

September 2024

## A Note from your Editors

In addition to representing our community via the written word, the Yew Collective is interested in documenting Lasqueti life through photographs. So, if you capture a "Lasqueti moment" on film (a wood pile? the gas line-up? a lone bicyclist on Main Road?, morning coffee at Provisions?, etc.) that you'd like to share, send it our way. We'll stockpile the photos and publish them when there's space to do so.

Also, Xwe'etay News is funded by on-going monthly donations from a newsletter angel, by donations each month associated with submissions, and by paid ads from our local businesses. We appreciate (and rely on) this support. It costs ~\$440/month to print the newsletter. If you'd like to donate, contact us! No donation too small. We accept cash or e-transfer.

Finally, given Canada's wonderful tradition of having a long weekend most months, and the print shop's schedule, the newsletter's article submission date changes each month. Check the back page of each newsletter for the next submission deadline.

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

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

I recently attended a public meeting to learn about the proposed options to improve the school's structure. The dual problems of asbestos and seismic stability require a rebuild or a new school altogether. Interested members were there to ensure the island students had their support. I hold a great fondness for the False Bay school. Karl Darwin and I were among the astonishing number of six grade-one students when the school opened in 1952. We were the early part of the baby boom generation.

The new school was a really big deal for the island. Funded by the affluent Powell River school district (a similar one was built in Van Anda), it was just the cleanest, shiniest and most modern school ever! An old photo shows the Parent Teacher Association at the time: moms, dads, grannies and others who just wanted to see it all go well. Education was seen as the gateway to prosperity and the islanders were bursting with pride. Many had helped to clear the land, prepare the yards and play spaces, and donate time and equipment. Committees arranged Sports Days, raised monies for film nights and decided what flavour of Freshie would be served. (Orange. Always. Orange.)

Personally, going to school was a thrill that has never quite left me. Charles Williams Elementary was a glorious new world. Most of us came from homes with linoleum floors, coal-oil lamps and outdoor toilets, but this new place had gleaming industrial flooring, flush toilets, hot running water, a drinking fountain and lights you just flicked on. A hallway ran the length of the building with the big

*(Cont'd next pg)*



John Martin

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

(*Ebbs and Flows cont'd from previous pg*)

kids and little kids in separate rooms on the left and the teacherage, toilets and a belching furnace room on the right. That's where boys who swore or fought or challenged the teacher got the strap.

Grade one and learning to read was just the most amazing experience in the world. The little wooden chairs arranged in a semi- circle fit our wee bums perfectly. The teacher brought out a giant book, *Fun with Dick and Jane*, and read a chapter a day, supported by phonics and those tricks teachers seem to know. The word "Look!" was presented with eyelashes and pupils in the two o letters to remind us.

Then came the day we met "Father" on the page. He arrived home from work in a brown suit and felt fedora. Wow! No father we knew came home from work dressed like that. We decided he must be a father, not a dad or a daddy.

It was the first proof that there was another, strange world outside our little island, The school held the key and we were just starting to be let in.  
- *Kate Hackett*



## Kitchen Creations



### Rataouille

This recipe originates from Provence in Southern France where summer gardens are filled with these ingredients. Ratatouille can be eaten hot or cold accompanied by your favourite meat dish, grains, or salads.

Prep time 15 minutes, cook time 45 minutes.

Ingredients: 500 grams of Tomatoes, 500 grams of Eggplants, 500 grams of Zucchini's, 500 grams of red, yellow or orange Bell Peppers, 3 onions, 5 cloves of garlic, olive oil, Herbs de Provence, salt, bay leaves, basil and black pepper.

Chop the tomatoes, finely slice the onions, slice the eggplants in chunks, thinly slice the zucchinis. Cut peppers in half, remove the seeds and cut in quarters, peel and chop the garlic. There are many ways to cook Ratatouille, but cooking each ingredient separately will enhance the flavour of this tasty dish!

Each ingredient can be sautéed slowly in olive oil, with a sliced clove of garlic, a sprinkle of salt and black pepper. Add a bay leaf and some herbes de Provence to all ingredients except the peppers and eggplants while cooking. Once all the ingredients are cooked, they can be mixed together. Sprinkle basil on top before serving. Herbes de Provence: dried coarsely ground thyme, oregano, rosemary. – *Denise*

### Clafoutis

500 g cherries with pits (if using canned, drain well and roll in cornstarch)

4 eggs

75 g flour

100 g sugar + 20 g for pie dish

150 ml cream

350 ml milk

1 Tsp rum or kirsch

20 g butter

Preheat oven to 410F (210C)

Blend all ingredients except cherries, butter and small amount of sugar until smooth.

Grease oven glass dish with butter and coat with remaining sugar.

Spread cherries at bottom. Pour mixture on top.

Bake ½ hour or until golden and center is set.

Eat hot or cold and remember the pits!

You can substitute cherries for grapes or blueberries - *Sylvain*



# Waste Case Scenario

## Preserving the Harvest

Summer is winding down and the island's gardens are pumping out produce - so much so that there's no way to eat all the fresh food at once! Now is the time to prevent food waste by using tried and true methods of preserving & storing food which helps you secure your food supply and prevents waste while giving you a sense of accomplishment.

If you have a freezer, it's easy to pack bags with fruit and vegetables for safe storage. Freezing food can change its texture and there is a risk of freezer burn – both of which lead to the taste of the food changing. Canning is a way to prevent these challenges.

Like the pioneers of old, many Lasquetians are practiced in the art of canning. Canning preserves most of a food's nutrients and the process protects food from decay. Another consideration is energy use - canned goods require no energy to store (unlike a freezer). Doing your own food preservation also means less single use plastic packaging from the store and a lighter load in your recycling bin – which itself requires energy during processing.

When it's time to jar up the bounty from my garden, I get out my water canner, the glass jars I am delighted to reuse, metal lids and rings, a funnel and my magnetic jar lifter. If I'm canning low acid foods (like tomatoes, meat, soup stock), then the pressure canner is put into service. The initial investment for this equipment (plus the time and energy it takes to process, seal, and heat) equals a full pantry of a wide variety of foods that can be eaten year-round. If you don't have these, a friend or neighbour might. It's great to reduce consumption even on this level of food preservation equipment and it's often more fun to work in the kitchen together with others.

Canning uses heat and airtight containers to preserve food. If you've never done it before, a tutorial with an experienced neighbour, from a trusted online source, or from a government website is essential to ensure safety. It's important to follow current, tested practices because improper sealing, and insufficient processing time can create the risk of botulism, for instance.

Need a final nudge towards your garden or farmer's market to gather food to preserve for this winter? Remember, food preservation:

- saves money and prevents waste,
- keeps you in-the-know about where your food comes from and its quality (food that travels further

- often requires more chemical preservatives),
- reduces food packaging and burdening recycling systems,
- reduces your carbon footprint, and
- demonstrates self-sufficiency. - *JennyV*



Nurse's Notes

### Croup



This month I will briefly cover a common condition of the upper respiratory tract that predominately affects infants and children. The common name of this condition is Croup. A virus produces inflammation and swelling in the larynx (voice box) and upper trachea (windpipe). The inflammation narrows the space available for air to enter the lungs and causes the typical signs and symptoms of croup, which include hoarseness, a barking cough, and stridor (high-pitched, noisy breathing). Symptoms usually start gradually, beginning with nasal stuffiness, runny nose, and fever, followed by development of a barking cough. The viruses that are known to cause croup are the parainfluenza virus, respiratory syncytial virus (RSV), the flu (influenza virus), adenovirus, enteroviruses as well as Covid-19.

Symptoms of croup aren't always the same as the illness can move from the nose to the lungs. It can start with a runny or stuffy nose and slight cough that turns into a bark-like cough. Sometimes a high-pitched whistling sound can be heard when breathing in called stridor. Symptoms often worsen at night and if the child becomes tired and anxious.

Milder cases of croup can be treated at home. Rest, fluids and sleeping in the same room as your child (to monitor breathing) and propping an older child on pillows may help. Breathing steam or cool night air and staying calm can also help relieve symptoms.

Treatment in the hospital or emergency room may include medications such as steroids and nebulized breathing treatments. There are immunizations that prevent illnesses that can lead to croup.

Croup is contagious and a child should be kept at home until after they no longer have a fever. If symptoms persist for more than a week or are worsening, seek the attention of a health care provider. Best, ♥ dianne

\*\*\*Nurse's clinic Thursdays 11- 3, NOT 26 Sept.\*\*



## Meet the Neighbours



### Heather Crawford, Boat Cove

How much does the person choose Lasqueti and how much does Lasqueti choose the person? How much is intention and how much is chance?

When Heather was traveling up the coast from California, she met someone who had been to a contact improv dance works hop at Leviathan, and suggested she come here. Intrigued by what he shared with her, and her own online research, Heather found a host through [couchsurfing.com](http://couchsurfing.com) and stayed a week. She thought, "This feels more



like home than anywhere I've ever been." But the climate... "If I moved, it would be further south!"

She visited Lasqueti again 3 years later, staying twice as long. In another three years, she randomly met Cedar and Ayrie from the Shumack at a gathering in Costa Rica. She had by then moved to an intentional community in Costa Rica with lovely ocean breezes. That meeting cemented her intention to return to Lasqueti. She stayed over 4 months on that visit, having been drawn towards Ty & Ginja's vision of a small co-op. Heather went on to split her time between Costa Rica and Lasqueti, hunkering down here on the island for over a full year during the pandemic. Eventually Ty & Ginja sold their land, and the Costa Rica community dissolved suddenly due to divorce.

Heather is now ensconced in Gordon & Izzy's cabin near Boat Cove. Living on your own can feel isolating. She'd love to find a small community living co-operatively. "The community is why I'm here, despite the weather. I like the scale of life, the feeling here in general, although it's not a utopia! I like the safety that I feel here, the level of trust, the sharing, the gifting..."

What would you change if you had a magic wand? "I'd get rid of the dust on the roads!" What would you never change? "Naked swimming!"

I've been told that if the island wants you here, things become possible. I've also been told how much a person has to make it so. How far into the future Heather - or anyone else - invests their time and time and energy here is a result of coincidence, connections and commitment: what life offers or throws at you, and your own vision. I hope you stick around, Heather! – Suzanne Heron

## At the End of a Rainbow

No matter the heart,  
Sometimes you're tired and worn,  
Sometimes you're weak, with the resilience of a brittle stick;  
Sometimes you huddle in yourself like a small child afraid to speak.

No matter the mind,  
Sometimes you don't recall and blankly smile;  
Sometimes your hearing hears nothing, not a sound,  
Sometimes you've lost the moment, being temporarily distracted in a daydream

No matter the strength,  
Sometimes there isn't a single step left in the tank,  
Sometimes there is no hanging in there, all your fingertips are worn;  
Sometimes there is just no shouldering of anybody's load, let alone your own.

No matter the moment,  
Sometimes you're just out of time,  
Sometimes your bell no longer tolls;  
Sometimes the pendulum in your grandfather's clock, now yours, just stops.

Yet near the end of your days you would still take the road less traveled,  
Would still stand in the breakers on a distant beach and primal scream,  
Would still dance to the music that courses through the universe on its way to you,  
And take all the grandkids out to a forty-eight-flavour shop for ice cream,

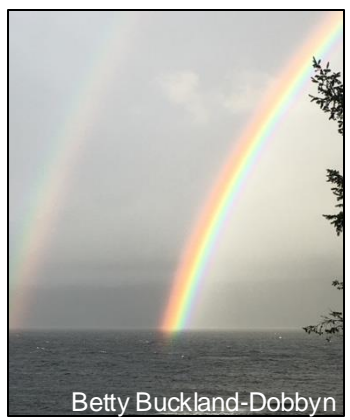
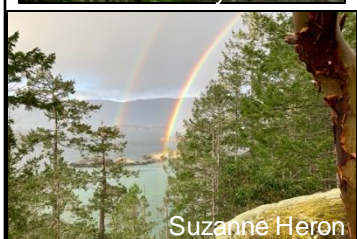
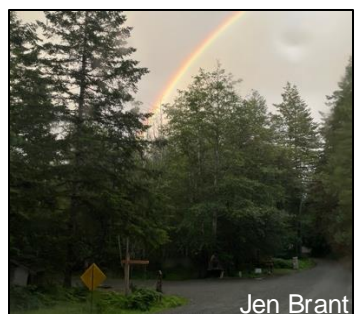
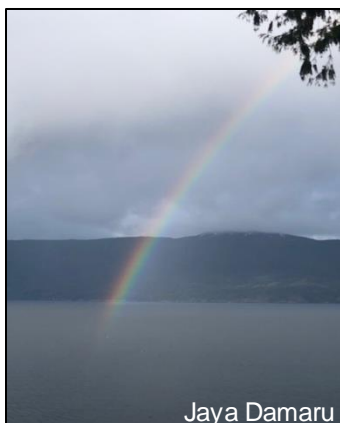
And then look around for the one you have loved from one end of the rainbow to the other,  
to ask her to carry the pot of gold forward, for the both of you,  
to the next mountain top. - Dolf Schoenmakers



Aaron Pitt

## And More Rainbows...

Visit <https://www.xweetaynews.com/rainbows-and-lasqueti> for the full colour selection of Lasqueti rainbow photos. Thanks to everyone who sent one in! Wow.



### Birds that Don't Live on Lasqueti

Recently someone asked me if I have seen every species of bird on Lasqueti. I quickly answered, "no way!" There are always surprises, like the three Whimbrel I saw land on the beach at Boot Point. I'm always hoping to see a Goshawk or a Pygmy Owl. Lately I've been wondering about common birds that I rarely, if ever, see here.

European Starlings, a bird introduced to North America from Europe and found in virtually all human-modified habitats, are seen occasionally, often around chicken coops, but are not the ubiquitous nuisance they are on other islands. Similarly, some Feral Pigeons, also called Rock Doves, used to hang out at the dock, but I haven't seen any around there for a while. Every so often someone reports seeing a beautiful white dove, but I don't have to listen to the incessant cooing of the Eurasian Collared-Dove like one does on Vancouver Island.

It surprises me that the House Sparrow, introduced in New York in 1850, has never bothered coming to Lasqueti, although they are common as close as French Creek. The Black-capped chickadees that occur across North America aren't here, but they are not on Vancouver Island either. Instead, we have the Chestnut-backed chickadee. A few times Dippers have been seen on Lasqueti, but it is not surprising that they are very occasional, because we don't have the rushing rivers that they like. I always thought it would be nice if we had a population of California Quail, with their cute little top-nots, but a farmer from Salt Spring Island said they are a real nuisance, scratching in newly planted gardens. Bush Tits would be fun, but I've never seen any here. Purple finches are often seen at feeders as well as in our forests, but the closely related and common House Finch is rarely seen, although I hear them continuously singing in gardens in Columbia Beach. And what about the Stellar's Jay, British Columbia's provincial bird? I've only heard of it being seen here once.

There are times I wish the Ravens weren't here. But no. They are the only bird that is seen at every Christmas Bird Count, from Nunavut to Victoria and keep us entertained and on our toes. – *Sheila Ray*



# Wisdom from Xwe'tay Gardeners

## Weeds and What they Have to Say



This year, for the first time, my lawn and garden have been taken over by plantain. I have always loved plantain as a medicinal plant but now that it is growing everywhere, I am starting to feel a little differently. Then I remembered something I had learned long ago about how specific weeds can be an indicator of soil health and I grew curious. What was my plantain trying to tell me?

Weeds thrive because of their deep taproots or root nodules, which help them to bring from deep within the soil, or fix from the air, the exact minerals and nutrients which are deficient in the soil they are growing in. The good news is, if you compost these weeds, you can recycle the nutrients they extract from the soil and put them back in. So the weeds themselves help to address the issue they were indicating. Cool, right?

Here are some plants, their indicators and the minerals and nutrients they accumulate:

**Plantain** indicates that the soil is compacted, acidic and low in nitrogen. Plantain accumulates calcium and magnesium as well as silicon, manganese and iron. Composting plantain will help to balance soil pH and improve soil structure.

**Dandelion** grow in heavy, compacted and acidic soils. Dandelions accumulate calcium, and when composted, they return calcium to the soil, helping to balance soil pH.

**Buttercup** indicates acidic soil that is too wet due to poor drainage. Buttercup draws potassium from the soil, which helps with many plant functions including drought and pest resistance.

**Horsetail** likes to grow in light, sandy, slightly acidic soil, with access to water. It accumulates silicon, calcium, magnesium, and iron, which it releases back into the soil as it decomposes. Silicon helps with mineral absorption and photosynthesis.

**Wood sorrel** likes soil which is high in magnesium and low in calcium. It accumulates iron and zinc.

**Thistles** are indicators of low soil fertility and poor drainage. They have deep roots which can break up compacted soil and bring up minerals, such as potassium and silica, and when composted, they help to restore soil fertility, and reduce the likelihood that they will return.

**Chickweed and nettles** can indicate soil which is rich in humus and nitrogen but possibly lacking in other essential nutrients. They both accumulate potassium and phosphorus which help with flowering and disease resistance.

To harvest the nutrients from your weeds pull them out when they reach their full height, but before they go to seed. Let them wilt for a few days, then turn them under into the garden bed or add them to your compost pile. Let me know how it goes! – Anna Dodds



## A Thousand Thank Yous

The boys and I would like to extend our deepest gratitude to everyone who has helped us over the last few months - every person who sent cards with kind words, gave hugs, bouquets, food, and money. We are so so grateful and so lucky to be surrounded by so much love and caring. To the beautiful friends who helped organize the Love-In at the hall, thank you! That includes those who donated services/items or helped in any way, we so appreciate you. To Sylvia, thank you for organizing the GoFundMe for the boys. Thank you to my family and close friends for helping hold it all together and reminding me to breathe. I don't know what we would do without you.

Thank you all so much for reminding us how important being surrounded by loving community is and knowing we have all of you caring for us. It really has been helping us move through and around this really sad time. We simply couldn't have managed without your support. Raising children here is truly beautiful and the love the community has for my kids is the reason Bjorn and I moved back with Cruz as a baby. Now I'm watching both boys walk through and bring great value to this special place, as the next generation of Lasqueti-raised kids. My heart is full of community love; and I know Bjorn's eyes would be brimming with tears of happiness knowing they are so well loved and cared for. His absence will always be missed for my boys but thank you for showing them how deeply loved they are by an entire community.

♥♥♥♥♥ - Carmen

## Active Transportation

I wrote recently in the email list about grants available from the provincial government to construct trails for human-powered transportation. Before a community can apply for a grant to construct, they have to have a plan. They also need to have the cooperation and support of their local government, in our case either the Islands Trust or the qathet Regional District.

So far, I have heard only support for the idea of working towards a trail network roughly paralleling our road network. We would have to enlist the support of the Ministry of Transportation and Infrastructure and our road maintenance crew and company, plus the other ministries and political people, and to impress them with the level of our support for the project.

There will be difficulties -- and we might not be able to overcome all of them -- but we could plan and begin to build where it is easiest and most likely to be used. Even a couple of sections would be useful, especially if they were joined together by our roadway; and the network could be expanded over time.

I'm hoping that one of the upcoming monthly Community Forums will have trails as a topic for community discussion to gauge the level of support or opposition to the idea, and then to begin to see how we can work toward a system that will work for the entire community.

If you have questions or ideas, or doubts or worries, please let me know about them. Hopefully in the next month or two we can form a committee to begin planning and working toward this idea. Let me know, too, if you are interested in being involved with the planning and steering committee. I look forward to hearing from you.  
– *Peter Johnstone*



## Creatures are My Teachers

### Sam 'n Ella

Sam was a gentleman. With his first wife, Ella, he fathered my first little flock of mongrel chickens. Then, I ordered purebred, show-quality bantam chicks of many varieties, pretty as peacocks. Sam 'n Ella parented these adoptees with skill.

When the chicks grew into hens, some would go broody and want to hide a nest outside. Sam would help them choose a good location. Around and around the yard a hen would strut, fluffed up and self-important, to test a half dozen spots she liked. Each time, Sam would get into the nook and scratch a depression, clucking and encouraging. But hens are indecisive and spend all day trying out the same options. When finally a decision was reached, Sam would stand over her protectively while she laid her first egg of the clutch.

Since Sam did not match any of his purebred harem, I got eggs from chicken fanciers who were raising bantams for show, and let my broody hens hatch them.

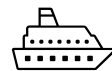
Sometimes, there were too many males. When they reached sexual maturity, some would harass the females. Sam would charge across the yard and bounce a cockerel off a hen with his big uniboob. The randy roosters would tear off hysterically. After a few times, they knew better; Sam needed only to give them the hairy eyeball and they'd run. Without any violence, he ruled the roost.

Sam would scratch in the dirt for bugs much of the day. When he found a juicy one, he'd pick it up, drop it, pick it up, drop it again, while clucking. The ladies would sprint to him. The first one got the treat. He'd find a termite log and call the flock, while he dug out the tasty bugs for them.

If an owl perched in a tree, Sam got his gang under the house pronto. Occasionally, he'd pop his head out and screech if the owl was still there. Finally, he'd sound the 'all clear' and his gang would follow him back to freedom.

Sam was my companion for 13 years. Near the end, he became weaker and shaky on his legs, but still happy and eating. He faded away peacefully in a sunbeam where I placed him; and I sat with him until the end.

Sam is in poultry heaven now, where all good roosters go. Or so I've been told. – *Jay Rainey*



Red is about as corporeal a colour as you can get. We pulse with a scarlet fluid, emblematic of life and life giving, reaching every part of our bodies through the tiniest of capillaries. The colour red has been with us from our earliest mark making. I touched briefly on the earliest reds, in the form of ochre, and then cinnabar, and eventually madder. What comes next in the story of red is an epic saga of espionage and piracy, with conquest and colonialism at its heart.

Who would have thought that one of the most valued commodities in the world in the 1500's was a tiny bug? While the Spanish conquistadors first set out looking for gold, it was the bright red dye of the Aztecs that brought unexpected wealth and power to Spain. Cochineal is part of the scale family, and the female insect spends her life attached to a single spot of her host plant, unable to fly, feeding and laying eggs. As this makes her vulnerable to predators, she produces carminic acid to defend herself. If you squish a female cochineal insect, you are left with a bright red liquid. This dye is one of the most lightfast reds in the natural world and fabric that has been dyed will hold its colour for centuries. But unlike other members of the scale family with broader appetites, cochineal feeds only on the prickly pear cactus. They also require a specific climate so all attempts to farm them elsewhere failed. Thus began the transatlantic cochineal trade, monopolized by Spain and envied by other European countries, as the demand for scarlet garments and pigments tore through the aristocracy.

The lives of the Aztec people pressed into the service of Spain's cochineal trade were brutal. The oppressors decimated a culture whose rich spiritual, political, and artistic traditions cannot be overestimated, and subjected the remaining people, with very few exceptions, to slavery and indentured servitude. The sailors who carried the cochineal across the sea were regularly overtaken by pirates and privateers, looking to profit from the demand for cochineal. The merchants, dyers, painters, weavers, and royals all had a part to play in this 300-year obsession with red. If you are interested in diving deeper, I recommend *A Perfect Red* by Amy Butler Greenfield. It's a comprehensive and dynamic look at the history of cochineal. - *Jen Brant*

As I write this article, I contemplate how things are incredibly different in terms of ferry service from where we were one year ago.

While we do not want to revisit the numerous traumatic events that took place during the travel season of last year, it seems timely to write about some of the more positive shifts that have transpired during the past several months.

With that said, it feels appropriate to express gratitude regarding the current crew. Captain James Mahon and his crew have been working very diligently to bring the ferry service up to a higher standard, and to provide more consistent, reliable, and safe ferry transportation.

On cold winter and spring mornings at False Bay, the crew have many times arrived early and warmed up the boat. They have often permitted passengers to board ahead of schedule when it is cold outside. This has been met with some great sighs of relief, as we loaded our belongings and took our places in the cabin to stay warm.

Many times in the recent months, as we have brought our large and burdensome hauls towards the ferry at French Creek, we have come across the ferry crew busily practicing safety training and procedures. This provides everyone with a greater level of confidence in the crew's expertise and focus on safety.

Then there have been the occasions when a crew member has taken extra time to ensure that there were no last-minute arrivals who might miss a ferry sailing. This shows kindness and insight to the plight of those attempting to make important commitments on Vancouver Island.

During the August long weekend, the crew worked through their midday breaks to ensure that travelers could make it to the Firefighter's Picnic. That was definitely going the extra mile!

Yes, there are still some wrinkles to iron out here and there. We still have a bit of delay or gaps in communication when there are schedule changes and interruptions, loading questions, and a few other pieces to our ferry service puzzle that are currently being worked on. However, the progress has been notable, and the Ferry Committee would like everyone to join us in thanking the crew for the efforts and commitment that they are bringing to our ferry service.

Wishing everyone safe and happy travels.  
- *Shelley Garside for the Ferry Committee.*





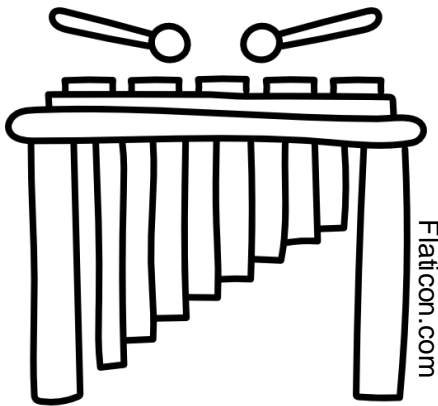
Some of our great ferry crew. (R to L): Capt. James Mahon, Jackie Burger, Steve Jeffrey

We are humbled and deeply grateful for all the generosity, smiles, and support. Your collective energy fuels this annual tradition and makes it one of the highlights of our summer. Thank you, thank you.

Two upcoming opportunities to learn more about the music we play...

1. We will offer a beginners marimba workshop in September. First time or n'th time, musician or not, everyone is welcome to come and experience the fun and joy of playing this incredible music. More details coming on the email list, but if you want to reserve a spot, you can contact us anytime: [makeke@lasqueti.ca](mailto:makeke@lasqueti.ca)

2. Keep your eyes on this space for a series on the roots of Shona music on the West Coast and the genesis of Makeke Marimba, home-grown on Lasqueti for 28 years! Next month in the Xwe'etay News. - *Makeke Marimba*



## Of Marimba Dock Parties and Marimba Workshops

Thanks to all who came down to False Bay on Thursday for one of the most glorious sunsets of the year, and for joining us in the dance party on the dock with Makeke Marimba!!

Special thanks go out to: Blue Roof for support and powering the show; Rachel for the pop-up taco stand - how great was that!?!; Sho and others for passing the hat and just being all-round beautiful people; Jack and Wayne and a group of others for helping us move all our heavy gear to and from the dock; Provisions for ensuring we were relaxed and well fed before the show; those arriving on the ferry at 6:30 for graciously accommodating extra clutter on the dock; and all of you for dancing and singing and making this such a joyful event!



John Martin



John Martin



**From Tim Peterson:** Greetings! Trust Council will be held in Nanaimo on September 24-26. Council will discuss the Section 3 Object. It will also discuss a potential request to the Province of British Columbia to conduct a review of the Islands Trust Act as well as potential revisions to the draft Policy Statement. In addition, the draft of the 2025-2028 Islands Trust Strategic Plan will return to Trust Council for consideration of approval.

Members of Executive Committee and other trustees will be attending the Union of BC Municipalities on September 16-20. This is an opportunity to make requests and ask questions of Provincial Ministers and staff, as well as MLAs from all parties. It is also an opportunity to workshop, learn, and network with staff, advocates, and other elected officials from jurisdictions across BC. Topics will include housing, costs of climate change, disaster mitigation, wildfire prevention, and more.

The next meeting of the Lasqueti Local Trustee Committee will be October 21<sup>st</sup>. We will be discussing our OCP project, and likely will be considering a rezoning application from City West for the fibre optic Connected Coast project. Please consider attending if you can. As always, please feel free to contact your trustees with your questions, comments, or concerns.

[tpeterson@islandstrust.bc.ca](mailto:tpeterson@islandstrust.bc.ca) 250-607-7094. To contact the whole committee and staff, email [laltc@islandstrust.bc.ca](mailto:laltc@islandstrust.bc.ca)

**From Mikaila Lironi:**

**Understanding the Role of the Advisory Planning Commission (APC)** - The community seems confused about what the Advisory Planning Commission (APC) does. To clear things up, here's a straightforward explanation of the APC's role and how it operates.

### What is the APC?

The Advisory Planning Commission (APC) is a group of volunteer community members who put their names forward and were then selected by the LTC. At the request of the LTC, their job is to provide advice on local land use, community planning, permits, and any new or proposed bylaws. While the APC offers recommendations, it is the LTC that makes the final decisions.

### How Does the APC Work?

1. **Receiving Issues:** When there's a new land

use proposal, bylaw, or permit to consider, the Local Trust Committee may ask the APC for their thoughts. The APC then has 40 days to meet, discuss the issue, and provide their recommendations.

2. **Public Meetings:** All APC meetings are open to the public. This means that anyone can attend and listen to the discussions. Since this is meeting open to the public, these meetings are held in public places. Notices are posted at least five days in advance so everyone will know when and where they're happening.

3. **Discussing Proposals:** If someone applies for a permit or wants to change a bylaw, they have the right to attend the APC meeting and share their views. Even if they can't make it, the APC is still allowed to discuss and make recommendations based on the information they have.

### What Happens After the Meeting?

After the APC meets and discusses the issue at hand, they write up their recommendations. These are then sent back to the LTC and will appear in the LTC meeting agenda. The APC then reviews the recommendations and makes the final decision. It's important to note that at this stage that the LTC isn't required to follow the APC's recommendations. However, the LTC does take the recommendations into consideration. - Mikaila (250) 812-2560 [mlironi@islandstrust.bc.ca](mailto:mlironi@islandstrust.bc.ca)



qathet  
REGIONAL DISTRICT

### qRD Board on the Road

The August Board meetings were held in Gillies Bay, Texada Island. Each year, the qRD Board visits a different area to allow locals an opportunity to directly observe or delegate to the Board.

### On the Benefits of Civil Discourse

Incivility in a community is a barrier to solutions because it erodes trust and can divide. It can prevent unified action to address external and internal issues. And it can be unpleasant for people on the receiving end.

Do local elected representatives have to accept uncivil, defamatory claims towards them as part of the territory? Simply put: *they do not*. In a healthy democracy, residents have a right to criticize elected representatives for their votes and words, for what they choose to champion or not. Elected representatives must accept that their positions

(Cont'd next pg)

(qRD cont'd from previous pg)

and actions are open to criticism. It's not always easy or comfortable, but representation requires listening to all perspectives. It's part of the job.

But local elected representatives *do not* have to accept uncivil claims towards them. Local government representatives are not covered by WorkSafeBC protection or workplace policies. So they have to decide: ignore or stand up for themselves. Ignoring is the best approach in most cases, but not for repeated, escalating incidents. Standing up incurs some risk – responses may encourage further incidents. However, ignoring also incurs some risk – false claims may spread through a community, incivility may become normalized, and community members may choose to not run in future local elections.

Incivility can proliferate in a community. According to Diane Kalen-Sukra, author of *Save Your City: How Toxic Culture Kills Community & What to do About It*, "Incivility anywhere is a threat to civility everywhere"... "Community resilience is incompatible with toxic incivility". That is, ignoring it is not a solution, but our responses must be civil.

Civil discourse is a prerequisite to address the many issues facing us locally and beyond. To increase our resilience and relative independence, we need to rely on each other. Reliance requires trust. Trust requires that we can talk *and listen*. And people only listen when talked to respectfully. Civil discourse is a foundation that can foster vigorous, impassioned disagreement without disrespect. It can be soft on people – our neighbours – so we can look each other in the eyes and open our ears to each other's words.

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

## **Xwe'etay/Lasqueti Archaeology Project (XLAP) Update**

Several folks have asked what's happening with the archaeology project. Here's a brief update.

Our planning students (Mary, Mads, and Owen) and archaeology student (Vlad) have finished or are close to completing their theses. We'll send summaries soon. Thank you to the community members who supported this research. Also in the works is Dana K's research based on interviews with community members about the artifacts/

belongings that they have found on the island.

In Vlad's thesis, which he hopes to present to the community soon, we've gained insights into where settlements were located, their size, and age. Not surprisingly, places like False Bay and Maple Bay held the oldest and largest communities, whereas places more buffeted by winds or more isolated from their neighbours (e.g., Squitty Bay), were settled later and were smaller.

We also recorded many intertidal features (fish traps and clam gardens) as well as lookout sites. Together with the many artifacts/belongings people have found in their gardens, we surmise that Xwe'etay was one busy place in the Indigenous past.

Many Lasquetians have lent us the artifacts/belongings in their possession for analysis by our team. This includes descriptions of form, possible function, and a guestimate of age. The artifacts recovered range from spear and arrow points, hide scrapers, harpoon pieces, fish net weights, salmon knives, blades cores, and so on.

Using a non-destructive method called X-ray fluorescence (XRF), our colleague, Dr. Rhy McMillan has analyzed the elemental compositions of about 70 of the belongings recovered here. From these, we can figure out the source location of the toolstone used to make the artifacts. This in turn enables us to understand ancient trade routes and social relations. Based on (incomprehensible to me) statistical analyses, Rhy has determined that most of our toolstone probably comes from Vancouver Island. However, there are also pieces from as far away as southeastern Idaho! Rhy will be at the Archaeology Table at the Fall Fair with his portable XRF machine to "zap" any of your geological or archaeological mystery items.

Finally, we're using ancient DNA of the few recovered doggie bones as another way to understand ancient trade relations. These bones are currently at the Smithsonian Institute where Dr. Audrey Lin is analyzing them to determine the dogs' breeding lineages and if they came from Coast Salish woolly or hunting dogs. By comparing our doggie lineages to those of other places, we can begin to understand how dogs were traded among communities.

There's more to fill you in on, but we do have a 400-word limit in this newsletter. ☺ - Dana



The final article in my series on AI. Last time, I wrote about a coming tsunami of “synthetic media” and some ways it might reshape cultural norms and class structures. But what are “synthetic media” and why are they so potentially dangerous?

Among the most alarming AI tech. are “deep fakes.” Emerging from R&D labs in ~2017, these powerful media generators are now consumer-grade tools that can create hyper-realistic photo, audio, and video fakes: from scams that fake the voice of a loved one phoning home for help; to faked video of a public figure saying something horrific or embarrassing that was never actually said; or a rosy photo of a candidate chumming with a group of happy voters who don’t really exist. All these things have already happened. And the use of deep fakes to run scams, produce political propaganda, and promote false narratives will continue to grow in scale and sophistication as these technologies become ever more accessible.

But perhaps the biggest challenge for civil society will come from the “liar’s dividend” that accrues to those who need to conveniently dismiss an inconvenient fact. Labelling media as “fake news” normalizes the idea that you can’t trust reporters, allowing negative stories to be more readily dismissed. Similarly, many of the deep fakes being circulated on social media may be part of an intentional effort to desensitize us to synthetic media. This is a long-game, intended to usher in an era where we won’t trust even what we see and hear, providing a cover of deniability con artists of every stripe.

*“If anything can be a fake, then nothing has to be real.”* While deep fake’s potential as a propaganda tool is immediate and obvious, the “liar’s dividend” is more insidious and structural. And it is already appearing in political discourse. For example, a US presidential candidate recently claimed that a photo of a large rally for their opponent was an AI deep fake. Since 10,000 witnesses could deny that claim, it seems less likely a legitimate denial of the photographic evidence, and more like normalizing the idea that “anything can be a fake”.

Trust in traditional media, scientific, and government sources appears to be at an all-time low and falling. Just at a time when we will most need trusted sources to fact-check the media we consume. Who do you trust to sift the deep truths from the deep fakes? – *Joseph Fall*

I’ve been evaluating a fully integrated off grid electrical system from the manufacturer EG4. The system includes a 6 kW inverter, 14.4 kWh lithium battery and a 10 kW MPPT charge controller. All necessary breakers and connection points are built into the case. The price point is what got my attention and made me curious to install and test the system. The entire system has a MSRP of less than \$8,000. Here’s what I learned.

First the good parts:

1. Simple and fast to install and commission. In less than an hour the system was installed, fully operational, and connected to the web.
2. It has two MPPT inputs with a voltage range of 150 to 400 Vdc.
3. Automatic generator start is included and easily programmed via the software.
4. 120/240 Vac output capable of supporting 6 kW of load (the rated amount).
5. Easy to expand system with more battery capacity and or inverters.
6. All components (inverter and battery) have the appropriate agency listings for the equipment.
7. Not being familiar with the brand, I asked a few installer friends in the US who told me that the product is “OK”. (Not super fancy but good value for the price.)

Now the not so good parts:

1. Fairly high no load drain (phantom draw). This is consistent with other inverters that have the same high frequency topology.
2. It’s heavy. The battery weighs over 120 kg. The inverter and conduit box are much lighter and more manageable.
3. Some of the web and local app interface has difficult to understand language. While not a “showstopper”, it is something to be aware of.
4. Does not run unbalanced loads very well. I managed to make it shut down when there was more than 3000 Watts on one leg of the inverter. Some care in balancing large loads in the breaker panel is recommended.
5. Fan runs frequently, sometimes for apparently for no reason.

My conclusion is that this system would serve most Lasqueti homes well. The phantom loads will require a bit more generator charging during the winter. This may be outweighed by the attractive price point. There are very few systems that are this well thought out in this price range. The system is operating at our house. Call me if you want to see it or learn more. - *Ezra Auerbach*



## Raccoon Sixty (2023) *It's All Because of the Virgin: Twisted Tales from the East.*

Friesen Press

Travel is a transformative experience, perhaps even more so when the destination gets farther and farther from one's comfort zone. The truth is that travel is not always a picnic: things go wrong, things get lost, people get lost. At certain points, you might even find yourself pining to be back

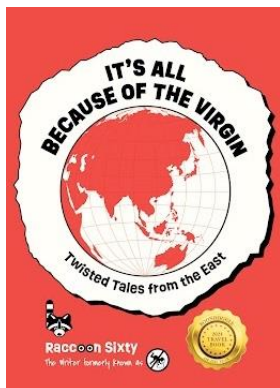
roughing it on Lasqueti. So, why do we travel? First-time author Raccoon Sixty asks this question tongue in cheek, then takes the reader on a vicarious journey. Eschewing relaxation and luxury, he and his wife Trixie spent over a decade going off the beaten track to such exotic locations as India, Laos, Cambodia, Myanmar, Sri Lanka and Nepal (thrice).

Here is a primer on independent travel or, more specifically, a "superannuated guide to adventure tourism". With saucy wit and self-deprecation, Raccoon recounts facing various challenges: translation gaffes, culture shock, traffic roulette, "diabolical plumbing," "crampies," and the "world's most dangerous airport." They tackle near death experiences with great aplomb, even lusting for more. Along the way, they are enthralled with the generosity, curiosity, and resourcefulness of the locals.

This is not a study in social anthropology but a personal travelogue from the point of view of a well-heeled, retired Northern American civil servant. Anyone familiar with the works of Bill Bryson will find resonance here. Raccoon includes brief historical context to each country visited.

Footnotes to the text provide links to supporting resources on the Internet... Raccoon dubs this a "Book E". Each chapter starts with pithy and often painful puns and a menagerie of quotes from The Dalai Lama to Frank Zappa. Less than serious sections, such as a Glossary, Skill Testing Quiz and Questions for Your Book Club follow the main narrative.

Although I can't prove it, I'm quite certain that "Raccoon Sixty" is a pseudonym for one of our own Lasquetians. I surmise that he and "Trixie" have owned property here for several decades



and are frequent visitors, well known for their philanthropic endeavours. All proceeds from the book will go to support a worthy charitable organization. -Sue Ashcroft



Lasqueti Island Nature Conservancy

### Holly Haul

LINC invites you to participate in the first ever Holly Haul. Under a contract with BC Parks Foundation (BCPF) we hope to control the spread of invasive species on the Young Point conservancy lands. Holly has begun to infest the wetland there and if left unchecked, it can spread rapidly to dominate the native landscape. Presently most trees are very small, only 1 or 2 feet high, so easily pulled. The terrain is flat, open and easily accessible, but could be damp. The labour will be moderate and suitable for all. On Sunday, September 29th at 10 AM we will gather on the road just before Squitty Bay park and walk in together for a day of hauling up holly. Bring gloves and a pruning saw or clippers and a digging shovel. Some tools will be supplied. Lunch will be provided for those who contact LINC at [linc@lasqueti.ca](mailto:linc@lasqueti.ca) or phone 250-333-8784 to reserve yours. Come out with your neighbours and help keep our natural places natural!

### Marine Island

On August 23<sup>rd</sup> BCPF announced the protection of five important conservation properties in the Salish Sea, including Marine Island at the entrance to Maple Bay on Lasqueti. (<https://bcparksfoundation.ca/blog/salish-sea-lands-protected-forever/>). "Normally in this area, you have either old growth or a younger forest that has come back after logging. But the forest on Marine Island is intermediate between those two. It is well on its way to becoming old growth," says Dr. Ken Lertzman. The shoreline geology is also unusual, with curious and complex rock formations. Initial archaeological observations revealed evidence of a midden with a house platform; the date for the house platform is pending. "This island is undeniably unique," says Gordon Scott, director of LINC. "That's why it is important that people know it's a special, protected place."

BCPF is an independent foundation. It is much

(LINC cont'd from previous pg)

like a hospital or university foundation, where they help enhance and expand parks and Indigenous protected areas beyond what government is able to do. BCPF does not take direction from, report to, or raise money for government. They work cooperatively and proudly act as the official charitable partner to BC's system of parks and protected areas. BCPF is currently developing a management plan for Marine Island and will be talking with LINC, First Nations, neighbours, and the community. For the time being, please respect that the island is private and closed to public visitation until a formal plan is in place.

– Gordon Scott for LINC

### My Favourite Tool

My favourite tool this month is our **table-top apple press**. I sometimes want just a liter of fresh apple juice and don't want to go through the production of doing a big pressing with friends. In my experience, juicers don't work well for apples. This unit is easy to use and clean and makes juice just like a larger press, only in small amounts.

The apples need to be ground first (we use a food processor). Empty the mash in the nylon filter bag and then turn the handle at the top of the press to squeeze out the juice. – Dana Lepofsky

<https://pleasanthillgrain.com/tabletop-fruit-press-1-25-gallon>



### Bulk Order of Lithium (LFP) Cells

The raw lithium cells have come down significantly in price, and with large orders freight costs are spread thinly. There are many reasons this is exciting:

- Lithium is **better value** than lead batteries. They store more power than lead per dollar, and last much longer. You can use the full capacity and fully discharge lithium batteries without hurting them. With this bulk order, you get high quality power storage for around 50% of the front-end cost for equivalent high-end batteries.
- You can upgrade the old lead acid bank with **more efficient** lithium chemistry. With lead acid batteries, for every unit of energy you put into your battery (from sun or generator) you only get 70% back out. Lithium boasts 99% round trip efficiency; for every unit of energy you put in you get very nearly one out. Additionally, the high current charging means they can charge more quickly with the available solar and more steadily from a generator to maximize the generator running for fuel efficiency and longevity.
- Many manufacturers are buying inexpensive Lithium cells that are used, salvaged, or factory rejects - then packaging them in a case and selling as new. These are **top of the line, brand new grade A cells** - purchased from the factory, EVE. I will pair these cells with high quality components so you get quality and value.
- **8000 cycle life with 80% depth of discharge.** You could fully cycle these every day from 100% to 20% for 22 years and still have 70% of your original capacity remaining.
- **Lithium Iron Phosphate (LFP or LiFePO4) is much safer** than its predecessor Lithium Ion. Thermal runaway events and self-ignition are not possible. I will assemble the packs with attention to detail and regard for safety.
- **LFP has been around since the mid 90s**, but because of recent advancements in they come out as the top chemistry.

The raw cells will be assembled into a battery built to your needs, along with a high quality BMS (Battery Management System) – a requirement of all lithium batteries to ensure safe, reliable, and long term battery operation. Depending on your configuration, the price is for an assembled pack will be ~\$320/kWh, including tax, shipped to the Island. Actual prices will depend on the size of the group purchase. Timeline likely early January.

If you are interested, get in touch:

[info@resilienttech.ca](mailto:info@resilienttech.ca) . – Mitch Prior

# Community Bulletin Board

## Fall Classes at Denise's Dance Studio

Welcome the fall with Dance and Yoga. Treat yourself to the many benefits movement offers. Movement is medicine and it's fun! Adult Classes commence October 14th. All adult classes will run for 10 weeks. Cost for 10-week session \$170.00

### Adult Classes

#### **Modern Dance Mondays 6:00-8:00pm**

A blending of Jose Limone and Bill Evans technique (including Bartenieff Fundamentals) and floor barre. This class focuses on developing physical prowess, artistic expression, choreography, and somatic technique. A fun work out! Be prepared to sweat!

#### **Beginner Modern Dance Tuesdays 9:00-10:30**

By popular demand I will be offering a gentle introductory modern class that is not performance oriented. This class will blend Jose Limone and Bill Evans technique (with Bartenieff Fundamentals) and floor barre. It is designed to increase muscle tone, strength, flexibility, balance, artistic expression and somatic technique.

#### **Bartenieff Tuesdays 12:30 - 2:00 pm.**

Are you constantly achy and stiff, and suffer from soreness or fatigue? Try this introductory Somatics class and learn some basic developmental movement patterns and Bartenieff Fundamentals that will help alleviate fatigue, stress in joints, offer ease in movement, increase balance, breath and body-mind awareness. Be prepared to feel grounded, connected, reintegrated, and rejuvenated from this class. All levels welcome.

#### **Dance Yoga Wednesdays 6:00-7:30 pm.**

A great way to end your day. Be prepared to sweat and have fun! This class blends the mindfulness of Yoga, and the dynamics of Modern, Jazz, Latin dance and Ballet. We will focus on flexibility, core strength, balance, lengthening and toning muscles, increasing awareness, the use of breath and improving range of motion. Come try out this class and have fun! All levels welcome.

### Youth Dance

All youth classes will be announced in the next issue of the Xwe'etay News.

All classes will be taught by Artistic Director Denise Lieutaghi, BA (Human and Social Development), certified teacher of the Bill Evans Method of Teaching Modern Dance and certified Radiant Health Yoga teacher. For more information and for registration please call Denise at 250 240-0457 or email at [dance@lasqueti.ca](mailto:dance@lasqueti.ca)



Last month we reproduced this great image that is hanging in the Hall, but didn't give credit to Darzo for it. So, we asked Dar to provide us with its history. She says, "It was around a year or two ago, when I was at an event at the Community Hall. It may well have been the "Writers Read" night, but I can't recall exactly. Anyway, for some reason there was a discussion going on, about what it was that defined a true "Lasquetian". A piece of paper and a pencil was passed around, and people began to scribble down their definition of what a "Lasquetian" was. When the evening was over, I took a photo of that paper and emailed it to myself. This spring, for lack of any other idea for the Arts Festival, I was inspired to make a painting of it. I'd been given that really big canvas years ago, and this was finally a good use for it!"



## Fall Fair 21 Sept

It's that time of year when we are vying for space in our drying racks, feeling anxious about canning fruits before they spoil, and basking in our bounty and good fortune.

Let's celebrate together the change in seasons at the **Fall Fair on 21 September**. All proceeds go to the LCA for a major overhaul of the Community Hall's plumbing system.

The success of the Fair, like most things Lasquetian, depends on all of us.

So, if you'd like to create a display, contact Hilary [Haze3@rocketmail.com](mailto:Haze3@rocketmail.com)

Or, if you'd like to organize or help with a competition or pageant, contact Jenny [jennyv@lasqueti.ca](mailto:jennyv@lasqueti.ca)

Like last year, food will be supplied by vendors and volunteer contributions. If you'd like to sell your yummy foods or would like to donate a pot of soup or chili OR dessert, or veggies for others to cook with, contact Dana [dlepofsk@sfu.ca](mailto:dlepofsk@sfu.ca) Or how about getting together with your friends with fruit trees to co-create a big roasting pan of crisp!

Here's a taste of some of the things to look forward to:

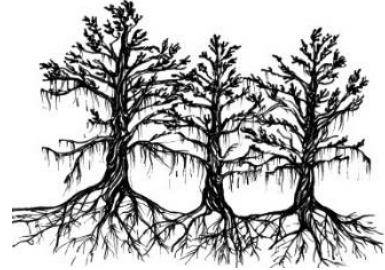
- visiting with friends, old and new
- pie, jam, salsa contests (organized by Dana A.)
- chicken pageant (organized by Dana A.)
- wine tasting
- geology/archaeology table — bring your artifacts or rocks for identification by an off-island expert
- fire and forest history of Lasqueti
- N-S end tug-o-war
- relay races
- heart and soul-warming food

Following the daytime festivities, we'll gather inside to feast on yummy (donated) desserts. With a sugar-buzz, we'll be ready to dance to the tunes of Palace Band!



## First Responders Dinners

On the first Tuesday of each month, first responders meet to practice skills and debrief calls. Would you like to support the team with a meal contribution for an upcoming practice (Oct 1, Nov 5)? Thank you to those who have fed us so far. Contact [kaiabryce@gmail.com](mailto:kaiabryce@gmail.com) for details.



## Welcome Mural Update

Jesse Recalma (Qualicum First Nation), Sophia, and Julia W. continue to co-create the Welcome Mural, while Sam K. works on the bench. The installation on the front and side of the dock freight shed are scheduled for May 3, 2025. We're planning a celebration that brings together our First Nation neighbours and our island community. The unveiling of the mural and bench will be accompanied by an opening in the gallery of the travelling exhibit about the Xwe'etay/ Lasqueti Archaeology Project (XLAP). Visit <https://ingeniumcanada.org/agriculture/exhibitions/the-island-in-the-middle-of-everywhere> to learn more about the exhibit.

– *Willy Clark, Lasqueti Reconciliation Group*  
[reconciliation-group@lists.sfu.ca](mailto:reconciliation-group@lists.sfu.ca)



*Artists Jesse, Sophia, and Julia. This bench will be replaced by one made by Sam K. as part of the mural installation.*



## 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 – leaves FB	1, 4	8, 11, 4		8, 11, 4	8, 11, 4	8, 11, 4	8, 11, 4
Ferry – leaves FC	2:30, 5:30	9:30, 2:30, 5:30		9:30, 2:30, 5:30	9:30, 2:30, 5:30	9:30, 2:30, 5:30	9:30, 2:30, 5:30
Free Store		10 - 5			10 - 5		
Life Drawing			7 - 9				
Market							10 - 1
Nurse					11 - 3		
Post Office		10 - 4		10 - 4		10 - 4	
Propane filled						1 - 3	
Provisions	10 - 4	9 - 6	10 - 6	9 - 6	9 - 6	9 - 6	9 - 6
Recycling		10 - 5			10 - 5		
Pub	1pm–1am	3 – 11	3 – 11	3 - 11	1pm–1am	1pm–1am	1pm–1am
Restaurant						3 - 8	
Taco Tuesday			3 - 6				
Ultimate Frisbee	5:30			5:30			



## How to Make an Emergency Call on Lasqueti

**\*\*\*Call: 1 (855) 871-1175 or (250) 954-4432\*\*\***

Your call will be answered by an operator who will ask you how to direct the call: ambulance, fire, or police.

You will then be transferred to the appropriate service.

When asked for your address, tell the dispatcher:

- I am calling from Lasqueti Island. We have no civic addresses
- The closest intersection to me is (x Road and x Road)
- I'm on (x Road) at (Name's) House
- Give them your phone number

## Community Calendar

Sept 7: Commodore's Ball/AGM Lasqueti Yacht Club  
Sept 21: Fall Fair  
Sept 29: Xwe'etay News deadline  
Oct 31: Halloween square dance and performance, featuring Patrick M'Gonigle and friends, Community Hall

\*\*Nurse's clinic Thurs. 11 – 3:00, NOT 26 Sept\*\*



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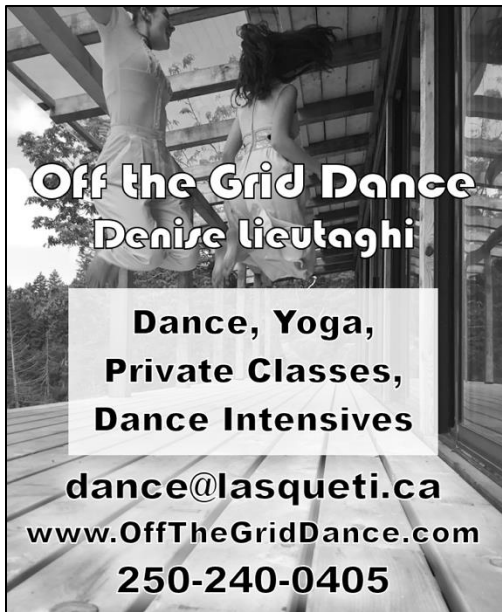
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- ✓ Apply for CPP, OAS & benefits ✉ melinda@lasqueti.ca
- ✓ Set up a CRA account & more!

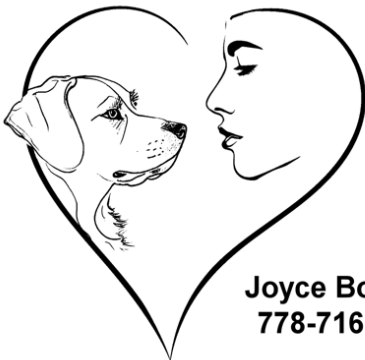
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