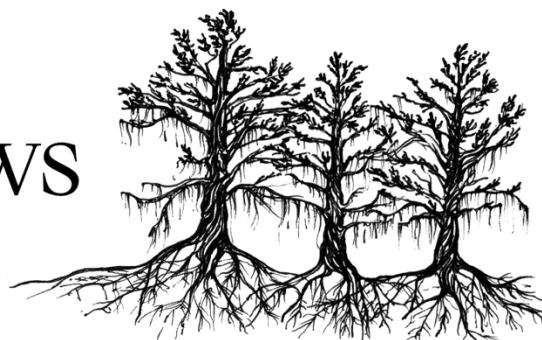


Xwe'etay News



Issue 9

October 2024

A Note from your Editors

Last month we put the call out for rainbow photos to accompany a submission. Oh my, that was fun – to open our in-boxes and always find rainbows! It was so much fun that we decided to make it a regular thing in XN. So, in addition to any Lasqueti-focused image you would like to see printed, we're sometimes going to feature photographs focused on a particular Lasqueti theme. This month it's apples. Next month will be mushrooms (contrary to our former mail out – gates coming soon!). Send photos our way and we'll print them in B/W if we have room and in colour on the on-line version.

People have asked how to pronounce Xwe'etay. The phonetic spelling is *hwe-e-tie*. The "e's" are short, like in "sweater" and the tay is pronounced like "tie"; the beginning "h" is pronounced far back in the throat. Listen to Tla'amin Elder Dr. Elsie Paul pronounce it:

<https://www.sfu.ca/rem/lasqueti/education-and-resources/language.html>

Oh! if you want this newsletter to continue, we need donations. Please contact us.

- *The Yew Collective*; xweetaynews@lasqueti.ca



John Martin

~~~~ Ebbs and Flows ~~~~

In May, the community received an inquiry from Rafael Berenguer, a Chicago accountant researching the life of Fernand Roussel, an occupant in our cemetery.

Craig McFeely replied, saying "Fernand Roussel lived at the end of Millicheap Road with a diminutive Irish wife. After Fernand died, my mother bought the property which included a box of Fernand's entire works. He was a prolific writer, but I was just a kid, and the stuff was incomprehensible. Fernand told me he arrived in Canada from France, jumping ship, a square-rigger in Vancouver." Craig recently sent Mr. Roussel's box of writings to Rafael to assist with his research.
- Kathy Schultz

To find out more about recent UFO claims, I acquired a copy of Donald Keyhoe's *The Flying Saucers are Real*. Published in 1950, it was one of the first books on the topic. Keyhoe's investigation resonates closely with current UFO conspiracies. I drew two possible conclusions from it: 1) that Keyhoe was truly onto something; or 2), he concocted a nonsense story that has fueled many a tall tale. I studied Keyhoe's book hoping to verify or disprove aspects of his claims. This led me, a Chicago accountant, to my current research project.

The book makes a passing reference to another book published in 1943 by a scientist named Fernand Roussel. Curiously, I could find no trace of Roussel or his book online. However, further

(Cont'd next pg)

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

digging led to a series of letters and documents housed at the archives of MIT. The address on the letters offered a clue that blew open my investigation: they were sent from MIT to Fernand Roussel on "Lasqueti Island"!

From here I found a website listing individuals interred in the Lasqueti cemetery. Then, through the help of a few kind residents, I connected with Craig McFeely, who had not only known the mysterious Roussel over 60 years ago but who had actually preserved Roussel's papers. Thank you, Craig!

I have been studying Roussel's papers for the past 3 months. They date largely from 1938-1941, which was well before the "emergence of the flying saucer" archetype. They describe Roussel's alternate astrophysics theories and question several foundational concepts. Roussel was on a mission to have his theories considered by major scientific institutions.

I now have my own mission: to see that Roussel's writings are published and preserved. I don't have the expertise to assess their scientific validity; but I can attest that he was a fascinating man who knew the science well and who wrote with conviction and flair. His work is a reminder of our continued quest to understand the physical world in which we exist. As he wrote in 1939:

"Even if an omnipotent power decided that the Universe should start, a start there would have to be made, and the conditions involved in the beginning should show their functions in the finished product. This is inescapable!"

If you have any information on Fernand Roussel (or a photo!), please contact berenguer.rafael@yahoo.com - Rafael Berenguer

A Hard Act To Swallow

Who knew a 10-gram swallow could enslave a human for 18 days? I couldn't return the tiny bird to the nest deep inside my neighbour's roof. His siblings died in the heatwave, but this violet-green swallow abandoned ship, hoping for a better fate.

I brought home the fuzzy swallow, only so he could die more comfortably than in the dust and sun. I meant to put him on moss in shade. I was too busy to care for him. I have fostered birds before, so I have a mealworm colony. This was the fatal error. I should not have fed him a mealworm. He wanted more. I gave him more. How could I toss him in the woods when he trusted me? Eighteen days later I was still feeding him.

I did not go out during this time because Chipikins had to eat frequently. I attracted flies to swat for food. I beheaded mealworms. I made nests and a flight cage. It was longer than a Covid quarantine. What was I thinking? Oh yeah, I wasn't.



By day 18 it was time to send Chipikins to the sky. When I opened my hands outside, he zoomed over the bluff and was gone. I thought that was anticlimactic, but an hour later he was back and talking to me from high in the trees. He would circle me expertly, doing figure eights, then back to perch in a fir tree.

All day I knew where he was because he'd answer when I spoke. "Hey human, I'm in this tree." "Hey human, now I'm over here."

Through binoculars I saw him preen and bask in the sunshine. His chirps were happy. He was not in distress.

Then, a miracle. His parents, who I thought were long gone after Chip's siblings died, visited him in his tree. It was only for a moment. They came again later in the day, and Chipikins flew up to

(Cont'd next pg)



meet them briefly. They left, and he perched again.

In the early evening, he was gone. I knew this because he did not answer me.

The next morning I was calling for him when three swallows flew high above. Chipikins zoomed down to circle me, chatting away, telling his adventure.

A birdhouse now replaces the deathtrap in Pottzy's roof. Perhaps it was Chipikins' who used it last summer.

I built five birdhouses. Bring on the swallows.

– Jay Rainey



Jay Rainey



Student Corner

There are currently 6 students, grades 9-11, studying online with an SD69 program called CEAP. They gather at FBS on Tuesdays – Thursdays to work through their school work together with support from parents and me, their “supervisor”. Lots of people have asked about how it is going with the high school students on Lasqueti so here is a little from them.

Vida: “I worked online last year by myself and I found it uninspiring because I was by myself. I didn't have any peers to work out problems with. This year I have friends to work and compete with. I am feeling more motivated and am moving along much faster.”

Salum'mia: “Last year I was at Ballenas and it was a great experience. I liked the social aspect and there was a lot of opportunities to be in clubs and groups. This year I am happy I am here because of my friends, and I like online schooling because you can go at your own pace. I like the freedom so that I can work more too. At Provisions I am learning a lot of skills and gaining a lot of experience cooking, as a cashier, talking with people and working out problems.”

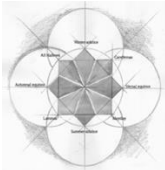
Kahllo: “Working online is not too bad, relatively easy and it's nice to be on your own schedule. I have more time to do things like playing ultimate and I have been working a lot for AI.”

Niall: “I like that you can work on your schoolwork wherever you are and whenever you want, as long as you have internet. I like coming to see my friends. I also work for AI and I like hanging out downtown.”

Ilah: “I am doing grade 9 online at CEAP because I thought it would be interesting and I would have to do it next year anyway so I thought I would start now. Part of the reason I chose to do this is because some of my friends are doing it.”

Ari: “There is less people, it's more quiet and a lot less chaotic, so I prefer it. I haven't gotten to do my independent project yet but my hope is to do an independent directed study using robotics, engineering and coding to make a rocket Mark 3. I like being back on Lasqueti.” – Anna Dodds

Poems for Cross-Quarter Days



Fall Equinox

spider webs laden with mist in the morning,
huge maple leaves carpet the forest path,
owls call, rams knock skulls,
mushrooms pop up like magic tricks.

we fill cupboards with jars of jam, sauce and juice,
pile fat squash by the hearth,
drink jewel coloured wine pressed from
blackberries that line the fences thickly
no matter how hard you chop them back.

all afternoon picking apples until every bucket is full,
pockets are full, bellies are full, and, oh!
here comes the harvest moon.

- Sophia Rosenberg 2024



L to R. Salum'mia, Vida, Ilah, Ari, Niall, Kahllo

Waste Case Scenario

Notes from Waste Manager Mark:

- Please don't leave garbage in the freight shed. If you've brought it that far you might as well take it on the ferry and dispose of it on the other side.
- The tire drive has not yet happened. I'll notify the community of the date when it is scheduled in October.
- Recycling hasn't left the island in at least eight months months as Kelli, the barge operator, has been waiting for his new big barge to come into service. Check out the depot to see how much recycling has accumulated in that time. It's illuminating!

Island Trash Removal: The 2nd Wednesday of every month is the trash removal day at False Bay barge ramp. October 8, 2023 is the next scheduled date. 10:00 am until the barge is full. Any changes due to weather will be posted on the email list and FB Lasqueti Hotwire. Call Mark if you have any questions at 250 240 9886

Recycling Depot: Fall/Winter Hours October 1st to March 30th.

Mondays 10 am - 2 pm, Thursdays 1 - 5 pm;
Closed on Statutory Holidays. All recycling is monitored. Please bring materials clean and dry..

Free Store: Fall/Winter Hours October 1st to March 30th.

Mondays 10 am – 2 pm and Thursdays 1 - 5 pm
Please respect signs. Drop donations during open hours. Clean, usable clothing and household items only. Please, no food, garbage, recycling, TV's, soft foam, batteries, electrical devices, mattresses or hazardous materials, i.e., chemicals, fluorescent light tubes, prescription/non-prescription drugs, or pills in general. There are recycling programs on Vancouver Island for many of these materials.

Recycle BC: <https://recyclebc.ca/what-can-i-recycle/>

Return-It Beverage Depot: Open 24/7. Front left of the Free Store. No refundable glass (ie: beer, wine, hard liquor) bottles, please take these to the nearest Return-It Beverage depot yourself. Yes to aluminum beer, cider, pop cans, coconut water cans, boxed wine cartons (leave them intact) and tetra juice packs, including (rinsed) milk and milk substitute containers. Leave the caps on and push the straws in and do not crush containers. Labels can be left on.

If you have any questions, comments, or suggestions for Waste Case Scenario articles, contact me jennyv@lasqueti.ca or 250 240 7288



Who hasn't heard of the aphorism "An apple a day keeps the doctor away"? As it is indeed "apple season" I thought I would look into the origins of this old adage and what truths may lie behind it. Apparently, the proverb was coined as early as 1866 in Pembrokeshire England. The original wording was "Eat an apple on going to bed, and you will keep the doctor from earning his bread". The more modern phrasing came into use at the end of the 19th century.

Are there any health benefits from eating an apple a day? There is no rigorous research addressing this question specifically. However, it is true that apples have been associated with a number of benefits that could help promote long-term health. They are in fact loaded with important nutrients, including fiber (more so if you eat the skin and core), vitamins, minerals, and antioxidants. Flavonoids are also found in apples, and these are compounds that have been shown to reduce inflammation and protect heart health. Of course, too much of a good thing can lead to some unpleasant side effects. Eating too much fiber too quickly can lead to stomach pain, gas, and bloating. However, eat an apple a day and you will likely be OK or maybe even more than OK! - *Dianne*



Fall Fair Gratitude

It seems we're back in the groove of visiting and playing together. The Fair was so much fun, thanks to all of us. Such a celebration of our bounty.

So many people to thank. In no particular order:

- The many people who fed us throughout the day: Andrew and Ivy; Junie, Reza and Mom Manijeh; Mark, Wayne, Anna; Jane, Gary, and Jaya.
- And the donations of those amazing soups and chilis and bread – organized by Marti: Jodi, Judy K, Kathy S, Kathie G, Emily C, Audrey, Peter J, Marti, Susan E, Luise, Sue T, Terry T, Ari, Izzy, Kay, Darcy D, Camino, Vida, Illah, Suzi R, Sheila R., Ezra, Wendy S, Dana L., Susan W., Melinda, Judy P., Sue K... and others!
- The kitchen help. With Aigul gone, we had big shoes to fill (but note that she donated her beans for Ezra's chili!). But everyone chipped in and it was great. Special thanks to Audrey, Susan W., Vlad, Anya, Clare, Alex, Mike M., Dave O., Carly P., John C., Darcy D., Shoshanah, Marti, and so many others that we couldn't keep track.
- The corn shuckers and sellers: Sean T, Mike P, Ezra, Wendy S, Jenni Beth, and Justin.
- The makers of those yummy tea biscuits salsas, jams, and oh my, those pies!
- The fabulous ferments, the over-sized veggies...
- The folks who volunteered to sit at the gate and collect entrance fees.
- The folks who helped organize events: Marie-Ange (fibers); Dana A (chicken pageant, pies, and jams – even though she couldn't attend!)
- Of course, we needed to be hydrated. Thanks to Cindy and her team and Anna and Paddy for the wine tasting, we were well taken care of.
- All the display-makers and contributors! Who knew knot-making would be so much fun? Thank you, Ian G.! Or that our natural and cultural history so engaging, thanks to Kathy, the archaeology team, and Dick V. Our homestead (Emily, Jelina, Melinda, and JennyV) and flower (Don and Josie) displays were stunning, the apple juicing was yummy (Dave E.), the fiber displays, dazzling (Gwen B., Larissa W.S., Nalia B, Marie-Ange, Gwyn C., Celia K., Rosalind H., Terri D., Jen B.), and the caterpillar and baby races, hilarious. Collectively, they all remind of us of how darn lucky we are.

Our competition winners do us proud:

- Tea biscuits: 1st place: Jen Brant; 2nd: Celia K., 3rd: Trudi S.
- Salsa: 1st place: JennyV; 2nd place: Jelina; 3rd place: Marianna
- Jam: 1st place: JennyV (hot pepper jelly); 2nd: Tikki (blackberry/rhubarb); 3rd: Kathy R (zucchini marmalade)
- Pie: 1st place: Graham K, 2nd place tie Shoshanah and Colin
- Wine: 1st place Jessica Slavic (elderberry mead); 2nd: Hilary (blackberry wine); 3rd: Rob T blackberry mead.
- Kids races - too many kids, big and little to name individually but thanks to Gisele for making the prize cookies
- In the knot competitions: Fast bowline tiers were Rosalind, Billy F, Tim Co, Reef knot team winners were Daniel J and Kahlio, Speed tying was Graham Kerr, Mark B and Ian G, Line Throwing won by Tim C and Justin.
- Relay Race - The Mikes: Mike P, Ian G, Ben K, Carly P who completed the course in 2 minutes and 40 seconds.

For a less glamorous, but essential task, thanks to the clean-up team: Amanda J, Violet B, Tilia, Colin T, Mike P. Kaia B. Carolyn M, Rob P, Hilary, Jordan, Andrew F, Mark B and JennyV.

Many thanks to The Palace Band for making us dance. And thanks to Judy and Michael for letting them stay at their cabin, Sylvia, Sho, and Susan W. for driving them to and fro, and Kathy G. for cleaning up the cabin (and thanks to the band for that excellent motivational announcement about clean-up help).

About 300 people paid entry to the Fair and we sold ~450 meals (not including the 100+ corns) and 300 drinks from Cindy's bar. We made ~\$5000 that will go towards the hall's new plumbing system and we only produced one tiny container of garbage. Way to go, community! (next time we'll make sure we have time for the arm wrestling, Mr. Lasqueti Leg contest, and raven calling!) – *Hilary, Jordan, Jenny, Andrew, and Dana L.* ***Oh, and just in case you didn't hear: The SOUTH END won the tug-o-war ☺

Fall Fair Gratitude



John Martin



Emily Carnes



John Martin



John Martin



John Martin



John Martin



John Martin



Hilary Duinker



Kathy Schultz



John Martin

Photos by Terry T.



Wisdom from Xwe'etay Gardeners

Garden Favourites



I'm asked to share some favourite plants from my garden. Many come quickly to mind, but soon I am bogged down in confusion and uncertainty. Naming a favourite plant, like asking a parent to choose a favourite child, is impossible. On any day of the year, I can step out into the garden and that day's most robustly blooming will be my favourite - for that day. Tomorrow brings a new show and a new favourite.

Then there are those plants that were gifted to me, plants reflecting warm feelings of shared experience and friendship, plants marking special occasions, or plants growing as memorials to dearly departed souls. New dimensions are added to these carriers of memory, these milestones in my life and I could faithfully name them as my favourites.

The most frequent visitors to my garden are birds. These cherished guests clearly show me their own favourites as they swarm over aging kale bent with the weight of ripe seed, or hover over brilliant blooms extracting nectar, or methodically move over a shrub branch collecting insects. Surely, I can allow for such welcomed guests' favourites to be my own as well.

But then, how can I overlook those plants that nourish not only the mind but also our bodies with their life-giving qualities. Vibrantly coloured vegetables growing rapidly into such a variety of form, then often plucked as they are showing at their very best. Such selflessness cannot go unacknowledged, and these martyrs will be my favourites.

I tour my garden daily. Seeing the commonly grown and usual garden candidates creates a familiarity causing me to overlook them, instead spotting something grown only with diligent attention and doctoring and now producing a rare blossom. How can I not fall for this rare exotic, a triumphant favourite that gives me boasting rights? But this could be a kind of botanical racism, never a comfortable feeling. So, I turn back towards those familiar friends. Those hardy, constant and reliable stalwarts who have thrived for decades in their place, repeatedly showering me with their bounty despite neglect and being taken for granted. My oldest, my truest, my best and deservedly my favourite garden friends.

I am surrounded with many botanical wonders and, as in an orchestra, each part has its place in

the whole garden symphony. I, as conductor, guide the show in continuous melody so that it becomes a harmonious picture of unfolding nature and that whole becomes my true favourite plant.

– James Schwartz



On Their Shoulders



Anyone who knows Lasqueti knows that the specialness of our island community arises from a multitude of large and small volunteer initiatives involving hard work, big ideas, and lots of heart. Giving to others, for the good of the community, has always been part of our island culture.

To honour some of the many people whose work laid the foundation for who we are today, we have initiated this column. In each issue, we will honor one person's contribution to island community-building with a piece contributed by someone in the community. We've written the first one to get us started. After that, it's up to all of you. We'll print them as they come in (and remember, <400 words!). - the Yew Collective

Sue Wheeler

Sue first came to Lasqueti in May 1972 with a friend to visit their mutual friend Ed Harper. Ed invited Sue to come back to visit with her kids, which she thankfully did. She fell in love with Ed and life on the island. She moved here with Colin and Andrew later in 1972 and has been fully engaged in island life ever since.

As part of the back-to-the-land movement, Sue quickly immersed herself in all that homesteading involved. This of course included gardening, which she learned from neighbours and organic gardening books. Many of us have benefitted from Sue's gardening wisdom over the years.

Like many of the newcomers of the 1970's and

(Cont'd next pg)

(On Their Shoulders, cont'd from previous pg)

1980's, Sue contributed in foundational ways to what has now become our island culture. For instance, in 1988 as a member of the Arts Council, she was involved in organizing the first Arts Festival – whose proceeds were to go to building the Arts Center. In 1989, when she was just starting to write poetry, she organized the first "Reading Event" at the Arts Fest, with people crammed into the back room while music was blaring in the main part of the hall. The next year, the readings were shifted to Friday night, where they are today. Sue was the organizer and MC of this event from then until 2009 when JennyV took over the position.

If you know Sue, you know she loves books, and her organizational skills are to marvel at. Thus, it won't surprise you that she has a Masters degree in Library Science. In the 1980's, Sue and Dan Rubin set up the "Community Library" at False Bay School. The school library evolved into the library at the Hall– where Sue was the librarian until this year.

Sue holds the establishment of Jedediah Island Marine Provincial Park in 1995 as one of her most significant, lasting legacies. Sue was part of the "Friends of Jedediah – a small group of Lasquetians whose goal was to raise a percentage of the funds needed to purchase Jedd from Mary and Al Palmer. Combined with the estate of my dear friend Dan Culver, this allowed the creation of the Park – from which so many benefit today.

This is just a glimpse of Sue's many contributions to our island. If we had the space, we might also describe her role as an editor (with Peter) of the "Grapevine" newsletter from 1989-1995, obtaining grants to bring speakers to the island for several years in the 90's, being a member of Makeke

Marimba for 25 years, teaching poetry workshops, managing the Community Hall bookings, helping create the Lasqueti cookbook... As Sue wisely shared, "Nothing happens if you don't start..." – Dana Lepofsky

Sue in 1975 at the Spring Picnic

XLAP Update: Where did ancestral islanders get their toolstone? Part 1.

As Lasquetians are well aware, especially when gardening or building, we are surrounded by rock. In fact, we have even nicknamed our home, "The Rock". While sometimes a nuisance today, past Indigenous inhabitants of the island needed a choice of rock types. Fine-grained rocks were used to form precise shapes of chipped tools for arrow and spear points, hide, bark, and fiber scrapers, and knives of various forms. Such tools could also be created with slate or similar materials that could be ground into needed shapes. Hammerstones and grinding stones required coarse materials, mauls and adzes required especially hard materials, and boiling stones needed to be spherical and porous.

For those who came to the Xwe'etay/Lasqueti Archaeology Project (XLAP) table at the Fall Fair, you learned from geochemist Rhy McMillan and archaeologist Jerram Ritchie that we "source" the raw material of tools (aka "toolstones") using a technique call X-Ray Fluorescence (XRF) which determines the trace elements in a rock. With comparative geological data, we can determine the potential source of a toolstone. Some sources (e.g., discrete lava flows), are spatially specific, while others are part of large geological formations. In the latter case, we turn to what we know about past social relations to determine toolstone origins.

Through XLAP, we have learned much about where past islanders got their toolstone. As I have written, by conducting XRF on the artifacts/ belongings in islanders' personal collections, we know that like most places in the southern Salish Sea, Lasqueti obsidian artifacts come from a range of sources to the south. Xwe'etay stands out in the region, however, as having some unique sources represented. The most stunning is the obsidian boulder found at Marshall's Beach 80 years ago by Ralph and then bartered to Tom Weinerth 30 years later for an ½ hour excavator time. The boulder originated from a flow in SE Idaho! Its immense size is unparalleled for sites in this region. It took an enormous effort to bring it here, but it would have been valued beyond our comprehension — as a local source of the highest quality toolstone that then could be traded or gifted for potentially 100's of artifacts. This boulder has only a few chips removed from it. Stunningly, a few weeks ago, Rhy sourced some small obsidian chips from a northern Vancouver Island site that were from the same source – likely from this boulder! - Dana Lepofsky



Makeke Marimba: The First 28 Years

In 1996 the False Bay School principal received a provincial grant to bring Marimba Muzuva from Victoria to give the students a workshop. The band also played a community dance at the hall. Several locals, notably Tim Brau and Don MacDonald, were drawn to the music and recognized that the instruments, made from wood and PVC pipe, could be built on the island. A plot was hatched to hold a building workshop. Rosalind Hildred generously offered her shop and tools, local cedar was procured, and a diverse group came together to build instruments. After the workshop, Dean Samuel offered to return and teach a song, and the beginning of a journey of learning about and playing the music of the Shona people of Zimbabwe began.

At the first marimba workshop in the hall parking lot, there were about sixteen community members. There was never a plan to form a band but with more workshops, a repertoire began to take shape, and those who felt interested set out to practice regularly. We were inspired by the amazing musicianship of Marimba Muzuva, who busked their way into the downtown fabric of Victoria, making enough proceeds to travel to Zimbabwe. We gratefully took what they taught us, infused with respect for the Shona traditions, and made our debut at the Fire Fighter's Picnic in 1996.

We began to meet regularly at the community hall, often twice a week, periodically bringing guest Zimbabweans to perform and teach new repertoire to the band. One of them said our music was "Makeke", which is Zim slang for "sweet, like cake". That became our name.

We built new instruments of African hardwoods and recorded a CD at the hall in 2005 with an audience of loudly appreciative locals! We proceeded to play not only at local birthdays, weddings and benefits, but also regularly travelled to perform off island.

In 2004 we held an impromptu dance on the False Bay dock. It was so much fun that we have continued to offer this annually. We also host workshops for both kids and adults.

The band has played for twenty-eight years and over that time has included more than forty members, adding its unique flavour to the musical landscape of Lasqueti.

For more on the roots of the music and its impact on individuals in the band, watch for a second instalment in the November newsletter.

- *Makeke Marimba*



It Was a Fiesta!

The finale of the **Lasqueti Yacht Club's** 2024 season was amazing! The community hall was magically transformed into the scene of a Mexican Fiesta for the Annual General Meeting and the Commodore's Ball. Members were treated to incredible food, beverages and music. It's hard to thank all the people who made this a great event - but thank you to all!

This year the club has a membership of 95 people, a developing sailing program and a full roster of directors on its executive. Many thanks go out to Darlene Olesko for being the club's secretary for the past two seasons.

We're looking forward to another successful season on the water in 2025 and we welcome all of you to join us. Watch for more updates and membership opportunities in the new year!

- *Deb Perrell*



Betty Dobbyn

Introducing Latisha

Latisha is the lovely, dark-haired, young woman you often see in her wheelchair. Tisha uses a “voice output computer” for speech. She gives a quick nod (to the left for “yes” and the right for “no”). But yes and no questions are *not* the conversational norm.

Tisha gets around the island in our wheelchair van (WE drive it!). She sometimes shares the van with Dolf Schoenmakers (who writes so beautifully for this newsletter).

Dedicated to creating her own art, Tisha paints at her easel using a specially adapted brush holder. She has a beautiful sense of color combos. Tisha has a wickedly wonderful sense of humor, and a deep appreciation for sweet, soft, milk chocolate. She is a spunky young woman!

Tisha’s computer allows her to express her hundreds of thoughts, words, needs, choices, jokes, etc. Because her computer is complicated to set up, she seldom uses it out in the community (though she once interviewed CBC’s Bill Richardson with it at the Hall).

Latisha is supported in a Ministry-funded day program, overseen by a Microboard of family and friends. A bit about Microboards: In 1990, Linda Perry of Langley, BC was supporting folks with “challenges” to move from those mostly dreadful institutions into homes of *their own* – with support from family and community. With compassion and wisdom, Linda knew there would *also* need to be support *for* those families, and so created the Vela Microboard Association.

Tisha has a microboard of her own. Family and friends support her 5 days a week, 6 hours per day. Young women are employed to help her enjoy her life more fully!

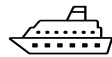
Tisha moved to her home with us from an institution when she was four. Our home now is fully accessible and comfortable for all of us. Here, Tisha can stride in her upright walker around the house and courtyard. She usually walks ¼ mile daily and *loves* it.

Feel free to introduce yourself when you see us (her). – Judy Peterson and Michael Huguenard

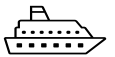
Ps. This year, 25 years after Vela Microboard Association was created, Linda Perry was awarded the “Order of Canada” for her dedication to the life-altering support and changes she created for folks with disabilities. Without a visionary like Linda Perry, this fabulous young woman would never have made it to Lasqueti. We’re so glad she did.



Petra



Ferry Committee News



After many months and years of asking for a formal community meeting with the Operators of our ferry service, Western Pacific Marine, we now have an agreed date. We are also hopeful that someone from BC Ferries will attend.

A community meeting will take place on Saturday October 26th at False Bay School. Arrangements are being made to allow for both in person and online participation options. This worked very well when MLA Adam Walker met with the community last January.

The Ferry Committee encourages everyone to participate. This will be a great opportunity to ask questions and voice any concerns that you may have regarding the ferry service to our island.

We look forward to seeing many of you there.
- *Shelley Garside for the Ferry Committee.*



Roger King



From Makaila Lironi:

What is the Islands Trust, and what does a special purpose local government do?

The Islands Trust is a governmental organization created in 1974. It's comprised of 13 main islands and 450 smaller ones and is home to over 30,000 people and Indigenous communities. The Islands Trust works with First Nations, Regional Districts and community groups to tackle issues such as climate change, affordable housing shortages, limited freshwater resources, and species at risk, all while managing pressures from tourism and development.

Despite these challenges, the Trust envisions a future where small, rural communities can thrive in harmony with nature. They're also committed to reconciliation with Indigenous Peoples, acknowledging the rich cultural heritage and stewardship of the land.

Local Trust Committees (LTCs) on each main island decide how land and marine areas should be used in each community, always focusing on preserving the islands' natural features. The Islands Trust also works on land conservation. It has protected over 1,300 hectares through partnerships with landowners.

Throughout my term, I have spoken with many community members who are unclear about governmental jurisdiction on the island.

Here is a summary of who is responsible for what:

Islands Trust

- Official Community Plans (OCP).
- Land Use
- Bylaws
- Zoning
- Land Use Planning
- Land Conservation
- Reconciliation and Relationship-building with First Nations

Qathet Regional District

- Fire protection
- Waste management
- Emergency services
- Sewer
- Community Infrastructure
- Collects taxes & oversees budgets for local services and infrastructure projects
- Public transit, parks, cemeteries and community centers

- Reconciliation and Relationship-building with First Nations
 - Grants-in-aid
 - Water (not on Lasqueti)
- Mikaila (250) 812-2560 mironi@islandstrust.bc.ca

From Tim Peterson: September was a busy month for Executive Committee members, as we not only ran our usual LTC meetings, but also attended the Union of BC Municipalities event in Vancouver, prepared for Trust Council in Nanaimo, and participated in meetings and interviews to select a new CAO for Islands Trust.

The UBCM convention kicked off with a province wide community-to-community event, co-hosted by UBCM and First Nations Leadership Council. It included an address from keynote speaker, the Honourable Jody Wilson-Raybould.

Islands Trust met with Ministry of Municipal Affairs staff regarding engagement with First Nations. It made a request for the province to review the Islands Trust Act; with Ministry of Housing staff to request a rural and island communities housing stream to support housing projects in smaller coastal communities; and with Ministry of Forests staff with regard to Wildfire Planning in the context of island communities living in the forest interface.

Trust Council in Nanaimo considered the request for a provincial review. It passed, but without a strong majority. It remains to be seen whether this strategy and timing will achieve any traction with the province. Work on the draft Policy Statement continued in Committee of the Whole, and will continue online on October 3, when I will be chairing the Committee. Several items were deferred until the December meeting, including further consideration of the Section 3 Object; Strategic Planning Update; Meeting Procedures; and a Code of Conduct review.

Our next Lasqueti meeting on October 21st will likely include an application for rezoning to permit the landing of the proposed fibre optic cable for the Connected Coast project, as well as an update of the OCP project. Please consider attending if you can, and, as always, please contact your trustees with your questions, comments, or concerns.

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



On the Radical Act of Operating an Email Service



I've been operating LIAS web services since ~2008: lasqueti.ca website, the @lasqueti.ca email service, our various community email lists, and LIAS web and domain hosting services. There is nothing technically amazing about any of these services - in fact, they all run on freely available open-source platforms developed decades ago. Back in the day when we set it all up, we weren't trying to be radical. That was simply how the internet worked back then. At that time the internet was operated by millions of small fry just like us. But over the intervening decade, most of those little fish have been gobbled up by commercial services operated by a small handful of giant tech firms. As a result, there seems to be something increasingly radical in the act of maintaining these services 15 years on... it's just not done this way in 2024!

- ... want a school / organization / community email service? Gmail or Exchange
- ... want a mailing list? Try Mailchimp, or just skip email and use a Facebook or Instagram group. or Teams, or Slack, ...
- ... need domain names or web hosting? Go-Daddy or Amazon AWS
- ... need a web site? Squarespace!

And the social price of internet corporatization continues to mount as those tech. giants leverage their ability to collect and sell our data to generate ever more revenue and to exert ever more control over the messages we receive, the media we are exposed to, and even the preferences or opinions we may even believe to be our own. Yet LIAS maintains this suite of tiny home-spun services that cost nearly nothing, are free of marketing / profit imperatives, collect no private data, and serve no corporate agenda, like a relic of the Internet of old. Let us not take this for granted - they may be a bit clunky by today's standards, but it is becoming a radical act of defiance against powerful economic and technical forces, and while resistance may, in the end, be futile, resist we should.

This article was inspired by a favourite author who wrote recently about his struggles maintaining a Mailman email list (same system we use here). Even if you don't find it interesting, at least you may learn why email from the list seems to land in your gmail junk mail folder so often...

<https://tinyurl.com/doctorow-dead-letters>

- Joseph Fall

Pick up a tube of white paint and you will see any of the following names: zinc white, titanium white, Kremitz white, foundation white, soft white, or Venetian white. This is not an exhaustive list, and contemporary artists have more choices of white paint than at any time in history. However, until the 19th century, there was one dominant white pigment that was used across the world. Lead white was used in everything from house paint to cosmetics. The earliest example was from the 7th century BCE and it was found in Northeastern China. It was synthetically created by placing lead shavings over vinegar in clay pots, thus producing lead acetate. This was then exposed to carbon dioxide to produce basic lead carbonate, which was subsequently mixed with a binder to make paint. It was affordable, lightfast, and opaque. This made it appealing to artists in both the West and the East. It was often used in underpainting to delineate the shapes that would be developed in the painting -- a sketch of sorts. When these old paintings are x-rayed, this "skeleton" of the painting becomes visible. Unfortunately, lead is highly toxic and artists Caravaggio, Goya, and Van Gogh are all suspected to have suffered from lead poisoning. Countless others were poisoned when lead white was applied to their skin to make it smooth like porcelain. Lead white was gradually replaced by titanium and zinc whites, both of which are far less toxic. Titanium is now most widely used to produce white.

So, why all the different shades of white? There are a few important characteristics to consider. White is achromatic. It is not a colour but reflects the visible spectrum. It augments other colours. White paint is classified by temperature, opacity, tinting power, and rheology. For example, Flemish white tends to be warmer, leaning more towards yellow whereas titanium white is cooler in temperature, leaning towards blue. Paints can vary in opacity from transparent to opaque. Tinting power refers to how much the white can change another colour. Rheology is the study of how things flow. The ideal white is neither too warm nor too cool, but rather neutral, flows well, and is opaque. Different sources of pigment are mixed to create white paints that are as close to the ideal as possible. Thus, we artists get the variety of whites we see at the art supply stores without fear of poisoning. - Jen Brant

UBCM (Union of BC Municipalities): What is it?

UBCM is an association comprised of all local governments in BC (including municipalities, regional districts, and Islands Trust). Among other things, UBCM communicates with the Province and Provincial agencies on behalf of local governments.

Each year, UBCM holds a convention at which the executive is elected, and resolutions are voted on. There are also workshops. The leaders of the main parties speak (these can range from same-old to interesting to alarming). This year there was silence when Rustad said that we should have nuclear power in BC.

UBCM 2024: Resolutions

Local governments can put forward “resolutions.” The latter usually advocate for the Province or Provincial agencies (e.g. BC Ferries) to take some action. Resolutions cover many topics related to health, housing, safety, environment, reconciliation, finance, land use, taxation, transportation, etc. Some are trivial; others would be transformative if the Province implemented them. Quite a few are relevant to Lasqueti (e.g. fire risk, funding for active transportation).

There were over 200 resolutions (see www.ubcm.ca). Some were put in “blocks” to vote in favour or against as a group. Many were considered individually and displayed on giant screens while delegates spoke for or against. Some generated a lot of debate. It is interesting to hear the different perspectives.

UBCM 2024: Side Meetings

Short “side meetings” can be booked with Ministries and Provincial agencies. The most relevant by the qRD for Lasqueti were:

- 1) Ministry of Housing: We advocated to allow property owners in areas without building permits (nearly ½ the regional districts in BC) to access the Secondary Suite Incentive Program funding to create secondary suites.
- 2) Vancouver Coastal Health (VCH): We discussed our helicopter landing issue. Even though Lasqueti is under Island Health, the VCH senior staff indicated an interest in assisting us.
- 3) BC Ferries: We spent an hour talking with 3 senior staff. Fifteen minutes of this was spent discussing the Lasqueti ferry. It seemed to improve their understanding of our situation and needs. They may even attend the upcoming

WPM community meeting.

- 4) Ministry of Environment and Climate Change: We advocated for solutions to Industrial, Commercial and Institutional recycling. Because the latter is not covered by RecycleBC, a lot goes to landfills).

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



Lasqueti Island Nature Conservancy

Holly Haul

Many hands make light work. On a sunny Sunday, September 29th, a small group of valiant volunteers tackled the prickly problem of invading holly on the Point Young Conservation property. Thank you to Jodi, Martha and Bill, Hilary, Anna Dodds, Danat, Wendy and Bruce, and James for pulling, digging and, when necessary, sawing out hundreds of the young trees, virtually eliminating holly from this piece of land. A delicious lunch was provided by Ian Rusconi. - *James Schwartz*



5G: Let's Get the Facts Right

There seems to be confusion and misleading information about cell phone technology and 5G devices in general. I am not a scientist, but I do have experience working with radio frequencies at high power levels due to my tenure as the chief engineer for CFRO-FM in Vancouver.

There is no fixed relationship between 5G technologies and fiber-optic cabling. They are independent systems for moving signals around. I started working with fiber technology back in 2002. Fiber is more secure, faster, and produces

(Cont'd next pg)

(5G, cont'd from previous pg)

less radio interference (RFI) and electromagnetic interference (EMI). It is, however, expensive to deploy, even in urban environments. Without paved roads, or poles, I do not think fiber is cost-effective for the last mile in rural areas.

The Rogers 5G signal that currently blankets most of Lasqueti comes from towers in Courtenay, Parksville, and Nanaimo. Telus 5G covers only the west end of Lasqueti from towers in Qualicum and Parksville.

A scientific survey done in 2018 of the current literature regarding DNA damage from 5G concluded there is some evidence of damage from ALL cell phone frequencies to mice living next to, or on top of cell phones, but so far, no agreement on severity, or long-lasting effects, etc.

There does not appear to be any peer-reviewed work out there that documents birds falling out of the sky due to 5G radiation. But yes, you can get third degree burns from almost any microwave device. You can climb up a 300-foot cell phone tower and sit in front of one of the antennas for a while, but it will not go well.

Starlink operates at 12 GHz and does not use 5G network frequencies. However, the Dish Network does have a proposal to transmit 5G directly to/from satellites at that frequency. The FCC has not approved it at the time of this writing – and is unlikely to.

I was fascinated by recent claims of the 12 GHz band being used for crowd control; but I could find nothing scientific or otherwise, except for a lonely bot on Quora.

Lastly, when people refer to 5G Wi-Fi they mean the “5GHz frequency band”; and when they talk about cell phone frequencies using 5G technology, they mean “Fifth generation”.

If you have read this far, I thank you for your diligence. Technology can be unbelievably bad for you but let us try to keep to the facts.

- Rob Linschoten

like me, a regular hauler of totes up the island's main ramp, the tides rule. So, I had to read this book. And what a read it was – part science, part travel adventure; it was always informative, interesting, and entertaining.

First, the science. If you're a big fan of Newtonian laws of attraction and physics, you're going to love this book!

If not, you can gloss over the detailed calculations and discover that:

- There are hundreds of separate parameters that determine the tidal movement on our planet! Who knew?? Wasn't it always just about the sun and the moon?

But, oh no, things like the shape, depth, and size of our oceans, the topography and shoreline configurations, and even issues like constructive resonance and many more all contribute to tidal timing and heights around the world. That is why there is a one-foot tide in the Mediterranean and 56-foot tides (tying for the world record) in Canada's Bay of Fundy and Ungava Bay.

- The moon used to be much closer to our earth in ancient times; it would race across the sky resulting in massive tidal swings reaching hundreds of feet high.

But! That humungous amount of water rushing across our oceans each day has slowly pushed the moon away from our planet and, at the same time, slowed the earth's rotation! And we thought that time was a constant?!

However, for me, the fun part of this book was reading about the author's travels to places with fascinating daily tides. White explores the tides in places like Mont Saint-Michel in France, the Mavericks Surf Wave in California, and even our own Skookumchuck Narrows.

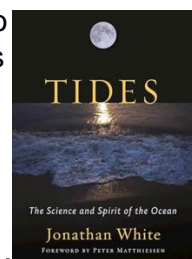
If you're a bird lover, you'll love his perspectives on the Fundy estuary. You'll learn that it's the staging area for the Semipalmated Sandpiper. A scarier story is his adventure under 12 feet of sea ice in Ungava Bay with an Inuit guide digging for mussels at low tide.

Scary? If you want to see a tidal bore to end all tidal bores look up “the silver dragon tidal bore” on China's Qiantang River. His adventures there are beyond adventurous!

So, part science or part adventure – take your pick! Or, like me, just enjoy the adventures first and then go back and digest the science.

I hope this tides you over 'til my next review.

15 Okay...I know...I'll stop now. – Don Dempster



Book Review



Tides: The Science and Spirit of the Ocean. **Jonathan White, (Trinity Univ. Press, 2017)**

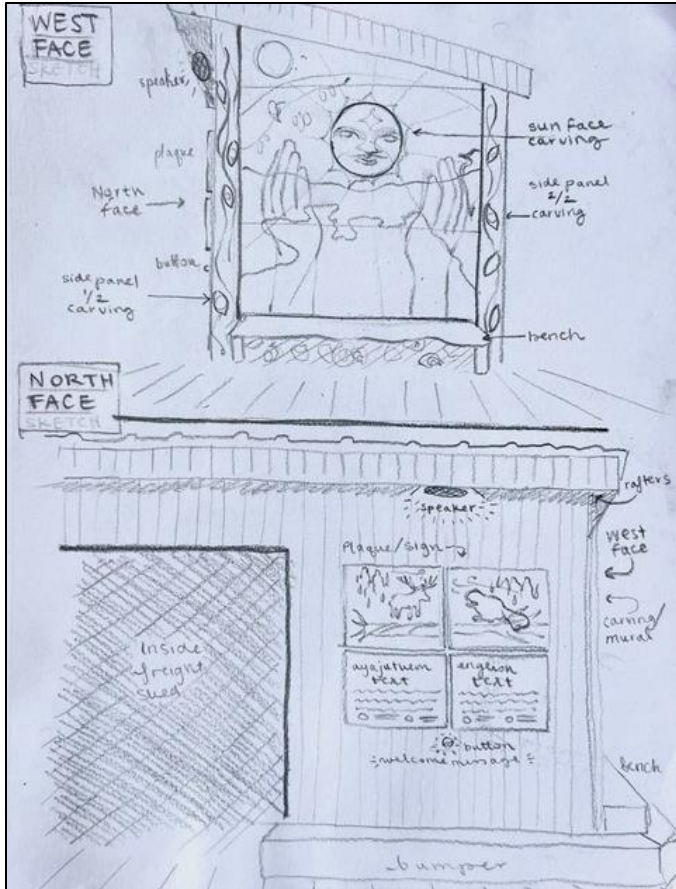
Every Lasquetian has to deal with tides. Whether you're a boater, an archaeologist, a clamdigger, or,

Community Bulletin Board

Welcome Mural Update

The painting, carving, bench, and audio welcome message are nearing completion for the Xwey'etay welcome mural on the False Bay freight shed. Plans to install and celebrate are in the works for **3 May 2025**. Mark your calendars now!

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



Sketch of mural and plaque to be placed on the freight shed. Bench by Sam Cromarty will be on the north face.

Halloween Square Dance and Performance 31 October, at the Hall, 7pm

Join us for a fun, foot-stomping evening of Bluegrass music on Halloween night. We'll start the evening with a couple of square dances and then switch over to a performance by these internationally acclaimed musicians: Mark Kilianski (guitar and square dance calling); Trent Freedman (fiddle); Allison de Groot (banjo); and Patrick M'Gonigle (mandolin and fiddle).

Emily will treat us to "Spooky" charcuterie plates (vegan and GF options) and of course (her words) pumpkin cheesecake for dessert.

Pia and Anna will quench our thirst with a variety of beverages served from the Flamingo Bar.

Come for the full evening or after the fun at T-pot. Costumes welcome!

Doors open and food and drinks served starting 7pm, music starts at 7:30. Suggested entry: \$20, kids free. – *Dana Lepofsky*

Lasqueti Arts Council AGM, Ceramics, and Exhibition

The Lasqueti Community Arts Council will hold its AGM on October 24th at 4pm. Join us at the Arts Center to consider who will be on the executive and to envision the promotion of art on Lasqueti.

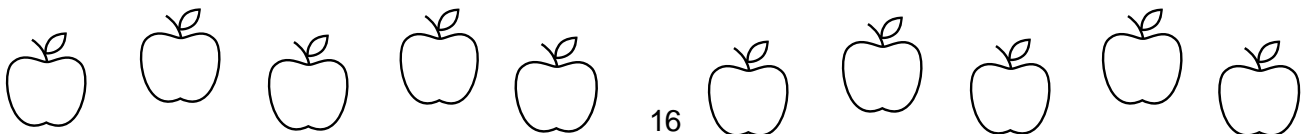
The Arts Council and the Ceramic Guild invite you to make a small object to fire in our special Samhain barrel firing on Sunday October, 27th! Preparations for the firing will start at 10:30 am. We are seeking dry sawdust and woodchips, dried (but flexible) seaweed, and horse hair to wrap our pieces before firing.

For more information: brant.jen@gmail.com

Relational ecologies and the nature of belonging/place will be explored through a series of drawings by resident artist Julia Woldmo at the Arts Centre Gallery this October. The works will be created in situ, reflecting ongoing and yet-to-be conversations. Stay tuned for a closing gathering in early November - *Julia Woldmo*

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 on **Nov 5**? Thank you to those who have fed us so far. Contact kaiabryce@gmail.com for details.





Halloween on Lasqueti

Halloween on Lasqueti Island is unlike anywhere else; and, at the center of this unique celebration is the Teapot House. For the past decade, a crew of community volunteers has transformed the experience of trick-or-treating into a magical and spooky spectacle, creating cherished memories for children and adults alike.

Halloween on Lasqueti wasn't always centered at the Teapot House. For a glimpse of the past, I asked long-time resident Jacob King to share his memories of Halloween from decades ago.

"In the 80s, we used to gather at the school on Halloween afternoon to get dressed up," Jacob recalls. "Back then, parents would drive us around the island in their old cars and trucks. One year, the school even arranged for us all to ride in a five-ton dump truck! Ah, the 80s. There was often a very scary stop at the Teapot House too—I remember being chased right back out the gate!"

Jacob also remembers the memorable stop at Bergqvist's (now VanHumbeck's), where the headless horseman, astride a real horse, would make his annual appearance. The Halloween adventures would usually end at the Community Hall after trick-or-treating. The first fireworks appeared in the late 80s, shot from the Hall's parking lot. The small, windless clearing quickly filled with sulfurous smoke, prompting the move to Spring Bay for future celebrations. It remained there until around 2000, when Keith took over the fireworks display off of his barge in False Bay.

Today, Halloween at Teapot House has evolved into a night full of wonder and creativity. You can expect to find a candle-lit trick-or-treating trail, a spooky witch's cabin, a bonfire, chili dogs, warm beverages, and this year a new haunted surprise!

For many on Lasqueti, Halloween is more than just a holiday; it's a night that brings everyone together. It's a chance for new residents to meet the community and an opportunity to support the island's school kids. Anyone wanting to decorate a

spot along the trail or hand out candy is encouraged to get involved and make this year's event as enchanting as ever.

Halloween at the Teapot House has truly become one of the most exciting and community-centered events on Lasqueti Island. Thanks to the dedication of community volunteers, it continues to be a magical experience that celebrates not just the thrill of spooky stories and costumes, but also the special spirit of the island itself.

If you'd like to decorate a stop on the trail and hand out candy, contact Katy Stewart 250-240-2704 - *False Bay School PAC Member, Karen Gates*

The Tsk Tsk Revue

Ah, the dark, stormy and wet month of November approaches! It's a fertile time for imaginative adult Lasquetians wanting to celebrate healthy, inclusive and diverse sexuality in a naughty little local show called the *Tsk Tsk Revue*. This Evening of Titillating Variety, is booked for November 23rd, 2024. Dress to express and/or impress and head to the Community Hall where \$20 will get you through the doors which open at 6:30. Mingle! Watch the sexy slide show! Buy tickets for the chocolate love organ raffle! Sample tasty sweets and savouries. Feel the building tension! Showtime is at 8pm. Expect the unexpected but also look forward to dancing, singing, skits, stand-up and who knows what else!

For those of you new to the *Tsk Tsk Revue*, here's a tiny bit of back story. The show had its first ever run on Lasqueti in 2007. From the early rough and ready performances to crackerjack acts taken on two Gulf Island tours, it's been an adventuresome ride. Over the years, I estimate at least fifty different Lasquetians have taken their turn on the stage to titillate and entertain. Some have been one timers and others keep coming back. The creativity that comes forward year after year inspires the next batch of performers to keep upping the ante.

Everyone is welcome to conceive of an act and then bring it! If you've had an idea and have always wanted to make it come true then bring it! If you are seasoned and already practicing, bring it! Make your sassy, rollicking, provocative, edgy, educational, perverse, and funny dreams come true. Don't be afraid to share! Let's play! The audience packs the Community Hall to eat it up.

FMI or to sign up for the line-up, or to volunteer: jennyv@lasqueti.ca or 250 240 7288

Fall Classes at Denise's Dance Studio

Welcome the fall with Dance and Yoga. Treat yourself to the many benefits that movement offers. Movement is medicine and it's fun! Adult Classes commence October 14th. All adult classes will run for 10 weeks. Cost for a 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? Do you 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.

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 dance@lasqueti.ca

Community Calendar

Oct 6: Community Forum, at the Hall, 2-4pm

Oct 6: Play with Clay, Arts Center, 1-4pm

Oct 21: Islands Trust meeting on Lasqueti

Oct 24: LCA AGM, 4pm Arts Center

Oct 26: Ferry Comm mtg, FBS

Oct 27: Xwe'etay News deadline

Oct 27: Samhain barrel clay firing, Arts Center

Oct 31: PAC Halloween celebration at Teapot

Oct 31: Halloween square dance and performance, featuring Patrick M'Gonigle and friends, Community Hall

****Nurse's clinic Thurs. 11 – 3:00, NOT 10 Oct*****



Volunteering on the Rock

Being off-grid and somewhat remote, our community relies on its volunteers to support our diverse needs and desires. There are many ways to contribute to your/our community as a volunteer. There are activities and committees focused on natural and cultural history, the arts, the environment, food security, saving lives and property, and so much more. There are often small and large tasks, ones you can do at your computer and ones that are more active. If you'd like to engage with the community in this way, but are unsure how, contact Marti

martioflasqueti@gmail.com 250-240-8879

PAC Fundraiser

Hi everyone! False Bay School is excited to announce our participation in the Mitchell's Soup Fundraiser! We have a 6-week window (October 11 - November 20) to make sales, and 30% of the proceeds will go to supporting our school. Each delicious soup is \$10.99.

We will also have extra soups available at the Christmas Craft Fair next month. If you'd prefer not to order online, PAC will be making a big group order.

Check out the soup options in the catalogue at the school (during school hours) and/or contact Katy Stewart at 250-240-2704 for more information and/or to place your order. Thanks for your support! - PAC, False Bay School



HALLOWEEN
TRICK OR TREAT TRAIL @
THE TEAPOT HOUSE
Thursday October 31st
 Walk begins at the school
 @ 6:15pm
 Rain or stars
 Bonfire Hot Chocolate Hot dogs Bar Surprises
 Everyone Welcome
 For info or to volunteer call Katy
 250-240-2704

Our Week in Review

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

** No Nurse's clinic Thurs. 10 Oct**



PARSIMONY & PROVIDENCE

We're Open!

Mondays. Wednesdays. Fridays. 3:00pm-7:00pm



Carly Papagiannis
Healing Sessions: Qi Gong and Acupressure

Body • Mind • Spirit
 250.203.7055



RESILIENT TECH SOLUTIONS

Energy Systems and Off Grid Solutions

Automation and Remote Monitoring

Maintain and Optimize

Training and Consulting

Solar, Wind and More

Serviceing Lasqueti and surrounding area

Mitch Prior
 250-344-0454
 info@resilienttech.ca




**Picking, packing & delivery to
 Lasqueti ferry is FREE**

**Grocery-Produce-Vitamins-Dairy
 Frozen Foods & More!**

**149 W. Second Avenue
 Qualicum Beach, BC**

**Mon - Sat: 9am to 5pm
 Sun: 10 am - 3pm**

betterUmarket.ca
mike@betterumarket.ca
250-752-3132




**FRENCH CREEK
 PHARMACY**

Trusted ... Experienced ... Caring

☎ 250-586-6212

Fax: 250-586-6214

Direct Doctor Line: 250-586-6216

Email: frenchcreekpharmacy@gmail.com
5-886 Wembley Rd, Parksville BC V9P 2E6



**Cloudy Days
 Solar**

**Solar installations,
 upgrades, maintenance,
 trouble shooting.**

Cell: 250 240 1013
Email: Jordan@lasqueti.ca



Lasqueti Soil & Supplies
 Soils, manures, fertilizers
 and much more!
 see T Pot stand
 for in stock items

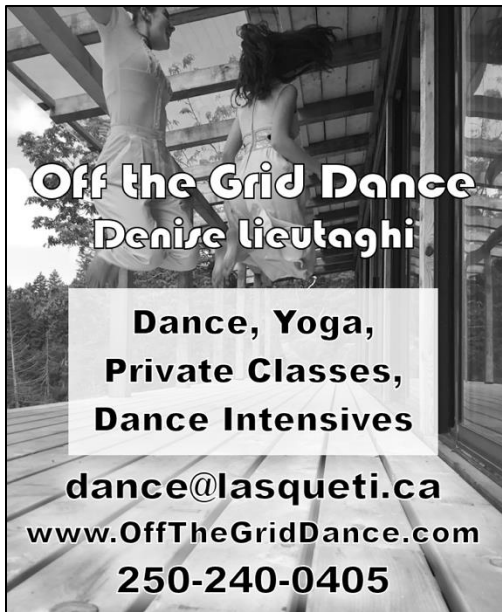
* Lordco orders also available *

**Contact
 Carmen!**

250-333-8855
 E: carmstew@hotmail.com



MASSAGE THERAPY
SHAWNNA KARRAS
 REGISTERED MASSAGE THERAPIST
333-8866



Off the Grid Dance
Denise Licutaghi

**Dance, Yoga,
 Private Classes,
 Dance Intensives**

dance@lasqueti.ca
www.OffTheGridDance.com
250-240-0405



Old Douglas Farm's

HAPPY APPLE
 HARD CIDER

HAPPY APPLE PLUM CRAZY
 BLISSFUL BERRY APPLE INPEAR

By Keg, Bottle or Case

Email: cindy.craven@yahoo.com
 Phone: 250-333-8893



LASQUETI TREE WORKS

LAKOTA 250-240-8708
 MARTIN 250-937-0894

CALL OR TEXT



**ELEMENTAL
 ELECTRIC**

**SALES,
 DESIGN AND INSTALLATION:
 Solar Systems
 Residential & Marine Wiring**

MORE INFORMATION GIVE US A CALL:
 RONAN: 250-240-1198 | JUDY: 250-650-9649
 Email: ronan1@shaw.ca

A+ WATER TANKS SEPTIC & ACCESSORIES



**LASQUETI CONSTRUCTION: PREMIER PLASTICS
DISTRIBUTOR, DELIVERED TO YOUR PROPERTY
CALL/TEXT SYLVAIN: 250-240-0405
EMAIL: SLIEUTAGHI@GMAIL.COM**

WOOD CHIPS & WORM SH#TS

On site wood chipping &
Island made vermicompost



**Darcy
403-899-3690**



**Melinda Auerbach
Consulting**
for Individuals and Businesses

Professional help for all your tax needs

- ✓ Track your business income, cost, & remittances throughout the year ☎ (250-333-8898)
- ✓ File Canadian & US tax returns for current & prior years ☎ (250-240-8650)
- ✓ Apply for CPP, OAS & benefits ✉ melinda@lasqueti.ca
- ✓ Set up a CRA account & more!

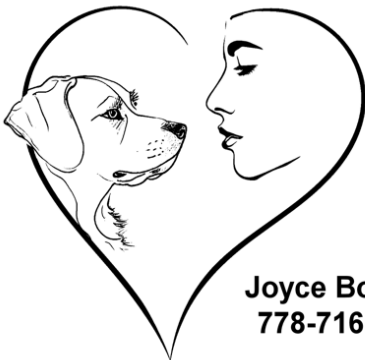
LASQUETI CONSTRUCTION SYLVAIN LIEUTAGHI

**H: 250 333 8888 | 250 240 0405
slieutaghi@gmail.com**



**NEW CONSTRUCTION
RENOVATIONS | PASSIVE HOUSE
CUSTOM HOMES
INTRICATE STONE/WOOD WORK
INSURED/COVERED BY WORKSAFE BC**

Joyce Bonfield Dog Care
In my home



**Joyce Bonfield
778-716-3801**

**Small and Medium dogs only
Days, Overnight or longer
joyceratelle@gmail.com**

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

For the online version: www.xweetaynews.com

Deadline submission for Nov issue: Oct 27.