



Our Isle & Times February 2022

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Special Freedom Edition



Thousands of Islanders Attend Freedom Rally in Victoria

As Spring slowly erupts, the time has come to end the tyranny and start anew. Plant a garden, take off your mask, and live Free...it is everyone's birthright!

Remember, buying locally, and supporting those businesses on the other side that support us, keeps our money close to home where it can keep circulating around and around and...

Thank You Truckers!



Please see page 6 for story and pages 4,6 & 8 for photos.

On January 31st 2022:
Join the truckers in solidarity against the government's tyranny

Calling all **EMPLOYERS** and **BUSINESSES** to cease and desist any and all government dictates including enforcing the vax pass or vax mandates

Calling all **EMPLOYEES** to walk off your job

Calling all **CITIZENS** to take off your masks

ACTION 4 CANADA
Protecting Faith, Family and Freedom



February Tide Table for False Bay (Information Provided by Fisheries and Oceans Canada)

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
2022-02-01	2022-02-02	2022-02-03	2022-02-04	2022-02-05	2022-02-06	2022-02-07
Time Height	Time Height	Time Height	Time Height	Time Height	Time Height	Time Height
PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)
06:41 5.1 16.7	07:17 5.1 16.7	00:36 0.5 1.6	01:17 0.9 3.0	01:55 1.4 4.6	02:34 2.0 6.6	03:14 2.6 8.5
12:02 3.5 11.5	12:51 3.2 10.5	07:50 5.1 16.7	08:22 5.1 16.7	08:52 5.0 16.4	09:20 4.9 16.1	09:49 4.7 15.4
16:41 4.5 14.8	17:37 4.4 14.4	13:41 3.0 9.8	14:32 2.7 8.9	15:23 2.4 7.9	16:14 2.1 6.9	17:05 1.9 6.2
23:54 0.3 1.0		18:34 4.2 13.8	19:34 4.0 13.1	20:41 3.8 12.5	22:01 3.7 12.1	23:35 3.7 12.1
2022-02-08	2022-02-09	2022-02-10	2022-02-11	2022-02-12	2022-02-13	2022-02-14
Time Height	Time Height	Time Height	Time Height	Time Height	Time Height	Time Height
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04:02 3.1 10.2	01:15 3.9 12.8	02:46 4.1 13.5	03:52 4.4 14.4	04:37 4.5 14.8	05:13 4.6 15.1	05:44 4.7 15.4
10:17 4.6 15.1	05:15 3.6 11.8	07:07 3.8 12.5	08:47 3.9 12.8	09:53 3.8 12.5	10:34 3.7 12.1	11:05 3.6 11.8
17:56 1.8 5.9	10:47 4.4 14.4	11:24 4.2 13.8	12:15 4.1 13.5	13:19 4.0 13.1	14:20 4.1 13.5	15:13 4.1 13.5
	18:47 1.6 5.2	19:39 1.5 4.9	20:30 1.4 4.6	21:17 1.3 4.3	21:59 1.1 3.6	22:37 1.0 3.3
2022-02-15	2022-02-16	2022-02-17	2022-02-18	2022-02-19	2022-02-20	2022-02-21
Time Height	Time Height	Time Height	Time Height	Time Height	Time Height	Time Height
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06:11 4.7 15.4	06:35 4.8 15.7	06:56 4.8 15.7	00:19 1.1 3.6	00:53 1.4 4.6	01:29 1.7 5.6	02:07 2.2 7.2
11:33 3.5 11.5	12:02 3.3 10.8	12:34 3.1 10.2	07:16 4.8 15.7	07:38 4.8 15.7	08:02 4.8 15.7	08:29 4.8 15.7
16:01 4.2 13.8	16:46 4.3 14.1	17:33 4.3 14.1	13:10 2.8 9.2	13:49 2.5 8.2	14:31 2.2 7.2	15:17 1.9 6.2
23:13 1.0 3.3	23:46 1.0 3.3		18:22 4.2 13.8	19:15 4.2 13.8	20:16 4.1 13.5	21:27 4.0 13.1
2022-02-22	2022-02-23	2022-02-24	2022-02-25	2022-02-26	2022-02-27	2022-02-28
Time Height	Time Height	Time Height	Time Height	Time Height	Time Height	Time Height
PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)	PST (m) (ft)
02:49 2.7 8.9	03:41 3.2 10.5	00:35 4.1 13.5	02:09 4.3 14.1	03:20 4.6 15.1	04:13 4.7 15.4	04:56 4.8 15.7
08:58 4.7 15.4	09:30 4.6 15.1	04:54 3.6 11.8	06:40 3.8 12.5	08:20 3.8 12.5	09:30 3.7 12.1	10:21 3.4 11.2
16:07 1.6 5.2	17:03 1.3 4.3	10:09 4.5 14.8	11:01 4.3 14.1	12:15 4.2 13.8	13:38 4.2 13.8	14:52 4.2 13.8
22:54 4.0 13.1		18:05 1.2 3.9	19:11 1.0 3.3	20:15 0.8 2.6	21:14 0.7 2.3	22:07 0.7 2.3

Contact **Captain Harry G.M. Johnston** (harry.johnston@nic.bc.ca) for on-island Marine Training through **North Island College**

COMMUNITY CELEBRATIONS

Movie Night at the Arts Centre

Saturday, February 5th: start time 6:45pm

Planet Lockdown: An Indepth History of the Past 2 Years

Organic Popcorn served with all the fixin's!

Discussion will follow: the movie will provoke lots of questions about all that we've been led to believe over the past two years.

Valeria's 60th Birthday — February 10th

There are likely to be several small celebrations involving lanterns and fires, around her new home over the next little while. Stay tuned for details or get in touch.

**VACCINATING KIDS
ALL RISK - NO GAIN**

#SAVEOURKIDS
HAVE YOU CONSIDERED ALL THE FACTS?

**I support the free and open expression
of multiple points of view,
even those I disagree with.**

Tom W.

**"Fighting Death with all our might
has only increased
the amount of it."**

—Miki Kastan

MEDICINAL PLANT OF THE MONTH

In these months of winter cold I have taken a break from foraging wild plants. I have decided to write instead about a favourite plant in my practice that is not native to B.C., but comes instead from western China. It is called *Artemisia annua*, sweet annie, or quinghao in Chinese. In the same plant family as *Artemisia annua* are wormwood, mugwort and sagebrush, all of which have some similar properties.

Artemisia annua is an annual and is very easy to grow, I have been growing it for several years now. Seeds can be found online at Strictly Medicinal Seeds. It is tall and slender with fragrant leaves, reaching up to 6 feet. It is best harvested just after flowering in early fall, and is most potent if tinctured fresh, although the dried leaf in tea can be effective as well. Taking the right dose can be important with *Artemisia*, as artemisinin, one of the main constituents, becomes less effective the longer it is taken. A good strategy is to take it for 7 days, then take 2 weeks off and repeat if necessary.

Traditionally, in Chinese Medicine, *Artemisia annua* is used to reduce fevers and heat, for gastrointestinal problems and infections, to balance female hormones, for liver problems, and most importantly for parasites of the blood and liver. It has gained much popularity in recent years, and now is used commonly to treat malaria, cancer, and more recently, Covid-19. If prepared and dosed properly, *Artemisia annua* is extremely effective (98%) for malaria, often even more effective than pharmaceuticals. The reason for this is that malaria quickly learns resistance to single ingredient drugs, but a whole plant extract of *Artemisia* has hundreds of active constituents. In fact a common malaria treatment has been made from artemisinin, one of those constituents, but is in the long run less effective than the whole plant. *Artemisia* has become so well known for malaria that its seeds have been distributed widely by NGOs in Africa where it is now commonly used. Aside from malaria, *Artemisia* is effective for many other parasites of the blood, liver or intestines, one example being liver flukes.



Artemisia annua and its isolated constituent artemisinin have both become widely used in cancer treatment. It can slow growth in many tumours, disrupts blood supply to them, is a strong anti-oxidant, and can bind to the iron in cancer cells, which tend to accumulate iron. As *Artemisia* balances hormones, reducing excess estrogen and prolactin, it is commonly used in hormone affected cancers like breast or ovarian, but can be helpful in other cancers as well. As *Artemisia annua* was found to be effective during the SARS outbreak in China, it has been studied in connection to Covid-19. Studies have found that it impedes viral replication and attachment with all known Covid variants. It has anti-viral properties and also lowers overall inflammation. Its traditional use in China of clearing fever and heat correspond with this. Contact me for some links related to studies with Covid.

Some other properties of *Artemisia annua* are: it relieves constipation, detoxifies the liver, is anti-bacterial, anti-fungal, anti-candida, and anti-inflammatory. *Artemisia annua* can

sometimes cause stomach upset, and should not be used while pregnant or breastfeeding. Whenever I have gone travelling in countries where malaria is a risk I have brought a bottle of *Artemisia annua*, just in case. I have ended up using it, not for malaria, but for cuts and scrapes, stomach upset, fevers and funguses, and found it invaluable. For more info, you can contact me at hydrax23@gmail.com.

Jessica Slavik, Clinical Herbalist



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Dear Editor,

My name is Victor H. Mair. I am a Professor of Chinese Language and Literature at the University of Pennsylvania, where I have been employed since 1979. I mainly teach Buddhism and medieval vernacular literature, but I have also done archeological work on the Bronze Age and Early Iron Age Europoid mummies of Eastern Central Asia.

In 1986, I founded a journal titled Sino-Platonic Papers (SPP), which, as of December, 2021, has published 320 issues. Among the authors are some of the most famous scholars in the world, and many issues have been accessed by tens of thousands, even hundreds of thousands or more readers. The most recent issue, "A Proposed Mesopotamian Origin for the Ancient Musical and Musico-Cosmological Systems of the West and China," is by a member of your community, Sara de Rose.

The people of Lasqueti Island can be truly proud of Sara's stunning achievement, for she has made a tremendous breakthrough in the study of ancient east-west cultural communications. Professor Lothar von Falkenhausen, eminent archeologist and musicologist at UCLA, has this to say about Sara's work: "Using sources previously unavailable, the article brings the two traditions closer together than ever before, and it certainly goes some way toward tipping the balance for the argument to diffusion over independent invention." He goes on to explain: "The principal portion of the article, showing the mathematical-musicological parallels between tone-generation methods in ancient Mesopotamia and early China are extremely interesting and well presented. With respect to showing these parallels, and pointing out concrete structural similarities between China and Mesopotamia, it seems to me that the author is really making an important contribution."

In my estimation, Sara's opus is one of the most important papers we have ever published in SPP. Knowing something about Sara's life story, all the more I consider her to be a genuinely clairvoyant genius.

Sincerely yours,

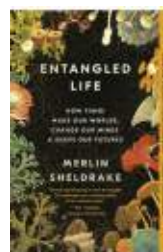
Victor H. Mair

To contact Sara, or learn more about her work, visit <https://musicircle.net/>

Please send your **Letter to the Editor** via mail or email: isleandtimes@lasqueti.ca

Just like on the Rock mailing list, there is only **One Golden Rule**: letters can be about anything or anyone (discussing ideas, rather than people, is strongly suggested), but they **MAY NOT** disparage or be disrespectful of any person associated with Lasqueti in order to maintain a safe and open space for discussion amongst Lasquetians.

To join the Rock mailing list, simply send an email to eec@lasqueti.ca and ask to be added.



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Garden Tips from Linda Gilkeson

There ARE gardening tasks to get on with as the days get longer and the new season picks up speed. February is a tricky month, often with at least one Arctic outbreak, so it is likely we haven't seen the last of cold and snow.

By now you have had a chance to see what plants survived the brutal cold spell in late December. While the summer broccoli that was still producing in my garden before Christmas is now green mush, I was happy to see how well winter broccoli and cauliflower, Brussels sprouts and hardy cabbage came through (some had tarps over them, others did not, but both groups survived). The oldest leaves of winter broccoli and cauliflower may be dead from cold injury, but as long as new leaves look crisp and alive, the plants will grow more leaves in the spring. They start producing heads from March onward, as long as the roots and stems haven't been damaged. My hardy leeks, Swiss chard, spinach and other greens, which were squashed under tarps and heavy snow, are growing straight now that they have been uncovered. As expected, carrots, celeriac and beets under their thick layer of leaves came through just fine. If you see the tips of garlic shoots poking through the mulch, don't worry—they are extremely hardy.

Pruning: First on my list for this month is to prune fruit trees, bushes and vines. Most of my pruning effort at this time of year is spent on kiwi, grapes, cherry, peach and plum trees. I do most of the pruning on apple and pear trees in the summer (late July/early August), so at this time of year I only have to do touch ups on those trees. Try to finish your pruning by the end of February. It is best to wait until a dry day to prune trees to reduce the risk of spreading diseases. It is important to sanitize your pruning tools, at least between trees. Sanitize pruners in bleach solution (1 part hydrogen peroxide/"eco-bleach" mixed with 9 parts water). Or dip or wipe the pruners with rubbing alcohol. If you are working on trees that have cankers on some branches, try to sanitize your pruners

between each cut. This is easier if you have 2 pruners so you can leave one standing in a container of disinfectant while using the other. When cutting out infected branches, try to make the cut at least 10 cm (4 inches) below the diseased area.



Tent Caterpillar Egg Sacks


While pruning this year, watch out for tent caterpillar egg masses on the branches (especially on apple trees) as populations have been building up in the region. They are not easy to see! They look like a small patch (1 cm) of slightly shiny, hard, dark grey foam partly wrapped around a small diameter branch. If the branch isn't slated to be removed, just scrape off the egg masses—they pop off in one piece—and dispose of them. Note: Despite what you might have read 'out there', dormant oil sprays will not control tent caterpillars: the egg masses are well protected from sprays.

Weeding: Yes, that pesky little winter annual, Hairy Bittercress, is already sprouting and growing well. That's the small mustard family weed with tiny white flowers that snap seeds all over the place. Pull it right now before it has a chance to set seeds, which it can do as early as February. The leaves are edible and good in salads. The soil is too wet to be handled or dug up right now, but weeds are easy to pull out. Newly sprouting weeds won't have seeds yet so just drop them on the soil as mulch or into the compost bin. The exception to this is plants that spread by runners (buttercup, morning glory) because they can root again if left lying on the soil - spread them out on a gravel or hard surface until they shrivel up.



Lots to Harvest This Month

All photos and text courtesy of Linda Gilkeson. She can be contacted at gilkeson@shaw.ca



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Freedom Rally Gathers Thousands in Victoria and Takes to the Streets

— by Ty Bates —

I was fortunate to be able to attend the freedom rally in Victoria on Saturday. It was a beautiful sunny day on the lawn of the legislature, where a large number of people gathered together in support of a movement that is happening around the world. It was beautiful to experience.

The crowd was diverse. Many different walks of life were mingling and marching through downtown Victoria. The streets were also busy with tourists, street performers, and people going about their daily lives. Many people cheered us on as we walked, honking their horns and waving as we passed; a massive train of people, filling the street for hundreds of meters. There were a few jeers as well, but the energy of the rally remained respectful and peaceful, yet exuberant still.

By the time we returned to the Legislature lawn, people were riding a natural high. It was as though the march itself had given everyone a renewed energy and optimism. Finally we could connect with other people in person and discuss our opinions and perspectives openly! We weren't being labelled as pro-this or anti-that, we weren't being shamed for questioning the "Science", and we weren't being told how to live our lives, or what to put in our bodies. There was an air of mutual respect and care for one another, but there was also something more. There seemed to be somewhat of an intangible quality, around which everything else operated. You might call it a common thread, or a current. It felt like an unspoken oath had been taken by each person, for themselves, by themselves. Each of us, no matter what the reason, had decided to devote our time and energy that day to something which we believe to be of the utmost importance - our future.

This is why people are standing up all over the world. It isn't just about ending mandates, or passports. These are simply the catalysts that are getting people to ask questions and take action. Covid 19 has

exposed so much of what is wrong with our society. People not only want to end the mandates and lockdowns, they want to end the corruption and greed in our system. People don't want a Great Reset, they want a Grassroots Reset with local governance. People are now even more inspired to make a better future for themselves and the next generations. Spring is on the horizon and hope is in the air. The attempts at mass control have ironically resulted in a worldwide freedom movement!!

It has been two long years, but finally action is being taken. There are legal proceedings underway at the International Criminal Court in the Hague. Lawsuits have been filed across Canada and the world. There are thousands of Doctors and Scientists who continue to speak up; highly placed people with out-

standing credentials who have no personal profit to gain, but everything to lose. Why should they risk their livelihoods? There are also groups like the Police on Guard and Mounties for Freedom, the Covid Care Alliance and Vaccine Choice Canada, but we need more.

We need everyone who has the courage to question authority. We demand that these mandates end, permanently. After that we can start the process of rebuilding for a better future. There are many issues for this generation to tackle, but after being at the rally I know we can do it.



Lasquetians and Friends Marching for Freedom



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Letter to the Attorney General

By The Honourable A. Brian Peckford P. C.

An open letter to David Lametti P.C., Q.C., MP, Minister of Justice and Attorney General of Canada

I have a copy of a letter you sent concerning your Government's unconstitutional covid actions.

You try to defend the indefensible.

You say: 'It is important to note that the Canadian Charter of Rights and Freedoms allows governments to balance the rights of individuals with the interests of society by permitting justifiable limits on guaranteed rights and freedoms. This means that when a government limits individual rights during a pandemic, it must only take actions that are a reasonable and proportionate response to the risks to the health and safety of Canadians.'

I guess you are referring to Section 1 of the Charter of Rights and Freedoms, which states:

'1 The Canadian Charter of Rights and Freedoms guarantees the rights and freedoms set out in it subject only to such reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society.'

What a contrast! Your statement and the actual text.

First, as the last living First Minister that helped craft the Charter, I must inform you that the intent of Section 1 disqualifies it from being applicable in our present circumstance.

This Section was intended in a circumstance where the country was in peril, like a war or insurrection. A virus which has a recovery rate of 99% and a fatality rate of well below 1% hardly qualifies as a threat to the existence of the country. This is especially the case when alternatives such as early treatment, adherence to the Great Barrington Declaration principles, and following already established emergency plans, would mean no threat to hospital or medical capacity and, therefore, no so-called emergency.

Secondly, even if Section 1 did apply, the four tests outlined – demonstrably justify, by law, reasonable limits and consistent with a free and democratic society – have not been met by any Government.

Take, for example, 'demonstrably justify.' I note in your reply that you omitted 'demonstrably'. This was deliberately inserted to ensure that Governments would have to 'go out of their way' to show justification like, for example, a cost-benefit analysis. No Government has done this.

Thirdly, I also note that you conveniently used the word 'pandemic'. There is no such word in Section 1. And reasonable is not the phrase in Section 1, it

is 'reasonable limits prescribed by law', a quite different meaning than reasonable and proportionate. Where are the reasonable limits in law?

The meaning of Section 1 has been garbled and construed beyond its simple meaning.

In summary:

1. Section 1 does not apply in this circumstance since there is no threat to the state.
2. Even if one tried to make it apply, the four tests have not been met.

Therefore, the Governments have acted unconstitutionally, in violation of Canada's Supreme Law.

Furthermore, if such a circumstance was applicable, the first ministers would not not have bothered with putting the freedoms and rights in the Constitution. They would have just said put these in an Act of Parliament and the Provincial Legislatures.

The whole idea was to make individual rights and freedoms permanent, that is in The Constitution, not temporary like the Bill of Rights of 1960, an Act of the Federal Parliament.

This was a National action, not Federal or Provincial action. The essential written glue of the Country

By definition then, any override of such rights must only be in the most dire of circumstances.

One last point, if I may: there is no reference in your reply of the two principles that under gird the Charter, the first words of the Charter: "the supremacy of God and the rule of law." It is in the context of these principles that the Charter must be interpreted.

It is clear then that the Charter, its principles at the beginning, and the following provisions of individual freedoms and rights, have been violated.

It is also clear that courts have gone beyond their authority, making new laws, rather than interpreting the existing ones; your reply is a prime example, using the court's creation of new meanings and words, the antithesis of the words written in the Charter of Rights and Freedoms



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Electronic Meetings: the New Normal

During a "Special Meeting" on January 20, 2022, the Lasqueti Island Local Trust Committee (LTC) decided to remove all restrictions on whether future meetings could be held electronically or not.

The January 20 meeting was called with the minimum amount of notice (one week) and followed the cancellation of a meeting in December that was known publicly for two months.

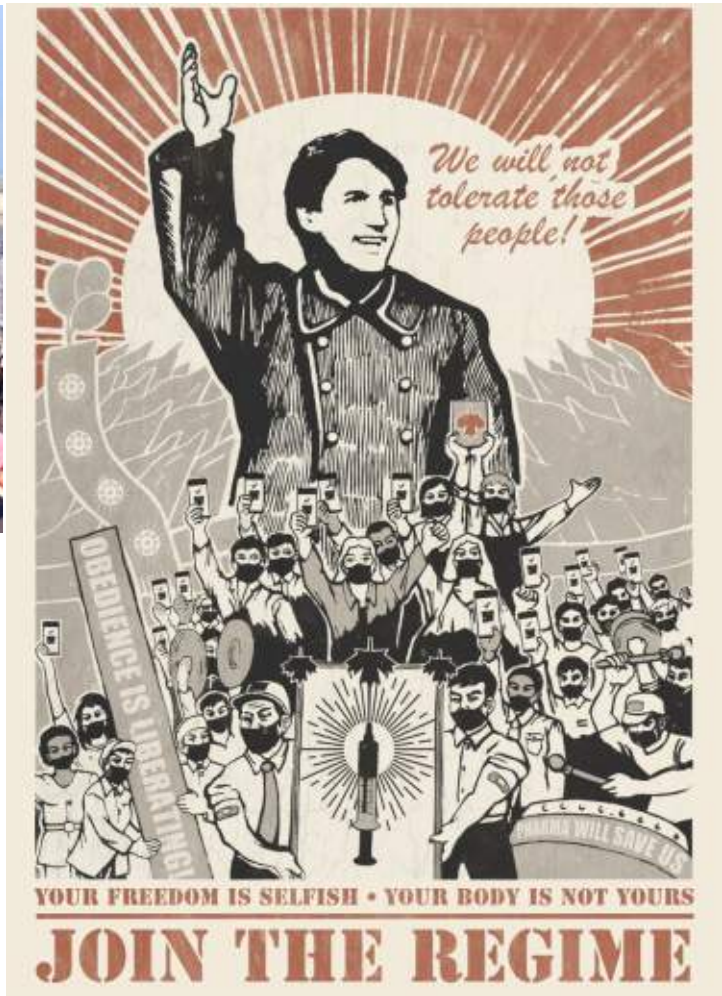
The January 20 meeting was also set up in a way that prohibited any input from the public.

For the one agenda item, the LTC's meeting procedures bylaw, Islands Trust Staff had prepared a recommendation to have a minimum of two meetings per year (out of 5 or 6) to be held in person. All three Trustees voted to reject this restriction and allow every meeting to be held electronically.

At the last "regular" business meeting, every person that attended told the Trustees that they should not hold any meetings electronically. One Trustee even read an email to the Trustees that stated the same thing, only in stronger words.



Brian Peckford with Bagpiper & Love – January 29



Anicca's Recipe Corner! (ARC) Squash Brownies

1.5 cup steamed squash	1/2 cup sugar
1 egg	1/3 cup cocoa
1/3 cup butter	1t vanilla
1T flour	Pinch of salt

Optional: nuts and/or chocolate chips

Mix everything together well. Pour into greased 8x8 pan and bake at 350°F until fork comes out clean (~20 minutes).

Bon appetit!

Serving Suggestion: Ice Cream Sandwich



Freedom and Community

— by Dave Olsen —

The last two years have been illuminating in many ways.

As our Regional Director has eloquently put it recently: "The fabric that holds a community together is more easily torn than woven."

I came to Lasqueti primarily because of the Community I found here 20 years ago. However, Community is not a tangible thing; it is a constantly changing mix, of people and culture. It is made of people, specific people, who are all individuals that bring their ideas and ways of living to the Community at large. Only by valuing and respecting each individual, do we build and strengthen our Community.

Of course, some people have chosen to not be part of different aspects of "the Community" and some people have chosen to try to tell us what "the Community" believes and wants. Most of us fall in between. And all of us have a voice – our own voice – that collectively makes up the voice of "the Community". If we choose to ignore a voice, we can't fully understand what "the Community" is saying and we do so at our own peril.

What attracted me to this Community is our sense of autonomy, independence, and freedom of thought, mixed with mutual kindness, compassion and tolerance. Not everybody agrees with everybody else, but we do agree to accept this.

It was previously accepted that bullying each other into agreement or submission is not acceptable; when there's an important issue at hand, we discuss it...until it is resolved enough for everyone to accept it or change it. As others have explained, that can take days of intense discussions, but when done with an open heart and sincerity, it always succeeds.

Almost two years ago, "the Community" shut itself down. Not many of us opposed this (some did) because we bought into the fear. Heck, nobody had experienced anything like this before, so we were caught off guard. Instead of calling Community meetings to openly discuss and debate and organize, we separated and resorted to electronic means (which are still not accessible to many here) and began the demise of what had taken over 50 years to build.

I'm not suggesting that the wrecking crew has succeeded. Our Community is still functioning better than some and despite the pain and division of the past two years, I'm hopeful that we can heal sooner than later.

But if you haven't noticed yet, the Divide and Con-

quer strategy of the other side is only intensifying, and if we don't recognize this and organize ourselves in ways that will undermine it, we are at great risk of losing more of our cohesiveness as a Community, not to mention our inherent and inalienable Freedoms.

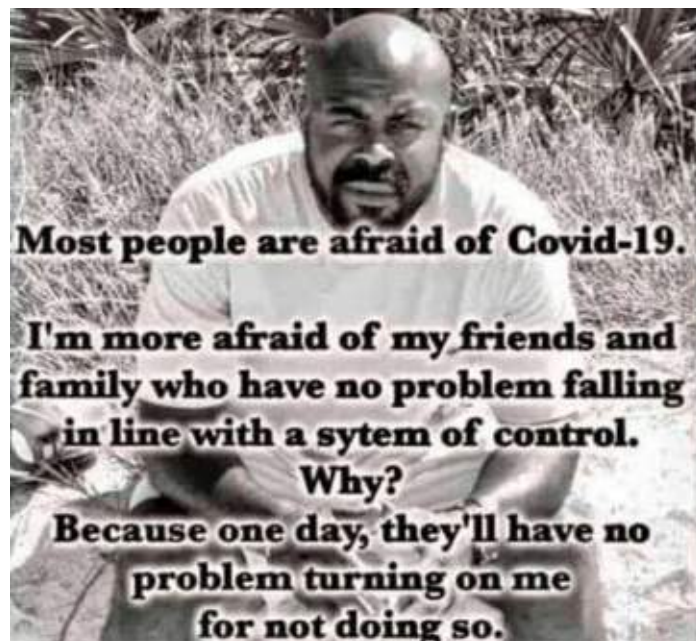
I believe that a healthy Community can not exist without all of our Freedoms being fully respected. The freedom of conscience, freedom of thought, belief, opinion and expression, freedom of peaceful assembly and the freedom to associate. Smearing and ostracizing undermine all of these and simply can not be tolerated in a healthy Community.

The last two years have shown that Community collapses when Freedoms are suppressed. We can blame individuals, but regardless, the root cause is the suppression of our Freedoms. We can not let this happen again.

Lasqueti, for at least 50 years, has been a group of people that do not conform to whatever the current civilized definition of "normal" is. We do our own thing, are respectful of each other's choices (often learning from each other), and on the rare occasion that it is deemed necessary, collectively decide what we will do as "a Community".

I see no reason for that to change, now or ever. If you do, tell us why. Tell us why you believe Lasqueti should become like everywhere else. We are an unique place that is not for everyone, or more precisely, for most. But it works fabulously well for those of us that have consciously chosen it, contributed to it and care for it.

Together, let's renew the work of creating Our Community our own way, and in the process, live a life of freedom unlike anywhere else.



TOGETHER WE CAN

take a united **STAND AGAINST**



Vaccine
Passports



Censorship



Government
Overreach

and stand united **TO PROTECT**



Children



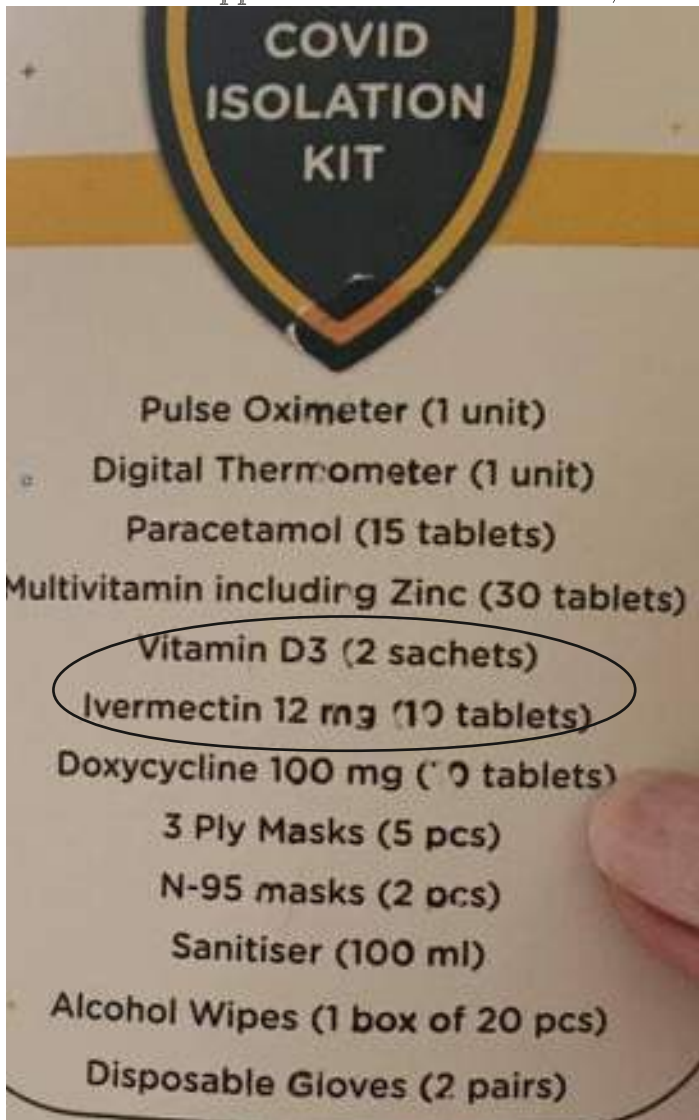
Liberty



Bodily Autonomy

we can unite and use our
COLLECTIVE COURAGE OF CONVICTION

The Kit that Stopped 'covid' in Uttar Pradesh, India



Former Lasquetian Attends European Freedom Rallies



Birch Bark Bob, aka Robert Ammicht's trailer appears at Freedom Rallies all over Germany

Across

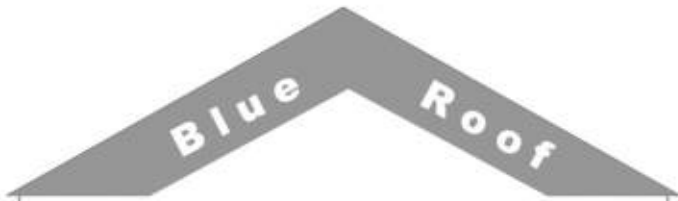
- 1. Castle ditch
- 5. Airborne
- 10. Simple
- 14. Military supplies
- 15. Soup dipper
- 16. Skating jump
- 17. Apprehension
- 18. ___ revolution
- 20. As an alternative
- 22. Squeal
- 23. Evaluate
- 24. Sunrise location
- 26. Coastal birds
- 28. Explode
- 33. Village
- 37. Bench
- 38. Math proportion
- 39. Diva's offerings
- 41. Ostrich's kin
- 42. Horse's chamber
- 43. Expire
- 44. Rents
- 46. Tool house
- 47. Immaculate
- 48. Vote in
- 50. No ifs, ____, or buts
- 52. Diner patrons
- 57. Manor
- 61. Cherubic
- 62. Fort ____, FL
- 65. Yep's opposite
- 66. Draw the ____
- 67. Courage
- 68. Unclosed
- 69. What a pity!
- 70. Containing nothing
- 71. Monthly expense

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18					19					
20				21					22						
23							24	25							
				26		27				28	29	30	31	32	
33	34	35	36		37					38					
39				40		41				42					
43						44			45		46				
47						48				49					
				50	51					52		53	54	55	56
57	58	59	60						61						
62							63	64				65			
66					67							68			
69					70							71			

Down

- 1. "The Godfather" organization
- 2. Foretelling signs
- 3. Stockpile
- 4. Rich cake
- 5. Assumed names
- 6. Come ashore
- 7. Unusual
- 8. Winter malady
- 9. Experiments
- 10. Store
- 11. Leave
- 12. Not fake
- 13. Model ____ Macpherson
- 19. Spuds
- 21. Baltimore time zone (abbr.)
- 24. Glossy paints
- 25. Shrewd
- 27. Teetered
- 29. Darn it!
- 30. Western state
- 31. Stack
- 32. Related
- 33. Bath powder
- 34. Aloud
- 35. Use a paper towel
- 36. Space gp.
- 40. Legislative body
- 45. Stage decorations
- 49. Price marker
- 51. Gall
- 53. Singing voice
- 54. Marry secretly
- 55. Mature
- 56. Fragrance
- 57. Vocalist ____ Fitzgerald
- 58. Go by boat
- 59. Canned fish
- 60. Fruit beverages
- 61. Loads (2 wds.)
- 63. River barrier
- 64. Swiss mountain

YOU CAN SAY NO



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**IT'S TIME TO DECIDE
WHERE IS YOUR LINE?
WHAT IS YOUR BREAKING POINT?**

IS IT NOW? IF NOT... WHEN?

IF YOU KNOW YOUR LIMITS
IT WILL SET YOU FREE
YOU WILL BE FEARLESS
YOU WILL BE UNSTOPPABLE
- MONICA SMIT -



"If a law is unjust
a man is not only
right to disobey it
he is obligated
to do so."



Thomas Jefferson

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A Journey Through Fear

Hello community, this was written in early January, from the belly of the Beast. I am sharing it in the hope it might offer some useful insights:

The fear was waaaaay worse than the virus.

Toronto was dripping with fear, this house was steeped in fear until we all had covid, isolated, recovered and are now thinking about other things than how not to get covid.

I am aware that even the current covid variant can result in serious illnesses for some people. I am not writing to belittle anyone's concerns.

I believe that this is a time when many of us are called to face our deepest fears. We don't all have the same fears. Myself, I wasn't afraid of covid but I was terrified of the vaccine. When it became clear that I had no choice but to take a jab in order to come out here and be permitted to see my father, I sought all the help I could find and dove into the deepest fear I have ever experienced.

I am enormously grateful to all the good people that held me through this ordeal with love, compassion and good medicine regardless of personal beliefs. It was a mind opening, heart opening experience.

I thought that a journey through such deep fear would give me compassion around other people's

fears, but I still had to work at it. It. Is. Hard. Work. And it's not over. I knew I was traveling into dangerous territory and came armed with plant medicine, a spiritual practice, and the support of my good friends and family on Lasqueti. I am certain that all of these things were factors in making my covid experience so anticlimactic.

Again I am not saying that this virus is not to be feared; I believe that fear has a part in ensuring our survival. But fear can be paralyzing, overwhelming, mind numbing, and it can make us unkind.

I believe that as we each have our fears, we also have access to medicine that works for us, and that we can choose to be supportive and respectful of one another regardless of our different fears or medicine.

My suggestion would be to be prepared for what is coming: gather the medicine you trust to boost your immune system and mitigate sickness. Consult your herbalist, doctor, shaman, priest(ess), mother, children, forest, inner wise person....

Acknowledge your fear, work with it, move through it, **CHOOSE LOVE.**

These have been trying times for our community. I still believe that what binds us together is stronger than what tears us apart.

We can choose to make it so. With Love.

If you have something to say to Our Community and want The Last Word, email it to islandtimes@lasqueti.ca

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Donations for all submissions are gratefully accepted and keep this paper publishing.

Please email submissions to: islandtimes@lasqueti.ca

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