



"We have now sunk to a depth at which restatement of the obvious is the first duty of intelligent men." • George Orwell



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Forest for the trees.
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*The opinions expressed herein do not
necessarily reflect the views of the
Publisher.*

DICES and Covid Management

By Maya Rytz
• DICES Council

COMMUNITY INFO

DICES council is currently reviewing its policy and management approach to COVID in line with provincial health directives and the position we feel we need to take to minimize the spread of COVID in our community. We do not make this decision lightly but feel as a lead community service agency on Denman Island - involved in delivering programs and services to children and adults - we have to ensure that safeguards are in place to reduce the spread of a serious disease. We believe this decision is timely as we prepare for the fall and respiratory illness season and face a "fourth wave" of the virus.

This will have implications for when and how we deliver programs and how we organize ourselves in relation to our primary partners, i.e., the school district. It will include managing risk to and from staff and volunteers who are directly involved with the beneficiaries of our programs and services. The implementation of these steps will be fully communicated once finalized.

It is our intent that we continue delivering what we believe to be very important programs and services to the benefit of our entire community. We ask for your patience and understanding as we adjust delivery processes in the interest of community safety. DICES council is of the view that within our mandate, we have a role to care for everyone in our Island community and it is our intention to do the best we can. 🍷

This Week in the Garden

SPECIAL INTEREST

By Maxine Rogers

I have never seen the garden looking better and I bet a lot of people can say that. All the extra time that used to be filled with committee meetings, choir practice and similar has now for two years been spent in the garden with glorious results.

We have several beds of carrots that are well grown and ready to eat over the long winter to come as well as loads of beets, rutabagas and Yukon Gold potatoes. This is old-style gardening and I hope it will come back. You see, if we eat organic, locally-produced winter vegetables we will be healthier for it. We will also use a great deal less fuel carrying in the root vegetables up from the cellar than flying avocados in from Peru. We will be saving money and the Earth at the same time. Funny how that works but it usually goes hand in hand.

On the subject of potatoes, a lot of words have been written castigating people about using their own seed potatoes and how if you do this surely demons will spring up out of the garden soil and drag you down to dark, fiery realms.

Last year, we gave some seed potatoes to a neighbour. He also bought some seed potatoes from Art Knapps and he planted them both. His store-bought seed potatoes have a very bad virus that leads to spots of rot in the potatoes. The seed potatoes he got from us produced a perfect crop.

I think the moral of this story is to get your seed potatoes from someone who you know and who has good potato crops. This virus has spread to commercial growers and is costing the industry a great deal of money.

We had a goodish crop of garlic this year and gave some seed garlic to a friend who planted her garlic too near where she had grown leeks the year before. Her garlic got a terrible case of rust and produced some very tiny heads. You need at least 4 years between cropping any, and I stress any, allium crop on the same bed. As our friend's story shows, you also need to be a goodly distance from where you had any allium crop and they include onions, leeks, garlic, scallions, walking onions and chives.

We have the new garden divided into 4 sectors to ensure we can practice good crop rotation in a manner that is easy to remember. This year's brassica beds will become next year's bean beds. This year's allium beds can be next years corn beds with a great deal of compost spread on them in the autumn as corn is quite hungry.

If anyone would like to start a new garden or some new beds in the garden, this is a good time of the year to cut down all the weeds, put down as much lime, sand if you have a clay soil, and compost as you can. If the weeds look big and burly don't dig them out, clip them down and cover then with layers of compost, newspaper and more compost. I guarantee this method will give you a good, weed-free start to your spring gardening. We did it last year and have never had such an easy, weed-free time of it in our lives. 🍷

Dante Ambriel's New Digital Play

ARTS&LIT

By Tashi Draper

THIS summer I was awarded a comfortable cash prize by The Western Edge Theatre for one of my new plays called **Virtual Ecstasy**.

The play explores the impact of Covid-19 isolation and our interdependence on digital devices and screen technology, including Virtual Reality - for companionship and communication.

It follows two sexually dysphoric friends as they explore love, self imaging and a deeper understanding of their own natures - giving voice to people with Gender Dysphoria and the effect Virtual Reality and technology has on helping them better understand themselves.

Rather than a traditional stage play during a pandemic, Western Edge asked me to create a digital rendition of the play for a global audience online.

With the constraints of this pandemic, many of the things connected to theatre were no longer available.

Firstly, there is no stage at all.

This play will exist only in the digital realm of the world wide web.



Everything for this play had to be sourced out of thin air - like actors, sets, props etc. from the digital realm.

Then Tashi and I had to master four entirely new computer programs and made them work together to produce the image of a theatre with a stage set, actors, screen projections and special effects, text, additional images and a sound track which all had to be created digitally to integrate with the play's moving story.

This was both challenging and very inspiring and produced a play which became a lush tapestry of vibrant colours, voices, texts and musical movements, which entwined and enriched with compassion became the digital play **Virtual Ecstasy** - a flowing painting that travels from the mundane to the sublime.

This DigiStagePlay will be launched October 1 and will available to everyone to enjoy online.

More details to follow! 🍷

TIDE TABLE

• Secondary Tidal Station Ford Cove •
• Source: tides.ec.ca •

2021-09-16 (Thursday)

Time	Height	
PDT	(m)	(ft)
00:49	4.0	13.1
08:24	1.1	3.6
16:12	4.7	15.4
21:53	3.3	10.8

2021-09-17 (Friday)

Time	Height	
PDT	(m)	(ft)
02:13	3.9	12.8
09:28	1.1	3.6
16:59	4.7	15.4
22:48	3.1	10.2

2021-09-18 (Saturday)

Time	Height	
PDT	(m)	(ft)
03:27	4.0	13.1
10:26	1.1	3.6
17:38	4.7	15.4
23:33	2.8	9.2

2021-09-19 (Sunday)

Time	Height	
PDT	(m)	(ft)
04:31	4.0	13.1
11:16	1.2	3.9
18:11	4.7	15.4

2021-09-20 (Monday)

Time	Height	
PDT	(m)	(ft)
00:14	2.5	8.2
05:29	4.1	13.5
12:01	1.4	4.6
18:40	4.7	15.4

2021-09-21 (Tuesday)

Time	Height	
PDT	(m)	(ft)
00:52	2.3	7.5
06:22	4.2	13.8
12:40	1.6	5.2
19:05	4.7	15.4

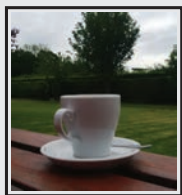
2021-09-22 (Wednesday)

Time	Height	
PDT	(m)	(ft)
01:28	2.0	6.6
07:13	4.2	13.8
13:17	1.9	6.2
19:29	4.6	15.1

2021-09-23 (Thursday)

Time	Height	
PDT	(m)	(ft)
02:02	1.8	5.9
08:04	4.2	13.8
13:51	2.3	7.5
19:51	4.6	15.1





ARTS&LIT

Throw Back Thirty Thoughts

By Leo Simmons

no way that 1991 can possibly be that far back in time; someone has been cheating.

At the age of twenty-six, I still had all of my hair follicles. By that, I don't just mean my head – but fear not; we are not delving here into unmentionable areas – apart from a luxuriant head of hair, I also had hairy legs. These days, more to my puzzlement – and that of my doctors – my legs are almost completely hairless, particularly below the knee. Speaking of knees – which I don't very often, but what the hell, here goes – my pair work quite well, complain a little from time to time about my excess weight and are the only part of my lower legs to have stubbornly refused to go bald. There's a reason I don't often wear shorts: furry knees.

Thirty years ago, my hair was all uniformly dark brown. Now? Well, take a guess; but my colouring these days matches my favourite flavour of grilled wings. No; not honey garlic; salt 'n pepper...Of course, you realise that my legs have avoided the dreaded white hairs creeping up or down them (I don't know which way it works, because I'm leg-bald, remember? Try to keep up.), although I have a feeling that my knees may be suffering a little from anxiety. If the worst happens, I may have to get the clippers out of the cupboard.

In September 1991, I had been married all of ten months. Our children were merely imagined at some vague point in our future. We didn't have our own house, lived in subsidized accommodation and I was up to my eyebrows (still dark brown) in debt at the age of twenty-six. Mortgage interest rates were higher than they would ever be again during my house-buying life, and the prospects looked slim. I occasionally tried to imagine what life would be like twenty, thirty or even fifty years hence, but struggled to visualize anything concrete. Certainly, living on a small, beautiful island five thousand miles from wherever I was standing at the time didn't enter my head. My aspirations were humble, my goals simple, my plans all but non-existent.

Thirty years ago this month, I was grieving. We had just lost our first pet, a beautiful black Labrador puppy. His name was Baggins, and he had been the apple of our respective eyes. A gorgeous puppy with the temperament to match, he had developed a condition similar to polio, the name of which is now lost in the catacombs of what passes for my memory. We had watched him struggle as his bones grew but his muscles failed to keep up. In the end, after he began to have seizures, we had been forced to make the hardest decision of all, and at the tragically young age of seven months, he was gone. It had hit us hard, and although he had been a part of our lives for only a short time, it would be years before our sorrow over his loss subsided. His shadow follows me still. I see him sitting in the corner, quietly watching me type, the end of his tail twitching.

Some thirty completed elliptical perambulations of the earth around Sol before today, I was still in what I thought was the first third of my career. I'd spent the first two years of it in a permanent state of fear and shame. Having avoided any such trouble as a youth, I'd been systematically bullied by two people in positions of power and had been on the brink of giving it all up. This had continued for almost two years, to the point where every day I had driven the thirty kilometres from my parents' home to work in a rising state of anxiety and often with tears streaming

down my face. I was following in my dad's footsteps, you see, and the thought of failing – of shaming him – was almost more than I could bear. After I'd escaped the clutches of those swine, I'd found my footing and by the time 1991 had come around, was thoroughly enjoying my role in public service.

Around ten thousand, nine hundred and fifty days before today, I had never heard of Denman Island, let alone its embryonic weekly newsletter. Other than a vague childhood-rooted notion to one day visit Canada, I had no intention at all of uprooting my life and moving across the globe to live in this country. That adventure would begin with a search for a new home after being forced to relocate for work reasons. Before that, however, my life was not untypical for someone of my age and in my situation. It was one of hopes, aspirations but – with hindsight – surprisingly limited dreams.

Three hundred and sixty months ago, I would still occasionally pause and wonder about her. I'd wonder where my first love was, what she was doing and whether she was safe and well. We'd parted after just under three years of being together and we had not seen one another since. We'd both found new people to be with, and moved on with our lives in every way. But still, from time to time and unable to prevent myself from doing it, I wondered. It would be twenty-two years before she found me again, then followed me to Canada and helped blend our families. Twenty-four years – almost to the day – after saying goodbye for the last time, we were married in a tiny park bandstand with absolutely no fuss but much, much joy. Four years ago, we found something that we had both been long searching for and we found it here, upon this little green jewel. We found our home. We hope to emulate those who have gone before us, and to be here in another thirty years, looking back upon our very good fortune...



Memoir of a Rural Sisyphus-Redux

ARTS&LIT

By Bill Engleson
• www.engleson.ca

Introduction

For a few years, I kept a diary of my inauguration into the Denman Community. This column, recently renamed Memoir of a Rural Sisyphus-

Redux, will extract a few of my observations from a dozen or more years ago and share them. Hopefully, they will have some modern times currency. This particular extract was written mere months after I moved to Denman.

Chapter Ten

Elections and other stray thoughts

March 7, 2004

A wet, wet day. Sheila Copps has been beaten for her nomination. Why do I care? Like patronage liberals, an army of gulls are circling above the sea outside my window. The herring are running, and this is a great time to be a seagull. If ever I wanted to be a bird, this would be that time. I can visualize circling above Baynes Sound with my flock of squawking friends and swooping down to grasp herring in my wide-gapping mouth. Sheer Nirvana.

I drive up the coast to Campbell River. What a fine drive! Little communities strung along a fast ribbon of asphalt. Black Creek! Saratoga Beach! A wealth of small Island communities that I haven't explored since my teens.

Later I'm off to engage in federal NDP candidate selection doings. Any of the three candidates will do. A question on voting age is asked. "Should 12-year-olds vote?" Secretly my question, but I'm glad someone else asks. I am a stranger at the nomination meeting and my totally egalitarian political notions might not play well in this new world of mine. Not that they have played well elsewhere either.

I think we should lower the voting age to 11 or 12. Involve people early. Make the whole democratic experience meaningful right out of the gate. How different would the result be?

Not much, I figure. Human interaction is political interaction, and, always, I lament, if not now, when?





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Healthy Islands: Let's Get to Know the ROTATOR CUFF!

HEALTH&WELLNESS By Christopher Mainella



HELLO Denman and Hornby Community,

Christopher Mainella here, certified and registered Physiotherapist with the BC College of Physiotherapists, I provide Physiotherapy receipts if you are claiming on your extended health benefits or MSP Premium (which covers \$23-30/session up to 10 sessions). I am currently working on Wednesdays out of the Hornby and Denman Health Care Society building on Hornby and Fridays out of the Denman Medical Clinic. I can treat Worksafe and ICBC clients but contact me for more information.

This article is part of a monthly series to keep our islands healthy and to share knowledge. Enjoy!

The **Rotator Cuff (RC)** is a common name for the group of 4 distinct muscles and their tendons, which provide strength and stability during motion to the shoulder complex. They are also referred to as the **SITS muscle**, with reference to the first letter of their names **Supraspinatus, Infraspinatus, Teres Minor and Subscapularis**. The muscles arise from the scapula and connect to the head of the humerus, forming a cuff around the glenohumeral (GH) joint.

Each one of these muscles is part of the rotator cuff and plays an important role:

Supraspinatus. This holds your humerus in place and keeps your upper arm stable. And helps lift your arm.

Infraspinatus. This is the main muscle that lets you rotate and extend your shoulder.

Teres Minor. This is the smallest rotator cuff muscle. Its main job is to assist with rotation of the arm away from the body.

Subscapularis. This holds your upper arm bone to your shoulder blade and helps you rotate your arm, hold it straight out and lower it.

The RC muscles are each used in a variety of upper extremity movements including flexion, abduction, internal rotation and external rotation. They are essential players in almost every type of shoulder movement. Balanced strength and flexibility in each of the four muscles are vital to maintain functioning of the entire shoulder girdle.

As a group, the rotator cuff muscles are responsible for stabilizing the shoulder joint, by providing the "fine tuning" movements of the head of the humerus within the glenoid fossa. They are deeper muscles and are very active in the neuromuscular control of the shoulder complex during upper extremity movements.

They keep the head of the humerus within the small glenoid fossa of the scapula in order to enlarge the range of motion in the GH joint and avoid mechanical obstruction.

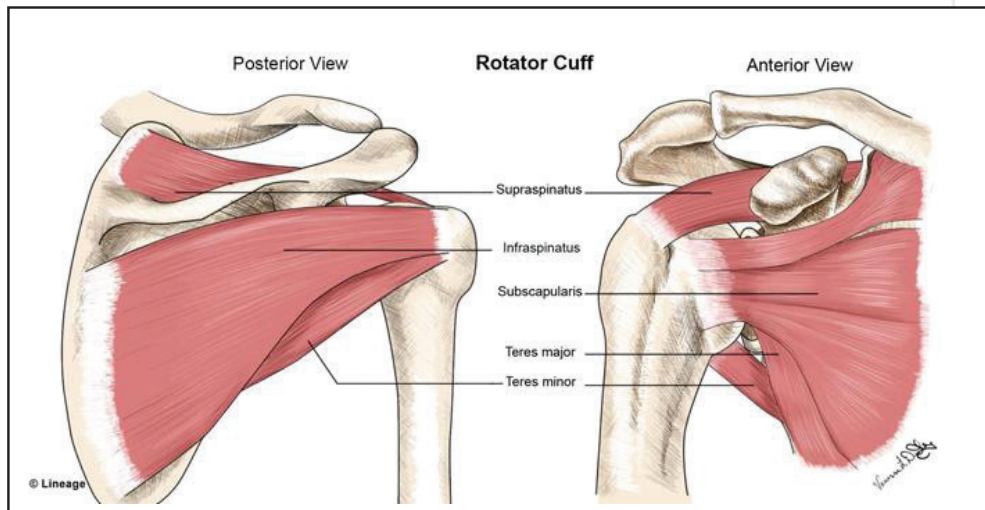
It is well documented that RC dysfunctions can lead to shoulder pain, painful arch, muscle weakness, impaired functional capacities and a reduced quality of life. These signs result mainly from a loss of the superior stability of the glenohumeral joint because of dysfunction of the rotator cuff muscles.

A common issue we will see is a **rotator cuff impingement** because of the unique location of the tendons and bony structures. Often the supraspinatus gets impinged under the acromion and/or from tension of the upper trapezius muscle. We will also see an impingement and weakness in the subscapularis muscle mostly caused by a forward and rounded posture. Other causes of inflammation of the RC tendons and strains of the SITS muscles are; repetitive motions, fractures of the humerus, falls, heavy loading on the shoulders, computer work, sports injuries and car accidents.

If receiving **Physiotherapy treatment** there is a focus on rotator cuff re-education and posture awareness. The use of heat, therapeutic ultrasound and deep tendon frictions can aid to reduce the irritation of the tendons and the muscles.

If you are experiencing any shoulder pain and/or limitations in your range of motion. Contact me for an evaluation.

My contact information: Physio Alternative (www.physioalternative.ca), physioalternativecm@gmail.com, (236) 255-3354



Some Observations & Dispelling of Myths

OP/ED

By C. Urquhart

DUE to the recent surge in pressure being put on people to get "vaccinated", I would like to demystify some of the myths regarding the "unvaccinated".

1) They are stupid.

Besides being incredibly immature and not very creative, I would argue that it's also not true. There are thousands of doctors, nurses and immunologists (among many others) who are speaking out against the "vaccine". I would wager a guess that, if we could ever get our hands on the statistics regarding the intelligence of the "unvaccinated", we would find that most have an above average IQ.

2) They are anti-vax

Also, not true. Thousands of people who have been previously vaccinated for an array of diseases have chosen not to take this experimental "vaccine". The only way this "vaccine" was able to bypass all the years of rigorous trials that most vaccines have to go through is because the gov't declared this a "state of emergency". If it had had to go through the regular battery of trials, it would have failed. In the US, if even 25 people die from a drug trial, that drug (or vaccine) would never make it to market. To date, in the US, there have been over 9000 deaths attributed to the mRNA vax and those numbers only reflect the ones being reported.

3) They are conspiracy theorists.

This term has taken on a darker connotation, especially since the beginning of the Covid crisis, which lumps anyone who questions the mainstream narrative together with people who believe there are aliens living in their fridge. Attempting to insult someone by calling them a conspiracy theorists is a bit like trying to insult someone by calling them a genius. Being inquisitive, questioning the narrative and not taking everything at face value are all signs of intelligence.

4) They don't care about others.

I find this one particularly interesting. The people who are being accused of "not caring" are people who have lived symbiotically in this community for years. They are loving parents, home support workers, fellow committee members, farmers, doctors, artists, volunteers and friends. Somehow, patiently waiting to see how this scenario is going to play out or being concerned for one's own health and well-being is now synonymous with being selfish and uncaring. But seriously, aren't most people just looking out for their own best interests? For instance, people want the vax so they can go see their families, go out to restaurants and "get back to normal". If all of the vaccinated were really so concerned about others, they would be giving away all their money to the homeless or digging wells in Africa or adopting babies from Romania.

Getting a jab does not make you a good person no matter how much you might want it to be true (and the irony of putting someone down by saying they don't care would be funny if it wasn't just sad).

5) They are putting others at risk.

Again, not true. The mRNA vax was never meant to prevent transmission, only to minimize symptoms. Therefore, even if you are vaccinated you are as likely to transmit the virus as someone who has not been vaccinated, possibly even more so if you now believe that you are protected and no longer need to follow all the protocols. In a bizarre plot twist, the "unvaccinated" are now being treated as though they all have Covid19 and now their very livelihoods are being threatened. Instead of everyone feeling safe and secure now that they have the vax, they are going to segregate society by introducing the passport.

6) They haven't done their research.

In any kind of critical thinking, analysis or debate, it is imperative to hear both (or all) sides of the argument in order to make an informed decision. Unfortunately, we have not been given that opportunity. Instead, anyone who has questioned the origin of the virus, the gov't's agenda, the efficacy of the so-called vaccine and the assault on our civil liberties, has been attacked, shamed, blamed, censored and/or shut down. If by "do your research" you mean read all the stuff that the gov't is allowing you to read, then, I'm sorry, but that's not actually research. The people who are working to uncover the real data on this pandemic actually have to work much harder to find that information.

7) They should trust the science!

I barely know where to begin with this one...but first of all, science is not a block of knowledge that is solid and indisputable. Science is a process in which people come up with theories and then proceed to try to prove those theories. There could be hundreds or thousands of scientists around the globe, all working on the same concept, and it is possible that they could all come to a different conclusion. Besides

continued on P.8...

...continued from P.7 all the instances when "science" has actually failed us in the past, saying that you "trust the science" is like saying "I trust that things won't change". It's also like saying "all scientists are saying the same thing" which is absolutely not true.

8) (This one in an attempt to sway the unvaccinated) It's for the greater good!

Again, if people were really concerned with the "greater good", we would all immediately stop supporting the colonized governments and corporations that are wreaking havoc on our planet. We would stop driving, never buy another product that is wrapped in plastic and stop all air travel permanently. There would be no homeless people and no cutting of old growth forests and no more pipelines. How often do we stop to think about the species that are going extinct because of our own insatiable need for more and better stuff? But I guess we should just wait until the gov't mandates these measures so we can be sure we are doing the right thing.

I would like to add one more point which, for me, is the most critical: When I was a kid, one of the mantras of adults was "don't take candy from a stranger". It was a good bit of safety precaution. Why? Because if someone you didn't know was offering you candy (or ice cream or the like), they probably had an ulterior motive - and not a good one. So, when our own gov't set up injection sites for our children, offering ice cream and donuts, and told them it was OK to get a "vaccine" even if their parents didn't want them to (even though infection rates in children are minimal and almost never critical), it became very clear that the "powers that be" are not concerned with our health or well-being. This is a "divide and conquer" mentality that must be stopped. I have watched as relationships have

been strained, families have been torn apart and members of our community have attacked one another, all under the guise of "the greater good" being sold to us through gov't propaganda.

So, let's get one thing straight; everyone is scared. No one wants to get sick, no one wants to have an adverse reaction to an experimental vaccine and no one wants to put others at risk.

But we must stop allowing ourselves to be consumed by fear. Yes, it is scary but what's even scarier is when we start turning on each other, creating more fear, more divisiveness and more isolation. These are the times that will define us, as individuals and as a community. I challenge each and every one of you to rise to the occasion and to be your best self. And, if nothing else, please just respect each other's choices.



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Publisher's Notes

WHEN I decided that it would be a nice touch to have a bit of a retrospective in the lead up to the *Grapevine's* 30th Anniversary issue, I underestimated how amped up islanders would get. I mean, as publisher I'll admit to counting the issues down but, as the week's have closed in, readers' excitement has ratcheted up to levels I would never have imagined. Sure, 30 years in operation is no mean feat for a small business but a baying, torchlit mob fervently thrusting honed pitchforks at our door? Gosh! I'm blushing now. I actually had myself thinking most wouldn't notice, let alone care.

I suppose I'll take the opportunity *on such an occasion as this* to thank everyone through the years. From original publisher, Tony Chumak *who had a dream*, on to subsequent publishers Jeannie Carruthers, Joan Bayly, and Sherry Stevens. Without their dedication and devotion to our island communities, this day would never have arrived. I would also like to acknowledge my parents because, well, you know!

To our writers, cartoonists, and content providers I must humbly offer my gratitude. The *Grapevine* has enjoyed a wealth of variety through your combined effort to inform, entertain and connect. I find great pleasure in sharing your creativity and perspectives with our readership each week even if I've had to come to your defence on occasion.

To all island groups, associations, businesses, committees and non-profits I must also extend a hearty *Grapevine* thanks! Your insistence on supporting the local paper by advertising your Tours, Festivals, AGM's, Work-Bees, Sales, Concerts and such affirms this community's engagement with its weekly and helps illustrate the importance of a paper's role in informing and connecting the community it serves. Each week's issue shows a community that is committed, creative, involved and passionate. Vibrant! And the associations I've made along the way have enriched me in ways I couldn't have imagined. It has bestowed a real purpose to the work I do. Something I've embraced, and continue to. I look forward to many more years helping to keep locals up to date on all your important happenings, whether they be held in person, or whether they be virtual.

To our advertisers, what can I say? Someone needs to pay the bills around here! I did have one excitable reader, excuse me *nonreader*, point out the dearth in *Grapevine* advertising as they intimated, "gee that sure is a nice printer you have there, it'd be a *real* shame to see something *happen* to it," I have to differ. For a small island paper in the middle of a pandemic where business has been, how shall I say it, *slowly suffocating* I believe our advertising is showing quite well, all in all. If anything, I must acknowledge the courage I see on display when perusing the ads. Despite the compulsion of a great many to draw their blinds on the economy *as if instructed* to, local businesses tarry forth with advertising in the hopes of keeping their lights turned on. The *Grapevine* admires this 'never say die' attitude and pledges it in kind as we continue our work connecting islanders with the services and goods they need. Thank you for your ongoing support!

To our readers and *all of the others who I'm told don't read the Grapevine anymore* I want to say how touched I am that you do. The range of views that islanders have expressed on ALL subject matter, and not just on 'which accelerant best says Happy 30th Anniversary?' verges on required reading. It gives a representation of how diverse your community actually is. And that's a good thing! At least Section 2 of the Canadian Charter of Rights and Freedoms says so.

To illustrate, within our diverse community

there even resides an anti-diversity league! How do you like them apples? Diverse community indeed! You may have read some of their submissions in earlier issues as I've been only too happy to lend space, uncensored, to any local who wishes to express themselves *no matter how stilted the opinion*. Just, as always, please refrain from slagging one another as we all have to share our island home. Am I right?

Some opinion has even taken yours truly to task for allowing such diversity of expression in the paper. You possibly have seen those letters, too, for I haven't censored a soul in the year and a half lead up to the *Grapevine's* 30th Anniversary understanding how pitched the feelings have become over how to properly navigate such an occasion.

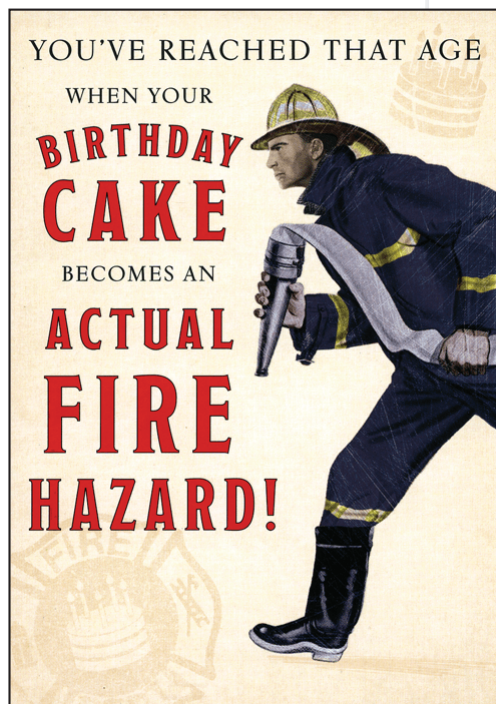
One thing I do know is that currently, wait... let me check on that just a moment...yes, currently we still live in a free society. One where the exchange of ideas and opinion is encouraged and accepted. In deference to this tenet, I view my responsibility in maintaining the paper's neutrality as sacrosanct. The *Grapevine* has no agenda. We don't solicit people for their opinion. We merely provide them space to share it. And, I've the receipts to show.

The anti-diversity league *in its typical ad hoc fashion* has undertaken a campaign of shaming and intimidation through email and phone message as they voice their displeasure at the *Grapevine* for doing its job. I'd be lying if I said it didn't add a certain weight and flavour to the work.

The *nice* thing about our islands' diversity is you'll find less extremist views as well. What the anti-diversity league can't see beyond the light flickering from their torches is that there are islanders supportive of the *Grapevine's* editorial stance. I know, crazy, huh?!

The *Grapevine* has printed everything it has received, uncensored, since I became publisher. Given how uncertain and concerned many islanders have become about the *Grapevine's* 30th Anniversary, I feel it is imperative we show all readers *their* local

continued on P.10...



...continued from P.9 paper isn't hiding anything.... nothing, at all. Unlike outlets elsewhere. It's important to know where we stand as a community on topics far reaching and yes, difficult. No matter how hard that might be to look at, or to reconcile.

Local community papers don't turn 30 just any ol' day so it stands to reason there'll be a wide range of opinion and emotions on how best to mark this occasion. Candles or molotov cocktails? Champagne or C4? Pâte à Choux or plastique? Decisions, decisions! From this paper's perspective, there's not been a more important time to afford space for the expression and exchange of opinion. Humankind has seldom been faced with the spectre of something so contentious as times current. The *Grapevine's 30th Anniversary* is rarer than a plague, after all! Will islanders celebrate the fact that their paper is free, *and free*? Stand up for it even, if asked of them? Or will they strangle what they fear? Tough call. Interesting times.

I suppose I could present readers a false impression of where we are as a community, *as I am being pressured to*. Let's try:

'The *Grapevine's 30th Anniversary* celebrations were attended by every adoring islander, each clad in identical 'Denman dirt-brown' hazmat jumpers, gleefully smiling and waving their QR codes in an exacting yet *somewhat stiff* show of appreciation for the tireless work of its benevolent Editor. The *Grapevine* can share that the attendees were most frighteningly happy.'

Aside from stretching the truth just a smidge, such ministration would be cynical, not to mention disingenuous. By my own appraisal, I'd be failing in my role as publisher, not excelling. While this certainly won't sit well with those in the ADL I would far sooner show an **actual** representation of our island than an edited, sanitized, false one. My conscience wouldn't have it any other way.

I'd like to end with a quote from Senator Keith Davey, writing on freedom of speech in the *Globe and Mail* from 1981: "Too many publishers harbour the absurd notion that freedom of the press is something they own...of course the exact opposite is the case. Press freedom is the right of the people."

Thank you Denman & Hornby! Thank you all! Thank you very much!!

Here's to Issue #1500 and beyond! 🍷

Letters to the Editor

Letter to the Grapevine Editor:

Like many of my fellow islanders, when the pandemic hit and COVID restrictions kept us at home, much of my social and work life pivoted to the internet and Zoom. I attend and teach at conferences and workshops, I'm interviewed on podcasts and VLOGs, and the boards and community groups I volunteer for and participate in, moved online.

But XplorNet, my satellite internet service provider, couldn't keep up. I live in one of those pockets on Denman Island that is not serviced by Telus, nor will it ever be, or so they told me as late as 2020—there simply isn't the volume of business to justify their investment. Fair enough. It's a business decision, and I understand that.

Which left me with an internet connection that was constantly freezing up, fuzzy, or inaudible. It's impossible to maintain a professional presence when I can't maintain a quality internet connection.

So I was keen to learn about City West, a BC company that is proposing a fibre optic service for Denman and Hornby Islands. City West is part of the Government-sponsored Connected Coast project. Our own Hornby Denman Internet Committee has been working on this for ages. After speaking with Dino, City West's representative at the Saturday Market, I learned that they will offer high-speed internet, telephone, and cable. The package prices they quoted are about one third of what I pay now.

To indicate that I was interested in their service, I signed up at their website <https://citywest.ca/dropping-in>. There is no charge to sign up. It's simply an indication that you want to be included. They expect to install lines in 2022, and when they do, the installation, underground, right to your house, will be free of charge. This is very exciting, and I encourage you to go and sign up now.

Because the CVRD must fund a portion of the installation, a referendum will be held on November 27, to give islanders an opportunity to approve the necessary funding. For islanders in my situation, the funding will be at a level that you can recoup in one month from what you'll save on a City West package compared to existing services. And if you're not in my situation but want to ensure healthy competition in internet service provision, please consider supporting the referendum.

Regards,

Jo-Anne 🍷

Letter to the Editor

As a twenty year member of the small team that publishes the Hornby Island First Edition each month I appreciate the problems

of the editor of a local, volunteer newspaper dependent upon the community at large for copy. Too many tasks, no one to delegate, not enough time, and complaints from friends and neighbours. It is perhaps unfair to ask the editor of either the Grapevine or the First Edition to closely edit submissions for veracity as well as personal attacks. The editor of a main stream newspaper has a staff to which they can delegate such duties. The paid editor has only to authorise changes; the volunteer editor has no such help.

I once spent an afternoon with a former editor of the First Edition and a local lawyer discussing what an editor could and could not do—volunteer or otherwise. The upshot of our conversation was that the one thing an editor should not do was to change the meaning of any piece they authorised for publication. Other than that an editor was free to amend a submission by excising parts they thought were repetitive or wordy, to comment on any portion of a submission in a note, or, as is common in the main stream press, refuse to publish a piece. In a local paper depending on the community for content, refusing to publish a piece will generally bring down the wrath of friends and neighbours on the editor's head. Amending a piece is almost as bad and, indeed, it was our editor's amendments to a submission which led to our meeting with the lawyer. But if I submitted a piece naming and attacking a friend or neighbour with scurrilous accusations, neither paper would publish it. Why such scurrilous attacks are accepted when the target is Dr. Henry, Justin Trudeau or Dr. Fauci is beyond me but such attacks have been published in both papers.

At the present time we have in both local papers content that should more rightly appear on conspiracy minded websites such as the Rebel News, Infowars, Breitbart, Global Research and Lifesite, just as all the evidence these "conspiracy analysts" glibly write off appears in the Globe and Mail, National Post, Guardian, New York Times, Walrus, Science, Nature, Lancet, British Medical Journal, New England Journal of Medicine, New Yorker and a thousand more reputable sources. Therefore I would ask that the editors of both papers announce that they will print no more submissions from either side of the Covid debate(?) disputation(?) discussion(?) argument(?) fixation(?). This would, of course, include my own submissions on Covid. This decision is the least time consuming and may allow you to repair your reputations as forums for community news and reasoned comment similar to that of Gwynne Dyer. Like Dr. Chalfin I am "done with travelling down these rabbit holes".

Oakley Rankin 🍷

Dear Grapevine:

Thanks to the intelligent and courageous people who lately are with me in the fray, writing letters and articles; and I thank the Grapevine for its fairness and editorial integrity!

As to Dr. Chalfin's statement that I can spread covid without symptoms: there is no evidence, none, of asymptomatic transmission of covid. The WHO controlled media backed up on that charge long ago.

But do we really know things? Do you know that the inventor of the PCR test has condemned the use of the 40ct test for covid, as hugely inaccurate and a knowing blatant misuse of the test? Well look it up, you will now.

Do you know that the inventor of the m-rna 'vaccines,' Dr. Robert Malone, states that the vaccinated are likely more at risk getting covid (via antibody dependent enhancement), and that new statistics bear this out? No, how

continued on P.12...

NOTICE OF ANNUAL GENERAL MEETING

The Denman Island Recreational Commission Society (DIRCS)

will be holding its

2021 Annual General Meeting on
Wednesday, November 10th, 2021,
at 7:30 pm.

The meeting will be held in the Front Hall.

Every resident of Denman is a member of the Society and is welcome to attend.



A Cut Above Hair Studio

TO ALL MY WONDERFUL CLIENTS

Due to an injury, the Salon is CLOSED until further notice.

I will dearly miss our conversation and visits.

Thank you for your support, understanding and kind words.
Until we can meet again, take care...

Warmly, Sally Dyck

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...continued from P.11 could we, he was censored from YouTube.

Do you know that the 2010 CDC - commissioned Harvard Pilgrim Group study of the VAERS system estimated that it reported about 1% of vaccine reactions ("low reporting rates preclude or delay the identification of problem vaccines, potentially endangering the health of the public"). The CDC ignored those findings.

Do you know that one of the Nobel-prize winning developers of Ivermectin spoke out to reassure us about a drug that has been used for many years safely on millions of humans across the world? He was also purged from You Tube within a day.

And it is true that the WHO chief Tedros Ghebreyesus has no medical expertise but is a protégé of World Economic Forum founder and head Klaus Schwab? And what are Schwab's stated ambitions? You can look that up.

If it's true as Dr. Laura Chalfin wrote in her plea for local censorship, "a little knowledge is a dangerous thing"... I'm not writing letters like this to further some kind of barking contest. And surely I am not of the smartest. But I will not be brow-beat or bum rushed into giving up my right to seek or choose the truth. And I'm not alone.

My intention is really to encourage you: look it up. But I know that there are two narratives and medias. Please take a search engine other than WHO accomplice Google, and find answers. You can sort the truth from the deceptions of corporate world governance. The truth will make you free.

And does someone out there remember, "flattening the curve"?...

Doug Rennpferd 🍷

In her letter about COVID, Amanda Hale stated, "As a writer, I am intensely aware of the power and importance of language. My daily work involves the accurate use of language."

Ms. Hale is an excellent writer—of fiction. I'm also a writer—a medical writer. And my daily work requires accurate description of diseases and their treatment. In my professional opinion, Ms. Hale has her medicine wrong.

Hale says the COVID vaccine isn't actually a vaccine; it's a "computer-simulated synthetic pathogen." Nope. Here's a dictionary definition of vaccine: "a substance used to stimulate the production of antibodies and provide immunity to disease" Obviously, the COVID vaccine fits that.

Here's a definition of pathogen: "a bacterium, virus, or other microorganism that can cause disease." Some vaccines do indeed contain pathogens (killed or weakened) but the Pfizer and Moderna COVID vaccines do not; they contain instructions that the recipient's body uses to reproduce one of the virus's proteins—which then, yes, stimulates antibody production.

And after a brief condemnation of "rhetorical propaganda", Hale endorses some rhetorical propaganda about "millions of people turning off corporate and government news sources and rediscovering the value of thinking for themselves". From what I've seen, your typical COVID vaccine opponent isn't doing any thinking for themselves; they're parroting the arguments that have shown up in their Facebook or YouTube feed (or, in the USA, the corporate news source Fox News). Which is why you find so many of these folks relaying the same nuggets of misinformation and disinformation about COVID, and using the exact same language to support their views—buzzwords like "hoax", "freedom", and "sheeple".

The science-y way to decide whether to take the vaccine is to do a risk analysis: vaccine versus disease. That starts with knowing the actual risks of the vaccine (microchips for tracking you? Those are in your cellphone!). So:

Death after COVID vaccination (which isn't necessarily caused by the vaccine) occurs in 0.002% of cases. The death rate from COVID-19 (before the delta variant arrived) was estimated at 1.4%. Do the math: that's 700 times higher.

Ms. Hale is correct that we don't know the long-term effects of the vaccine. We do know the long-term effects of the disease, though. Long-haul COVID-19—fatigue, shortness of breath, brain fog, heart damage, etc.—develops in 27-33% of people who've had the disease, and it can happen even in those who've had mild cases, or even asymptomatic ones.

Hale ends her letter by differentiating "vaccine' believers" and "those of us who choose to defend our right to continued good health". It's a strange use of language, since people who get vaccinated are defending their right to continued good health (and the health of the people around them), while those who refuse vaccination are defending their right to risk their health; in the US, about 99% of patients hospitalized for COVID-19 are unvaccinated.

John Heinegg 🍷

LETTER TO THE GRAPEVINE

I did a little investigating and you may be interested in the prices I found CityWest charges for the services it would be bringing to Hornby (and Denman).

For the internet, for 125Mbps with no data cap – CityWest charges \$80. That's better speed for less than we pay Telus (\$100 for 80Mbps with around 550 data cap). CityWest's phone price is \$26.01 including 500 long distance minutes, while we're paying \$42 to Telus with no LD. The CityWest TV looks more flexible than Shaw Direct - we don't buy TV now.

Looks good to me.

Stan Combs 🍷

Fibre Optic Internet

From the consumer's perspective, fibre's big advantage is simply speed and resilience. Fibre is by nature unaffected by electromagnetic interference like copper, making it much more resilient to outside factors — like proximity to other infrastructure and weather. It is so strong that it is easy and convenient to bury underground. Out of sight and safe.

It's the most advanced form of proven data transmission available today. It has a 50 year track record of reliability. It represents a long term future for stable internet access. While fibre has yet to become readily available to consumers on the same scale as the very old telephone copper wires that hang on the hydro poles on Denman & Hornby, it's already the dominant internet infrastructure from a "big picture" perspective. It handles the majority of data traffic outside the "last mile".

We can expect that fibre will continue to grow to the point that it will, one day, become the new "normal". As our society increasingly relies on high-speed internet, the thirst for faster internet will likewise grow. A fibre optic connection has unlimited capacity. Soon, Hornby & Denman residents could have the opportunity to receive high speed internet using fibre direct to each home and business (the "last mile"). Watch for further announcements!

John Grayson
M.A. Communication Studies
Hornby Island 🍷

September 9, 2021

RE: Vaccinating Children

For parents and other child guardians who are seeking information with which you can form a more complete picture of vaccines and vaccination, please include in your research a book entitled Dissolving Illusions: Disease, Vaccines, and the Forgotten History by Suzanne Humphries, MD and Roman Bystryanyk. In the 'Special Thanks' section at the beginning of the book - along with acknowledging scientists, doctors, archivists and librarians who assisted with research – the authors thank "All parents who dedicate long hours of self-education in order to care for the precious lives that have been bestowed upon them".

I agree with Krishnamurti who said:

"An educator is not merely a giver of information; he is one who points the way to wisdom, to truth. Truth is far more important than the teacher. The search for truth is religion, and truth is of no country, of no creed, it is not to be found in any temple, church or mosque. Without the search for truth, society soon decays. To create a new society, each one of us has to be a true teacher, which means that we have to be both the pupil and the master; we have to educate ourselves."

Carie McGregor
Denman Island 🍷

Toilet Tissue

by Thomas Provençal

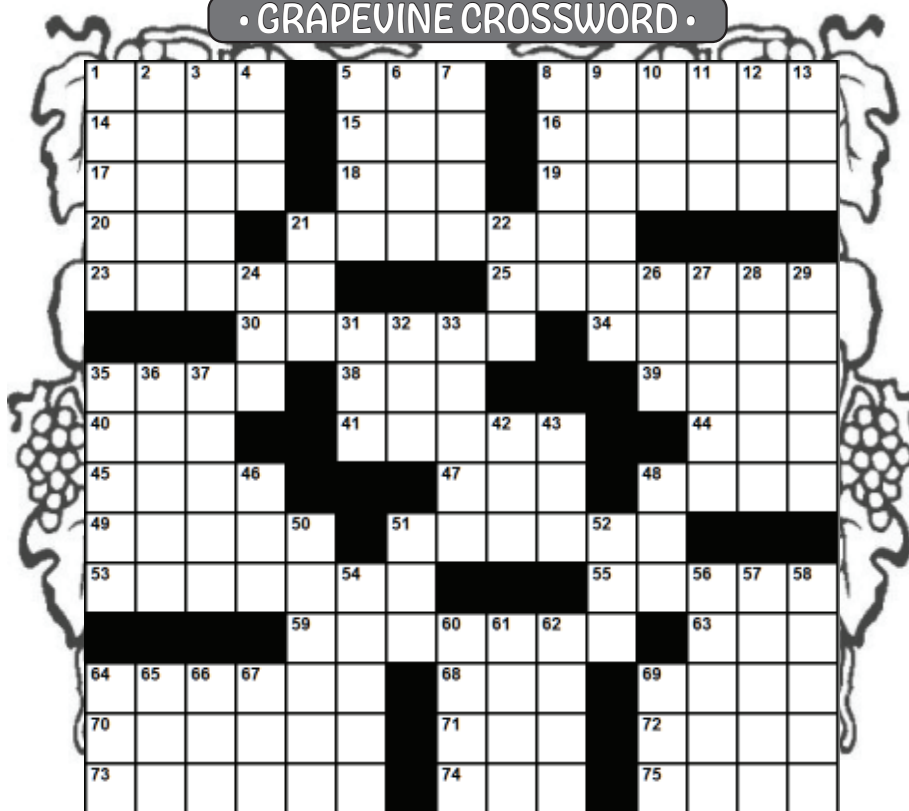
*The issue of tissue
(bogroll I mean.)
revealed by pandemic
-oh the panic we've seen!-
has unravelled some thoughts
on how we use wad,
alone in the bathroom
in the presence of God.
Some are effusive
as they unroll the stuff;
others efficient,
three squares are enough.
Like most things in life
it's all about spectrum:
how to build a bold barrier
between finger and rectum.
For many these words
are no great breakthrough
their only concern:
not get covered in poo!
Though I may be considered
too candid and crass
I have yet to dwell
on the question of gas...!*

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Grapevine

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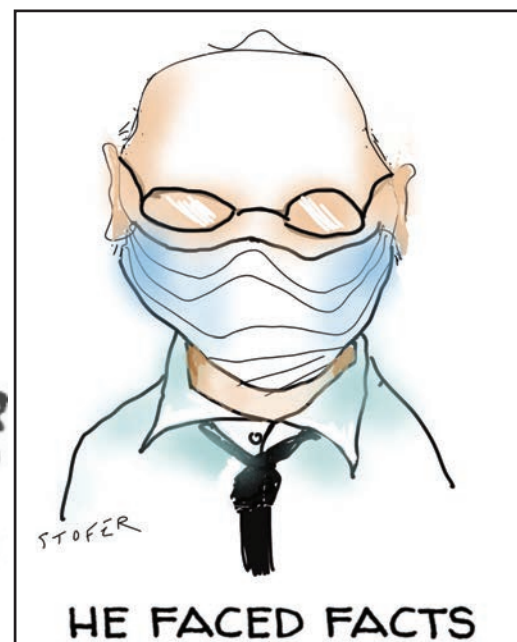
• ACROSS •

1. Barely cooked
5. 100 percent
8. Burning
14. Bump free
15. Babe's teammate
16. Mining tool
17. On the qui ---
18. Colt or magnum
19. Final part
20. Avail oneself of
21. Type of manual laborer
23. Salk's conquest
25. Old
30. Madness
34. Ahead of schedule
35. Autumn birthstone
38. Antique ending
39. Floral adornments
40. Animal coat
41. Face powder shade
44. Actor Pendleton
45. Marched along
47. Con's flight
48. Gum amounts
49. Class paper

51. Hint at
53. Poorer
55. Flawless
59. Bundle
63. Be contrite
64. Dresses with great care
68. Ending for belief
69. Anti-infection agents
70. Appetizer follower
71. 1773 jetsam
72. Peruvian plants
73. Corn part
74. Harrison in Star Wars
75. Cancel a dele

• DOWN •

1. Gun the engine
2. Dispatch boat
3. Live it up
4. Capt's heading
5. Aquatic plant
6. An Asiatic sardine
7. Ilsa of Casablanca
8. Essential oil
9. Tours setting
10. Ankle site
11. Be unoriginal
12. Answer to Sphinx's riddle
13. Author's last word
21. Addressee
22. Cape in New Jersey
24. Badly
26. Actor Linden
27. Action setting
28. Epic of Troy
29. Fluid filled sacs
31. Bird's beak
32. Did lunch
33. Agree component
35. Frequently
36. Prize money
37. Came up
42. 8 pts.
43. Cassowary cousin
46. Mom's man
48. Became one
50. Whee
51. Band of sparks
52. Be left on base
54. Artist's prop
56. Not on all fours
57. Emanation
58. Smallest possible
60. Kin partner
61. Drifting
62. Certain agent
64. Animal friend
65. Code letters
66. Possessive pronoun
67. Bridal title
69. Brillo rival



HE FACED FACTS

Mr. Stofer

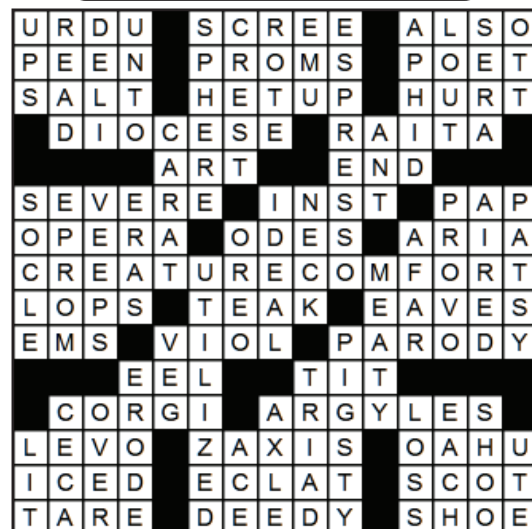
www.stofergallery.com

Grumpism



“I remember being a taxi driver when someone jumped in my cab, pointed to a person in front and shouted “Follow him”. I said, “Sure, what’s his Twitter handle?””

• LAST WEEK'S ANSWERS •



• CLASSIFIED ADS •

• SERVICES •

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• COMMUNITY NOTICES •

STUPA..."a symbol of the Buddha " We need a couple of volunteers to help complete our Stupa project at the Hermitage. Interested? Contact Janie at the hermitage, 250-335-3377. Thankyou



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BOOK KEEPER IN-HOUSE, 4 hours/ week Wages commensurate with skill set. To apply: Please send a cover letter & resumé to karen@hiceec.org



• WANTED •

DEAR AMELIE. The pared down 2021 Zucchini Race has left me with a glut of extra zucchini so I was hoping to reacquire the spiralizer attachment that you borrowed. I know it would make quick work of #23, #107, #43 and my pick to have taken the spoils, had I not experienced a last minute crisis of confidence, #6. While this spoiled my victory parade plans I'm further caught out because the only manner of preparation for zucchinis I know is noodles. Hope all is well!

• BUSINESS DIRECTORY •

• (H) Hornby • (D) Denman • (UB) Union Bay •
• (FB) Fanny Bay • (C) Courtenay/Comox •

• ACCOMMODATIONS & RENTALS •

- Denman Activity Centre (Seniors) Rentals 335-3027 (D/H)
- Denman Community Hall Rentals 335-3027 (D/H)
2 halls, commercial kitchen, new sound system
suitable for concerts, plays, meetings, weddings, etc.

• REAL ESTATE • INSURANCE • FINANCIAL SERVICES •

- Bente Pilgaard, RE/MAX The Islands 335-2510 (H/D)
- Cloutier Matthews LLP, Chartered Professional Accountants 338-7367 (All)
- Donna & Jenessa Tuele • Royal LePage Hornby 335-1720 (D/H)
- Sylvie Schroeder • Royal LePage Denman Island 335-2551 (D/U)
- Katarina Meglic • Pemberton Holmes Realty 778-557-7429 (D/H)

• BUILDING • CONSTRUCTION •

- Aquarian Systems • Water Cisterns • Ed Hoepfner 335-2037 (D/H)
- Ray Ulovec • Backhoe/Excavator, Septic Installation 335-3145 (D/H)
- Bobcat & Compact Excavator • Steve Isaak 335-1853 (D/H)
- Cal's Bobcat Services • Auger, Grapple, Rake 613-447-8873 (D/H)
- DB clearing & excavations • call or text 250-465-1889 (D)
- Denman Electric, Licensed, Fully Insured & Bonded 335-3122 (D/H)
- Excavator/Backhoe/Tandem Gravel Truck • Kenny Mather 703-6512 (All)
• John Isbister 335-2565 (D)
- Roc-Isle Drywall, Harvey Hodgins • 35 yrs exp. 'certified' 334-4776 (D/H)
- Seaside Electric • Licenced, Bonded & Insured 702-0570 (D/H)
- Tandem gravel truck & transfer trailer • Grant Morrison 335-0702 (D/H)
- Water Tanks & Cisterns • Steve Isaak 335-1853 (All)

• SERVICES •

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335-2260 (D/H)
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- Massage Clinic • 2796 Northwest Rd. • Leyah Kelly 335-2584 (D)
- Denman Works! • Tony Gregson 250-335-0287 denmanresource@gmail.com (D)
- Peter T. Mason • Land Surveying 757-8788 (All)
- Physiotherapy • Christopher Mainella • 236-255-3354 (D/H)
- Tree Service • Darian Chase • Arborist 218-0404 (All)
- Trueview Treecare, seniors' discount • Wildbill 898-7246 (D/H)
- Music Lessons & Piano Tuning • Scott Knight 604-779-9335 (D/H)
- Landscaping & Home Services • Beech&Cedar Home Maintenance
(Kane) • 335-0745 (D/H)
- Able & Ready Septic Pumping Service • 250-338-8822 (D/H)
- Home Town Shredders • Document Shredding • 334-7111 (D/H)

FORTNIGHT EVENTS

THURSDAY 16

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm
- FOOD BANK 4-7pm

FRIDAY 17

- AA Meeting DI United Church 7pm
- FINCH & FIDDLER Guesthouse 6pm

SATURDAY 18

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- FREE STORE 9am-2pm
- FARMERS MARKET Old School 9:30am

SUNDAY 19

- ST. SAVIOUR'S CHURCH 10:30am

MONDAY 20

TUESDAY 21

- CAP SITE 11-2pm

WEDNESDAY 22

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm



THURSDAY 23

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 3-7pm
- FOOD BANK 4-7pm

FRIDAY 24

- AA Meeting DI United Church 7pm
- CLANNA MORNA Guesthouse 6pm

SATURDAY 25

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- FREE STORE 9am-2pm
- FARMERS MARKET Old School 9:30am

SUNDAY 26

MONDAY 27

TUESDAY 28

- CAP SITE 11-2pm

WEDNESDAY 29

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm

THURSDAY 30

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 3-7pm
- FOOD BANK 4-7pm

*The Monthly Calendar is on
hold for now.*

Instead we offer a 2 week summary of
upcoming events on the Back Page.
Email us with your event to be listed
in "Fortnight Events".
theislandsgrapevine@gmail.com

Canine people



MUST be LEASHED!

GAIL 21