



“O, Sunlight! The most precious gold to be found on Earth.” • Roman Payne



D.I. General Store

Happy New Year!
Store: Friday 31st 8-4
Saturday 1st: CLOSED
Sunday 2nd: 10-4
Post Office: Friday 31st 9-4
Saturday 1st: CLOSED
Sunday 2nd: CLOSED
Monday 3rd: CLOSED

Thank you all for your support during this strange year. Wayne, Everett, Jennifer, Aja, Alex, Barry, Claudia, Corrie, Denise, Kelsey, Mandy, Catherine, Jacke and Joey.



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 Thank you for all your support this past year!




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 On Denman Island



ATTENTION!

Garbage Collection Changes Starting January 2022
Garbage pickup day is now THURSDAY.



Collection route expanded to include: Danes Rd., Pinecrest, Park Rd., & Swan Rd.
 New service provider - Strathcona Recycling & Disposal
 New contact info: strathconarecycling@gmail.com | 250-207-6500
 New schedule is posted on the DIRA website (<http://denmanresidents.com/waste-management-committee/>)

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a
safe
joyful
healthy
prosperous

New Year 2022

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RE/MAX
 The Islands

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Cover image: Sunrise over the Hillberry Farm.
Photo Sue Hiddink



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

Denman New Year Celebration Postponed **HEY DENMAN,**

COMMUNITY INFO

Nude Year!".

By Sam Borthwick
• Concerts Denman

It is after a great deal of deliberation, and is-there-a-way-we-can-safely-make-this-work-ery, that I have to announce that we are postponing the NYE show, "Happy

We at Concerts Denman want to make sure that both you and the performers get to have the best possible show that we can put on, and with the current restrictions and case numbers, creating a fun, engaging, and relaxed atmosphere for us all to enjoy some top-quality entertainment just isn't feasible.

If you have purchased tickets, they can be refunded at the point of sale, or if you purchased online, feel free to reach out to me and I will make sure you get your money back.

This show is not cancelled indefinitely, just waiting until we can do it justice! 🍷

Gratitude for an Abundant Christmas Hamper Season!

COMMUNITY INFO

have been without the help of the many hands and hearts that make it all possible by donating, money, time and gifts. The DICES Council and staff would like to offer a huge thank you to everyone who contributed to the Christmas hampers this year.

By Leticia Gardner
• DICES

THE Christmas Hampers this year were overflowing with the abundance that this incredible community has to offer- from handmade bowls, to whoopie cushions and locally grown vegetables. The weirdness and wonderfulness of

Denman showed this year and it wouldn't

This year we delivered 46 Christmas hampers brimming with locally baked breads, local veggies, holiday treats and hand matched gifts by our staff elf team. Speaking with the recipients of the hampers, we know that your generous donations are deeply appreciated, especially during these trying times.

In spite of the tumultuousness of Covid this winter season we had a seamless day of packing, wrapping and delivering- topped off with a hefty dose of cheesy Christmas tunes and incredible locally baked goodies from the Guesthouse. A big thank you to Donna & Sheldon and their team for not only providing us amazing goodies, but also supporting us with coordinating donations and providing a number of lovely gifts.

A HUGE thank you to Jen, and the entire team at the General Store- this was Jen's first year taking over Christmas Hamper organizing and we can't thank her enough for hustling to find us deals and donations in the wake of floods and food shortages. We would also like to thank DIRCS (the Community Hall) for letting us use the community hall as our venue this year. We luxuriated in their new heating system and breathed easy behind our masks, knowing they've recently installed a new ventilation system to keep us all safe. A thank you to Evan Penner for providing us with sturdy boxes, the Denman Island Hardware Store for hosting the gifts drop off box & donation jar, Abraxas for hosting our donation jar, and the Times Colonist Christmas Fund for their generous contribution to the Christmas Hampers.

We would also like to thank all the businesses that donated to the Christmas Hampers; Cold Star Solutions, QF Caseco, Tree Island Yogurt, Vassili's Bakery, and Saputo.

See you all in the new year! 🍷

Phoenix Riting! A Hornby Perspective

By Phoenix Bee

DEAR COMMUNITY:

Once again, what a year it's been. At the end of every year for the last few, we release our collective breath and say, "What a terrible, no good, very bad year! Next year will be better, it has to be!"

Hahaha! Remember when we used to believe that? Those were the days. I do wish I could feel optimistic, but all I've got is hope. In the background looms a sense of doom, or transformation, which sounds great, but can mean literally anything.

In these dark times, I don't believe everything will be fine. I don't believe we are doomed, either. I don't believe, period. I fear, and I hope, with all my might. Pressures are mounting. We are headed for a shattering, but what will break and how it will heal, I can't say. Something must change; perhaps everything. Some



things must endure, and some we thought lost return, before we can reverse our course of destruction. There is little doubt left about the stakes now.

It's not Covid-19, the government nor the elites we need to worry about most. It is the air we breathe, the world we share, the fires, the floods, the mass extinctions. What we view to be Big Problems are mostly symptoms. The real

fix starts here, inside each bag of skin, in our choices to be authentic, to face and own reality, or to jump into a hole and pull it in after ourselves, like Wile E. Coyote (I notice that never worked well for him).

On our tiny island, it seems our community's choices, collective or individuals, have no impact upon the fate of the whole, but we matter. This is our sphere. Our changes may be small, but ripple out, spreading around the globe via mysterious pathways of the psyche, or the internet, whatever. We need to take care to ask, what kind of world do we want to live in? What are my core values? What are yours? Where do we agree, what are our differences? The kind of community we need to create takes participation.

A whole requires all of its parts. A bird needs two wings to fly with, a heart needs a left and a right ventricle. We need both arteries and veins, both sides of our brains, and so on. This is not a war between right and wrong. It's a struggle to balance our differences, to live in a good way with respect for all, and not just people. We are only one of Earth's creatures. Our species has become a scourge, but we needn't participate in destructive games of progress and increase. We can abdicate from the matrix and live our lives as best we can with the people who share this island with us.

Probably we will continue to behave as a sometimes-squabbling microcosm of the whole, because after all, we are humans. But wouldn't it be nice to have a break from it all? Turn off the screens and show up smiling to a party or a dance, to release our cares into the collective arms of our community, to know we belong just because we are here, and together? Remember how that felt? It seems so long ago now.

I pray for an end to division and suspicion, and an opening into greater love and connectedness. I long for belonging, a sense of purpose and a context that includes all shades and sorts. On this sacred Earth, holy for its wholeness, great round heaving body breathing with our own breath, may we land on solid ground and real-eyes what and who we are, together with the rest.

Blessed New Year to all, and may this next year truly be better. Maybe it will. Weird things happen. With love, hope and trepidation, we begin another adventure around the sun, and for sure, some of it will be fun. I shall see you there.

Next year, as before, I want to hear from you! Please send feedback, invitations, suggestions and more to phoenixhornby@gmail.com 🍷

TIDE TABLE

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

2021-12-30 (Thursday)

Time	Height (m)	Height (ft)
PST		
04:00	4.2	13.8
08:22	3.5	11.5
13:40	4.7	15.4
21:25	0.8	2.6

2021-12-31 (Friday)

Time	Height (m)	Height (ft)
PST		
04:56	4.6	15.1
09:30	3.7	12.1
14:24	4.8	15.7
22:10	0.4	1.3

2022-01-01 (Saturday)

Time	Height (m)	Height (ft)
PST		
05:45	4.9	16.1
10:32	3.8	12.5
15:12	4.8	15.7
22:56	0.1	0.3

2022-01-02 (Sunday)

Time	Height (m)	Height (ft)
PST		
06:30	5.1	16.7
11:28	3.8	12.5
16:03	4.8	15.7
23:41	0.0	0.0

2022-01-03 (Monday)

Time	Height (m)	Height (ft)
PST		
07:13	5.2	17.1
12:21	3.7	12.1
16:55	4.7	15.4

2022-01-04 (Tuesday)

Time	Height (m)	Height (ft)
PST		
00:26	0.0	0.0
07:54	5.2	17.1
13:15	3.6	11.8
17:51	4.6	15.1

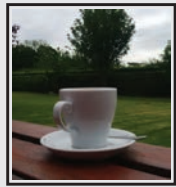
2022-01-05 (Wednesday)

Time	Height (m)	Height (ft)
PST		
01:09	0.2	0.7
08:34	5.2	17.1
14:11	3.4	11.2
18:48	4.4	14.4

2022-01-06 (Thursday)

Time	Height (m)	Height (ft)
PST		
01:53	0.6	2.0
09:12	5.2	17.1
15:10	3.1	10.2
19:49	4.1	13.5





ARTS&LIT

An Unpainted Portrait: Several Stages of Morning

By Leo Simmons

was palatial splendour. Unbeknownst to us, were 'lucky' enough to have a living legend as our block sergeant. A decorated veteran of several armed conflicts, he was no little legend in the second largest metropolitan force in the country.

Dennis Stoat was famous both on the campus and the area from which he had been involuntarily transferred – so rumour had it - in order to protect the criminals. A genuine eccentric, he proved to be a man who valued the discipline of rules and regulations yet also managed to overtly enjoy living outside of them. His role was chief swimming instructor, and as such, he lived the proverbial life of Riley. The bosses knew it, he knew it, but nobody in authority dared to risk putting him back into a situation where he was ever again going to come into contact with an unsuspecting offender. Within the confines of the training school, the thinking went, he could do the minimum of harm. The truth of it was, however: he deserved an easy life. A tireless champion of numerous charities, he was a bona fide hero to many hundreds of young, disadvantaged people whose lives he had helped transform.

On this first morning, as we jostled for shower space with our new colleagues, the hubbub had apparently woken the legend/Kraken far too early. His sleep-ins, we would come to understand, were just one of the tolerated quirks of his existence at Bruce. At the start of our first day, we had ruined his morning, and he was not best pleased. Dressed in a lurid turquoise nylon tracksuit, brown/grey hair in comical disarray, eyes the colour of oxtail soup and despite a lit cigarette jammed in the corner of his mouth, Dennis gently attracted our attention thus: "WILL YOU F***ING T***S PIPE DOWN SO I CAN GET SOME F***ING SLEEP!"

Now when someone in authority – even an obviously hung-over person in authority wearing a turquoise tracksuit bursting with unfettered body hair - makes such an eminently reasonable and articulate request, it seems natural to comply immediately. So, we did. In sudden convent-like silence, and for at least part of the process under the bleary eyes of the great man, we completed our ablutions in double-quick time, scuttled back to our rooms and dressed. What followed was, without any doubt whatsoever, the very worst breakfast I had ever eaten while conscious. It would only be surpassed for awfulness by a meal provided by Air Canada some years later.

This startling excursion into culinary terrorism aside, daylight afforded us all our first proper glimpse of the campus. Although spotlessly clean and tidy, the view wasn't particularly inspiring; 1960s architecture - a generous term for hastily-constructed grey concrete boxes - mixed unhappily with brick and mortar remnants of the Second World War. The main hall in which we'd been formally frightened the previous evening, did indeed have many of the characteristics of a wartime Nissen hut, although many times larger and with masonry walls supporting the unmistakable charms of an asbestos domed roof, which sat there in all its pugnacious glory, quietly poisoning both us and the neighbouring housing development.

A network of narrow, spotlessly clean roads with very obvious and slightly

oversized nameplates branched out in all directions from a kidney-shaped roundabout in front of the main administration building/dining hall complex. Opposite the dining hall stood the teaching block. Somewhere, there was a swimming pool and large gymnasium/arena of torture where, we were assured, we would be taken to the brink of total physical collapse. Furthermore, the rumour went, so disturbing were the sounds of suffering that resulted from such treatment, the building was placed well away from the rest of the campus so as not to disturb other lessons. We nervously laughed off such taunts, blissfully unaware that they were entirely truthful.

The teaching block was a faithful replica of a school designed by ill-tempered Soviet architects and looked for all the world as if it had been stealthily removed from a Siberian educational establishment and dropped into the site by helicopter. Constructed of glass and concrete, this building would soon prove - during what would turn out to be one of the hottest summers on record in Britain - to be an early example of an experimental microwave unit, capable of partially cooking up to two hundred young, fit people in a single sunny day. Attached to it - in fact almost completely hidden away sneakily in a corner - was a secondary, quite diminutive gymnasium that was too small for any competitive sports. However, it represented the likelihood of further physical torture in the form of circuit training and self-defence sessions; a spectre which would no doubt be materializing shortly.

Those days - although we were entirely ignorant of it - constituted the ending of an era regarding teaching methods, and the classrooms were laid out in the old, familiar school style. Single desks and chairs sat in neat rows and columns a fixed distance apart, all facing large writing surfaces and projecting screens. We shared the facilities with officers from a wide variety of forces, the main contingent being - as you might expect - from the two large metropolitan forces in our part of the country. Broad

scouse dialect mingled uneasily with Mancunian accents, while those of us floating around somewhere on the outskirts of, and in between, the two huge conurbations more or less bridged the linguistic gaps (Bruce's Northumbrian dialect notwithstanding).

As the result of a brief suspension of the natural laws of the universe, by morning Bruce and I had somehow managed to get his shoes to look reasonable. I should qualify that: when I say 'reasonable', I don't mean reasonable. To be more accurate, almost shiny and vaguely resembling normal footwear was the best we had been able to achieve in the time available. Stupid spacetime and its linear nature, we thought. Why couldn't we compress several months of restorative work into a few hours?

Having produced a minor miracle, I was, to put it mildly, chagrined to see that my friend had, in utter disregard of the dress code and by way of some kind of rebellion-induced logic, decided to brighten everyone's day by wearing a pair of red socks. When he walked about, the socks were not really noticeable unless you were sensitized to that sort of thing (which, by the way, all the instructors and fellow recruits most certainly were), but when he sat down and his anarchic trousers rode up his shins... well let's just say that the back of the room had a warm, rosy glow about it. Red socks, while not a major problem in the real world, were bound to cause trouble in that rarefied atmosphere. Little wonder, then, that he and I had, like naughty schoolboys, occupied seats close to one another at the very back of the class. While we had no plans to throw paper balls or fire peashooters at our colleagues, we hoped to head off - or at least delay - the inevitable response to his sartorial individualism. Red-faced shouting, pointing and press-ups (usually in that order) might, if he were lucky, be postponed for a little while. Hopefully, for about fourteen weeks.



Islands 2050 Public Input

By Dave Paton

DEAR FRIENDS,
I'm contacting all Island Trustees and the executive to implore you to have the subject first reading postponed pending suitable engagement. Why the rush while

we are still in pandemic mode and particularly given that this document has been pushed out of the door with indecent haste?

Existing public consultation has been totally flawed and the document is more total rewrite than simple revision. The 2019 consultation survey was a perfect example of narrowly asking only the questions the executive wanted answers to. My reply to almost all of the questions was "this is not the issue" or "why not ask this" or even "allow the answer to be clarified." Instead we got the classic "I've stopped beating my wife" dilemma! Paternalistic in the extreme.

Major features of the original policy statement have been discarded and the individual character of our local OCPs ignored for a one-size-fits-all emphasis on a narrow view of just three criteria. We spent decades refining those plans - yes it's always good to review things but it hurts that our work has been totally trashed. It seems to me as though residents (many belonging to families that have lived here for generations), their businesses and livelihoods are just inconveniences to be legislated out of existence.

All with no attempt at a balance between communities and the environment. A balance that is recognized all over Canada. The Gulf Islands are special but then so is the whole of BC, as are its residents - why do we get to live in a museum while paying our local government to act as curators?

From the tone of the document are we even going to be allowed to live here?

We're pretty much all committed environmentalists - we wouldn't live here otherwise, but our IT executive don't have a monopoly on defining the meaning of the word - there are inputs on Federal and Provincial levels and locals' "way of knowledge" deserves recognition. It is not like the place had been badly managed both before and after the IT was created. In part the only reason there is anything left to preserve and protect on our islands is down to the wisdom of previous generations of property owners. On Saturna development was slow and measured, forests were retained or selectively logged and in the end massive sections of land were donated as a park. Half our island is protected so I guess we must have done something right. We have just 330 residents in a 35km² area - hardly evidence of over-development.

The pandemic has been a massively distracting crisis not seen since WW2 so we've not had the usual opportunity to thrash out changes in numerous town hall meetings. I find it particularly sinister that "shall" replaces "should" throughout the document with no allowance for interpretation. It's like suddenly waking up to a bunch of new draconian laws with no chance to mount a challenge. Yes democracy allows us to choose our representatives but it shouldn't allow a small number of them to ram through legislation without consultation. Postpone the reading and talk to us when congregation is possible. I don't trust you to sort it out at subsequent readings. It won't be "all right on the night." It's a mess.

People are part of the environment. 

Denman Island Medical Clinic Update

COMMUNITY INFO

By Dr. Ron Wilson

YOU may be wondering what is happening at the Denman Island Medical Clinic in 2022. The following information is intended to bring you up to date.

For regular users of the Clinic you will know that Dr. Stephen Fox took over the lease of the Clinic space at the beginning of 2020. This space is maintained by the Denman Health Centre Society (DHCS). Dr. Wilson who has worked on Denman since 2013, continued working on Thursdays and Fridays, Dr. Alsoon Brine who lives on Hornby came over to work every Tuesday and Wednesday, and Dr. Fox who also had a clinic in Cumberland came over on Mondays. For reasons unbeknown to us, Dr. Fox decided he was no longer working here or in Cumberland and left abruptly at the beginning of July this year. Drs. Wilson and Brine continued working on Denman and have been able to provide ongoing health care for Denman Residents. It should be noted that we see anyone who lives on Denman and will see any emergencies otherwise.

We will be very sad to see Dr. Brine go as she has decided she will finally retire at this time. She has been putting her retirement off for at least a couple of years. She will be greatly missed as she has provided exceptional care over these past 2 years. As of yet, we have not found a permanent replacement for Dr. Brine. So what will 2022 be like at the clinic?

Dr. Wilson who plans to fully retire at the end of 2022 will continue to work on Thursdays and Fridays. One of the doctors who works on Hornby (Dr. Froehner) has agreed to help when she can. She will work for two days a week for two weeks out of each month. Currently we have placed adds for locum doctors to help us on the other weeks. As of now, we have no definite replies to our adds. Adds have also been placed in the appropriate medical journals looking for doctors who may wish to relocate to Denman and provide ongoing care in the future to our residents. There has been some interest in this but so far, we have nothing definite to report.

We may have some gaps in care this year. Dr. Wilson will do his best to cover the necessities of patient care on the weeks when there are no other doctors working. If you have prescription renewals we would ask that you get them into the clinic or requested through your pharmacy early in the week in order for them to be filled in a timely manner.

The Denman clinic is also part of the Comox Valley Primary Care Network.

Green Wizardries, Staying Healthy in a Time of Omicron

SPECIAL INTEREST

By Maxine Rogers

I have found it puzzling that Public-Health authorities have chosen some measures to publicize and avoided talking about others which would be of great benefit to all of us. I am sure the strategies I suggest will be helpful in addition to all the usual measures suggested by Public Health officials.

The first and, most glaring, omission is their failure to promote the use of Vitamin D as a dirt-cheap method of improving immunity. Up North here in the winter, the sun is at too great an angle to do us any good in the way of Vitamin D production. Vitamin D deficiency is very common. There is a blood test to determine one's level of Vitamin D but BC Medical will not pay for it. I say, go and get one; it is money well spent.

Years ago, I was getting the symptoms of Seasonal Affective Disorder, SAD for short, in the spring when I was working outside all the time! My Doctor suggested I take the blood test even though I was taking 4,000 IUs of Vitamin D a day. The test came back showing that I was well below the minimum level of Vitamin D so we went to 10,000 IUs a day and tested again in 6 months. At that point, I was at the top of the normal range for Vitamin D. I have tested the same several times in the following years so I am right where I want to be with Vitamin D levels.

Because of this association we are fortunate to have a pharmacist, a social worker, a mental health/substance use worker and a Registered Nurse (whose focus will be management of chronic disease) coming to the clinic once a week or every other week. Also Carmen Bedard, our physiotherapist is returning from Maternity leave and will be starting up again on Mondays and expanding to a second day per week if the demand is there for her services. So there will be a lot of activity happening at the clinic that residents can take advantage of.

The receptionists will be at the clinic every day during clinic hours (9:30 to 4:30). On the days when there is no doctor they will work from 9:30 to 2:00 pm. Because there may be changes on a weekly basis, there will always be an updated voice message with current information about doctor availability and working hours. Messages can be left and will be responded to as soon as possible. We appreciate your patience during these times.

We are grateful to the DHCS who continue to maintain the facility for Denman. There are also some exciting plans ahead to enhance the health and wellness of our residents. So stay tuned for updates on these.

I hope that as we move into 2022, Denmanites will continue to support and care for one another as they have done so well over the years. 🍷

High blood levels of Vitamin D have, right from the start of the pandemic, been shown to correlate with very mild or undetectable cases of Covid 19. In Stockholm, Sweden, a full 40% of the first people to die of Covid 19 complications were Somali people. Somalis are very dark and they are not as mad keen on herring and other oily fish as the Swedes are. The Scandinavian people get most of their Vitamin D from eating oily fish. The Somalis, being so dark, were less able to make Vitamin D from the thin Swedish sunshine than the Swedes were. So they were very Vitamin-D deficient and despite being only a tiny fraction of all the people living in Stockholm, they died in much higher numbers than anyone else.

It also happened at the start of the pandemic that Doctors working in the National Health system in Britain got sick and died very quickly. They were, mostly, darkly-complected Doctors who worked inside a lot. They were Vitamin D deficient. The lighter-complected Doctors and Nurses did much better, because they had more Vitamin D in their blood. Vitamin D really does help immunity, not just for Covid but for colds and flu too.

If you have been vaccinated then I would still say that having a good level of Vitamin D is essential as any vaccine has to work with your own immune system. I was listening to Physician from the States, a specialist in Internal Medicine who runs an ICU and has done so through the whole Covid 19 episode. He said that he sees the vast majority of patients in his ICU with Covid 19 complications that are sadly deficient in Vitamin D. He has seen only a small handful of similar patients who have high Vitamin D blood levels.

So Vitamin D is only part of the answer but it is a large part and that is why I am surprised that Public Health Officials in Canada, The States, Britain and Israel are not promoting this very inexpensive and helpful way of boosting people's immune health.

Another very large part of a rational response to Covid 19 would have been to get people to lose weight. Being overweight is terribly hard on the body and this is reflected in an under-performing immune system. The Covid 19 patients with the worst outcomes have been obese and or diabetic patients. I know that a lot of people have put on weight during the last two years but I have managed to lose over 20 lbs and my health has greatly improved because of it.

I found losing weight very difficult until I read Dr Jason Fung's books on fasting. His books are available at the Public Library and are interesting and well written. His guidelines are simple and easy to follow.

I came to fasting with a certain amount of trepidation as I thought it would be similar to a reducing diet only worse. Typical reducing diets such as Weight Watchers leave me starving, weak and miserable. Fasting leaves me bright, energetic and easily satiated.

Even severe Type-Two Diabetes responds well and quickly to fasting days and a program of eating one meal a day on the non-fasting days. This gives great results of increased insulin sensitivity and weight loss. If a person is on Diabetes medications, they have to have their Doctor's support in fasting because their medications must be reduced.

Fasting and eating one meal a day (OMAD) has been shown to rejuvenate people by increasing growth hormones and reducing the symptoms of many of the

diseases of civilization such as high blood pressure, obesity, Alzheimer's and of course Diabetes. I guess the bottom line is that we all eat too much, too often for optimal health. Fasting is the cheapest, easiest cure for disease that has ever been invented. Why are Public Health Officials not talking about this?

I think that Public Health officials locking people down in their homes and encouraging a climate of fear has been enormously counterproductive, if they had the good of the public in mind at all which I am beginning to doubt. A program of asking people to go out for a run or a vigorous walk every day and to drink lots of water and get eight or nine hours of sleep a day would have been a better response. Such activities boost the immune system and overall health.

The best news I have is that the data out of South Africa shows that the Omicron variant is very easily transmissible and results in something very like the common cold. I am hoping this strain will help naturally immunize anyone who has not already had one of the other Covid 19 variants. 🍷

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Memoir of a Rural Introduction Sisyphus-Redux

By Bill Engleson
• www.engleson.ca

ARTS&LIT

observations from a dozen or so years ago and share them. Hopefully, they will have some modern times currency.

Food Thoughts

November 18, 2004

As I resume this modest memoir after taking a few days off from conversing with myself, I should clarify that (*for the benefit of any future biographer should there be a need for one, a long shot at best*) this opus won't always have an entry every day. I suspect that months might pass without comment. On those occasions I'll be observing my life by living it rather than alluding to it in small summations, little packages weaned from the fresh memory of the day.

Some days though will be like this day. I hope you have had at least one and ideally hundreds of days like the one that has just about seen the sun set. For me, a day like today had to have an evening recipe. I love to cook, especially when I have companioned one or two new recipes and I venture into a sweet new territory. Today, I am preparing a middle eastern eggplant and onion dish bathed in yogurt, mint, and garlic and sprinkled (*and you know the recipe world loves to sprinkle*

things) liberally (not a recipe George Walker Bush would embrace) with paprika. As a travelling cohort, I've made a lentil stew simmering with, amongst other things, frozen tomatoes from our fall crop. Have you ever sliced a frozen tomato? It's like drawing a blade across chilled, blood-red, brittle frozen snow.

In addition to meal preparation, I've emailed a number of friends with overdue communiqués, sent a pithy letter to the Globe and Mail concerning Carolyn Parrish, rogue parliamentarian, and her views on mad cow disease.

I also have had a fine half hour this winter afternoon in the hot tub. Later, my cat refrained from clawing me once during our scheduled mandatory male bonding session. Things are improving on that front.

All in all, a superlative day. 🍷

Letters to the Editor *The Simple Life, Dancing Cheek to Cheek with Boris,* by Maxine Rogers

I have very severe asthma. I was one of those little kids that came into the Emergency Ward at 3 A.M., scarcely able to breathe at all. The physician on duty would immediately call the Registrar in so I would die on the Registrar's watch and not mess up the duty physician's reputation. My severe infantile asthma did not go away. I still have very severe asthma.

All of my life, I have battled with colds that turned into bronchitis and flu's that turned into pneumonia. I never once noticed any sort of public-health campaign asking healthy people to stay away from work and school and indeed, to stay indoors to guard my delicate lungs. I was the one called on to protect myself and improve my own health.

Then, Covid 19 came along and, suddenly, I was special. The heads of states fell over themselves to protect my delicate health from a virus that shows signs of being tampered with by humans, scientists I believe they are called, who made the virus more lethal to the lungs of humans. The stench of bullshit wafted off this story from the beginning.

Let us back up to the beginning of World War One. The allied powers had to raise money to fight those dreadful Huns who were bayoneting babies in Belgium. Except that the atrocities never actually happened. That was all just a little poetic exaggeration to justify a war being fought between royal cousins over precedence.

The authorities needed money to facilitate their stupid war so they came up with a one-time-only emergency tax that would be repealed right after the war was won. The tax is called Income Tax. I feel sure you have encountered it as more than an historical oddity.

My point is that once any government has a power, they grow addicted to it. Usually, nothing will persuade them to give it up barring a civilizational collapse. The power to boss people around, to issue internal passports, to deny basic civil rights by arbitrary means is to a government what crack cocaine is to a junkie.

Like junkies, governments will, usually, go too far and blow their own fool heads off. This can take some time. The old Soviet Union was much into tactics like this and still, it took them 70 years to collapse.

Last year, in 2020, Prime Minister Boris Johnson called for a severe lockdown in Britain before Christmas. People were not allowed to visit dying relatives. There were to be no parties. Families were not allowed to visit. Neighbours were asked to spy on and report their neighbours. Christmas was cancelled.

One of my friends right here in Canada was forbidden to see her beloved husband of many years who was dying in hospital from the complications of surgery. He suffered much pain for many days and she was not able to be there to comfort him. It was not deemed, "Good for his health to have visitors."

I think you may have heard by now that Boris and his staff and Cabinet members had their own Christmas parties in December 2020 with dozens of people attending and according to his, now disgraced, spokesperson, they had a wine and cheese business meeting and, "no, social distancing was not practised." The stupid bitch didn't realize she was being recorded.

What this tells me is that the whole Corona Virus narrative was cooked up in much the same fashion as the bayoneted Belgian babies of yesteryear. Boris and his staff and cronies had access to the best scientific information about the Corona virus and they were not afraid. Let me say that again. They were not afraid!

The truth is that much of the Western World was shut down for a virus that was not particularly dangerous unless you were much over 60, obese, diabetic or had bad lungs. These are the usual characteristics of a bad flu and no one would have noticed it much except for the constant media attention and daily body-count reports.

People were said to have died of Corona Virus when they had died in a motorcycle accident and were later tested and found to have been exposed to the virus. One young man in the States was shot to death in gang violence only to be pronounced another victim of the dread virus. No, it was really the gunshot to the head that killed him.

Then, all we had to do was to line up and get vaccinated and the whole dreadful problem would go away. Except that it did not. The vaccine does not stop people contracting and spreading the virus. It does seem to reduce the severity of symptoms but people in the high-risk groups can still die even though they are vaccinated.

In Italy, they had to declare people with only two vaccinations to be unvaccinated because their hospitals were filling up with the vaccinated. Now, you need 3 shots to be vaccinated. So, their vaccine doesn't work very well, does it? Canadian hospitals are playing a game of putting only Covid patients in the Intensive Care wards and everyone else goes on the medical wards where a hell of a lot of them seem to be young, previously healthy people with inflammation of the heart after vaccination. I have this from a nurse who works in an ICU in BC.

It is only in the Freedom-loving West that there are vaccine mandates and vaccine passports. Russia, Iran and China seem to be getting on pretty well without them. You may say, "I am alright Jack. I have the vaccine and the passport!" but your passport can be taken away from you whenever you do not do exactly as the government says.

An old friend in Vancouver got her shots and her Vax passport but was disgusted when she had to produce her papers to go into a restaurant. She said it felt as if she was living in Soviet Russia. She talked to some friends who escaped Soviet Russia to live in freedom in Canada and they said, "Yes, this is just what it was like in the Soviet Union. We hate the way this country is going." I guess they can return to Putin's Russia where, to the best of my knowledge, they do not have a vaccine mandate and vaccine passports. 🍷

T*he following statement was delivered at a December 12 livestream event hosted by Unity Project and Global Covid Summit. Dr. Robert Malone and other leading physicians discussed their recent Physicians' Declaration update, why healthy children should not be vaccinated and the associated risks.*

My name is Robert Malone, and I am speaking to you as a parent, grandparent, physician and scientist. I stand by this statement with a career dedicated to vaccine research and development. I'm vaccinated for Covid and I'm generally pro-vaccination. I have devoted my entire career to developing safe and effective ways to prevent and treat infectious diseases.

Before you inject your child - a decision that is irreversible - I want to let you know the scientific facts about this genetic vaccine, which is based on the mRNA vaccine technology I created:

There are three issues parents need to understand:

The first is that a viral gene will be injected into your children's cells. This gene forces your child's body to make toxic spike proteins. These proteins often cause permanent damage in children's critical organs, including

- Their brain and nervous system*
- Their heart and blood vessels, including blood clots*
- Their reproductive system, and*
- This vaccine can trigger fundamental changes to their immune system*

The most alarming point about this is that once these damages have occurred, they are irreparable.

continued on P.10...

- ...continued from P.9*
- You can't fix the lesions within their brain
 - You can't repair heart tissue scarring
 - You can't repair a genetically reset immune system, and
 - This vaccine can cause reproductive damage that could affect future generations of your family

The second thing you need to know is that this novel technology has not been adequately tested.

- We need at least 5 years of testing/research before we can really understand the risks
- Harms and risks from new medicines are often revealed many years later

Ask yourself if you want your own child to be part of the most radical medical experiment in human history.

One final point: the reason they're giving you to vaccinate your child is a lie.

- Your children represent no danger to their parents or grandparents
- It's actually the opposite. Their immunity, after getting Covid, is critical to save your family if not the world from this disease

In summary: there is no benefit for your children or your family to be vaccinating your children against the small risks of the virus, given the known health risks of the vaccine that as a parent, you and your children may have to live with for the rest of their lives.

The risk/benefit analysis isn't even close.

As a parent and grandparent, my recommendation to you is to resist, and fight to protect your children.

Submitted by Amanda Hale, December 26, 2021 🍷

Letter to the Editor

Recent correspondents have stated that vaccinated persons can harbour and spread the Covid virus. This is not wrong, but knowledge of the entire process is necessary to reveal the complex meaning of the statement.

The Covid virus, like most viruses, is sterile on its own. Just as the malarial parasite needs the mosquito to complete its life cycle and would be extinguished without this helpful little insect, a virus needs an organic host to reproduce. The only 'purpose' of a virus is to reproduce, which it does by using the generative machinery of the host's cells to replicate itself, killing the host's cells in the process. The host population should be as large and social as possible to make sure the virus population thrives. Any sickness brought about by viral infection is collateral damage. This viral play book is true whether for polio, measles, mumps or Covid. Very crudely the number of your cells destroyed by the virus determines whether you suffer a lot or a little and whether you live or die.

However vaccines differ in their ability to reduce viral load. Some, such as the smallpox and measles vaccines, give sterilizing immunity which means they both prevent the disease breaking out in the individual and kill the virus entirely—no transmission possible. Others such as the Hepatitis B and the rotavirus vaccines protect the individual from the disease but retain the infective virus in the individual's body. The rotavirus vaccine is an interesting case because it still allows infection by the vaccinated but reduces significantly the viral load and thus the level of transmission. A 10 year (2006-2016) study indicated that positive tests for the rotavirus dropped anywhere from 74% to 90% after the vaccine was introduced in the U.S. As it takes a long time to measure AND interpret transmission rates and vaccine lifetimes the jury is still out on the Covid vaccines. But it does appear they do not have sterilising immunity, they do reduce the viral load in vaccinated people, and they do offer good protection against effects of the disease. The vast majority of vaccinated persons, if not already in compromised health, usually suffer no ill effects or, at most, a much milder version of the sickness associated with the virus. And vaccination ensures that any virus spread by a vaccinated person will be significantly less potent.

'Natural' immunity creates the same defence antibodies a vaccine does. But the virus has much more time to get to work replicating and destroying cells while the immune system takes time to recognize the virus' protein, notify the immune cells to create antibodies, and finally gets busy doing so. In that extended time the virus is busy reproducing by killing the host's cells. If you survive an infection without vaccination, you have now become vaccinated. The Black Death is seen as an historical artefact, however an outbreak in Madagascar in 2017 left thousands infected and 170 deaths. With a minimum death rate of 30% I leave it to your imagination as to what reliance on 'natural' immunity to the Black Death would produce if public health providers were not allowed to ameliorate its effects by placing antibiotics in the body's 'sacred' temple and instituting widespread sanitation procedures.

Simply stating that vaccinated persons can spread the virus is meaningless without the full viral story and doing so bolsters an unstated belief by assuming that the reader will see it as a reason for believing vaccines are harmful. The out-of-context bias

is very common deflective trope. It is an example of what Freud called externalisation. Perhaps the most egregious trope of this type is the projection of your own faults onto others—Rush Limbaugh was an expert practitioner of externalisation when he endlessly spoke of femi-nazis and the drive-by-media as being guilty of name calling. Conspiracy theorists do the same in accusing their opponents of lacking ‘critical reasoning’ while they build their fantasies with illogical reasoning. Mr. Rennpfred’s letter in the Grapevine of Dec. 16th maligning his opponents by quoting Dietrich Bonhoeffer is a classic example of this form of externalisation. The Nazis made widespread use of denial of reason and falsification of facts as first conceived by Hitler as “the big lie” in Mein Kampf. Bonhoeffer, a pastor whose short life was dedicated to resisting Nazis would be horrified to find his words being used to attack the very people he would consider as allies.

Lee McIntyre in his book “How to Talk to a Science Denier” lists five tropes commonly used by conspiracy theorists. The most interesting one is “a belief that if science isn’t perfect, then it is wrong.” Science has never claimed perfection; indeed its exponents have endlessly upheld its existence as an ongoing process subject to change. But it appears to be this particular belief in perfection that lets our anti-vaccine correspondents dismiss entirely all real vaccine evidence. The viral cycle is so well known that it should be accepted by both sides in this controversy before they even begin to put forward their arguments for and against vaccination. It is the result of the ‘critical thinking’ we are endlessly encouraged to use and therefore one of the known facts on which we could begin to come together, as some of your heartfelt correspondents have so earnestly requested us to do.

Oakley Rankin 

I feel I should correct an inaccurate interpretation by Doug Rennpfred of my comments about COVID-19 vaccines. He stated I said two doses of mRNA [COVID vaccines] “are enough.” In fact I said two doses are the initial vaccination treatment and that we will have to have booster shots (as are now being offered).

It’s also not correct that protection drops off “after roughly two months” as DR says. They provide strong protection for at least four months after the second dose – maybe more but it will depend on variants.

It’s absolutely wrong that vaccinated people “are transmitting the virus far more due to their unimpeded travel and gathering.” Firstly, fully vaccinated people do not enjoy unimpeded travel and gathering. More importantly, they are far less likely to contract COVID-19 than unvaccinated people. If they don’t contract an infection, they can’t transmit it to others.

I said in my letter that unvaccinated people are at greatest risk to themselves, and some of the restrictions help protect them. They are still a risk to others, however, as they are far more likely to contract COVID.

The best explanation I’ve heard of how the COVID-19 vaccines work is that they erect the equivalent of two walls: the outer wall prevents infection; the inner wall greatly reduces the likelihood of hospitalization and death. Unfortunately, the Omicron variant is proving effective in breaching that outer wall. That’s all the more reason to become fully vaccinated and get a booster dose as soon as we’re eligible. That’s also why we all need to follow the other pandemic protocols as well.

I make my comments as a communications manager with a provincial health authority (the First Nations Health Authority). I’ve been working with colleagues for a year now to provide accurate information about COVID-19 vaccines. I’ve heard clinical colleagues, including Dr. Bonnie Henry, refer to the vaccines as miracles due to their effectiveness and the speed with which they were developed (due to unprecedented global cooperation that built on many years of mRNA research). This isn’t language scientific folks use often!

It’s frustrating to hear people dismiss vaccines in favour of wildly inaccurate claims. I urge people to get information from credible sources, such as the BC Centre for Disease Control.

I am not a Nazi, a fool, a scoundrel, or a mindless tool (tool being used to what end I wonder what folks like DR think?) I am simply someone near broken from working to promote safety and wellness - for us all.

In peace and goodwill,

Stephanie Slater 

Unicorns Unite

OP/ED

By Eartha Muirhead

AS in the cartoon, most of us really want to have a Unicorn to look after and to emulate. After all, Unicorns have always escaped captivity, choosing to fling themselves off of tall mountains to avoid domestication. The only time a Unicorn was seen getting close to a human was, according to Judeo-Christian mythology, when the young Virgin Mary quietly sat under a tree, praying. The Unicorn sniffed her reverence for life and slowly came to lie down with her and rested its head on her lap. From the magnetic presence of the Unicorn, she conceived a child we call Jesus, or Yeshua, from the soul of Yahweh. So this proves that when humans realize their oneness with nature, miracles happen!!!

...continued from P.12

...continued from P.11 How can we expect cold-hearted, greedy, mega-billionaires to want to lie down on the earth and stop their addiction to playing Monopoly with this depleted, desperate planet? We cannot. But we can remember that the Trudeau and Horgan's governments have given us another year of flake news, full of green-washed commitments to UNDRIP, climate change and environmental conservation. Yes, some social policies have been improved. However, long-term human health and happiness depend on The Unicorns of healthy oceans, clean water, clean air, local food security systems, intact multi-generational communities, ancient forests to store carbon and most of all, the shut-down of industrial capitalism. I realize that political puppets of profit are easy targets for our disdain and merely reflect the false promises and lies fed to us by the faceless kings of multinational corporations. The bedrock of this global systemic delusion is hard to dismantle. The pick-axes of Indigenous allyship actions, forest blockades, pipeline protests, bank occupations and flooding politicians' phone lines with angry agitations seem to barely remove the smallest of stones from it's walls. The endless wealth paradigm pretends to exist in a vacuum but most of us know otherwise. Endless consumption depends on endless resource extraction; all taking place on stolen Indigenous lands. The Unicorns of traditional ways of living on the land, lush ecosystems and the last fragments of biodiversity need our help.



Human arrogance ignores our ultimate interdependency with the natural world. Humans who busily run around telling lies, try to capture innocent Unicorns, to avoid feeling vulnerable. Limitless plunder of the natural world capitalizes on the human tendency for laziness, addiction, fear of sacrifice and fear of intimacy with the unknown. Unicorns live in the wide open spaces of courage, wisdom, compassion, joy and skillful action. I think Desmond Tutu, who died on December 26, this year, was a Unicorn. He once said: "It is through vulnerability that most of us learn empathy and compassion and discover our souls." He also said: "True reconciliation exposes the awfulness, the abuse, the truth.... only an honest confrontation with REALITY can bring real healing." What can each of us do this new year to bring back the Age of Unicorns? 🍷

‘Nuclear Twilight’: Something Else to Worry About

By Gwynne Dyer

OPIED • Originally published Dec 27, 2021

AS a dreadful year draws to an end and the Omicron variant turns out to be less lethal than its predecessors, premature outbreaks of cheerfulness have been spotted in many quarters. As I am under a contractual obligation to keep the readers worried, I was at my wit's end

– but then I interviewed Professor Alan Robock of Rutgers University.

He's a renowned climate scientist, but recently he led a team of researchers who re-examined the phenomenon of 'nuclear winter'. That's not really a climate phenomenon. It would be the by-product of a superpower nuclear war, in which the smoke from a thousand burning cities blocks out the sun and leaves the world freezing in the dark for years.

A different team of researchers discovered nuclear winter almost forty years ago, and it helped to convince the great powers that they must never fight a nuclear war. The reason we don't worry much about nuclear winter now is that we think they have finally learned that lesson.

True, there are now other countries with nuclear weapons that don't seem immune to outbreaks of major war, like India and Pakistan. However, everybody assumed that the damage would be confined to their own region. If we don't let it escalate into a superpower clash, the rest of the world should be all right.

Wrong.

The Indian and Pakistani nuclear arsenals each amount to about 150 warheads now.

That's a modest number compared to the thousands held by the superpowers, but it turns out to be quite enough to cause...let's call it a nuclear twilight.

What makes this so worrisome is that India and Pakistan have already fought three full-scale wars and half a dozen major skirmishes since they got their independence. Another is entirely possible, and the risk of escalation to nuclear weapons would be very high, for two reasons.

First, most of their nuclear-capable aircraft and missiles are still vulnerable to being destroyed on the ground in a surprise attack. Secondly, the two countries are so close together that only a very brief warning time is available. In these circumstances, a policy of 'launch on warning', with all the risk of mistakes that entails, is the only rational option for both sides.

The first victims of such a war would be Pakistani and Indian civilians, because cities will be on the target lists: that's

where the major ports, airfields and critical infrastructure are. Robock's team calculated that those burning cities would loft enough 'black carbon' into the stratosphere to create a shroud of soot over the whole world within a few weeks.

It wouldn't be the full-dress nuclear winter of superpower war, with 'darkness at noon'. However, 300 nuclear explosions in the Indian subcontinent, most of them airbursts over cities, would dim the sun enough to drop temperatures and severely damage crop yields in the main food-producing regions of the planet.

The main effects would be a severe drop in the average global temperature and a comparable decline in global food production – with the worst-hit areas being in the northern hemisphere north of latitude 30°N. (Almost all of India and Pakistan are south of that.) It's counter-intuitive, but that's the way the climate system works.

The most important 'breadbaskets' of the planet – grain-growing areas that produce a big crop surplus for export – are the United States, Canada, and Europe (including European Russia) – and they are all just north of 30.

The dimming effects of an Indo-Pak nuclear war in 2025, say, would drop the average global temperature by 5°C over all the continents, but in the key regions of North America and Europe it could reach 10°C colder. That maximum cooling would be reached in the fourth year after the war, and would gradually return to 'normal' by around year fifteen.



Agni-V during its first test flight on 19 April 2012
 Photo by DRDO / Ministry of Defence, Government of India - https://www.drdo.gov.in/drdo/English/index.jsp?pg=agni_5.jsp, GODL-India, <https://commons.wikimedia.org/w/index.php?curid=71595347>

Understory

by Thomas Provençal

*Eagles nest around me
 in a canopy of dreams.
 Deer amble through the forest
 but life ain't what it seems.
 Mycilea communicate
 the messages of plants.
 The understory is alive
 with grubs and worms and ants.
 Microscopic harmony
 rejuvenates the soil.
 Every being plays a part
 of mother nature's toil.
 If we could leave the miracle
 alone, just let it be,
 existence could incorporate
 into our family tree.*

Australia, Brazil and Argentina, the southern hemisphere's bread-baskets, might still be able to export some grain, but they would not be remotely capable of compensating for the huge shortfalls of food in the northern hemisphere.

Tens, maybe hundreds of millions would starve in the poorer parts of the North, and scabbling for food in the cold and the dark would certainly take our minds off our longer-term problem: global heating. But when the effects of the local nuclear war in the Indian subcontinent finally faded, it would be right back to that bigger climate crisis.

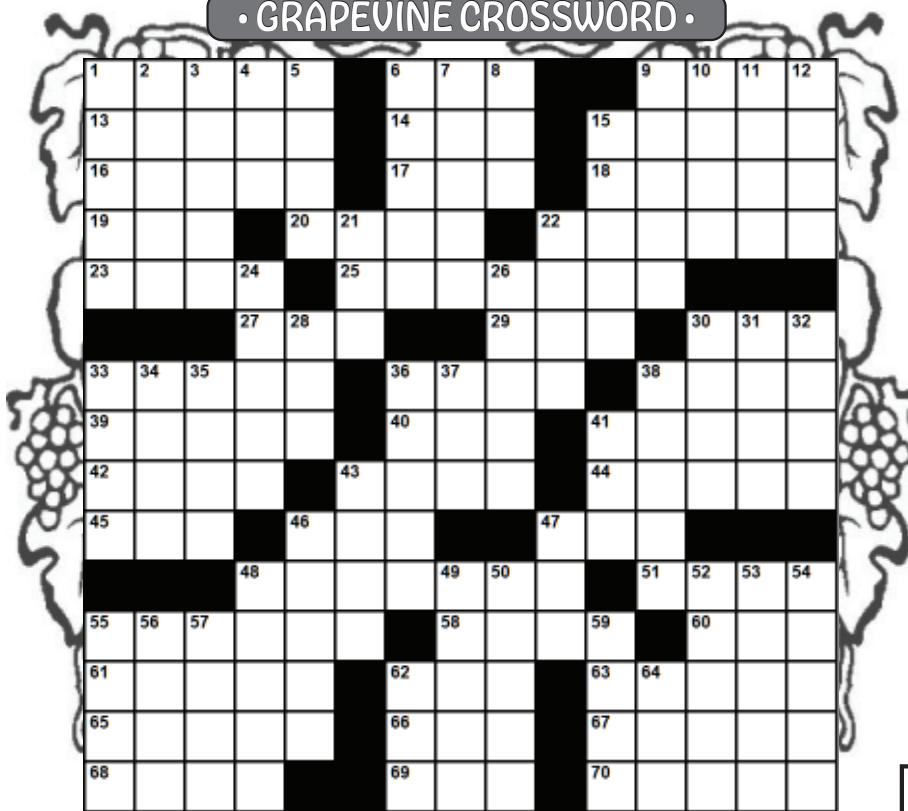
And it would be bigger, for carbon dioxide would not have stopped accumulating during the hungry years. Indeed, the world might find that it was returning not to the average global temperature of +1.3°C that prevailed when the Indo-Pak war started, but to a climate that is now hovering on the brink of +2.0°C.

Just thought you'd like to know. Happy New Year. 🍷

THE ISLANDS
 Grapevine

WISHES YOU
 AND YOURS A
 HAPPY NEW
 YEAR . . .

• GRAPEVINE CROSSWORD •



• ACROSS •

1. Light pancakes
6. Former French coin
9. Cast ballot
13. Filled to capacity
14. Bygone Egypt king
15. Fast food drinks
16. Labor organization
17. Did lunch
18. Formicary structures
19. Big head
20. Chimed in
22. Consolation
23. Bristlelike organ
25. Limonite, e.g.
27. Cochlea site
29. Be unoriginal
30. Bath, for one
33. Womb
36. Fancy schmancy
38. Bridge prop
39. Feeble
40. Historic time
41. Private lingo
42. River of England
43. Get a sense of
44. Rollins of jazz
45. Arrange type
46. Virus that causes AIDS

47. A little resistance
48. Nod
51. Capital on the Aker river
55. Bad imitation
58. Mechanical repetition
60. Cat's cry
61. Nothing, to Caesar
62. --- chi
63. Correct the camber
65. Elephant tusk
66. Possessive pronoun
67. Stiff bristles
68. Moist, at sunup
69. After deductions
70. Bond statistic

• DOWN •

1. Azure and ultramarine
2. Jessica of Tootsie
3. Lunkhead
4. Art movement prefix
5. Guest houses
6. Flight part
7. Beat
8. Comanche kin
9. Thin material
10. Podrida pot
11. Agalite
12. Being, in philosophy
15. Assignment
21. Affected manner
22. Frosh teaser
24. Cliff hanger
26. Like a twangy voice
28. Afflict
30. Affix an X
31. Farm laborer
32. Culturally showy
33. Alien craft
34. Exam answer
35. 90-degree heading
36. Miff
37. Bauxite bonanza
38. Coming up next ad
41. Blond shade
43. Bubble
46. With fervor
47. Frequently in a poem
48. Grocery section
49. Deliver a speech
50. Palm off
52. Hit hard
53. By the book
54. Held title to
55. Camelot lady
56. Split
57. Display
59. Hassle free gift
64. Luau wear



He thought about it

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Grumpism



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PART-TIME ADMINISTRATIVE ASSISTANT. Knowledge of Microsoft office suite required. Flexibility in work schedule, avg. 8-10 hours/week. Starting wage \$22./hr. To apply: Please send a cover letter & resumé to karen@hiceec.org



• LOST&FOUND •

FOUND A MEN'S WATCH on the trails off Northwest Road. The watch had been on the trail since before the snow last week as there were not any footprints around the watch. Please call 250.335.0926 if this is your watch.

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- DB clearing & excavations • call or text 250-465-1889 (D)
- 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)
- Scott Knight • Licensed Home Inspection 604-779-9335 (D/H)

• SERVICES •

- Denman Works! • Tony Gregson 250-335-0287 denmanresource@gmail.com (D)
- Pefer T. Mason • Land Surveying 757-8788 (All)
- Tree Service • Darian Chase • Arborist 218-0404 (All)
- 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)

• HEALTH & WELLNESS •

- Acupuncture • Margot Davey, R.Ac • 778-992-0165 (D/H)
- Acupuncturist, Herbalist, Physiotherapist • Carmen B-G, RPT, RTCMP
335-2260 (D/H)
- Chiropractic Care on Fridays • Dr. Dawn Armstrong, DC 465-8482 (D)
- Massage Clinic • 2796 Northwest Rd. • Leah Kelly 335-2584 (D)
- Denman Village Vet Clinic • 3646 Denman Road • 339-2511 (D/H)
- Inner Island Somafics.ca • Mette SEP, MQP • 650-3172 (D/H)

My New Year's resolution is to help all my friends..

..gain 10 pounds so I look skinnier!! GAIR 21.

FORTNIGHT EVENTS

THURSDAY 30

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE CLOSED UNTIL JAN 12
- FOOD BANK 4-7pm
- FREE STORE 5-7pm

FRIDAY 31

- AA Meeting DI United Church 7pm

SATURDAY 1

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

SUNDAY 2

MONDAY 3

TUESDAY 4

WEDNESDAY 5

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE CLOSED UNTIL JAN 12

THURSDAY 6

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE CLOSED UNTIL JAN 12
- FOOD BANK 4-7pm
- FREE STORE 5-7pm



FRIDAY 7

- AA Meeting DI United Church 7pm

SATURDAY 8

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- FARMERS MARKET Old School 9:30am
- FREE STORE 5-7pm

SUNDAY 9

MONDAY 10

TUESDAY 11

WEDNESDAY 12

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE CLOSED UNTIL JAN 12

THURSDAY 13

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm
- FOOD BANK 4-7pm
- FREE STORE 5pm-7pm

D.I. General Store

Happy New Year!

Store: Friday 31st 8-4

Saturday 1st: CLOSED

Sunday 2nd: 10-4

Post Office: Friday 31st 9-4

Saturday 1st: CLOSED

Sunday 2nd: CLOSED

Monday 3rd: CLOSED