



"Harvests are a time to remember your sacrifice." • William Kamkwamba



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Ayurvedic Tips for Autumn

SPECIAL INTEREST

By Angelika Capaldo

AS the night becomes cooler, the mornings more crisp and the leaves turn from green to warm hues, we know autumn is approaching. Intuitively, connected to our body's intelligence we dress warmer, begin to eat soups and stews and mentally prepare to go inward.

Autumn is the season of Vata, the elements of air and ether. The qualities of this element presents itself in our environment and our bodies as dryness, lightness, roughness, coldness and mobility. If imbalanced we may be prone to more anxiety, fear, constipation, dry skin, restlessness, feeling scattered and ungrounded, joint issues etc. However, Vata has many beautiful qualities as well and we may feel more creative, interested in meditation or connecting with the spiritual world. Vata also helps with letting go. Fall is a great time to shed the outdated versions of ourselves and refine our life and activities to one that is more in alignment with who we are in the present.

To remain in balance during the fall season here are some Ayurvedic recommendations.

Ideally, during fall the foods to prefer are warm, moist and heavy to counteract the effects of Vata. Warm stews, soups, gravies, soaked nuts, root vegetables, cheeses and butter or ghee are excellent. Think Julia Childs cooking, this is a great time to enjoy rich foods. Yum. Also, enjoy spices as they help to warm you up during the chilly days.

It is best to avoid raw foods as they are cold in nature and hard to digest. Cold, light foods like salads and raw veggies increase Vata. Avoid cold, iced drinks. Instead, enjoy warm teas like ginger tea or cumin and fennel tea. Favour foods that are sweet, salty and sour.

A lovely morning routine during fall is to massage the body with warm raw sesame oil for 10-15 minutes and then have a warm shower or bath after. If sleep is disturbed, you can massage the feet with warm raw sesame oil before bed, also place a few drops on the top of the head. Having a warm (very important it is warmed up) cup of milk with some nutmeg or ashwagandha before bed can be helpful to aid with sleep.

Dress in warm clothing, preferably orange, yellows and reds. Avoid loud music, loud noises, speeding while driving and spending too much time on social media or TV. Reduce multitasking and focus on doing one thing at a time.

If you do not have a meditation practice, fall season is a great time to start. It can help to relax the restless mind and bring more calm and clarity into your life. For exercise, yin yoga and walking are excellent as they are slow and soothing.

Go slow and listen to your body's intelligence. Enjoy the beauty of fall.

Many blessings to you. 🍷

Food. Community. Resilience.

SPECIAL INTEREST

By Teresa Beers

I have been searching for information on the First Nations that stewarded this place that we now call Denman Island as I have wanted to end my articles with a land acknowledgment. It has not been straightforward. There are different opinions and little consistency. My attempts this week resulted in a realization. While the stories of the people growing and sharing food today are very important, so are the

stories of the people that were here before colonization and called this place Sla-dal-ach. I have not yet had the good fortune to have conversations with Indigenous Peoples about their ancestors' food resiliency. I hope to one day.

I realize we live in a different time, a different culture, a different world. But I believe the principles that I think First Nations lived by for food sovereignty can be applied today and are worth working towards. Practices such as only taking as much as one needs at any given time; putting everything to good use; stewardship rather than ownership; teaching and learning sustainable and practical skills; using and protecting medicinal plants; practicing traditional methods of growing, harvesting, preparing and preserving food; saving and trading seeds for diversity and food security.



So, while I regret that I didn't write about this earlier, and currently I know very little about food sovereignty pre-colonization, I look forward to learning more and sharing that information in the future. What I do know is that for thousands of years, human beings here had a sustainable, nature based culture and stewarded the lands and waters for all beings on the Earth and for future generations. We'd be wise to learn from that.

I humbly and grateful acknowledge that we live in the traditional territory of peoples of Pentlatch ancestry who lived, died, loved, mourned, worked and played here long before we did. 🍷

Green Wizardries, Food Waste: Zucchini

SPECIAL INTEREST

By Maxine Rogers

THERE is something hubristic about deliberately wasting food. Hubris is the sin of overweening pride and is punished by the Friendly Ones, servants of the Lady Hecate. Believe me, you don't want to come to their notice.

Some people seem to think it is funny to leave a large zucchini on the doorstep of a friend or neighbour as if food was some kind of joke. May they be forgiven.

We, even in the wealthy West, are entering a new world of scarcity and confusion. Trust me, it is not just because of the war in Ukraine and will not get better even when that war stops. You may one day be so hungry that the gift of a zucchini will be very welcome.

Canada didn't used to have homeless encampments dotted here and there in every city and large town. People are falling off the last rung of the social ladder in ever greater numbers. Let's try to keep it together and not be the next ones to fall off that rung. One of the ways we can keep it together is to utilize all our resources sensibly.

Zucchini are a very grateful vegetable, being really easy to grow even for a novice gardener. They deserve more respect than they get. Sure, little tiny zucchinis are considered a delicacy but once past the tiny vegetable stage, people who don't know any better just throw them away.

Larger zucchinis can be used to make a bewilderingly large variety of foods from pickles to desserts by way of main courses. I doubt many people use dangerous pesticides and other such chemicals in their home vegetable gardens so a large zucchini represents a great deal of high-quality, organically- produced vegetable food.

I had some guests over to supper and we were eating dill-pickle spears. My guests thought they were very fine pickles and enjoyed them hugely. The spears were cut from the flesh of a large zucchini and I was able to fill up the quart jar very neatly with the zucchini spears. They taste just like pickled cucumbers.

Of course, you can use grated zucchinis to make an excellent pickled relish. I just took a first prize *continued on P.4...*

TIDE TABLE

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

2022-09-08 (Thu)		
Time PDT (m)	(m)	(ft)
03:30	4.3	14.1
10:43	0.7	2.3
17:57	4.7	15.4
23:34	3	9.8
2022-09-09 (Fri)		
Time PDT (m)	(m)	(ft)
04:35	4.3	14.1
11:33	0.7	2.3
18:30	4.8	15.7
2022-09-10 (Sat)		
Time PDT (m)	(m)	(ft)
00:19	2.6	8.5
05:35	4.4	14.4
12:18	0.9	3
19:01	4.8	15.7
2022-09-11 (Sun)		
Time PDT (m)	(m)	(ft)
01:03	2.3	7.5
06:33	4.4	14.4
13:01	1.2	3.9
19:30	4.8	15.7
2022-09-12 (Mon)		
Time PDT (m)	(m)	(ft)
01:46	1.9	6.2
07:31	4.4	14.4
13:41	1.7	5.6
19:57	4.8	15.7
2022-09-13 (Tue)		
Time PDT (m)	(m)	(ft)
02:27	1.6	5.2
08:29	4.3	14.1
14:21	2.1	6.9
20:24	4.7	15.4
2022-09-14 (Wed)		
Time PDT (m)	(m)	(ft)
03:08	1.4	4.6
09:29	4.3	14.1
15:02	2.6	8.5
20:49	4.6	15.1
2022-09-15 (Thu)		
Time PDT (m)	(m)	(ft)
03:49	1.3	4.3
10:34	4.2	13.8
15:45	3.1	10.2
21:13	4.4	14.4



...continued from P.3 at the Blackberry Fair for my zucchini relish. I bet you could use slices of zucchini to make bread and butter pickles too. I also won a blue ribbon for my Taxi yellow zucchinis but that is neither here nor there.

It is as pastry that the zucchini really shines. I have been grating and freezing bags of zucchini so I can make fritters during the winter months. Freezer space is at a premium in my household so I do not add anything to the freezers unless it is really important.

I mix the shredded zucchini with eggs, salt, pepper, chili flakes, basil and chickpea flour. (Chickpea flour is also sold as chana flour and makes excellent crispy fritters.) The little fritters are delicate, crisp, tasty, high in protein and make a lovely main course served with salsa, ricotta cheese or ketchup. All those condiments are much better if homemade than store bought.

Leftover cold fritters can be spread with tomato paste, topped with cheese and bacon and olives and baked as individual little pizzas. They are nourishing and lower in carbohydrates than a pizza made of bread dough. Also, if the dough is not made with organically-produced flour, it will contain traces of glyphosate, (the weedkiller Roundup), which industrial farmers use to ripen all their wheat at once.

Zucchini bread is inexpensive for those of us who need gluten-free products. It is high in fibre and low in calories. It is tasty and quick to make. There are heaps of recipes for zucchini bread that are vegan, Paleo and other specialty diets. The breads can be baked plain, sweet with raisins and cinnamon or savoury with cheese and rosemary.

There are lots of recipes for chocolate cake using zucchini which makes the cake more healthful and less of an indulgence but you would never guess that by the flavour and texture. Just don't load on too much frosting. Some of the best chocolate cake I have ever experienced was zucchini cake.

Zucchini can also be sliced thin and used as noodles in lasagne. The noodles can be boiled and served with homemade pesto or another sauce. Again, these vegetable noodles are superior to what you can buy in the store because they are organically produced and do not contain the dangerous chemical glyphosate.

A large zucchini, sliced thinly length ways, makes a great pizza base. Just oil a baking sheet. Put the slices of zucchini, or eggplant also works well as a pizza base, on the baking sheet and dress it with tomato paste or pesto and cheese, basil leaves, tomatoes, onion slices and a grind of black pepper and you are well on your

way to a quick and filling supper. You may not think this will make a filling pizza but I promise you it will.

I recently dehydrated bags of cubed zucchini for adding to stews, soups and casseroles in the winter. A friend was helping me put the dehydrated zucchini in bags to put in the freezer for 30 hours to ensure no insect egg is left alive in the dried food. She tasted a cube and said it was very tasty. She was surprised but dehydration concentrates the flavour a great deal. Which brings me to the subject of wholesome-snack food.

A lot of people like to make zucchini chips which they salt and spice or even marinade in soy sauce and chili and other flavourings for a few hours before dehydrating the chips. They come out very crisp and flavoursome and are almost calorie free, good for your gut flora and vastly cheaper than the horrible, chemical-laden chips you can buy at the grocers. Even a large number of zucchinis can be made into a few bags of chips.

A really huge zucchini, such as a kind neighbour gave me, has too tough a skin to consider eating but sliced in half length ways, it can be given to the hens who think it a great delicacy. The huge zucchinis were so tough I had trouble getting a knife in them to slice them up but the sheep also accepted them as a great treat and I bet cows and pigs would be able to deal with the largest zucchinis too.

So, even if you race zucchinis, which is a great sport, please consider honouring these lovely vegetables as an important source of clean, wholesome food. 🍷



Hello Hello! Topic: January 28th, 2007

ARTS&LIT

By CS#05943451

Hello Hello!

LAYING in bed last night and out of the blue my thoughts turned to Dad. Given I reside in a prison dormitory my despair I contained to tears though I was perilously close to sobbing. Has it

been three weeks since his passing? So much change has occurred in my life of late that it's sad recognizing his death hasn't registered more in my thoughts. It isn't guilt that I feel. Just an emptiness. Like the significance of his demise hasn't gotten its due. I run the whole six weeks leading up to his passing through my mind. From being told he was terminal, to his fall, to a rushed family Christmas, his time in the hospitals and ultimately to his sad final days at home and I weep. Juxtaposing his failing health to happier, healthier times and I cry all the more. It becomes almost harder to grasp after the fact. I certainly was present throughout it all but it was happening so fast I mustn't look past the possibility that maybe part of me was absent. There wasn't any place else to be and nothing much else to distract me, but the gravity of it all was smothering. Was I coping or merely functioning? To have had so little time to reconcile those heaviest of days before being whisked away to my fate, I can't say with certainty. To lay in prison with a sad heart and sopping eyes only leaves me questioning this all the more.



Remembering how every morning, without fail, Dad would emerge from his slumber ever chipper with his trademark drawn out "Good Mornning!" How I never heard him answer the phone without saying 'hello' twice. "Hello Hello!" How, almost embarrassed, I'd have to listen to him go on about me to all who had ears. Be it at his favourite restaurant, the soccer pitch or any place else for that matter. To get gussied up together and make the rounds at Christmas and Thanksgiving, always to such acclaim. To simply having him around to bounce my crazed ideas off of... realizing these are now just memories never to be experienced again beyond their recollection rejigs my understanding of disheartening. I lay in an unfamiliar bed, in an unfamiliar setting dealing with this loss of familiarity and no matter how much I may wish to alter this perspective, I can't. It floods my heart with frustration and confusion. Is it possible, or even fair, to be mourning Dad while serving my

sentence? Honouring his memory is surely more deserving than the sentiments of a lowly convict, no? Is it more likely, more appropriate, to deal with my time and his death consecutively. Seeing how my mind is rather preoccupied with the immediate, I wonder if coming to terms with his death won't await me upon emerging from jail.

Replaying Dad's final weeks in my mind, I try to think of the exact moment at which he was gone, before actually going. Because he wasn't present the morning I fetched him from his bedroom to get him to the hospital. We never conversed again beyond the night previous. The brain bleed had progressed to a point where he was near catatonic as I entered his room to find him seated bedside. Three days after getting him to the hospital I was bringing him home to die. All throughout our family Christmas, the push was so hectic it was hard to properly gauge. Dad seemed so bewildered by all the commotion when conscious, which was becoming increasingly seldom, that determining the exact moment he slipped away was a difficult read. I suppose it doesn't really matter because slip away is what he did in the end. I just wanted to be there for him at that exact moment. And now, having just written that, I see how my motivation could be construed in some manner as self serving given I'd be the one living beyond it. Is that selfish, or what? I miss you so much Dad. Can you possibly know?

And so here I now sit writing of Dad's passing which played out so fast, confined to prison where the days traipse by so slow. Though time is a constant, I'm humbled by how disparate these perspectives of it present. Akin to hitting a brick wall at 100 mph. The resultant wreckage will take some time to put into order. Oh! Looky here. What do you know? Time seems to be all that I have for the now. Convenient, that. 🍷

Phoenix Riting!

SPECIAL INTEREST

By Phoenix Bee

WE had some startling news recently regarding changes coming to ferry service on our islands. The old (fired!) CEO, Mark Collins, was a brick wall of 'no'. He sneered at the recent petition, suggesting we sillies should stop complaining and asking for impossible things. Thankfully he's gone now, and thanks to the hard work of the FAC and the success of the ferry petition, BC Ferries has agreed to the following changes, reported on Facebook by Frank Frketich, Chair of the Hornby-Denman FAC:

1. The Quinitsa will be operational on R. 22 (Hornby-Denman) the summer of 2023.
2. The Kahloke will move across to R. 21 (Denman-Buckley Bay) to assist the BSC through the peak season.
3. The BSC will be expanded to carry at least 70 cars either in fiscal year 2024 or 2025.

4. Part of the expansion will include a changeover to electric power on the BSC.
5. A new Island Class ferry will be placed on R. 22 in 2026.

Most people find this excellent news, despite a thread of skepticism running through comment threads about whether BC Ferries will actually follow through with these promises. Not everyone is happy about this, however.

continued on P.6...

...continued from P.5 Some point out that demand will inevitably increase to fill the new ferries and we'll end up with more traffic than ever before. Our poor ferry service, they suggest, creates a necessary bottleneck to help throttle back the numbers of visitors. Increased service, according to this point of view, equals increased traffic. Studies have been done in other places showing that when traffic lanes are widened to alleviate congestion, traffic always increases to fill the extra space within a short span of time. The attempted fix creates as much congestion as before, but with more traffic.

My feeling is, our situation is not the same as widening a road. As an island, we have other limiting factors, the main one being available accommodation. Most people make sure to book a place to stay before they travel, and if they can't arrange accommodation, they go someplace else. True, there are always those who take a chance and end up parked on the side of the road, but they, however visible, are the adventurous minority.

The APC recommendations limiting the expansion and operation of STVRs are in my opinion crucial and necessary. We must limit future opportunists who will try to monetize real estate on the island by turning it into more and more short-term accommodation. The recommendations need not impact current rental providers, but they will provide proper and necessary limits to the tourism accommodation industry. Not to stop it; we are a destination and visitors should be accommodated. But we simply must be able to cap the numbers of those who can come and stay here.

There are valid and pressing reasons to do this: the strain on our water table and infrastructure is unsustainable. And we need homes for the humans who live (and want to live) here. The current recommendations came about in part because Hornby is essentially unregulated. We have the most lenient STVR bylaws in the Trust area. That's great for opportunists, but not so great for our island. Please, let's set some limits. Humans need limits.

This issue is on the agenda for the Hornby Island Local Trust Committee meeting on September 9th (Friday). The Town Hall portion of the meeting will be at 11am. It's scheduled for ten minutes only, which doesn't seem like enough. Fortunately, there will be more opportunities to give input in future, including talking to our trustees Grant Scott and Alex Allen. This is not going to be settled without a lot more process. If you want your voice heard, definitely go to the meeting. You can find out more about it, including a copy of the meeting agenda, by following this link: <https://islandstrust.bc.ca/event/hornby-island-local-trust-committee-11/>

That's what I think. What do you think? Email me at phoenixhornby@gmail.com. I love to hear from you! 🍷

ARTS&LIT **The River** *By Tessie Wenner* **A** LONG the wide and sedate lower reaches was an ambitious road crowded by fish camps, cottages, bait stores, bars, restaurants, and RV lots. Spikey with docks and launch ramps for boating enthusiasts. Did i say boating? I meant fishing. A veritable theme park.

A fork in the road climbed the adjacent foothills above the river. Very little sign of human touch on this road. Some logging spoils and the occasional homestead in the sweetspots. A few long steep slopes to climb in our trusty '41 Chevy coupe. What a tractor she was! Her engine was a 216 with babbit bearings requiring many switches to reversing up the slope to keep her temperature copacetic.

The last driveway carved out at the end of this road was our new rental. A box of a house in the middle of 10 cleared acres now populated by scotch broom and blackberries. A bit of hacking produced the perpetual food garden that followed us around. The view was of a twin foothill west across the river. A quick walk to the edge of the scotch broom plantation and you could drop down the slope and goat hop to the river below. (7 minutes down, over 20 minutes back up). A short trip in the other direction was a sweet unspoiled creek I could bounce from pool to pool with minimal gear and much joy, and bring home rainbow trout for the frying pan. We never fished the river itself.

The river here was already in a steep canyon but still a gentle grade so the flow was calm and in no hurry to reach the sea. A giant's playground of rock and shelf with only the river itself traversable. Many hours spent diving from the rocks and

scrabbling back up for more. Swimming as far upstream as we could go and then turning and letting the river embrace us.

One day we popped down the slope to find the river engorged with dead fish. A horrifying sight that had us scrambling up the slope and dashing off to the nearest neighbours to sound the alarm. Fred and Sadie Refka, dear dear seniors who were my best friends. The fish kill had been a planned event as the fishing community was tired of catching the wrong kind of fish and wanted to erase the inhabitants and restock with proper game fish. Eventually this mess was washed out to sea. Not long after, the pristine rock bed of the river began to develop a scum of algae that was no longer being vacuumed up by the undesired species.

The bigger picture of this, the last virgin river of the territory, was a plan for a

dam that would drown this canyon and make our rental into waterfront property. Determined to worship this river, we spent as much time as we could honouring her. There was already a concerted effort down river to scour the doomed slopes of tree cover that would be drowned anyway and the fish camps were looking at 'appropriation' as their time was short.

A hard lesson for 19 year old me and obviously a time of consciousness leap for the human vision. Of course I wrote a song about it.

After the surveyors had their way and before the rape began, a change occurred and dams were beginning to be removed on other rivers and plans to kill this beauty was scrapped. Seems the economizing of natural habitats and watersheds was having a moment of insight and the better angels prevailed. Close call for this beautiful river. 🍷

Letters to the Editor **M**ainstream media's silence about injuries and deaths from Covid vaccines

On Facebook, a group has formed called "Died Suddenly News". In the three weeks since I joined, the membership has grown from 32,000 people to 130,000 people. The experiences of the members are very hard to read, but, as members, we are able to provide emotional support to each other.

Partly in response to the members' accounts of what has happened to them and/or their friends and family members after they have been vaccinated for Covid, I have approached the CBC, Global TV, CTV, The Globe and Mail and every other mainstream media outlet in Canada and asked them to look into what has been happening. Not one of them has responded or published any material exploring what is going on.

We all know that Trudeau has provided large subsidies to major media outlets for the last two years. Has he bought their silence?

Should it be surprising that twenty four young to middle-aged doctors in Ontario died suddenly after receiving their booster shots. The youngest was 26 years old. There was not one word about this in any of the mainstream media outlets!

At some point the subsidies will dry up. Perhaps then our news media will find their voices and look into the traumas Canadians and people around the world have been experiencing?

Where are the investigative journalists? Why have all the doctors and medical professionals who have concerns about the MRNA vaccines been silenced and persecuted?

We all know that there are two sides to every story. When will the other side of the Covid Experience be explored by our mainstream media? I will send this miniature article to all our mainstream media and our beloved Grapevine. We will see who responds.. Guess who I am counting on!

Perri Gorrara 🍷

continued on P.8...

K'ómoks Treaty Negotiations Notice of Open Houses



Treaty negotiations between K'ómoks First Nation, B.C. and Canada are coming to a close. Join us at an open house to find out more about the proposed treaty.

The K'ómoks treaty is intended to create jobs, promote investment and economic development, increase housing supply, support tourism, and encourage investments in infrastructure.

In-person Open Houses (subject to public health regulations)

- Saturday, September 10, 11 a.m. – 2 p.m.
Comox Valley Regional District Civic Room, 770 Harmston Avenue
- Monday, September 12, 4 p.m. – 7 p.m.
Union Bay Community Hall, 5401 South Island Highway
- Saturday, September 17, 11 a.m. – 2 p.m.
Kelsey Recreation Centre, 652-A H'Kusam Way, Sayward

Virtual Open House

- Thursday, September 29, 6 p.m. – 7:30 p.m. Pre-registration required.

Email komoks.treaty@gov.bc.ca for more information and/or to register.

Sign-up for treaty updates: www.engage.gov.bc.ca/govtogetherbc/consultation/komoks-treaty

hɛhewčɪs; Hayuthela la xens: Moving Forward Together



...continued from P.7 Letter to the Grapevine

Throughout history human beings have been subject to communicable diseases. Most of those in the past are known through anecdotal reports which often note when they happened and how they affected populations and societies. If we begin with the Antonine Plague of 165-180 CE over 95% of them occurred before modern vaccination procedures became common. Populations suffering from any of these communicable diseases can be roughly divided into three groups:

1. Those who caught the disease and died
2. Those who caught the disease and lived
3. Those who never caught the disease

For the communicable plagues of history all three of these groups were unvaccinated. Even for the Black Death (bubonic plague) or the Spanish Flu unvaccinated people suffered and recovered or avoided it altogether. We already know that many millions of unvaccinated people over the past 2000 years have survived bubonic plague, smallpox, influenza, typhus, cholera, diphtheria, polio, measles and a dozen others. Indeed up until the 1950's it is true that the greatest number of people who survived these various diseases were all unvaccinated because there were no vaccines. Anecdotes of unvaccinated people surviving any communicable disease, including Covid, tells us nothing we don't already know about the activity of a virus in a population and certainly nothing at all about the efficacy of vaccines and vaccinations.

As for the Gulf War Illness (GWI) the Research Advisory Committee on Gulf War Veterans' Illnesses published a list of 58 studies carried out in the four months July through September of 2021. None mention Multiple Sclerosis (MS) but several mention Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's Disease)—an entirely different ailment although presenting some similar symptoms to MS. These studies found no unequivocal cause for GWI; they did find various types of damage to areas of the nervous system including ALS and from animal tests concluded that the most likely causes of GWI were indeed chemicals of various sorts including insecticides. The studies did find a genetic propensity in some persons which produced a weakened resistance to sarin exposure. The Gulf War is likely one of the most chemically polluted war zones of recent times: sarin nerve gas was released by bombing Saddam's factories and hundreds of oil wells burnt uncontrollably for months.

Your correspondent gives no reference for the claim that military physicians in Ottawa labelled all GWI as MS so it is impossible for the critical reader to assess. It would help critical thinking if they were directed to the evidence the writer relies on for their claims so the reader could assess it themselves. Asking for critical thought on the part of the reader by seeking out all sources and then dismissing any source critical of your claims seems an odd way to encourage readers. There is a much overworked word for this form of argument—biased. It is not easily overcome and perhaps one can only continue to point out the extraordinary range of human activity necessary to reach conclusions about any event in our culture.

Oakley Rankin 🍷



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- BOOKLETS •

theislandsgrapevine@gmail.com

Raindrop

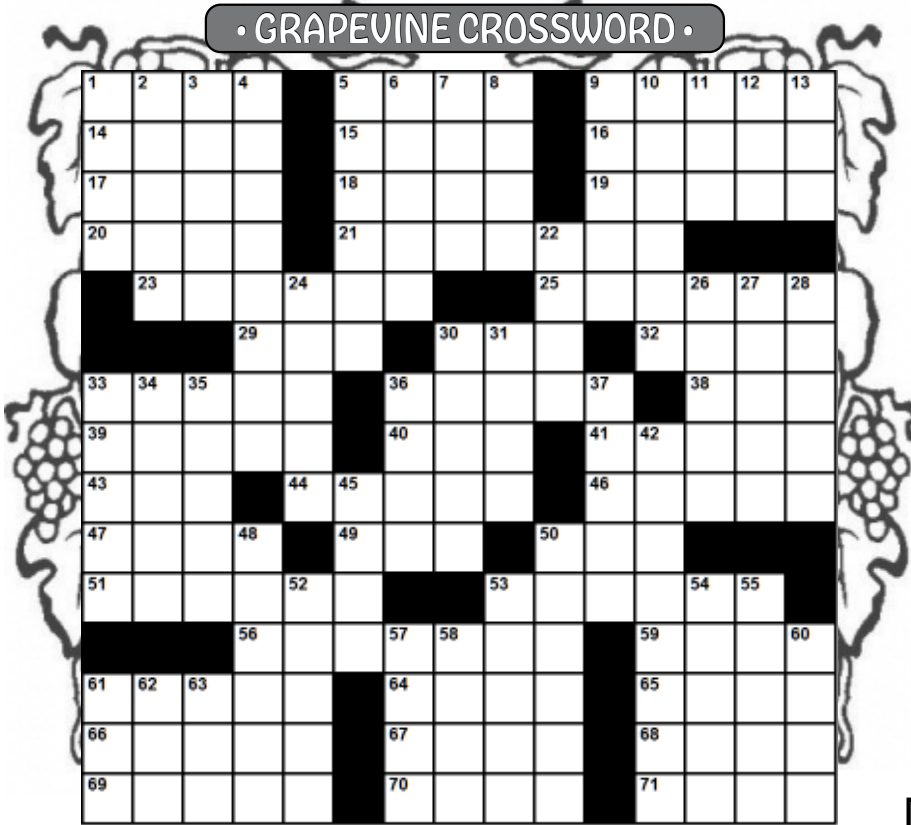
by Thomas Provençal

Collecting all its molecules,
increasing length and girth,
expanding to a macroscopic
image of its worth
until it's very weightiness
cajoles it to the earth.
It slithers through the
atmosphere
collecting on the way
some pollens and particulates
all floating in the fray.
Then just when all the freefall
can hardly be contained
it splatters on a farmer's field
who smiles because it rained.



by D.H. Buttlescutt

• GRAPEVINE CROSSWORD •



• ACROSS •

1. Campus org.
5. Boot out
9. Boat bottoms
14. Brilliant fish
15. Biblical preposition
16. Be in unity
17. Distance measure
18. It was, poetically
19. Hungarian language
20. Whine
21. Domestic chicken
23. Innumerable
25. Cello cousins
29. Go by jet
30. Bandeau, for short
32. Be present at
33. Chronic diarrhea
36. Food for whales
38. Grade of wine
39. French soldier in WWI
40. Aspire to
41. Rig
43. Cup's rim
44. Grapes' residues
46. Childhood illness
47. Drifting
49. Kind

50. Adversity

51. Kind of bowling
53. Least wacky
56. Tidal wave
59. Airplane head
61. Altar areas
64. Geisha's wraps
65. False god
66. Gap in time
67. Profit, in England
68. Botches up
69. Cremona craftsman
70. Amatory writing
71. Being, in Latin

• DOWN •

1. Easy victory
2. Morphine source
3. Add the score
4. Sanguine
5. Expense
6. Single party
7. Bachelor party
8. Reggae's Peter
9. Tall timber of New Zealand
10. Creamy quaff
11. Act the human
12. Ring around the collar
13. Jiffy
22. Egg outline
24. Alimentary canal part
26. Doctor's replacement
27. Aweigh
28. Liquid entrees
30. House material
31. Canyon edges
33. Wet impact
34. Aplomb
35. Become edible
36. Actor Malden
37. Clunker car
42. Hive boss
45. Hokkaido ancients
48. Most suitable
50. Belt spots
52. Japanese immigrant
53. Hit hard
54. Flies high
55. Former rulers
57. Forbidden subject
58. Retired
60. Besides that
61. According to
62. A Tillis
63. Bath, for one

• TEST YOUR MATH SKILLS •

				4			
			2	6			
		4				9	1
	8	6			1	7	9
		9	6		2	8	
4	5	9			2	1	
6	3				4		
				2	7		
			1				

2	1	5	4	8	7	3	9	6
6	3	7	5	1	9	4	2	8
4	9	8	3	6	2	1	5	7
3	5	4	8	2	1	6	7	9
9	8	2	7	3	6	5	1	4
1	7	6	9	5	4	2	8	3
7	6	9	1	4	5	8	3	2
5	2	3	6	9	8	7	4	1
8	4	1	2	7	3	9	6	5

Grumpism



“My partner asked me to put ketchup on the shopping list. Now I cannot read any of it.”

(Thank you Steve Carballeira)

• LAST WEEK'S ANSWERS •

B	I	S	T	R	O	S		L	A	C		W	A	S								
A	N	C	I	E	N	T		A	N	O	D	Y	N	E								
S	P	U	T	T	E	R		N	A	R	R	A	T	E								
T	T	U	B					A	U	K		T	A	T								
S	T	A	G					G	Y	P		B	E	T	T	O	R					
								O	N	U	S		H	E	X		M	E				
B	A	B	O	O	N			R	E	D						P	A	L				
I	R	E						T	S	H	I	R	T	S		A	N	I				
G	I	G						H	A	M					I	R	O	N	I	C		
H	E							O	O	H					O	M	I	T				
T	S	H	I	R	T			P	R	E					T	I	M	E				
								E	N	D					C	I	A			R	E	X
C	H	A	T	E	A	U									N	I	T	R	A	T	E	
R	E	L	O	A	D	S									G	L	O	A	T	E	R	
U	P	S						L	O	P					S	L	O	W	E	S	T	

• **SERVICES** •



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hire. Call Bill 250 650 1322

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install also repairs, for free esti-
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1986 or cell at 250 667 3233.
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VATION & SERVICES:** Bark Mulch.
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tear off, demolition. High grade
lumber. 30 years local Entpr. Call
Dave 218-9667.(DI)

• **CLASSIFIED ADS** •

RUBBISH/TRASH REMOVAL.
Truck and single axle trailer.
Lawn cutting come Springtime.
Small Kubota tractor/backhoe.
Ideal for small yard work Call
**Brian: 250-335-2390 or 250-650-
2390**

THORLACIUS TRUCKING Top soil,
bark mulch, gravel and sand. Call
Chris & Lora, 250-650-9986. den-
mantruck@gmail.com

• **FOR SALE** •

WINE-MAKING EQUIPMENT for
sale. One grape crusher, one
Buon Vino SuperJet filter, filter
pads, one 75 litre food-grade
plastic primary fermenter, two 30
litre food-grade primary ferment-
ers, four 24 litre glass secondary
fermenters, three 12 litre glass
secondary fermenters, bottle
corkers, bottle brushes, testing
equipment, siphons, samplers,
funnels, airlocks, cleaning and
sterilizing chemicals, fining ben-
tonite, etc. Replacement cost at
least \$1300 + tax. Asking \$600.
Call Bruce @335-1117

FIREWOOD. Fir, maple, balsam &
Alder. Wood is green. 500\$+gst.
Call or text 250-207-3884

APPLIANCES FOR SALE. Ranges,
washers, dryers, fridges, dish-
washers, gas/electric range. All
fully restored and come with a
full six month warranty. Call
Rick Graham 335-0954.

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Denman, \$610 plus GST. Hornby,
\$630 plus GST. Text or call Scott
at 250-334-7323

• **COMMUNITY NOTICES** •

HIRRA Zoom meeting: Wednes-
day, Sept 14, 7:30pm. 3 MO-
TIONS: To appoint Grant
Thornton Accountants for 2022

year-end. To approve applying
2023 Collective Agreement wage
and benefit rates to all other non-
union HIRRA staff. To approve
2023-27 Core Services budget.
Summer Reflections Community
Conversation with input from
Committees, other organizations
and members. E-mail office@
hirra.ca to register or join HIRRA.

**COMOX VALLEY TRANSITION SO-
CIETY EMERGENCY CRISIS LINE:**
250-338-1227 or Text: 250-218-
4034 For more info visit [https://
cvts.ca](https://cvts.ca)

**COMMUNITY SERVICES FROM
DENMAN WORKS** Projector and
screen: Book with Abraxas Books
and Gifts 250-335-2731 abrax-
as9@telus.net Zoom meetings
(unlimited time and free record-
ing): See [denmanworks.word-
press.com/contact/](https://denmanworks.wordpress.com/contact/)

• **WANTED** •

Hello fellow Islanders. The
Western Skirted Tiger is seeking
supplies for a tiny home project:
Two exterior doors in frame, 4'x8'
plywood in good condition, Full
length 2'x4's. Also seeking help
with funding for the purchase
of required new materials - 778-
800-7413 / [remskolney@gmail.
com](mailto:remskolney@gmail.com)

LICENSED GUN BUYER wants
your unwanted rifles & shotguns.
Cash buyer, call 250-335-1686 or
250-650-0355

**WE ARE LOOKING FOR A RIDE
FOR BREA**H, age 10 into Court-
ney 3 mornings a week, Tues-
day, Wednesday and Thursday.
If you take the 8 ferry and have
room any of those days and
would like some nice company,
please let us know. I am happy
to pitch in for gas money. Thank
you, Philippa and BreaH 250-650-
9171

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)

BUILDING • CONSTRUCTION

- Aquarian Systems • Water Cisterns • Ed Hoepfner 335-2037 (D/H)
- Cal's Bobcat Services • Auger, Grapple, Rake 613-447-8873 (D/H)
- Denman Electric, Licensed, Fully Insured & Bonded 335-3122 (D/H)
- 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)
- Shel Brodsgaard • Excavation & Services • 250-703-3898 (D/H)
- Excavator/Backhoe/Tandem Gravel Truck • Kenny Mather •
250-703-6512 (All) • John Isbister • 250-335-2565 (D)
- Ray Ulovec • Backhoe/Excavator Septic Installation • 335-3145 (D/H)
- D.L.J.M. Holding's LTD Excavation/Landscaping • Dakota
• 250-650-2593 (All)

SERVICES

- Denman Works! • Tony Gresson 250-335-0287 denmanresource@email.com (D)
- Peter 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)
- Able & Ready Septic Pumping Service • 250-338-8822 (D/H)
- Home Town Shredders • Document Shredding • 334-7111 (D/H)
- Bottled Water Delivery • DenmanWater.ca • 250-228-7161 (D/H)
- Florist-Keep Floral (Emma) • 250-335-2746 (D)
- K9 Grooming, Boarding & Training • info@4pawseducation.com
250-335-1968 (D/H)

HEALTH & WELLNESS

- Acupuncture • Margot Davey, R.Ac • 778-992-0165
- Acupuncture • Jenny McCartney, R.Ac • 250-508-8160 • www.
heartwoodacupuncture.ca (D/H)
- Physiotherapist • Acupuncturist • TCM Herbs • Carmen RPT, RTCMP
335-2260 (D/H)
- Massage Clinic • 2796 Northwest Rd. • Leyah Kelly 335-2584 (D)
- Chiropractic Care on Fridays • Dr. Dawn Armstrong, DC 465-8482 (D)
- Magnoliahealing • Deep Tissue Body Work • Kelly Hyllestad •
1(250) 650-2405 (D/H)

The Weiners on a road trip..



FORTNIGHT EVENTS

THURSDAY 8

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



FRIDAY 9

- AA Meeting DI United Church 7pm
- Dora Drinkwater Library 1:30pm-3:30pm

SATURDAY 10

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- FREE STORE 9-Noon
- FARMERS MARKET Old School 9:30-12:30
- Dora Drinkwater Library 1:30pm-3:30pm
- WHISKY TANGO FOXTROT Concerts
Denman Community Hall

SUNDAY 11

- AL-ANON United Church 7pm
- ST. SAVIOUR'S CHURCH 10:30am

MONDAY 12

- Dora Drinkwater Library 1:30pm-3:30pm

TUESDAY 13

- BOTTLE DEPOT 2-6:30pm
- Dora Drinkwater Library 1:30pm-3:30pm

WEDNESDAY 14

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- Dora Drinkwater Library 1:30pm-3:30pm
- HIRRA Zoom meeting 7:30pm

THURSDAY 15

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

FRIDAY 16

- AA Meeting DI United Church 7pm
- Dora Drinkwater Library 1:30pm-3:30pm

SATURDAY 17

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- FARMERS MARKET Old School 9:30-12:30
- FREE STORE 9-Noon
- Dora Drinkwater Library 1:30pm-3:30pm
- JAMES GORDON Guesthouse 6pm

SUNDAY 18

- AL-ANON United Church 7pm

MONDAY 19

- Dora Drinkwater Library 1:30pm-3:30pm

TUESDAY 20

- BOTTLE DEPOT 2-6:30pm
- Dora Drinkwater Library 1:30pm-3:30pm

WEDNESDAY 21

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- Dora Drinkwater Library 1:30pm-3:30pm

THURSDAY 22

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



James Gordon
Sept 17th 6 pm
James Gordon
Songwriting workshop
Sept 18th. 10 am

OPEN 8 TO 3 DAILY CLOSED MONDAYS.
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