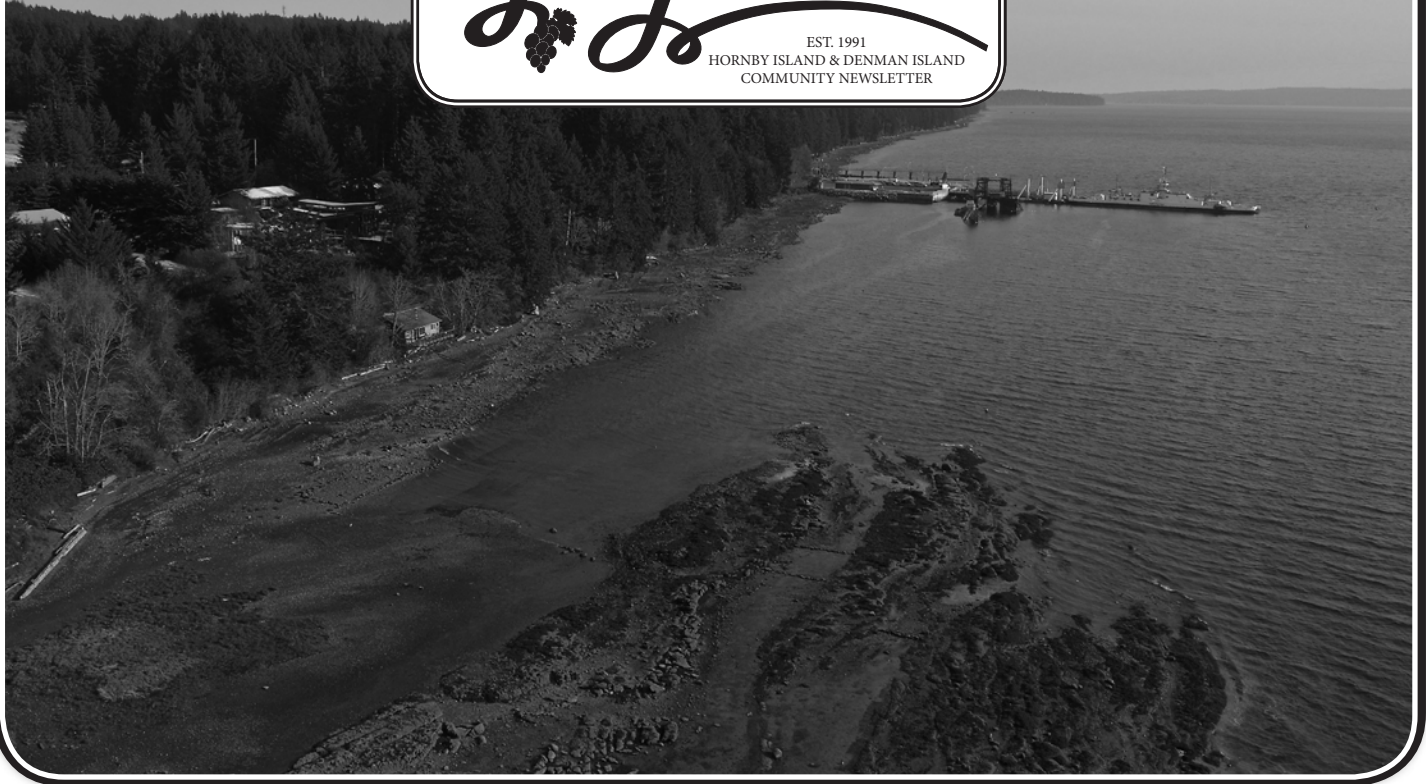


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The opinions expressed herein do not necessarily reflect the views of the Publisher.

## DANTE AMBRIEL & THE BROKEN ANGEL

*by Anthony Gregson • photo by Tashi Draper*

February will see a new play by Dante Ambriel, her first since *The Wishing Bone Ladder* eighteen years ago on Hornby. *Broken Angel* is unusual: it is a radio play adapted to stage. Only someone with a great deal of experience could make this work. Key to the play is the healing power of music. A CAT scan of a completely comatose woman about whom nothing is known reveals that she has an enlarged portion of the brain associated with singers. This discovery opens up a path to recovery using music, which, Dante points out, is actually a therapy (Musical Intonation Therapy) used on Alzheimer patients.

The production will have a matinee so Hornby Island and people from the mainland can attend.

*Broken Angel* has deep roots in Dante's life which have lead her to be interested in the power of music and the healing process. For Dante, we are all a "carbon dance – star stuff" made of light and sound, both waves or vibrations.

Dante grew up in a very musical family in Philadelphia. Her father was a concert pianist who had become disillusioned with the idea. Her mother had a perfect ear; her grandmother, to whom she was deeply attached, could play anything she heard. The family took in Broadway plays and as a young woman, she took in live performances by many famous musicians such as Miles Davis, John Coltrane, and Led Zeppelin. Later, she began collecting sounds, splicing the tapes, and looping them on sophisticated tape ed-

iting equipment, a technique called sampling, which, in the '70s was only just starting and was soon taken up by sonic artists like Brian Eno.

As a child she was encouraged to play the piano but her teacher, one of those martinets who rap your hands with a ruler, turned her right off, and she didn't take up another instrument until, in her twenties, she heard world-famous French harp player Alan Stivell who revived the Celtic harp and popularized Celtic music traditions. Living in Vancouver at the time, and not knowing where to get a harp, with typical determination, she ordered one from a local harp builder who produced a beautiful, hand-carved Celtic harp. Requiring steel springs, they sought out a harpsichord builder in Vancouver who had several floors of these instruments. Unfortunately, the steel strings (celtic harps also have bronze and gut strings) would expand or contract with any change in temperature, especially when exposed to wind, and had to be constantly tuned. Dante moved on to larger harps and eventually acquired a pedal harp. Together with her late husband, Peter Gries, they had numerous professional recording studios over the years, including one on Hornby. In addition to producing their own music, they recorded albums for many local artists in the area.

Her own music (under the label TrancePair&Sea Music), reflects an interest in experimental improvisation. Voice, instruments, and electronic acoustical are treated as

... continued on Page 3 ...

... continued from Page 2 ...

a single continuum. Instead of the foreground and background of vocal accompaniment, vocalization provides a personal counterpoint. The performances are also light shows. Try *Give Me Something Scary* on You Tube.

Dante was also drawn to dramatic arts at an early age. "All she wants to do is dress up, sing, and tell stories," complained a report card. By age seven she had her own theatre where she performed her own works for neighbours. This continued as a young adult in Vancouver where she was involved in performance art, creating and presenting many multimedia pieces in various galleries in Vancouver. These performances always included a narrative and music component plus looped tape samples spliced into sound tracks to accompany the projected film she had made.

Obtaining a BFA and an MA in art history from UBC, she moved onto a year of advanced studies in film. This, in turn, lead her into script writing, encouraged by an SFU professor, who knew where to sell scripts and eventually opened up a

lot of opportunities.

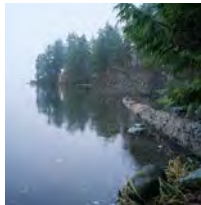
Over time, Dante has become increasingly involved in the idea that we are comprised of light and energy. She believes our whole body is a vibration and tells the story of man who went in an anechoic chamber to see what his body sounded like. He discovered that it had a particular vibration, or tuning and then, astonishingly, that when he introduced tuning forks, his body adjusted its vibration to the tuning fork. This, Dante points out, explains why music has such a profound affect on us: it literally affects our whole body. She has acquired a set of tuning forks that you can use to tune your body by resting the base of the vibrating fork to different parts of your body.

She sees black-and-white infra red photography, which captures an aura around our body that our eyes cannot see, as further confirmation of her beliefs. The infra red light is an energy field and, to her, shows that we are all composed of light. Her photography in this area was collected by the National Film Board and is in other international collections.

... continued on Page 4 ...



Sheelah Megill, Dante Ambriel and Nancy Snyder

TIDE TABLE	
• Secondary Tidal Station Ford Cove •	
<b>THURSDAY 1</b>	<b>TUESDAY 6</b>
06:53 • 5.1 m • 16.7 ft	03:28 • 2.3 m • 7.5 ft
12:29 • 3.0 m • 9.8 ft	09:51 • 4.8 m • 15.7 ft
17:38 • 4.7 m • 15.4 ft	16:51 • 2.0 m • 6.6 ft
	23:06 • 3.8 m • 12.5 ft
<b>FRIDAY 2</b>	<b>WEDNESDAY 7</b> ☾
00:35 • 0.5 m • 1.6 ft	04:19 • 2.8 m • 9.2 ft
07:30 • 5.1 m • 16.7 ft	10:27 • 4.6 m • 16.1 ft
13:20 • 2.8 m • 9.2 ft	17:49 • 1.9 m • 6.2 ft
18:35 • 4.5 m • 14.8 ft	
<b>SATURDAY 3</b>	<b>THURSDAY 8</b>
01:18 • 0.8 m • 2.6 ft	00:48 • 3.8 m • 12.5 ft
08:06 • 5.1 m • 16.7 ft	05:23 • 3.3 m • 10.8 ft
14:10 • 2.5 m • 6.2 ft	11:05 • 4.4 m • 14.4 ft
19:33 • 4.4 m • 14.4 ft	18:48 • 1.8 m • 5.9 ft
<b>SUNDAY 4</b>	<b>FRIDAY 9</b>
02:00 • 1.3 m • 4.3 ft	02:27 • 4.0 m • 13.1 ft
08:41 • 5.1 m • 16.7 ft	06:46 • 3.6 m • 11.8 ft
15:02 • 2.3 m • 7.5 ft	11:49 • 4.2 m • 13.8 ft
20:35 • 4.2 m • 13.8 ft	19:46 • 1.7 m • 5.6 ft
<b>MONDAY 5</b>	
02:43 • 1.8 m • 5.9 ft	
09:16 • 5.0 m • 16.4 ft	
15:56 • 2.1 m • 6.9 ft	
21:43 • 4.0 m • 13.1 ft	
• Standard Time • Heights in Feet •	

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... continued from Page 3 ...

Dante is a person of bewildering energy. Always she has moved with an intuitive freedom, learning what she needs to know as she goes with confidence and unflagging energy. But the unexpected death of Peter Gries in 2000 after 18 years of marriage brought her whole world crashing down. Multi-talented like Dante, Peter was also a photographer, recording engineer, and film maker

in addition to playing fretless bass and guitar. In her grief, it became impossible to listen to music. "I was just shredded."

Through Flowing Arts Studio, she turned her attention to other forms of creativity including jewellery, fabrics and ceramics. She had always dabbled in them but never taken them up seriously. Music came back, in a quiet, more private way, but the worlds of theatre, film, and script

writing were all left behind until recently when Denman Island resident Frieda Verden suggested she write a radio play. Dante has always loved radio plays. As a child she would snuggle up and listen to them in her grandmother's cozy, capacious bedroom lit by an elegant fireplace.

For Dante, Broken Angel is more than a return to the theater. It is also a return to her whole self. 🍷

## ONLY THE POOR DIE SCREAMING

by Gwynne Dyer

If you had a million dollars to spend (but not on yourself), where would it do the most good? Well, the cost to cover morphine or a morphine-equivalent pain relief treatment for all the sick children younger than 15 years who are in really serious pain in low-income countries would be just \$1 million per year. About half of them of those children are going to die, but with morphine at least they wouldn't die screaming.

That's how a great many people died in the past: no pain relief, or aspirin at best, and so cancer victims, gravely injured people and many others spent their last days, weeks or months in agony. Everybody still dies in the end, but now they die with far less pain – in the richer parts of the world. Elsewhere, however, it's still the Bad Old Days.

This is not because the pain-relief drugs are expensive: they are all off-patent and quite cheap. Yet according to a study published in October by The Lancet, one of Britain's two leading medical journals, almost half the people who die each year are

still dying in 'serious health-related suffering' (SHS), as the experts call it. Or agony, as the rest of us call it.

The Lancet went to the trouble of setting up a commission to look into this phenomenon because it just doesn't make sense. Of the 56 million people who died in the world last year, 25 million experienced short- or long-term SHS before they died. And four out of five of those who died in great pain lived in developing countries. Yet it's not just happening because they are poor.

All the rich countries except the United States have an average life expectancy above 80 years, but that's not really a big deal. Middle-income countries like Jamaica, Vietnam and Algeria are all in the mid-70s and even half the countries of Africa have average life-spans above 70 years. It's not their health services in general that are failing; it's their palliative care and

pain management in particular.

The contrast between rich countries and lower-income countries is far greater in pain control than in any other facet of medical practice. The average annual amount of morphine-equivalent opioids given to patients worldwide in 2010-13 was 298.5 metric tonnes. Of that small mountain of morphine, only 0.1 metric tonne – that is, one hundred kilogrammes – was given to patients in low-income countries.

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So 25 million people die in great pain each year, and another 35 million live on in chronic pain and distress – all of which could be prevented for a very modest investment in pain-killing drugs and would require almost no new medical infrastructure. It is an astounding failure that at first seems almost impossible to explain. But there are explanations, of course.

Morphine is three or four times more expensive in most lower-income countries than it is in the rich countries. It doesn't have to be that way, but the governments of those countries have not intervened to force prices down in the same way they did, for example, with the cost of retrovirals to control AIDS.

Why not? "I don't think we have cared enough about poor people who have pain," said Prof. Felicia Knaul, co-chair of the Lancet commission. "It doesn't make them live any longer. It doesn't make them more productive. It is simply the human right of not suffering any more pain, and we don't care about that for people who are poor."

*"I don't think we have cared enough about poor people who have pain ..."*

*~ Professor Felicia Knaul ~*

There are other reasons too, of course, like 'opiophobia' – the fear that allowing the drugs to be used in hospitals will lead to addiction and crime in the community. It's also known that some nurses are uncomfortable giving high doses of narcotics even if ordered to do so, for fear of being held responsible for the patient's death (even when the patient is terminal). But Knaul is right: the

fundamental reason is that we don't care enough.

Okay, but who's "we" in this case? It's not the traditional suspects: selfish people in the rich countries. Nobody is getting rich from this massive and needless neglect. Those to blame are the political and medical leadership in the poor countries themselves, who have failed to give

... continued on Page 6 ...

**ARTS DENMAN**  
Public Notice

**ANNUAL  
GENERAL  
MEETING**

7:00 pm  
Wednesday, April 11, 2018  
At the Arts Centre  
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Hot Chocolate and Treats will be served


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Please send your comments by **February 12th** in the following ways:

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... continued from Page 5 ...

any priority to reducing the horrendous pain suffered by their poor fellow-citizens because that is not one of the metrics by which their success is measured.

Get the death rate down, and you're a hero. Cure glaucoma and give peo-

ple back their vision, or eliminate some parasite and get thousands of people back on their feet and working, and you'll get honours and promotions. End the almost invisible distress of millions of humble people living out their last days in agony, and nobody will even notice. They're not watching that.

The Lancet commission has proposed an Essential Package of drugs, equipment and training that would cost only \$2 a year per capita and provide pain control for every citizen in lower-income countries, but it's governments that actually have to do it, in collaboration with their own medical professions. Get your priorities right, and the rest will follow. 🍷

ART EXTRAVAGANZA AT THE COMMUNITY SCHOOL IN FEBRUARY!

by Emily Guinane

**D**o you want to Sing, Paint, Draw or play Tai Chi? This is the time to sign up for DICES February programs at the Community School!

Every Saturday 11-1 pm throughout February Melisa Devost will lead us in contemporary songs as well as traditional gospel. Through the songs she will teach basic techniques of singing and how to listen to each other. The cost of the course is \$50 for the whole month.

On Tuesdays Feb 6- Feb 27 Katari-

na Meglic will teach an oil painting class with part demonstration and part experimentation. The class will explore the properties of the materials, methods of application, and the colourful possibilities inherent in combining traditional oil paints and water mixable oil paints. Cost is \$60.

On Wednesday we invite you to join the beginners Tai Chi group. Starting January 31st at 4-5pm (note the changed date) you can learn the foundations of this moving meditation. Cost \$80.

Wednesdays will also bring Figure Drawing on Feb 7-Feb 28th 6.30-8pm. Bring your own supplies to this independent drawing class. Cost \$40.

To make sure the class that you want to take goes ahead you need to register. Do so by emailing denman@uniserve.com calling our office at 250 335 2058 or dropping a registration form of in our drawer marked Community Programs in the school Foyer.

Happy Creative Winter! 🍷

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NOTES FROM AN ISLAND TRUSTEE

by David Critchley

“And this our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything.” (William Shakespeare, *As You Like It*.)

This quote has resonated with me since I first saw it many years ago and I continue to have it in mind, between meetings, as I walk the many special places of our island.

But now to business.

At our last meeting of 2017 we:

- Took steps to advance the Seniors Affordable Housing Project application of DCLTA by requesting the preparation of a terms of reference for a water-impacts study utilizing the Trust's freshwater specialist and also asking staff to assemble information in preparation for a draft bylaw;
- Reviewed and commented on the Five Year Plan and the Regional Conservation Plan, both submitted by the Islands Trust Fund;
- Reviewed and expressed support for an application to the Agricultural Land Commission concerning a portion of the Cross Island Trail;
- Considered and responded to a proposed bylaw of the Regional District of Nanaimo concerning an area of Bowser adjacent to the Trust area;
- Considered a report on farm plan implementation and requested further information from staff;
- Received a telephone briefing from student planner Ian Cox regarding the village design charrette;
- Reviewed a report on First Nations

engagement and asked staff to arrange one or more community dialogue sessions on First Nations topics;

- Reviewed work program reports and the reports of Trustees;
- Established our meeting schedule for the year (subject to addition or change as necessary);
- Discussed temporary use permits and BC Housing;
- Discussed and requested that Executive Committee consider inviting a representative of the Farm Industry Review Board to attend a meeting of Trust Council;
- Directed that Trustees receive draft meeting minutes as soon as available.

Your Trustees also attended the three day Trust Council meetings at Victoria where many important matters were discussed. There is a report of the highlights of those meetings on the Islands Trust website.

The next meeting of the Denman Island Local Trust Committee is February 6th at 9:30 at the Activity Centre. The meeting was postponed to that date in order to accommodate a rare opportunity for our Executive Committee to meet with the Minister of Municipal Affairs and Housing. Since Susan Morrison and Laura Busheikin constitute fully one half of that committee, the Denman date had to yield.

As usual, I note that my musings are not an official record and, as stated in the legal profession, “E & OE”. 🍷

**THE ISLANDS Grapevine**

is doing its best to bring interesting, thought-provoking and community minded topics to its dear readers . . . and this endeavour is made possible via the financial support of our advertisers . . . the Grapevine would like to encourage the communities of Denman & Hornby to show their appreciation by supporting local businesses and cultural events.

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## GET YOUR HANDS DIRTY • Bev Finch at the Guesthouse

by Anthony Gregson • photos by Dreadful Imagery

The crowd who turned out for Qualicum singer/songwriter Bev Finch at the Guest House were in for a bit of a treat on Friday. Bev, on the guitar, was masterfully accompanied by the gypsy jazz violin of Tom Neville who soared and rified and danced around her lyrics. Bev sang her own songs, some not yet recorded, and others from her CD *Blue Silk* (which is also the name of her five piece band) such as *You Just Don't Fight Fair*, one of her “divorce” numbers:

*I let you tell your story  
I told you you were right,  
I gave up all my consent  
To avoid a fight  
I lavished you with kindness  
Show you that I care  
But how am I supposed to fight  
If you just don't fight fair?*



Bev Finch & Tom Neville



Bev, who has been singing and writing songs for as long as she can remember, thinks she appeals to an older demographic, between forty-five and seventy-five (Whew! Glad I am still eligible). That, anyway, reflects the audience realities of Qualicum. It's a crowd that's been through it all: marriages, divorce, busted hopes, and still has cherished dreams even if they're never gonna happen – like *Honeymoon in Venice*. She doesn't write rebel songs, she says, but she throws around the Devil's name a lot. *Get Your Hands Dirty* has a Golden Gate bridge jumper rescued by Jesus – who is a woman.

Bev's signature is the bright red bor-salino she wears on stage. The hat sort of says who she is: a touch of funky elegance that we can all appreciate without stepping too far out of the familiar, even if that life, for some of us, may be a bog. Her songs are about coming to terms, coping, putting up for yourself and elegiac sadness. Her lyrics make you listen, thoughtful, direct, with a poetic rationality even when she is dealing with rougher lives like *Homeless Blues* and sometimes, a pie sailing towards your face to the sound of a melodious guitar.

She is deeply influenced in particular by Heart, famed for its hard rock ballads, and Melissa Etheridge, amongst many others. When she hears music that moves her, she wants to know why, and pays close attention to audience reaction. If it doesn't seem to take with folks, it gets the back burner. Bev is professional – she listens to her audience as much as they listen to her.

Bev's mother loved to sing and would ask her daughter to sing. “If she saw me coming into the room with my guitar she would stand up and tell everyone to be quiet.” The same sort of supportiveness comes through in her own music which perhaps accounts for why she created such a relaxed ambience.

“If you want to live it,” Bev says, “you get your hands dirty, pick up the pieces as you go.” What the gentle, grey-haired pensioners of Qualicum are going to make of that, one can't say, but the problem for singer/songwriters is picking up the money. There are, Bev says, few – and getting fewer – small, more intimate venues like the Guest House where artists like herself can play – and get paid. People turn away about even a five dollar cover charge. “They don't want canned music, but they'd rather go to the Legion.”

That sure wasn't a problem on Friday night. 🍷

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## SEEDY SATURDAY 2018

by Veronica Timmons, Event Coordinator (GPA) • Photos by Chris Seguin

When I woke on Saturday morning it was snowing! My heart sank and I wondered whether this year's Seedy Saturday was going to be a non-event! But no, when we



got to the Hall, Erika Bland had put on the heating and it was warm and cosy. At 8:30am the off-island vendors arrived (after hair-raising journeys on the highway). They knew the drill and set up their tables quickly and efficiently. By 9:30am caterers Yogi and Bronwynne (Ima's Kitchen) had set up the Seedy Saturday Café and were ready with hot coffee and cinnamon buns. Suzette Cullen and Barb Jones from the Seed Savers Group set up the Seed Swap table and

we were ready to go. At 10am our first "guests" arrived and they kept on arriving all day, some from off-island.

We had two presentations this year. Heidi Schnepf (a GPA Board Member and bee-keeper) gave an interesting Powerpoint presentation on Bees as Pollinators. She had obviously done her research and participants learned a great deal. In the afternoon Dan Jason (Salt Spring Seeds), an expert on



*Seedy Saturday Raffle Winners*

*Pat Jones won the first prize basket, Suzette Cullen the garden basket (photo above) and Anita Couds the "drinks" basket.*

*Thank you so much to all the people who made a donation to this fundraiser. We raised \$300!*

seed saving, talked about the need to build "seed saving hubs" throughout the province. He also talked about his new book *Awesome Ancient Grains*,

it was fascinating. We thank them both for their important contribution to this event.

To everyone who braved the weath-



er to participate in this annual event, thank you.. Thanks also go to: Emcon for keeping the roads clear, my partner Alan and friend Christine for selling raffle tickets, Yogi and Bronwynne for their great food, all the seed vendors and Denman growers and non-profits for making it a success, DIGS and the GPA for co-sponsoring, and last but not least Denman Works! for their financial support. 🍷

## MUSIC IS TRUTH • CHEEKY BUNNY

by Anthony Gregson • photos by Chris Seguin

Cheeky, according to the Urban Dictionary, means someone who does something or says something sort of disrespectful and sometimes rude, but says it in a cunning way. And rabbits are what is known as crepuscular – active at dawn and evening. Cheeky Bunny, Denman's piano rock band, gave it to 'em good and loud on Saturday night at the Back Hall. Despite the sudden snowfall, there was a good crowd, the stove cast an inviting glow of warmth and the room was cozily - well - crepuscular. Under the red lights, Bethany Ireland, leading

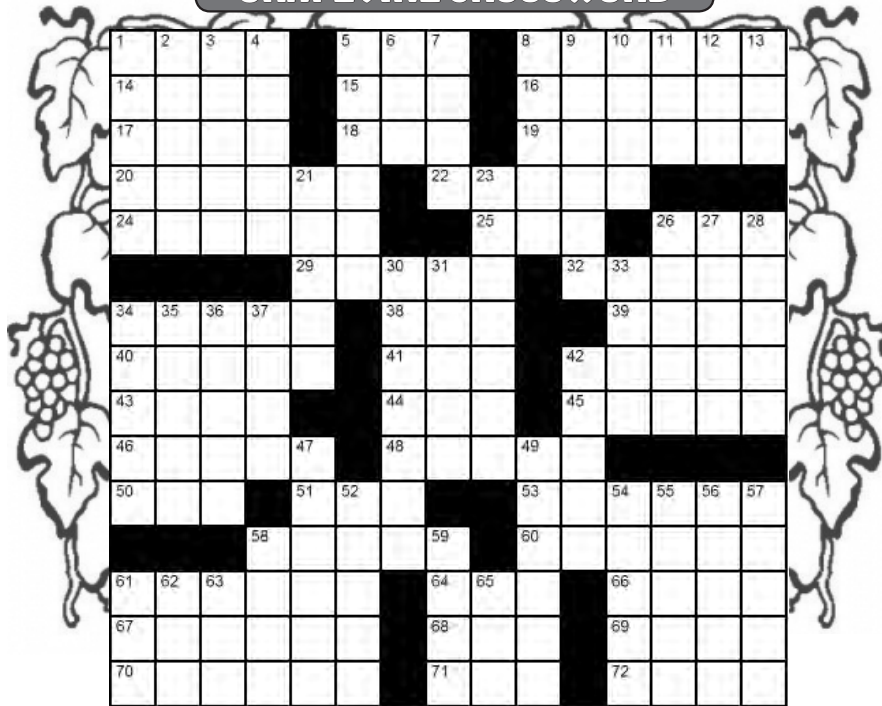


*Cheeky Bunny: Steve Ireland (drums), Bethany Ireland (piano/vocals), Ray Ulovec (bass)*



on an electric piano, in a short, stiff flared dress like some sort of brocaded tutu edged in black fur, was totally into making sure everyone got the message about having a good time. This was a perfect venue for Cheeky Bunny, which, with Ray Ulovec on bass guitar and Steve Ireland on drums had a personal presence, relaxed and fun, as if everyone had been invited to a party. Bethany sang all their own songs including *Music is Truth* with which everyone was in agreement - especially the music of Cheeky Bunny. 🍷

• GRAPEVINE CROSSWORD •



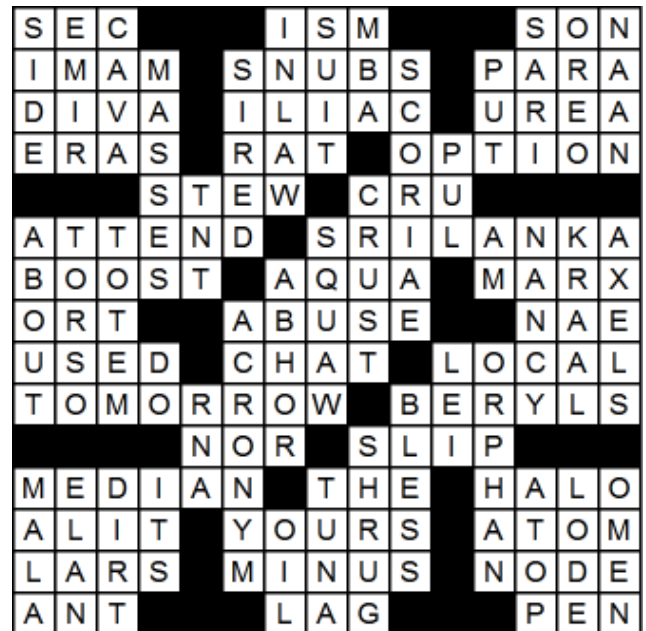
- **ACROSS** •
- 1. Blue, perhaps
  - 5. Ball VIP
  - 8. Cuts fleece
  - 14. Competent
  - 15. Even the slightest
  - 16. City in Taiwan
  - 17. Baylor mascot
  - 18. Banned substance
  - 19. Capture
  - 20. Panda food
  - 22. Apollo 11's LEM
  - 24. Skewer
  - 25. Churchill's trademark
  - 26. Corvine sound
  - 29. Flow out
  - 32. Very, in music
  - 34. Ballet company
  - 38. Country lodging
  - 39. Bridge prop
  - 40. Harden to misuse
  - 41. Suddenly change direction
  - 42. Goddess of love
  - 43. Being, in Latin
  - 44. Breakfasted
  - 45. Bungling
- **DOWN** •
- 1. Ben Ezra, e.g.
  - 2. Crosswise to the keel
  - 3. Work bench aid
  - 4. Grasses, Sp.
  - 5. Pedestal sections
  - 6. Author's last word
  - 7. Computer unit
  - 8. Booth's milieu
- 46. Drop a hint
  - 48. "Childe Harold" poet
  - 50. Pig's place
  - 51. Black gold
  - 53. Wood sugar
  - 58. Clan emblem
  - 60. Red table wine
  - 61. Harvest fly
  - 64. Historic time
  - 66. Beaten track
  - 67. Sans restrictions
  - 68. Affected manner
  - 69. U.N. civilian aviation agcy.
  - 70. Multi-colored
  - 71. Candidate for day care
  - 72. Hens and mares
- 9. Globe Trotter's home
  - 10. Celts' land
  - 11. Be unoriginal
  - 12. Part of RSVP
  - 13. Be in session
  - 21. An oil source
  - 23. Account settler
  - 26. Singer Patsy
  - 27. Enjoyed avidly
  - 28. Bottom of the heap
  - 30. Large
  - 31. Oneness
  - 33. Accessible
  - 34. Boat bottoms
  - 35. Detail map
  - 36. Like an old car
  - 37. Black-and-white cookie
  - 42. Kind of plastic
  - 47. Casserole tidbit
  - 49. Rural transport
  - 52. Boot of Europe
  - 54. Azure gem
- 55. Goosefoot plant
  - 56. Stiff bristles
  - 57. Group beliefs
  - 58. Animal appendage
  - 59. Beef, e.g.
  - 61. Car shaft
  - 62. Japanese admiral
  - 63. 1/20 of ton, abbr.
  - 65. Brazilian city

*JUST A THOUGHT*  
 "LIFE IS THE ART OF DRAWING WITHOUT AN ERASER"  
 • John W. Gardner •

**Mr. Stofer**



• LAST WEEK'S SOLUTION •





• CLASSIFIED ADS •



## CARPOOLING

**HAVE ROOM FOR A PASSENGER? NEED A RIDE?** Carpooling offers and requests are free to run in The Islands Grapevine. Contact us to place your ad today. 335-1794, theislandgrapevine@gmail.com.

## FOR SALE

### APPLIANCES FOR SALE.

Ranges, washers, dryers, fridges, dishwashers, gas/electric range. All fully restored and come with a full six month warranty. Call Rick Graham 335-0954. (02/01)

**WAGNER FIREWOOD** fir firewood for sale. 2 cord units \$520 to Denman, \$540 to Hornby + GST. Phone or text Scott at 334-7323. (02/22)

## SERVICES

**MR. FIX-IT PLUMBING & All** household major and small appliances. All large and small machinery. Yard machinery, chainsaws, outboards, automotive, sharpening, welding and fabricating. Call Rick Graham 335-0954. (12/20)

### SENIOR CARE HOME

**VACANCY** One room available in my Denman home for 24 hour non nursing senior care. All inclusive monthly rates. Please phone Cheryl for details. 250- 335-1023. (02/01)

### TAROT READING AT THE

**CHESHIRE CAT** and Tea with Lee Andra Thursday's. 10 to 4, by appointment Call 250-335-1802 To book Some walk-ins welcome as time available. (01/25)

**HAIR BY ROZ** cuts \$15, blow dries, colours, perms. Men, women, children, bring the whole family. Why go to town! 30 years experience. DI 335-0195. (01/18)

### WATER CISTERNS FOR:

Rainwater harvesting, Well supplementation, Septic tanks, Fire suppression. Ed Hoepfner, Aquarian Systems Consultation and Design aquariansystems@telus.net, (250) 335-203. (02/15)

### RED SEAL CARPENTER

for hire. 20 years experience. Reasonable rates and reliable service. All jobs considered. References available. Call or text Jason 250-898-4903. (0)

### ACUPRESSURE BY KYLA PLAXTON, Hi There!

I absolutely LOVE Acupressure and I'm on a mission to have it be known worldwide. I've been practicing for over 15 years and I now live here on Denman. I have a Special Denman Rate of \$95 per 90 minute session. Call/Text 250-885-0566. (01/11)

### MACKENZIE TRUCKING & SERVICES, 3/4in. minus blue

crush \$200 delivered. Haul hydro poles, roofing materials, pre-cast deliveries, tin, dump runs. For a quote contact DakotaMackenzie1@gmail.com or 250-650-2593. (01/25)

### CARPENTER WITH OVER

**25YRS** experience specializing in renovations. Small jobs OK. *Free estimates.* Reliable! References upon request. Contact John 250-335-0546 or 604-345-0806. (02/01)

**COUNSELLING WITH MEREDITH MCEVOY, MSW RSW** Hornby-based counsellor now accepting clients on Denman. Specializing in CBT, mindfulness-based, and narrative therapy to address depression, anxiety, and grief. Contact meredith.mcevoy@gmail.com or 250-218-7607. (02/15)

## COMMUNITY NOTICES

It's time for the **ANYTHING GOES MARKET @** the Hornby Community Hall, Saturday Feb 10th from 11-2, Lunch served, Vendors doors 9am, \$10/spot, everyone welcome! info 335-0509. (02/08)

**IMA'S KITCHEN** would like to thank the community for all the support! Our next bake sale will be Sunday January 28th starting at 10am. 1840 Northwest road. Fresh bread, spices, and hot sauce! Hope to see you there! (01/25)

**YOGA W/ JOSEY @ THE ARTS CENTRE** 650-4535 wildyogastream@gmail.com. Tues for Strength, 9:00am..... Wed Gentle, 5:30pm ..... Fri for Balance, 9:30am. Cost is \$90 for 6 weeks. Sliding scale always available. Please call or email for info and to register and confirm. (02/08)

### WEDNESDAY WORKS!

**ZONE** 9-12 In the DAC Lounge Free wifi - Coffee by donation – co-work space – labour connection – community network zone How can we help you work in the Zone? (02/15)

### LINDA WEECH'S ART WORKSHOP for Women

Sunday February 4th at Hari Amrit's Yoga studio 1 to 4pm. -sliding scale \$45 - \$55 with all supplies included. Bring photos, poems or images. (02/01)

## EMPLOYMENT

**THE DENMAN ISLAND COMMUNITY EDUCATION SOCIETY** invites applications for a teen night youth worker supervisor. Applicants should be mature individuals with enthusiasm for working with teens and youth. Must be available Friday nights from 7-10pm during the school year. 4hrs./week minimum, \$18/hr. Please pick up a full job description from the Community School or email denman@uniserve.com and submit covering letter and resume by 5pm, Feb. 15 to denman@uniserve.com to the attention of DICES Personnel Committee. (02/01)

## LOST & FOUND

**FOUND OUTSIDE DENMAN WEST FERRY** waiting room. Black Coleman sleeping bag. Call 250-218-0772 to claim. (02/01)

## ACCOMODATIONS WANTED

**LONG TIME DENMAN COUPLE SEEKS** house, cabin or suite to rent. Locally employed with excellent references. Have 2 middle aged spayed female dogs and an older neutered male cat. All are very well behaved. Please contact Tasha or Gildy at 250-335-0939 or gildtosh@hotmail.com. We are open to any possibility. (02/08)



**• 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)

**• BUILDING • CONSTRUCTION •**

Bobcat and Compact Excavator • Steve Isaak.....335-1853 (All)  
Dean's Bobcat & Small Haul Service.....218-4534 (D/H)  
Denman Electric, Licensed, Fully Insured & Bonded.....335-3122 (D/H)  
Ken Fischer, B. Arch. • Home Design and Construction.....335-2976 (D/H)  
Kinetic Electric, licenced, bonded & insured.....335-1741 (D/H)  
Mackenzie Trucking & Services - Dakota Mackenzie.....650-2593 (All)  
Milling, Compact excavator • Shannon Cupper.....335-0507 (H)  
Ray Ulovec - Backhoe/Excavator, Septic Installation.....335-3145 (D/H)  
Renaissance Stoneworks • natural stone/slate installation.....335-0220 (D/H)  
Rob Manering, Licensed Residential Builder.....335-3150 (D/H)  
Roc-Isle Drywall, Harvey Hodgins • 35 yrs exp. 'certified'.....334-4776 (D/H)  
Septic System Design/Install Services • Darren Hutton ROWP.....703-1086 (All)  
Stacy Seabrook Roofing, denmanstace@gmail.com.....334-7075 (All)  
Tye Mechanical Ltd., licenced plumbing, heating, etc.....218-7688 (All)  
Water Tanks and Cisterns • Steve Isaak.....335-1853 (All)

**• COMMUNITY RESOURCES •**

Hornby & Denman Community Health Care Society • Home Support, Youth Outreach & Youth and Family Support.....335-2885 (H/D)

**• REAL ESTATE • INSURANCE • FINANCIAL SERVICES •**

Bente Pilgaard, RE/MAX The Islands.....335-2510 (H/D)  
Cloutier, Matthews, Chartered Professional Accountants.....338-7367 (All)  
Donna & Jenessa Tuele • Royal LePage Hornby.....335-1720 (H)  
Fair Realty, Sheelagh Mackenzie.....335-1720 (D/H)  
Pemberton Holmes • Denman Island Office • Don Luckett.....335-3119 (D/H)  
Sylvie Schroeder • Royal LePage office, Denman & UB.....898-9199 (D/U)

**• SERVICES •**

Acupuncture, Herbs • Dr. Willo Walker, Dr. TCM.....335-1535 (D/H)  
Aroma/CranioSacral & Rest. Massage Therapy • Leyah Kelly.....335-2584 (D/C)  
Bio-Energy Healing • Shari Dunnet & Richard Menard.....335-1877 (All)  
Chiropractic Care on Fridays • Dr. Dawn Armstrong, DC.....465-8482 (D)  
Home Security Checks and Patrol Services.....218-8097 (D)  
Tree Service - Darian Chase • Arborist.....218-0404 (All)  
Wade's High Tree Services taken over by Wild Bill at.....898-7246 (H/D)  
Trueview Treecare, Free est., seniors' discount.....898-7246 (D/H)  
Xplornet Satellite Internet • Clear Blue Systems.....228-7161 (H/D)  
Yoga Classes, Holistic Massage, 30 years exp. • Fiona Walker.....335-1535 (D/H)

**THE COMING WEEK'S EVENTS**

Hornby Island (HI) • Denman Island (DI)

**THURSDAY 1**

**CAP SITE**

3-7 pm • Community School (DI)  
**D.I. FOOD BANK**  
3-7 pm • Community School (DI)  
**HAPPY HOUR**  
4-6 pm • Café-Pourium (DI)

**FRIDAY 2**

**NIA CLASSES**

10:30 am • DAC (DI)  
**HAPPY HOUR**

4:30-7:30 pm • Café-Pourium (DI)

**SATURDAY 3**

**CAP SITE**

11 am-2 pm • Community School (DI)  
**DHARMA TALK**  
4 pm • Lama Sidney, Hermitage Yurt (DI)

**THE GREAT BALANCE**

**Movie Preview**

7:30 pm • DAC (DI)

**JADE MIKELL**

**w/ GINGER BINGERS**

**Art Opening/Music**

7:30 pm • DAC (DI)

**SUNDAY 4**

DENMAN UNITED CHURCH 10:30 am (DI)

**THE GREAT BALANCE**

**Movie Preview**

4 pm • DAC (DI)

**LINDA WEECH**

Multimedia Women's Art Workshop  
1pm-5pm - Hari Amrit's yoga studio (DI)

**MONDAY 5**

**QUILTER'S GUILD**

9:30 am-3 pm • United Church (DI)

**TUESDAY 6**

**CAP SITE**

3-7 pm • Community School (DI)  
**DI LOCAL TRUST COMM.**  
Meeting  
9:30am - DAC (DI)

**WEDNESDAY 7**

**CAP SITE**

3-7 pm • Community School (DI)  
**DENMAN WORKS! ZONE**  
9-12 pm - DAC (DI)  
**MEDITATION**  
7 pm - the Hermitage Yurt (DI)

**THURSDAY 8**

**12-STEP STUDY**

12:30 pm • DI Clinic (side door) (DI)  
**CAP SITE**

3-7 pm • Community School (DI)  
**D.I. FOOD BANK**  
3-7 pm • Community School (DI)  
**HAPPY HOUR**  
4-6 pm • Café-Pourium (DI)