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outbreak.

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Cover image: Lone Pine Farm, DI.
Photo by Chris Seguin



- DENMAN: 700 • HORNBY: 510 •
- E-SUBSCRIPTIONS: 42 •

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

DENMAN ISLAND MEDICAL CLINIC

Medical response to COVID-19 on Denman Island

- if you have been in contact with a person known or thought to have COVID-19 infection
- or have traveled out of country and have symptoms causing you concern
- or to an area with community spreading COVID-19 infection
- or you have symptoms causing you concern such as fever, tiredness, dry cough, aches and pains, runny nose, sore throat or diarrhoea

You can come to the Denman Medical clinic for a naso-pharyngeal swab for COVID-19 testing. You will be asked, and expected, to then self-isolate yourself (quarantine) at home until your test results are complete (3-4 days). You can phone the Coronavirus hotline (1-833-707-2792) for your results.

DI GENERAL STORE RESPONSE TO COVID-19

COMM
INFO

By Grumpy

“We have nothing to fear but fear itself”

• Franklin Delano Roosevelt

There is a lot of misinformation and fear mongering regarding the current pandemic. At the General Store we are working closely with medical professionals to get advice on best practices during these unsettling times. We are open and we hope to remain open but do so we need your help. Here is what we have been asked to do by the medical professionals: We would request that everyone practice social distancing in the store and at the Post Office. So please if possible leave a space of 2 metres (6 feet) between yourself and others. If you are sick or just came back from overseas or have the sniffles or if your or family members are susceptible to being a risk of catching the virus please do not come to the store. If you cannot get someone to pick items up for you there Denman Angels (we are truly blessed to live here where people help people) who will drive the items to you at no charge. We will be happy to shop for you. Please phone the store at 250.335.2293 and we will put your order together for you.

For over 5 years now we have been wiping down all contact areas in the store with hospital wipes after we have closed the doors. The best practices advice we have received and we are now following is that we will also do wipe downs throughout the day. Our staff could be wearing gloves and taking other personal precautions. We cannot afford to have staff members getting sick. If they are sick they could potentially be spreading the virus as well as reduce our ability to serve the public. Denman Island is home to a number of vulnerable people and we want to do our part to protect them. We hope that you will as well. Please feel free to contact Grumpy if you have any questions, concerns or jokes.

Thank you very much for the kind words we have received during this dark time and we also thank you for your support. We really do appreciate it.

We are really looking forward to the day when we can once more say "Yes we have Corona in stock" and we mean the beer not the virus.

Be good and take care, If not good, stay healthy and have some giggles. 🍷

COVID-19 VIRUS AND ABRAXAS

COMM
INFO

By Juan Barker

Abraxas intends to stay open as long as there is a discernable need from in the community for our services and it is safe to do so. For the time being we will maintain the same hours. We are monitoring the spread in the Comox Valley and on Denman Island closely and taking on the suggested practices of social distancing, frequent hand-washing and using disinfecting wipes on the things folks touch like door handles, copier and the point of sales machine and we ask our customers to do the same as much as possible. Folks, please do not come in the store if you are experiencing any kind of flu or cold symptoms. We can take orders by phone or through our website – www.abraxasbooks.ca if necessary. We can print things for you if you email us the material that needs to be printed. Our e-mail address is abraxas9@telus.net. We expect that we will be asked to shut down completely sometime soon as a precaution by the Province. It is not true that there is book hoarding going on. Let's all stay as safe as possible. 🍷

TSK TSK REVUE POSTPONED

COMM
INFO

By Jenny Vester

The Tsk Tsk Revue is postponing the Salish Sea Tour. Even though we Lasquetians live on an island, we are people of the planet and now is the time to stay close to home, to take care of ourselves and thereby everyone else. When it is safe and right to get physically close to each other again, to celebrate rather than fear the exchange of fluids, we will reschedule shows and get to freely play together. In the meantime folks, wash your hands and keep your hearts open! 🍷

AN UPDATE ON HDCHCS SERVICE DELIVERY

COMM
INFO

By Lori Nawrot

In the best interest of our clients, staff and volunteers, and based on the latest recommendations from health authorities, we are implementing some changes to our operations and service delivery:

Our Child, Youth and Family Services team – Meredith, Sara and Mike - continue to be avail-

able to assist youth and families, but groups and meetings are suspended until further notice. This team can be reached by confidential voice mail at (250) 898-0247.

Better at Home services are limited at this time but please contact Dominique, our Island Coordinator for more information at (250) 898-0245.

Both our Home Support and Home Assist services may be modified as required to meet current recommendations and staffing ratios. Alisha, our RN Program Manager along with Heather and Amy, our RN Supervisors are working diligently to keep informed and along with our dedicated staff continue to provide exceptional care to our community members on our islands. If you have home care related inquiries please call (250) 792-5889.

Please note, if you have borrowed equipment from our Equipment Loan Cupboards, please leave it outside the door and leave us a message at (250) 335-2885. Thank you. 🍷



With the possibility of the COVID-19 virus disrupting the delivery of The Islands Grapevine to your mailbox - we encourage everyone to sign up to our PDF e-dition that is emailed every Thursday morning.

**Send request to
theislandsgrapevine@gmail.com
or phone 250-335-9188**

TIDE TABLE

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

2020-03-19 (Thursday)

Time	Height	
PDT	(m)	(ft)
04:22	4.6	15.1
10:25	3.2	10.5
14:34	3.7	12.1
21:37	1.5	4.9

2020-03-20 (Friday)

Time	Height	
PDT	(m)	(ft)
05:08	4.6	15.1
11:16	3	9.8
15:44	3.7	12.1
22:32	1.5	4.9

2020-03-21 (Saturday)

Time	Height	
PDT	(m)	(ft)
05:45	4.6	15.1
11:53	2.8	9.2
16:41	3.8	12.5
23:17	1.6	5.2

2020-03-22 (Sunday)

Time	Height	
PDT	(m)	(ft)
06:15	4.6	15.1
12:25	2.7	8.9
17:29	3.9	12.8
23:55	1.7	5.6

2020-03-23 (Monday)

Time	Height	
PDT	(m)	(ft)
06:39	4.5	14.8
12:53	2.5	8.2
18:12	3.9	12.8

2020-03-24 (Tuesday)

Time	Height	
PDT	(m)	(ft)
00:28	1.8	5.9
07:00	4.5	14.8
13:19	2.3	7.5
18:54	4	13.1

2020-03-25 (Wednesday)

Time	Height	
PDT	(m)	(ft)
00:58	2	6.6
07:19	4.5	14.8
13:46	2.1	6.9
19:35	4	13.1

2020-03-26 (Thursday)

Time	Height	
PDT	(m)	(ft)
01:27	2.2	7.2
07:38	4.4	14.4
14:13	1.9	6.2
20:19	4.1	13.5



DI COMMUNITY HALL AND COVID-19

COMM
INFO

By Lyndsey Jennings

Hello Denman Community Hall Renters... the Comox Valley Regional District (CVRD) is taking precautionary measures in support of the Public Health Agency of Canada and the BC Ministry of Health and their efforts to contain the novel coronavirus (COVID-19).

Following these recommendations, DIRCS has decided to close the Denman Community Hall until restrictions are lifted. No time frame is available at this time on when events will resume.

I'm sending this to all renters with bookings through to June 30. If you have paid already, the money will be returned in full or pro-rated as needed. I'll destroy deposit cheques and will indicate your events are cancelled in the calendar.

Sorry for the short notice., stay safe, and we hope you'll rebook when normality resumes... Lyndsey Jennings

UPDATE FROM THE DI UNITED CHURCH

By Celeste Wilder

COMM INFO

Greetings on behalf of the crew of the Denman United Church!

As the human world faces this challenging time of uncertainty and global viral circumstances, the planetary and more-than-human realms continue with their steadfast rhythms.

The Spring Equinox is upon us! As humans we exist in the mystery between the huge cosmic rhythms and our individual internal worlds. In this middle space, we feel the current strained web of human society, and the deep possibility for resilience and care.

If you haven't already gathered: we are not trying to convert you! As a diverse crew at Denman United, we are creating a welcoming space to foster community connections and support each other in our spiritual (and practical!) lives. We acknowledge a multiplicity of language and paths to connect to the Divine. In these challenging times, we feel the relevance of this need to connect to each other and Spirit all the more. We were already wondering how to best help our community, and now that question has more urgency and angles to it. What is the role of spiritual ceremony during tricky times? The mission of the Church is to be a hub of divine light. How do we be a hub when the physical coming together is part of what people are expressly avoiding?

Here are some options we've come up with so far:

(If you have any other suggestions or comments, please be in touch)

- The Labyrinth is always open and virus free. Come walk it! Feel connected across time to the others who have and will walk that ancient pattern. The Labyrinth is an ancient Celtic meditation opportunity. On the church lawn, stones mark out a circular maze-like route that leads towards the centre, and then back out again. Walking this in contemplation can be a beautiful bodily way to reflect and move through internal mazes. It is always open to the public.

- Plant something! Getting your hands into the earth is literally grounding and therapeutic. People of every spiritual tradition are invited to plant something in and around the Church as a act of celebrating Spring. You

can come do this in your own time at any point. We find the building and land of the church to be a sacred spot, and if some time in sacred space would do you well, please come plant some flowers.

- Be in touch! If you would like to meet outside with someone else to connect to Spirit and Spring together, please let us know. We had a community Spring Equinox celebration in the works, and would be happy to share this with even a small group of people should that be desired. LET US KNOW IF YOU WANT TO GET TOGETHER OUTSIDE.

- PRACTICAL SUPPORT. If you would benefit from some specific support (listening ear, food drop off, ride somewhere, etc.) during time of uncertainty and chosen physical isolation (for many) please let us know and we will do our best to connect you with someone who can help.

For up-to-date information, questions or need for support you can contact: Helen @ 604-218-4336, Ron @ 604-218-2839, Celeste @ 250-702-7784 or Perri @ 250-703-3192.

Thank you!

--
"Don't move the way fear makes you move. Move the way love makes you move. Move the way joy makes you move." • e.e. cummings



HOW TO CANCEL CORONAVIRUS

COMM INFO

By William Thomas

Just when it seems the “news” swirling around the coronavirus pandemic couldn’t get any worse, it’s just gotten a whole lot better.

With COVID-19’s genetic sequences identified, powerful practices and prophylactics are immediately available to defeat a *mostly non-lethal* but highly-contagious and plague – whose slow start and explosive exponential growth is best characterized as: case... case... case... cluster... cluster... BOOM!

#1: Prevent community spread and Covid can’t go boom. “Social distancing” is the most effective firewall. This means: *staying home* if sick or elderly. Or go for a walk on the beach. Because sunshine and fresh air are powerful disinfectants, “Open Air Therapy” proved very effective during the 1918 Influenza outbreak. *Avoiding crowds*, maintaining *6-feet of separation* in face-to-face situations, *disinfecting often*, and *calling* the clinic if you become ill.

#2: Washing hands, face and *often-touched surfaces* frequently with plain soap and water destroys the fatty lipid layer on COVID-19’s outer shell, causing the virus to disintegrate. Ditto, other coronaviruses like the flu.

#3: Drink lots of water. (Without the soap!)

#4: “Abundant clinical evidence confirms vitamin C’s powerful antiviral effect when used in sufficient quantity,” reports researcher Andrew W. Saul. “Symptoms are usually neutralized when a dose of about 90% or more of bowel tolerance is reached.”

If you become ill, *call the doctor and follow qualified medical instructions*. After you close the hatches and socially submerge, Saul recommends dosing with “C” until you get the runs. Then back-off slightly.

(Super-high-doses eliminated his pneumonia within days. How high? After successful clinical trials, the government of Shanghai officially recommends 4,000 to 16,000 mg/day intravenous vitamin C to treat adults *actively infected* with COVID-19.)

All coronaviruses release free-radicals that are “easily eliminated by massive doses of ascorbate. This is a matter of chemistry,” Dr. Robert F. Cathcart concurs.

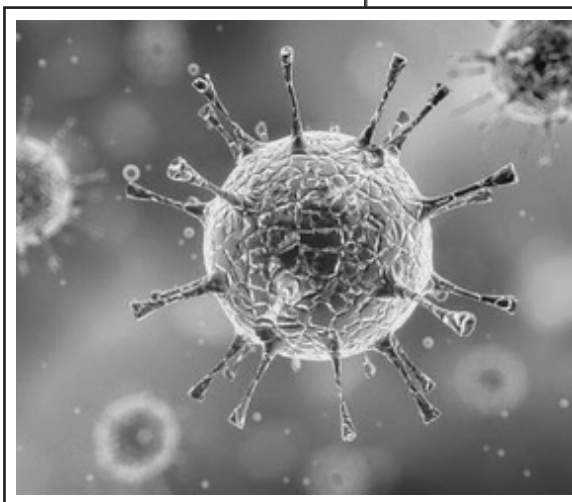
Importantly, this MD adds: “Just 200 mg/day vitamin C given to the elderly resulted in improvement in respiratory symptoms in the most severely

ill, hospitalized patients. And there were 80% fewer deaths in the vitamin C group.”

Get “C” with added zinc, another powerful free-radical scrubber.

“I have found the value of bolstering immune function with vitamin D to be incredibly powerful,” adds preventive medicine specialist, Dr. Jeffrey Allyn Ruterbusch.

#5: *Remove the batteries from your wireless contraptions and unplug all cordless-phone cradles.* Extensively-corroborated studies show how, in addition to suppressing immunity, wi-fi pulsing up to 2.45 billion times every second, opens electrochemically-gated cells to viruses.



The oxygen circulating in healthy bloodstreams is a powerful virus-fighter. Stacks of medical journals confirm that invisible 2.45 GHz microwave exposures from cell towers, cell phones, phone cradles, smart meters, computer routers and other everyday emitters release “storms” of oxygen-gobbling free radicals – while simultaneously suppressing free-radical-scrubbers, including vitamin C, melatonin and other antioxidants.

Hundreds of scientists from 41 countries have expressed “serious concerns” regarding our increasing

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exposure to electrosmog generated by so many wireless gadgets – before COVID-19 and the 60GHz 5G blitzkrieg. Don't wait for them to be ignored by wireless-funded media.

#6. Why not prevent the coronavirus from attaching to your cells? Think of COVID-19 as a bouncing ball crowned with thorns. Like burrs stuck to your socks after walking in the woods, pointy “spikes” of furin proteins allow these ravenous replicators to hook into human cells.

“It is this novel spike protein that make these viruses so infectious, so efficient, to attack and infect human cells,” explains MD Marco Ruggiero from Seattle, where the outbreak is compounding faster than credit-card debt.

Folic acid and glutathione are two of 14 botanicals that “may act as furin inhibitors, and as such, inhibit the formation of the spike proteins of the coronavirus that, in turn, are responsible for the high infectious potential of this virus,” suggests Andrew Saul.

Cornell University's just-completed “Structural Modeling Of The New Coronavirus” has identified the positively-charged amino acid sequences necessary for COVID-19 to open electrochemically-gated cell membranes. “If you wish to neutralize something that has a high positive charge, you need something with a high density of negative charges,” Dr. Ruggiero continues, after studying this mechanism for decades. “The biomolecules with the highest density of negative charges in the biological world” are chondroitin sulfate and heparin.

“Theoretically,” these highly negatively-charged compounds “could bind

IMMUNE BOOSTING ADVICE FROM DR. STEPHEN MALTHOUSE, MD

COMM INFO

As a medical doctor, with a special interest in *Integrative Medicine*, I have compiled some recommendations for supporting your immune system. In general, to prevent overloading our hospitals, behave as though you already have the Covid-19 infection with social distancing and self-imposed isolation, even if you do not have symptoms.

These are adult doses; reduce the dose according to body weight for children.

#1. Vitamin C - The International Society for Orthomolecular Medicine recommends taking at least 1000 mg three times daily. If sick, increase to bowel tolerance: take enough to get loose stools, then reduce the dose slightly. I use calcium ascorbate in 1000 mg capsules. If you are hospitalized, request intravenous Vitamin C as per recent studies in Shanghai, China and best-available evidence.

#2. Vitamin D3 – take 4000 international units daily. The “sunshine” vitamin level for elderly in nursing homes or office workers is probably close to zero. Research shows that the elderly are the age group what will benefit the most from Vit D supplementation.

#3. Multivitamin Take a high quality once-a-day multivitamin. Personally, I use The Ultimate One by nu-life (\$10.00 per month). It contains some magnesium, zinc and selenium, as well as green tea extract (quercetin), all of which have demonstrated anti-inflammatory or anti-viral activity. If your multivitamin contains molybdenum, it is probably of good quality.

#4. Elderberry. Dose varies per product. Follow the instructions.

... continued on Page 7 ...

to the tips of the spike proteins in this new coronavirus” – blunting its barbs so the virus cannot fasten onto cells – “and prevent the infectivity.

“There are no data demonstrating that the chondroitin sulfate works against the coronavirus. But all previous data accumulated in the past 20 years or so against a number of other viruses seem to point in that direction.”

Don't panic.

Take care.

Stay well.

With special thanks to Chris Anderson and Karen Nevis.

An award-winning investigative journalist, this health researcher contributed a popular Alt. Health column to Monday Magazine.

See: willthomasonline.net for links to sources 

... continued from Page 6 ...

#5. Flu shot. There is no evidence that getting a flu shot at this time is beneficial and it might increase your risk of catching Covid-19. Consult your doctor about relative risk.

#6. Anti-fever drugs. For mild-moderate fever, try not to use acetaminophen (Tylenol) or ibuprofen (Advil). Most viruses are temperature sensitive and a mild-moderate fever is the body's defense mechanism. Anti-inflammatories, such as ibuprofen, might be hazardous for other reasons, including the acceleration of Covid-19 disease and cardiac/ kidney side-effects.

#7. Others. There are other natural products that might be beneficial in boosting your immunity, such as ashwagandha, medicinal mushrooms (particularly reishi), astragalus, echinacea, green tea, garlic and other herbs. Seek the advice of a trained practitioner for these products.

This information is not intended to replace the advice of your medical doctor. If you want references for the above recommendations, email me at malthousechapman@telus.net.

FROM THE CROW'S NEST: Bluewater Martians

ARTS&LIT

By William Thomas • Photo by William Thomas

Mars aficionados and Hornby-Denman gardeners must've gone gaga over Ridley Scott's, The Martian. Bluewater sailors said, "No biggie."

Want a crew capable of coping with life-threatening emergencies and each other's company during the cramped, seven-month voyage to Mars? Choose ocean voyagers...

How the confused and reluctant hero of the Bourne Identity ends up stranded on the surface of Mars is never fully explained. But Matt Damon (aka Mark Watney) is certainly a mellow Martian.

Despite lacking an atmosphere to transmit sound, the movie Mars is disconcertedly noisy – though nothing approaching the nerve-shredding cacophony of a storm at sea. Marooned 53 million miles from nearest habitable land, and reduced to counting zip-locks of human waste and a dwindling supply of potatoes, the wise-cracking Watney is in greater danger of being driven mad by a collection of dated disco recordings than by playing Robinson Crusoe on the Lonely Red Planet.

After an Earth-based rescue attempt blows up in his face, NASA's director elects to sacrifice Watney in order to ensure the safety of five astronauts onboard the orbiting mommy ship. But that vessel's skipper disobeys distant orders and risks her ship and its entire complement to save one man.

NASA made the right call. Apparently, that mutinous commander never had to confront this budding Ensign's exam question: "If your ship was catastrophically flooding, would you order watertight hatches dogged shut on your drowning shipmates?" (I answered correctly.)

Since electronics are as allergic to sand as seawater, sailors can only marvel at Damon's destiny. Thanking his lucky stars that it's not an F-35, the chuck-

ling castaway manages to locate and reactivate a long-buried Pathfinder rover, then boot up a derelict resupply probe simply by wiping off an external keypad scoured by decades of sandstorms and radiation.

The movie's climax is a passage only Shackleton or Tristan Jones would have attempted: a 50-day Mars crossing onboard a rock 'n' roll ro-



Celerity hauling out at Hanabuchi, Japan for her historic N. Pacific crossing

er equipped with monster-tires and a million-dollar stereo.

... continued on Page 8 ...

Saturday Dharma talks with Lama Sid



at the Hermitage yurt are suspended until further notice.

... continued from Page 7 ...

In 1984, *Celerity* completed a similarly “impossible” first-ever nonstop crossing from Japan to North America by multihull. With her bluff bow, broad wings and rapier-lean outriggers, the plucky backyard-built trimaran resembled a miniature Vulcan scout ship as she set out on a 4,800 sea-mile crossing far longer in distance than that attempted by the witty Watney.

In an interior space smaller than his RV-size Mars Rover, her two-person crew had to stow enough water, provisions, spares and tp to transit this watery planet’s longest and most formidable high-latitude passage. Unlike Watney, our solar panels did not have to heat the cabin in -80F temperatures. Or make oxygen. But beyond the 3/8” skin of our vessel lay a turbulent environment as vast and inhospitable as space. And unlike that Hollywood Martian, Hiromi and I could not stop for scenic walks whenever claustrophobia threatened.

Watney drove his modified dune buggy across the Mars regolith for just two days longer than our 48-day passage from a small fishing harbor in Hanabuchi to Victoria’s Fisherman’s Wharf, where *Celerity* tied to the same berth on the same jam-packed float she had departed from eight long years before. Like Watney on his rescue, the first thing I did on stepping ashore was draw a deep breath.

willthomasonline.net

COVID-19: The Exit Problem

OP/ED

By Gwynne Dyer • OP March 18th, 2020

Most of the countries in Asia, Europe and North America are now in lockdown to slow the spread of the Covid-19 virus. This is the ‘suppression’ strategy, and it should keep the death rate from going exponential for a while. The unanswered question is: what do we do next?

There is no exit strategy. “This type of intensive intervention package [‘social distancing’ of the entire population, home isolation of Covid-19 cases, and household quarantine of their family members] will need to be maintained until a vaccine becomes available (potentially 18 months or more) – given that we predict that transmission will quickly rebound if interventions are relaxed.”

That’s from the executive summary of the key Imperial College London report that on Monday forced the British government to abandon its insane policy of letting the infections grow and hoping the population (or what was left of it) would achieve ‘herd immunity’.

The 30-strong Imperial College team estimated that an ‘unmitigated epidemic’ - no closure of schools, shops, restaurants and bars, no household quarantines of suspected coronavirus cases and their families, no ‘social distancing’ – would directly cause 510,000 deaths in the United Kingdom in the first wave of infections (now to July or August).

Infections would grow rapidly through March, and the demand for beds in intensive care units (ICUs) would exceed supply by the second week of April. At the peak of the first wave of infections in mid-May, demand for ICU beds would be thirty times greater than supply.

They did the same calculations for the United States, and concluded that 2.2 million Americans would die in the first wave of infections. (This number was instrumental in jolting the Trump administration out of its ‘deny, distract and down-play’ strategy last weekend.) Such huge case loads would inevitably crash the health-care systems in both countries, causing further ‘secondary’ losses of life.

So the team moved on to consider the ‘mitigation’ model. This concentrates on ‘flattening the curve’ of infections, which would now peak in late June. Suspected cases of infection are confined to their homes and their families are also quarantined, schools are closed, over-70s are required to self-isolate – but shops, bars, restaurants, etc. stay open, and the economy staggers on more or less intact.

The mitigation policy’s outcome is slightly better, but the peak case load

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is still so high that it crashes the health system. Total deaths in the first wave are reduced only by half: i.e a quarter-million die in the United Kingdom, and a million in the United States. So the Imperial College team moved on to examine the third option: 'suppression'.

Suppression, or 'lockdown' if you prefer, drastically reduces human contact in order to reverse the rate at which infections are spreading. 'Social distancing' applies to everyone, not just the over-70s, and almost all public venues except food shops and pharmacies are closed. It does the job – after a few weeks death rates drop sharply – but the economy also goes into decline: probably 6% down or worse by the end of the year.

This is now the policy in most developed countries: mass death is no longer on the doorstep. The United States as a whole is still in 'mitigation', because it takes a long time to turn a supertanker like Mr Trump all the way around, but New York and some other big American cities and states have already moved on to suppression.

It has all happened very fast, and governments are just starting to realise that we will be in this mode for a long time. In fact, unless this particular coronavirus fails to cause a second wave of infections next winter – it isn't certain – we will probably be stuck in lockdown most of the time until an effective vaccine becomes widely available, probably no sooner than eighteen months from now. August of 2021, let's say.

In the meantime, the best we can hope for is a few breaks when new infections have fallen so low that the controls can be "relaxed temporarily in relatively short time windows" for a month or two. But the virus will still be at large in the population, and we'll probably have to re-impose the controls as the number of infections starts to spike again.

Economically, it will be as big a hit as the Great Recession of 2008-9. Saving everything from shuttered shops, theatres and restaurants to passenger-starved airlines from bankruptcy will be a huge challenge. Keeping their laid-off employees out of poverty will be just as hard. There will have to be mortgage and rent holidays and maybe 'helicopter money' (dropped from above by central banks).

But here's a silver lining, if you want one. In every country we have collectively decided, without even an argument, that we care more about the lives of our fellow-citizens than we do about the damned economy. 🍷

THE EARTH CLUB FACTORY AND COVID-19

By Sheldon Rempel

COMM
INFO

As you all realized by now we have made the difficult decision to close our doors due to the Corona Virus risk. This comes at a big cost to my staff and The Earth Club Factory as we are without income and cash flow until the dust settles. It is a heart wrenching task to lay your staff off, the very people have made us successful. We are wait on the edge of our seats to see what the feds are coming up with but in the intern am sure I can find some very solid people to do what ever jobs you have. The bottom line is these are uncertain times and we all need to do our part to mitigate the potential risk.

We are devising a strategy that will allow us to continue business but we don't want to do this on the fly, it has to be 100% safe and use best practices given the risks involved, it cant involve washing dishes that have had contact with customers, it has to adhere to Health Canada rules and it must protect our staff and the public.

We are seeing take out as a real possibility, limiting contact with customers, strict cash handling protocols and our property is very unique in terms of our outdoor spaces, and we have lots of it. I am no expert but I think this is an asset to creating space for our clientele.

... continued on Page 10 ...

... continued from Page 9 ...

We have an amazing distribution network with our organic food buying club and some awesome bulk organic suppliers and we are not greedy so these products are available to order so contact Donna 250-650-5313 and she can sort you out. If any of you are missing our coffee we are always roasting beans and we can roast to your specific pallet, so you actually can be picky. Message us or contact me directly if you want some bean.

We are going to take the next few weeks to do some maintenance on the bistro, and ensure things are in tip top shape.

Stay safe, enjoy your space, it may be a gift in disguise, thank you for your years of support.

All of us to all of you. Peace love and understanding.

Earth Club Factory

Ps Ya know I don't live in fear but always though in the back of my mind a couple degrees of separation would be a good thing when the shit hits the fan. We are lucky to be on Denman. 🍷

PUBLISHER'S NOTES

I*knew this day would come.*

From the moment I got involved with the Grapevine I've tried to identify its weaknesses.

First off, "*what of myself?*" In taking on a paper publication in the year 2017 can it not be argued that poor decision making constitutes a major weakness?

Thankfully, our islands have proven the choice to be not so disastrous. The community has shown throughout that it is there for the Grapevine. This has afforded precious time to identify other issues that could impact our production.

A reliance on Canada Post? Now this could potentially be the Grape's undoing! We enjoy a favourable rate with the postal service over that of regular mail but those rates are no less susceptible to inflation than anything else. And what of policy/service changes that could negatively impact our efforts? It has happened in the past...

I guess the point I'm trying to make is that worry is never too far away. The key is to worry just the right amount. Enough to act. Not too much that it cripples.

Yes, I knew this day would come.

OG-Juan-Abraxas told me not long after taking up the reins, "you need to go digital!" Those words stuck in my craw, they did. "Embrace the dark side?" I thought. Seemed counterintuitive as I was focussed on carrying on the tradition of a paper publication. Still, I felt his wisdom at running the local bookstore all those years was not to be disregarded.

Though I couldn't predict the reason for the arrival of this day, I still knew it would arrive.

"How did I know?" you might ask. It's plain on looking at me I've no background in epidemiology. Nor am I a seer. No, this day was going to come because the ongoing theme, in my life anyways, has always been *the weakness of your plan will eventually come home to roost*. Then what?

Truth be told, I never conceived of something so small wreaking such havoc. My imagination lacks at a point. I've no background as a Sci-Fi writer. Nor do I consider myself a 'Prepper.'

Honestly, the smallest threat I could identify for the Grapevine was Eartha Muirhead. Nowhere near as small as COVID-19. However, the consequences for the Grapevine should she achieve her goal of eliminating logging leave me to shudder. It'd be hard to print up the Grapevine without paper. That the Grape

... continued on Page 11 ...

... continued from Page 10 ...

vine occasionally prints her submissions is just another indictment of questionable decision making, it seems!

While a lot of the worries I've cited are relatively simple ones they've had a hand in preparing the Grapevine for such a day as this. If for any reason the hard copy ceases delivery over the coming weeks we are capable of producing the Grapevine online and will continue to do so. If you sign up for your e-Grapevine it'll land in your inbox each Thursday morning, free of cost and moreover free of COVID-19!

On a brighter note, once this spell has passed us by and everyone has their *free e-subscription to the Grapevine*, my earlier worries about Eartha would be allayed. This manner of addressing the worry rather than shying from it has, in effect, made the Grapevine healthier, stronger! Much as we're looking to collectively achieve in the face of this broader threat. With an attentive approach we will navigate through this spell and with that, the day may yet come where the Grapevine stands in full solidarity with Eartha in calling for a ban on logging! First things first, however.

We are taking the necessary precautions of cleaning and disinfecting our printers, equipment and workspace. This leads to wondering on the virus' efficacy on different surfaces. Everything that I've unearthed regarding porous surfaces like paper says that it can't survive beyond a few hours. Harder surfaces much longer, up to over a week. I'm told that our local postal workers are wearing gloves in an effort to limit any transmission. Looking to Italy's situation as some sort of barometer I've not heard of a suspension in their mail service. Canada Post has issued a statement which outlines the measures it's taking to contain the spread of COVID-19. Outside of that, the mail will continue to be delivered. For now at least. When it comes to one's background mine is hair-farming and tree planting so naturally I'll defer to Canada Post's wisdom regarding deliveries.

I will make one caveat regarding Issue #1425. There is bound to be the odd meeting/event that shows as **not** cancelled or **not** postponed. I can't guarantee all information to be up to date as we are in a fast changing situation. We've been informed of a great many alterations in our social/event calendar in the past days but I can appreciate that the Grape might not be on everyone's mind in such times. Look to our website for the most up to date info but, again, I would use logic regarding events that are still listed as happening. At least until we are able to adjust

fully to this new reality.

Finally, **the Grapevine wishes to extend to all organizations, groups, and businesses the offer to publish any information deemed vital to the common good over this period of time.** Just because we've been driven apart doesn't mean we can't stay informed about developments that affect us all on a local level. Never has this appeared more important. The slew of postponement and cancellation notices mixed in with protocols for dealing with distancing, isolation, testing and prevention in this week's issue leave little doubt of the severity of what we are faced with and the role your community paper assumes in it.

Lastly, a big shout out to our health-care workers. Their job is difficult enough with their workload taxed to the full. Throw a virus outbreak into the mix and I can only image the heightened strain. Also to Daryl and his staff at the General Store and Post Office. Keeping our community supplied through this is no mean feat. Please respect them and the situation they are faced with by adhering to all protocols.

Stay well everyone.



• ANNOUNCEMENT • • CHARITY AUCTION •

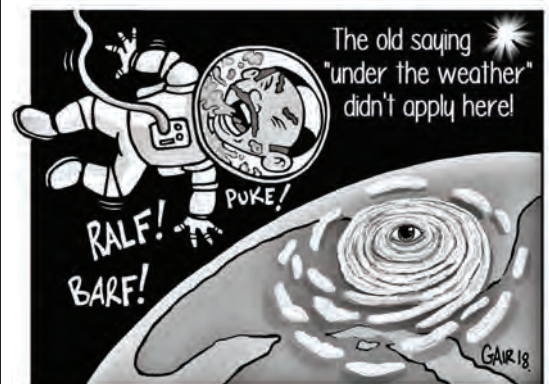
*TO the residents of
Denman Island AND BEYOND...*

*The big charity auction fundraiser
for the preschool and the community
halls normally held every two years
since time immemorial is being
adjourned from this fall to the
Spring of 2021.*

Hang onto your donations until then!

Thanks,

• DIRCS • DSMS • The Preschool •



QUARANTINE By Bill Engleson • www.engleson.ca ARTS&LIT

Introduction: The following flash fiction (aka very short) story, Quarantine, was written on March 12th for a weekly writing site called Thursdays Threads. Each week, a prompt is offered by the hostess. This week, it was "I'd been home two weeks." The previous week, I wrote a dismally sad pandemic tale. This week, I felt the need to lighten the mood a bit.

I'd been home two weeks, eh! With a couple of extra days tagged on for good measure. Like you add a pinch of additional spice to a stew. Extra spice always kicks a meal up a notch.

Same with self-isolation, I figure.

Speaking of stewing, the wife, was she ever a little ticked at me.

There I am, saving mankind one solitary social distancing second at a time, embracing my immense boredom, saying to my darling, 'sweetie pie, its for the good of the world,' and she bounces back with, 'we've been at home for weeks. I wanna go somewhere. This is nuts.'

I'm just too much of a big thinker for her. I mean, I've always been able to see the big picture and she takes care of the day to day stuff.

Working!

Shopping!

Cooking!

Me, I'm the planner. The analyst.

Heavy on the anal, she says when I point out my contribution.

Now take this Jerry Colonna Virus, right away you know you want to avoid comedians. Particularly the loud obnoxious ones. Not saying old Jerry was insufferable, and I don't want to be dissing the dead but still...and here the wife jumps in to charmingly correct me, a habit I've had to get used to...

'Its Caronavirus, numbnuts, not Colonna. Nothing to do with deceased comedians.'

She's got a good point, but you won't find me telling her that.

Don't need to.

She knows she's got more going on in her noggin than I have. 🍷

Denman WORKS Economic Enhancement Society AGM POSTPONED

Due to the concerns about the coronavirus, the AGM scheduled for this coming Sunday, March 22 is postponed until further notice.



THE 2nd OCCASIONAL DENMAN ISLAND TRIVIA QUIZ

By: Free-range, Plant-based Private Investigator & Associates

Can you guess which Denman Islander goes with what second-life aspiration? Hold on to your Grapevine. Answers published next week.

"Starting life again I would..."

1. J. Thornton
2. Lee Andra Jacobs
3. deNeen Baldwin
4. Laura Pope
5. Maxine Matilpi
7. Andrew Fyson
8. Leslie Dunsmore
9. Sandy Kennedy
10. Jayne Fogarty

- a) add more spice
- b) travel the world for a decade
- c) become a forensic anthropologist
- d) be a math genius
- e) grow up in a home with music-making, storytelling & joy
- f) develop my music skills
- g) not even glance at the trillions of "skinny-is-beautiful-diet" articles; I would always cherish my body as it fluctuates through its different life stages.
- h) spend more time developing my interest in math
- i) do most of it just the way it was, but without back troubles
- j) pursue a professional singing career

Yes, there is fear
Yes, there is isolation
Yes, there is panic buying
Yes, there is sickness
Yes, there is even death
But...

They say that in Wuhan after so many years
of noise

You can hear the birds again
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear

They say that in the streets of Assisi
People are singing to each other
across the empty squares
keeping their windows open
so that those who are alone
may hear the sounds of family around them

They say that a hotel in the West of Ireland
Is offering free meals and delivery to the
housebound

Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call
on

Today Churches, Synagogues, Mosques and
Temples
are preparing to welcome
and shelter the homeless, the sick, the weary

All over the world people are slowing down
and reflecting

All over the world people are looking at their
neighbours in a new way
All over the world people are waking up to
a new reality
To how big we really are
To how little control we really have
To what really matters
To Love

So we pray and we remember that
Yes, there is fear
But there does not have to be hate
Yes, there is isolation
But, there does not have to be loneliness
Yes, there is panic buying
But, there does not have to be meanness
Yes, there is sickness
But, there does not have to be disease of the
soul

Yes, there is even death
But, there can always be a rebirth of love
Wake to the choices you make as to how to
live now
Today, breathe
Listen, behind the factory noises of your
panic
The birds are singing again
The sky is clearing, Spring is coming
And we are always encompassed by Love

Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing

Fr. Richard Hendrick, OFM

March 13th, 2020



ADVERTISING RATES

Prices include taxes

INSERTS/HANDBILLS

\$63/Island

Please contact us to find out
how many you should print.

- or -

we can print it:

\$7/100 (letter-sized - one-side)

\$12/100 (letter-sized - two-side)

CLASSIFIED ADS

1 week • **\$8.40**

Discounts available for
running more than 1 week
30 words or less.

\$4.20/week for each
additional 30 words

BUSINESS DIRECTORY LISTINGS

6 weeks • **\$28.00** (\$4.66/wk)

12 weeks • **\$50.38** (\$4.20/wk)

25 weeks • **\$90.96** (\$3.64/wk)

50 weeks • **\$147.26** (\$2.95/wk)

PROMOTIONAL ARTICLES

Advertise your event
with an article.

\$34.99

for up to 300 words and one
graphic/photo.

BOX/DISPLAY ADS



Front Page

• **\$21.00/1x1**

Inside

• **\$18.20/1x1**

Discounts available
for placing ads for
multiple weeks.

DEADLINES

Deadline for ALL

submissions is

every Monday at Midnight.

Please contact us for more
information.

theislandgrapevine@gmail.com
250-335-9188

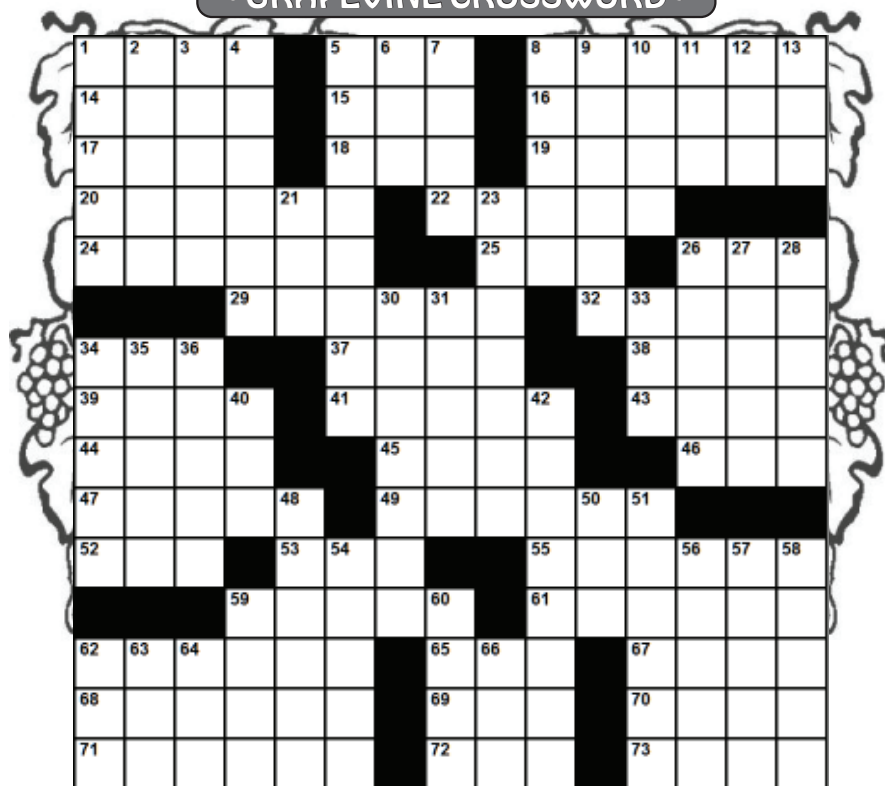
Bearabull

by Thomas Provençal

This is for Americans
as you wonder how to vote
with most of your compatriots
who likely learned by rote.
When a bull is doing business
there is no thought for care.
He subdues the adversary;
not so with a bear
who takes the time that's needed
to think and strategize,
to all the parties in a deal
with honour recognize.
To live among the billions
making up the human race,
diplomacy in politics

is needed to replace
the fear and lies that permeate
the ethos of your nation.
Self-defense is championed.
Sheople eat manipulation!
Think about the schoolyard
where you learned to get along,
incorporating social basics,
recognizing right from wrong.
Remember that you're in a world
where countries lose autonomy
with increased integration
of their culture and economy.
The willingly self-subjugated
hapless human race
calls out to you, Americans.
Please lead the world with grace!

• GRAPEVINE CROSSWORD •



• ACROSS •

1. Don't eat
5. Apply gently
8. Ring kings
14. Tailor's case
15. Afflicted
16. Rooftop sights
17. Army dinner
18. Catch a glimpse of
19. By and large
20. Marsh vapor
22. Exercise, as power
24. Lassitudes
25. Anything but that
26. Media overseer org.
29. Obtain by coercion
32. To do
34. Type of lettuce
37. At any time
38. Descend
39. Contract variety
41. Gun the engine
43. Continental coin
44. Corncob, for one
45. Tricky scheme
46. Adult males
47. Artist's brown

49. Socialites' group
52. Actor Ron
53. Chinese chairman
55. Chopping sport
59. Sea anemone or hydra
61. Inclined to be stressful
62. Render unclean
65. Did lunch
67. ---- be a pleasure!
68. Left to finish
69. Ain't no more
70. Actress Gill
71. Buildings and land
72. Eccentric
73. Alphabetize

• DOWN •

1. Whom to Cherchez
2. Dined at home
3. Lazy girl
4. Flimsy paper
5. Calamity
6. A Canadian export
7. Gusted
8. Carving in relief
9. Checkup concern
10. Extra dry
11. 60 sec.
12. Kiddo
13. Conniving
21. Amalgamation
23. Confer confidence in
26. Discussion venue
27. Assignment
28. Dinner bird
30. Elate
31. Las Vegas show
33. Adorer's writing
34. Small grove
35. College at Oxford
36. Too saccharine
40. Ring around the collar
42. Most annoying
48. Quantity
50. Absorb, as costs
51. Characteristics
54. Actress Kirstie
56. Granting that, for short
57. Floor worker
58. Acclaim
59. Combine resources
60. It's usually moved first
62. Chestnut cage
63. Away from WSW
64. Drug testing grp.
66. Ank's cross

Mr. Stofer

www.stofergallery.com



Looking to the Night's Sky

BETELGEUSE BACK IN BUSINESS

Well, it looks like Betelgeuse is becoming brighter . . . the leading hypothesis for the dimming is still a cloud of dust expelled by the star blocking our view. Of course - the story isn't over, yet. Betelgeuse is approximately 642 light years from Earth - which means what we've just observed actually happened around 642 years ago (1380CE) and the light has taken that long to reach us at the speed of light (the Universe's speed limit. Who knows - mayhaps she's bitten the dust already and the light is still traveling to reach the Earth?

www.youtube.com/watch?v=1cw2jlv3Wr8

Until next week . . .
Keep Looking to the Night's Sky

• LAST WEEK'S ANSWERS •





• 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. 335-9188, theislandgrapevine@gmail.com.

• FOR SALE

SHOP SMITH MARK 5 with Magna 18" Jigsaw \$500.00 Echo Bear Cat 3" Chipper/Shredder with Briggs & Stratton 1350 Series engine \$1000.00 Phone: 250-335-3325

WAGNER FIREWOOD. FIR FIREWOOD FOR SALE. 2 cords to Denman, \$540 plus GST. Hornby \$560 plus tax. Text or call Scott at 250-334-7323

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.

• SERVICES

YVONNE'S BAKING 335-0460

UNSIGHTLY MOSS, pollen lichen and slime bothering you, but your pressure washer is covered in mold, give Brian a call at 335-2390 or 650-2390. Maybe I can help.

GUTTERS seamless, supply and install also repairs, for free estimate contact Kevin at 250 335 1986 or cell at 250 667 3233. Serving Denman/Hornby.

THORLACIUS TRUCKING Top soil, bark mulch, gravel and sand. Denman stockpile for smaller loads.

Call Chris & Lora, 250-650-9986. thorlaciustrucking@gmail.com

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.(HI)(12/20)

MAGNIFICENT TOPSOIL, Bark Mulch, all gravels, Bison compost, Treework, site clean up, fir mill end firewood, roof tear off, demolition. High grade lumber. 30 years local Enptr. Call Dave 218-9667. (DI)

• FOR RENT

PRIVATE OFFICE SPACE FOR HIRE Contact Abraxas - 335-2731 or drop in for availability & rates.

• HELP WANTED

EXCITING JOB OPPORTUNITY ON HORNBY ISLAND!

The Hornby Island Daycare Society has an opening for 1 full time (32 hours per week) certified and experienced Early Childhood Educator. Our early learning centre offers two programs year-round; Group Care for 3 to 5 yr olds licensed for 15 children and an Infant Toddler program licensed for 6 children. We are open 4 days per week and almost always operate with enhanced ratio in both programs. Wages will be dependent on certification and experience. Please forward your resume and cover letter to

hornbyislanddaycare@gmail.com
Find out more at: www.hornbyislanddaycaresociety.org/

LOOKING FOR A BOOKKEEPER to do 3 - 4 hours/month of work for Triple Rock Land Cooperative. Previous experience reconciling bank statements required and experience with Wave Accounting preferred. Someone with 5+ years experience as a bookkeeper and wanting to bring in some extra cash would be perfect for this position. Wage \$25.00 to 30.00/hr. depending on experience. If interested, please reply with a copy of your resume to triplerockfinances@gmail.com.

• RENTAL WANTED

YVAN, A LONGTIME DENMAN RESIDENT, seeks a rental location for himself and his tiny (10x24) home; he can provide caretaking/labour/rent; 250-792-2770

• COMMUNITY NOTICES

DOING SOCIAL SOLIDARITY: Nia is cancelled until further notice. Meantime, maybe try a 1-month free offering of NiaTV. Not as fun as a class experience,

but worth a try. Stay well everyone; take care of each other. Max 335-0364

A CUT ABOVE HAIR STUDIO, (Sally Dyck) is closed as of March 16, 2020. All appointments are cancelled and will not be re-booked until it is safe for us all.

• CONTRACTOR WANTED

INVITATION FOR EXPRESSIONS of interest: The Denman Conservancy Association seeks a contractor to remove a partially competed wooden building (16x22) and other materials on a Denman Island property. Work to take place in May or June, dependent on weather. The lowest or any tender will not necessarily be accepted. An information package will be provided to interested parties upon request at: info@denmanconservancy.org Tenders close April 10, 2020.

CANCELLATIONS TO NOTE:

In an abundance of caution: The Activity Centre is now closed until further notice. This includes the gym, fitness centre, and lounge.

The board of the Denman Seniors and Museum Society has regretfully decided to cancel the Easter Barbecue (April 12th) normally held in conjunction with the Children's Easter Egg Hunt.

The Grapevine Staff have also cancelled the Children's Easter Egg Hunt.

And the Seniors' Lunches, usually held on the final Friday of each month, are also cancelled until further notice.

Wishing this community the best possible health!

• 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 335-9177 (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 & Janessa 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)
- Bobcat and Compact Excavator • Steve Isaak 335-1853 (All)
- Cal's Bobcat Services • Auger, Grapple, Rake 613-447-8873 (D/H)
- Dean's Digger - Mini Excavator & Small Haul 218-4534 (D/H)
- Denman Electric, Licensed, Fully Insured & Bonded 335-3122 (D/H)
- Excavator/Backhoe/Tandem Gravel Truck • Kenny Mather 703-6512 (All)
• John Isbister 335-2565 (D)
- Gutters Supply & Install • Kevin 667-3233/335-1986 (D/H)
- Kinetic Electric, licenced, bonded & insured 335-1741 (D/H)
- Ray Ulovec-Backhoe/Excavator, Septic Installation 335-3145 (D/H)
- Renaissance Stoneworks • natural stone/slate installation 335-0220 (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)
- Water Tanks and Cisterns • Steve Isaak 335-1853 (All)

• SERVICES •

- Acupuncture, Herbs • Dr. Willo Walker, Dr. TCM 335-1535 (D/H)
- Chiropractic Care on Fridays • Dr. Dawn Armstrong, DC 465-8482 (D)
- Denman Works! • Tony Gregson 250-335-0287 denmanresource@gmail.com (D)
- House Cleaning & Massage • Ruth Kirwin 250-650-3132/250-335-0822 (D)
- Massage Clinic • 2796 Northwest Rd. • Leah Kelly 335-2584 (D)
- Peter T. Mason • Land Surveying 757-8788 (All)
- Physiotherapy & Acupuncture • Carmen B-Gautrais RPT, RTCMP
335-2260 (D/H)
- Tree Service - Darian Chase • Arborist 218-0404 (All)
- Tops n Toes • Mobile Haircuts & Footcare • Sandy Shaffer 778-585-9356 (D)
- Trueview Treecare, seniors' discount • Wildbill 898-7246 (D/H)
- Yoga Classes, Holistic Massage, 30 years exp. • Fiona Walker 335-1535 (D/H)

APRIL CALENDAR

DEADLINE IS
FRIDAY MARCH 20TH

theislandsgrapevine@gmail.com
250-335-9188



NOTICE

Check out The Islands
Grapevine on the web
• theislandsgrapevine.com •

to keep up to date and check out any extras that
didn't make it into the printed copy.

THE COMING WEEK'S EVENTS

DENMAN ISLAND (DI) HORNBY ISLAND (HI)

THURSDAY 19

FRIDAY 20

SATURDAY 21

SUNDAY 22

MONDAY 23

- QUILTER'S GUILD 9:30am • United Church (DI)

TUESDAY 24

WEDNESDAY 25

- MEDITATION AT THE YURT 7pm • The Hermitage (DI)

THURSDAY 26

DO YOU WANT TO KNOW WHAT'S HAPPENING
ON DENMAN OR HORNBY REGARDLESS OF
WHERE YOU ARE?

- WHEN IS THE NEXT CONCERT AT THE COMMUNITY HALL? •
- WHEN IS THE NEXT GATHERING OF NIA ENTHUSIASTS? •
- IS THE HIRRA MEETING AT 7 OR 7:30? •
- IS PICKLEBALL STILL HAPPENING ON MONDAYS? •
- IS CATHOLIC MASS STILL HAPPENING THIS SUNDAY? •

CHECK OUT THE DETAILED
EVENTS CALENDAR AT
theislandsgrapevine.com

ARE YOU PUTTING ON AN EVENT OR HOSTING WORKSHOP OR
PROMOTING A CONCERT? CONTACT theislandsgrapevine@gmail.com WITH
THE DETAILS SO WE CAN LIST IT ON OUR EVENTS CALENDAR!!