



• "Fresh activity is the only means of overcoming adversity." • Johann. Wolfgang von. Goethe •



D.I. General Store

Want to avoid going out for groceries?

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denmanisland.generalstore@gmail.com

We will be happy to do your grocery shopping for you. If you need someone to deliver it for you we can arrange that for you as well.

In order to stay open we need everyone to stay 6 feet apart while shopping at the General Store and Post Office. We may need to limit the number of people in the store at time.

Thank you for your understanding.

Hard working and wanting to stay healthy staff. Grumpy boss whose leg keeps mooing. He thinks he has a calf injury.

We are in this Together!

I would like in this time of uncertainty to reach out & let you know that since it is important for everyone to do their part that I am currently working from home, I will not be physically showing properties but working virtually to promote properties and continue to practice social distancing to keep our community safe!

Fortunately, we are able to work from home using phone, social media, virtual tools & internet.

I am available if you need me.

In the meantime, Stay safe!

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Regretfully, we are closing
the Craft Shop for now.

Craftspeople will be busy in their studios, awaiting liberation.

Stay safe and well,
The Craft Shop women

335-0881find us on Facebook.....

THE ISLANDS Grapevine

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



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MESSAGE TO AREA 'A' RESIDENTS

COMM
INFO

By Daniel Arbour, CVRD Director for Area 'A'

Dear Denman/Hornby and Baynes Sound residents,

By the time you read this you will have hopefully moved from being stunned by current events to settling into a new home-stay routine in light of COVID-19. I would like to take this opportunity to update you on how the Comox Valley Regional District is responding to the current situation, and what you can expect moving forward.

First, on March 16th as Chair of the Sports Commission I had to partake in the announcement that we were closing the Comox Valley Sports Centre and the Aquatic Centres. As executive on the Vancouver Island Library board we also announced closure of all libraries on Vancouver Island. These were all heart-wrenching decisions as they resulted in the temporary layoff of many staff. The next day, on March 17th, all local governments in the Comox Valley supported the establishment of an Emergency Operations Centre, or EOC. This EOC allows us to have a central coordination body to work with the Province for the duration of the crisis and will allow for critical messages to be delivered in a unified way. The Chair of the Regional District, Jesse Ketler, will be the spokesperson.

In the days following this announcement, numerous closures were further announced, including playgrounds, public facilities, and directives to the local population around the critical importance of social distancing and staying home were delivered. As I am on the Comox Strathcona Hospital board, I am highly aware that we have defined resources and that it is important for people to not all get sick at once. On the topic of getting sick, on March 24th all municipalities and the regional district declared an open-burning ban across the region to ensure good air quality while facing an acute respiratory virus threat.

As of March 24th, both the Province and Federal governments have announced many measures and issued states of public health emergency. Through the EOC, our staff is on daily calls with Emergency BC and filters issues that arise. Senior government also released economic relief information, and we are currently working to see how local government can best re-prioritize to address needs specific to the Comox Valley. In the weeks and months ahead, we will also review all budgets and initiatives at the CVRD to determine where efforts may be suspended, or enhanced depending on needs. Last week, the Electoral Areas Committee also agreed to work on an additional Grant-in-Aid call to put resources in the hands of grassroots organizations in the rural areas that are helping people at the ground level. Expect an announcement on this shortly.

At this crazy time, please take a moment to support each other and people who may be more vulnerable. Now is the time to call your neighbours and see if needs arise. Again, the Province is going to guarantee supply chains in the weeks ahead, so there is no need to be overly concerned. With this in mind, now is also a good time to showcase our resilience in our local communities, and work on things that will ease the blow of COVID. Feel free to contact me anytime at 250.650.8480, and I am regularly posting on my Daniel Arbour – Area A page on Facebook and in the diverse Facebook community forums. All key announcements and updates can also be found at www.comoxvalleyrd.ca/Covid19.



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.

UPDATE FROM THE GENERAL STORE

COMM
INFO

By Daryl 'Grumpy' McLoughlin

Thank you everyone for your patience during these trying times. If you wish to avoid coming to the General Store please phone in your order (250 335 2293) or better still please email in to: denmanisland.generalstore@gmail.com. We have a list of volunteers who can deliver groceries to those who cannot make it to the store.

We really need to have people practice physical distancing. That means staying 6 feet away from each other. We may need to limit the number of people in the store to keep this space. Our staff are doing their best to come to work. They will need your support so that they stay healthy and no one is passing on viruses. PSYCHICAL DISTANCE IS A MUST TO KEEP THE STORE OPEN. We do not want anyone getting sick. If you are sick or have come in contact with someone who has been sick please do not come to the store. We will be happy to shop for you.

We are already experiencing supply chain disruptions. Some products are in short supply or just plain not available. We are seeing the price of produce increase as there is a double whammy of produce being delayed at the border (which can result in a delay and/or products going out of condition) as well as rain in the California produce growing areas. We have increased our offerings of frozen vegetables to try to minimize this impact. Thank goodness the Denman Island growing season will soon be here and we can enjoy Denman Island produce.

If you have any questions or concerns please contact Grumpy at 250 335 2293 or via Facebook messenger or email: denmanisland.generalstore@gmail.com

Thank you for your support during these trying times. We hope you are taking time to have some giggles. 🍷

POST OFFICE COVID-19 UPDATE

COMM
INFO

By Post Office Crew

The good news is that the mail is still being delivered. There may be some delays in packages coming out of China.

The unfortunate news is that the Vancouver Island Regional Library has suspended the Books By Mail programme. Please keep the books at home until the programme is back up and running. VIRL is waiving fees for late returns.

... continued on Page 4 ...

TIDE TABLE

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

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

2020-03-27 (Friday)

Time	Height	
PDT	(m)	(ft)
01:59	2.5	8.2
07:57	4.4	14.4
14:41	1.8	5.9
21:05	4.1	13.5

2020-03-28 (Saturday)

Time	Height	
PDT	(m)	(ft)
02:34	2.8	9.2
08:18	4.3	14.1
15:14	1.6	5.2
21:58	4.2	13.8

2020-03-29 (Sunday)

Time	Height	
PDT	(m)	(ft)
03:15	3.1	10.2
08:41	4.2	13.8
15:51	1.6	5.2
23:01	4.2	13.8

2020-03-30 (Monday)

Time	Height	
PDT	(m)	(ft)
04:08	3.3	10.8
09:07	4.1	13.5
16:37	1.5	4.9

2020-03-31 (Tuesday)

Time	Height	
PDT	(m)	(ft)
00:17	4.2	13.8
05:23	3.5	11.5
09:41	3.9	12.8
17:34	1.5	4.9

2020-04-01 (Wednesday)

Time	Height	
PDT	(m)	(ft)
01:38	4.3	14.1
07:06	3.6	11.8
10:36	3.8	12.5
18:42	1.4	4.6

2020-04-02 (Thursday)

Time	Height	
PDT	(m)	(ft)
02:46	4.4	14.4
08:32	3.5	11.5
12:08	3.7	12.1
19:53	1.4	4.6



... continued from Page 3 ...

When waiting in line at the Post Office please practice physical distancing (keeping 6 feet away from the person next to you). The procedures at the Post Office have been modified to protect the public and our front line workers: Our staff will be staying 6 feet (2 metres) from the counter. Please put your parcel on the counter and step back 6 feet (2 metres). We still only accept payment with cash.

Please please pick up your parcels promptly. With the current situation there is a higher than usual volume of mail ordering and space at the Post Office is very limited. Mail box containers have even less space and we want to avoid backlogs.

We are open Monday through Friday from 9 am to Noon. We take our only break of the day from Noon to 1 pm. We then open from 1 pm to 4:30 pm. On Saturdays we are open from Noon to 3 pm.

Our phone number is 250 335 1636.

We want to keep everyone healthy and your understanding is appreciated so that we can keep the mail moving. Thank you from Jennifer, Deb, Megan and Sharon 

WASTE MANAGEMENT ADJUSTS TO THE VIRUS *By Robert French*

COMM
INFO

As is the case with every other aspect of life, the public health measures to combat the corona virus have occasioned major change and adjustment to our waste management operations. Collection of refuse will continue as per the published schedule, but with one notable change. **Cash attached to a bag in lieu of a ticket will no longer be accepted—the bag will not be picked up.** Tickets are available at the Denman General Store and must be used. This policy will apply not only during this crisis but also in future too.

The Recycle Centre, Bottle Depot and Free Store are closed until further notice. This decision has been taken at the direction of the Regional District and, heeding the need for an abundance of caution, has been endorsed by the Waste Management Committee.

What should be done with recyclable material and refundable containers? The committee urges residents not to add these materials to the waste stream by sending them to the landfill along with household waste. Provincial waste management rules are still in effect, meaning that recyclable and refundable materials are excluded categories of refuse at landfills. Our suggestion is that these materials be washed or rinsed as needed—this will keep them from attracting pests—then sorted by category, bagged and stored in an outbuilding or garage until such time as we reopen. Pre-sorting will make everyone's task easier, both for you and our staff, when we

do reopen.

Please do not bring items to be discarded to the Old School thinking that they will be taken in by the Free Store. That facility is entirely closed up for now—no one will be there to handle discards.

We realize these measures and what is being asked of you in response add up to considerable inconvenience. But such is life in these plague times—there is naught to do but, yep, “keep calm and carry on.” We are not free agents in this business as our operations must conform to CVRD guidance. However, this is an evolving situation; in the weeks to come we will be looking for ways that we can offer recycling and bottle depot services while observing appropriate public health constraints.



ISLANDS TRUST ADVICE TO VISITORS COMM INFO

By Islands Trust

Islands Trustees Ask Visitors to Stay Home

Islands have a higher percentage of seniors, and limited resources and supplies

Lekwungen, METULIYE/Victoria, BC – Island trustees from across the Gulf and Howe Sound Islands are going public with a plea for people to stay away to minimize the spread of Covid-19 and to reduce pressure on limited island services. Trustees urge islanders to stay home and practice social distancing as recommended by Provincial Health Office Dr. Bonnie Henry.

“Now is not the time to be visiting the islands,” said Peter Luckham, Chair of Islands Trust Council. “Most Gulf

... continued on Page 5 ...

... continued from Page 4 ...

Islands have a median age of over sixty years old and limited or no medical services. First responders are volunteers who are practicing sheltering in place in order to be available for normal emergencies. We urge everyone to stay home and avoid discretionary travel to and from the islands. As ferry-dependent communities, we are especially vulnerable and face additional challenges. Now is not the time to take a holiday or visit your vacation property."

Many islands businesses, including restaurants, are understocked, understaffed, and closing down or significantly limiting their services. BC Ferries has reduced sailings to the Southern Gulf Islands while continuing to be an essential service for coastal communities. People visiting island properties from private boats are encouraged to return to their primary residences to reduce the need for medical evacuations.

"On behalf of all British Columbians, the Islands Trust works to preserve and protect over 450 islands in the Salish Sea," continued Chair Luckham. "We now ask British Columbians to protect islanders and yourselves by staying home. We look forward to welcoming visitors again when it is safe to do so."

The Islands Trust Area is located within Coast Salish territory and is the homeland to over 28,000 Coast Salish Peoples who have called this place home since time immemorial. The Islands Trust is responsible for preserving and protecting the unique environment and amenities of the Islands Trust Area through planning and regulating land use, development management, education, co-operation with other agencies, and land conservation. The area covers the islands and waters between the British Columbia mainland and southern Vancouver Island. It includes 13 major islands and more than 450 smaller islands covering 5,200 square kilometres.

Backgrounder

The Province of BC coordinates agencies during a pandemic event. Regional Districts in the Trust Area have responsibility for coordinating emergency response on the islands. For local information:

- Capital Regional District (<https://www.crd.bc.ca/about/news/covid-19-information>)
- Comox Valley Regional District (<https://www.comoxvalley-rd.ca/connect/public-notice/covid-19-coronavirus-update>)
- Cowichan Valley Regional District (<https://www.cvrld.bc.ca/CivicAlerts.aspx?AID=2159>)
- Metro Vancouver**
- Sunshine Coast Regional District (<https://www.scrd.ca/covid-19-updates>)
- Regional District of Nanaimo (<https://www.rdn.bc.ca/pandemic>)
- Qathet Regional District**
- Qathet Regional District (<https://www.qathet.ca/2020/03/18/qrd-https://www.qathet.ca/2020/03/18/qrd--responseresponse--to-to--covidcovid--19/19/>)



BAROQUE FEST POSTPONED UNTIL 2021

By Andrew Fyson • Denman Early Music

COMM INFO

Owing to the **COVID-19 epidemic**, the Community Hall, Activity Centre and The Guest House are closed and the festival cannot take place this May. The organising committee is above all concerned for the health of our community and participants and has decided to postpone the event until May 2021 when hopefully the virus is no longer a threat. I would like to thank all who have put so much time and effort into organising the Workshop & Festival and hope that all their labours bear fruit next year. 🍷

ART GALLERY RESPONSE TO COVID-19

By Marion Dillon

COMM INFO

This is a message from the Summer Art Gallery committee. The deadline for submissions to the Summer Art Gallery season for 2020 was March 19. We received 8 excellent and varied submissions. It was looking like a fantastic, exciting year for the Gallery. However in the light of the COVID19 crisis it seems highly unlikely that we will be able to mount a season, certainly not 6 shows. Thank you to all the folks from the art community who have been preparing material to display their talents for other islanders. Please don't despair. We will hang on to your submissions and make plans as soon as we all have a better handle on what is happening. If you would prefer to have your submission returned to you please contact Barbara Mullin at 335-2171. 🍷



A MESSAGE FROM DOREEN HYND

COMM INFO

To Her Friends Near and Far

March 23, 2020 Port Townsend, Washington



I thought about you for so long that it feels impossible at the moment. Because, we spent a lot of years getting to know one another and since life continues the input continues. But I do think about you a lot now that I'm at some distance from you and think about you all in another way.

Conversations which started with some people, some of you I want to pick up right from there and continue on. Some of us ha-

ven't had our long conversation, but we know that they are waiting for the time and place for all this to happen.

But at this very moment I'm sitting on some beautiful grass looking over the ocean and to the mountains with a friend who's a very good listener; and, we often have long conversations.

I always try to invite a higher mind to join me. And, so, you all know that part of me. At least snippets of me that govern my life no matter what.

And, since I last saw you all, many months now but many years for others of you. I've discovered getting older is wonderful! so wonderful!. But, there's one request upon me on every day I feel, and that is to be silent. Be silent because there's a lot of messages now that I'm older and learning to listen better to an "inner tapping" of a higher mind. There's a lot of information ready and waiting there when we open ourselves. It happens to me; it will happen to every soul I'm convinced. That this time of life .. this later time of life .. begins to be very exciting because this higher information is not from my brain. It's something else that asks you to be quiet .. to be silent .. and the messages do come. They come at times I don't want to listen. I want to go back and ponder this or that .. but nevertheless I'm obedient to listen. I've already learned in the few years that I've been down here a whole new study of my fellow man. I'm always interested to know the heart and soul of every one of the people I meet because of my time with all of you on Denman and the wider part of Canada there .. Hornby Island and Courtenay.

And, the North Island College where I taught T'ai Chi Ch'uan. It's the T'ai Chi Ch'uan for health and it's Wu (W.U.) Wu Style. He was the 3rd Grandmaster a couple of thousand years ago who designed this.

Anyway you see .. I'm beginning to wonder afar the very small area of my involvement with this human life. But I suppose here I have to say this human life goes very far in my observation and in my wondering of it; and,

NICE VERDES CONCERT CANCELLATION

By Nices Verdes

Hi Denman,

Just a note to say that the concert we are playing at the guest house is cancelled due to Covid-19, and restrictions on foreigners coming into the country. Hope fully we can re schedule it. Seems like we will never get to play there, forces are against us. ;) Hope everyone is doing OK considering.....

Kind regards

Sally and Jesse - Nice Verdes

in my discovery and questioning of it. I find I never want to go very far with my own thinking. I really want to go back to that idea of listening .. "the quiet listening".

So, I started this note, while we are just sitting looking out at the vast, vast expressions of nature which is so amazing. I think all of a sudden, I feel like I'm going to get lost in all the questions and experiences I'm having of sitting here in the middle of nature, water and mountains and grass and trees and clouds and friend! Yes, so we can share the experiences.

So, I'll pause for a moment to gather your thoughts as it would be interesting and fascinating for each of us to hear what the other has to say; and, what each has learned from their quiet listening. It could be short or long. I would like that.

Thank you - Much Love
And I miss you all - Hoping to see you ALL soon
Thank you so much Mike and Chris for all your patience and suggestions.

Doreen Hynd



SELF-ISOLATION By Heather Richardson COMM INFO

Self-isolation for 14 days is asked of anyone who has traveled outside of Canada in the past week, including to the USA and Mexico. Self isolation is also asked of anyone who has been in contact with someone with Covid 19, or has tested positive themselves.

Self-isolated means you are being asked to avoid situations where you could come in contact with other people. This means any situation where you may come in close contact with others (face-to-face contact closer than one metre for more than 15 minutes). This means all social gatherings, work, school/university, child care, athletic events, faith-based gatherings, healthcare facilities, grocery stores, restaurants, shopping malls, and any public gatherings. You should not use public transportation including buses, taxis, or ride sharing. Avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food or other things you may need. Supplies should be dropped off on the doorstep, but if someone needs to come into your home while you are self-isolating you should wear a mask or keep a 2 metre distance from them. You can talk on the phone, or computer to arrange delivery or pick up services for errands such as grocery shopping. You should leave your home only for urgent errands, such as picking up essential medication when you have no other option. As a precaution to further reduce risk of spread, wear a surgical mask while you are out and in contact with others if possible.

In your home you should sleep away from others and use a separate bathroom, if possible. Wipe down the bathroom with disinfectant after you have been in the bathroom. Do not share dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in the washing machine. Washing machine water should be hot when cleaning clothes you have worn. Regularly clean and disinfect frequently touched and shared surfaces such as doorknobs, counters. If you share your home with others you should wear a mask if you cannot remain more than 2 meters away from them. Avoid using the kitchen when others are using it. Take your food back to your room, and wipe down the counters and other surfaces you may have touched before leaving the room.

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in the garbage, and immediately wash your hands with soap and water for at least 20 seconds making sure you dry them thoroughly.

Most people do not have a good supply of masks. Masks need to be changed frequently (usually about every 20 minutes or less) when they are worn continuously. If you have no masks, maintaining a 2 metre distance from others when you have to be in contact.

During self-isolation you should be monitoring yourself for cold like symptoms and taking a temperature daily. If you develop symptoms call your health provider for instructions. If you develop symptoms you will need to continue to self-isolate until the symptoms have disappeared.

If you have been advised to self-isolate the rest of the community is counting on you to do this. If after 14 days of self-isolation you have not developed any symptoms you will be free to rejoin the rest of us practicing social distancing and staying home.



LIVING WELL • MARCH 2020 By Verna Isbister COMM INFO

How do we live well in a time of upheaval, change and vulnerability? Psychologists and spiritual teachers over the centuries have discovered a link between gratitude and well-being. Robert Emmons, a leading gratitude expert, states that “Grateful people are more stress resistant.” Mother Theresa encourages us, “Be thankful for the small things; it is in them that your strength lies.”

This week I challenge you to practise thankfulness and gratitude. At the end of each day, e-mail me three things that you have been grateful for today and tell me one person that you have thanked for something. Keep your list short and simple. No need to add your name. I will hold these reflections in private and won't share them with anyone. I promise! The act or practise of writing it down focuses our hearts, minds and intentions. Try this practise for seven days and let me know what you think? (vernaisbister@hotmail.com)

Next week, we'll try another practise. I'll share an experience that brought my husband his first taste of awe. No, despite what he says, it wasn't seeing me in my purple body stocking at Vanier School in Gr. 12. That was another emotion entirely! 

WORDS OF WISDOM FROM THE PAST

By Graeme Isbister

COMM INFO

It's now clear that COVID-19 is a deadly serious global pandemic, and all necessary precautions should be taken. Still, C.S. Lewis' words— written 72 years ago— ring with some relevance for us. Just replace "atomic bomb" with "coronavirus."

"In one way we think a great deal too much of the atomic bomb. "How are we to live in an atomic age?" I am tempted to reply: "Why, as you would have lived in the sixteenth century when the plague visited London almost every year, or as you would have lived in a Viking age when raiders from Scandinavia might land and cut your throat any night; or indeed, as you are already living in an age of cancer, an age of syphilis, in age of paralysis, an age of air raids, an age of railway accidents, an age of motor accidents."

In other words, do not let us begin by exaggerating the novelty of our situation. Believe me, dear sir or madam, you and all whom you love were already sentenced to death before the atomic bomb was invented: and quite a high percentage of us were going to die in unpleasant ways. We had, indeed, one very great advantage over our ancestors— anesthetics; but we have that still. It is perfectly ridiculous to go about whimpering and drawing long faces because the scientists have added one more chance of painful and premature death to a world which already bristled with such chances and in which death itself was not a chance at all, but a certainty.

This is the first point to be made: and the first action to be taken is to pull ourselves together. If we are all going to be destroyed by an atomic bomb, let that bomb when it comes find us doing sensible and human things— praying, working, teaching, reading, listening to music, bathing the children, playing tennis, chatting to our friends over a pint and a game of darts— not huddled together like frightened sheep and thinking about bombs. They may break our bodies (a microbe can do that) but they need not dominate our minds."

• "On living in an Atomic Age" (1948) in Present Concerns: Journalistic Essays

(with thanks to Jim Lyster, Rector of St. Saviour's Anglican Church) 🍷

LETTER TO THE EDITOR

I read in the March 19th issue of The Grapevine assertions that a variety of strategies to prevent or treat coronavirus (specifically, COVID-19) can be effective.

Some were wise (social distancing, handwashing).

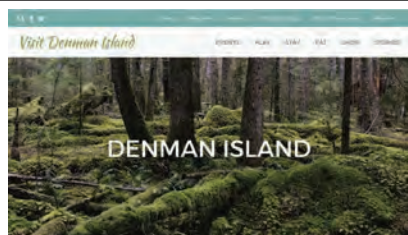
Some had little or no good evidence to support them in treatment of coronavirus but were, at least, relatively harmless or possible benefit in other health conditions unrelated to virus infection (garlic, green tea, elderberry, glutathione, heparin, chondroitin sulphate, folic acid).

Some were entirely hare-brained and believable only by conspiracy theorists. For example, and contrary to an assertion in that Grapevine issue, there is no evidence of any kind that electrical devices normally present in homes and non-industrial settings emit any harmful waves/magnetic fields.

But at least two of the recommendations made really are potentially harmful and must be ignored.

The first asserted that flu shots (influenza vaccination) were not beneficial

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"The "BC NDP" plans to pay up to \$500/month to any BC renter in need of financial support at this time - due to COVID loss of work/ requirement for physical distancing/etc. The BC Govt is saying **"nobody should lose their home as a result of COVID-19, with no income to pay their rent. There will also be a freeze on rent increases at this time."**

and could "increase your risk of catching COVID-19". Do not take this bad advice. Both of these claims are entirely false. Current recommendations are to have all of your infectious disease vaccinations up to date. If you are currently healthy, make sure you have all your shots, particularly vaccinations to prevent influenza and pneumonia. Why? If you develop a COVID-19 infection the last thing you want is to be sick with two or more diseases at once. A COVID-19 infection alone will, in most cases, result in relatively mild flu-like symptoms. But if you have a COVID-19 infection and, at the same time, are sick with influenza or pneumonia the consequences are that much more serious. Talk to your healthcare provider and make sure that your shots are up to date, particularly if you are over 65 years of age or if you have underlying medical conditions that put you at high risk of bad consequences if you develop pneumonia or influenza.

The second asserted that one should take oral vitamin C doses until "loose stools" or "the runs" results, then start taking slightly less. There is no evidence that vitamin C is of any use in any kind of viral infection, let alone COVID-19. It seems that this nonsense is based on the reported results of the 2019 CITRIS-ALI trial in the USA: a clinical trial of vitamin C infusion (injection into the bloodstream, not taken orally) for patients in the hospital for sepsis (that is, infectious agents at harmful levels in blood) and who are on artificial lung ventilation and in acute respiratory distress. What were the results of infusion of vitamin C infusion in these patients? No improvement in organ function. No improvement in markers of inflammation or injury to the vascular system. The authors reported a slightly higher overall survival in the vitamin C group 28 days later, but warned that they could not point to vitamin C as the cause for a variety of valid reasons. The potential value of vitamin C in COVID-19 or any other coronavirus infection has not been tested. To recommend self-dosing at these high levels is irresponsible and wrong. Dosing with vitamin C or anything else to a degree that causes diarrhea is dangerous: diarrhea can dehydrate to a degree that kills, particularly if you have other conditions that make diarrhea more dangerous. Low doses of vitamin C are not harmful. Avoid all high doses.

I have over 45 years of biomedical research experience, participating in and leading teams exploring treatments for cancer and related diseases at the University of British Columbia, the University of Calgary, and the University of Western Ontario. I have seen all kinds of irresponsible recommendations based on the flimsiest of circumstantial evidence. Please take this current round with a pound of salt.

James Koropatnick

Distinguished Oncology Scientist, London Regional Cancer Program

Professor, The University of Western Ontario, Departments of Oncology, Microbiology and Immunology, Physiology and Pharmacology, and Pathology

Director, Strategic Training Initiative in Cancer Research and Technology Transfer (CaRTT)

Secretary, Partners in Experiential Learning (PEL) 🍷

FROM THE EAGLE'S NEST: Jumper

ARTS&LIT

By William Thomas

Mike has a "good idea". Since my weekends off from Marquette's summer classes loom like purgatory, "Why not jump out of an airplane?"

Depart a perfectly good flying machine? In *mid-air*?

"Sure," my tempter says. "It's *fun*. Come out to our skydiving club next Saturday and..."

... find myself sitting on the floor of a clattering Cessna, so disoriented by the rapid progression of events, I barely register the wind roaring through the open fuselage, or the Wisconsin countryside distressingly far below. As the pilot circles for altitude, green fields tilt steeply, nearly pitching me out of the open-sided plane.

Isn't that the whole idea?

We seem to have levelled off. The instructor tosses out a bright-red streamer. Gauging its trajectory, he and the pilot nod.

Prop roar and wind scream fade abruptly as the driver pulls back the throttle and pitches the nose up.

"Stand by!" my instructor yells.

Operating on full-automatic, just as I've been "trained" for an hour on the ground, I watch my legs swing outside. My left foot finds the step and decides it will *never* let ...

"GO!"

Without thinking, I pivot on that bracket, grab the wing strut with both hands, and *step outside*. Kicking my legs straight behind me like Superman, I belatedly realize I'm not.

... continued on Page 10 ...

... continued from Page 9 ...

For one terrible moment, I hang in the hurricane-force slipstream tearing at my jumpsuit contemplating... nothing at all.

Since no retreat is possible, I let go of the airplane.

Anyone who assures you “there’s no sensation of falling” when stepping into empty space 3,000 feet up should be made to try it. Though I’ve never exited a birth canal, I’m certain this drop is just as shocking.

It sure beats hell out of any acid-trip.

Wide-eyed with horror, spread-eagled in empty space, my flailing limbs grab for solidity *that is not there*.

Is that *me* screaming, “ONE-ONE-THOUSAND...”

If the static line hasn’t opened my main chute by “5”, I’m supposed to pull my reserve.

If not, in another 8-seconds I will impact the ground.

WHAM!!!

Sudden as rebirth, I’m seated in heaven’s easy-chair. Floating-on-air, I gaze in wonder at Earth’s verdant cloak spread below my dangling feet.

Utter silence.

There are no words.

Looking up with delirious delight into the webbed arms of my “silken angel”, I pour love and gratitude into that white circular canopy with an intensity I have never shown another human being.

Back to work.

A frantic ground scan locates the big red arrow directing me across a breeze I cannot feel. *Turn right*. Reaching up for the wooden toggles attached to the chute’s two steering panels, I am jerked from ecstasy to italicized alarm.

I can only reach one toggle! The other steering handle is tangled around the right-hand main shroud *high above my head!*

If I can’t steer into the wind, *I am going to break some bones...*

No longer far below, a knot of onlookers presses close to the guy with binoculars. “Oh no,” he says.

Then he starts to smile.

Because he’s watching me climb *hand-over-hand* up that webbing. Quickly untangling the offending toggle, I begin tacking the chute toward Mom’s unyielding embrace...

Instead of smashing into *terra-very-firma*, I gently alight inside a small circular bulls-eye filled with the softest peat.

This improbable feat is greeted with the same stunned silence a tyro golfer would elicit after scoring a hole-in-one on their very first swing.

Then I’m being mobbed by other jumpers, all shouting and slapping me on the back. The grinning safety officer is shaking his head. “What you did up there...”

Back down here, I won’t be buying my own beer today. 🍷

PUBLISHER'S NOTES

Residents from Bowser on through to Union and Fanny Bay might be surprised to see the Grapevine in their mailboxes this week. Hello from your gulf island neighbours!

With Area 'A' Director Daniel Arbour outlining the CVRD's response and mobilization in the face of the current COVID-19 outbreak *this issue* we chose to expand our delivery in hopes of getting his message out to as many Area 'A' homes as possible. The circumstances that extraordinary. Under normal circumstances we gulf islanders aren't normally so pushy.

New readers will notice this issue teeming with information mostly about our little islands. Truth be told, we've plenty of content most every issue. Yes, the focus tends toward lighter stuff like the Arts, Concerts, Festivals, Markets and island personalities rather than *pandemics*, but this is new territory we find ourselves in.

It's not to say that we haven't covered more meaty issues that gulf islanders hold dear like groundwater, affordable housing, environment and last year's municipal election to name a few. Though, in lieu of a pandemic, these examples represent light reading as well! Nonetheless we aim to inform and entertain our readers and I suspect commonalities exist for islanders whether small, *or big*.

Should readers in the Lighthouse Communities be interested we offer free e-subscriptions. Just email us to request. You'll be put on our mailing list and we'll send a .pdf of each issue to your inbox every Thursday morning/50 times a year. I've been informed on many occasions that the Grapevine helps locals feel connected to their community. It's hoped with issue #1426 we might foster similar feeling through the broader region while helping to keep everyone up to date in the coming weeks and months. CVRD New Releases, Regional Health Directives, ongoing developments. If it's of import we'll publish it. The more information to draw on, the better!

Check us out online at theislandsgrapevine.com or on our Facebook page: www.facebook.com/Denmaninfo/?modal=admin_todo_tour

Best regards

THE PLAGUE • A Few Changes

OP/ED

By Gwynne Dyer • OP March 23rd, 2020

They teach you in journalism school never to use the phrase "...X has changed the world forever". Or at least they should. Covid-19 is certainly not going to change the world forever, but it is going to change quite a few things, in some cases for a long time. Here's nine of them, in no particular order.

1. The clean air over China's cities in the past month, thanks to an almost total shutdown of the big sources of pollution, has saved twenty times as many Chinese lives as Covid-19 has taken. (Air pollution kills about 1.1 million people in China every year.) People will remember this when the filthy air comes back, and want something done about it. India too.

2. Online shopping was already slowly killing the retail shops. The lockdown will force tens of millions who rarely or never shop online to do it all the time. (Yes, all the websites are crashed or booked until mid-April now, but there will be lots of time to scale them up to meet the demand.) Once customers get used to shopping online, most of them won't go back, so retail jobs will be disappearing twice as fast.

3. Not so radical a change with restaurants, but basically the same story: more take-aways and home deliveries, fewer bums on seats. Habits will

change, and a lot of people won't come back afterwards. Food sold out the door generates much less cash flow than food served at the table, and half of the waiters' jobs are gone. There will be a severe cull of restaurants.

4. Once it becomes clear that 'remote working' actually works for most jobs, it will start to seem normal for people not to go in to work most days. So a steep drop in commuting, lower greenhouse-gas emissions, and eventually a lot of empty office space in city centres.

5. There will be a recession, of course, but it probably won't be as bad or as long as the one after the financial crash of 2008. It isn't a collapse of 'the market' that has cost

... continued on Page 12 ...

... continued from Page 11 ...

people their jobs this time. It was a virus that made them stop working, and governments are doing far more than ever before to sustain working people through what will probably be a long siege. When the virus is tamed and they can go back to work, the work (in most cases) will still be there. Although there will also be a few trillion dollars of extra debt.

6. Don't worry about the debt. Banks have always created as much money as the government requires. Put too much money into the economy and you'll cause inflation, which is bad, but just replacing what people would ordinarily be earning so that the economy doesn't seize up is good. So President Macron can tell the French that no business, however small, will be allowed to go bankrupt. Prime Minister Johnson can tell the British that the government will pay them 80% of their normal income, up to a limit of £2,500 (\$3,000) a month, if their work has vanished. And President Trump can talk about sprinkling 'helicopter money' on the grateful masses.

7. What is being revealed here is a deeper truth. 'Austerity' – cutting back on the welfare state to 'balance the budget' – is a political and ideological choice, not an economic necessity. What governments are moving into, willy-nilly, is a basic income guaranteed by the state. Just for the duration of the crisis, they say, and it's not quite a Universal Basic Income, but that idea is now firmly on the table.

8. Collective action and government protection for the old and the poor will no longer viewed as dangerous radicalism, even in the United States. Welfare states were built all over the developed world after the Second World War. They will be expanded after the Plague ends. Indeed, if Joe Biden were to drop out of the presidential race tomorrow for health reasons, Bernie Sanders would stand a fair chance of beating Trump in November.

9. Decisive action on the climate crisis will become possible (although not guaranteed), because we will have learned that 'business as usual' is not sacred. If we have to change the way we do business, we can. So it's an ill wind that blows no good (a saying that was already old when John Heywood first catalogued it in 1546). Some of the anticipated changes are definitely good, but we are going to pay an enormous price in lives and in loss for these benefits. It could have been dealt with a lot better. And the West should learn a little humility. Taiwan, South Korea and China (after the early fumble) have handled this crisis far better than Europe and North America. There are already more dead in Italy than in China, and America, Britain, France and Germany will certainly follow suit. 🍷

THIS JUST IN!! THE FINAL CUT

COMM INFO

By Jeanie Rogers • Photo by Dreadful Imagery

After a year of asking, asking again and waiting, the ferry announcement on the Baynes sound Connector has finally been edited to HALF it's original length. Even the much disliked phrase "if deemed necessary" has been deleted.



Here is the final cut that will be installed in the next month or two:

"This is an important safety announcement. All BC Ferries crew members are certified by Transport Canada Marine Safety to deal with emergency situations. In the event of an emergency, please stop what you are doing and follow directions from the crew."

They will guide you to the emergency assembly area, marine evacuation systems and lifejackets located on the vehicle deck. If necessary, a crewmember will instruct you on how to put on a life jacket.

BC Ferries is a smoke-free environment; there is no smoking on board vessels or at terminals, including the use of e-cigarettes.

If you need any assistance please ask a crewmember.

Thank you and safe travels."

So there it is, a bit of good news. Thank you again to all who supported the effort. 🍷

HERRINGFEST 2020 • Part 2

SPECIAL
INTEREST

By Anthony Gregson

I have to admit, reading a scientific study on herring that states “we hypothesized that fauna would increase in abundance after spawning events, and that diets would shift to take advantage of the presence of herring roe,” is the sort of empirical abstraction that makes teeth grate with the obvious. But this sort of language, essential to science, is also the home ground of DFO. It is the first line of political defence when the Minister of Fisheries rebuffs efforts to impose a moratorium by stating that their harvest decisions are science-based.

The rhetorical power of science is its ability to set the rules of proof and debate. Science must be debated with science. No wonder, as veteran activist Briony Penn remarked at the Herring School (Mar 7) during Herringfest, that the First Nations, for whom herring is like family, have always found the rejection of their cultural knowledge, based on a long history of lived experience, a chronic source of frustration – if not insult. DFO records hundreds of resident spawns that have vanished yet claims that herring are at historic highs in the Salish Sea. Really? Since when? Since 1951 when the first reliable data were kept on the industrial fishery? What about the 171 archaeological sites that demonstrate a primary reliance on herring for thousands of years amongst First Nations, more so than on salmon, a reliance that could certainly not be duplicated today with a single major spawn left on the whole British Columbia Coast and indeed, as far south as California?

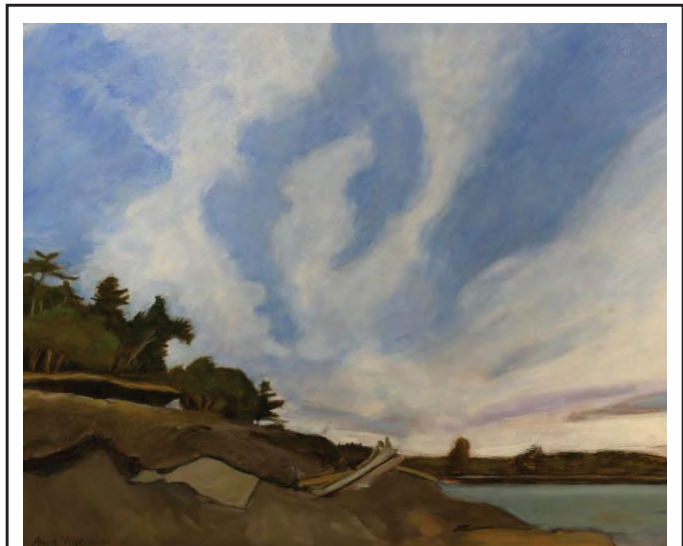
The fact is nobody has any idea of what abundance really looked like in the Salish before the industrial fishery except the First Nations. The “historic highs” are a political farce generated by DFO’s own self-referential data world. They are captives of their own science.

In DFO’s case, they have made arguing science into a chump’s game because science is a foil to industry capture. Science never was a substitute for politics. They are like the Alberta government Oil Industry Regulator who is actually paid for, and appointed from, the petroleum industry. Their insistence on their own science in the moratorium debate reminds me of those researchers who used to drill cat’s teeth to find out if animals felt pain. What happened to the rest of the herring? Why can’t you come out and say it? But we understand: you’re damned if you do and damned if you don’t.

The history of fishing has been problematic ever since the 10th century when Europe’s expanding population had begun to exhaust freshwater fish and started to turn to the sea. There are royal ordinances against trawlers as early as the fifteenth century. The settlement of the United States was a tale of thoughtless exploitation, destroying a truly astonishing abundance of fish just as they went on to wipe out the vast Appalachian Forest, of which today but a few acres remain. That was soon followed by whaling, which has been described as the oil industry using live animals instead of drilling wells. Its too horrible to read, and you’re not even up to the age of steam when yet another fishing holocaust breaks loose.

As the movement to ban the herring fishery has found out, science is not the way to hang on to power or to take it away. One is reminded of Lincoln in the Civil War who found, after a long and precarious conflict, that the only path to political survival was to reach for something higher – abolition, rather than state rights.

They may have found it at last, in the context of reconciliation with First Nations. As Vanessa Minke-Martin pointed out, “In general, we are not in the position of a stakeholder whose issues DFO has to consider.” The history of the conflict with DFO over the herring has made it plain that the only voice outside industry that carries any



Anne Ngan: Herring Season

power with Ottawa is the First Nations. The Heiltsuk stormed DFO offices in Bella Bella and evicted them from their territory, resulting in a shutdown of the industrial commercial fishery which has not returned. First Nations are the ones who finally got the other major depleted spawns shut down to commercial fishing. The Wet'suwet'en protests revealed that the First Nations have an unmatched political and cultural credibility. Their cultural values are a lightning rod for climate change activists who are prepared to man the barricades.

The political power of the First Nations derives from their close relationship to the Crown which is now paying the price for making them wards of the state. In the legal relationship, the tables have been turned. As Lorne Underwood (Tsawout First Nation) pointed out, "I am an Indian because I am governed by the Indian Act. . . . Until you abolish the Indian Act, I am an Indian. . . . So, I have a right to be a burden on the Crown."

Trudeau's letter of mandate to current Fisheries Ministers Bernadette Jordan abjures the minister to "use good scientific evidence and traditional indigenous

knowledge when making decisions affecting fish stocks and ecosystem management." Penn asks what this has really meant in practise? "They said they were consulting with First Nations on herring, but we asked just about everybody and we couldn't figure out who they have been talking to."



Union of BC Indian Chiefs 1969. Courtesy UBCIC

This led to the first Herring School organized by SFU archaeologist Dana Lipovsky in conjunction with the Wsanac nation in Saanich in 2011. It was the first time that elders from various First Nations had sat down together with settler and non-settler NGOs to discuss herring. The result was an outpouring of stories and practises of traditional herring management, spawn locations, and the destructive impact of the commercial industry. Other events followed: The Pacific Herring Forum in 2015 and a herring forum in 2019 sponsored by CHI.

Key to these developments is building the consensus of elected First Nations representatives by direct interactions amongst themselves. It not easy because the relationship of First Nations to the industrial fishing industry is complex. As Penn pointed out, they didn't feel there was social license to ask a first nations to take up the herring issue when communities are poverty stricken and the industrial fishery has been a source of needed income. For example, hereditary K'omoks chief Kerry Frank worked a packer for Canfisco (Canadian Fishing Company owned by Jimmy Pattison Group) for twenty five years. "Everyone has some member of the family involved in the industry," says Penn. The long term effect has been to divide and rule. Added to that is loss of cultural knowledge through integration stratagems such as the residential school, the loss of languages, and age. But watching the fishery this year, Chief Frank said that the fishery had to stop. To Penn, a thirty-year veteran of protests, this was a milestone, but she hoped people appreciated the generosity of Frank's statement because there would be economic sacrifice.

Elders, Penn pointed out, are much appreciated today, thanks in part to cultural activities such as camps set up to bring young people together with elders to share their knowledge. The youngsters from those camps are today's activists and leaders. The elders are key to bringing the voice of the Salish First Nations together on the issue of herring.

The traditional fishery could not be more different from the industrial fishery. Ian McAllister of Pacific Wild described the quiet of the Heiltsuk fishery with people whispering on the water. "You could get into trouble if you ran your motor too loud or dropped a spanner." From his own experience, filming herring underwater for years, McAllister knows that the fish are easily spooked by just air bubbles or knocking his tank on a rock. God knows

what the industrial fishery must do with the churn and roar of boats and screaming winches.

In the open panel that concluded the Herring School, Underwood pointed out that going through the First Nations to address the herring moratorium is asking them to champion the cause. This means a campaign going through their local, provincial and federal structure. First, a First Nations representative who is prepared to speak for the cause. Then you go to the Union of BC Indian Chiefs for a letter of support to the Feds. Next, you approach the Leadership Council of the BC Assembly of First Nations, representing 203 different nations. From there it goes to the Assembly of First Nations in Ottawa. It's the same technique that is used by industry. "When the Puget Sound Partnership have a problem with what President Trump is doing with the EPA . . . , they get on a plane and go to Washington. The industry will go anywhere and has no problem calling on people for as many times as it takes."

Everyone was cheered by this rousing prospect, but as Grant Scott pointed out, given the limited lobbying resources, the focus must be the BC government which has agreements with the Feds such as BC's \$158 million share of the national Ocean Protection Plan. "There's only one Crown," he quoted a judge as saying, "and it is indivisible". The aim must be, Scott said, a program of herring restoration.

Daniel Pauly has pointed out that herring, like salmon, are imprinted with their natal location in their first hours of life. Penn mentioned the story of a First Nations woman who carefully wrapped up eggs for transplantation and walked them down to another village who had lost their spawn. There was a cultural practise of restoration. Penn also mentioned the successful restoration of eulachon told in Stories from the Magic Canoe by Cecil Paul Wakay.

In their 2014 treaty with the provincial government, the Tla'amin nation (Powell River stands in their territories) obtained rights over their herring and for the first time since 1981, there was a spawn this year off their village of tišosəm ('milky waters from herring spawn'). "I can't tell you," Penn said, "how much inspiration that gives to the young people, to the elders . . . This is the kind of reconciliation moves that the federal government could offer to see those fisheries stopped."



ANSWERS TO THE 2nd OCCASIONAL DENMAN ISLAND TRIVIA QUIZ FEATURED IN THE MARCH 19TH GRAPEVINE

1(i); 2(f); 3(j); 4(d); 5(h);
6(e); 7(a) 8(b); 9(g); 10(c)

Book It?

by Thomas Provençal

*One free poem a week,
what more can I say?
If I put it in a book
then you'll have to pay.
If you're pining for a poem
yet, today is not the day
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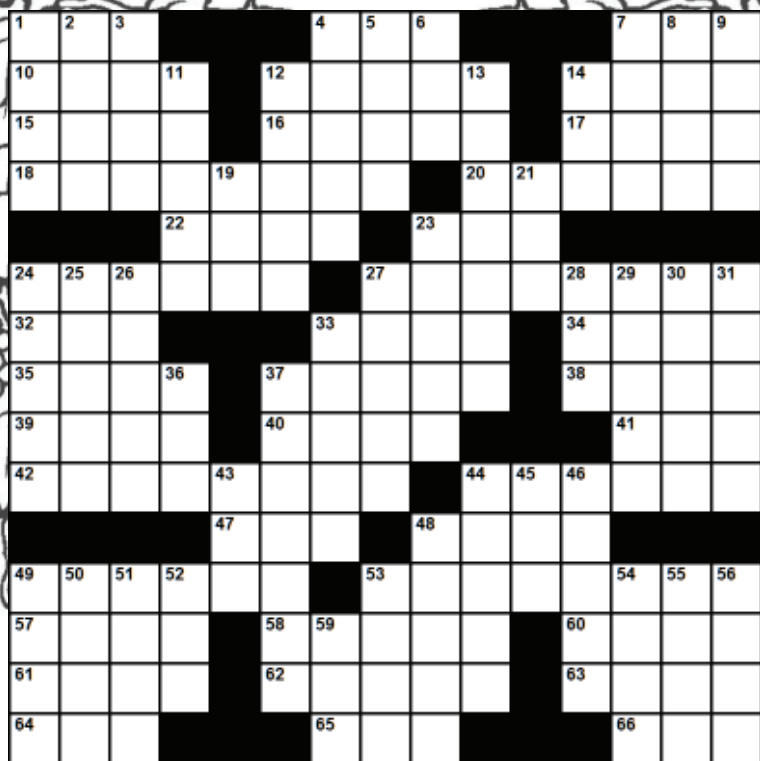
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• ACROSS •

1. Baby fish
4. Beheld
7. Baby food
10. Beanery sign
12. Big eyed baby
14. Chanel's nickname
15. Bedaze
16. Oxen collars
17. Bullets for short
18. Stealing
20. Laundry holder
22. Bring home the bacon
23. Coal receptacle
24. Gets smarter
27. Bills or coins
32. Cassowary kin
33. Boxing weapon
34. Chinese horn
35. Actress Woods and others
37. Dining spots
38. Contract variety
39. Monkey or tree
40. Extra dry
41. 5th or Park
42. Its symbol is five rings

44. Pollen holder

47. "It's no ___!"
48. Compared to
49. Abs exercises
53. Iron's targets
57. Bouquet
58. Garlic's relative
60. Abundant
61. Boston, e.g.
62. Cool, once
63. Big show
64. Braying beast
65. All of the guys
66. Appreciation for beauty

• DOWN •

1. All that's left
2. Egad or dang
3. Tailor's case
4. Under oath
5. An Alcoholic
6. Barely visible
7. Magnificence
8. Crowning point
9. Deserving
11. Curl one's lip
12. Hearings or inspections
13. Unisex tops
14. Car shaft
19. Boxlike vehicle
21. Additionally
23. Formed a foundation
24. Slow musically
25. Electronic letters
26. One of the kin
27. A sound of music
28. Act dovish
29. Pianist Chasins
30. Italian wine
31. Actress Hayes
33. Broad comedy
36. Actor Alastair
37. Ammo carrier
43. Baby pug
44. Like new pennies
45. Author Amy
46. Foot joint
48. Fox chasers
49. Couch
50. Caesar's bad time
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55. Get a glimpse of
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Looking to the Night's Sky

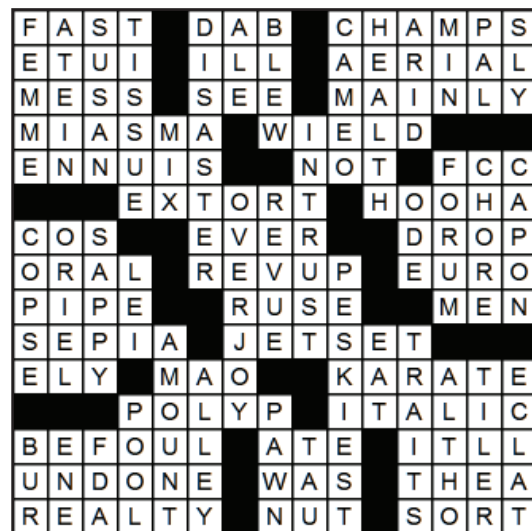
SPOTTING A COMET

A recently discovered comet, C/2019 (ATLAS), is on its way towards the Sun - which may end up producing the tell-tale-tail that announces the presence of a comet. Astronomers predict that the comet will be almost as bright as Venus during its passing of the Sun - making it visible at sunset. The tail is made up of materials from the comet being melted/burned away by the Sun's corona. The show is expected to culminate in the week of May 25th.

astronomy.com/news/observing/2020/03/comet-atlas-may-soon-be-visible-to-the-naked-eye

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

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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 Entpr. 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/

• 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

A CUT ABOVE HAIR STU-
DIO, (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 EXPRES-
SIONS 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 inter-
ested parties upon re-
quest at: info@denman-
conservancy.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 regret-
fully 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)

MAY CALENDAR
DEADLINE IS
FRIDAY APRIL 24TH

theislandsgrapevine@gmail.com
250-335-9188



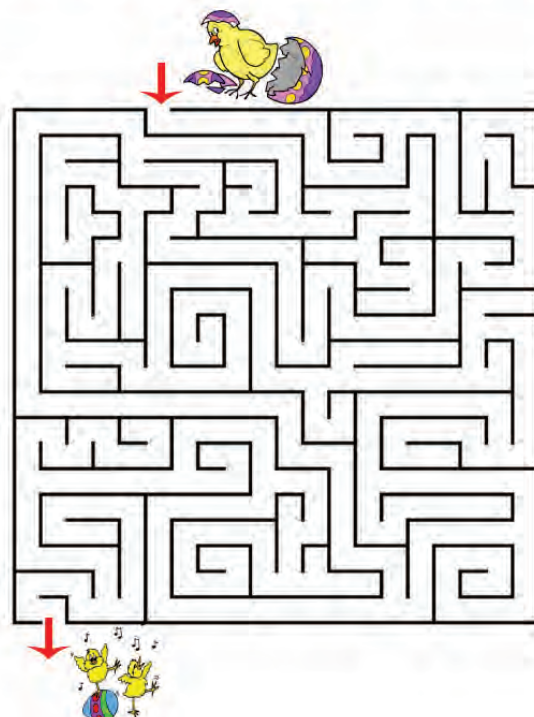
NOTICE

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.

FOR THE YOUNG & YOUNG AT HEART

Can you help the newly hatched chick find its friends?



Can you spot the difference?
There are 3 differences



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!!