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listed by Bente Pilgaard

CONTENTS

ISSUE NO. 1457 • NOVEMBER 5TH, 2020

• ARTS & LIT •

- 4 • From The Crow's Nest: Casualties Sustained

by William Thomas

- 12 • The K.

by Leo Simmons

• SPECIAL INTEREST •

- 6 • Buzz on Bees: Inside Your Wintering Hive

by Rachel Halliwell

• OP/ED •

- 6 • '68 Chicago Democratic Convention and War Protestors

by Jacquie Barnett

- 8 • Pushing Through Pipelines

by Philippa Joly

- 9 • Leaving WWII Behind: Create an Alternative Approach

by Sally Campbell

- 11 • Some Things to Keep in Mind

by Judy Armstrong

- 6 • Letter to the Editor

- 12 • Poem: Steve

by Alan Black

- 13 • Poem: Good Ole Days

by Thomas Provençal

- 13 • Poem: by Bill Engleson

REGULAR FEATURES

- 3 • Tide Table
- 16 • Gary's Toon
- 14 • Crossword
- 14 • Mr. Stofer
- 15 • Classified Ads
- 16 • Business/Services Directory

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Gratitude for F2F Contributors

COMM INFO

By Erika Bland

Farm to Family Meals Service is now entering our 11th month in operation. I am so grateful for all the incredible support from the Denman community as we have slowly figured out how to do this thing! We pulled off an awesome 3-day food preserving work bee a few weeks ago, which will allow us to use local ingredients through the winter! We are cooking about 150-200 frozen meals every other week, thanks to our fabulous volunteer cooks and distributors who make this possible (and keep it fun)! Thanks to the elder community and their caregivers for helping us get to know what you need and enjoy. (Please keep the feedback coming.) Thanks to the island growers for the mountains for vegetables, and to others who have donated produce this fall. Thanks to DICES for help with grants, and for storage and distribution space, and to DIRCS for the use of the hall kitchen and storage space, and to Mike Lindsay for your various helpful acts of kindness. Thanks to the Health Care Society and Dominique of the Better at Home Program for liaising with elders, and to the United Way Centraide for funding that enables us to procure amazing local ingredients and cook & distribute our food at no cost! 🍷



DCA Youth Nature Education Program

By Erika Bland

COMM INFO

This year, Denman Conservancy was fortunate to receive funding from Comox Valley Community Foundation for a Youth Environmental Education Program. While the unprecedented circumstances of 2020 meant we had to pivot from our original vision of a restoration project, our fabulous Nature Educator Heather Royal Brant (Skennen) has persisted through the spring, summer and fall to offer meaningful opportunities for Island youth to explore Inner Island's wild side, creating scavenger hunts, mailout activity sheets, and two excellent after-school programs this fall. Thank you to DICES for your collaboration and leadership, and thanks to the youth for your curiosity and wonder! (Also, thanks to the Grapevine for the significant discount on our activity sheet mailouts in the spring!) 🍷

English Holly Removal Work Bees

By Erika Bland

COMM INFO

Come join us for the final work bees of the season!

English Holly Removal "Lop-a-Thon" at Central Park

We will be meeting across the street from the old school/recycling. Bring your own tools if you can, but we have plenty to lend out if you need them. Local baked goods provided and physically distant company to explore one of Denman's most beautiful parks.

Come for an hour or come for three days. We will be meeting rain or shine!

Sunday November 8th 11am-2pm
Monday November 9th 10am-1pm
Tuesday November 10th 2pm-5pm

For more info you can contact Leticia Gardner at 778-992-0616 or leticia.gardner@gmail.com 🍷

Comox Valley Local Governments Encouraging Masks in all Facilities

COMM INFO

By CVRD

The Comox Valley local governments which include Comox Valley Regional District, City of Courtenay, Town of Comox and Village of Cumberland are advising residents masks will be encouraged in all facilities to help limit COVID-19 transmission. The addition of masks is to supplement already implemented controls within the facilities and provide an additional layer of protection.

“Residents will be encouraged to wear a mask in our facilities as an extra layer of protection,” explains EOC spokesperson Jesse Ketler. “Every measure we put in place to protect our community helps to minimize COVID-19 transmission. We appreciate everyone’s respect and cooperation as we move into the coming weeks and months.”

Masks will be encouraged within all open local government facilities including recreation centres.

Masks will not be required to be worn while participating in physical activities on the ice, in the fitness centre, in the pool or during physical activity. Masks are encouraged to be worn while entering and exiting all centres and in areas such as hallways and common areas.

To learn more about what specific facilities are doing please visit your local government website:

- CVRD: 250-334-6000 | www.comoxvalleyrd.ca/covid19 (<http://www.comoxvalleyrd.ca/covid19>)
- City of Courtenay: 250-334-4441 | www.courtenay.ca/covid19! (<http://www.courtenay.ca/covid19>)
- Town of Comox: 250-339-2202 | www.comox.ca/covid19! (<http://www.comox.ca/covid19>)
- Village of Cumberland: 250-336-2291 | www.cumberland.ca! (<http://www.cumberland.ca>)

Residents are encouraged to please follow the CVRD social media channels @comoxvalleyrd on Facebook and Twitter, as well as visiting the CVRD website www.comoxvalleyrd.ca/covid19 (<http://www.comoxvalleyrd.ca/covid19>) to remain up to date on accurate information. All Comox Valley local governments are centralizing regional COVID-19 information through these channels.

The Emergency Operations Centre is standing by to support the lead agencies, Ministry of Health and Island Health, if requested at the federal and provincial level. The Emergency Operations team with representatives from the CVRD, City of Courtenay, K’ómoks First Nation, Town of Comox, Village of Cumberland, and other external agencies and organizations are working together to collaborate on response measures and best practices for the region.

Living Well • Week 31 • Rembering: For What it’s Worth

By Verna Isbister

COMM INFO

For the years, 1969-1971, I lived in Colorado Springs, Colorado, and attended high school there. Colorado Springs is a center for US army and air force bases. I admit that I was young and naïve and hadn’t been particularly aware of the machinations of the Viet Nam War, coming from small town Comox. My family didn’t discuss the war at the dinner table and I wasn’t politically aware. For what it’s worth, here are a few of my remembrances.

What I do remember was the mood and conversations around me; like the boy in my class, whose father’s disappearance in Viet Nam was whispered from student to student. I remember that my friend’s older brother, who was in Viet Nam, had given his mother a hand gun to keep in her bedside drawer to protect them while he was away fighting elsewhere.

In my high school, the president of the student council and his friend’s, wore black armbands to protest the war and I remember that this caused trouble. I remember watching the news on the T.V. and seeing young men fighting battles, carrying the wounded out of the jungles and I remember the terror on their faces. I remember, my eighteen year old friend next door, listening to the draft numbers being read on the radio. These were faces of young men.

I remember going to the Denver airport to pick-up my twenty year old brother who was arriving from Vancouver for Christmas. Another plane...continued on page 5...

TIDE TABLE

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

2020-11-05
(Thursday)

Time	Height	
PDT	(m)	(ft)
03:02	1.1	3.6
10:47	4.6	15.1
16:06	3.7	12.1
19:42	4	13.1

2020-11-06
(Friday)

Time	Height	
PST	(m)	(ft)
02:44	1.2	3.9
10:42	4.6	15.1
16:35	3.7	12.1
19:13	3.8	12.5

2020-11-07
(Saturday)

Time	Height	
PST	(m)	(ft)
03:33	1.3	4.3
11:40	4.6	15.1
18:24	3.6	11.8
20:13	3.6	11.8

2020-11-08
(Sunday)

Time	Height	
PST	(m)	(ft)
04:32	1.5	4.9
12:34	4.6	15.1
19:26	3.4	11.2
22:18	3.5	11.5

2020-11-09
(Monday)

Time	Height	
PST	(m)	(ft)
05:39	1.6	5.2
13:20	4.6	15.1
20:05	3	9.8

2020-11-10
(Tuesday)

Time	Height	
PST	(m)	(ft)
00:15	3.5	11.5
06:46	1.8	5.9
13:59	4.7	15.4
20:41	2.6	8.5

2020-11-11
(Wednesday)

Time	Height	
PST	(m)	(ft)
01:49	3.6	11.8
07:49	2	6.6
14:33	4.7	15.4
21:19	2.1	6.9

2020-11-12
(Thursday)

Time	Height	
PST	(m)	(ft)
03:07	3.9	12.8
08:49	2.2	7.2
15:05	4.8	15.7
21:59	1.6	5.2



From the Crow's Nest: Casualties Sustained

ARTS&LIT

By William Thomas • willthomasonline.net

Back onboard from Suva town, Thea tore open a letter from Rick. She scanned it swiftly and swore.

"What's he saying?"

"I wrote and asked him if I could stay over on my way back to the 'States. He says the woman living with him now can't make up her mind when she's leaving. He doesn't want me there."

I felt a fluttering in my chest.

"I didn't know you were flying back through Pago. Aren't there direct flights from here?"

"I suppose so. But I'd like to see Rick again."

"Have an affair you mean."

"Maybe. Probably." Thea shrugged. "I've slept with him before."

In the silence that followed, a deepening blush suffused her face. "Oh no..."

My head was a chambered nautilus filled with white-noise. *Now what, captain cuck-old?* It wasn't like I hadn't been warned that wild night on Jericho Beach. Or back in Pago. When did a partner wrongly accused of infidelity quietly deny it in a single word?

"Say something," a small voice implored.

Such astonishing pain.

I slammed out on deck. Dusk was near. Smoke layered Viti Levu's receding terraces with hints of a China long in my mind. How dare such uncaring splendor!

The evening softened towards that lingering instant between worlds, when waning light and coming darkness balance on a single still point. I looked across the water and saw Thea and the playboy she had turned to for whatever reasons had seemed important then. Saw them doing the things lovers do. Saw...

The deck heeled slightly as Thea came up behind me.

"Do you want me to leave?"

"Yes. No. I don't know."

"I'm sorry," she said. Together we watched blackness stealing across our hearts and this mocking paradise. "It was no solution. I broke it off. I never wanted you to know."

Thea's flight home to see her mom did not depart for another three weeks.

We talked.

"You're a fool," Thea said.

"For trusting you."

"Not that. Of course I lied to you. I thought you would have thrown my ass off the boat."

"What makes you think I won't now?"

Our eyes locked.

"Things were so rotten in Pago, I would have left you if it had not been for *Celerity*. This boat is part of me. I don't want to be forced to leave her. I don't want it to end this way."

Here was our divide. Though I had to acknowledge Thea's ultimate commitment to *Celerity*, I could never share it. The cyclone at Huahine had shown that at any moment a captain must be prepared to sacrifice the boat he'd built with his own hands to save the woman under his protection.

Whom I loved more.

She was crying again. This time, with frustration. "I meant you are a fool for torturing yourself over something that happened a year ago."

"What about loyalty between us?" I demanded. "Have we scrapped that, too?"

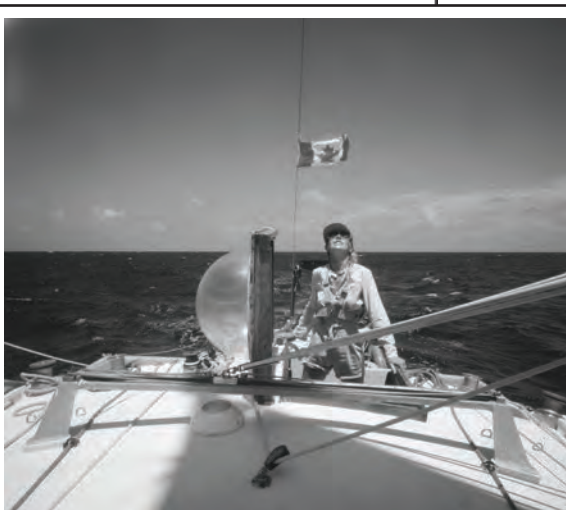
"Stop trying to make me feel guilty. I'm sorry I hurt you. But I don't feel guilt."

No one can accuse a former exotic dancer of bodily shame. Having bought the ticket anyway, why was I now complaining about the ride?

"What do you feel?"

"Anger over my own stupidity. It would be so stupid for what we have to end over an historical event."

"But you would have gone back," I said. "That's what kills me. You would go back today."



Thea and Celerity in the South Seas

Our last morning together, *Celerity* rocked us both as we made desperate love. Through our intermingled tears, I pointed out that her favorite skirt was wrinkled.

"You twit," Thea said, sniffing. "All my other clothes are packed." She tried to laugh. "Oh God, Thomas," she burst out instead, "I'm sorry. So sorry."

If there was any blame to apportion, I told her, I shared it. Even if Captain Bligh had his reasons for prioritizing *Celerity's* needs.

In any shared passage through two human hearts, betrayal cuts deeper than a weaponized body.

"If it was that bad, you should have left," I went on. "You can't have it both ways. You are still responsible for the choices you make."

Rowing ashore, I helped the cab driver pack Thea's gear. Keeping space between us, we got into the back in a daze. We were both on automatic and I didn't know the script. *None of this is happening*, I told myself. The landscape moved past like someone else's dream.

The taxi pulled up in front of the bus that would take her over those distant hills to Nadi airport. Thea and I climbed out to stand like two strangers concluding an awkward assignation.

Numbly, I watched my mate, my woman, my shipmate, partner and wife wedded-by-the-sea collect her bags. Was she any of those things now?

I don't remember kissing my blind date. Thea turned to go into the depot. She did not look back. Whatever came next, *Celerity* and I would echo like two haunted mortals through all the days and nights to come.

Until I finally bought an airplane ticket and went after her.

The three of us had a voyage to complete.

If we could.

Photo by Will Thomas
Scan by King Anderson



...continued from page 3... arrived prior to my brother's flight. I remember young soldiers walking past me in their uniforms with broken arms, eye patches and one in a wheelchair. They were also coming home for Christmas.

One night my father's American friend came over for a visit and I remember my eldest brother getting into a loud argument with the man about the Viet Nam War. My father told my brother that he needed to apologize but my brother refused. When my other brother visited us with the idea that he might enroll in a Colorado college, the idea was quickly quashed when someone said that as a student he might be required to fight for the States.

I remember the many times that my girlfriend and I went for walks and were whistled at and hassled by all of the young soldiers driving around the city looking for a different kind of action. We were fifteen years old.

I remember going to see the movie MASH. The theatre was full of young soldiers. We enjoyed the humorous dialogue but the surgery scenes were disturbing. I wonder how those young soldiers felt?

I remember my Gr. 10 Social Studies class, where we were given an assignment to defend one of these statements: "I'd rather be red than dead" or "I'd rather be dead than red?" I imagine that some of my classmates went on to discover the truth of the later statement. I do not remember any discussions or teaching about the Viet Nam War.

These remembrances recall my fifteen year old glimpses into some of the tragedy, fear, confusion, death, injury, protest and loss caused by the Viet Nam War. Looking back, I cringe to think of my ignorance and lack of awareness.

I do remember that some of you had the courage to become draft dodgers or grew up in the States and have experiences, stories and remembrances that would put my recollections to shame. I'm sorry for your many losses and pain. In retrospect, I remember more than I thought. I hope that my adolescent remembrances will cause me to be a person of action, reflection and compassion.

The 1966's song entitled, For What It's Worth, came to represent many protests of that era,

"I think it's time we stop children, what's that sound? Everybody look what's going down."

For what it's worth, I wish someone had explained those words to me.





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Buzz on Bees: A Peek Inside Your Wintering Hive

SPECIAL INTEREST

By Rachel Halliwell

At this point in the season, beekeepers are on their last steps of wintering their honeybee colonies. You may have reduced the hive size down to one box, placed a dehydrated sugar block on top of the frames, or even added an insulating 'quilt box.' Whichever your wintering methods may be, you are trying your best to ensure your beehives survive the long, cold and often wet wintering months. To best set up your hive for overwintering success you may want to consider these three questions:

1. Is your hive disease free?
2. Does your hive have enough food?
3. Will your hive be warm and dry?

While we may be faced with factors outside of our control, such as the weather, by covering these three questions you can rest assured that you did everything you could to best support your colony.

Now that your colony is just about tucked away for winter, what is actually happening inside the hive? During the long winter months, the honeybee colony huddles in a tight cluster surrounding the Queen. The workers shiver by vibrating their wing muscles in order to increase the internal temperature of the hive. As the

worker bees on the outside of the cluster become cold, they rotate inwards to warm up. To maintain constant movement (or shivering) honey is required for energy. This is why it is important to have plenty of food stores and wait to extract honey for ourselves until our hives are well set up for Winter. This is also why dehydrated sugar blocks are important as they act as an insurance in case honey stores run out mid-winter. As the outside temperatures warm come Spring, you may notice some bees leaving the hive. This is to relieve themselves, typically known as 'cleansing flights.' It is also a great opportunity to stretch their wings and acquire some fresh air!

Happy Overwintering! 🍷

Letter to the Editor

Dear Editor,

Who bought the Rawganique property? That's been a question around the island for a few weeks now.

It was us.

Why did we do it? Some days we even confuse ourselves with that question.

But our instinct tells us that it is so much more than an empty lot downtown. It has the potential to be home to some important community resources. It has the potential to tap into a new energy as the world around us adjusts to a different reality. It has the potential to support new businesses and community services and strengthen our island for current ones.

How? Well that is our struggle. We do not have the answer. Likely no one person does. We are looking to the community at large to suggest how this land can best serve Denman. The answer we collectively come up with will have to be sustainable - both environmentally, financially and for the community. It also must respect businesses and initiatives currently in the works and attendant regulations and zoning parameters. We know whatever the answer is, it will take patience, planning and a model that is inclusive. We look forward to a positive and creative community conversation about how this can be achieved.

The prospect of collecting feedback feels overwhelming to us. So, until we figure out how to manage the process, we propose doing it the old-fashioned way. A suggestion box will be installed on the porch of the "log house". It is a first step in a journey we hope the community will take together.

Bente Pilgaard & Henning Nielsen 🍷

'68 Chicago Democratic Convention and War Protests: It Wasn't a Walk in the Park

OP/ED

By Jacquie Barnett

Before the convention, Lincoln Park had a growing number of protestors arriving from all over the country. 10,000 estimated. It was rumoured that Chicago police were slashing the tires of out-of-state license plates fearing they were conspiring to riot by protesting war in Vietnam. This was also what they accused the Chicago Seven of; Conspiring a riot, which was a peaceful protest.

Jerry Rubin, Abby Hoffman and Paul Krassner were at my house nightly for dinner during the trial, authorities staked out on the road watching my house... and constant clicks on the phone.

Back to the park (which was walking distance from my house). There were burning barrels lit with fires throughout the park and when gang members threw in firecrackers it sounded like gunfire. Chosen gangs from Chicago's Mayor Daley were a suspicion. This was mere months after he issued a 'shoot to kill' order in the wake of MLK's assassination. It made wandering kids nervous

and jumpy. Chants went up, "Walk! Don't Run!" Preventing a nervous stampede. On a stage lit by a burning barrel was a minister trying to calm the roaming crowd. I saw many flat tires in the parking lot I chanced upon as I left to go home. Across the street from me a busload of police got out with clubs readied as they entered the park. I knew it would not matter that I was a woman and fearfully dived on the floor of a parked car to hide. Later, with thumping heart, I made my way home several dark empty blocks. A helicopter near my house searched empty streets with a sweeping searchlight. Mayor Daley would not permit a march against the war. Robert Kennedy had been assassinated June 5th and Martin Luther King, April 4th 1968.

Ho Chi Minh wanted bombing in N.Vietnam to stop as it violated its sovereignty. Hubert Humphrey, running for office in the wake of Lyndon Johnson's withdrawal from the race, represented Johnson's point of view. 11,000 Chicago police circled the convention in Grant Park with 6,000 national guard and 6,000 more army. Daley refused permission to protest the war labelling dissenters 'anti-patriotic.' Students for Democratic Society (SDS) said "be sure to wear flowers in your hair." Facing drawn rifles in the circle of army at Buckingham Fountain a girl next to me inserted a flower in the barrel of a gun pointed at her. This was later to become a well known photograph. I was quite numb with disbelief. Daley's police kept beating protestors which national cameras and T.V. crew, atop swaying scaffolding platforms, recorded the mayhem. Men were brought to the ground and a wave of mace and God knows what was sprayed over the entire crowd where I was. I saw screaming young students going in the fountain for relief from the spray in their eyes and face. Humphrey spoke from the Hilton Hotel where the tear gas reached him in his room. Inside the convention televisions played, showing police beating and clubbing protestors who were teargassed outside.

In front of the Hilton Hotel I was standing in front of a plate glass window with several well dressed women nearby who didn't have a clue what was going on! The police chased a protestor through the huge window, glass severely cutting his leg. Standing beneath the raised club of an officer, I looked him straight in the eyed asked, "how do I get out of here?" He forcibly shoved me through the cordon of police whereupon I walked a couple of blocks inland from Lake Michigan. There, I happened along the Rev. Jesse Jackson, horse drawn cart in hand, leading a Poor People's March to little notice in lieu of the chaos on Michigan Ave. The Blacks were shouting menac-

ingly, "O.K. Whitey, it's your turn!! This again, was 1968. During the confrontations in front of the Hilton, the crowd kept chanting in front of swaying T.V. cameras, " the Whole World is Watching!" Humphrey would eventually lose the election to Nixon with T.V.'s replaying the Battle of Michigan Ave. as backdrop.



An iconic image. No attribution - from the Internet

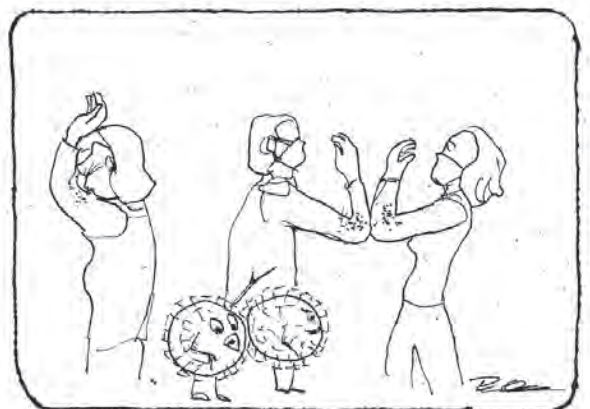


The sides face off. No attribution - from the Internet

I went to work everyday in the black ghetto where the children would hold my hand as they'd walk to my car with me. They said a man the third floor had a gun pointed at my head and that they were protecting me. The children drew pictures of me with black skin. They didn't see colour as adults did. The children in the ghetto needed food. I would bring cookies

and milk for them in the morning where I witnessed Black Panthers feeding the youngsters. Asking one young child where he got the name, Cleveland Carr, he replied, "I was born in Cleveland in the back seat of a car." Every life is worth something.

I remained in fear of secret police for many years and always stay on the edge of a crowd or gathering. A racist attitude is a war attitude we must end for our safety.



Actually, elbow greeting is good for us

COVID-19 by Peter Karsten

Pushing Through Pipelines

OP/ED

By Philippa Joly

Do you remember what was happening before Covid 19 took over? There was a different emergency going on, one called the violation of indigenous lives that was finally gaining the world's attention. Rail ways, high-ways, ports and intersections were being shut down across the country and across the world in support of the Wet'suwet'en hereditary chiefs and land defenders working to stop the Coastal Gas Link (CGL) pipe line from being put in across their territory. This emergency is not over.

CGL, with the help of the RCMP, is continuing to push the pipe line through. This week CGL work crews are working from two directions to clear the right of way right up to Wedzin kwa River, the pristine headwaters for the whole of the Wet'suwet'en territory. Wide swaths of forests are being cut to make way for the pipe line, disturbing deer and moose during hunting season.

Winter has come early on the Yintah (the territory) and the land defenders at Gidim'ten camp, which is closest to the site of the proposed drilling, have the difficult task of watching one of the last prime and ancestral hunting grounds be impacted. They are also faced with the even more difficult task of protecting the head waters of their territory against the onslaught of corporations protected by the RCMP, and backed by the provincial and federal government.

In 2020, when the concern about climate change and environmental degradation is taken up by all, except those who I won't bother naming, it is an absolute outrage that pipe lines for carrying fracked gas from the tar sands are even part of the conversation! Nor is it at all acceptable that in this age of 'reconciliation' that any force is used against native people protecting their homelands, let alone on unceded land. The mothers, fathers, uncles, aunties, grandmothers, grandfathers and youth who are out there on the land and on the front line, facing harassment everyday, are there not only for the future of their great grandchildren's children, they are there for our great grandchildren's children as well.

These past two weeks have seen another upsurge of actions in solidarity for many native nations across the country who are fighting to protect their ways of life. In Nova Scotia, the Mi'kmaq are facing harassment from non-native fisherman, including the arson of their lobster processing site. The Mohawk of Southern Ontario are being arrested for protecting their land against ongoing residential sprawl development. In Algonquin territory, non-native hunters are threatening traditional hunters. The Secwepmec Tiny Home camp in Interior BC is being harassed by white supremacists. And in Wet'suwet'en territory, a cabin was burned down by arsonists. These are just publicized examples of how racism is ongoing and often backed by or ignored by the police and government, let alone the many ways which indigenous people experience racism on a daily level.

How do our everyday actions here on our wonderful, but very visibly majority white island affect the world we live in? We continue to benefit from the initial land theft of early colonization, as there was no treaty ceding Denman Island away, and only due to wide spread disease and then displacement was this island made 'empty' for settlers. We also continue to benefit from resource extraction on indigenous lands on a daily basis. I struggle with how to balance this knowledge with action. Often, it can feel like the power is not in our hands. But there always small ways we can act. The Yintahaccess.com website gives some great examples of how we can support their work to stop the pipeline. For example, CGL is run by a company with a head office and staffed by people with names. Write them or call them and tell them what you think. Doug Donaldson is the NDP minister of forests, lands and natural resources. Did you vote for the NDP? Call him out for not doing his job of protecting these 'natural resources.' Do you bank with RBC, BMO or JP Morgan Chase? Our investments may be directly contributing to pipe line expansion. There are many companies invested in the construction of the pipe lines, all run by people who want to hear what you think. Speak to them, speak to your neighbours, friends, families, and co-workers. Enough is enough!

Most of us live here because we love the land and the community and want to make a difference by living a more simple life. Let's challenge ourselves to look beyond the waters surrounding our home to those who also love their land, their community and home, and find ways to support them. This is for their great grandchildren's children, as much as it is for ours.

Check out www.Yintahaccess.com, www.likhtsamisyu.com and Wet'suwet'en Access Point on Gidim'ten Territory on FaceBook for more and ongoing info about the struggle to stop the pipeline. 🍷

Denman Island
Community Education Society

Annual General Meeting

Tuesday, Nov 24th, 2020
at 2:45 pm.
At the Community Hall

Please dress warmly

Join us: To summarize this
eventful year and to look
towards what is to come

Union Bay

CREDIT UNION

When times are tough . . .

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See how we can help you.

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Leaving WWII Behind: Create an Alternative Approach

OP/ED

By Sally Campbell

I*like the idea of using imagination* to reflect on the build-up to WWII and to consider how that war might have been avoided, had different paths been chosen. The writer Cormac McCarthy says (loosely translated) that it's not the mess we're in now that's the problem, but rather the choices we made back at the crossroads – the ones that led us to this point. That is what we need to examine and learn from.

A few guiding principles:

1. Make **gender equality** a requirement in policy-making, planning, process design, negotiation, & leadership. This principle is ranked in order of importance.
2. Make non-violence a core value, non-negotiable.
3. Break conflicts down into manageable parts for analysis and *designing good process*.
4. Use bona fide 3rd party “neutrals”, trusted elders, fair & wise advisors - for conflict analysis, process design and preparation for all important negotiations.
5. Include those who could destroy or sabotage agreement. Make sure they're represented /heard in some way.
6. Build a “safe container” to hold important processes, such as careful, inclusive development of guiding principles, and designate keepers of the process with authority to safeguard it.
7. Focus on values & interests (“what matters” to parties); search continually for common ground.
8. Include music, art, theatre, poetry, & a focus on children – aspects of human existence that give meaning and purpose to life and are universally valued. Honour diversity through culture. Dehumanize no one.

Ideas:

- 1. Closely involve existing organizations working for peace at the time, such as:**
 War Resisters International
 Fellowship of Reconciliation
 Women's international League for Peace & Freedom
 War Resisters League

Notice of Annual General Meeting

Denman Seniors and Museum Society

November 16, 2020 7:00 PM

This meeting will be on-line by Zoom. Please notify Tony Gregson (board secretary) at 778-838-7110 or nwaat01@gmail.com to receive the invite. *following address if you plan to attend:* denmanresource@gmail.com

2. Work on strengthening the League of Nations

It was approved January 25, 1919, by 30 countries. US President Woodrow Wilson was one of its champions. The US Congress, led by Henry Cabot Lodge, then refused to join because of the “collective security” aspect (requirement to protect independent territorial integrity of all other countries). Obstacles to joining needed to be revisited and negotiated – until all major powers joined. Smaller powers would inevitably follow.

The League of Nations had as its goals: disarmament, prevention of war through “collective security”, *negotiation and diplomacy for settling conflict and improving global welfare*.

Had its founders truly focused on the latter 2 goals, the League of Nations might have revisited the Treaty of Versailles and reconsidered its punitive, humiliating treatment of Germany post WWI. They might have listened to the voices of colonized peoples; they might have paid attention to Ghandian principles on non-violent resistance.

3. Work on follow-up to the Kellogg-Briand Pact

This general treaty, also known as the Pact of Paris, renouncing the use of war, was made in 1928, outside the League of Nations. It was signed by France, US and Germany, soon followed by most other states. Reaching agreement is often merely the first aspect of a change process. Especially with a significant agreement that threatens the commercial interests of those holding power, crafters must build in oversight, enforcement, fine-tuning, follow-up. There must be a strong “container” to hold the agreement and see that its signatories abide by it. Revisions often need to be made to ensure buy-in and continued viability. Information needs to be shared broadly, and the principles upon which the agreement is based need to be widely understood and accepted. Big agreements like this need “teeth” to make them enforceable. The route of diplomacy

...continued on page 10...

...continued from page 9... and discussion needs to be pursued in a pro-active, not reactive way.

4. The role of Women

The active and equal presence of women in public forums is needed, not to replace men, but to provide gender parity, and more synergistic leadership. We know that between 1950 and 2004 **fewer than 4%** of all national leaders have been women. During those 54 years, there were only 48 female leaders across 188 countries, and 2 of them (Ecuador and Madagascar) were replaced by men in 2 days! (1)

A 2010 UN study found that 2.4% of mediators were women, 9% of negotiators, and 4% of signatories of 31 peace processes (with women at the table) were women.(2) It's important to avoid stereotyping genders, and the sample of women in leadership is simply too small to generalize. We all know of women leaders who adopted a hawkish stance. Token women in leadership roles often behave like aggressive males, as if proving to the world that they are up to the job. Gender parity reduces competitiveness and creates space for a partnership way of problem-solving.

The UN study just noted found that with women at the table, peace agreements are more likely to endure, and that with just

a 5% increase of women in parliaments, a state is 5 times less likely to use violence in an international crisis. They attribute these findings to women's preference for dialogue and inclusivity, as well as their place outside formal power structures, making them seem as less threatening. We need to bring them into formal power structures on an equal basis with men.

At the founding table of the League of Nations, there were no women. Each state could send 3 delegates to its meetings, and had one vote.³ Norway and Sweden each sent a female delegate, and Australia brought an "alternative delegate" after persistent lobbying by feminists. In 1922, of 177 delegates, 6 were women; in 1930, 14 were women; in 1936, with 50 countries in the League of Nations, only 12 delegates were women. The numbers speak for themselves. It has now been 2 decades since UN Resolution 1325, recognizing the role of women in Peace & Security.

Conclusion:

We can never know the difference these ideas might have made in the build-up to WWII. In this time of endless wars, however, we might consider the ongoing dearth of women in leadership roles today and direct our attention to radically increasing those numbers.

www.sallycampbellmediator.ca

(1) Study by Katherine W. Phillips, Columbia Business School

(2) Women's Participation in Peace Negotiations: Connections between Presence and Influence. UN Equity for Gender Equality & Empowerment of Women.



When times get tough, credit unions matter most

Community, connection and collaboration are principles upon which credit unions are based. The last eight months have proven just how much those co-operative values matter.

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Seeing a difference between banks and credit unions isn't always easy – after all, they're both financial institutions that offer standard banking services. But when the going gets tough, it's the credit unions' dedication to making local decisions, supporting neighbourhood jobs and giving back to community that sets them apart.

When faced with demanding times and tough decisions, credit unions ask, "What's the right thing to do for our members?" Banks ask, "What's the right thing to do for our bottom line?"

Like with other organizations, the pandemic has made operating a financial institution more difficult, but credit unions have persevered and are thriving because of co-operative values.

Take us, here at Union Bay Credit Union. We kept our doors open to maintain the service levels our members depend on. We completed mortgage deferrals without members waiting on the phone for hours or being turned away at the door. We continued to lend to members, prioritizing help for those struggling. We boosted community donations to non-profits in need and suspended account fees for businesses that had to close.

On the surface, credit unions and banks may look the same, but the decisions they make are completely different because of their distinct ownership structures.

As with so many, the past months have revealed our strengths.

CC COMMUNITY CONNECT Helping to Build Strong Communities

PROGRAM SPONSORED BY **Union Bay** CREDIT UNION

MORE INFORMATION AT **ubcu.ca**

Some Things to Keep in Mind

By Judy Armstrong

OP/ED

For those of us who have gotten a tad paranoid...

A voice of reason.

Keep healthy, happy and safe.

Dr. Henry is the Provincial Health Officer for British Columbia, the first woman in this position. She is also an associate professor at the University of British Columbia. She has a background in epidemiology and is a specialist in public health and preventive medicine. She is also from PEI.

The Wisdom of Dr. Bonnie Henry

1. We may have to live with COVID-19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.

2 You can't destroy COVID-19 viruses that have penetrated cell walls, by drinking gallons of hot water, you'll just go to the bathroom more often.

3. Washing hands and maintaining a two-meter physical distance is the best method for your protection.

4. If you don't have a COVID-19 patient at home, there's no need to disinfect the surfaces at your house.

5. Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands, live your life as usual.

6. COVID-19 is not a food infection. It is associated with drops of infection like the 'flu. There is no demonstrated risk that COVID-19 is transmitted by food.

7. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of COVID-19.

8 Once at home, you don't need to change your clothes urgently and go shower! Purity is a virtue, paranoia is not!

9. The COVID-19 virus doesn't hang in the air for long. This is a respiratory droplet infection that requires close contact.

10. The air is clean, you can walk through the gardens and through parks (just keeping your physical protection distance).

11. It is sufficient to use normal soap against COVID-19, not antibacterial soap. This is a virus, not a bacteria.

12. You don't have to worry about your food orders But you can heat it

all up in the microwave, if you wish.

13. The chances of bringing COVID-19 home with your shoes is like being struck by lightning twice in a day. I've been working against viruses for 20 years — drop infections don't spread like that!

14. You can't be protected from the virus by taking vinegar, sugarcane juice and ginger! These are for immunity not a cure.

15. Wearing a mask for long periods interferes with your breathing and oxygen levels. Wear it only in crowds.

16. Wearing gloves is also a bad idea; the virus can accumulate into the glove and be easily transmitted if you

touch your face. Better just to wash your hands regularly. Immunity is greatly weakened by always staying in a sterile environment. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach. Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/spicy/sugary food and aerated drinks.

Be smart and stay informed! Live life sensibly and to the fullest.

Be Kind, Be Calm and Be Safe!



STANDING UP FOR COASTAL COMMUNITIES

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The K.

By Leo Simmons

ARTS&LIT

Mr. Kennethson had a name which was far too long for us to be bothered with. For anyone with a lisp, it was also nigh on impossible to pronounce. He became, therefore, “Mr. K”. After a very short time, that also felt like too many syllables, and so he became “The K”.

In a faculty largely populated by eccentrics, The K stood out. He seemed filled with boundless energy, especially for a man so exceedingly old (we estimated he was around fifty) and whose professorial characteristics were so obvious. He strode around the school site at a ridiculous speed, his little legs almost a blur. He was instantly recognizable; always wearing a tweed jacket with the obligatory elbow patches, a white shirt and bow tie and the formidable combination of beige trousers with brown brogues. Even if we only caught a glimpse, we knew it could only be him by virtue of his velocity and unwavering wardrobe. He was from Ireland and sported a delightful accent and a soft voice to go with it, a combination which unfortunately for me acted like a powerful soporific. The K taught us Religious Studies, and was quite unable to keep his own beliefs to himself. Very early on, he identified himself to us as Catholic and picked me out as the only person in my class with the same background. This was a good thing because it saved me from some otherwise inevitable punishments for falling asleep while I listened to him. The K taught us about different religions of the world, with a heavy emphasis upon Christianity and – uncomfortably for me because he often used me as an example – a leaning towards Catholicism. Nevertheless, I picked up some interesting information about the faith in which I’d been raised but about which I’d never been allowed to ask questions.

At the age of thirteen, The K’s role in our lives abruptly changed. In the third year of high school, we were no longer taught about religions of the world, making space for another subject to enter our sphere. Sex education. From the man who taught us about religion. It didn’t bode well.

STEVE

Alan Black

The first thing Steve did every morning
was smoke a number.

Boom.

Then another jay

every ten minutes,

then every five minutes,

then every minute.

I first noticed the leaves growing out of his ears,
then his nostrils.

Steve later admitted he had one growing out of his butt.

We were all very concerned.

It wasn’t long before Steve was being tortured by a horrible
plague of spider mites.

Slapping and twirling he had a hard time working his water bong.

I was able to secure an organic plant killer and an earth friendly
pesticide named Mr Mite Bite.

Steve’s head had become a strange leafy thing but if you knew him well
you could recognize his bloodshot blue eyes.

I didn’t tell him I was going to save him when I hit him with
plant killer and the Mite Bite.

“GARRRRR!” He wailed as his leafy being went up in smoke.

When it was over there was nothing there but skinny old naked Steve.

“Oh man, you look so vulnerable,” I told him.

“Get me a blanket dude!”

I got him a Hudson Bay blanket from my Vanagon.

I rolled a number and lit it.

“Not for me,” said Steve.

“Really?”

“Maybe next week.”

“Okay man.” I smoked it to myself.

However, he proved to be an inspired choice to talk to pubescent boys about the realities of sex. Firstly, he seemed to be unfamiliar with the principles of embarrassment. Having only ever heard him speak on the subject of gods until that point, it was a shock when he started using words like ‘nipples’, ‘penis’, ‘anus’ and ‘vagina’. I mean, wasn’t all that better suited to a biology teacher? Then, it got worse (or, with hindsight: better) as he started trotting out slang terms which we only used between ourselves. He knew. Shockingly, it became clear that The K had a sex life. That made him unique among us, and to be honest, something of a god. He would sometimes assist our understanding with thinly veiled accounts of his own experiences and while our toes curled reflexively, he continually enlightened us, dispelling a great deal of harmful nonsense which circulated among us. He was a gentle character and was at pains to emphasise respect, kindness and compassion; his lasting, wonderful gifts to us.

The K was famous for another quirk, one which I have never been able to emulate. In the dining hall, a teacher would sit at the head of each long table when having their

lunch. Teachers ate the same food that we were offered, so some of them were never seen in the dining all – not even on days when syrup sponge was on the menu – but The K was an enthusiastic participant in this part of school life. He took his duties very seriously, and when he sat down at the end of a table, everyone readied themselves to be talked at.

He would place his tray on the table top, quietly chattering away to himself as he did so. The tension would build, since we all knew his penchant for mischief. The trick was to avoid eye contact, and most of us would suddenly find our bland canteen food utterly absorbing while he sat down and looked around for a victim. Having located someone stupid enough to catch his glance, he would begin the game while preparing his food. “Mr. Simmons, what did you think about today’s discussion of blue balls?” Someone would squirt orange juice out of their nose in surprise, and silence would then descend as everyone settled down to watch one of us squirm.

And then he would do the thing. It didn’t matter what he had on his plate; the process was the same. Out of his briefcase would come a margarine tub and from it a disturbing amount of bran fibre would be sprinkled all over the food before him. Even on salad. We would watch with no little dismay and, conscious of our gaze, he would always say the very same thing: “It’s most important to keep your bowels moving, boys.”

The K was a quiet giant in my childhood. Thousands of boys met him and learned from him and I feel privileged to have been in that number. While I have chosen a different path when it comes to religion, I have always remembered his teachings of kindness, respect and compassion. And, as much as possible, I’ve done the other thing too.X 🍷



THE ISLANDS Grapevine

• DENMAN: 700 • HORNBY: 510 •
• E-SUBSCRIPTIONS: 93 •

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

Good ole Days

by Thomas Provençal

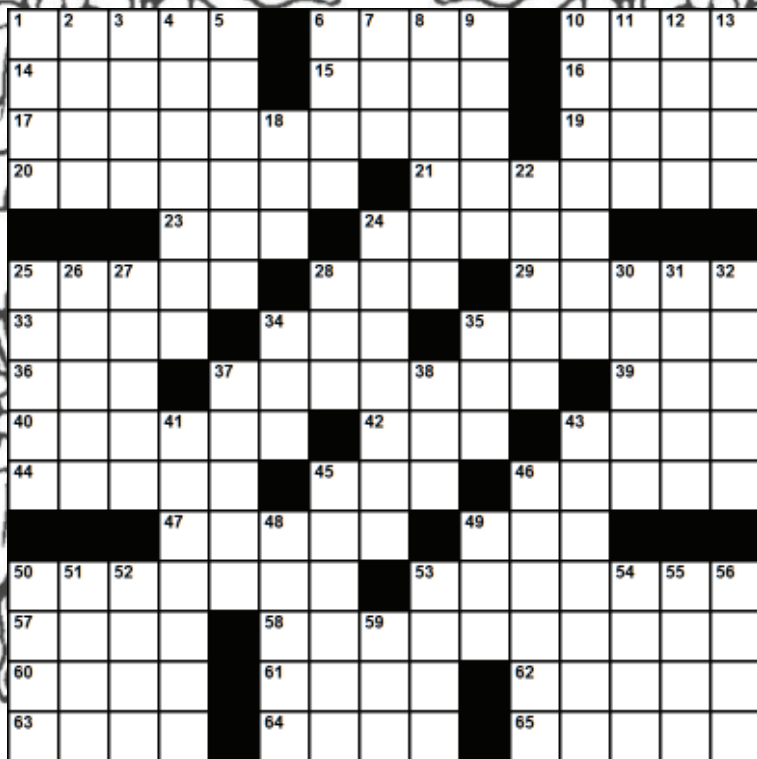
*Long ago we roamed the Earth
and fed our kids with cunning.
Now we hunt in the cereal aisle.
In life we're often running.
We used to lounge around and burp,
pick fleas off a friend.
Now we worry that none usurp
our info or where we spend.
It used to be important
to warn the group of danger.
Now we huddle in our houses
and everyone's a stranger.
Our diets were more varied.
We ate what we would find.
If grocery stores go bankrupt
we'll all be in a bind.
We've all become dependent
on technocratic solutions
that seem to ease our daily lives
yet derail our evolution.*

A Poem Written on November 5, 2019

About He Who May Be...Fingers Crossed
Bill Engleson • www.engleson.ca

*I feel a chill in the air
when he speaks,
when he stumps,
that perspiring showman,
his whiny yelp, squeaking,
the flop of his cheeks,
the twist of his lips,
the slur of his ire,
the glint of venom
in his crazy golden eyes.
Here in my chamber,
I marvel at his sweep,
His scattershot devilry,
His immunity,
His taunting, terrifying,
No man of the people, this,
this shamble of an ethical man,
encased in his doom,
our doom, it may be.
We must get to his end, posthaste.
There is no time to waste.
No time at all.*

• GRAPEVINE CROSSWORD •



• ACROSS •

1. Listerine alternative
6. Units of energy
10. Alpine sound
14. Herb with show flowers
15. Decisive win
16. Eulogize
17. Richly supplied
19. As a result
20. Womanizers
21. Leak stopper
23. Absorb, as costs
24. Birds that honk
25. Having rounded projections
28. Archaic
29. Up to a time that
33. Opinion page, briefly
34. Actress Salonga
35. Hispanic
36. Colloid
37. Matt Dillon, e.g.
39. Bavarian peak
40. Having a funny twist
42. Classroom stand in
43. Highland hillside

44. Crowed
45. Attic sight
46. Gullets
47. Jamaican citrus fruit
49. Caught ya!
50. Refined
53. Ore haulers
57. Islamic bigwig
58. Reredos
60. Actress Kudrow
61. Emulate a lark
62. Over and done with
63. Extra seed coating
64. Featherhead
65. Eyes wickedly

• DOWN •

1. Bang the door hard
2. Castro's land
3. Comic strip penguin
4. Nitwit
5. Make beloved
6. Aquatic eagles
7. Deterioration
8. Swigged down
9. Designer's concern
10. Natural habitats
11. No-no in some diets
12. Gigantic
13. Common scent
18. Actor Carney
22. As expected
24. Eyewear
25. Holmes' forte
26. Aida, for one
27. Downstairs, at sea
28. Above, in poems
30. Coronet
31. Spouse's kin
32. Bounds easily
34. French lake
35. A small dog, for short
37. Gnat cousin
38. Boston, with The
41. Like Switzerland
43. 35th element
45. Droopy tree
46. Wedding site
48. Smallest possible
49. Bobby of the NHL
50. Big do
51. Abu Dhabi leader
52. Unless, to Cicero
53. Bakery bite
54. Give up
55. Maple genus
56. Beatty film
59. -chi ch'uan

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DEC CALENDAR
deadline is

FRIDAY NOV 20TH

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• COMMUNITY NOTICES

NOTICE TO LIFELABS CUSTOMERS: There will be no Lifelabs service at the Denman Island Medical Clinic on November 11th 2020, in observance of Remembrance Day. An alternate day will be available Tuesday November 10th, from 8:30 to 11:00.

DENMAN ISLAND COMMUNITY EDUCATION Society invites applications for Program Coordinator and /or Teen Night staff. The candidate should be experienced in delivering programs for children and youth and have strong written and verbal communication skills. Must be a reliable individual, willing to work evenings and weekends. Find a full job description at dices.ca, submit resume to dices.director@gmail.com by Nov 16

SWAP FOR PARENTS (shhhh...don't tell the kids) Saturday November 14th, 10am-2pm
9510 McFarlane Road Bring gently used Christmas Gifts / Ski Equipment / Winter Clothing Infant to Teen Masks required

HIRRA Zoom meeting: Wednesday, Nov 11, 7:30pm. Agenda: Executive report, 2021 five-year BUDGETS for approval. E-mail office@hirra.ca to register. New members welcome!

DENMAN ISLAND Growers and Producers Alliance AGM & Growers' Forum
Saturday November 14th, 2020 @ Community Hall
3 – 4:15 p.m. Growers' Forum
4:30 – 5 p.m. GPA AGM
We are holding a Growers' Forum prior to our AGM. We want growers to come help us brainstorm and vision the future of agriculture on Denman Island. COVID PROTOCOLS IN PLACE

WEDNESDAY NOVEMBER 11TH Outdoor Remembrance Day Service 10:45am at the Earth Club Bistro

JOYOUS NEWS! That lovely BLUE-POINT SIAMESE has a home. She does like to wander, though. Thanks to her patron-servant for getting in touch.

EQUIPMENT LOAN CUPBOARDS – Hornby and Denman Community Health Care Society maintains a loan cupboard on each island with various medical equipment items. If you require assistance, please call our Home Care Supervisor at (250) 792-5889 or email homecare@hornbydenmanhealth.com.

COMMUNITY SERVICES FROM DENMAN WORKS Projector and screen: Book with Abraxas Books and Gifts 250-335-2731 abraxas9@telus.net Zoom meetings (unlimited time and free recording): See denmanworks.wordpress.com/contact/

• EMPLOYMENT

HOME SUPPORT TRAINING? – Are you interested in working with older islanders in our home support program? There is a need for more trained staff to deliver these services on Denman and Hornby, and we want to know if there is interest in a local training program. For more information please contact Lori at lori@hornbydenmanhealth.com.

COMMUNITY HEALTH WORKERS – Hornby and Denman Community Health Care Society requires part time and casual CHW2s for home support services on Denman and Hornby Islands. Details on our website at hornbydenmanhealth.com or contact us at info@hornbydenmanhealth.com.

• MISSING

CAT MISSING - small, black short-hair with one clipped ear, north Lacon Rd. area. Recently relocated from south end, so could be traveling. If spotted, please feed and contact DI MEOW @ 335-1209. Thanks!

• 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

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• (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 Hoepner 335-2037 (D/H)
- Bobcat & Compact Excavator • Steve Isaak 335-1853 (D/H)
- 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 (All)
- Kinetic Electric, licenced, bonded & insured 335-1741 (D/H)
- Ray Ulovec-Backhoe/Excavator, Septic Installation 335-3145 (D/H)
- Denman Renaissance • tile & stone installation 334-6644 (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 & Cisterns • Steve Isaak 335-1853 (All)

• SERVICES •

- Acupuncture • Margot Davey, R.Ac 778-992-0165 (D/H)
- Acupuncture, Herbs • Dr. Willo Walker, Dr. TCM 335-1535 (D/H)
- Chiropractic Care on Fridays • Dr. Dawn Armstrong, DC 465-8482 (D)
- Massage Clinic • 2796 Northwest Rd. • Leah Kelly 335-2584 (D)
- DB Excavations & Clearing • Dorianbaker56@gmail.com • call or text
465-1889 (D)
- Denman Works! • Tony Gregson 250-335-0287 denmanresource@gmail.com (D)
- Edwardsen Tree Service • Jered 250-580-7127 (D)
- Peter T. Mason • Land Surveying 757-8788 (All)
- Physiotherapy • Christopher Mainella • 514-605-9398 (D/H)
- Mandala Massage • Lisa Larkin • CHMP • text 871-8701 call 335-2836 (D)
- Physiotherapy & Acupuncture • Carmen B-Gautrais RPT, RTCMP
335-2260 (D/H)
- Trees Service • Chipping • Certified faller • Antoine 207-3884 (D)
- Tree Service - Darian Chase • Arborist 218-0404 (All)
- Trueview Treecare, seniors' discount • Wildbill 898-7246 (D/H)
- Yoga Classes, Holistic Massage, 30 years exp. • Fiona Walker 335-1535 (D/H)

THIS WEEK'S EVENTS

THURSDAY 5

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm
- FOOD BANK 4-7pm
- DORA DRINKWATER LIBRARY 1:30-3:30pm
- MINDFULNESS FOR HEALTH 7pm

FRIDAY 6

- DORA DRINKWATER LIBRARY 1:30-3:30pm

SATURDAY 7

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- DORA DRINKWATER LIBRARY 1:30-3:30pm
- DENMAN FREE STORE 9-Noon

SUNDAY 8

- HOLLY REMOVAL WORK BEE AT CENTRAL
PARK 11am-2pm

MONDAY 9

- DORA DRINKWATER LIBRARY 1:30-3:30pm
- HOLLY REMOVAL WORK BEE AT CENTRAL
PARK 10am-1pm

TUESDAY 10

- DENMAN FREE STORE 4-7pm
- DORA DRINKWATER LIBRARY 1:30-3:30pm
- DORA DRINKWATER LIBRARY 1:30-3:30pm
- HOLLY REMOVAL WORK BEE AT CENTRAL
PARK 2pm-5pm

WEDNESDAY 11

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm
- HIRRA Zoom meeting 7:30pm
- REMEMBRANCE DAY SERVICE 10:45am Guesthouse

REMEMBRANCE DAY

THURSDAY 12

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm
- FOOD BANK 4-7pm
- DORA DRINKWATER LIBRARY 1:30-3:30pm
- MINDFULNESS FOR HEALTH 7pm

