



• "Let's just sit quietly and listen to the secrets the rain wants to tell us." • John Mark Green •



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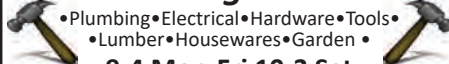
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Cover image: Foggy morning at the farm, Hornby Island. Photo by Dreadful Imagery



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Post Office & Canada Customs

COMM INFO

By Jennifer West • DI Post Office

We'd like to clear up a misunderstanding of a new mail procedure that applies to all packets and parcels going out of Canada (not lettermail).

Anything (other than lettermail) leaving Canada must have Customs information input into the computer. Most have already been required, but they have now included Small Packet mailings.

There are two ways of satisfying this requirement: 1) You can enter the information at home before you come to the Post Office, thereby reducing the time spent at the counter; or 2) We can input it all when you arrive.

To enter this required info from home, go to canadapost.ca/customs and fill out the form. You will be given a barcode which you can either download onto your phone, or print out and bring in to us to scan. If you have trouble doing either of these things, email it to us at denman.postoffice@gmail.com and we will print it out. If this is the route you are taking, please phone us at 250 335-1636 so we can have it ready for when you arrive.

We apologize for any confusion and stress this may have caused. 🍷

FreeStore Donations

COMM INFO

By Krista English

The FreeStore will receive DONATIONS during regular open hours every Saturday - currently 10am to dark. Please bring your items in plastic bags for safe storage during their required quarantine period. Drop off is at the NW corner of the old school, small door. We receive far more items than are removed from the FreeStore so we have redesigned our receiving space and distribution process to handle the volume. Our goal is to ensure EVERY donation is evaluated and considered for our shelves. Please note:



for a REUSABLE item to make it to the shelf or rack it needs to be clean and working properly. Every item we receive that fits this criteria is put out for Denman to decide its fate

REUSABLE items that are not removed from the store by shoppers over a period of time will be removed and donated to a Comox Valley charity so that the most useful items remain in circulation - REDUCING the need for people to buy new

items that are unacceptable for further donation and are at their end of life are recycled. Thankfully there are wonderful programs for RECYCLING electronics, fabrics, metal, paper, etc and we are blessed to be in such close proximity to them items that are end of life and unable to be recycled are put in the trash. The most common trash for us are chipped ceramic mugs and plates, large plastic children's toys that come broken or incomplete, purses with broken straps, single shoes, etc. You can help us significantly by simply disposing of these rejected items yourselves Monetary donations received will be spent adding shelves and improving our space. In the future they will be put to use developing our vision of the FreeStore and the role it shall play in our ever-changing community

Experiment - We will be setting up a station at the exit door with bags of items that have failed to be taken from our store but are still useful. Before we organize large trucks to take loads off island especially for us and increase the carbon footprint our "stuff" makes, we ask local town goers to grab a bag or two and drop it at the diabetes bin in the superstore parking lot or other such gestures to deliver the items to local charities that will act responsibly with the donations

Future plans may include special auctions for selected premium donations to ensure the whole community has a chance to act on really special things that come through. Join us with heartfelt gratitude and raise a mug or whatever else you have in hand to the plethora of volunteers present, past and future that have done or will do their part to develop this special place. Their commitment of time and desire to see the vision of the FreeStore carry on into the future is the only reason this is possible today. Thank you!

If you would like to volunteer please reach out at difreestore@gmail.com. Please SHOP! Help move our items to their next homes. 🍷

Living Well • Week 39 • Step Into January

By Verna Isbister

COMM INFO

On Dec. 31 at midnight, we stepped through a doorway into a New Year and the month of January. If we had been living in Ancient Rome, there would have been the two-sided face of the Roman god, Janus (pronounced Jay-nus), mounted above that doorway. Janus means "an arched doorway." One of Janus' faces looked backwards to the past and the other face looked forward toward the future. The first month of the Roman calendar was called Januarius.

Janus was the god of new beginnings and considered the most important of their gods. In his hands he held a staff to lead travellers and a key to open gates. These archetypal symbols of walking through doorways, journeying with a trusted guide and holding keys to unlock a door or life's mysteries, continue to offer us direction as we enter a new year.



Beginning a new year offers us an opportunity to reflect on the past and the future. Looking back at 2020, this Roman god would have seen death, fear, isolation, confusion, trials and tribulations. He would have also seen human ingenuity, compassion, creativity, and flexibility. As the year closed, he would have seen the glimmer of a vaccine that would bring healing and hope.

Looking forward to 2021, I don't know what Janus can see. One thing about this past year is that it's taught us that we can't plan too far ahead. As we approach the doorway of this new year, some of us will step slowly, carefully and cautiously. Others will limp across the finish line of the 2020 marathon. Some people will jump forward with anticipation, optimism and a desire for new beginnings. How will you go through the doorway? The end of a year provides us the opportunity to reflect.

Who have been our heroes? Who has held a staff to protect, support and keep us safe this year? What did you hold on to for support?

What keys have we used or discovered to get through the obstacles of this past year? What keys have we learned to living better or more responsibly? What have the keys unlocked in your heart and soul? Have you learned new things about yourself?

Dec. 31 is often associated with making New Year's resolutions: to resolve, to find answers, to behave in a new manner or to change. We do not know the resolution to the Covid narrative that we have been part of this past year and the sequel hasn't been written. The word "resolution" comes

continued on page 6...

TIDE TABLE

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

2021-01-07 (Thursday)

Time PST	Height (m)	(ft)
00:29	3.6	11.8
05:30	2.8	9.2
11:54	4.8	15.7
19:24	1.7	5.6

2021-01-08 (Friday)

Time PST	Height (m)	(ft)
02:19	3.9	12.8
06:42	3.2	10.5
12:35	4.8	15.7
20:15	1.2	3.9

2021-01-09 (Saturday)

Time PST	Height (m)	(ft)
03:38	4.2	13.8
08:00	3.5	11.5
13:20	4.7	15.4
21:04	0.8	2.6

2021-01-10 (Sunday)

Time PST	Height (m)	(ft)
04:37	4.6	15.1
09:14	3.7	12.1
14:07	4.7	15.4
21:52	0.5	1.6

2021-01-11 (Monday)

Time PST	Height (m)	(ft)
05:28	4.8	15.7
10:20	3.7	12.1
14:58	4.7	15.4
22:39	0.3	1.0

2021-01-12 (Tuesday)

Time PST	Height (m)	(ft)
06:13	5.0	16.4
11:17	3.7	12.1
15:49	4.6	15.1
23:23	0.3	1.0

2021-01-13 (Wednesday)

Time PST	Height (m)	(ft)
06:54	5.1	16.7
12:09	3.6	11.8
16:41	4.6	15.1

2021-01-14 (Thursday)

Time PST	Height (m)	(ft)
00:07	0.3	1.0
07:33	5.1	16.7
12:59	3.5	11.5
17:33	4.5	14.8



From the Crow's Nest: Yari 槍ヶ岳

ARTS&LIT

By William Thomas • willthomasonline.net

At Shin-Shimashima station in the predawn alpine cold, I haul my heavy pack, grief and despair off the panting, narrow-gauge train and board a waiting bus loaded with more curious stares for the final hour's ascension into Kamikochi.

Give me a life-or-death emergency anytime. Heartsick from too many *sayonaras*, single-parent to a backyard boat stranded on the far side of this planet's biggest ocean, fatigued from a 20-hour journey across incomprehensibly-labeled Honshu – I cling to my fallback adage:

When in danger, when in doubt... go up.

Only transcendence can cure me. Disconcertingly unmoving despite the speed of our approach, Japan's highest peaks emerge above the driver like a black-and-white print in a tray of Dektol. As the light strengthens, along with that familiar excitement of entering elevated realms, the abiding towering immensity of the Japan Alps beckons as balm and benediction.



Saddle at sunrise- Yarigatake at right

I am making for *Yarigatake*. Resembling a flint-knapped spearpoint 10,433 feet above a distant sea, the slab-sided pyramid of "Asia's Matterhorn" is second only to Mount Fuji as the most iconic peak in all Japan.

Round-trip distance from trailhead: 28.4 km

Difficulty: Strenuous

Stopping beside the busy trail, I untie the bulging canvas sack loosely suspended from my trusty Fjällräven packframe to extract water bottle, powdered milk, honey and Earl Grey.



Yari trek 1st day in the realm of the gods

Nippon's sons and daughters crowd close to view this exotic ritual. Recalling the traditional, chipped-cup Japanese Tea Ceremony I was honored to attend with Thea, I look up from the *putt-putting* Svea stove to explain: "*English* Tea Ceremony."

Smiles, grins and laughter need no translation.

But the joke's on me: the first two kilometers gain 3,000 feet! Halting to recover, I gaze across unbroken clouds far below and know I've entered the abode of the gods. Sporting bright synthetic plumage, Japanese tourists pass in chattering packs, their bass-boostered boomboxes scattering the special silence I seek.

Following a comfortable night at Mount Hodaka hut – one of dozens of spartan cedar oases

stretching across the “Roof of Japan” for unencumbered touring – I lash my sleeping bag to the packframe and push on for Yari in the wake of the “boomers” who departed before daybreak.

They aren’t far. The downward-seeping sunrise over range-on-range of pink-capped peaks has hushed everyone.

After an exhilarating otherworldly clamber, I arrive alone at the trail junction in the early afternoon. Looking up from my *kanji*-cluttered map, the choice is clear. Stretching away to my right, Hotaka ridge promises the ultimate in my favorite terrestrial activity – cruising the high country among beckoning snowcapped peaks.

As I veer toward the favored route, I nearly bump into someone arriving from that direction. A Japanese woman travelling alone through this remoteness is remarkable. Given my unobstructed view, her abrupt appearance is even more intriguing.

“*Doko ikimasuka?*” she inquires after we trade *konichiwas*. Attempting to communicate with the foreigner.

“*Yarigatake ikimasu,*” I reply, noting sensible mountain attire and no backpack.

“*Dame!*” (dom-eh) my providential guide insists, pointing to a fainter track winding out of sight around a spur to my left. “*Shorto-cutto.*”

Bowing to her timely intercession, I go left. But the recommended “shortcut” is not flat. Laden under canned food and cooking gear grabbed from *Celerity*’s galley, I’m completely wiped when the welcome sight of a weathered, high-roofed cabin hoves into view. Coming out for a look at my jerry-rigged packsack, its single occupant frowns.

Follow me, he gestures, turning to bound up a steep scree slope. Without breath to argue, I eventually arrive, nauseous and gasping, beside my impatient tormentor. Run down, he commands. Unable to control my loose pack, punishing my knees with each slamming jolt, I slide wildly on loose rock. At the bottom, I’m given an emphatic, no way headshake.

The good news: I can stay the night.

Over a simple yet hard-to-obtain vegetarian meal, despite barely-bridgeable linguistic crevasses, I learn that my university-age host is a devout Buddhist whose isolated summit eyrie seems ideal for practicing presence.

The downside, this gatekeeper explains, is that the route he guards is the most perilous in the Japan Alps!

Every season, he must repeatedly climb down to the remains of knowledgeable, well-equipped hikers who plummeted to their deaths from the same knife-edge ridge I am about to attempt.

Every night, he tells me, their crushed, blankly-staring faces visit his dreams.

He does not want mine among them.

Much later, enveloped in blackness up in the gust-slammed loft creaking like that Hong Kong brigantine, my fitful sleep is assaulted by a frenzied flapping in my face.

Immediately snared by the beam of my flashlight, a monstrous moth flutters around my head. With a chill of unshakeable dread, I realize it’s my own death circling.

Breakfast is taken in an uneasy silence. Once again, I am asked to abandon my suicidal quest. Again, I refuse. For my beleaguered spirit, shirking this test would be as fatal as a fall.

I will meet my fate now, today.

Outside, surrounded by unutterable magnificence, I shoulder my treacherous pack. Let the universe decide. It’s a good day to die!

Walking to the end of the ridge, I raise the heavy, motordriven Canon to frame purple-hazed peaks receding into infinity. The last exposure I’m ever likely to make... is perfect.

To be continued

Yarigatake (*yar-ee-ga-tok-ee*) “Spear-point Mountain”

doko ikimasuka? (*do-ko iki-mas’ka*)
Where do you go?

dame (*dom-eh*) Don’t!

10,000 feet – altitude at which occupants of non-pressurized aircraft switch to supplemental oxygen to assure normal brain function.

Photos by Will Thomas
Scans by King Anderson



...continued from page 3

from the Latin word “to loosen”. I think we all have

a longing for the loosening of the Covid rules and guidelines. We want to see a resolution to this surreal story that has held us engrossed in its pages. I long to read a new story.

Janus was also known as the god of transitions, particularly from wartime to peace. The year ahead will be a year of transition. We have been through the wars and will now begin transitioning towards an unknown future. January may be a long, stormy and trying month. Already I’ve found myself more impatient than usual. Saying, “sorry” is the first step in the right direction. My emotional life and fortitude (“emotional strength that enables courage in the face of adversity”) also needs to transition towards a peaceful posture.

So as we turn our faces to the future, let us remember what we have learned as we step to the doorway marked 2021, hold up keys that will unlock the way and confidently step into this new year with our staffs in hand. I invite you to find something to look forward to each day.

Join me in a common Roman toast (the Romans added toasted bread to their wine to reduce the acidity, thus the word “toast”) as we enter 2021: ***“To your health!”***



A whole new vision for 2021

Did you hear the news?

Union Bay Credit Union and First Credit Union have proposed to merge and create a single credit union. It’s happening this spring – and we couldn’t be more excited!

Why this and why now?

As likeminded credit unions dedicated to rural and small-island communities, we’ve been collaborating for years. This merger both formalizes our cooperation and allows us to leverage the strengths of our organizations.

The industry is evolving rapidly with significant technological changes occurring. A merged credit union will have the scale to remain competitive and innovative while staying responsive and local.

How will this benefit UBCU members?

The proposed merger will present many advantages to members and communities. By combining the resources and capital of Union Bay and First, the merged credit union will be able to further invest in technological innovation so all members can bank whenever and wherever it’s most convenient.

Members will have access to eight branch locations on Vancouver Island and the Sunshine Coast (Union Bay, Hornby Island, Bowser, Cumberland, Courtenay, Texada Island, Bowen Island and Powell River). Local business members will have an increased level of expertise and business banking solutions, including commercial loans, mortgages, project financing and merchant services.

As always, cooperative principles – namely, member economic participation – will remain, as will values based on strong community roots. In fact, the merger will allow for enriched community investment initiatives.

This truly is a perfect fit for Union Bay Credit Union and those it serves. Find out more at sharedvisionsharedfuture.ca.



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UBCU and First Credit Union have proposed a merger.

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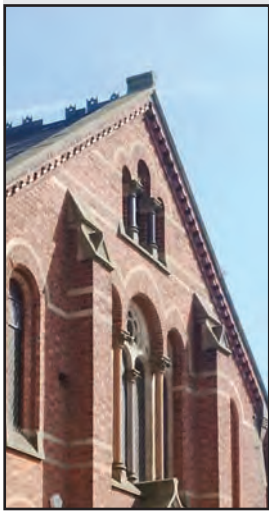
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An Unpainted Portrait: The Art of Failure

ARTS&LIT

By Leo Simmons



The shot-putt and discus events were by their very nature, far less appealing than the javelin. Most frustratingly, the school only had so many javelins, and we were expected to try out each discipline, having of course been shown - in a full thirty second bursts of demonstration by our variously and permanently injured coaches - the correct technique for each. They all looked easy. I'd watched the Olympics on television and I was, I thought, probably a natural athlete.

Rather than have a stampede for the deadly weapons, Mr. Davies split us into groups for each event. To my great joy, I was in the first group to hurl the spears/javelins across the field. We each picked a javelin and stood

in a line, pretending to spear one another and being yelled at by the teacher for doing so. The first obstacle I faced was that the darned thing was so much longer than me. This made it unwieldy, to say the least. The next problem was that there seemed to be no comfortable way to get a hold of it. Despite being irritably shown again how to grip the beast, it quickly became clear that my hand or wrist didn't bend in the requisite manner. As the difficulties mounted, the task began to grow less and less fun-like, and I began to worry about the likelihood of spearing myself in the back of the head. Instinctively, I felt it was physically impossible, but that didn't stop me worrying about it. Other anxieties included tripping, falling and somehow running myself through to die a noble but painful death from a mediaeval battlefield injury. On television, it had all looked so simple.

I watched as my fellow group members took their first throws of the mighty spears. I smiled smugly as their javelins, aerodynamically perfect and balanced beautifully, either flew fully twelve feet and after describing a near perfect parabola, landed vertically with the point in the ground, or else fell flat upon the grass with a nasty 'clang' sound and slid along threateningly. Watching such failures, I sensed the strength coursing through my body as I tested the unfamiliar object in my hand, could almost hear the roar of the crowd as my javelin flew for previously unimagined distances, and then, as I stepped forward to take my turn...all this unfounded confidence utterly evaporated. Suddenly, I felt very exposed. At the same time, I realized that I had never before tried to run while carrying a deadly weapon out to one side of my body. It was only a few paces, but still...

I took a deep breath and tried to hold the thing properly. In my mind I held the image of the Olympic athletes that I'd watched on television, bounding up to the line and launching their missiles with extraordinary power, grace and a mighty roar. I set off on my short run, skipped, almost tripped and bounded towards an invisible point on the ground before letting loose with a yell. Witnesses would later describe a noise not unlike a dog's squeaky toy being stepped upon as I hurled my projectile almost straight up into the air. I'd lost my grip at the very worst moment. Had the missile travelled any appreciable distance from the earth's crust, someone might have shouted a warning, but in the absence of any time to do so, all they could do was watch as my javelin headed upwards a little, and immediately dropped straight back down - missing me by a hair's breadth - to land point upwards, its tail stuck in the soft turf at almost exactly the spot from which I'd thrown it. I looked around to make sure nobody had filmed it, but thankfully, cell phones were far, far away in our futures..

Taking the most positive view of these events, I had succeeded in two ways. Firstly, I had managed to achieve the javelin equivalent of belching, farting and coughing all at the very same moment, and secondly, I had reduced Mr. Davies to speechless shock (for which, incidentally, nobody has ever thanked me). Unable to find a fitting insult, he stared at me briefly through his bottle-bottom glasses, looked at the javelin for a few seconds, and then back to me. He opened his mouth as if to say something but thought better of it. The laughter of my classmates would have drowned him out, anyway. Shaking his head in bewilderment, he turned away to supervise the less perilous throwing of cannon balls and small wooden, metal-rimmed flying saucers...



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Letter to the Editor

Sir:

I was alarmed to find a lengthy antivaccination screed by Steven Malthouse in your last edition (Dec.17th, 2020). While it is true that a few people have allergic reactions to vaccination and other injections, such reactions are very rare and they are the reason that recipients are first asked by the medical professional if they have had any reaction to previous injections, and also the reason recipients are asked to sit by for half an hour after the vaccine is administered to monitor for any negative reaction. On the other hand we have all benefited from vaccines against small pox, polio, measles, sundry flu viruses, and now from the covid 19 virus which currently holds our attention. Even those who have not been vaccinated benefit from the immunity of the rest of us who have received vaccines, as we do not then carry and spread the pathogen to others.

It was irresponsible that Steven Malthouse, who purports to be a medical doctor, argues in your publication against the benefits of vaccination. Fortunately he is no longer purveying his views from within our medical clinic.

Could you please enlighten all of us about your standards for acceptance of inserts into The Grapevine. Would you accept an insert which is racist or sexist or, as in this case, antiscientific? The insert in question here was not in our public interest.

Respectfully, Dr. Michael Dennis

Hello Michael.

I trust this email finds you well, post holidays.

The Grapevine has an open policy regarding submissions. I'm attaching a .pdf file of said policy for your reference.

Generally, we accept most everything that comes across our desk as long as it's written by a local and maintains civility. Nothing slanderous or defamatory.

I view the Grapevine with its amalgam of local voices as a barometer of island life and perspective from week to week. My hope is that eyes, which may one day look back at our weekly, will deem what they see archived as authentic and true to the times. Certainly, we prefer to see submissions more literary in nature but

these are unprecedented times we find ourselves in. When I took over the reins a couple of years back it was more to do with knitting club meetings and Concerts Denman Presents...type faire. The landscape has changed quite drastically in the past year and editorial decisions have definitely become more challenging as a result.

Over the course of this pandemic, the Grapevine has predominantly featured information and updates to ever changing protocols in the interest of serving our community to the best of our capability. I recognize the responsibility the Grapevine has in keeping our readers as well informed as possible during these uncertain times. Most of this content has been provided free of charge. I'll venture the split is 96/4% when compared to submissions presenting a counter narrative. That isn't to say that counter narratives don't exist. I will say that a few counter narrative pieces we have refused based on the tenor of the submission (making bold claims without citing references, speaking in absolutes and so forth) so there does exist a bar that needs clearing.

As a local submitting a piece that was neither derogatory, nor defamatory I chose to accept Dr. Malthouse's insert. Censorship by omission is too tinkery in my opinion. Despite understanding that printing it would lead to some blowback that I'd have to answer to (and it has) I chose to maintain the established consistency that comprises each issue. The aforementioned amalgam of island voices that submit their literary, Op/Ed, Letters to the Editor, promotional articles and cartoons each week. I haven't an agenda. Nor do I know all the answers as some measure of guidance I draw on in making decisions on what goes to print vs not. I just feel that each week's resultant issue is as authentic as can be with such an approach. Reflective of the times.

Expressing concerns about a fast tracked vaccine doesn't necessarily equate to an anti-science stance to my mind. While you may feel it is a no-brainer to trust



Islands Trust

Visit our web site at:
www.islandstrust.bc.ca

DENMAN ISLAND LOCAL TRUST COMMITTEE

E-mail:
northinfo@islandstrust.bc.ca

NOTICE OF 2021 MEETING SCHEDULE

Please be advised the Denman Island Local Trust Committee meeting schedule for 2021 will be posted on notice boards in the following locations:

Denman Island General Store
Marcus Isbister Old School
Islands Trust Northern Office – Gabriola Island
Islands Trust Victoria Office
and on the Islands Trust Website

the science, not all feel the same wrt this vaccine. Malthouse's insert submission is evidence to this. Not in existence even a month at this point, I think it stands to reason there will be some hesitancy in lining up for this shot.

In surmising how the Grapevine might be open to running submissions which are racist or sexist in nature in the aftermath of this insert reveals the strength of your feelings on the matter but so too the weakness of the argument as I'm fairly certain these groups can be mutually exclusive. Besides, racist or sexist submissions wouldn't meet Grapevine editorial standards intolerant of promoting hatred toward any individual or group based on sex, colour of skin or any other stilted reasoning. If this even needs saying.

To mention this vaccine in the same breath as the more proven and accepted polio, measles and smallpox vaccines shows the strength of your belief in this cure so I feel the reasoning of my response to your queries will likely lack in your estimate. However, as you've respectfully posed your queries, I respectfully reply.

I will offer that we are happy to accommodate anyone willing to counter Dr. Malthouse's assertions. Whether through Op/ed or in the form of a Letter to the Editor. If you felt compelled to refute his claims with your understanding of the new COVID vaccine we'd be happy to provide you the space to do so.

Sincerely,

Mike Van Santvoord



• THE ISLANDS GRAPEVINE •

EDITORIAL POLICY

The Grapevine is dedicated to fostering a sense of community on Denman and Hornby by covering events, issues, and the creativity of the many gifted people amongst us. The following is our policy on content:

- Profiles of individuals, history, reviews and op ed are published free of charge.
- Literary content including poetry, stories, belle lettres is published free of charge.
- Promotional content for products, services, programs, and events will be published at going advertising rates.
- Public service announcements, notices of meetings, and news releases will be published for a fee. Exceptions will be made for emergencies where the public is immediately endangered.
- With regret, no exceptions can be made for non-profit status.

Please keep in mind that Hornby and Denman are a very small market for newspaper publication. We do our best to provide quality content at no cost to our readers but we ask you to understand that this depends on financial viability. Paper, ink, postage, equipment, and rent all add up. As it is, the Grapevine can only be brought to you with considerable subsidy of time and energy by our team which is very willingly given. The Grapevine would like to accept more content free of charge, particularly around community news, and is working on plans to expand its reach and revenue base to move towards that goal.

Comforting the Cold Crocodile Within

By Eartha Muirhead

OP/ED

Moshe Szyf, an epigenetics researcher, makes the claim that our childhood primary caregivers live in every cell of our PFC, the prefrontal cortex. I would also throw the amygdala, our basic survival network, into the equation. The PFC includes five linked parts of the brain responsible for functions like giving self and others empathy, self-regulation, self-compassion and self-awareness. Anyone who grew up with a well-regulated parent carries a sense of ease and calm inside their bodies. The more a person was parented with warmth and affection, the stronger the connections between the PFC and the amygdala.

The opposite is also true. Because the amygdala's function is to ensure survival, under duress, real or imagined, it's deficits will override the PFC's functions. Deep within the limbic or reptilian brain, the amygdala continuously scans to make an assessment of danger, at around 12 to 100 times per second, with questions like: "Am I safe, am I being seen, can I hide, am I prey?" The amygdala makes comparisons between past and present experience in an attempt to identify danger and to set off fight/flight/freeze alarm systems. If an abusive uncle had a white, pencil-thin mustache, the amygdala will react, when, even 35 years later, that same image appears in a photo or in real life. Past needs for safety that were ignored or shamed, can weaken the immune system or drive many people to engage in self-harm, depression, anxiety, perfectionism, busyness, addictions and pursuing endless distractions.

Have you ever lost your temper or lied for no good reason, without premeditation, and then tried to avoid that person until your shame dissipates? Or gone ahead and done something unwholesome, ignoring warnings from self or from loved ones? These are some examples of impaired self-regulation. Self-regulation is defined as the ability to maintain focus and attention when emotions feel over-powering, along with the ability to reflect on one's behavior/have self-awareness.

The accurate naming of an emotion, with warmth and empathy, is the biggest step towards practising self-regulation; e.g. "I feel scared, my chest feels tight and I feel unsafe." Putting into words what previously went unnoticed, links up our PFC neural networks to the amygdala. When our need for safety is reassured, a next layer of awareness may arise. A memory of yourself as a helpless child shivering and alone, locked out of the house may surface. You can soothe that part by placing your hand on your heart and saying: "I am guessing you may still be feeling terrified and confused. I am listening. Thanks for reminding me to take really good care of you." This action plants the seeds for future self-awareness and increases the chances that next time you lose the car keys, your cold-blooded, hypervigilant amygdala will listen to your warm-blooded, wise PFC.

Emotions evolved as signals to sustain survival all the way up to becoming in mammals, (mamas), signals that tell us about our need for play, creativity, belonging and contribution. Emotions are little or big messages that inform us of our

needs; (see Marshall Rosenberg for the 12 different categories of needs). As we reframe our personal story away from victim, rescuer and perpetrator and as we open up to the perspective of a universal human story, that all humans have the same needs, we naturally resonate with kindness and care for ourselves and others.

"We have to let ourselves be loved by imperfect humans." writes Sarah Peyton in her book: *Your Resonant Self*. I would add that we also need to let ourselves be loved by plants, animals, places, our ancestors, the seasons, by music, literature, poetry, art and by our warm-blooded, mammalian selves.



Assange Free at Last

By Gwynne Dyer • OP January 4th, 2021

OP/ED

On Monday morning, a British judge finally rejected the US attempt to extradite WikiLeaks founder Julian Assange and jail him forever (or at least for 175 years in a high-security 'supermax' prison) on the grounds that he is, as Joe Biden once called him, a "high-tech terrorist". The vindictiveness of the American security establishment towards whistle-blowers is awesome to behold.

The US government has worked quite hard to get around the natural British reluctance to extradite a non-American non-resident to the United States for a political crime. Washington says Assange's sentence would "probably" be only four to six years (but there's no guarantee that it wouldn't turn out to be ten times that once he was on American soil).

The American prosecutors also tried to make their desire to get their hands on Assange look non-political by charging him with a civil crime (conspiring to hack into a Pentagon computer network), but he also faces seventeen charges under the Espionage Act for soliciting and publishing confidential information.

Chelsea Manning, the former US army intelligence analyst who gave WikiLeaks that spectacular dump of 725,000 classified cables from American embassies a decade before, was jailed again for eight months in 2019-20 in an attempt to force her to incriminate Assange. (She had already served four years of a 35-year sentence and then been pardoned by Obama in 2016.)

Manning held out under huge pressure, accumulating \$1,000 fines for each day she refused to talk, and was finally released in March 2020 after attempting suicide. The fines still stand, however, and she is now a bankrupt who owes the US government \$256,000.

Vindictive is definitely the word, and Judge Vanessa Baraitser at the Old Bailey (Central Criminal Court) in London had to work quite hard to thwart the US

government's campaign to get its hands on Assange.

She found a way, in the end. She ruled that while the American prosecutors had met the legal criteria for Assange to be extradited to the US for trial, their request was denied because the US authorities could not prevent him from attempting to take his own life. He has effectively been in solitary confinement for the past eight years, and his psychological state is too shaky to survive back in solitary (as he certainly would be) in a US prison.

Assange now goes back to Belmarsh prison in London, and back to solitary confinement because the Covid pandemic is raging at Belmarsh. But his application for bail will probably be granted later this week.

He's not completely out of the woods yet, since the US government undoubtedly will appeal, but Judge Baraitser probably based her decision on health grounds because a higher court would be less likely to reverse it. In the meantime Assange can be at home for the

first time ever with his partner (whom he met while taking political asylum in the Ecuadorian embassy) and his two young sons.

The road of the whistle-blower is long and lonely (Edward Snowden, who alerted the world to the scale of the US global electronic surveillance operation in 2013, is still in exile in Russia), but such people are among the few protections we have against the misdeeds of the overweening security state.

Daniel Ellsberg, celebrated for his theft and publication of the ‘Pentagon Papers’ detailing the US government’s crimes in Vietnam, put it best: “The American public needed urgently to know what was being done routinely in their name, and there was no other way to learn it than by unauthorised disclosure.”

Julian Assange is firmly in that tradition. His accusers trot out the usual allegation that the confidential material he published endangered people’s lives, but if that were true you would certainly have heard those people’s names and details by now.

His revelations about the US military’s misdeeds in Iraq were as valuable as Ellsberg’s about Vietnam. Few who saw it will ever forget the video in which the crew of a US Apache helicopter over Baghdad machine-guns innocent civilians while saying things like “Oh yeah, look at those dead bastards” and “It’s their fault for bringing their kids into battle.”

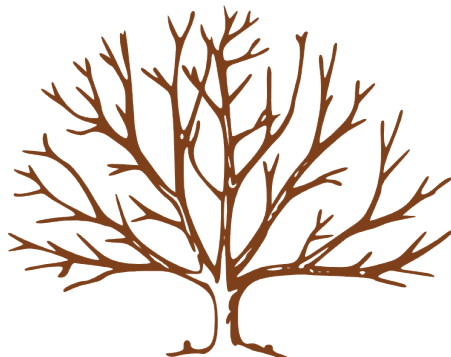
There are aspects of Assange’s private life that still cast a shadow, like two charges of sexual assault (now dropped) against women in Sweden. But it is also the case that serious attempts were being made to discredit Assange and WikiLeaks even before the famous 2010 dump of the US embassy cables, and in any case his private life and his professional behaviour are separate issues.

So take a moment to honour Julian Assange and Chelsea Manning. They have earned it. 🍷

SEA MONKEYS

by Alan Black

The waves are turquoise
then gray,
then green,
we wade in
as the water rushes down the muddy cliffs,
it is cold,
we are mad,
but it is in madness we frolic
like sea monkeys,
or happy imbeciles
and I am wont to ever give it up.

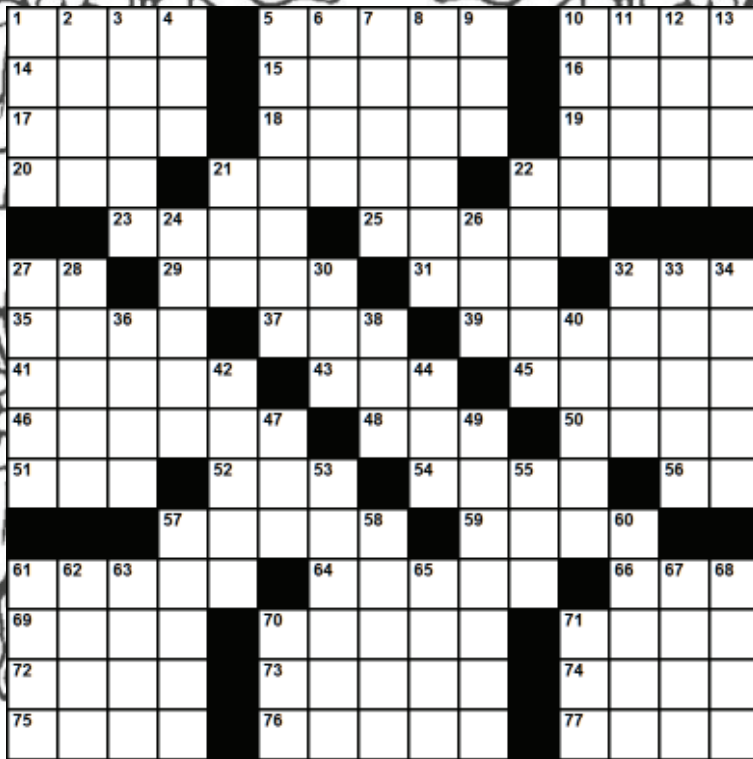


Civil Strife

by Thomas Provençal

*When you support a slime dog,
a lying lecherous lout,
an enigmatic egotist
who bickers for a bout,
a leader on a mission
to glorify himself,
your motivation is in question.
Are you some Santa's elf?
Are you warming up for war time?
to test the new reserves?
to annihilate their enemy?
and fray the public nerves.
Do you want to test your weapons?
and courage in a war?
where those who vote against you
must suffer for the score?
You've been conned and coddled by
insidious ideas
ignominiously invented
by an ego in arrears.
The answer to frustration
where people bristle pistols
is to conjure up an enemy
and invent a new epistle.
The tension in the air
usually dissipates with drugs
and the system takes control
of the raging rampant thugs.*

• GRAPEVINE CROSSWORD •



• ACROSS •

1. A number of
5. Burglar's bane
10. Big heads
14. Fair-to-middling
15. Notifying device
16. Calif. county
17. Assistant
18. Half quarts
19. Competes
20. Black-eyed item
21. Country contest
22. Economy class
23. Brief skirt
25. Be apprehensive
27. On the spot
29. Explosion noise
31. Certain Asian
32. According to
35. Violate
37. Ball perch
39. General makeup
41. Asimov or Hayes
43. Baby's seat
45. Capital of Afghanistan
46. Sunday talk
48. Crest
50. Public squares
51. Historic time

52. Cal. page

54. Drawn tight
56. Like
57. Bethlehem product
59. Differently
61. Birch bark craft
64. Culpability
66. Brewery sight
69. Stead
70. Like some diseases
71. Musical Myra
72. Arabian port
73. Body purge
74. Ancient empire
75. Crony, in the old west
76. Outfits
77. Be up and about

• DOWN •

1. Bar in the tub
2. Depression migrant
3. Butterfly for a woman
4. Appreciation for beauty
5. Assign
6. Placed down
7. Ford predecessor
8. Update the factory
9. Bridal title
10. Messenger
11. Greek mythology goddess of the earth
12. Cartel since 1961
13. Cinch belt's cousin
21. Carrier of genetic info
22. Swindler
24. Steel support
26. Brit. fliers
27. Crop up
28. Stun gun
30. Colloid
32. Early pulpit
33. Dern of films
34. Burdened one of myth
36. Belem
38. Have dinner

40. Flat vessels

42. French nobleman
44. Cauldron
47. Dundee refusal
49. Saffron flavored dishes
53. Saskatchewan capital
55. Last abbr.
57. Hale and hardy
58. Temptress
60. Calendar item
61. Keep time
62. Actress Turturro
63. Never, to Keats
65. Metric foot
67. Spore sacs in fungi
68. Autocrat of yore
70. Be a couch potato
71. Belonging to him

Mr. Stofer

www.stofergallery.com



He parried a social measure

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.

• LAST WEEK'S ANSWERS •



• CLASSIFIED ADS •

• FOR SALE

MAKITA 16 5/16" BLADE CIRCULAR SAW Model 5402NA. Lightly used. On Denman. \$500 Call Larry @ 403-466-8040.

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

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

• SERVICES

AVAILABLE FOR REPAIR, renovations, ground up construction, welding. Specialize in concrete. The Sober Cowboy Construction. Give a call to 2507025117.

DENMAN PERSONAL ASSISTANT Skill set involves data entry, administrative tasks, content translation (english, french), property management, scheduling meetings and organizing event/travel. Other services also available. 10 years experience in fast paced industries in Europe and Canada. Charging hourly or per project. Denman resident, Claire Debleu, Denmanpersonalassistant@gmail.com, (236) 380 0726

DB EXCAVATIONS AND CLEARING (Dorian Baker) Equipment: 040 Excavator, 080 Excavator, Skid-Steer Services: Land-clearing, Power Installations, Landscaping, Trenching, Site Prep. Licensed tree faller available. Coming soon if interest shown a mulching head for clearing, tree trimming and broom removal. Great alternative to burn piles. Call or text 250-465-1889 or email dorianbaker56@gmail.com

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

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

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 Entrp. Call Dave 218-9667.(DI)

• COMMUNITY NOTICES

DENMAN ISLAND NATURAL BURIAL CEMETERY Annual General Meeting . Monday Jan 11 2021, 7 PM. Zoom meeting. Everyone welcome. Please send an email to dinaturalburial@gmail.com to receive an invitation

DENMAN ISLAND COMMUNITY EDUCATION SOCIETY seeks a highly motivated individual to fill the position of Temporary Executive Director. The position is for 20-30h/ week for the time period April 2021-May 2022. Find a full job description at www.dices.ca, submit resume to dices.director@gmail.com by Jan 25

CHOOSE TO MOVE AT HOME - Are you 65+ and interested in moving more and staying connected while safe at home? Call Rachel Goodman, Activity Coach & Coordinator at 250-898-0243 for more information and to register for our Information Session on January 20, 2021

COMMUNITY SERVICES FROM DENMAN WORKS Projector and screen: Book with Abraxas Books and Gifts 250-335-2731 abraxas9@

by Peter Karsten



Santa never saw a Christmas dinner like this before

telus.net Zoom meetings (unlimited time and free recording): See denmanworks.wordpress.com/contact/

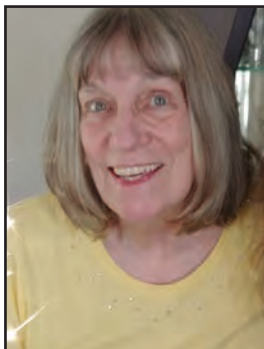
• EMPLOYMENT

ARE YOU LOOKING for a bittersweet job? Come join our production team and make deliciousness happen. Email dichoc@telus.net

THE ISLANDS
Grapevine

FEB CALENDAR
deadline is

FRIDAY JAN 22ND
theislandsgrapevine@gmail.com



My dear wife Leslie Kissel passed away peacefully in her sleep December 10 in the Comox Valley Hospice in the Views at St. Joseph's with me at her side, after a 5 year struggle with cancer. She did not get to know a lot of people on Denman but all those she touched will miss her greatly, and I appreciate their warm support.

Charles Kinch

• 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)
- Katarina Meglic • Pemberton Holmes Realty 778-557-7429 (D/H)

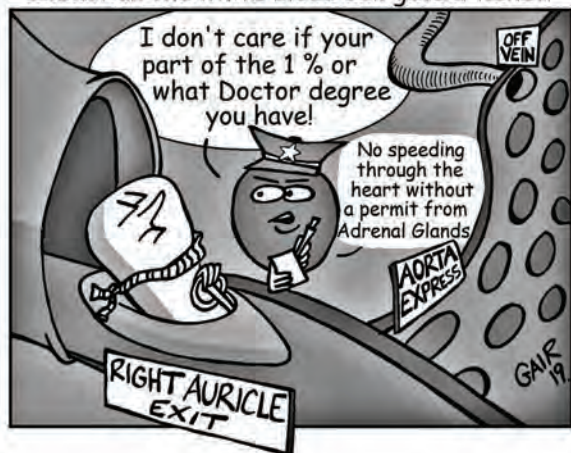
• BUILDING • CONSTRUCTION •

- Aquarian Systems • Water Cisterns • Ed Hoepfner 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)
- 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)
- Music Lessons & Piano Tuning • Scott Knight 604-779-9335 (D/H)
- Piano Tuning & Repair • Greg Joly 250-475-1106 (D/H)

Sebastian the white blood cell gets a ticket!



THIS WEEK'S EVENTS

THURSDAY 7

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

FRIDAY 8

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- FREE STORE 9am-dark

SATURDAY 9

SUNDAY 10

- DI NATURAL BURIAL CEMETERY AGM Zoom meeting 7pm

MONDAY 11

TUESDAY 12

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm

WEDNESDAY 13

THURSDAY 14

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