



• "The problem with introspection is that it has no end." • Philip K. Dick •



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CONTENTS

ISSUE NO. 1467 • JANUARY 21ST, 2021

• ARTS & LIT •

- 4 • An Unpainted Portrait: Bedlam!
by Leo Simmons
- 8 • Yellow Cedar (reprint)
by n carol brown

• OP/ED •

- 5 • Understanding the Creation of the Islands Trust
by Denise MacKean & Donna Millen
- 5 • Lenin Comes to Town (Again)
by Gynne Dyer
- 11 • Forest Blockade Bletherings
by Eartha Muirhead

• COMMUNITY INFO •

- 6 • The Trails Committee
- 6 • Letters to the Editor

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

Notes From the Denman Clinic

COMM INFO

By Denman Health Care Society

There are some changes to the Lifelabs service on Wednesday morning at the Denman Medical Clinic.

We have 16 appointments available on Wednesday morning, between 8.10am and 11am for blood tests and ECG.

Demand for appointments is always high and, in order to reduce wait times and anxiety, we are now able to make appointments for up to 13 of these appointments. Some drop in appointments are always left available and can be signed up on the day.

Please call the clinic 250 335 2260, to make an appointment.

Often the session is full, with unmet demand and patients having to go off island for service. Please be assured that the Doctors make regular representations to Lifelabs to increase the level of service, but this has, so far, been unsuccessful. 🍷

Denman Green Affordable Housing Project Suspended

COMM INFO

By Denman Housing Association

The Agreement of Intent whereby DHA would acquire land off Denman Road on which to build 20 units of affordable housing expired December 31 2020 and the landowner has declined to extend. We have therefore advised Islands Trust that our rezoning application is withdrawn.

We still plan to build the affordable housing so desperately needed on Denman and are therefore looking at other land options.

The concept of trading densities for land remains a valuable & necessary incentive.

If anyone has land, knows of land or has any suggestions, do kindly get in touch. Access to groundwater, to supplement a rainwater harvesting system, will be key

The Board

Denman Housing Association
 DenmanAffordableHousing@gmail.com 250 335 2559
 Registered Charity #84680 0936 RR0001 🍷

Living Well • Week 41 • When Smoke Gets in Our Eyes

COMM INFO

By Verna Isbister

Do you remember several years ago when smoke from the B.C. forest fires visited our shores? On East Road, the channel was blanketed in thick smoke and the sun glowed with an eerie orange presence. We had visitors from the mainland, who asked us how close we lived to Hornby Island? Well, I tried to tell them that Hornby Island was right across the channel. In the presence of this dense smoke, which obscured our view, they had to trust my word and believe me.

That same summer, my son was working as a B.C. Forest Fire Fighter, working out of Port Alberni. His crew was called to the Elaho Valley, near Squamish, where a fire was raging. The Elaho Valley has some of the oldest and biggest trees on B.C.'s coast. A fire has the potential to ravage the ancient forests, home to the Squamish and Lil'Wat peoples. One Douglas fir named The Elaho Giant lived for 1000 years. It finally died after its lower trunk was burnt in the fire of 2015. As a firefighter, one comes to love the wilderness. We protect that which we love.

That winter, my son presented me with a large framed photograph. He'd made a unique frame from rough cedar that revealed the inner core of the wood. At first



I couldn't make out the visual images before my eyes. The black and white photo was water-stained, warped and damaged, which caused smoke-like swirls across the image (e.g. much like conditions in our world today.) The photograph was scratched and cloudy. I needed to take time to focus and look beyond the smoke. On closer scrutiny, I found an image of my son, wearing the iconic uniform of the firefighters, sitting with his back against some rocks. He looks exhausted but is smiling as he looks out across the pristine valley, which has been saved.

Behind him in the smoke stands a towering wooden carving: The Cedar Woman of the Upper Elaho. In 2006, the Squamish artist Aaron Nelson Moody, carved this cedar figure and she was placed to stand watch over the valley below. Over the years, the valley was threatened by logging practises and fires. This guardian continues to stand, watch over and protect this spectacular territory.

It's not always easy to trust and believe the scenarios that are set before us. We need to take time to pause and consider; to look out over the valleys, mountains and forests; to rest and smile. We are invited to gain wisdom from ancient ways, our guardians and teachings that have been handed down to us.

Over the next few months, until Spring arrives to reawaken our bodies and souls, we will face many challenges that will blur our vision and outlook. When smoke gets in our eyes, I invite you to live with faith, hope and love towards your neighbour, yourself and this land.

This morning, as I looked eastward across the glistening blue waters, Hornby Island was in clear sight. There wasn't a cloud in the sky. May we hold on to that hope. 🍷

The Fly in the Re-election Ointment

ARTS&LIT

By Bill Engleson • www.engleson.ca

Life's short. There is no hope of longevity.
Four weeks tops.

My grandfather lived for five.

Good fly genes.

There's so little time to make your mark.

Few flies even try.

A buzzkill here, a buzzard there...a swat, and you're squashed.

Name me one famous fly.

Can't, can you?

No.

You're not alone.

Old Billy Blake...he tried.

Not that the fly had a name.

You known the poem?

*"For I dance
And drink & sing:
Till some blind hand
Shall brush my wing."*

So, with a few amusing exceptions, and I hate to even admit this, we are actually quite boring.

I live out at Bear Ears.

Obama made us a park.

I admired that.

When I heard a rumour that numbnuts and his toady were going to decertify us if they were re-elected, I knew I had to do something.

Yup. That was me on the Veep's head.

Two minutes and counting.

A world's record.

Guinness quality.

Yeah, baby! 🍷

TIDE TABLE		
Secondary Tidal Station Ford Cove Source: tides.gc.ca		
2021-01-21 (Thursday)		
Time	Height	
PST	(m)	(ft)
00:35	3.4	11.2
04:29	3.1	10.2
11:07	4.5	14.8
19:08	2.0	6.6
2021-01-22 (Friday)		
Time	Height	
PST	(m)	(ft)
02:42	3.6	11.8
05:28	3.5	11.5
11:35	4.4	14.4
19:54	1.8	5.9
2021-01-23 (Saturday)		
Time	Height	
PST	(m)	(ft)
03:57	3.9	12.8
07:05	3.8	12.5
12:09	4.3	14.1
20:37	1.6	5.2
2021-01-24 (Sunday)		
Time	Height	
PST	(m)	(ft)
04:39	4.2	13.8
08:42	3.9	12.8
12:54	4.2	13.8
21:18	1.3	4.3
2021-01-25 (Monday)		
Time	Height	
PST	(m)	(ft)
05:13	4.4	14.4
09:50	3.9	12.8
13:48	4.2	13.8
21:58	1.1	3.6
2021-01-26 (Tuesday)		
Time	Height	
PST	(m)	(ft)
05:45	4.6	15.1
10:37	3.8	12.5
14:43	4.3	14.1
22:38	0.9	3.0
2021-01-27 (Wednesday)		
Time	Height	
PST	(m)	(ft)
06:17	4.7	15.4
11:16	3.8	12.5
15:34	4.3	14.1
23:16	0.7	2.3
2021-01-28 (Thursday)		
Time	Height	
PST	(m)	(ft)
06:49	4.8	15.7
11:53	3.7	12.1
16:24	4.4	14.4
23:55	0.6	2.0



An Unpainted Portrait: Bedlam!

ARTS&LIT

By Leo Simmons

Bedlam Def: derived from the name of Bethlem Royal Hospital in London, a notorious asylum for the mentally ill. Also used as an exclamation of shock, outrage and horror by privately – educated school teachers in the presence of state-educated students.

In the third year of secondary school – what would today be called grade eight – my form teacher changed. By that, I don't mean that he regenerated like Doctor Who; more simply, we were 'streamed' into new classes and thus allocated new form teachers. In my case, 3X was blessed with the benevolent – and seemingly infinite patience – of Martin Toff. Mr. Toff was a thoroughly nice fellow – in fact, quite how someone of such a tolerant temperament had ended up at Ridgeway was a mystery. His specialist subject was Chemistry but despite his unfortunate leaning towards the most evil and indecipherable of the sciences, I liked him.

Mr. Toff had landed at Ridgeway having worked at private establishments some years earlier, and had apparently liked it. Despite his suspicious background, Mr. Toff was a pleasant man who enjoyed teaching. He was, outside of school, an Olympic field hockey referee. This gave him significant credibility, even among those of us unable to hit the hockey ball with either end of the stick. His upper-crustiness rarely came to the surface and a gentle sense of humour was perhaps his most definitive feature. Even when we'd annoyed him, a broad smile was never far below the surface. His tendency to sound rather posh, however, occasionally came to the surface.

We never needed a special reason to behave raucously, but on one afternoon of the summer term, 3X, while waiting for afternoon lessons, had gathered in our form room in a rather boisterous mood. Of course, this did not mean that we were all in a boisterous mood – the requisite complement of responsible students sitting across the front of the room had assumed hunched positions of disapproval while the rest of us behaved like recently-released baboons. What had begun as a regular collection of exuberant spotty youths had descended into a very loud and rapidly degenerating maelstrom of yelling, screaming, missile-throwing and desk-banging primates. Business as usual, then.

At some point, without any of us noticing, Mr. Toff arrived. I was fortunate enough to be facing the door at that particular moment and so after a short time, I became aware of his stationary figure in the corner of the room. His face was a mask of astonishment. Five boys sat quietly – with pained expressions on their faces – at the front of the class, while the menagerie whooped, hollered, jumped and banged about. Soggy balls of paper flew through the air, some of them striking and sticking to the ceiling, others striking windows, and still more, fellow primates. Mr. Toff's face darkened.

an almighty concussion. In the shocked silence which immediately followed and caught boys suspended in the act of throwing various missiles or leaping across desk tops, Toff stood, clearly appalled. I swear that one or two paper balls hung suspended in the air, defying the laws of physics. His normally perfectly arranged sandy hair sat in slight – yet alarming – disarray, his arms held vertically, balled fists at the end of each. Finally, the inner turmoil reached a crescendo, and words came bursting from him as if propelled by volcanic gases: "Bedlam Reigns!" he gasped.

This had the effect of utterly perplexing ninety percent of the room, but it worked somehow. With most of us trying to work out what the chuffing heck he had just said, we scrambled back to our proper places, rearranged our clothing, and cleared away the crap that we had created. Mr. Toff remained in place, breathing heavily, as if a huge effort (perhaps that required to not strangle the nearest baboon) had been demanded of him. Slowly, he ran a trembling set of fingers through his hair, re-setting it to 'perfect' in the process. A pencil rolled from a desktop and hit the floor, the noise sounding like a gunshot. Someone whimpered (my money was on Colin Smith) and with excellent dramatic timing, a wet ball of paper fell from the ceiling.

In the dreadful, suffocating quietness that increasingly enveloped us, Paul Bailey slowly put his hand into the air. Mr. Toff glared at him. "What is it, Mister Bailey?" His voice had a "This had better be ****ing good!" tone to it. Bailey cleared his throat but kept his seat. "Well sir..." He paused, his nerve failing him. "What is it Bailey?" Paul girded his loins and tried again. "Who's Bedlam?"



Pursing his lips, with both hands he grabbed and slammed the door shut, creating

Understanding the Creation of the Islands Trust

OP/ED

By Denise MacKean & Donna Millen

Back in the 1970's when the Islands Trust was established there was tremendous development pressure. This threatened the special environmental nature of the Gulf Islands which provide a unique ecological niche very close to urban centres. Denise was living in the East Kootenays and had not visited these islands but understood the need to preserve and protect them for future generations. The proposed Trust would be able to resist development pressures when the going got tough.

It is ecological integrity we want to preserve and our Official Community Plan aims to do this. Subdividing threatens this goal. A potential buyer of property on Denman Island must understand they are buying into more than a chunk of land but are becoming an owner of "park-like land" with "park-like rules". They should also support the policy of protection of large areas in perpetuity. Sustainability and less aggressive human population growth should be in our future.

Also back in the 1970's Donna was living on Hornby Island and her earliest memories of Hornby Island was when there was no Island Trust. She recalls that "when I arrived on Hornby in 1968 it was already too late to protect and preserve two large farms". They had been quietly purchased, one by Block Brothers Realty and

the other one by Nanaimo Realty. The farm at Galleon Beach was one hundred and twenty acres and the other, now called Sandpiper, was one hundred and sixty acres. The realtors had just made it under the wire, so to speak, before a ten acre freeze was implemented on the gulf islands by, the then, N.D.P government. Nanaimo Realty subdivided the farm they bought into 250 lots. Block Brothers converted their farm into 154 lots. Hornby Island was changed forever by this.

Looking ahead, Preserve and Protect must be foremost. Incremental "organic growth" in harmony with a protected ecosystem is the way to go.



Lenin Comes to Town (Again)

By Gwynne Dyer • OP January 20th, 2021

OP/ED

When Russian opposition leader Alexei Navalny returned to Moscow on Sunday after convalescing in Germany from an attempted poisoning by the FSB domestic spy agency, the regime-friendly media loyally failed to mention his arrival. With one striking exception: Vremya, the flagship news show of Russian state television.

Presumably somebody there was hoping to win favour with the Kremlin, because they briefly mentioned Navalny three-quarters of the way through Sunday's two-hour programme. In fact, they compared Navalny's trip home to Vladimir Lenin's famous return to Russia in 1917, and suggested that he was as great a danger to Russia as Lenin had been.

As every Russian knows, the Germans plucked Lenin from exile in Switzerland in the middle of the First World War. He was sent across Germany in a 'sealed train' (so he wouldn't spread the infection of Communism there) to St. Petersburg, then in the throes of Russia's first democratic revolution – and he did just what the Germans had hoped he would.

Lenin overthrew the fumbling democratic 'Provisional Government' in a military coup, took Russia out of the First World War – and launched a 73-year totalitarian Communist regime that cost at least 20 million Russian lives in purges, famines and lesser acts of repression. Is Navalny really that great a danger?

The ambitious presenter at Vremya probably won't get the job he wanted, because President Vladimir Putin really won't have liked seeing his noisiest critic compared in stature to Lenin, a genuine world-historical figure. Putin himself never mentions Navalny's name at all.

continued on page 7...

Denman and Hornby Islands are very privileged to have free counseling for women provided by the Comox Valley Transition Society. They have forwarded us the following information about these ongoing services.

"The Comox Valley Transition Society (CVTS) offers Stopping The Violence Women's Counselling, a free counselling service for women in the Comox Valley and surrounding areas who have previously experienced or are currently experiencing violence of any kind, who have been sexually assaulted, or who have experienced childhood abuse or violence."

This service is available on Denman & Hornby Island the 1st and 3rd Wednesday of each month, from 9:30 a.m. - 2:30 p.m. People are asked to please phone CVTS at 250.897.0511 to book an appointment.

Appointments are offered in person and follow rigid COVID protocols, which require individuals to wear a mask, use hand sanitizer, and sit at least 2 metres apart. Phone appointments are also available. "

For more information, please visit <https://cvts.ca/womens-counselling/>

In case of emergency please call 911 Advice is also available by calling the Lily House crisis line: 250 338 1227

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The Trails Committee

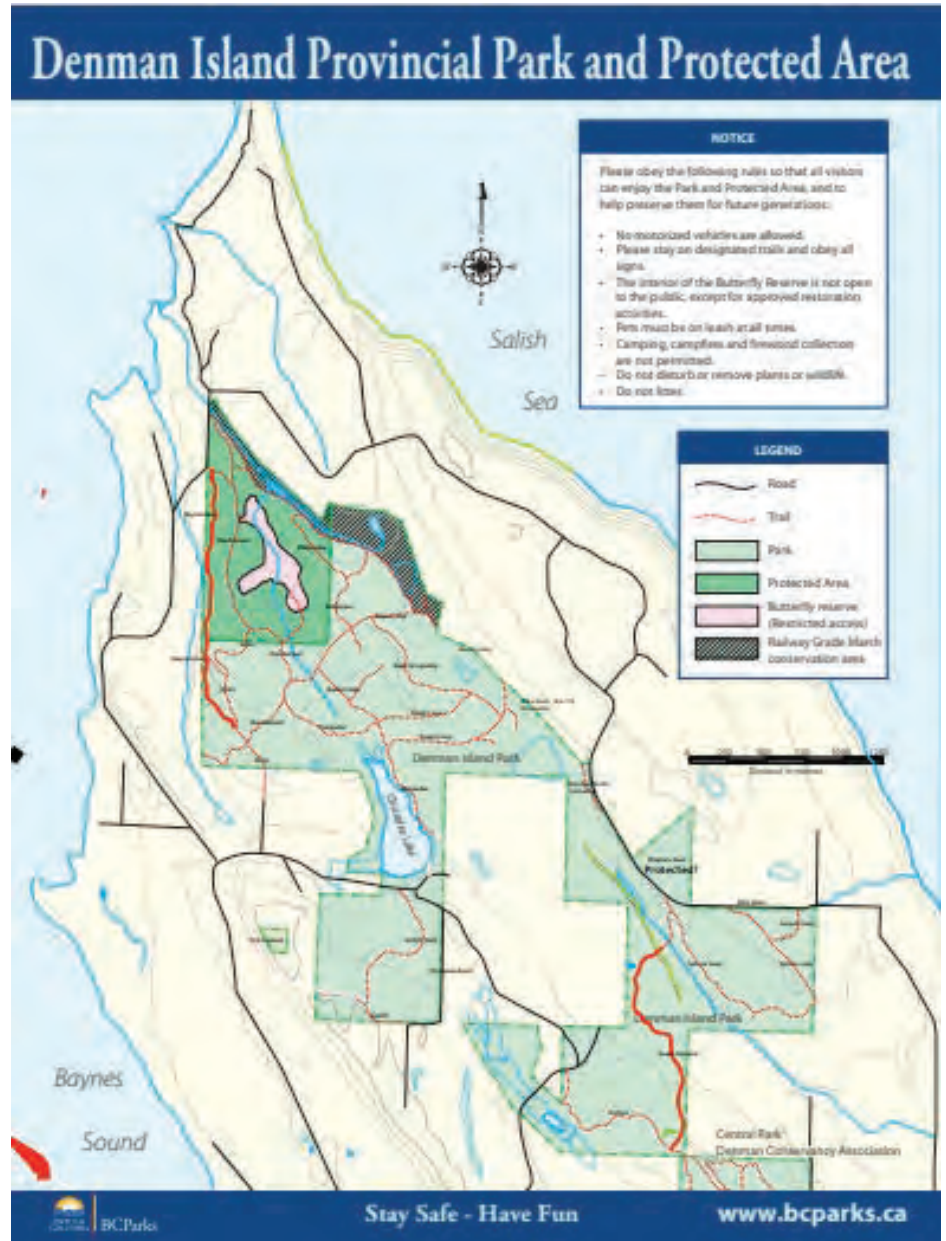
By Denman Trails Committee

COMM INFO

Do you walk in Boyle Point or Denman Island Provincial Parks? If you not, give it a try. Each has a well-maintained network of beautiful trails. If you walk them then you've probably noticed fallen trees blocking these trails sometimes. Then they're gone. In spring and summer, trails start disappearing as trees and shrubs invade from both sides. Then they back off. In quite a few places, sturdy wooden bridges span gullies and streams. And new trails appear suddenly, especially in Denman Island Park. And so on. Ever wonder how this happens despite the province having so little money to maintain our parks?

Like many places, if Denman people want to wander safely through their parks then they have to take care of them themselves. That's what our Trails Committee does. Last year, the committee's dozen members, under the inspired leadership of Allan Danks, carried out twenty work parties in the two parks, something like 160 person hours of work all told (detailed descriptions on the DIRA website). Best of all, we really enjoyed doing it. The Trails Committee is more fun than other committees on Denman (faint praise?). There is often free chocolate at the end. It's not, you know, Belgian chocolate but it's free. Each month, one of us also maintains the Cross-Island Trail. This too is purely voluntary though the regional district pays us a little honorarium for it.

We are always looking for new members. Especially if you still have most of your own teeth. If you're interested, please call Allan, 250 335 1838. 🍷



Letters to the Editor

I want to applaud Christiane Brown's article, "A Medicalized Society" in the January 14 edition. The article was well written and thoughtful.

Too often, medical professionals and other educated elites think they are a lot smarter than they really are. Doctors endorsed the eugenics programs of the twentieth century and sterilized a lot of people for not conforming to arbitrary standards of physical perfection or perceived mental ability. This happened not just in Germany but right here in Canada. It happened late into the twentieth century.

Doctors also prescribed the drug, Thalidomide, to pregnant women and look how well that turned out. The drug was tested and approved. The babies were born horribly deformed. So sometimes big pharma and physicians do not know best and are a menace. continued on page 11...

...continued from page 5 Russians cannot even put a name to the system they live under, as the poor Vremya presenter's confusion illustrates. It's certainly not a democracy, although there are regular elections. It's definitely not Communist, although most of the regime's senior figures were Communists before they discovered a better route to power and wealth.

It's not a monarchy, although Putin has been in power for twenty years and is surrounded by a court of extremely rich allies and cronies. And 'kleptocracy' is just a pejorative term used mostly by foreigners, although Navalny does habitually refer to Putin and his cronies as "crooks and thieves".

In fact, Putin's regime is not a system at all. Its only ideology is a traditional Russian nationalism that is lightweight compared to blood-and-soil religious and racist movements like Trump's in the United States and Modi's in India. It's a purely personal regime, and it is very unlikely to survive his dethronement or demise.

Putin has been in power for twenty years, and he has just changed the constitution with a referendum that lets him stay in power until 2036. But that seems unlikely, partly because he is already 68 and partly because the younger generation of Russians is getting restless and bored.

Navalny is a brave man who has gone home voluntarily to face a spell in Putin's jails. (He missed two parole appointments for a suspended sentence on trumped-up embezzlement charges because he was in Germany recovering from the FSB assassination attempt.) But his role in Russian politics so far had been more gadfly than revolutionary.

His supporters do their homework and make clever, witty videos detailing the scandalous financial abuses of the regime (the latest is a virtual tour of Putin's new \$1 billion seaside palace on the Black Sea near Novorossiysk), but he is probably not the man who will finally take Putin down. What he is doing to great effect is mobilising the tech-savvy young.

Since 2018 the average age of protesters at anti-Putin demos, mostly linked to Navalny one way or another, has dropped by a decade, and their boldness has risen in proportion. Moreover, their attitude to the regime now verges on contempt. Rightly so: consider, for example, the last two assassination attempts by regime operatives.

In 2018 the GRU, the Russian military intelligence agency, sent two agents to England to kill defector Sergei Skripov and his daughter Yulia. The agents made two trips to Salisbury because they couldn't find the right house, they were tracked by CCTV every step of the way, and in the end they left too little novichok (nerve poison) on the doorknob to kill the targets.


Equally crude and bumbling was the FSB's attack on Navalny in Tomsk, where the novichok was put on his underpants. Once again, the target survived, and afterwards the investigative site Bellingcat was able to trace FSB agents tracking Navalny on forty flights over several years before the murder was attempted.

Neither agency is fit for 21st-century service, nor is the regime they both serve. Russians have put up with it for a long time because they were exhausted and shamed by the wild political banditry of the 1990s, but Putin's credit for having put an end to that has been exhausted. He may still be in power for years, but this is a regime on the skids. 🍷

Not Insterded

by Thomas Provençal

*Insterded as I am
in goings on of the raucous,
it's absolutely dericulous
when they conjure up Bacchus!
Just as any such
whachamacallit would say,
I convivially tip them my hat,
"Good day."*



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**Yellow
Cedar
Charmaecyparis
nootkalenses,
20-40 m tall, foundling
in northwestern North America by
n carol brown**

I began the oiling for its protection. I was told to put on as many coats as possible. The object was a piece of Yellow Cedar, 2 and 1/2 inches thick and 45 long x 25 wide. It would become the counter for a glass vessel and to complete the vignette, a bronze edged water-fall faucet, a nod to history. I loved working with wood although it had been many years since I had created something from wood that couldn't be called anything other than house maintenance or a shelf at best.

As I listened to the rhythm of the brush I tried to remember the story of this wood. I asked for a 2 inch thick piece with the tree's natural edge from my son-in-law. He had many planks that he had sawn for his boat business. We looked at many; wide yellow cedar with hardly a straight edge present. I crawled on top of the precious pile, measured, looked at the grain and knots but thought it a shame to shorten the plank for just 45 inches. We went across the boat shed, past table saws, anthill size mounds of sawdust, sheets of aluminum to the red cedar standing up as if a tree had just been slivered from above. Beautiful straight grained planks with the sharp medicinal scent of the red, but they narrowed quickly to just short of the needed width.

Meanwhile, I wanted to get a better idea about the character and the look of the Yellow Cedar Fairy. Instead I stumbled upon *The Folklore of Shakespeare* by T.F. Thiselton Dyer, 1883. I found that the famous playwright/poet William Shakespeare knew the common folk-lore of fairies. "*Elves of hills, brooks, standing lakes and groves; And ye, that on the sands with printless foot, Do chase the ebbing Neptune, and do fly him, When he comes back...*" - William Shakespeare

He knew the common traditions and superstitions; in fact these impish faeries and elves were so familiar to Shakespeare that he wrote the play *A Midsummer Night's Dream* which includes the King and Queen of the fairies, a play within a play.

A few days later, mid-summer, my son-in-law remembered this piece that had been mine. I had traded it for work or for a different item, possibly my bar top. My Yellow Cedar piece, not suitable for the bar, ended up sheltered under a live cedar tree with thick sloped branches, harboured in a lost rocky nook on this island, then put into a work shed for years. The red cedar forests left a funky aroma based on mosses and decayed plants. The Yellow Cedar came back to me but what was its origin? I am sure my family brought it with us, thirty years ago when we moved from the largest island to the south along the northwest British Columbia coast. I remember we had bought lumber from a mill that hadn't changed in over 100 years. The owners, Norwegian descendants, still hand logged and pulled the trees to the water's edge with an engine and cables from an A-frame and barge. The trimmed trees were floated to the beach in front of the mill until their day came to be sawn as lumber.

Finally, I do not think my Yellow Cedar came from that island mill. By inspecting the saw marks on the surface and live or natural edge of the wood, it looked like it was sawn on an Alaskan mill, probably by my partner while I helped. The portable mill has a frame that allows you to use your own chain saw. This yellow blond cedar we probably imagined would find a place in the boat we were building. The strong grain and resistance to rot could have settled conveniently into the hull of a boat. On every voyage this cedar could have the strength and resolve to kiss the waves over and over, smooth and stormy. The log had been found on our beach, floated to us by a high tide like a corked bottle, the message being "origin unknown". I wanted to reward the spirit in the wood, as my brush caressed its face, do something special to cap its golden beauty. The two blemishes, shallows scarred by pebbles forced inwards from the strength of the ocean storms, I will fill with gold sparkle acrylic paint, like jewels near the heart.

Oberon and Titania have starring roles. According to Brian Froud and Alan Lee in their book *Faeries* your pre-conceptions of fairies become reflected in their appearance.

An illustration by Edmund Dulac, three winsome fairies hovering gracefully in the wind above the surf, correlates with images in my imagination.

I see now my poetic pre-conceptions of fairies lie with Dulac and Shakespeare who showed their best features. A fairy in *A Midsummer Night's Dream*, Act II Scene I, speaks:

"I serve the fairy queen,
to dew her orbs upon
the green. The cow-slips
tall her pensioners be: In
their gold coats spots
you see; Those be
rubies, fairy favours, In
those freckles lie their
savours: I must go seek
some dew-drops here,
and hang a pearl in
every cow-slip's ear."
-Wm. Shakespeare

In my e-mail a post arrives from the Ancient Forests Alliance. I am curious because I was a part of a demonstration against logging old growth forests on Vancouver Island in the seventies in BC. Did we not check that off our list of environmental issues? A law was passed but incomplete in stopping old growth forest from clear-cut logging. There are pictures, of seemingly small people in front of giant yellow cedars. It is a call for help. I wonder what wisdom these trees hold that is unknown, unseen by humans. It could be the history of the forests, a library few people of the world take any thought of.

The place endangered is named The Fairy Creek Valley and is described as "a truly rare and special place". One of the trees there is considered one of the 9th widest yellow cedars in Canada and a tree of its magnitude could be over 2000 years old. If you sit at the roots of a favorite tree and find solace there or if you admire the blossoms and fruits brought into your house, washing, cutting, or primping to enhance their beauty, then what would you do when at the foot of one of the oldest life forms on earth at risk of clear-cut logging? I think I might bow or lie prostrate and be still, listen to the last unprotected intact old growth forest on Vancouver Island. The cuts and logging roads circling, hanging above the source of Fairy Creek. The winds echo a final warning as roads bear down from the ridges.

Sources:

Ancient Forest Alliance, www.ancientforestalliance.org

Allan Froud and Brian Lee, *Faeries*, Harry N. Abrams Inc, New York 1978

Edward Dulac from *The Tempest*, found postcard, Sackville Press Limited, England, 1973

T. F. Thiselton Dyer, *The Folklore of Shakespeare*, Harper & Brothers

William Shakespeare, *The Complete Works of William Shakespeare*, The Hamlyn Publishing Group, Hamlyn House, Britain, 1972

Forest Blockade Bletherings

OPIED

By Eartha Muirhead

As you may know, I recently spent two years fighting to save the old-growth forests of the steeply-sloped Schmidt Creek watershed, with the blessing of the Ma'amtagila hereditary chief of that area, Makwala, i.e., Rande Cook, losing scientific and legal arguments with BC Timber Sales and not getting anywhere trying to set up a blockade. After the forests got "harvested" as BCTS likes to say, but I prefer using the word "destroyed," I became despondent and then pissed and then re-inspired. I reconnected with some folks in Victoria, active 30 years ago to save the Walbran Valley, began to talk direct action and seven months later, we have four well-organized blockades operating in Pacheedaht territories.

In August and October of last year, I spent 15 inspiring days at the "Fairy Creek" blockades, north of the San Juan River, protecting some of the Ancient Yellow Cedar Forests of Kaxi:ks; an area which includes the Carmanah and Walbran Valleys. The latest blockade, set up 2 weeks ago, is called The Kaxi:ks Watch Station, launched with the blessing of Pacheedaht hereditary elder Bill Jones and the Union of BC Indian Chiefs. BC's NDP have approved 13 cutblocks into SMZ- 21, Special Management Zones, along the boundary of the Carmanah-Walbran Provincial Park, near Sad Lake. Can you spare a dime to help maintain the blockades? We are 100% volunteer run, with costs of approx. 2 K per month to maintain the camps, vehicles, food, science and legal teams. To donate, please go to our Go Fund Me plea at: <https://gf.me/u/yzt3h2>. #worthmorestanding, #rainforestflyinfsquad, #savefairycreek. For an interview with Elder Bill Jones go to Youtube.com and for a recent story www.focusonvictoria.ca/forests/25. Here is a poem I wrote at the camp.

Mighty Yellow Cedar Clans of Kaxi:ks

*she has one eye, she has one wing a
thousand ears, hears everything. she lost
one eye in a colonial game
she lost one wing, refusing to be tame.*

*she is an oxygen-spewing organism
calming world-wide windstorm-isms
slowing down the flooding mud sheltering
medicines, owls, seabirds, bears and fish.*

*abiding in green abundance, imbibing
sockeye spawn
mountains, misty vales, crashing rivers
spouting whales, beaches, ferns and
fungi harvesting wet wisdom, gathering
up clouds
breathing in/out with massive lungs
of dark, dank rainforested choruses.*

*from out of the mystic mists of cascadia
sasquatches growl, instructed by a
10, 000 year old queendom;
ready to defy the lies of
blackmail reconciliation and
ecocidal economic destruction.* 🍷

...continued from page 6

Letters to the Editor

Doctors now say people can suffer from, "Long Covid," symptoms. I had a violent flu more than 20 years ago and when I was ill after that, with exactly the same symptoms, I was told it was Chronic Fatigue Syndrome and it was all in my head because I did not want to work.

This after graduating with Distinction at UVic and being a rugby player and scuba diver. The fact that my blood pressure was 64 over 42 was attributed to being my fault because I was using my super powers to make myself ill.

Maxine Roger 🍷

Letter to the Grapevine Editor.

re: Dr. Stephen Malthouse

In all the back and forth concerning the insert that Dr. Stephen Malthouse placed in the Grapevine some weeks ago no one mentioned that Dr. Malthouse's "comprehensive, scientifically footnoted 'screed'" is to be found in its entirety on a website promoting the 1920-30 research of Dr. Weston Price on wholesome nutrition as well as the idea that Covid-19 is caused by 5G radiation. The article is attributed only to the Weston A Price Foundation with no named author and the reader is exhorted to distribute it as a flier. Dr. Malthouse does include the website address so although it may have been written by him it is more likely to have been simply copied:

<https://www.westonaprice.org/covid-19-vaccines-important-points/>

Dr. Price was a dentist born in 1870 in Ontario but who practised in Cleveland. He was a respected researcher 110 years ago, particularly in the field of radiography applied to dentistry but his major work Nutrition and Physical Degeneration was published in 1939 and was the result of his ethnographic investigations into the nutrition of many indigenous groups world wide.

His conclusion was that many diseases—TB through dental caries—afflicting Western populations were absent in such groups because of “natural nutrition”. He held that Western industrial food was responsible for many afflictions actually caused by bacteria, viruses and parasites so Price’s work has been criticized as drawing unwarranted conclusions from legitimate research. Dr. Price died in 1947.

The website in his name was created in 1999 by Sally Fallon Morell, a nutritional enthusiast, who publishes books on nutrition through New Trends Publishing of which she is president, owner, editor and publisher. She admits to no medical training and in one prominent article on the website argues that viruses do not exist and exosomes, which appear to have a positive effect on our immune system, have been mistaken for viruses. This is a position she takes in preparation for claiming that Covid-19 is probably caused by 5G cell phone radiation.

<https://www.westonaprice.org/health-topics/is-coronavirus-contagious/>

From what I can gather from patients of Dr. Malthouse he is as caring and compassionate as any doctor. However in his October 15, 2020 letter to Dr. Bonnie Henry he states, “The epidemiological evidence clearly shows that the “pandemic” is over and no second wave will follow. The evidence has been available for at least 4-5 months and is irrefutable.” He goes on to claim that Sweden had one of the lowest infection rates in Europe and had suffered less “financial ruin and catastrophic mental health problems” than other countries. As of mid-January the death rate in Sweden according to Worldometer is 2.1 times that of Canada for a population less than one-third that of ours. He states that none of the measures so far instituted in Canada have had any effect on the spread of the virus but that the one measure which would have done so, proper nutrition, has been completely ignored by the likes of Dr. Henry. The latter certainly seems to indicate his allegiance to the extraordinary views propounded by Sally Morell on her website.

Clean water and sewage systems are often referred to as the two public innovations that have done more for communal health than any others. Vaccination is the third and predates the modern installation of water and sewage systems. For those who believe that science ignores the efficacy of folk medicine you might be surprised to learn that vaccination, when it first enters the historical record over 1,000 years ago in China, was indeed folk medicine. It consisted then of “inoculating” a small lesion in a person’s skin with pus from a person infected with the appropriate disease. Called “variolation” it was brought to Europe and America in the early 1700’s from Turkey where it had been practised on a wide scale for decades. Variolation inoculated a person with the full blown virus and thus many patients actually developed the disease. In 1796 Dr. Jenner discovered that vaccination with cowpox, a much milder form of smallpox, was effective against smallpox as well and gave a much lower rate of infection. Since then science has unravelled the mechanism of vaccination by developing attenuated versions of the viruses causing smallpox, measles, polio, etc. to stimulate our own natural immune system in readiness to quickly fight off an infection. Science thus took note of the anecdotal record of this folk medicine and eventually, when suitable investigative tools had been developed, worked to elucidate its mechanism. Homeopathy also took note of variolation and now sells “nosodes”, pills developed from fluids of an infected patient which are sterilized and diluted to non-existence. Homeopathic dilution makes sure that no one will actually catch the disease from a nosode but no one will ever be cured by one either. Science works with the hard won knowledge of viral mechanisms; with nosodes homeopathy would return us to a time previous to that of 10th century China.

It is true that the two Covid vaccines in current use are mRNA vaccines which, although they too work to stimulate our own immune systems against the Covid virus, do so in a different fashion from traditional vaccines; they take a small selected bit of the virus and use messenger RNA to introduce it into our cells which in turn produce replicas of it triggering our immune system to produce normal antibodies. Unlike traditional vaccines which use the actual virus—full or attenuated—to stimulate the immune system, mRNA vaccines do not and so cannot result in a patient coming down with the disease. Yes, they do not have the very long history of traditional vaccines but they have been studied and refined for the past 30 years—they are not entirely new—and if successful could well allay fears of being infected by the vaccine itself.

We would all do well to remember Carl Sagan’s famous dictum, “Extraordinary claims require extraordinary evidence” and there are few who make more extraordinary claims than the homeopathic crowd. Here’s hoping more of us are able to distinguish between the value of anecdote to point the way and the value of science to rigorously determine the proper pathway.

Dear Editor:

Your Jan 7 edition carried a letter from Michael Dennis criticizing your decision to carry a paid insert from Stephen Malthouse that contained numerous inaccurate statements about the COVID-19 vaccines. Your response reflected a concerning misunderstanding of the facts about these vaccines.

For example, you said it was reasonable to debate the value of vaccines that had been developed so rapidly. This implied that the speed at which the vaccines have been developed brings into question their safety and effectiveness, which is absolutely untrue. They have been developed quickly (thank goodness) but that is because there was an unprecedented global effort to develop them, including funding and cooperation between countries, companies and researchers. Decades of vaccine science also helped speed their development. Review processes compressed administrative steps but maintained long-established high standards of ethical testing and review to ensure the safety and effectiveness of these products.

You also said debating the value of the new COVID-19 vaccines was not on par with debating the value of established vaccines for diseases such as polio and measles, etc. Again, untrue – for many of the reasons stated above. Yes, there are things we do not yet know about these vaccines (e.g., how long they will be effective) but we do know definitively that they are safe, effective, and that they will save lives.


If you would not accept an insert claiming all vaccine science is bogus, you should not have accepted Stephen Malthouse's insert. Remember, this is a doctor whose puzzling blind spot about vaccines resulted in an outbreak of whooping cough among Denman Island children a few years ago – a wholly preventable disease that can cause pneumonia, seizures, brain damage, and death.

COVID-19 is also a potentially deadly disease – one for which no one in the world enjoyed immunity – until now with the breakthrough development of these new vaccines.

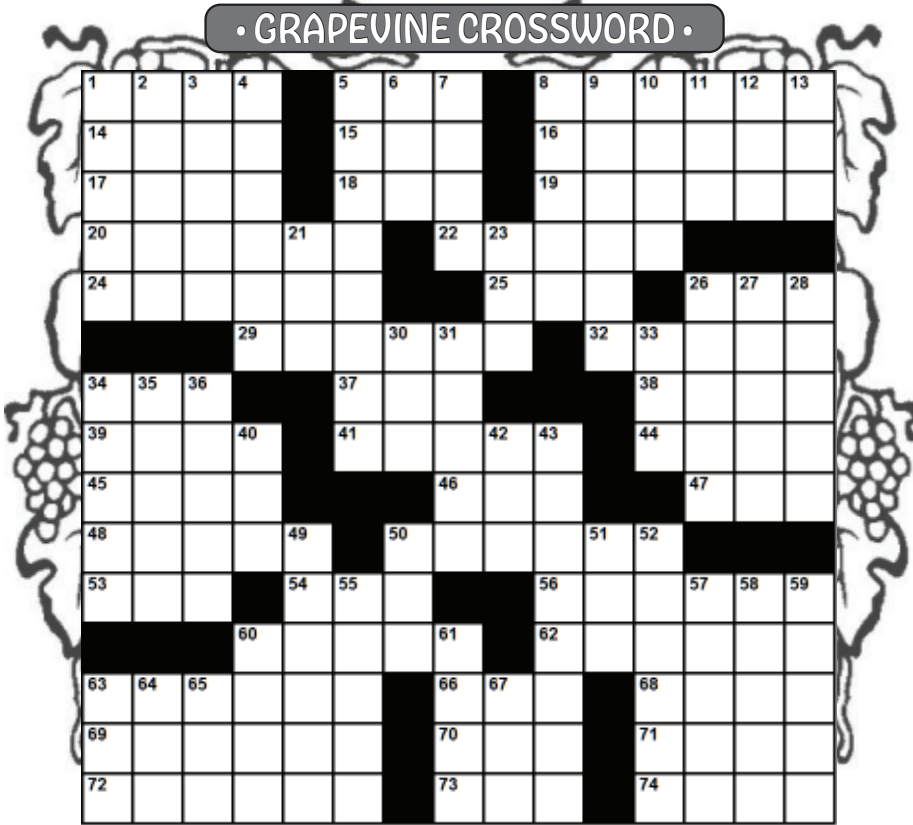
Spreading misinformation about them is irresponsible and potentially dangerous. Debate should be based on facts, not negligent notions.

I write as a Communications Manager for a provincial health authority - but do not take my word on this subject. Please consult authoritative sources such as the BC Centre for Disease Control (www.bccdc.ca). And please, please, please get vaccinated as soon as the opportunity is available. It may save your life, or the life of someone around you.

Stephanie Slater 🍷

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• GRAPEVINE CROSSWORD •



• ACROSS •

1. Cookbook qty.
5. Blackball
8. Without moderation
14. German mining region
15. A Canadian export
16. Dragon's prey
17. American canal
18. A bit sloshed
19. Press type
20. Wicked
22. Blue pottery of Holland
24. Sly
25. Luau wear
26. Crude grunt
29. Going to bat for
32. Abundantly provided
34. Font widths
37. Adorer's poetry
38. Copied
39. Building entrance
41. Intense dislike
44. 2001, e.g.
45. Pakistani tongue
46. Cookie selling org.
47. A nucleic acid
48. Raccoon like carnivore

50. Coal-tar chemical
53. Mil. rank
54. Chromosome letters
56. Work hard
60. Cooking direction
62. Draw in
63. Incarnation
66. Blighted tree
68. Bedouin tribesman
69. Science study
70. Hundred bani
71. Hawklike bird
72. Business directions
73. Possessive pronoun
74. Got a hole-in-one

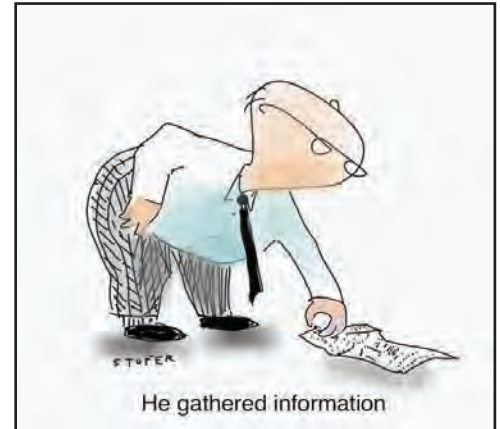
• DOWN •

1. Lock or curl
2. Marble
3. Gleam
4. Instant house
5. Attention getting talk
6. Aladdin prince
7. On pension, abbr.
8. Agave root
9. Feather palm of Africa
10. Crack in the earth
11. Billboards
12. Born as
13. Blasting material
21. Guitar's kin
23. Claus aide
26. Higher one of two
27. Collect bit by bit
28. Nine-headed monster
30. Annex
31. Actress Janet
33. Cape in New Jersey
34. Draw out
35. Andalusian city
36. Aerated beverages

40. Dead end job
42. Put to work
43. Writ
49. Security aids
50. Kiddo
51. Circle, in a way
52. Zambia capital
55. Breathing passages
57. Architectural style
58. Fuel holder
59. Underwent recession
60. Bedaze
61. Cold cut place
63. Aardvark fodder
64. Vietnam region
65. Did lunch
67. Allow

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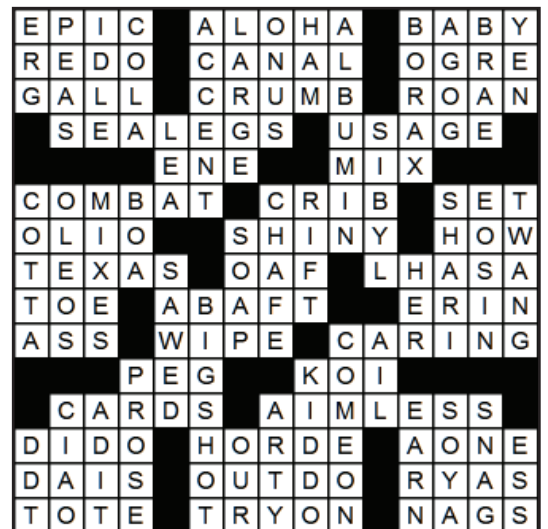
FEB CALENDAR

deadline is

FRIDAY JAN 22ND

theislandsgrapevine@gmail.com

• LAST WEEK'S ANSWERS •



• CLASSIFIED ADS •

• FOR SALE

2020 TESLA MODEL 3 for sale. \$49,995. Like new with only 5,000km. Stored in garage on Denman. Midnight silver metallic (\$1,300 value). Black interior. Range - 400km. 19" sport wheels (\$2,000 value). Bonus Chademo adapter (\$650 value). Please call 335-3062

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

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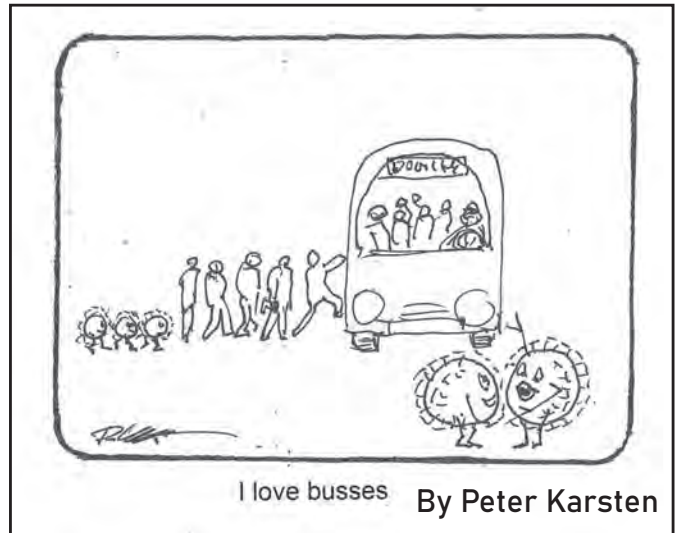
DENMAN ISLAND CHOCOLATE is looking for a human to join our production team. Oompa Loompas also welcome. Email dichoc@telus.net

• COMMUNITY NOTICES

DENMAN ALCOHOLICS ANONYMOUS, CHANGE OF VENUE Until further notice the Denman AA Group will meet at the United Church Hall every Friday, 7PM. Open to anyone, including non-alcoholics. Provincial COVID protocols observed: masks and distancing. As a support group, AA is specifically exempt from BC ban on public events.

DAN BRUIGER ANNOUNCES his new book Holy Terror and the Beauty of It All: how to live with existential anxiety. You can download the text for free at www.stanceofunknowing.com.

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 about this free program

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/

• WANTED

LICENSED GUN BUYER wants your unwanted rifles & shotguns. Cash buyer, call 250-335-1686 or 250-650-0355

• THANK YOU

MAUREEN GALBRAITH wishes to thank all her friends for the gifts, cards & flowers she has received while in hospital in Comox.

• FREEBIES

FREE: Maytag Drier fully operational. Please call 250 335 1465.

• 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.

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- Bente Pilgaard, RE/MAX The Islands 335-2510 (H/D)
- Cloufier 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)

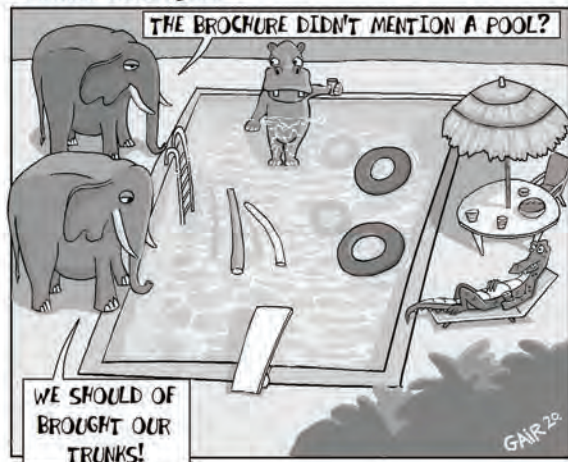
• BUILDING • CONSTRUCTION •

- 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)
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- Excavator/Backhoe/Tandem Gravel Truck • Kenny Mather 703-6512 (All)
• John Isbister 335-2565 (D)
- Cutters 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. • Leyah Kelly 335-2584 (D)
- DB Excavations & Clearing • Dorianbaker56@gmail.com • call or text
465-1889 (D)
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- Home Town Shredders • Document Shredding • 334-7111 (D/H)
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- Music Lessons & Piano Tuning • Scott Knight 604-779-9335 (D/H)
- Piano Tuning & Repair • Greg Joly 250-475-1106 (D/H)

Hotel Serengeti



THIS WEEK'S EVENTS

THURSDAY 21

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

FRIDAY 22

- AA Meeting DI United Church 7pm

SATURDAY 23

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

SUNDAY 24

MONDAY 25

TUESDAY 26

WEDNESDAY 27

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

THURSDAY 28

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