



• "An awake heart is like a sky that pours light." • Hafiz •



**D.I. General Store**

**NEW PRODUCTS:**  
 Greek Chicken Fit Bowls  
 (in our freezer section)  
 Dare Scotch Mints  
 Minute Maid Fruit Punch  
 Idahoan Single Serving Sized Instant  
 Potatoes - 2 flavours: Herb & Garlic as  
 well as 4 Cheese

Super outstanding staff. Very Grumpy Boss who saw a  
 journalist searching through the store's ice cream cones.  
 The journalist was looking for the scoop.

**DENMAN HARDWARE**  
**Get your seeds early!**

• Plumbing • Electrical • Hardware • Tools •  
 • Lumber • Housewares • Garden •

9-4 Mon-Fri 10-3 Sat

• denmanhardware@gmail.com • 335-2400 •



2021 Denman Island  
 Phone Directory:  
 Residents & Advertisers:  
 please submit changes and new  
 listings to  
[denmanislanddirectory@gmail.com](mailto:denmanislanddirectory@gmail.com)  
 or 250-335-1483 by March 6.  
 New advertisers welcome; please  
 inquire! Proceeds benefit Arts Denman



**Sylvie Schroeder**  
 Personal Real Estate Corporation  
 250-898-9199

Tips and tricks to improve the  
 value & the appeal of your  
 property when getting ready to  
 sell your home. . .



No need to Fret...  
 Let's Talk!!!

[www.sylvieschroeder.com](http://www.sylvieschroeder.com)  
[sylvie@sylvieschroeder.com](mailto:sylvie@sylvieschroeder.com)




**Denman Is.**  
 owned &  
 operated.

- Environmentally-friendly.
- Pick-up at home or business.
- Safe, secure paper shredding.

**250.334.7111**  
[www.hometownshredders.ca](http://www.hometownshredders.ca)

**TREE SERVICE**

- Tree removal • Limbing • Chipping •
- Spiral pruning • Tree topping •
- View enhancement •
- Danger tree assessor & faller •
- Certified faller, insured, local •

**Antoine 250-207-3884**




**RE/MAX** The Islands  
**Bente Pilgaard**  
 Managing Broker, Realtor

[www.islandsrealestate.com](http://www.islandsrealestate.com)  
[info@islandsrealestate.com](mailto:info@islandsrealestate.com)

**Planning a move in 2021?**

Call Bente  
 for a free home consultation.  
**250-792-0128**

# CONTENTS

ISSUE NO. 1469 • FEBRUARY 4TH, 2021

### • SPECIAL INTEREST •

- 4 • Healthy Islands: What is Physiotherapy?  
*by Christopher Mainella*

### • ARTS&LIT •

- 5 • An Unpainted Portrait: Biology  
*by Leo Simmons*
- 6 • Land Rush on Hornby  
*by Richard Balfour*

### • COMMUNITY INFO •

- 7 • An Open Letter to the DILTC  
*by DIHA*
- 8 • Letters to the Editor

## REGULAR FEATURES

- 3 • Tide Table
- 12 • Gary's Toon
- 10 • Crossword
- 10 • Mr. Stofer
- 11 • Classified Ads
- 12 • Business/Services Directory

Cover image: There's no place like Om, The Hermitage, Denman Island.  
*Photo by Dreadful Imagery*



*Silk, Felt, & Waldorf Toys*

Dolls, Fairytale Mobiles  
Felt Animals & Wooden Toys  
Beeswax Candles  
and much more ...  
4970 Seawright Rd, HI  
250-335-1844  
[www.silkfeltandwaldorftoys.com](http://www.silkfeltandwaldorftoys.com)

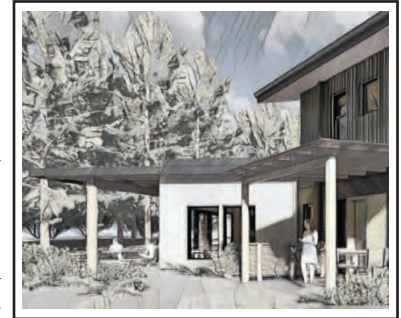
# Hornby Island Affordable Housing

*By Hornby Island Housing Society*

COMM INFO

**A**ffordable Housing for all Ages is on the Horizon for Hornby Island!

COMMUNITY INFORMATION MEETING FOR THE BEULAH CREEK VILLAGE ZOOM SLIDE SHOW AND PRESENTATION, SUNDAY FEBRUARY 7th @ 2 PM



We are excited to announce that we have now reached the point where we can share the plans and designs for the new Beulah Creek Village! This work represents months of collaboration between Hornby Island Housing Society (HIHS), our architectural firm, Studio 531, our development consultant, M'Akola Development Society, and our funding partner, BC Housing. Our architect, Jesse Garlick, will be there to help fill in any details and answer questions.

We hope that you are interested to learn more. If you would like to attend, please pre-register for at: [hornbyislandhousing@gmail.com](mailto:hornbyislandhousing@gmail.com), and you will receive the Zoom invitation. Everyone is welcome! 🍷

## Living Well: "Do More?"

*By Verna Isbister*

COMM INFO

**T**his past week Bonnie Henry has asked us to "do more". As I was trying to get my mind and heart around this request I was reminded of another ordeal in my life, the Centennial Athletics Award Program in 1966.

The Canadian government introduced an across Canada fitness program. I was in Gr. 7 at Comox Elementary School and we had a gung-ho, straight out of university, new P.E. teacher, who was determined to get us into shape. The program consisted of different tasks including the standing broad jump (no problem as I could stand, swing my arms and jump), sit-ups (which I had never heard of before) and a 300 yard run (which consisted of running back and forth across the gym floor about 100 times, with me panting so hard I thought I was going to expire.) As I ran the gym teacher was yelling, "Run faster!" and when I was laying on the cold, grey floor mat, trying to do sit-ups, he yelled, "Do more!" It was a formative experience in my life because up until that year, we had never been challenged to try harder, go further or prove ourselves. To inspire us the government promised us a badge: Gold, Silver, Bronze or Participation.



I've heard many people reply to Bonnie Henry's request by asking, "What more can we possibly do?" or asking what the government is planning to do on their side.

I knew that these winter months were going to be a challenge for us. It was much easier to cope with the pandemic when the weather was warmer, sunnier and the restrictions weren't so strict. January and February are difficult for many people to get through at the best of times. Here's a heads-up: expect people to be less patient, more grumpy and unhappy this next month. If we are prepared maybe that will help us to be more gracious in return.

This pandemic has been referred to as a marathon and personally, I'm running out of motivation and getting really tired of it all. "Run the extra mile", well, I'll need

some extra support. So, how to get through February?

I'm proposing that the government bring back the Canadian Fitness Test. I'm inviting you Denman walkers to pick up your pace, you e-bike riders to turn off your power gear, you home renovators to do extra squats between jobs and you screen watchers to lift bar bells while bingeing. Between flipping through the seed catalogues, run to the wood shed and increase how many logs you can carry with each interval. Researchers report that physical exercise improves our moods, reduces stress by increasing serotonin and endorphins and gives us a sense of achievement.

For the government's part, I think that they should bring back the award badges. We all deserve a Participation Award but I can still hear my teacher's voice, "Do more!" It's annoying but challenging. I'm up to 10 sit ups. Phew! I'm going for the Gold! 🍷

## Call for a Moratorium on the Herring Fishery SPECIAL INTEREST

*By Dorrie Woodward • Chair, ADIMS*

**T**hank you Denise MacKean for organizing this letter writing effort!

In early March, Denman and Hornby Islands will be at the centre of a marvellous marine Serengeti.

The Georgia Strait herring stock will spawn around our islands and thousands of sea birds, seals, eagles, salmon, sea lions, and even whales will gather to feast on herring before they themselves go on to reproduce and raise their young later in spring.

Baynes Sound is a precious herring rearing ground for hatchlings and Lambert Channel is one of the most important, consistently used spawning grounds ever recorded on the Pacific coast. Priceless.

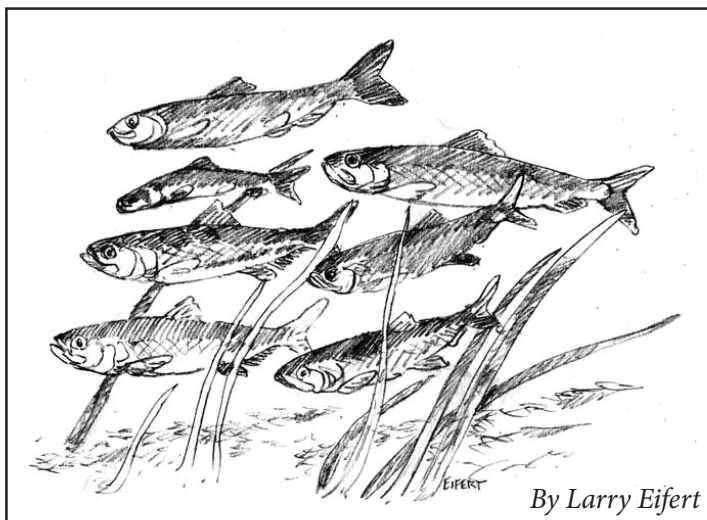
This herring stock gives food security to thousands of marine creatures, including marine birds, as well as many First Nations communities for thousands of years in the past.

It is also the last commercially harvestable stock in BC. Once there were five major and two minor herring stocks, which were commercially harvested, but no more. Fisheries and Oceans Canada (DFO), manager of the fishery, has used the same management regime since 1983. On paper this seems conservative and precautionary, but in practice has resulted in immense harm. Herring stocks have dwindled and not recovered with tragic consequences for the wild and human populations, which rely on their flesh and eggs.

DFO believes this Georgia Strait stock is in good shape, and plans to open the fishery for commercial harvest and allow the industry to take 20% of the estimated biomass. This is their conservative approach/chronic mismanagement that got us down to one remaining stock.

This is why the First Nations on the West Coast of Vancouver Island, Central Coast, North Coast and on Haida Gwaii have taken legal steps to stop DFO and protect what's left of their herring stocks. This is why ADIMS and other groups including Conservancy Hornby Island and Pacific Wild have joined the WSANEC Tribal Leadership Council in calling for a Moratorium on the Georgia Strait herring fishery.

In an ocean struggling with climate change, and with the catastrophic loss of herring stocks, we are demanding DFO put a moratorium in place. Fishers must be fairly compensated, however, the risk of stock collapse is too high to maintain business as usual.



*By Larry Eifert*

TIDE TABLE		
Secondary Tidal Station Ford Cove Source: tides.gc.ca		
<b>2021-02-04</b> (Thursday)		
Time PST	Height (m)	Height (ft)
04:06	2.7	8.9
10:20	4.8	15.7
17:37	1.7	5.6
<b>2021-02-05</b> (Friday)		
Time PST	Height (m)	Height (ft)
00:32	3.9	12.8
05:12	3.2	10.5
10:59	4.7	15.4
18:36	1.4	4.6
<b>2021-02-06</b> (Saturday)		
Time PST	Height (m)	Height (ft)
02:10	4.2	13.8
06:33	3.6	11.8
11:46	4.6	15.1
19:35	1.1	3.6
<b>2021-02-07</b> (Sunday)		
Time PST	Height (m)	Height (ft)
03:23	4.5	14.8
07:59	3.7	12.1
12:42	4.5	14.8
20:32	0.9	3.0
<b>2021-02-08</b> (Monday)		
Time PST	Height (m)	Height (ft)
04:18	4.7	15.4
09:16	3.7	12.1
13:44	4.4	14.4
21:27	0.7	2.3
<b>2021-02-09</b> (Tuesday)		
Time PST	Height (m)	Height (ft)
05:05	4.8	15.7
10:17	3.6	11.8
14:46	4.4	14.4
22:17	0.6	2.0
<b>2021-02-10</b> (Wednesday)		
Time PST	Height (m)	Height (ft)
05:47	4.9	16.1
11:08	3.5	11.5
15:44	4.4	14.4
23:03	0.6	2.0
<b>2021-02-11</b> (Thursday)		
Time PST	Height (m)	Height (ft)
06:23	4.9	16.1
11:53	3.3	10.8
16:38	4.4	14.4
23:46	0.7	2.3

*continued on page 5...*

## Healthy Islands: What is Physiotherapy

SPECIAL INTEREST

By Christopher Mainella



**Hello** Denman and Hornby Community,

My name is Christopher Mainella, I have been working as the Physiotherapist on both islands since July 2020. I have been living on Denman since June 2020 and collaborating with Carmen (Denman Island Physiotherapy).

Here is the **FIRST** article of a monthly article series which I want to offer as an educational tool and use as a platform to promote health and well-being. Enjoy!

**Physiotherapy defined by the College of Physiotherapists of BC:**

Physical therapists are registered healthcare professionals who specialize in how the human body moves. They treat people who have a loss of function from health conditions, injuries, or disabilities.

**The first step is assessment. When you first visit a physical therapist, they will:** talk to you about the history of the problem you're experiencing, examine your muscles and joints to assess your movement and strength and they may also do some on-the-spot tests and take some measurements

**Once the assessment is complete, your physical therapist will:** explain their initial thoughts and findings with you, discuss possible goals and treatment options available, work with you to make a plan based on your goals and monitor your progress and modify treatment as needed

**One key aspect in all physical therapy is education. Throughout your treatment, your physical therapist will teach you:** about your body and how it moves, how to do exercises safely and effectively and how to manage your condition and prevent future problems

The focus is **PREVENTION!** A word not used as often in the Western medical model as it should be. If you take dentistry for example, why do you brush your teeth 2-3x/day and floss? From a young age you were taught prevention. Why do we not receive this type of education about our bodies from a young age? Why do we wait until we have so much pain we cannot move? Why are pills most often the first remedy we try? We have this one suit but most of us know little about how it works or how to properly take care of it. This is where Physiotherapists can play an essential role in education and empowerment. A healing relationship not based on dependency but on self-observation and a focus on creating a stronger and more conscious connection with your body and nervous system. Physiotherapists can also aid the body in finding its balance with healing touch modalities, such as manual therapy, myofascial release, massage techniques, traction, passive range of motion, stretching etc.

Physiotherapists observe and assess the physical (muscles, bones, ligaments, tendons, cartilage), the nervous system (myotomes, dermatomes, reflexes, stress, emotional state), the cardio-respiratory system (heart rate, blood pressure, breathing quality), the vestibular system (balance, vertigo, inner ear/eye conditions), the quality of the movement patterns and how everything works together or not.

Physiotherapists tend to work in interdisciplinary teams, collaborating with doctors, nurses, osteopaths, massage therapists, nutritionists, homeopaths, herbologists, mental health councillors etc. to provide a holistic approach and will refer when necessary.

The way I see the Physiotherapy profession is a large umbrella that can encompass many approaches, and many techniques from other healing professions. Lucky us and great for our clientele. I am a firm believer that the more tools we have on our belt the better off we are in our practice.

"Our first wealth is our health." Ralph Waldo Emerson

**My contact information:** Physio Alternative ([www.physioalternative.ca](http://www.physioalternative.ca)), [physioalternativecm@gmail.com](mailto:physioalternativecm@gmail.com), (514) 605-9398 (Montreal based number)



**Union Bay**  
CREDIT UNION

**Do you have a retirement plan?**  
Plan for tomorrow, today.  
Talk to our experts about RRSPs.

*Serving our members, our communities.* For branch info, please visit [ubcu.ca](http://ubcu.ca)

**DENMAN CONSERVANCY ASSOCIATION(DCA)**  
**Annual General Meeting**  
Monday February 22nd, 7:30 pm  
Zoom meeting  
email [info@denmanconservancy.org](mailto:info@denmanconservancy.org) for invitation

...continued from page 3 Add your voice to ours and write DFO Minister Bernadette Jordan on behalf of the herring. Let the Herring Live!

For more information:

<https://www.conservancyhornbyisland.org/> SIGN THE PETITION

<https://pacificwild.org/wp-content/uploads/2019/03/Top-Ten-Arguments-against-the-Strait-of-Georgia-herring-fishery.pdf>

<https://pacificwild.org/biglittlefish/> 🍷



By Larry Eifert

## An Unpainted Portrait: Biology

ARTS&LIT

By Leo Simmons



**Biology.** *Def: the author's favourite science, in large part because it happened to be the subject taught by Miss Doodad, who may or may not have been the subject of an intense schoolboy crush...*

Miss Doodad and her delightful qualities notwithstanding, Biology genuinely was my favourite of the three sciences. Chemistry rapidly proved itself to be unfathomable if not downright evil and Physics had rather foolishly – or else it could have found itself competing with Biology - included way too much mathematics.

Biology was the Goldilocks science: interesting and challenging to just the right degree. And no maths worth speaking of. Did I mention Miss Doodad?

Another of the reasons for my preference was the display of specimen jars which were constantly in view in one of the laboratories. Of all shapes and sizes, these jars contained a bewildering array of objects, all of them organic. Dead snakes, insects, rats, extracted human organs of every type (although not, happily, any naughty parts) all adorned the shelves of the room. In any other environment they would have been extremely creepy (or in today's parlance: "gross"), but we found them endlessly fascinating. The most prized specimen of all, however, was one which to this day leaves me feeling slightly queasy.

In a large cuboid vessel filled with what I presume was formaldehyde, sat a pair of twin foetuses. Yes, that's right; human foetuses. They were mounted on a kind of Perspex frame, facing one another and complete with their white umbilical cords and placenta. Of all the items on show, this drew the eye most powerfully, although I doubt that many would have denied that there was something really very disturbing about it, even for immature youths with no sense of decorum or good taste. It was the kind of thing that made everyone – even us - pause for thought.

Other obvious attractions in the Biology department included extensive opportunities to leer at the lovely teacher, the fact that the department did not require us to climb several flights of stairs to reach it as well as the inclusion of lessons on the subject of human sexual reproduction, an exciting concept for a Catholic boy in the 1970s. There was also the intriguing prospect of dissecting previously living things just for the hell of it, or officially "for educational purposes". It was hard to think of anything about Biology that wasn't rewarding. Does that sound callous? I remind you once more who we were: adolescent males without the moderating influence of any other, more sensible gender.

In the second year, we were presented with the novelty of being taught almost all about sexual reproduction. This was quite separate from any guidance in the form of sex education courtesy of "The K", and was in theory confined to the scientific study of the mechanics of procreation (pleasure wasn't mentioned). Meiosis,

Meiosis, that sort of thing. This task fell to the head of the department, 'The Abominable' Dr. Forbes. He was an undeniably strange-looking man no matter the angle from you approached him. From the front he appeared to be a well-scrubbed Vogon guard (Google: Vogon Guard). With a bow tie. From the rear, he resembled a Vogon walking away. He wore a permanent expression of distaste and truculence, his purple lips pursed and his eyes glaring through tinted spectacles. Despite his appearance, he was an affable man who seemed to enjoy teaching. It was a great shame that he looked so horrible because it made him precisely the wrong person to be telling my friends and I about the physical side of sex. The lessons almost became aversion therapy, especially when he began to delve into the details of intercourse. Intercourse, I should point out, in the 1970s school curriculum consisted only of male/female interactions. The curriculum – and I'm sad to recall, our sensibilities – had no room for welcoming any other ideas.

As reasonable a man as Dr. Forbes usually was, almost everyone in the room wished that Miss Doodad were the one to be describing the mechanics of sexual reproduction. Indeed, it was an issue which we sometimes discussed quite earnestly in the school yard. With hindsight however, it's probably a very good thing that we were not so blessed: at that delicate stage in our young lives, the excitement of merely witnessing her utter the names of human sexual organs – heck, even just mentioning erogenous zones – may have resulted in a scene reminiscent of setting off a firecracker in a room full of Tennessee Fainting Goats. 🍷

## Land Rush on Hornby

ARTS&LIT

By Richard Balfour

**T**hird week of January 2021.

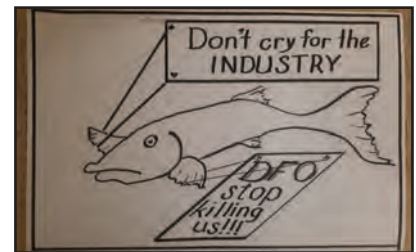
One of the last press releases from the Trump camp on January 18th coincided with a land rush on isolated islands around the world. This all was exposed by island land owner's Howe Street lawyers working for the Kerrisdale and Dunbar matrons who own family plots on Hornby Island. The Trump kids were looking to purchase off-shore islands to escape to. Young Eric got hold of a map printed on a dot matrix printer which messed up some letters, he got excited to find a place called Fuckley Bay in BC, an island Dernai and one called Horney Island or so he thought. And, behold, Dernai was a sign from heaven as that is the name of his favourite My Little Pony. Where this was all exposed was the cash sale clause on the attempted land purchases, as the agents for Eric et al had suitcases of Russian Rubles and trunk loads of yet to be released currency for 2022, with pictures of Emperor Don and Crown Princess Ivanka. The Howe Street lawyers managed to keep one sheet of the new \$1000 bills the agents called Donaldas. The agents also revealed plans to buy up all of Denman Island too, for Ivanka designed an airport on the north lands, a golf course on the south end and a fortress to house 10,000 Proud Boys to guard the entrance to a northern Mar-a-lago. The DC press release called all of this fake news.

TIATICA (This is a Tongue-in-cheek-Anecdote. Do not contact any of the parties involved.) 🍷

### Help Halt the Herring Slaughter

Special instructions for the "Herring Fishery" insert in this week's issue

1. Remove the herring insert.
2. Cut it in half to make it two. Be creative if you wish and colour the fish and/or add a brief comment. E.g. Stop the herring fishery!
3. Get a friend or family member to do the same on the second one or do it yourself.
4. Fold paper in half and Scotch Tape it. Take it to the mailbox at the store or put it in your mailbox's outgoing mail.
5. No Postage Necessary! We want to swamp DFO (Department of Fisheries and Oceans) with a big SCHOOL!



## Have your Say!

### Islands 2050

Help set directions for Policy Statement changes: public survey

📅 **Open:** January 18th–February 5th

🖱️ [islandtrust.bc.ca/islands2050](http://islandtrust.bc.ca/islands2050)

✉️ **Questions?** [islands2050@islandtrust.bc.ca](mailto:islands2050@islandtrust.bc.ca)

### 2021/2022 Budget Consultation

Offer comments on the proposed budget: public survey

📅 **Open:** January 22nd–February 7th

🖱️ [islandtrust.bc.ca/budget](http://islandtrust.bc.ca/budget)

✉️ **Questions?** [budget@islandtrust.bc.ca](mailto:budget@islandtrust.bc.ca)

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**

Free transportation from Buckley Bay to the Lily House transitional emergency housing can be prearranged through the crisis line



Islands Trust

Preserving and protecting over 450 islands and surrounding waters in the Salish Sea.

📞 250.405.5151

# An Open Letter to the DILTC

COMM INFO

By Denman Island Housing Association

To: Denman Island Local Trust Committee

January 31 2021 Laura Busheikin, DI Trustee

David Crichley, DI Trustee

Sue Ellen Fast, Chair, Bowen Island Trustee Re: The Affordable Housing Crisis on Denman Island

Dear Denman Island Local Trustees,

As your committee is the governing body responsible for land zoning and the use of densities for affordable housing, we the Board of DHA ask that at your next meeting on March 16, you consider a proactive, strategic approach to solving the dire housing needs of the 15% of Denman Island's population who are affected.

Please consider that your own commissioned June 2018 Housing Needs Assessment found "Denman Island now requires up to 80 affordable housing units". Finding affordable housing on our island is a significant challenge and cannot possibly be met merely by in-law suites legislation.

On behalf of the Denman Islanders in need of housing, we offer the following proposals for your consideration:

1. Denman Island local trustees should declare an immediate moratorium on illegal dwelling bylaw enforcement. It is inhumane, particularly during a global pandemic, to tell current residents that they have no place on our island because they cannot afford market-priced dwelling. Many such people have resided on Denman Island for many years. These people provide valued and needed services to our community, and they are our neighbours and friends.
2. Since land is the first expensive hurdle in developing affordable housing, means must be found to acquire it. A requisition of densities from the 5% increase permitted for affordable housing could provide the incentive, particularly if it were matched by flexibility & speed in approving new zoning.
3. New zoning should be created on Denman Island to accommodate tiny homes in clusters, with owners organized to ensure compliance with health & other regulations and to make collective economic decisions.
4. Our Local DI Trust Committee should request that Trust Council lobby energetically with BC Housing & CMHC to provide funding for more affordable housing on all Gulf Islands. Advocacy is commonly practiced by the Mayors of Municipalities, so why not the Trust on Islanders behalf?
5. As Denman Housing Association is an active housing society with charitable status, and has already established relationships with BC Housing and Canada Mortgage & Housing Corporation, we offer to act as an umbrella organization to assist putting all we have outlined above into practice. Effective and timely action would of course require the formation of a hardworking DHA sub-committee composed of a broad spectrum of Denman Islanders.

We look forward to your response and hope it will be seriously considered. The need for affordable housing on Denman Island is indeed dire.

Sincerely,

Denman Island Housing Association Board of Directors Simon Palmer, President  
Sonia Murillo Paz, Secretary Dawn Binnington, Treasurer Shaun White, Director  
Eli Hason, Director Mimi Biermann, Director



## Bowser Pharmacy

**WE ARE YOUR NEAREST FULL SERVICE FAMILY PHARMACY**

Transferring of your existing prescription is very simple, just talk to our Pharmacist. We will do the rest.

• Locally owned & operated	• Accept all insurance cards
• Free compliance packaging	• Smoking cessation program


**We Accept Payment By Credit Cards/Debit Cards/e-transfer/Cheque and Cash At Pharmacy**

We do free delivery every Friday at Denman Medical Clinic. Delivery direct to your home. Non emergency delivery by Canada Post mail. Emergency delivery within 2 hours

**Send your prescription; Manage your medications, anytime anywhere Diem health for IDA Mobile app - available iPhone and Android phone.**

**Hours of operations: Monday-Friday 9am - 5pm  
Saturday-10am-2.00pm**

Phone: 250-757-8631 Fax: 250-757-8632  
bowserpharmacy@gmail.com  
www.guardian-ida-pharmacies.ca  
112-6996 Island Hwy W., PO Box:8, Bowser, BC, V0R 1G0



### DAVID W. STEELE

- Decks •
- Out Buildings •
- General Carpentry •
- and
- Finishing •

250-702-9155  
davidsteele.ca@gmail.com



### Commercial & Residential Septic and Drain Services

778-585-DUNG

www.septicndrain.ca  
gcsepticndrain@gmail.com

Greg Colquhoun Owner  
Servicing the Comox Valley, Strathcona and Nanaimo Regional Districts.

## Letters to the Editor

**Re: Letters by Oakley Rankin & Stephanie Slater, January 21, 2021**

*It's deeply worrying how many people will be rejecting vaccination for Covid-19 when it becomes available, their choices, with respect, based on untested belief systems, some on practices which depend on the placebo effect rather than on tested facts. Without a comprehensive vaccination program, people will continue to remain limited in their interactions with others and the economies of this country, our island communities and others, will struggle to recover.*

*In the early 1950s, I was a young girl in the Okanagan when the polio virus moved into the community. Some of my school friends were infected, some partially paralyzed, and one put in an iron lung in Vancouver for many months. Their families were devastated and those young people's lives changed forever. The Salk vaccine was administered through the schools, if I remember correctly, and the outbreak contained.*

*"An estimated 11,000 people in Canada were left paralyzed by polio between 1949 and 1954. The disease peaked in 1953 with nearly 9,000 cases and 500 deaths -- the most serious national epidemic since the 1918 influenza pandemic. The last major polio epidemic in Canada occurred in 1959, with nearly 2,000 paralytic cases."*

*"Some women gave birth while confined in an iron lung and the Royal Canadian Air Force made emergency deliveries of these devices across the country. Iron lungs are still used in some countries." <https://www.cpha.ca/story-polio>*

*Vaccines, like the Salk polio vaccine, have saved many lives worldwide and prevented crippling disease. Research into facts, (see link in above paragraph) rather than belief systems, is a personal responsibility with a wide community effect.*

**Mary MacKenzie** 🍷

**Island Grapevine**

**February 1, 2021**

**Re: Comm Info January 21st: Denman Green Affordable Housing Project Suspended**

**Dear Editor,**

*For the past few weeks, I have been mulling over a way to express my disappointment about the demise/suspension of the Denman Green project.*

*What finally severed the momentum on this noble effort was the decision not to extend the Agreement of Intent between the landholder and the Denman Housing Association.*

*I think it accurate to say that the project also suffered from a couple of years of small cuts and thrusts from sectors of the community that were not able to find the capacity to embrace the exigency, the undeniable need to provide safe and affordable housing.*



**STANDING UP FOR COASTAL COMMUNITIES**

**Gord Johns** Member of Parliament // Courtenay-Alberni 🍷 **NDP**

✉ Gord.Johns@parl.gc.ca 📞 1-844-620-9924 📺 GordJohns  
👉 GordJohns.ca 📺 GordJohnsNDP 📺 gordjohnsmdp

*The pressures that drove the project, that propelled the Board of Directors to address even a percentage of the affordable housing needs on Denman Island, still exist.*

*The Denman Housing Association Board is still committed to finding a solution.*

*What is needed is land and concomitant community buy-in and support for future projects.*

**Regards,**

**Bill Engleson, RSW (Retired and Non-Practicing Denman Island**

**[www.engleson.ca](http://www.engleson.ca)** 🍷

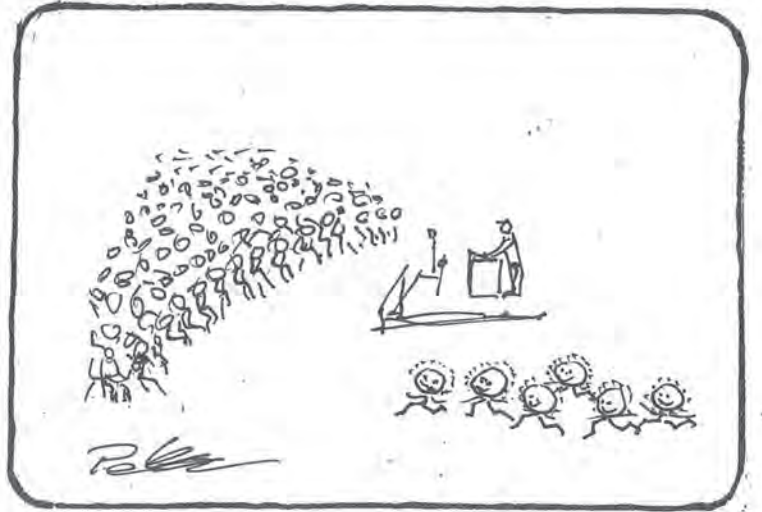
# In a Bubble

by Thomas Provençal

*The trick to being lonely without negative effects is to recognize you're only in a bubble that reflects the thoughts that you've invested in affirming who you are. Amid the global consciousness you're shining like a star. Your individuality determines your belief. Others that perceive you may give you some relief by bumping with your bubble, and sharing with your view, defending your dimension of spice for human stew.*

## Corrections to February Calendar

- There is no LTC meeting on the 23rd
- the CAP Site hours are Wed & Thu 4-7pm



Luckily humans are slow learners

By Peter Karsten



250-335-9143

theislandsgrapevine@gmail.com

## ADVERTISING SERVICES & PRICING

Prices effective as of March 1st, 2018

All prices include GST

### CLASSIFIED ADS

30 words or less.

- 1 week • \$8.39
- 2 weeks • \$15.40 (\$7.70/wk)
- 3 weeks • \$21.00 (\$7.00/wk)
- 4 weeks • \$28.00 (\$7.00/wk)
- 5 weeks • \$33.25 (\$6.65/wk)
- 6 weeks • \$39.90 (\$6.65/wk)
- 7 weeks • \$46.06 (\$6.58/wk)
- 8 weeks • \$50.40 (\$6.30/wk)

\$4.20/week for each additional 30 words

### BUSINESS DIRECTORY LISTINGS

- 6 weeks • \$25.44 (\$4.66/wk)
- 12 weeks • \$45.80 (\$4.20/wk)
- 25 weeks • \$82.69 (\$3.64/wk)
- 50 weeks • \$133.88 (\$2.94/wk)

### INSERTS/HANDBILLS

\$62.97/Island

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

- or -

we can print it:

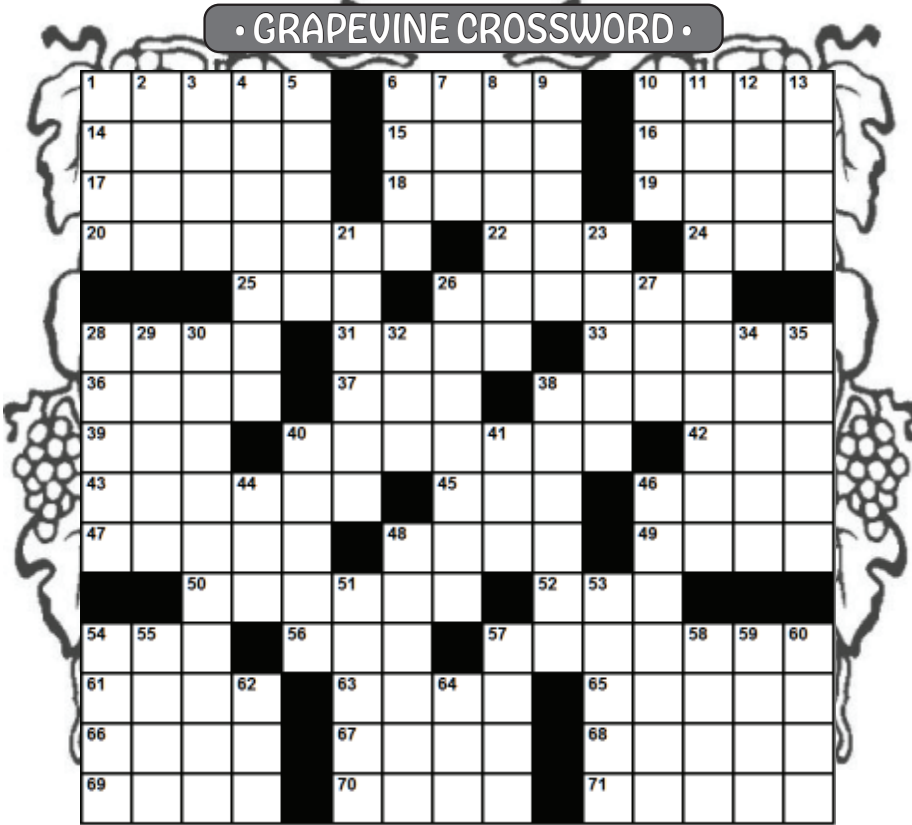
- \$7/100 (letter-sized - one-side)
- \$12/100 (letter-sized - two-side)

### BOX/DISPLAY ADS

- Front Page • \$21.00/1x1
- Inside Page • \$18.20/1x1

Please ask about our discounts for ordering and prepaying for multiple ad placements. Refer to examples below for actual ad sizes. We cover everything from a small 1x1 to full page.

• GRAPEVINE CROSSWORD •



• ACROSS •

1. Boston burb
6. Agricultural center
10. Asian garment
14. 1836 battle site
15. Bible twin
16. Amend a draft
17. Creole dish
18. Big story
19. Apply rickrack
20. Preserves, in a way
22. Do a sound job
24. Ending for belief
25. Thus, to Burns
26. Upshot
28. Embroiders
31. A ways off
33. Psychoanalyst Wilhelm
36. Ask for a miracle
37. Pouch
38. Portion of the iris
39. Angeles preceder
40. Inactive medication
42. Actress Grey
43. Off the path
45. Circle, in a way
46. Gemstone
47. Prepare to drive

48. Away from aft

49. Future figurine
50. Ad man's attention-getter
52. Bath, for one
54. 1773 jetsam
56. Drop back
57. U-235, for one
61. Botanical bristle
63. Hogwash
65. Glacial grooves
66. Perform again
67. Seles Competitor
68. Breakaway groups
69. Formerly, once
70. Heavenly
71. Banish blunders

• DOWN •

1. A seasoning
2. A styptic
3. A stew base
4. Overseas residence
5. Dinero
6. Clinic costs
7. African serpent
8. Looter
9. Protective secretion
10. Behold
11. Extra
12. Fixes a fight
13. Agenda component
21. Contemptibly small
23. Beast of burden
26. Masked mammal
27. Actor Marvin
28. Wet impact
29. Bumpy
30. Moors
32. Air-traffic org.
34. Bow of film
35. Conveniently near
38. Head nun
40. Relating to the Pope

41. Drop the ball

44. Be contrite
46. Break up
48. Add up
51. Nontoxic South African herb
53. Desperado's fear
54. Biblical weed
55. Big pitcher
57. Dubious
58. A 1977 movie
59. Coal sources
60. Alleviate
62. Heavy imbiber
64. At a distance

Mr. Stofer

www.stofergallery.com



He was lost for words.

THE ISLANDS Grapevine

MARCH CALENDAR

deadline is

FRIDAY FEB 19TH

theislandsgrapevine@gmail.com

• LAST WEEK'S ANSWERS •

P	R	O	D	U	C	E				C	R	A	D	L	E										
I	N	T	E	G	E	R				E	L	A	T	I	O	N									
P	A	T	E	L	L	A				L	E	G	I	S	T	S									
			D	I	E					O	F	F	A	L											
S	P	A	Y			B	A	H					T	O	N	G									
U	R	I					S	M	O	G				B	A	A									
B	O	R	S	C	H	T					D	A	I	R	I	E	S								
											T	H	O	U		D	I	V	E						
P	L	A	Y	A	C	T					I	T	E	M	I	Z	E								
L	E	I									K	E	N	T				L	O	G					
Y	A	L	E								A	Y	E					C	L	O	G				
											R	E	H	A	B			S	P	A					
A	R	C	A	D	E	S												A	S	U	N	D	E	R	
B	E	R	S	E	R	K												P	A	L	O	O	K	A	
A	T	T	E	N	D														T	Y	P	E	S	E	T

• CLASSIFIED ADS •

• **FOR SALE**

PREMIUM GRADE Hand Split Cedar Shakes. All sizes available and can be customized. Call or text 335-0104

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**

IT'S TIME TO HAVE UNWANTED RUBBISH REMOVED, LAWNS CUT, GARAGE CLEANED, ETC. SPRING CLEAN UP TIME IS UPON US, SO LET US HELP YOU WITH YOUR CHORES. CALL 250-335-2390 - BRIAN

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

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

THORLACIUS TRUCKING Top soil, bark mulch, gravel and sand. Call Chris & Lora, 250-650-9986. denmantruck@gmail.com

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

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 Entpr. Call Dave 218-9667.(DI)

• **EMPLOYMENT**

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

• **COMMUNITY NOTICES**

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/

• **LOST&FOUND**

PAIR OF GLOVES on Lake Road. Call 250-792-2770 to claim.

• **WANTED**

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

*"There is no harder goodbye than letting go of someone you love."*

*To each and every one of you — please accept my deep and lasting gratitude for your tender, caring outpourings honouring the loss of my beloved Willo. Your unique and beautiful messages have been a balm for my broken heart. A special prayer for all who feel alone in grief. "May we be guided by love and mercy all the days of our lives."*

With love, Fiona Walker



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

CORRESPONDENT Anthony Gregson  
DESIGN/PROD. Chris Seguin  
PUBLISHER Mike Van Santvoord  
2550 Lake Road  
Denman Island, BC  
V0R 1T0  
theislandsgrapevine@gmail.com  
www.theislandsgrapevine.com

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

**• 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)
- 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)
- 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)
- 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)
- 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)
- 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)

**THIS WEEK'S EVENTS**

**THURSDAY 4**

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

**FRIDAY 5**

- AA Meeting DI United Church 7pm

**SATURDAY 6**

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

**SUNDAY 7**

**MONDAY 8**

**TUESDAY 9**

**WEDNESDAY 10**

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- CAP SITE 4-7pm
- HIRRA Zoom meeting 7:30pm

**THURSDAY 11**

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

