



"A lot of people like snow. I find it to be an unnecessary freezing of water." • Carl Reiner



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THE ISLANDS Grapevine

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- \$575,000 AS IS listed by Bente Pilgaard

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Cover image: Hibernatin picnic tables - Old School, Denman Island.

Photo by Dreadful Imagery

A PSA from Local Medical Health Officer

By Charmaine Enns

COMM INFO

February 11, 2021

Dear Editor of the Denman Island Grapevine,

As the Medical Health Officer for Comox Valley, Strathcona and North Island, I am writing to share evidence-based information about the COVID-19 vaccines.

As you and your readers know, the COVID-19 vaccine is arriving and is free for BC residents.

Everyone who would like a vaccine will be offered one in the coming weeks and months.

The vaccines protect individuals and their loved ones against COVID-19. Right now, many people have zero protection against COVID-19. The vaccines approved for use in Canada provide about 95% protection from getting COVID-19, which saves lives, particularly in people who are most likely to get severe illness or die. If enough people get vaccinated, it makes it difficult for the disease to spread. This gives everyone protection – this is called 'herd immunity.'⁽¹⁾

Vaccines are safe, and the benefits of being immunized against COVID-19 continue to vastly outweigh any risks.⁽²⁾ Vaccine safety is closely monitored by Health Canada and the province.

I urge people in BC and across Canada to get vaccinated, so we can quickly and safely return to the activities and normalcy of life that has been put on pause during the pandemic.

For trusted information on the COVID-19 vaccine, visit these sources:

BC's plan for vaccine distribution (BC Centre for Disease Control) COVID-19 vaccines (BC government) COVID-19 vaccine safety and regulation (Health Canada) COVID-19 FAQ (Immunize BC)

Yours in health,

Charmaine Enns, MD, MHSc, FRCPC Medical Health Officer



(1) Vaccines for COVID-19. BC Centre for Disease Control. Retrieved Feb 9, 2021 from <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/vaccines-for-covid-19>

(2) COVID-19 vaccine safety in Canada. Health Canada. Retrieved Feb 9, 2021 from <https://health-infobase.canada.ca/covid-19/vaccine-safety/>



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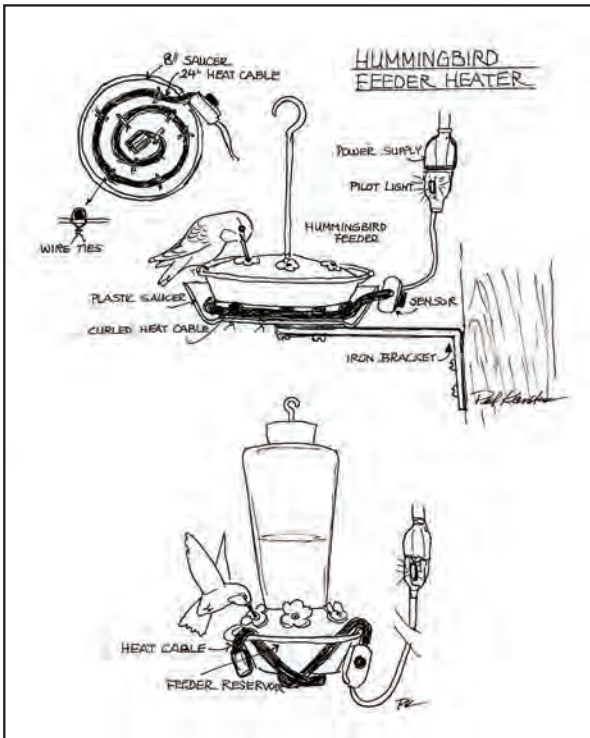
Warm Breakfast for Our "Hummers"

By Peter Karsten

SPECIAL INTEREST

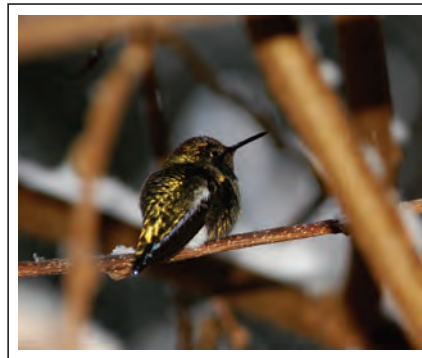
Iam always intrigued how the tiny Anna's Hummingbirds can brave the cold of the winter. Heat loss of small bodies is so much greater due to the body surface ration to body mass. With other words a teaspoon of water freezes much faster than a cup full. Fluffing up alone does not conserve enough body heat, but we know that the hummingbirds can go into a state of torpor. This is a remarkable adaptation by reducing metabolism by 95%, body temperature by 10 to 30 degrees Celsius to practically putting life-functions on hold. With a metabolic rate of 77 times that of a human starvation happens quickly if no food can be sequestered. Without fuel the body heat cannot be sustained. That is when the hummingbird falls into spontaneous hibernation. It likewise can wake up quickly as the temperature rises to feed again. The trick is to find food (nectar and insects) in the winter. The Rufous Hummingbirds packs up and travel south but the brave Anna's Hummingbird stays here all year around on Denman Island. This is only true for about the last decade

because winter feeding with sugar water encouraged them to expand their range to the north. But once you start you must continue to do so. Every day! The hummingbirds need long days of feeding. They show up when you can hardly see in the morning and on until it gets dark outside. I used to take the hummingbird feeder into the house overnight and put them out before the first hummers arrive. That is not always a great joy to do specially before my first cup of coffee. I searched the internet for a heated feeder. Wow \$80 to \$120 to get it shipped. Some heat constantly which is not desirable as it overheats the water. So I bought a short plumber's heat tape for under \$30. I either wrapped it around a glass feeder or made a "nest" to sit in it. If you use a plastic flowerpot saucer for the nest do not drill the holes to hold the heat tape with bit of wire, instead use a hot nail and melt the holes that way the plastic will not crack. The heat tape is the ultimate solution. The pilot light shows if it is operating and the thermostat shuts off if it gets warmer than plus 4 to 5 degrees C and conversely turns on below it.



Now I can sleep in the morning and make that cup of coffee while the "hummers" already have a warm breakfast. With the feeder filled up I can even go away for a few of days. It makes life easy for the Anna's Humming bird and me.

Biological reference: www.sciencemag.org 2020/09



Letter to the Editor

Dear Editors:

I am writing primarily in response to the letter from the Denman Housing Association recently published in your paper, but also have in mind many other conversations about affordable housing that have been happening on the Island lately.

First, I want to say that I am very much in favour of the idea of creating a new zoning for clusters of tiny homes, in which residents would share collective economic decisions, as suggested in the DHA letter. This would mark a clear and forward-looking step away from the 'nuclear family in a big-building-industry compliant home' model that dominates most jurisdictions in Canada and the US. While this model does help to protect the unwary consumer from less-than-honest builders and sellers, it also severely limits the ways in which we can respond to local issues, such as those of food, housing, and sustainable living, as well as more global crises such as those of peak oil, peak water, and climate change.

Implicit in the DHA proposal (I think) is the assumption that the owners of these clusters of tiny homes could put their money together to buy land that would be unaffordable to each of them on their own. This is a great idea. I want to point out, as well, that there are other ways for those without a lot of capital to attain housing security and access to land.

Because of the nuclear-family model that dominates zoning on Denman, there are many people with large properties of 10-40 acres or more, who are generating food and propagating plants for all of us, but who are in a state of perpetual shortage of labour because they cannot offer long-term, secure housing to anyone who might be interested in joining them. This makes a bit of a mockery of the 'Sustainable Resource' (RE) zoning that many large properties are blessed with, since there is no necessary relation between how many people the property can support, how much food they might be able to produce, and the number of people allowed to live there. The clus

TIDE TABLE		
Secondary Tidal Station Ford Cove Source: tides.gc.ca		
2021-02-18 (Thursday)		
Time PST	Height (m)	Height (ft)
03:06	2.9	9.5
09:21	4.5	14.8
16:47	2.0	6.6
23:40	3.7	12.1
2021-02-19 (Friday)		
Time PST	Height (m)	Height (ft)
03:45	3.3	10.8
09:42	4.3	14.1
17:37	1.9	6.2
2021-02-20 (Saturday)		
Time PST	Height (m)	Height (ft)
01:34	3.8	12.5
04:52	3.7	12.1
10:08	4.2	13.8
18:33	1.8	5.9
2021-02-21 (Sunday)		
Time PST	Height (m)	Height (ft)
02:57	4.0	13.1
06:56	3.8	12.5
10:48	4.0	13.1
19:32	1.6	5.2
2021-02-22 (Monday)		
Time PST	Height (m)	Height (ft)
03:47	4.3	14.1
08:37	3.8	12.5
12:00	4.0	13.1
20:29	1.4	4.6
2021-02-23 (Tuesday)		
Time PST	Height (m)	Height (ft)
04:25	4.4	14.4
09:34	3.7	12.1
13:27	4.0	13.1
21:20	1.2	3.9
2021-02-24 (Wednesday)		
Time PST	Height (m)	Height (ft)
04:59	4.5	14.8
10:13	3.6	11.8
14:36	4.1	13.5
22:06	1.0	3.3
2021-02-25 (Thursday)		
Time PST	Height (m)	Height (ft)
05:31	4.6	15.1
10:48	3.4	11.2
15:33	4.3	14.1
22:49	0.8	2.6



ters of tiny homes model would help these properties to become more productive and truly sustainable, and would open up many possibilities for land trusts, covenanted ecological stewardship, and intentional communities – all situations where the participants might collectively share decisions and start projects based on affinities in addition to economic goals, such as education, conservation, artistic endeavours, and so on.

The big-building-industry component of the dominant model has also been very limiting, as some of its unchallenged expectations add significantly to the cost of housing ourselves. I am thinking, for example, about how we are required to handle potable, grey, and black water. I know from experience that, with some changes in usage, it is possible to live quite comfortably and safely on 25 litres of potable water per day, per person. On Denman, winter rain collected in cisterns can easily provide this amount of water, with enough of a buffer to get through the summer drought. An off-grid power system (solar plus wind and/or micro hydro) can provide the energy to run such a system. This eliminates the need for creating or adding to centralized water and power distribution networks, or drilling expensive wells that are often salty, smelly, or sporadic. It minimizes engineering costs, strain on existing infrastructure, and damage to the environment. The Denman LTC could take up and/or support advocacy for adapting state regulations to the changing realities of water provision and usage in the context of affordable housing, in addition to the existing support in the Denman bylaws for rainwater collection in some situations.

There are similar solutions to grey and black water handling. Under current laws in BC, light grey water can be directed to mulch bins or reed beds for natural cleaning before being returned to the land for irrigation. Diluted 10 to 1, human urine makes a great fertilizer, and also does not require a septic system. Human feces, when composted in a toilet, can also be returned to the land in a virtuous cycle of replenishment. Unfortunately current BC regulations treat humanure as something akin to radioactive waste so, once again, advocacy is required. But even under the existing regime, by accepting responsibility for what comes out of our bums, we can save many thousands of dollars in engineering, approval, and building costs, and we can be kinder to the land – there is nothing very lovely about a septic tank, once you look inside it, or at what comes out of it.

In sum, then, I say: while we are dreaming, let's dream in more colours, and make Denman a Gulf-Islands, provincial, and world-leader in the kinds of technologies, human relationships, and relationships with the land that are needed if we are to get beyond the impasse of the nuclear-family building-code-home model. Let's begin, here and now, to create a much more interesting and sustainable future.

Richard Day
5400 Northwest Road 🍷



An Unpainted Portrait: A Bag Day

By Leo Simmons

ARTS&LIT

Briefcase. Def: a leather/faux leather expandable bag held by a single, painful plastic handle in order to transport enormous weights of books. Frequently thrown, flipped or even tossed, resulting in a lifespan significantly less than the manufacturers' expectations.

The humble briefcase was a standard piece of equipment in the 1970s. Boys in the first, second and third years of secondary school typically used them, but by the fourth year most of us had forsaken the old-fashioned things in favour of sports bags, usually with 'Adidas' emblazoned upon them. They were, as I recall, considered cool. Even more cool, daddy-oh, were canvas rucksacks with a badly-painted rock band emblem upon the covering flap. Part of their appeal, I think, was that such bags afforded their contents absolutely no protection whatsoever and were a rebellion against all those books we had been forced to cover with wallpaper.

During their short lives, briefcases were terribly mistreated by almost everyone. Usually overloaded and with the lock straining to keep the contents together, they were forever being dropped heavily onto rough, wet or otherwise contaminated surfaces. Often, 'briefies' as they were known, were hurled and slid along corridors in the finest curling tradition, and more frequently they were simply thrown into corners or against walls. My personal favourite was to swing the briefcase and use a flick of the wrist at the last second to impart a somersault action. The more rotations I achieved, the better. My record - if memory serves - was a two point five, resulting in a shattered handle which I then had to tape up and hide from my mother for the rest of the year.

One day, my good friend Fergal stole the show. The 1970s was a time of turbulence in the UK. Unrest in, around and about the Northern Ireland situation abounded, and terrorist groups had made a series of murderous strikes on the British mainland in 1975 alone. Living as we did almost within sight of the port city of Liverpool, many of us - myself included - shared Irish heritage, and a high proportion of families bore identifiably Irish surnames: O'Malley, Fitzpatrick, Kelly etc. Fergal was a Fitzmichael. Remember that...

Like me, Fergal always took the bus home. Two seats at the front of the buses had been

ripped out to make way for a 'luggage rack' which was a good thing because navigating a completely obstructed aisle with a bag was nigh on impossible for small kids like ourselves. One fateful, sunny evening in 1977 Fergal stood up to fetch his bag from the luggage rack and step off the bus for the short walk home. With some consternation he found the rack empty. Somebody had taken his bag - either by accident or deliberately. The bus driver, befitting his role as the most grumpy adult of the day, encouraged Fergal to get the hell off his bus and stop bothering him with questions about bloody briefcases. Since he didn't use any physical force at that point, we must assume that the driver was one of the more enlightened members of his profession.

With nothing more to be done except to have a genuine excuse for not doing his homework, my friend made his way home and explained to his mother what had happened. Following a dubious line of logic, Fergal was sent to his room as punishment for having had his bag stolen from the spot where he was supposed to leave it for safe keeping. It can be a cold, heartless universe at times.

Sitting in his room, vainly waiting for the invention of home computers and/or video games, my friend's mood was further deep-

ened when the doorbell rang, and after a moment's muted conversation, he was called by his father. At the front door stood two police officers, looking very severe. As he presented himself, the questions began – almost all of which he was entirely unable to answer. Slowly, however, a picture of the events of the evening emerged, and by the following morning he was ready with his story for our entertainment.

It wasn't until we headed to our form room and sat down before Mr. Albert that the entire picture appeared. Once we'd settled down to await the start of our maths lesson, he called out to my friend. "Come here boy!" Fergal dragged his feet to the front. "I think you have some explaining to do, don't you?" Albert looked fierce, even angry. "Have I, sir?" "YES!! I want you to explain to me why you destroyed school property!" We frowned collectively; this wasn't going where we thought it might. Fergal began to quiver a little. "I want you to explain... THIS!" yelled the teacher, and from his desk drawer produced approximately one third (or 33.3% if we're converting fractions) of a maths text book. It was mostly a collection of burned, charred and ripped shreds, only loosely connected to the spine. Albert, his face twitching, reached again into the desk. "NO? Then perhaps THIS will refresh your memory!" and with a flourish he held up the handle of a briefcase, hanging desperately onto which were a few fragments of metal frame and some tattered and charred pieces of plasto-leather.

As we looked on, he burst into laughter. "Come on boy!" he said between giggles, "Don't you recognize your own briefcase?"

It turned out that someone had indeed – maliciously or otherwise – removed Fergal's briefcase from the bus in the little town through which we passed on our way home. Then, for reasons that will forever be unclear, he or she deposited the bag against the wall of the post office on the main thoroughfare. In the prevailing political climate, unattended bags always attracted attention. Within a short space of time, a member of the public had reported the suspicious bag, and the police had been called. An attending constable – dressed in the finest protective clothing of the day (a shirt, woollen trousers and, of course, a tie) approached and tentatively opened the clasp to peer inside.

He saw a name: Fergal Fitzmichael. That was enough. Within a short space of time, the local British Army Bomb Disposal Team arrived on the scene. With the potential for disaster looming, roads were closed and nearby premises evacuated. The bomb disposal team rolled out their state-of-the-art robot, designed specifically to deal with explosive devices. The beefy little device on mini tank tracks rumbled across the street and approached the briefcase. Its manipulator gently opened the bag. Unable to tell what lay inside, and with the circumstances indicating possible terrorist activity, the decision was made to conduct a controlled detonation of the 'device'.

Armed and dangerous, the little robot returned to the bag with renewed purpose. The machine fiddled about with the bag until suddenly: BA-BOOM! Windows in the Victorian buildings rattled, dogs barked and car alarms didn't sound...because nobody had one in 1977. A shower of paper fluttered gracefully to earth, along with microscopic remnants of briefcase. Fergal's bag was no more. Actually, that's not strictly true; its atoms still existed - it was just that they'd been spectacularly rearranged.

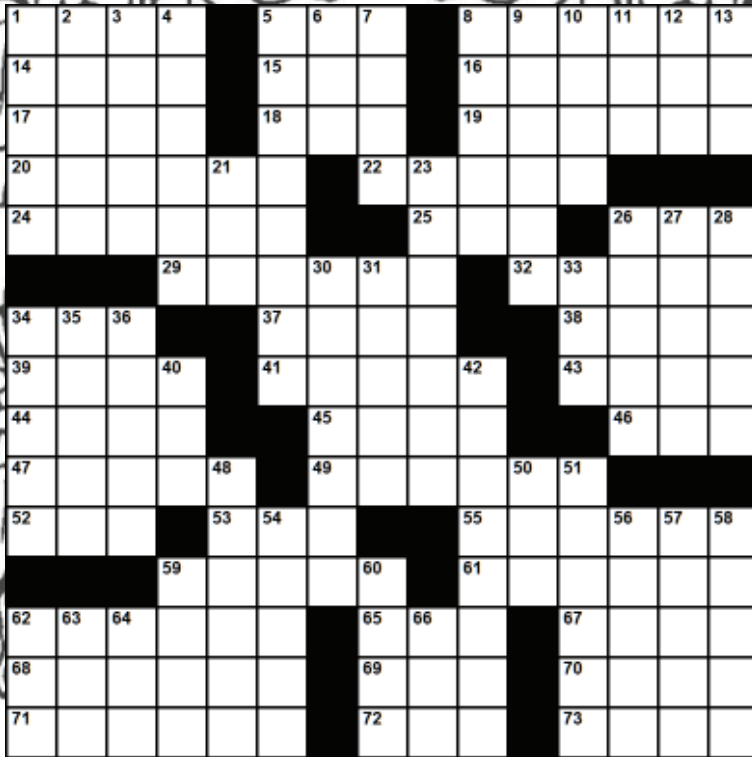
As schoolboy stories go, it was as good as it got and for several weeks Fergal was understandably a celebrity throughout the school. Actually, that's not quite true; his fame lasted years...

Denman WORKS! Economic Enhancement Society
FUNDING OPPORTUNITY
2021 Community Project Grant Applications
 Denman Works! invites all non-profit organizations to apply for a Community Project Grant to assist with financing their proposed projects and ongoing plans.
Deadline for submission: March 31, 2021

Eligible projects: must provide economic benefit to Denman Island and may be a new initiative or an enhancement to an existing initiative.
Eligible costs: could include equipment purchase or rental, materials and supplies, contractor fees, training, start up wages for new positions, and marketing.
 Complete details and an application package may be found at our website:
<https://denmanworks.wordpress.com/community-project-grants/>
 Hard copy applications can be picked up and dropped off at Abraxas Free Post under Denman Works

You may also contact our Grant Facilitator, Laura Busheikin at 250-218-3216 or email denmanresource@gmail.com.

• GRAPEVINE CROSSWORD •



• ACROSS •

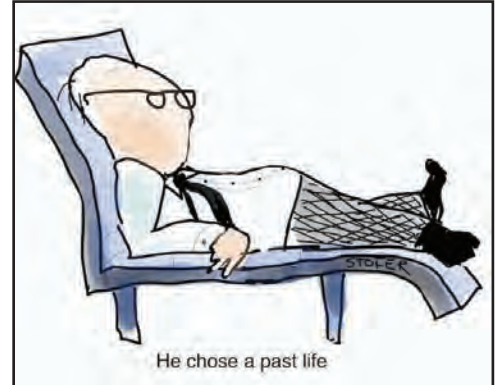
1. Oriental mascara
5. And many a lightfoot
8. Sleepy city in Texas
14. 2-D measure
15. Frigid
16. Incarnation
17. Aft
18. Clinic cost
19. Abhor
20. Rationale
22. Pine sap product
24. Set upon
25. Craze
26. Aquarius, e.g.
29. Strike the golf ball
32. Beauty parlor
34. Cry out loud
37. Bargain event
38. Fat for pastry
39. Go soft
41. 14 pounds
43. As a result
44. Competent
45. Talk a blue streak
46. Cat's cry
47. Commandments recipient
49. Alpine crests
52. Rangoon monetary unit
53. Cooking pan

55. Having a funny twist
59. Dike
61. Peggy Lee song
62. Hair goo
65. Black-eyed item
67. It could be proper
68. Juicer
69. Alley cat's scrap
70. Discharge
71. Fallible
72. Catch a glimpse of
73. Josip Broz

• DOWN •

1. Hindu force
2. Cookie snacks
3. Qualifying races
4. Cowcatcher
5. Inanimate
6. Air hero
7. Batik artist
8. Hot dip
9. Egg shapes
10. Indian flat bread
11. Giant great
12. Arena shout
13. Beatitudes verb
21. Be a contender
23. Umbrage
26. Burglar's bane
27. Eat greedily
28. Furnish with an income
30. Food item
31. Cake maker's need
33. A Canadian export
34. Die mark
35. Goody!
36. Fir resin
40. Barely visible
42. Rough guess
48. Neighbor of Norway
50. Historic time
51. Bard's offering
54. Easy to see
56. Country singer Judd
57. Arctic dweller
58. Ezra Pound product
59. Asian monk
60. Epic poetry
62. Before beginning
63. Above, in poems
64. Scratch the surface
66. Bard's before

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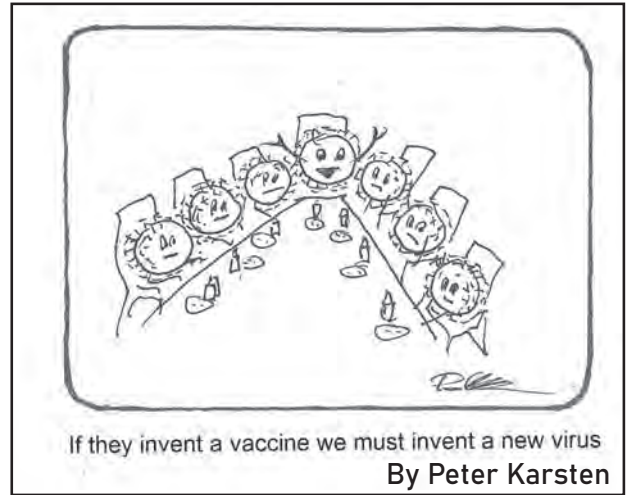
GUTTERS seamless, supply and install also repairs, for free estimate contact Kevin at 250 335 1986 or cell at 250 667 3233. Serving All Areas.

• 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 •

IS ANYONE MISSING A SMALL, cute, female lionhead rabbit? She is black above and white below. Very tame and gentle.



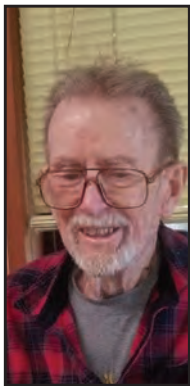
To claim this rabbit or to give her a new good home, please call 250-335-1088.

• WANTED •

WE ARE LOOKING to buy an Airstream trailer in good condition. We are also taking orders for Mille Fleur bantam chicks. Phone 335-1088.

The Way of It
by Bill Engleson
www.engleson.ca

*It may seem that we are of one mind,
that we should be in congruence,
each with the other, a community
of commonalty, of caring, and yet,
as the circle enlarges as it is bound to do,
this cord of agreement,
this chord of harmony,
this accordion of Hoyle-
might stretch, might squeeze
beyond the box of memory
of the way it was.
That is the way of it,
the way of time,
the weigh of balances,
the weight of ideas.
Ideas are voracious.
They feast on the way of it,
the way it once was,
the way it might be,
how we measured, how we weighed
our place in the universe,
the weight of ideas
and our accepted accords,
the chords of our communal choir,
the stretching and the reaching
beyond the everchanging
way of it.*



Bill Boulton, (John William Boulton)
of Glen Ghorm Rd, Denman Island has
passed away at the age of 88. He died in
the Comox Valley Hospital on
Tuesday, February 9, 2021.

Bill was born on June 6, 1932 in Winnipeg, Manitoba. His parents were Nora Mooney DeCourcy O'Grady, and John Arthur Boulton. Bill loved to be in the outdoors. He worked in the forestry, and as a logger all of his younger years. Later in life he settled into his 'retirement job', directing cars on the Denman Island Ferry. He claimed he got quite the workout waving his arm and thinking of ways to drive his crew mates crazy.

Bill is survived by his five children, Sherry Elnora Endres, John Donald Jesse Boulton, Leah Ann Dickinson, Brett Patrick Boulton, Megan Moria O'Kane, and his lifelong friend Pat Veness.

Bill had always wanted to finish his days in his cherished home on Denman Island. He appreciated all the home care nurses, and Sean the Community Paramedic that made this possible. He was very fond of Holly, Mica, and too many to list. The nursing team made Bill happy and safe in his home until the end.

• 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 335-3027 (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)
- Guffers 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)
- Home Town Shredders • Document Shredding • 334-7111 (D/H)
- 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 18

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

FRIDAY 19

- AA Meeting DI United Church 7pm

SATURDAY 20

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

SUNDAY 21

MONDAY 22

- DCA AGM Zoom 7:30pm

TUESDAY 23

WEDNESDAY 24

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

THURSDAY 25

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

**Corrections to
February Calendar**

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

Sadness

by Thomas Provençal

*When sadness lives in beauty
we have nothing left to lose.
To our soul we have a duty
and our mindset we do choose.
Our will directs our destiny
choosing details for our path.
We can live in happiness
or succumb to raging wrath.
Sadness is destructive
when it is left to smolder,
circulating in our system;
it makes the blood run colder.
An exacerbated emptiness
can fill us with a void
leaving only room for heartache
while others get annoyed.*

