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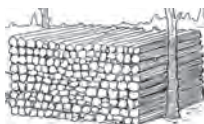
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Cover image: Morrison Marsh in the afternoon sun,
Denman Island. Photo by Dreadful Imagery



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

Healthy Islands: What is the Situation with INFLAMMATION?

HEALTH&WELLNESS

By Christopher Mainella

(Reprinted from issue 1473-March 4th, 2021)

Hello Denman and Hornby Community,

Christopher Mainella here, certified and registered Physiotherapist with the BC College of Physiotherapists, I provide Physiotherapy receipts if you are claiming on your extended health benefits or MSP Premium (which covers \$23/session up to 10 sessions). I am currently working on Wednesdays out of the Hornby and Denman Health Care Society building on Hornby and Fridays out of the Denman Medical Clinic. I have recently completed an advanced training in Vestibular Rehabilitation, if you have any issues with vertigo, dizziness, loss of balance please contact me.



Most of us, I am quite sure, have had some form of injury, condition or illness in which inflammation was present in our body. Symptoms may have presented themselves as; pain, an increase in fluid build up and in temperature, bruising the colors of a rainbow and/or redness locally. Then the questions we may have asked ourselves were; what is going on? what can I do? who can help me?

Inflammation is the body's attempt at self-protection. The aim of any kind of inflammation is to remove harmful stimuli, including damaged cells, irritants, or pathogens – and begin the healing process. When something harmful affects a part of our body, there is a biological response which tries to remove it. The signs and symptoms of inflammation, specifically acute inflammation, show that the body is trying to heal itself (Parkin, 2016).

So why the need to stop it before it starts? Why are we prescribed and why do we choose to use anti-inflammatories (NSAIDs) immediately instead of allowing the body to heal itself first? What about plant medicine, diuretics, adaptogens?

Many studies are now showing that if the body is allowed to go through its natural inflammatory process, the recovery time may be about the same but most importantly the chance of re-injury decreases and there is more optimal tissue repair. Inflammation at times is our friend not our foe!

For example, anti-inflammatory modalities are commonly used for the treatment of various musculoskeletal injuries. Although inflammation was originally believed to interfere with skeletal muscle regeneration, several recent studies have highlighted the beneficial effects of inflammatory cells on muscle healing. This discrepancy is attributable to an evolving understanding of the complex inflammatory process (Duchesne, Dufresne, Dumont, 2017).

“When you don't eat healthy, don't get enough exercise, or have too much stress, the **body** responds by triggering **inflammation**,” says Varinthrej Pitis, MD.

There are different approaches and factors to consider between acute vs. chronic inflammation, local vs. systemic. There are always exceptions to the rule and we should make choices in those situations on a case by case basis. When we seek out help in relation to our inflammation we are often provided with quick fixes and band-aid solutions that may have long term consequences. We may need to re-learn the concept that the body often has the appropriate tools to heal itself and we need to allow it the appropriate time to do so.

Rehabilitation of soft tissue injuries can be complex. Over the years, acronyms guiding their management have evolved from **ICE** to **RICE**, then to **PRICE** (Protect, Rest, Ice, Compression, Elevation). Although widely known, the evidence for these

treatments is limited. ICE/RICE/PRICE focus on acute management and ignore sub-acute and chronic stages of tissue healing. These two new acronyms encompass the rehabilitation continuum from immediate care (**PEACE**) to subsequent management (**LOVE**). **PEACE & LOVE** (see image below) underscores the importance of educating patients and addressing psychosocial factors to enhance recovery. The acronyms flag anti-inflammatories and their potentially harmful effects on optimal tissue repair. It is suggested that they not be included in the standard management of soft tissue injuries (Dubois, Esculier 2019).

What can Physiotherapists do to help:

Physiotherapists generally use techniques that include heat therapy, cold therapy, therapeutic electrical stimulation, therapeutic ultrasound, traction and massage. They also can provide education on pain reduction strategies and the inflammatory phases, beneficial movement patterns, how to use assistive equipment, when and how to return to activities and how to avoid re-irritating the injury.

My contact information:

Physio Alternative (www.physioalternative.ca), physioalternativecm@gmail.com, (514) 605-9398 (Montreal based number)

P

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PROTECTION
Avoid activities and movements that increase pain during the first few days after injury.

ELEVATION
Elevate the injured limb higher than the heart as often as possible.

AVOID ANTI-INFLAMMATORIES
Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.

COMPRESSION
Use elastic bandage or taping to reduce swelling.

EDUCATION
Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.

LOAD
Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.

OPTIMISM
Condition your brain for optimal recovery by being confident and positive.

VASCULARISATION
Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.

EXERCISE
Restore mobility, strength and proprioception by adopting an active approach to recovery.

TIDE TABLE		
Secondary Tidal Station Ford Cove Source: tides.gc.ca		
2021-03-11 (Thursday)		
Time PST	Height (m)	(ft)
05:08	4.7	15.4
10:59	3.0	9.8
15:51	4.1	13.5
22:42	1.2	3.9
2021-03-12 (Friday)		
Time PST	Height (m)	(ft)
05:40	4.7	15.4
11:37	2.7	8.9
16:44	4.1	13.5
23:22	1.3	4.3
2021-03-13 (Saturday)		
Time PST	Height (m)	(ft)
06:07	4.7	15.4
12:13	2.5	8.2
17:34	4.2	13.8
23:59	1.6	5.2
2021-03-14 (Sunday)		
Time PST	Height (m)	(ft)
06:32	4.7	15.4
12:47	2.3	7.5
18:22	4.1	13.5
2021-03-15 (Monday)		
Time PST	Height (m)	(ft)
00:32	1.9	6.2
06:54	4.6	15.1
13:20	2.1	6.9
19:09	4.1	13.5
2021-03-16 (Tuesday)		
Time PST	Height (m)	(ft)
01:03	2.2	7.2
07:14	4.6	15.1
13:53	1.9	6.2
19:58	4.1	13.5
2021-03-17 (Wednesday)		
Time PST	Height (m)	(ft)
01:33	2.6	8.5
07:33	4.5	14.8
14:25	1.8	5.9
20:49	4.0	13.1
2021-03-18 (Thursday)		
Time PST	Height (m)	(ft)
02:05	2.9	9.5
07:51	4.4	14.4
14:58	1.7	5.6
21:48	4.0	13.1

Zap Straps or Zip Ties - The New Oyster Blue!

By Dorrie Woodward • ADIMS

COMM INFO

This is a copy of ADIMS' letter, sent March 8, 2021, to Jim Russell, executive director BC Shellfish Growers Assn, Alex Munro manager Fanny Bay Oysters, and cc'd to Chris Marrie, Aquaculture Environmental Operations DFO in Campbell River and Barb Mills of ADIMS

Dear Jim and Alex,

Barb raised this briefly outlined this issue at the Alternative Practices Cttee meeting last week.

Islanders are approaching us about the many zap straps they're finding on Denman's beaches. Each strap has been cut open, probably when workers haul in a line of the new oyster pouches and cut them loose. When this new system was introduced, the zap straps became common, as in past years thousands of pieces of "oyster blue" rope washed ashore, the debris from another system of oyster culture.

Not only are the zap straps used to attach the new pouches, they're also used to secure the plastic fencing to the rebar, and attach netting to ropes.

Both the zap straps and the oyster blue are like plastic straws or cups: single use items that get tossed because there are no plans for disposing of them properly. Over the years, that would be too many zap straps going into Baynes Sound.

A garbage bin has been set up at our recycling centre just to receive these zap *continued on P.5...*

An Unpainted Portrait: Celebrating Music

ARTS&LIT

By Leo Simmons



Choir (school). *Def: an assemblage of boys making a noise with their voices while a teacher stands in front of them waving his/her arms about with waning enthusiasm.*

Each year the school held what was optimistically referred to as a music 'festival'. Since a festival is usually a celebration of some kind, I can only presume that the intention was that we would, in some way, be celebrating music. If only...

Attendance was mandatory for everyone in the lower five school years and 'expected' of the sixth formers. Those of us with pretensions of talent (step forward, Ackerley Bo – oh, you already have...) anticipated the festival with a mixture of glee and nervous tension, while the rest of us dreaded what felt like the longest day in the school year.

Those of us unable to play any musical instrument – a recorder, apparently, definitely does NOT count – were automatically herded together into house choirs. I discovered that a choir is a strange beast. Despite standing among several people whose understanding of pitch and tone appeared to less than instinctive (that's my polite and sensitive way of saying that some people couldn't sing a note), when grouped together, our voices sounded more or less tuneful. I discovered this phenomenon while returning to the rehearsal room from a toilet break. Before I opened the door, I genuinely believed that another group of boys had taken our place in my absence, and I was astonished to find that a passable noise was being made by the Paton House junior choir.

'Watty' Watkins, for example, brayed like a donkey, and 'Clipper' Phipps had a voice that had been known to drive music teachers to the demon drink. 'Whats' Atworth could shatter eardrums at fifty paces and 'Hairy' Hughes, who had reached puberty before the rest of us (something for which he was never forgiven), experimented with notes never before achieved by the human voice. Nevertheless, it was undeniable; our choir was singing and sounding as if we knew what we were doing. I think it was this moment which started my nerves a-jangling. Suddenly, I realized, there was a real chance that I might screw up.

From that day on, as the passing days dragged us kicking and screaming towards the music festival, my anxiety grew. By the time the big day arrived, I was a nervous wreck, despite the insignificant part that I would play in proceedings. Numerous other boys were going to be very much in the spotlight; several pianists would be playing solo recitals, a rock band made up of fifth formers was scheduled to make a debut performance, and of course there was the inevitable appearance of Ackerley Bonce to be anticipated. By comparison, I would be an anonymous little oik among the general melee. I was, however, petrified.

Seven or eight years later, faced with stepping out onto a stage and singing solo in front of several hundred people, I was able to turn to the warm embrace of a famous Scottish distillery's product for comfort and courage, but sadly no such avenue existed for me in the school hall at the age of twelve.

I went ahead with it, of course; short of breaking down in tears, making myself vomit on the music teacher or actually dying, I had no choice. Predictably, I was awful. I warbled appallingly through our two set pieces, singing worse than I ever had before. Watkins, standing next to me, was by contrast bringing forth delicious sounds that could only have come from heaven itself. The swine.

Incredibly, nobody seemed to notice my dreadful performance but I wasn't the only one to experience disaster. One of the pianists had a particularly tricky piece to play and after fluffing several dozen notes with increasing frequency, suffered a complete meltdown, running tearfully from the hall under the blank gaze of his pitiless audience. Ackerley Bonce gave a masterful performance right up until he forgot what he was supposed to play, ending his recital abruptly, offering a curt bow to the audience and somehow making us all feel as if his failure was our fault.

We were all stunned, however, by the day's final performance offered up by the newly-formed fifth year rock band. Rejoicing in the name of 'Codpiece' – you don't forget a name like that with only forty years to do so – the four worthies took to the stage. Expectantly, we waited for some proper music. After two minutes of guitars being plugged into humming amplifiers, the occasional screech of feedback – startling the headmaster out of his daze – and a few random drum beats, a stubble-faced youth approached the microphone and while apparently trying to eat it, muttered: "This...is called...Dreaming of Pain..." Again, you can't forget a title like that with the passage of only four decades. Believe me; I've tried.

We were then subjected to far too many minutes of the most diabolical noise that most of us had ever heard, while the lads hammed it up on stage, living their dreams. The centrepiece of the song – a solo by the lead guitarist whose name I happened to know was Lawrence Pigly – consisted of one note played with frantic speed over and over again, accompanied by pained expressions similar to those of anyone who's stepped on a Lego brick. When the 'song' finished, nobody in the room needed to dream of pain any longer. We'd felt it.

A celebration of music, indeed...



...continued from P.3 straps, and other bits of plastic debris including oyster blue. This is being organized by the Marine Guardian Committee of the Denman Residents Association, and has been discussed on the Denman Bulletin Board on Facebook, so the irritation is real in the community. Who is willing to tolerate single-use plastics being thrown into the ocean, especially when it so clearly comes from industry?

As well, the zap straps become brittle quite quickly and break up into smaller pieces, and concerns for local birds and wildlife have been raised.

To quote from the harmonized shellfish aquaculture application: "Shellfish aquaculture conditions of licence prohibit the introduction of refuse into the marine environment. Do you have a plan in place to manage your infrastructure, gear and equipment to minimize the generation of debris and ensure any debris generated does not enter the marine environment?"

We're asking that you be proactive in dealing with this single-use piece of plastic.

Perhaps workers can wear some type of convenient fanny pack to hold the used straps.

Each new culture system has its development period, and now is the time to work out the bugs. Please take our community's concerns seriously, and consider the zap straps to be a bug that needs to be disposed of systematically. Better a bug than a feature!

Look forward to hearing back from you on this issue,



Living Well: Aegean Teal

By Verna Isbister

COMM INFO

I spent three days last week painting the interior of a house. My painter's cap goes off to the talented painters on this Island after realizing how much preparation, work and clean-up is involved. The act of painting in an empty, quiet house puts one in a reflective mood. I started thinking about the similarities between painting and the pandemic.

Step 1: Be prepared. Look over the walls and our world and see what needs to be done. Make sure that you have all the supplies for the task at hand. Remember how we felt last March, when the news and the reality of a pandemic started reaching our Canadian shores? Whoever thought that we'd be buying masks, disinfectant and a year's supply of toilet paper? The line-ups for groceries and garden supplies demonstrated people's preparedness. When someone asked Lord Baden Powell about his scout's motto of "Be prepared", they asked, "Prepared for what?" and he replied "Why, for any old thing." (Bryan Wendell, 2017)

Step 2: Fill in the holes and cracks with spackle or a patch, let dry and then sand lightly. Over this past year, many of us have become aware of our deficits. The holes in our personal characters, our lack of compassion, our greed and consumption of the world's resources have come to our attention. Some have attempted to fill their holes with increased alcohol, drugs of choice, screen time or with more positive pastimes like exercise, reading and serving others. It seems that we've been invited to re-evaluate our lives and sand off some of our bumps and imperfections.

Step 3: Prime the walls. Primer covers a multitude of sins: stains, smudges and the mistakes of previous, bad colour choices. Remember to cut in around the ceilings and edges. I don't know about you but I've had to admit and confess many of my shortcomings this year: impatience, bad-temper and crankiness. I wish that I could cover over my hard edges with some good white paint.

Step 4: Choose a new colour. Have you ever realized how many shades of white or green are offered in the paint store? It's rather overwhelming. Nowadays, you can bring home paint chips and mini sample cans to make it even more confusing. You can even go on-line and discover colours for a new make-over. Doesn't that sound inviting after a Covid year? Consider what colour you would choose for a personal do-over.

Step 5: Now comes the easy part. Dip that roller in paint and roll away. It's a meditative motion that incorporates deep knee bends and arm stretches: Zen and the Art of Bodily Maintenance.

I wonder what new things we've learned about ourselves this past year? Did we try some new things? Have we taken better care of ourselves, our neighbours and

the environment? Did our cancelled cruise, ferry or flight reduce the carbon footprint? Did we reconnect with old friends? Did we say, "I love you" at the end of phone calls? Our world has the potential to start looking better already. Step 6: Now comes the messy part: the clean-up. Life is like that. Patterns of creativity and purpose often include messy bits and painful transitions, such as, delays, broken promises, illness and even death. It's like the hardened paint drips down the wall or painted footprints tracked down the hall. By the end of this summer or fall, the vaccines will have given us a new lease on life; a splash of new colour.

Step 7: Once the smell of paint has cleared, stand back and marvel at the paint job. Don't things look brighter, cleaner and newer? Wouldn't it be nice if we could cover the world with primer and apply a fresh coat of paint? Wouldn't it be nice if we could wipe away the brokenness of this past year and start over again? Remember that saying, "Today is the first day of the rest of your life." In a way, that's the message of the upcoming Christian holiday of Easter: from death to resurrection, new life.

Let's hope that we don't have to repaint everything again in five years but knowing our luck, our world and its people will at least need a touch-up! I've already picked out the paint colour. It's Benjamin Moore's colour of the year: Aegean Teal, a "soft soothing blue green."



Trampling Threatens Helliwell's Endangered Caterpillars

By Chris N. Junck • Taylor's Checkerspot Recovery Project

COMM INFO

Life for endangered Taylor's checkerspot butterfly caterpillars is a risky endeavour. If the caterpillars manage to find safe places in the fall to overwinter in their dormant (diapause) larvae form, they emerge in February or early March and need to quickly find enough nutritious plants to eat. In Helliwell Provincial Park, they'll search for speedwell, plantain, harsh paintbrush, blue-eyed Mary, or a few other suitable species. Hopefully, they won't encounter severe weather, predators or parasites before they emerge as adult butterflies in late April to mid-May.

The odds aren't in their favour, so this critically at-risk species needs help from humans to survive. Nearly 800 Taylor's checkerspot caterpillars reared under the care of Wildlife Preservation Canada staff, in collaboration with the Vancouver Zoo, were released in Helliwell Provincial Park last March. In follow-up surveys there were 74 confirmed sightings of Taylor's checkerspot butterflies over 20 days, but some of those individuals may have been tallied more than once. There may have been more adults in the area than those that were counted, but the number of caterpillars that became adult butterflies was likely low.

Although there are several natural causes of butterfly mortality, there are things that people can do to help increase their chances for survival, such as planting pollinator friendly gardens and watching where they step. According to BC Parks conservation specialist Erica McClaren, "Trampling is one of the greatest threats to the caterpillars and their food plants." Park visitors and their pets can help reduce this risk by staying on the marked meadow trails delineated by ropes and restoration area signs.



Taylor's checkerspot caterpillars are tiny and difficult to see. Please walk carefully in the park and stay on marked trails!

Erica also emphasizes that park regulations stipulate that dogs must be on a leash and bikes aren't allowed in Helliwell. She also encourages the public to report Taylor's checkerspot sightings to Taylor's.Checkerspot@gov.bc.ca, or by using the free iNaturalist app (www.inaturalist.org). It's an easy to use species identification tool that enables citizen scientists to record and contribute important species data for projects around the globe.

If all goes well, the Taylor's Checkerspot Butterfly Recovery Project Team will release more caterpillars into Helliwell Provincial Park this March. The recovery initiative also includes extensive habitat restoration in the park, such as selective tree and invasive plant removal, and adding native plants and seeds. Although focused on Taylor's checkerspot, several other rare coastal bluff ecosystem species will benefit from this project including dun skipper butterflies and about a dozen other range-restricted butterflies, western bumble bee, many native plants, bats, western screech-owl and numerous other birds.

The Taylor's Checkerspot Butterfly Recovery Project Team includes representatives from BC Parks, Denman Conservancy Association, Garry Oak Ecosystems Recovery Team, Mosaic Forests, Wildlife Preservation Canada, Greater Vancouver Zoo, consultants, and others. There has also been a lot of local assistance from Helliwell Park neighbours in High Salal Ranch Strata, volunteers, Conservancy Hornby Island, the Hornby Island Natural History Centre, and Hornby Island Provincial Parks Committee.

The recovery project has benefited from funding generated by the BC Parks License Plate Program, the Environment Canada Habitat Stewardship Fund and the Habitat Conservation Trust Foundation.

Background Information

Taylor's Checkerspot Butterfly (*Euphydryas editha taylori*)

- Also known as Edith's Checkerspot.
- Historical range was Hornby Island, southeastern Vancouver Island, Puget Trough and to the Willamette Valley in Oregon.

In BC, they were once abundant at 10 sites in the Greater Victoria Area, one site each near Mill Bay and Comox, and sites on Hornby Island (including Helliwell Provincial Park).

• They were thought to have been extirpated (became locally extinct) from Canada by 2000 when no Taylor's Checkerspot could be found in their last known sites on Hornby Island despite intensive searches. However, new populations were discovered on Denman Island in 2005 and near Campbell River in 2018.

It is federally listed as Endangered (COSEWIC, SARA Schedule 1), and is on the BC Red list of at-risk species.

• Taylor's Checkerspot butterflies need open sunny meadows where they can find suitable host plants (food for larvae and nectar producing flowers for adults), such as Woolly Sunflower, Common Camas, Small-flowered Blue-eyed Mary, Wild Strawberry, Sea Blush, and Yarrow.

• Habitat loss, degradation and fragmentation are major factors in the species' decline. For example, the meadows along the coastal bluffs in Helliwell Provincial Park became less suitable for butterflies due to invasions of non-native plants and encroaching forests.

• Habitat enhancement work (weeding, selective limbing +/- removal of conifers, re-planting and seeding with native species) has been ongoing in Helliwell Provincial Park for several years.

The Taylor's Checkerspot Butterfly Recovery Project

The Taylor's Checkerspot Butterfly Recovery Project is an initiative of the Garry Oak Ecosystems Recovery Team's Invertebrates at Risk Recovery Implementation Group. It is a collaborative effort to restore Taylor's Checkerspot populations in British Columbia through habitat enhancement, captive butterfly rearing and release, monitoring, public outreach, and other activities.

Team Members

Jennifer Heron (Chair), BC Ministry of Environment and Climate Change Strategy, Vancouver, BC

Erika Bland & Andrew Fyson, Denman Island Conservancy Association, Denman Island, BC

Deborah Bishop, Denman Island, BC

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BC Conservation Foundation

BC Ministry of Environment and Climate Change Strategy

BC Parks

BC Parks License Plate Fund

Denman Conservancy Association

Environment Canada Habitat Stewardship Fund

Garry Oak Ecosystems Recovery Team
Greater Vancouver Zoo
Habitat Conservation Trust Foundation
Hornby Island Community School
Hornby Island Natural History Centre
Mosaic Forests
University of British Columbia
Wildlife Preservation Canada

For more information about the Taylor's Checkerspot Butterfly Recovery Project, visit: www.goert.ca/activities/taylors-checkerspot/
Or contact:

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Quarantine Brazil Now

By Gwynne Dyer • OP March 8th, 2021

OP/ED

If I were World Dictator, I would immediately place Brazil under total quarantine: nobody gets in, nobody comes out. And I would keep it isolated until they (a) arrest and jail President Jair Bolsonaro; (b) impose a strict countrywide lockdown for at least two months; and (c) vaccinate everybody in the country (all 213,584,556 of them). And then we'll see.

They'd have to lock Bolsonaro up first because he flatly refuses to do any kind of lockdown. He also regards vaccines as sissy and will not support a national programme to vaccinate the population. Some state governors are trying to buy vaccines for their own local populations, but he publicly berates them as cowards for worrying about "a little flu."

Bolsonaro is Donald Trump on stilts, and is largely responsible for Brazil's sky-high Covid-19 death rate: more than a quarter-million dead. The United States still holds the lead with half a million deaths – 1,600 per million compared to Brazil's 1,250 per million – but the US Covid death-rate is falling fast since President Biden took over, whereas Brazil's is still rocketing up.

Because Brazil's infection rate is so high, it is an ideal pressure-cooker for new and sometimes more dangerous versions of the coronavirus. It already has two named 'variants' of concern. The more recent and more worrisome one, P.1, probably emerged in Manaus, and is now rampant across the Brazilian Amazon.

P.1 is also starting to move out into the rest of the world. Six cases got off the same plane from Brazil in London recently, causing a nationwide scare until they were all tracked down. What makes it so frightening is that it spreads twice as fast as earlier Covid versions – and it seems able to reinfect people who have already had Covid once.

If it can do that, it can probably also get around the immunity conferred by existing vaccines. There is no evidence of 'community spread' of P.1 in other countries yet – that is, of infections passing between local people who have not travelled abroad – but it is only a matter of time unless people stop travelling to and from Brazil.

And what does Jair Bolsonaro say? As Brazil recorded its highest-ever Covid death toll last Thursday, he said: "Stop whining. How long are you going to keep crying about it? How much longer will you stay at home and close everything? No one can stand it anymore. We regret the deaths, but we need a solution."

And his 'solution' is to man up, accept half a million or even a million deaths – and to impose that solution on everybody else in the world too, because he's certainly not going to shut foreign travel down.

Bolsonaro cannot be reasoned with, and Brazilians cannot really be expected to remove him. Like the sane American majority under Trump, they'd rather endure the madman's blunders and crimes until the end of his term than use force against him and wreck the constitution. But if P.1 spreads, that could mean that everybody else in the world gets lockdowns until the end of the year at least.

Nobody is going to invade Brazil to remove Bolsonaro, although he does pose a

big, very real threat. But what everybody else can do is quarantine Brazil. No national or international law stops other countries from banning flights coming out of Brazil from landing on their territory. So do it. Now. No exceptions.

Happily, there are very few heavily travelled road routes out of Brazil, and the country's neighbours have every incentive to shut them down. Maritime trade could continue, so long as every ship leaving Brazil spends at least two weeks at sea before calling at another port (or longer, if any crew develop Covid symptoms).

Even air cargo could be allowed, especially if state governors can buy some vaccines abroad, so long as no passengers are allowed and air crew are strictly quarantined at both ends of the flight. Nobody wants to punish Brazilians, who are suffering so much under Bolsonaro already. We just don't want him to kill our parents too.

How long should the quarantine last? At least until we understand the real threat from P.1 and other emergent Brazilian variants, have developed vaccines that work against them, and have had time to inoculate our own populations elsewhere. So at least until the end of the year, but considerably longer if the Brazilians don't get their own infection rate under control.

There is a legitimate debate starting to surface about whether we should try to eradicate this coronavirus entirely (like SARS and MERS) or just aim for long-term 'containment' (like the 'flu'). This is not about that. It is about avoiding a deadly escalation in the danger. The world can do this quite easily, if it chooses, and Bolsonaro doesn't get a vote.



Brazil's President Jair Bolsonaro



RE: Dick & Jane

Months ago there was discussion of tracking some of the mystery people of the islands after the exposé on Dick and Jane. Graham thinks he knows who they are, living here under other names. Jane is particularly ticked that there is even a suggestion they are hiding out on Denman but with the pandemic she does not know to where she might flee.

It seems the Gertrude lady with the dog problems is an understudy of Jane's from years ago in Ottawa and other capitals and Jane is just not happy with any of that gang living anywhere near Dick and Jane. Graham says he has unearthed more relationships with Jane in addition to Gertrude. That Kynznyk fellow is a client of Gertude's, and he is ex Russian Mafia hiding out in Merville. He used to be considered dangerous says Jane.

That English engineer writing about the quarry hill is an acquaintance of Dicks; Oswald Perceival-Smythe. The latter has a daughter Olivia, who it turns out was a student of Dr. Marjorie Goldsmith-Jones of U of Manchester. See intercepted emails below.

If Graham or anyone else can determine if this is all true or they have other information on these mystery folks, contrary to the above, let me know.

The Denman Island Hackers have intercepted more emails from the Hornby line crossing the island. These might make it into the chronicles of the Gulf Islands next edition.

r

copy other writers who might know of these connections.....



Denman Island Local Trust Committee PUBLIC HEARING NOTICE Rezoning – DE-RZ-2017.1 Denman Community Land Trust Association (Pepper Lane)

The Denman Island Local Trust Committee invites the public to attend a Public Hearing beginning at 7:15 pm, Monday, March 15, 2021, via electronic meeting, to hear your views regarding Proposed Bylaw Nos. 233 and 234. A Community Information Meeting will be held prior to the Public Hearing at 7:00 pm.

What are Bylaw Nos. 233 and 234 about?

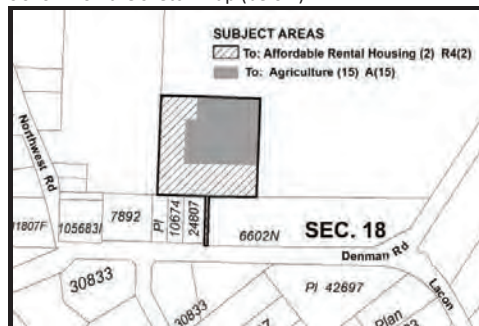
Bylaw No. 233 will amend the Denman Official Community Plan (OCP) by introducing new policies to: re-designate a 0.7 hectare portion of the subject property (see sketch map below) from 'Sustainable Resource' to 'Residential'; allow subdivision to permit seniors affordable housing; require residential rental tenure zoning for multi-family dwellings to ensure rental affordability is maintained in perpetuity; and require Energy Step Code compliance for new dwellings as a result of rezoning or density transfer.

Bylaw No. 234 will amend the Denman Land Use Bylaw (LUB) by: rezoning the parcel to two new site specific 'A(15)' and 'R4(2)' zones to allow for subdivision and increase in density in R4(2) zone; permitting seniors affordable housing duplexes by way of a residential rental tenure zone; changing proof of adequate potable water requirement at the time of subdivision from 1200 litres/day/dwelling to providing proof of water licence (3680 litres/day as per licence); and regulating siting, size, lot coverage, parking, signage and several other land use parameters for the new 'Affordable Rental Housing (2)' - R4(2) zone.

The subject property is located at 3730 Denman Road and legally described as:

PID: 031-102-026, Lot A of Section 18, Denman Island, Nanaimo District, Plan EPP68031

As shown on the sketch map (below)



How Do I Get More Information?

A copy of the Bylaws and other information is available at the Islands Trust Northern Office from 8:30 a.m. to 4:00 p.m. March 3-4 and March 9-11, 2021, or online from March 3, 2021 to March 15, 2021 here:

www.islandstrust.bc.ca/islands/local-trust-areas/Denman/current-applications/

Enquiries?

Contact the Islands Trust Northern Office, by email: northinfo@islandstrust.bc.ca, or phone: 250-247-2063.

Written submissions?

Send by 4:30 p.m., March 15, 2021 to: Islands Trust, 700 North Road, Gabriola Island, BC, V0R 1X3 or Email: northphsub@islandstrust.bc.ca

To listen and/or view the meeting or participate in the Public Comments portion of the Public Hearing, on March 15, 2021, the public may join the meeting by:

Calling: 833.955.1088 (Toll Free) or 833.958.1164 (Toll Free)

○ Press (*9 to raise your hand and *6 to unmute)

Logging into: <https://islandstrust.zoom.us/j/69587914025>

The Webinar ID number is: 695 8791 4025

Live Stream (To watch only): <https://collaboratevideo.net/islandstrust/C>

Written submissions made in response to this notice will be available for public review.

NO WRITTEN OR ORAL REPRESENTATIONS WILL BE RECEIVED BY THE DENMAN ISLAND LOCAL TRUST COMMITTEE, OR ITS MEMBERS, AFTER THE CONCLUSION OF THE PUBLIC HEARING.

Becky McErlean, Deputy Secretary

Notes From A Public Trustee

COMM INFO

By David Critchley

There has been a lot of public discussion recently about the Trust's actions or inactions in respect to dwellings that are not in compliance with our bylaws. This is almost always referring to dwellings that are not permitted because they exceed the number that are allowed for a particular property under the applicable zoning. In the course of these discussions there have been various statements made that are not in accordance with the facts.

In response to newspaper reports the Trust took the unusual step of drafting and publishing a rebuttal which has now been published. I will not repeat the elements of the dispute but I thought it might be useful to set out in full a standing resolution that was passed by the Local Trust Committee that bears directly on the topic. We passed the original version of this on June, 6th, 2019 and we made amendments to it on January 9th, 2021. The changes did not change the intent and were for clarification only. The document is published on the Trust website.

"It was MOVED and SECONDED,
that the Denman Island Local Trust Committee adopt the following standing resolution:

"The Denman Island Local Trust Committee directs Bylaw Compliance and Enforcement staff to temporarily withhold enforcement against unlawful dwellings upon receipt of a written complaint, unless any of the following conditions apply:

- a) The complaint is received from at least two sources, one being the owner, occupant or title holder of a neighbouring property;
- b) It appears that there is more than one unlawful dwelling on a lot;
- c) An unlawful dwelling appears to be larger than 90 square meters; or
- d) An unlawful dwelling appears to be located within a Development Permit Area; and nothing in this enforcement policy should be interpreted as giving permission to violate the Denman Island Land Use Bylaw and the Local Trust Committee may change this policy or give direction to expand enforcement activities at any time. This Standing Resolution will be reviewed in one year's time."

I fully expect that opinions will vary about the appropriateness of this standing resolution. Some people have expressed to us that they believe there should be no enforcement at all against unlawful dwellings. It is pointed out that the residents occupying such dwellings are often the most vulnerable among us. Others will say, why have bylaws if you aren't going to enforce them, and why should some people profit as landlords while others follow the rules?

Our response, for the time being, is the standing resolution which is admittedly a compromise and imperfect.

Affordable housing is a major concern on all the islands in the Trust. Until we get much more of it there will continue to be unsatisfactory patchwork responses such as our standing resolution.

In a further article I will report on the Trust's view of its role in the provision of affordable housing, a topic that will have been discussed at Trust Council in the days before this note is published.



Letters to the Editor

(Reprinted from issue 1473-March 4th, 2021)

March 1, 2021 Dear Editor,

Doctors supporting Covid 19 Vaccination

This letter is from many of the doctors on Denman and Hornby Islands. We want to make it clear that we support the work of the Centres for Disease Control and BC's Medical Officer of Health, Dr. Bonnie Henry.

Some people distrust our Public Health agencies' messaging about the safety and efficacy of the vaccines against Covid-19. We believe that the vaccines are safe and are all planning to get vaccinated when it is our turn.

We also believe that the "herd immunity" that will occur when enough people are vaccinated is the best way for our society to return to normal.

Doreen Tetz MD

David Scruton MB ChB MRCP

Ron Wilson MD

Alsoon Brine MD

Laura Chalfin MD

Barbara Froehner-Bulmer MD

Melissa Allan MD

Lori McFarlane MD

Margaret Bilan MD

Joan Scruton MB ChB

Theresa Clinton MD

Michael Dennis PhD Neurophysiology

Mark H Kimmins MD FRCSC FACS FASCERS

Jan Ferguson MD

David Wiseman MD

Wendy Boothroyd MD

Peter Clark MD

Keith Hatlelid MD

Barry Parrington MD

Maggie Ellis, RN 

In response...

by Christiane Brown & Amanda Hale

We have been asked if it is not difficult to speak out when we know that we are likely to be hit publicly.

We said: Yes, it is not easy, but we are not insensitive to opposing opinions, knowing how much fear and anxiety is out there. This is not about winning popular opinion but about inviting consideration for the social welfare of current and future generations.

The following words may inspire us all:

"The world cannot be improved if everyone blindly follows the majority. It takes people with courage to question the seemingly irrefutable; people who dare to question authorities and use their own mind". (Mahatma Gandhi)

PS: We would like to thank the Grapevine Editor for resisting censorship. 🍷

Dear Editors,

Please be aware that a recent letter from the Denman Island Local Trust Committee (DI-LTC) is not a letter from the enforcement branch of Islands Trust. They are two different and separate entities. While the Local Trust Committee "can only speak to [their] actions and policies" they are not speaking about the realities of what the Islands Trust Bylaw Enforcement Officer (IT-BEO) did/said at, and the community aftermath of, his enforcement visit.

While the DI-LTC may not have initiated the enforcement activities, an on-island visit was conducted on July 30, 2020, at people's homes. During that day the IT-BEO traveled around Denman, in some cases accompanied by the Agricultural Land Commission Enforcement Officer. These 2 Enforcement Officers introduced themselves to me, when they arrived unannounced at my Denman Island home on July 30, 2020.

The LTC has yet to acknowledge these facts, and their impacts on residents of our community. Instead they sent out a letter that mysteriously left out many important details, including the very fact of the Enforcement Officer's visit to Denman Island homes, back in July, in the middle of the COVID pandemic.

The LTC writes:

"First, a standing resolution was made pre-COVID (in June 2019) by your local trust committee in recognition of the housing crisis. This standing resolution is temporary."

While he was at my home, on July 30, I directly asked the Enforcement Officer if he knew about the LTC's moratorium DE-2019-056. He said he didn't know about it, but that he was following Islands Trust direction and bylaws that day.

Nor did the LTC letter mention that Standing resolution DE-2019-056 was recently reviewed at their January 19, 2021 meeting. That is when the LTC set it again for "review", in January of 2022. Less than a year away, that is not very reassuring to island renters.

Most importantly, DE-2019-056 doesn't apply, when more than one complaint is made on a property, or when more than one "unlawful" dwelling is present. This leaves many residents still at risk of continued bylaw enforcement.

The LTC writes:

"Second, in March 2020, an Islands Trust-wide decision was made not to pursue enforcement on unlawful or non-permitted dwellings that would result in tenants being evicted. We have kept to that policy through the public health emergency, and we have informed complainants, property owners, and – where possible – tenants, of this fact."

If these moratoriums were known by IT staff, then why did the Enforcement Officers come to my home on July 30th? If the IT-BEO was breaking protocol and/or instructions of his superiors, why have I not yet received an acknowledgment, nor an apology for the traumatic July 30th visit by the Enforcement Officers?

During his visit, the IT-BEO was very concerned with looking for illegal housing. He said that if I wouldn't let him inspect inside a building (during COVID) that he would have to assume it was inhabited, and may be enforced on. He reminded me repeatedly of bylaws against 'unlawful' housing, and repeatedly displayed no knowledge of any moratoriums at any level of the Islands Trust or the LTC.

The LTC writes:

"The Denman Island Local Trust Committee has never issued an eviction order"

True, the DILTC and the IT-BEO did not issue any eviction orders. However, the IT-BEO made a number of in-person verbal threats to enforce on "unlawful" housing. As a result of his July 30th visit, reluctant, yet fearful, land-owners, attempting to demonstrate that they were getting "into compliance" with local bylaws, issued eviction notices to their 'unlawful' tenants.

In my repeated attempts over the past months, to reach out to the DI-LTC, including speaking at their January 19th, 2021 meeting, I have only received one form letter on this matter, and two small notes on a different matter, from the LTC. Not once has the DI-LTC communicated directly with me, nor asked me any questions about my complaints after the July 30th enforcement visit. This recent letter from the LTC neither acknowledges, addresses, nor deals with the reality of IT-BEO actions on and stemming from the July 30th enforcement visits.

However, instead of arguing - enforcement vs eviction, or DI-LTC vs IT-BEO, I would much prefer we get to the table together and deal with our community's lived realities. The Islands Trust already knows we need 80 affordable homes to meet 2018 targets. It is beyond time to focus our energies moving forward in crafting wise housing options for our valuable renters and landowners.

I believe that our community wants ALL of our residents to feel safe in their homes, during this time of great social and economic upheaval, and beyond. We want our Local Trust Committee to engage proactively to meet the housing crisis on our island. We want to build our community and collective resilience and food security – which all tie back to secure housing.

In support of this, 500+ residents have signed a petition asking the DI-LTC to establish a FULL MORATORIUM on bylaw enforcement against ALL "unlawful" dwellings. To begin a community review of our Official Community Plan. And to craft functional and relevant Land Use Bylaws that reflect our love of the environment and how we share life and land on this island.

If you have not yet signed this petition, there is still time. You can find the petition by asking at one of the stores downtown, or on-line at <http://chnng.it/TtwTyQ5z>

I believe that the Denman Islands Local Trust Committee truly does care about the security of our renters and their supportive land-owners. I hope the LTC will listen to the 500+ signatures (on-line and in person) of Denman residents who are calling for an immediate AND FULL moratorium on bylaw enforcement against people's homes.

I am registered as a delegate for the March 16, 2021 DI-LTC meeting, where I will present this petition to the LTC. This situation continues. Thank you for your interest. Please keep watching and learning.

Sincerely,

Riane da Silva 🍷



250-335-9143

theislandsgrapevine@gmail.com

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All prices include GST

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- 6 weeks • \$39.90 (\$6.65/wk)
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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.

Wasted

by Thomas Provençal

*The single biggest problem
that afflicts the human race
Is the vast amount and volume
of unrecycled waste.
Each one of us contributes
to an oceanic patch
where plastic does accumulate,
no criminals to catch.
Waterways are sewered
to carry off our crud
while we neglect the consequence
of poisoning the mud
where microscopic creatures
who try to do their jobs
are hampered by the human hand
that ignorantly robs
fertility in the biosphere,
omnisciently construed,
then shakes the booty into fire,
feeling proud and rude.
It behooves maturity
to not abuse our home,
nor plastic wrap vitality
and sink it like a stone.*

Call for Design and Building Proposal

DICES invites interested parties to submit a complete design and building proposal for the Denman Island Covered Recreation Space. The space will be situated on the existing concrete pad outside the Community Hall to the west of the soccer field.

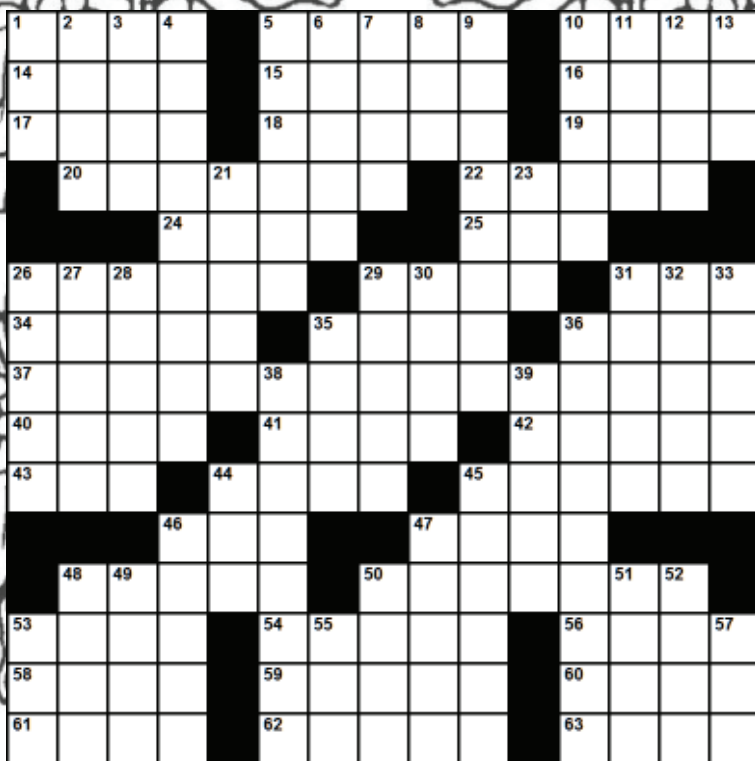
Proposals need to meet the following criteria:

- Wooden Structure covering playing area of 50'x64' with a minimum 18' ceiling height
- Metal Roof
- Proposals must include expansion of existing concrete pad and drainage

**To receive an information package with detailed proposal requirements please contact dices.director@gmail.com.
Submission deadline March 28.**



• GRAPEVINE CROSSWORD •



• ACROSS •

1. Becomes gray
5. Less constrained
10. Be concerned
14. Bouncy
15. Female ruff
16. Big flaps
17. Be furious
18. Mexican pots
19. Avian retreat
20. Where vehicles travel
22. Black wood
24. Numerous
25. Beatitudes verb
26. Banana desserts
29. Ankara dollar
31. Comment
34. Australian island
35. Harmonization
36. Bower flower
37. Deeds
40. Jerome of musicals
41. Follow the game
42. Any Elvis recording
43. Anteceding
44. Safecracker
45. Thorny patches
46. Actress Thompson

47. Citrus peel

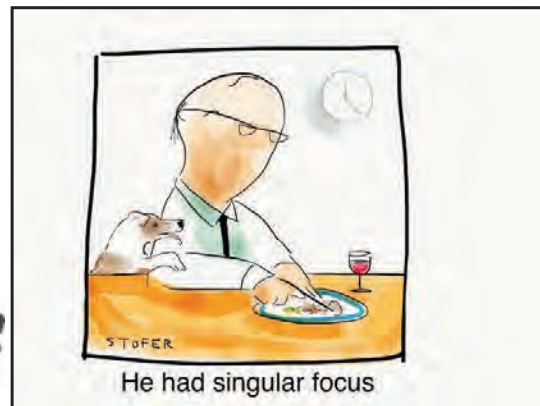
48. Boorish
50. Ordering about
53. Alackaday
54. Colorful lizard
56. Fireworks sounds
58. John Wayne's sobriquet
59. Coveted prize
60. Fertilizer compound
61. Antelope's playmate
62. BLT base
63. Old World duck

• DOWN •

1. Aries mo.
2. Cogwheel
3. As a result
4. Pressing need
5. Angry looks
6. Pass along
7. Hard to handle
8. A notorious Peron
9. Lab activity
10. Birch bark craft
11. Arabian port
12. Fine and dandy
13. Approx.
21. Piece of information
23. Bandeau, for short
26. Bushmaster or sidewinder
27. Fast gaited horse
28. Filthy money
29. Covering up the truth
30. Asst. prof.
31. Atmospheric probe balloon
32. Moving
33. Affirmatives
35. Counterfeit coin
36. Concerned with sacred matters
38. Game bird
39. Poetic dawns
44. Affirmative reply
45. Igneous rock
46. Focused beam
47. Heavy readings
48. Detective's find
49. Autumn tool
50. Ali chaser
51. A Crosby
52. Clarified butter
53. Annex
55. Baby talk syllable
57. Beheld

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He had singular focus

THE ISLANDS
Grapevine

The Monthly Calendar is on hold for now.

Instead we offer a 2 week summary of upcoming events on the Back Page. Email us with your event to be listed in "The Weeks' Events".
theislandsgrapevine@gmail.com

• LAST WEEK'S ANSWERS •



• CLASSIFIED ADS •

• FOR SALE •

6X6 AND 8X8 CEDAR BEAMS Full dimension cedar 2x6s And a few 6x8 and 4x4 fir beams Call Valerie 780 832-2727

WAGNER FIREWOOD. 2 cords to Denman, \$580 plus GST. Hornby \$600 plus GST. Text or call Scott at 250-334-7323

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• SERVICES •

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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

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

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MAGNIFICENT TOPSOIL, (Serving Denman & Hornby since 1988) 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)

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• 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/

• EMPLOYMENT •

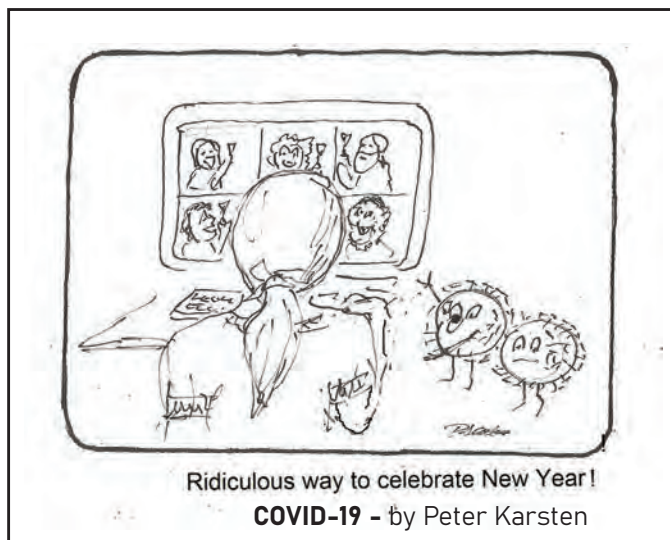
PROGRAM COORDINATOR - Hornby and Denman Community Health Care Society is hiring a Coordinator for a new seniors day program on Denman and Hornby Islands. For a detailed job description please see employment listings at hornbydenmanhealth.com. Closing date March 15, 2021.

• FREEBIES •

FREE. WASHER AND DRYER in good working condition 250-335-0034.

• 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



• 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)
- Cloutier Matthews LLP, Chartered Professional Accountants 338-7367 (All)
- Donna & Janessa Tuele • Royal LePage Hornby 335-1720 (D/H)
- Sylvie Schroeder • Royal LePage Denman Island 335-2551 (D/U)
- Katarina Meglic • Pemberton Holmes Realty 778-557-7429 (D/H)

• BUILDING • CONSTRUCTION •

- Aquarian Systems • Water Cisterns • Ed Hoepfner 335-2037 (D/H)
- Bobcat & Compact Excavator • Steve Isaak 335-1853 (D/H)
- Cal's Bobcat Services • Auger, Grapple, Rake 613-447-8873 (D/H)
- Dean's Digger • Mini Excavator & Small Haul 218-4534 (D/H)
- Denman Electric, Licensed, Fully Insured & Bonded 335-3122 (D/H)
- Excavator/Backhoe/Tandem Gravel Truck • Kenny Mather 703-6512 (All)
• John Isbister 335-2565 (D)
- 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)
- Home Town Shredders • Document Shredding • 334-7111 (D/H)

The Organ party...



THE WEEKS' EVENTS

THURSDAY 11

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

FRIDAY 12

- AA Meeting DI United Church 7pm

SATURDAY 13

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

SUNDAY 14

MONDAY 15

- DI LTC Public Hearing (DCLTA)
Pepper Lane 7pm

TUESDAY 16

- DI LTC Zoom Meeting 10am

WEDNESDAY 17

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



St. Patrick's Day

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

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