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Cover image: Tranquility Pond, Denman Island.  
Photo by *Dreadful Imagery*

## THE ISLANDS Grapevine

• DENMAN: 700 • HORNBY: 510 •  
• E-SUBSCRIPTIONS: 95 •

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

## Denman Fine Spring Water Delivered to Your

**Door** By *Trish Weatherall* • *Denman Works* **COMMUNITY INFO**

**F**or years, when friends and relatives visited Steve Christensen's Point Road home on Denman Island, they would rave about the fantastic drinking water that came right out of the tap.

"Guests would say 'your water is amazing – you should sell it!'" says Steve.

It turns out that fine water connoisseurs agree, that his water source is sustainable, and that there is a local demand. So, in March 2021 he officially launched The Denman Island Water Company, a micro water company that delivers 18.9 L (5 gallon) bottles of local spring water to residents on Denman and Hornby Islands.

"I'm excited about it, the response has been positive," said Steve. "There is a need for this service."

The timing is right for customers of Robin Anderson's Dewdrop Water on Denman Island, who announced their last delivery as March 31st.

The road from water source to water service took a few years of planning, consultations, and certification as Steve wanted to ensure he could provide water in an ethical and sustainable way.

"I realize talking about water on a Gulf Island means being sensitive to water shortages."

Availability of and access to drinking water is a challenge on many Gulf Islands, and there are areas of Denman and Hornby Island with water shortages. There are also areas on both islands where the water is considered fine to drink but it has a sulphurous odor and taste.

"One of the reasons that we bought this property back in 2011 was because there was really good water and lots of it," says Steve.

The water comes from an underground stream on the property where it is the last stop on a high bank of Komas Bluffs before it flows into the ocean – meaning it doesn't affect any other property's water supply. The low-impact production facility collects a small volume of water daily and packages it in nature-friendly containers.

"I wanted to be diligent in getting the proper approvals," he says. He received the provincial water license about 18 months ago, which included a hydrology survey. "They make sure you're not taking too much. The amount of water we bottle per day is equivalent to one day of an average household's water use."

He also received the required Food Safe certification from Island Health.

Steve says Denman Water is a naturally alkaline (pH of 7.2-7.4), premium quality spring water. Last year he shared water sample analysis results with experts in the water industry, from equipment



*Steve Christensen, at home on his Denman Island property with pal Olive, has started a new service, delivering his premium quality Denman Water to your door on Denman and Hornby Islands.  
Photo by Mike Romanchuk.*

manufacturers to water sommeliers. “The feedback on the water quality was incredibly positive.”

He is also looking into possibilities of smaller volume bottles for camping and hiking and is investigating compostable fibre-based bottles.

But right now, Steve’s priority is getting the word out about his service.

He is committed to friendly, helpful service. He will bring the water bottles to your doorstep or even bring it in to set on your water cooler, if a full water bottle is too heavy for a customer.

Steve is familiar with bringing good service the islands and has met many residents, as he spent the past several years installing local Xplornet internet services. A dog lover with two of his own, he’s happy to meet your household companion on his deliveries.

Online ordering is easy at denmanwater.ca where you can order one time delivery or subscribe to a weekly, monthly or custom delivery. Deliveries to Denman and Hornby are on Tuesdays. 18.L bottles are \$10 each plus a \$10 bottle deposit. You can also call 250-228-7161 or email info@denmanwater.ca to order. Follow @DenmanWater on Facebook for up-to-date information.🍷

## Earth Day 2021, CHI Shoreline Cleanup

By Mykl Clovis Fuller

COMMUNITY INFO

**A**pril 22nd is Earth Day and fast approaching. Covid is still very much with us, so needs must the ashoreline cleanup will be self-directed, physically distanced, just as it was last September. I have been delighted and heartwarmed by the strenuous efforts of locals removing large Styrofoam floats, Styrofoam filled tyres etc, from the shorelines during the winter months. This could mean less detritus than previously polluting our marine environment, which would be great.

If you would like to participate in a cleanup this Spring, please join forces with someone that you “bubble” with, or would be comfortable with. Decide what area of shoreline you would like to focus on. Some stretches, such as Grassy Point are pretty much taken care of by the neighbourhood residents. Other places, like Big Trib seem fine superficially, but start looking in amongst the logs and it’s a different story. Lots of small plastic pieces in every nook and cranny. Many hands would be useful there.

**Chosen Area:** Please let me know where you would like to devote your efforts. It’s better to have many stretches covered, and problem areas well taken care of. My email is jjwyvill@gmail.com, (my preferred method of communication), but if you don’t use email my phone number is 1508.

**Timing:** Earth Day, Thursday April 22nd, coincidentally lands during Volunteer Week, so doubly apt. Choose whichever day and time works best for you. Any day as long as you can get the rubbish to the Depot by Sunday 25th (of course Friday & Saturday are depot days too, feel free to drop off any of those 3 days.)

**Bags:** I have a supply of large heavy black plastic bags. I will put them in a container at the end of my driveway – 5110 Seawright Rd - help yourselves. Try to only take 1 per stretch rather than 1 per person. If you’d like me to deliver one to you, let me know & I can certainly do that.

**Garbage Pickup:** if you can take what you have collected to the depot yourself, that would be great. If you need to leave larger items, or heavier bags at a beach access, or on a roadside, let me know what & where & I’ll ask a volunteer with a truck to pick it up. Similarly if you gather a pile of detritus on a shoreline best accessed by boat, please let me know where and how much.

Thanks again in anticipation, Joanne.🍷

## Living Well: “The Bee Loud Glade”

By Verna Isbister

**O**n the weekend when I was down on my hands and knees clearing away the debris of winter in my garden, I heard a familiar sound that at first I couldn’t identify. Listening closely, I recognized the sound of bees buzzing through the early spring flowers. The musical drone moved my heart for it was reminiscent of summer days. The sound and the season gave me hope for it reminded me of the patterns and rhythms in nature that offer us grounding. This week I have felt sadness as I’ve heard of on-going pain in so many lives. Hearing the bees reminded me of William Butler Yeats’ poem The Lake Isle of Innisfree. This poem is a favorite gem and helps reset my heart.

Being in nature is a restorative for our minds and bodies. The beginning of *continued on P.5...*

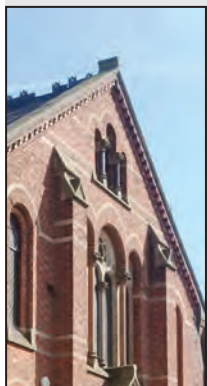
TIDE TABLE		
Secondary Tidal Station Ford Cove Source: tides.gc.ca		
<b>2021-04-08</b> (Thursday)		
Time	Height	
PDT	(m)	(ft)
04:47	4.7	15.4
11:09	2.6	8.5
16:09	3.7	12.1
22:29	1.7	5.6
<b>2021-04-09</b> (Friday)		
Time	Height	
PDT	(m)	(ft)
05:21	4.6	15.1
11:47	2.3	7.5
17:09	3.8	12.5
23:17	1.8	5.9
<b>2021-04-10</b> (Saturday)		
Time	Height	
PDT	(m)	(ft)
05:49	4.6	15.1
12:20	2.1	6.9
18:01	3.9	12.8
23:57	2.1	6.9
<b>2021-04-11</b> (Sunday)		
Time	Height	
PDT	(m)	(ft)
06:13	4.5	14.8
12:51	1.8	5.9
18:49	4.0	13.1
<b>2021-04-12</b> (Monday)		
Time	Height	
PDT	(m)	(ft)
00:33	2.3	7.5
06:34	4.5	14.8
13:19	1.6	5.2
19:34	4.1	13.5
<b>2021-04-13</b> (Tuesday)		
Time	Height	
PDT	(m)	(ft)
01:06	2.6	8.5
06:54	4.4	14.4
13:47	1.5	4.9
20:19	4.2	13.8
<b>2021-04-14</b> (Wednesday)		
Time	Height	
PDT	(m)	(ft)
01:39	2.9	9.5
07:12	4.3	14.1
14:15	1.3	4.3
21:03	4.2	13.8
<b>2021-04-15</b> (Thursday)		
Time	Height	
PDT	(m)	(ft)
02:13	3.1	10.2
07:29	4.2	13.8
14:43	1.3	4.3
21:50	4.3	14.1



## An Unpainted Portrait: Crabby

ARTS&LIT

By Leo Simmons



**C**rab Apple (*Malus Sylvestris*) Def: a small, unassuming fruit, whose sole purpose on this earth is to be used as ammunition in teenage schoolyard battles.

To the undying dismay of every teacher on the site - with the probable exception of 'Chukka' and the Latin teacher Mr Roberts, neither of whom ventured far from their classrooms at the other end of the school - our school had a large crab apple tree on the premises. This otherwise unremarkable tree was immensely productive, and each year was laden with copious amounts of the little red and yellow fruits. For most of the year, this didn't present a problem of any kind, but for a four-week-long period in the autumn term, the lower third of the campus became a dangerous shooting gallery with a walking surface made slick by crushed, rotting organic matter.

Of course, the potential of this natural resource was not lost on the school population, and nary a crab apple escaped the fate of being hurled by a smelly teenage boy at another equally malodorous example of humanity. The fruits were an ideal size for combat; small, heavy enough to throw a reasonable distance, but not so heavy as to cause lasting damage. This, of course, gleefully ignored the well-known principle espoused by our parents and others of that and older generations which warned that almost any enjoyable activity could, if performed without care, "take someone's eye out". We...well...we didn't care. As a result, it was not unheard of for pitched battles to take place between opposing groups of boys during break times or the lunch hour. To my knowledge, nary an eye, ear or nose was removed in all those years. Such an event would naturally have been the cause of great discussion and possibly - depending upon the victim - even celebration.

In truth, most crab apple-related injuries were the result of slips, trips and falls. The schoolyard was a veritable obstacle course of tripping hazards at the best of times, and a slick layer of rotting fruit simply offered a fresh challenge to clumsy young males trying to get used to their growing bodies. This is not to say that any unintentional fruit/cranium interface was not painful. Had there been no risk of pain and/or injury, there would have been no fun to be had throwing the darned things, now would there?

For Mr Ronald Hillman in particular, whose technical drawing classroom and office had the misfortune to be positioned nearby the tree in question, the whole issue was a cause of much vexation. Most of the fruit-flinging battles were conducted when he was not in residence, but once in a while some boys' enthusiasm would get the better of them, and they would be apprehended in the act of launching a crab apple or indeed - doubly unfortunately - receiving an incoming crab apple to the noggin. Mr Hillman was an equal opportunity bully and made no distinction between throwing or being hit by a missile. Either circumstance constituted a serious affront to his equilibrium. Either circumstance required remedial measures, and he was the man to serve them up.

In order to soothe his tattered nerves, his chosen form of self-therapy was to repeatedly apply the sole of an old plimsoll to the bent-over backside of the boy in question. I should make it clear that the shoe was never, ever, upon his foot at the time, but was instead flailed about like some kind of bullwhip. We were too naïve to be suspicious of his favourite pastime, but with hindsight, I can't help but wonder exactly how much he enjoyed himself.

Despite having found one of the least busy teaching roles - technical drawing being something of a niche subject - and being settled into a nice routine, he could be a ferocious man with or without the provocation of apple-y ordnance. The result

was that he was regarded with suspicion by many, but with fear by most. His nickname, 'Ronny the Rat' described quite well how we felt about him, and he seemed in no particular hurry to change our minds. Our love for crab apples probably didn't help matters, enraging him while our preoccupation with ballistic jousting blinded us to the dangers of crossing him.

My relationship with Ronny - such as it was, since he didn't teach me - was an awkward one. We maintained a distance - me for obvious reasons, he for another. You see, I had a kind of power over him...

For a while in my teenage years, we lived only a few houses away from him. This normally wouldn't have been a barrier to him dispensing his usual punishments against me, however, I had an ace up my sleeve. One day, my father had volunteered me to help our elderly neighbour mow her prized lawns. My dissatisfaction with this idea deepened when it transpired, through conversation with the lady, that she was no less than Ronny the Rat's mother, although since he had never taken a plimsoll to any of her friends' bottoms (to the best of my knowledge), she referred to him merely as "...my Ronald". I decided against enlightening her about his true nature since I doubted that she needed that kind of revelation about her baby boy.

One day, the inevitable happened. Ronny arrived at the gate while I was pushing the heavy old mower up and down the pristine lawn. He glared at me as he walked up the path to the front door, and was met by his sweet mother. Imagine my joy as she introduced me to him, sang my praises and within my hearing instructed him to watch out for her 'favourite worker' at school. I could hear his teeth grinding as he recognized one of his (many) hated apple hurlers. The fix, you understand, was in. From that moment on, I was untouchable...



*...continued from P.3* the poem reminds us of the call to “arise and go”. Yeats was in London when he wrote this poem and was longing for the quiet life back in his beloved county Sligo in Ireland. The name itself, Innisfree, evokes longing for freedom and peace. As you read this pastoral poem, you will notice the similarities to the Island, lakes and gardens where we live.

*I will arise and go now, and go to Innisfree,  
And a small cabin build there, of clay and wattles made;  
Nine bean-rows will I have there, a hive for the honey-bee,  
And live alone in the bee-loud glade.*

*And I shall have some peace there, for peace comes dropping slow,  
Dropping from the veils of the morning to where the cricket sings;  
There midnight’s all a glimmer, and noon a purple glow,  
And evening full of the linnet’s wings.*

*I will arise and go now, for always night and day  
I hear the lake water lapping with low sounds by the shore;  
While I stand on the roadway, or on the pavement grey,  
I hear it in the deep heart’s core.*



In these days of waiting for freedom from Covid and its impact on our lives, this poem calls us to “arise and go now” to the places that offer us freedom and peace. For it is there that we will find the refreshment that creation offers “in the deep heart’s core.” I invite you to allow the peace to drop slowly into those places in your soul that need solace today. 🍷

## Healthy Islands: What is ACUPRESSURE?

HEALTH&WELLNESS

By Christopher Mainella

**C**hristopher 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. Spring time is upon us, the perfect time to do some prevention and stability work for our lower backs and shoulders. Contact me!



This article is part of a series ... bringing focus today on Acupressure.

### **SPRING**

**Meridians:**

Liver (Yang) & Gall Bladder (Yin)

**Element:**

Wood

**Time of the Day:**

Liver 1-3am

Gall Bladder 11-1am

**Color:**

Green

**Emotion:**

Anger, assertiveness

**Odor:**

Rancid

**Taste:**

Sour

**Sound:**

Shouting

**Parts of the Body:**

Tendons, Ligaments

**Acupressure Points:**

Shoulder Well (GB 21), Yang Mound

Spring (GB 34), Grave Mound (GB

40), Gate of Hope (Liv 14), Inset

Ditch (Liv 5), Supreme Rushing (Liv 3)

In 2014-2015 I embarked on the learning journey of Acupressure. I completed the Certification in 2015 with the Canadian Acupressure College which at the time was based out of Haida Gwaii. Working as a full time Physiotherapist on Haida Gwaii allowed me to immediately put the theory into practice for the benefit of my clientele and my practice.

Acupressure is an ancient healing art that uses the fingers to press on key points on the surface of the skin to stimulate the body’s natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body’s life force to aid in healing. Also by relieving stress, it helps strengthen the resistance to disease and promote wellness. (Gach, 1990)

Acupuncture and Acupressure use the same points, but acupuncture employs needles (can be more specific) while acupressure uses gentle but firm pressure of hands. In China and other surrounding countries both techniques have existed for thousands of years but Acupuncture for the longest time was reserved for the higher classes and nobility because the cost of the needles where as Acupressure was the healing technique of the people. It is safe to do it to yourself and others, while paying attention to the cautions (e.g. pregnancy, heart conditions) and the only equipment you need is your two hands.

“Although symptoms are important they are seen as part of the whole, and only when the whole is considered can we know how to work with a client and thereby help the symptoms.” (CAC, 2013)

As we go through our training we learn how to incorporate the *continued on P.6...*

...continued from P.5 assessment of the Five Elements; Metal, Water, Wood, Fire and Earth, which is primarily concerned with observing, perceiving and palpating. We learn to observe a broad range of sounds, colours, odours and emotions. In assessing the element of imbalance we are endeavouring to find the road to the course of the clients imbalance.

“By giving sessions on the element concerned, change of the whole person is possible in body, mind and spirit.” (CAC, 2013)

Many of the health problems in our society, from bad backs to arthritis are the result of living unnaturally and genetics. Stress, tension, lack of exercise, poor eating habits and poor posture contribute to the epidemic of degenerative diseases in our culture, Acupressure is one way to help your body fight back and balance itself in the face of the pressures of modern life. (Gach, 1990)

How does Acupressure work exactly? Acupressure points are places on the skin that are especially sensitive to bioelectrical impulses in the body and conduct those impulses readily. Asian cultures conceived of the points as junctures of special pathways that carried human energy, the Chinese call it qi (chi) and the Japanese call it ki. By stimulating these points with pressure, needles or heat triggers the release of endorphins, which are the neurochemicals that relieve pain. As a result, pain is blocked inhibited and the flow of blood and oxygen to the affected area is positively increased. This causes the muscles to relax and promotes healing. (Gach, 1990)

“Acupressure inhibits the pain signals sent to the brain through a mild and fairly painless stimulation, it has been described as the closing of “gates” of the pain-signaling system, preventing painful sensations from passing through the spinal cord to the brain.” (Leng, Tan, Veith, 1993)

Traditional Chinese medicine state that there are as many as 2,000 acupuncture points on the human body, in which 361 are mainly used, that are connected by 20 pathways (12 main, 8 secondary) called meridians. These meridians conduct energy, or qi, between the surface of the body and its internal organs. Qi is believed to help regulate balance in the body. It is influenced by the opposing forces of yin and yang, which represent positive and negative energy and forces in the universe and human body. Acupressure is believed to keep the balance between yin and yang, thus allowing for the normal flow of qi throughout the body and restoring health to the mind and body.

If interested in trying a session of Acupressure for the transition from winter to spring energy, for tonifying, for balancing, for restoring, for elevating pain please contact me.

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

## Easter Bonnie: Circuit Breaker, Emergency Brake or Covid Interruptus

By Bill Engleson

ARTS&LIT

With the new lockdown,  
One consuming three weeks of prime emotional  
April real estate,  
Ernie Blue, Fred Biddle, and yours truly  
took it to heart, a broken heart if you must know,  
and repaired to Zoom to continue  
our mutual admiration and support conversations.  
Don't get me wrong, we've been devotees of Doctor  
Henry  
from the get-go.  
The lady has moxie, let me tell ya.  
standing up there most days,  
softly spreading the words,  
Be Safe, Be Kind, Be Calm,  
to which Ernie often says, “I've been becalmed for far too  
long.”  
but that's the sailor in him talking.  
One day last week, Fred Biddle began meandering into  
his childhood.  
and commenced to warbling that old Mickey Mouse club  
song,  
which only gaffers of a certain age and a certain  
disposition might recall  
so, apologies to you youngsters about this cultural  
divide...BUT  
along the way he came up with new lyrics for that great  
classic.  
[https://www.youtube.com/watch?v=x4C\\_IUy58Rw](https://www.youtube.com/watch?v=x4C_IUy58Rw)  
“Who's the Doctor in the House  
That cares for you and me  
B-O-N-N-I-E H-E-N-R-Y  
Hey! there, Hi! There, Ho! There

You're as healthy as can be  
B-O-N-N-I-E H-E-N-R-Y  
Bonnie Henry!  
(Adrian Dix)  
Bonnie Henry!  
(Adrian Dix)  
Forever let us social distance  
High! High! High! High!

Mask along and join the throng,  
be glad the Vaccine's free!  
B-O-N-N-I-E H-E-N-R-Y”

Fred kinda ran outta creative steam at that point,  
started crying, declaring his love  
for the late Annette Funicello,  
his favourite cello, he emphasized,  
and he assured us it was all in fun,  
or Funicello.  
Ernie Blue and I understood  
that Fred was deeply sinking  
into the lumpy mattress that is the Coronavirus Blues,  
and even though Zoom was allowing him to wax on  
and find his inner silly child,  
we had to say, “give it a rest, Fred.”  
So, we signed off with me wondering  
if Fred Biddle's basket would ever  
be full of chocolate bunnies again,  
as well as how this Easter was gonna turn out  
spread-wise.  
We'll find out in due course, I suppose.  
Won't we? 🍷

# The Citizen's Injunction Order

OP/ED

By Eartha Muirhead

<https://www.timescolonist.com/news/local/logging-protesters-defy-court-injunction-set-up-new-blockade-1.24303455>

**U**nless the NDP wake up and listen to their own experts and millions of concerned citizens, urging them to honor their election promises to stop allowing clear-cut logging of the last remaining 2% of Ancient Forests, expect to hear of mass arrests in and around Fairy Creek. Anticipating the RCMP arrests this week inspired me to write a version of Teal-Jones' injunction order that can be read aloud as folks get arrested up at the many blockades in Pacheedaht and Dididaht lands and in what others call Tree Farm (as if these giants trees have been grown on a farm, or can be farmed like salmon) License 44 and 46.

"WHEREAS Many forests in the San Juan Landscape Unit have been used by Pacheedaht and Dididaht Peoples for ceremonial purposes since time immemorial: we demand laws that respect for the religious rights of First Peoples' to feel secure in their sacred cathedral groves.

and WHEREAS These remaining forests are found on steeply sloped valleys and because the soil will become unstable and eventually cause flooding, erosion and landslides that will choke streams, destroy and/or threaten the habitats of up to 90 unprotected and plant and animal red and blue-listed species, including the Marbled Murrelet, we demand legislation that upholds the inherent rights of the natural world.

and WHEREAS The San Juan River's tributaries originate at the headwaters of Fairy Creek and when damaged, could cause flooding of the Pacheedaht reserve, and also negatively affect the River and it's salmon-bearing and sturgeon-bearing capacities, we demand immediate deferral of logging in these headwaters.

and WHEREAS Clear-cut logging destroys species at risk habitat and soil integrity, preventing the possibility of future biodiversity and increasing the likelihood of forest fires, drought and other climate change liabilities, we UPHOLD and FIGHT for the health of future generations, be prioritized over short-term jobs.

and WHEREAS BC has signed on to the United Nations Declaration of Reconciliation with Indigenous Peoples, which means all resource extraction projects have to have the full consent of all members of First Nations communities, we INSIST that consulting with Band Councils, behind closed doors, using pressure tactics and bribes, is not consent. We STAND in support of The Union of BC Indian Chiefs who demand a moratorium on logging old-growth forests until reconciliation legislation and action timelines are in effect.

and WHEREAS The forest industry, which is heavily subsidized by the taxpayers, has mismanaged forests for decades, and is now running low on second and third-growth timber, we DECLARE that local Indigenous communities, not corporations, must manage what is left.


and WHEREAS Logging companies are allowed to destroy globally significant ecosystems around the San

Juan River including what is left and unprotected in the San Juan Landscape Unit (Nitinat, Caycuse, Walbran and Eden Grove areas); we DENOUNCE the Province as aiding and abetting in acts of ecocide.

WHEREAS The province should be considering policing costs, aprox. \$12K to arrest one person, vs how much they're going to bring in on the stumpage fees, we DEMAND that these monies be used to help the Pacheedaht and Dididhat use the area for long-term eco-tourism ventures.

WHEREAS these concerns are of a political nature, we will pressure the NDP to stop issuing Tree Farm Licences, shut down BC Timber Sales, dismantle all current clear-cut logging operations and move the portfolio of forests to the Ministry responsible for Indigenous Reconciliation."

To donate: [https://www.gofundme.com/f/direct-action-for-ancient-rainforests?utm\\_source=customer&utm\\_campaign=pcp+share-sheet&utm\\_medium=copy-link\\_all](https://www.gofundme.com/f/direct-action-for-ancient-rainforests?utm_source=customer&utm_campaign=pcp+share-sheet&utm_medium=copy-link_all) 🍷



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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

## Iran's Non-Existent Nukes

OP/ED

By Gwynne Dyer • OP April 7th, 2021

**F**irst, the good news. The United States and Iran had talks in Vienna on Tuesday, and the nuclear deal they and all the other great powers signed in 2015 is coming back.

It's not exactly back yet. After Donald Trump unilaterally pulled out of the treaty in 2018 and re-imposed harsh sanctions on Iran, the Iranians retaliated by slowly deviating from their own commitments under the deal one baby step at a time. So now there has to be agreement on a timetable for unwinding those steps as well as cancelling the US sanctions.

On a better run planet, the US special envoy for Iran, Rob Malloy, would just declare that all the US sanctions on Iran wrongly put in place by the discredited previous administration are cancelled as of today.

The Iranian delegation, led by deputy foreign minister Abbas Araghchi, a veteran of the 2015 talks, would reply that Iran will immediately return to compliance with all the terms of the treaty, and invite UN inspectors to verify that all its temporary deviations from treaty obligations over the past three years have been reversed.

And we would all live happily ever after. However, in the real world...

The negotiators in Vienna are not even in the same hotel. All the countries that are still observing the treaty (China, France, Germany, Iran, Russia and the United Kingdom) are in one hotel, and the American mission is in another, with messages going back and forth between the two parties. Porcupines mate with less difficulty, but there has already been some progress.

"The United States knows that, in order to get back into compliance, it's going to have to lift those sanctions that are inconsistent with the deal that was reached with Iran," said Rob Malloy. Iranian government spokesman Ali Rabiei replied that he "saluted" Malloy's remarks. "We find this position realistic and promising," he added.

Two working groups have been set up that include American representatives, with the task of choreographing reciprocal moves by the United States and Iran to return to the treaty and a target of full compliance by both sides within two months. Just in time for Iranian moderates to claim credit for ending the US sanctions a week or so before the June election.

So that's probably sorted, but what about all the countries that actually do have nuclear weapons? Iran originally got into trouble because it signed the Nuclear Non-Proliferation Treaty in 1970 and later tried to get nuclear weapons anyway, but the countries that already had nukes when they signed the NPT have obligations too. How are they doing?

The NPT states that "nuclear-weapons states agree to...pursue nuclear disarmament aimed at the ultimate elimination of their nuclear arsenals." But it has been a long pursuit: fifty years later not one of them has actually managed to catch the damn thing.

The United States has got turned around somehow and is pursuing in the wrong direction. It's in the midst of a trillion-dollar-plus 'upgrade' of its nuclear forces, including a new generation of land-based intercontinental ballistic missiles (ICBMs) and new submarine-launched cruise missiles.

According to President Vladimir Putin, Russia has developed nuclear-powered cruise missiles and torpedos with unlimited range, a hypersonic vehicle called Avangard to deliver nuclear weapons at low level and ultra-high speed, and a new ultra-heavy ICBM called Sarmat able to carry even more and bigger warheads (10-15) over a longer range (18,000 km.).

There have also been reports of a new nuclear-powered drone torpedo able to deliver a 100-megaton warhead (biggest ever tested was 50 megatons) over a range of 10,000 km. Then it would explode off an enemy's coast to create a tsunami wave 500 metres tall to inundate the coastal regions with highly radioactive water. But maybe this one is a fiction.

Then there's Little Britain with its four submarines that carry nuclear-tipped missiles. Prime Minister Boris Johnson recently announced that he was increasing the number of warheads they carry from 180 to 240, but it doesn't really make much difference.

Traditional UK strategy is 'no first use', which means Britain's retaliation would be on cities, not on empty silos. So you're just bouncing the rubble after the first few dozen warheads explode.

That's probably why Johnson broke with tradition and said that Britain might use nuclear weapons in response to non-nuclear attacks, including even cyber-attacks. One way to compensate for not really being very dangerous is to sound very reckless.

Then there's France (mostly harmless, despite some 280 nuclear weapons) and China (320, but talking about expansion). Plus India (150), Israel (90), North Korea (30-40) and Pakistan (160), all countries that 'unsigned' nor never signed the NPT.

But at least we're safe from Iran's nuclear weapons, which never existed and still don't. 🍷

## Letter to the Editor

To the Editor:

I got the first shot of the Moderna vaccine just over a week ago at a vaccination clinic for my age group on Denman Island. I was extremely shocked to learn that the second dose is not to occur until four months have passed. This is way outside the tested protocols where the second dose took place within a few weeks of the first. I don't know if this is due to an intrinsic shortage of the vaccine or, what I think is more likely, a blunder on the part of the Canadian governments, federal and provincial, as to how much vaccine has been ordered. The governments are saying that they want to initially vaccinate as many people as possible but this seems to me an attempted cover up of a failure to secure an adequate supply of vaccine in the first place: if the governments wanted to vaccinate as many people as possible why did they not order and secure a sufficient supply of the vaccines so that the established, tested protocols could be safely followed? As it is, we are involuntarily being forced to take part in an unmonitored testing scheme administered by government people who lack any kind of medical or epidemiological knowledge.

Harvey Abramson 🍷

PLEASE NOTE BC HYDRO  
WILL BE UTILIZING BILL MEE  
PARK ON APRIL 13TH, 2021  
FOR HELICOPTER WORK  
FROM 8AM-5PM. BOAT  
RAMP ACCESS WILL NOT BE  
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WORK WILL BE OCCURRING  
IN BOYLE POINT PARK AREA.

Are you wondering how you  
can get a little bit of the  
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Contact the Denman Island  
Post Office (1636) and  
request delivery of the  
Islands Grapevine and voila .  
. . thanks for all your support  
and enjoy!



### Old Growth

by Thomas Provençal

I walk with moss and lichen  
clinging to the trees.  
This old growth stand of douglas fir  
sets my spirit free.  
If only all the patience  
that is stored within this wood  
could transfer to us humans  
they might be understood.  
Five hundred years of growing  
is worthy of respect,  
breathing, brooding, standing there,  
unlikely to reflect  
on recent hostile circumstance:  
loggers on the move.  
Using new technology  
with distorted pride to prove,  
who say that they cannot afford  
to leave old growth alone.  
If they don't knock down the forest  
they'll lose their very home.



EST. 1991  
HORNBY ISLAND & DENMAN ISLAND  
COMMUNITY NEWSLETTER

250-335-9143

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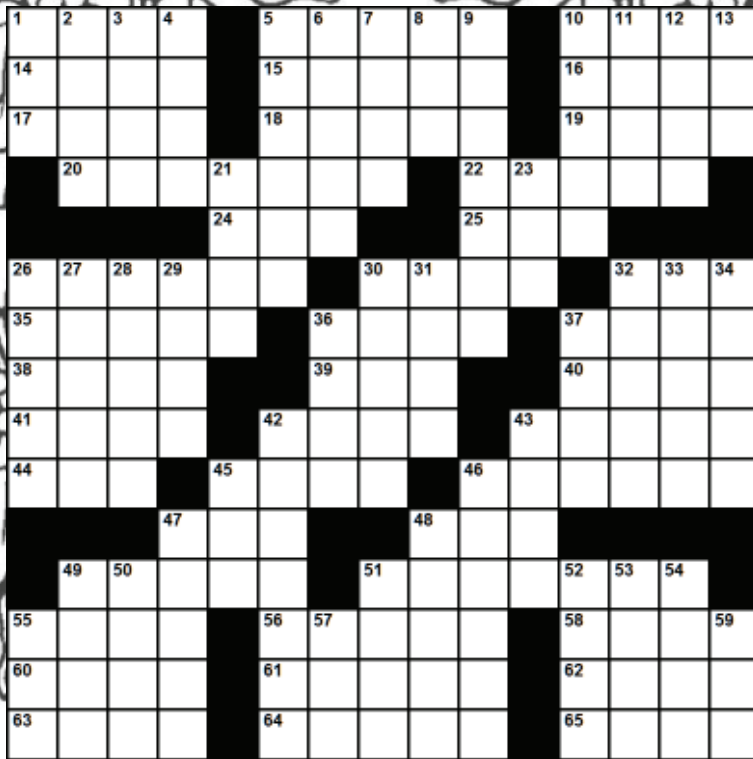
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5. Girl in a pool
10. Bugbear
14. Charisma
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16. Aids an actor
17. Comic Wilson
18. Incensed
19. Capturing device
20. Furthermore
22. Mucous eye discharge
24. Cape or fish
25. Allow
26. Chinese tree
30. A bit open
32. Gear projection
35. Consisting of a single element
36. Keep time
37. Roll up
38. Bones in pelvises
39. Bavarian peak
40. Exile isle
41. Crockett or Jones
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45. Chatterley or Windemere

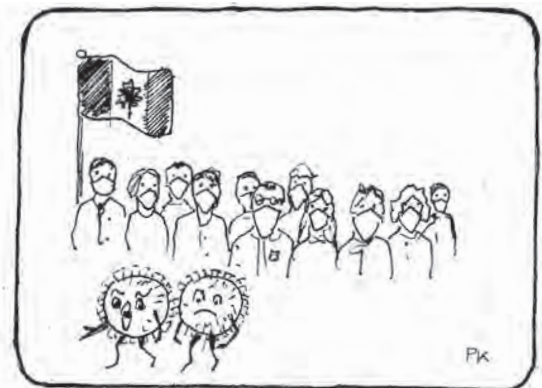
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47. Arrange type
48. Frequently in a poem
49. Yep
51. Melted cheese recipe
55. Banjo locale
56. Back comb
58. Discharge
60. Celts' land
61. Desires
62. Calif. county
63. Impulse transmitter
64. Impertinent
65. Abu Dhabi ruler

• DOWN •

1. Big klutz
2. Idea symbol
3. American canal
4. Dog cries
5. To leave quickly
6. Flagged
7. Batter's stats
8. Anything but that
9. Cover partially
10. Choral ensemble
11. Indian sage
12. 500 sheets of paper
13. 6th sense
21. Cloyingly sweet
23. Him's opposite
26. Show the way
27. Spouse's kin
28. Artless
29. Battleship, e.g.
30. Soothe
31. Indulge in mockery
32. Fault, Lat.
33. Celestial path
34. Picnic area
36. Ask for ID
37. Dread
42. Soaking spot
43. Anatomical network
45. Hundred bani
46. From square one
47. Radiance
48. Fertile spots
49. Computer operating system
50. Adds spirits
51. Baltic capital
52. Caesar's well
53. Moslem prayer leader
54. Native American tent, var.
55. Green parrot
57. Act the human
59. Asphalt

Mr. Stofer

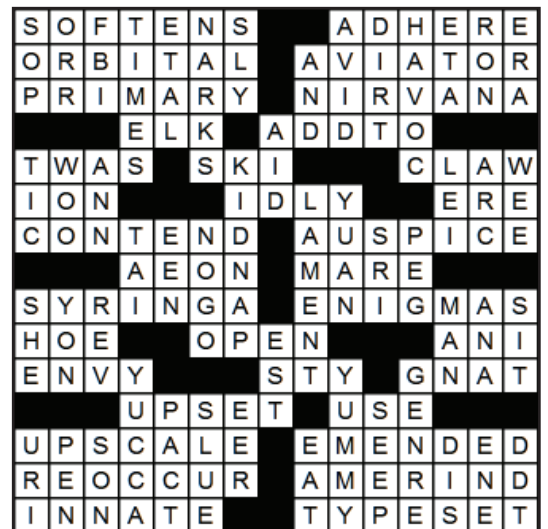
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"They are listening to Dr. Henry - let's move on"

COVID-19 - by Peter Karsten

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• **COMMUNITY NOTICES** •

HIRRA Zoom meeting: Wednesday, April 14, 7:30pm. Agenda: MOTION to reduce size of Boat Ramp Committee. Reports from: Executive, HIAC, HICEEC, RCMP, Is. Trust. E-mail office@hirra.ca to register.

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** •

ADULT MENTAL HEALTH AND SUBSTANCE USE SUPPORT WORKER - Hornby and Denman Community Health Care Society seeks a clinician to assist individuals on Denman and Hornby Islands. For a detailed job description please see employment listings at hornbydenmanhealth.com. Closing date April 12, 2021.

CLEANER FOR HORNBY CLINIC - Hornby & Denman Community Health Care Society seeks a reliable and experienced cleaner for regular part time hours at the Hornby Clinic. Please drop off a resume at the Society office or email lori@hornbydenmanhealth.com.

HELP WANTED IN ABRAXAS CAFE. Food Safe a must. Competitive service industry wage. Looking for barista, sandwich maker and being ok with doing customer service in a pandemic (I will be forever grateful and have "boss" references!). Please email Tachi at Abraxas9@telus.net to inquire further and if interested

• **FREEBIES** •

EXERCISE TREADMILL - hardly used. DI 250-218-6320

• **RENTAL WANTED** •

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

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- Denman Community Hall Rentals 335-3027 (D/H)  
2 halls, commercial kitchen, new sound system  
suitable for concerts, plays, meetings, weddings, etc.

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• John Isbister 335-2565 (D)
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- 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)
- Acupuncturist, Herbalist, Physiotherapist • Carmen B-G, RPT, RTCMP  
335-2260 (D/H)
- Chiropractic Care on Fridays • Dr. Dawn Armstrong, DC 465-8482 (D)
- Massage Clinic • 2796 Northwest Rd. • Leyah Kelly 335-2584 (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)
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- Home Town Shredders • Document Shredding • 334-7111 (D/H)



**FORTNIGHT EVENTS**

THURSDAY 8

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

FRIDAY 9

- AA Meeting DI United Church 7pm

SATURDAY 10

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- FREE STORE 9am-dark
- SPRING DINNER MENU - Earth Club Factory

SUNDAY 11

MONDAY 12

TUESDAY 13

WEDNESDAY 14

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



THURSDAY 15

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

FRIDAY 16

- AA Meeting DI United Church 7pm

SATURDAY 17

- RECYCLING CENTRE 9-5pm
- BOTTLE DEPOT 9-5pm
- FREE STORE 9am-dark
- WOOD STOVE PIZZA NIGHT - Earth Club Factory

SUNDAY 18

MONDAY 19

TUESDAY 20

WEDNESDAY 21

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

THURSDAY 22

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

*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 "Fortnight Events".  
theislandsgrapevine@gmail.com