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"To read a poem in January is as lovely as to go for a walk in June." • Jean Paul

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2550 Lake Road
Denman Island, BC
V0R 1T0
theislandsgrapevine@gmail.com
www.theislandsgrapevine.com

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SPECIAL
INTEREST

2024 International Year of Camelids

By Rosemary Fell

HIGHLIGHTING the crucial role of camelids in the lives of people worldwide, the United Nations has declared 2024 as the International Year of Camelids. Camelids refers to any of the even-toed ungulates of the family Camelidae. (suborder Tylopoda) The Bactrian camel, the Dromedary camel, llamas, alpacas, guanacos, and vicunas; each species playing a unique role in sustaining communities and ecosystems.

According to the Food and Agriculture Organization, camelids impact the lives of millions of families around the world. Camelids play a key role in the culture, economy, food security and livelihoods of communities in the Andean highlands and in the arid and semi-arid lands in Africa, Asia and Australia. They are a main source of protein, milk, fibre for clothes, fertilizer for agricultural production, and they serve as pack animals, transporting people and products.

The aim of an International Year is to inform public opinion and governments on the importance of recognizing and valuing the economic and social importance of camelids in communities that are vulnerable to the insecurities of the changing climate, food insecurity, loss of grazelands; and to enable these communities to make their voices heard. The four species existing in South America are the llama, alpaca, vicuna, and guanaco. They were the main livestock in pre-Hispanic times, and continue to be an important element in the cultural identity of ancestral indigenous communities.

One of the many virtues of camelids is their gentle nature and eco-friendly ability to extract protein and energy from lesser quality forages. As a species they are the least contaminant of all the ruminants in terms of greenhouse gasses produced. Easy on the environment, the camelid is equipped with soft foot pads, leaving little impact on the environment.

Camelid evolution began in North America 40 to 50 million years ago. Asia and Alaska are now separated by the 90 km (56 mile) - wide Bering Strait. During the height of one of the Pleistocene glaciation periods, the sea level was lowered sufficiently to expose a wide land bridge and many animal species moved back and forth across this bridge. The camel line of Camelidae migrated from North America into Asia. Once in Asia, Camelus radiated through eastern Europe (Romania and Southern Russia), the Middle East, and North Africa as far west as the Atlantic and as far south as Tanzania. The first lamoids migrated to South America approximately 3 million years ago when an open land connection between North and South America developed. Alpacas and llamas exist only as domestic species. Guanacos and vicunas are wild species. It is generally accepted that the alpaca shares characteristics with the vicuna, and llamas originated from the guanaco.



The aim of the UN declaration is to facilitate interaction between communities and policy makers and to better identify and understand the challenges, as well as establishing camelid welfare standards into policy and practice worldwide.

The aim of the UN declaration is to facilitate interaction between communities and policy makers and to better identify and understand the challenges, as well as establishing camelid welfare standards into policy and practice worldwide.

Camels in Canada?

More to come next week. 🍷

SPECIAL
INTEREST

Shucking Oysters: The Hum of Distraction

By Alex Allen

loving feeling. Do we blame the pandemic for literally obliterating our social skills? Or do we blame it on social media and “smart” phone addiction?

I see so many of you on the ferry fixated on the glow, oblivious to your surroundings and thoughts. In your cars, in the lounge, all with your eyes glued to the screen, fingers, flicking, flicking, flicking. Swiping and scrolling in search of a connection or some illumination. It’s kind of fascinating and disturbing at the same time.

But, does that thingie actually make you smarter? Sure, you can look up some factoid right away and impress others. “Did you know that mice always pee in the same place and rats have no control of their bladder and pee everywhere?” Is this a sign of intelligence? Able to distill bon mots in seconds? The world of digital technology is great at answering life’s small questions, like where can I find sweet potato starch noodles, yet it is distracting us from living our realities.

We spend on average three to four hours a day looking at our phones and as much as eleven hours a day in front of all our screens. UofT Philosophy professor, Mark Kingwell, wrote that the interface is now our entire environment. “It is the air, the air of instant gratification that we breathe everyday.” The irony of this online “connection” Kingwell notes, is that it “continues to breed alienation and polarization, false notions of popularity ... where loneliness begets loneliness in a shadow-play of promised connection.”

It’s not about information and knowledge. We want wisdom. There’s a difference. We stumble through our messy lives, hoping to pick up scraps of wisdom here and there. Unfortunately, Eric Weiner warned, “we mistake the urgent for the important, the verbose for the thoughtful, the popular for the good.” We are “misliving.” Technology is dulling the wisdom of our intellect. We need to observe the world with our own senses. Like Hercule Poirot, we need to use our little grey cells more.

Many join Facebook to stay in touch with their friends but are unable to maintain an uninterrupted conversation with a friend sitting across from them. Cal Newport wrote in Digital Minimalism that “smart phones have reshaped people’s experience of the world by providing an always-present connection to a humming matrix of chatter and distraction.” The Like button, “bright dings of pseudo-pleasure,” is akin to gambling every time you post something on social media, “a metaphorical pull of the slot machine handle.” There you are, constantly checking to see how many Likes you have after you posted a picture of your Christmas turkey dinner. We are addicted to social approval.

When it comes to technology, more is better. More connections, more information, more options. The iPod gave us the ability to be continuously distracted from our own mind. The smart phone has creepy ways to disrupt any remaining sliver of solitude we have. The quick look at the slightest hint of boredom. Surreptitiously glancing at any number of apps or websites to give you that immediate and satisfying fix. This is not what we were designed for; “humans are not wired to be constantly wired.”

The transformation of the cell phone from an occasionally useful tool to something we can never be without is not a good thing. The peer pressure of missing out on something is huge. Parents worry that their kids won’t be able to reach them in an emergency. People need directions and recommendations for the best Korean restaurant in Campbell River. Even executives will constantly check their phones for messages after business hours.

Newport writes that “what’s remarkable about these concerns is how recently we started really caring about them.” Those of us born before the mid-80s have fond memories of life without a cell phone. And yes, all the concerns mentioned still existed in theory, we just didn’t worry about them as much. As Newport wrote loftily, cell phones are “useful, but it’s hyperbolic to believe its ubiquitous presence is vital.”

Apparently, we humans are naturally wired to activities that require less energy. Texting your sister instead of calling her on a phone; liking a picture of a friend’s new baby instead of popping by for a

TIDE TABLE

• Secondary Tidal Station Ford Cove •
• Source: tides.gc.ca •

2024-01-03 (Wed)

Time PST (m)	(ft)
03:29	2.4 7.7
10:48	4.7 15.4
18:36	2.6 8.5
23:36	3.1 10.3

2024-01-04 (Thu)

Time PST (m)	(ft)
04:08	2.8 9.2
11:14	4.6 15.1
19:13	2.3 7.4

2024-01-05 (Fri)

Time PST (m)	(ft)
02:04	3.4 11
05:06	3.2 10.6
11:42	4.5 14.9
19:50	1.9 6.2

2024-01-06 (Sat)

Time PST (m)	(ft)
03:30	3.8 12.3
06:33	3.6 11.8
12:15	4.5 14.6
20:28	1.5 5

2024-01-07 (Sun)

Time PST (m)	(ft)
04:21	4.1 13.6
08:06	3.8 12.5
12:56	4.4 14.5
21:09	1.2 3.8

2024-01-08 (Mon)

Time PST (m)	(ft)
05:04	4.5 14.7
09:23	3.9 12.8
13:43	4.4 14.6
21:52	0.8 2.7

2024-01-09 (Tue)

Time PST (m)	(ft)
05:44	4.7 15.5
10:21	3.9 12.9
14:34	4.5 14.8
22:35	0.5 1.7

2024-01-10 (Wed)

Time PST (m)	(ft)
06:23	4.9 16
11:10	3.9 12.8
15:26	4.6 15
23:19	0.3 1.1

continued on P.4...

...continued from P.3 visit. Social media is taking people away from real world socializing. We are missing the quality of the richer interactions. Compulsively flicking and swiping merely “emits a patina of socialness.”

Sherry Turkle wrote in *Reclaiming Conversation* that “face-to-face conversation is the most human -- and humanizing -- thing we do.” We learn to listen and to learn the meaning of empathy. Social media, emailing, texting, instant messaging do not count as conversation. Cell phones have become “woven into a fraught sense of obligation in friendship” where you have to be on-call “tethered to your phone, ready to be attentive, online.” Tapping a Like button is not friendship; it’s a hollow parody.

I’m not saying to get rid of those thingies, or stay offline, or throw the lot into a landfill. It’s not about technology, it’s about quality of life. Social media is addictive because it gives us something which the real world doesn’t: instant gratification and approval. I’m saying, enjoy the real world while you can. 🍷

SPECIAL
INTEREST

Green Wizardries, Less

By Maxine Rogers

I read a lot of the works of the American philosopher and essayist, John Michael Greer. One of his essays was on LESS which is an acronym for less energy, stuff and stimulation. Mr. Greer proposes this as a way forward into the resource constrained world we all live in.

For example, we are having a lot less rain in this province and I was chatting with a friend who has moved to Alberta some months ago and she told me it had only snowed three tiny skiffs of snow since she has been in Edmonton. I asked if it had rained and it has not.

The Albertans, and we happy few in B.C., look to be going into a year of severe drought. We will be hit with higher electricity prices because there will simply be less electricity to go around. To meet demand, B.C. will have to import electricity from away and that will be more expensive than generating our own.

We all use a lot more power and water when the electricity is on than we do in a power outage. This demonstrates that we can get by using less water, which we will probably need to conserve, and less power that many of us will not be able to pay for. Conservation of power and water will be the best option for many people.

This need not make life unpleasant. Using LESS is something I have been practising for years now and I find myself happier and less harassed than when I had too much going on. Sitting in a quiet house, reading a book by candlelight is very soothing and candlelight does not trick the brain into thinking it is daytime; electric light does and it makes it hard for many people to sleep if they are exposed to electric light in the evening.



We have some nights where we use no electricity at all and we call these Dark Nights. Such a night is very pleasant and

soothing and our friends who come to visit from the city often ask for a Dark Night. This can mean board games by candlelight, singing, chatting, having a sauna all without using electricity. Candle lanterns are very handy for such nights and for power outages of course. It is fun to go for a walk in the dark winter nights, illuminating our way with simple candle lanterns.

If we never had electricity again, I would miss it but we can all probably think of simple ways to use less power.

Something else I have been experimenting with is reducing the amount of pharmaceuticals I use to control my asthma. I have been able to reduce the amount of steroid drugs I take by about 80%. My reasons for wanting to do this include saving money, not trusting the pharmaceutical industry at all and because I suspect the steroids of damaging my adrenal function.

To do this, I had to change my behaviour and really not eat anything I am allergic to such as cheese which is a favourite food. People tend to crave the foods they are allergic to. I have to be more careful about going into houses where people keep pets. I even have to avoid going to parties because most of the people I like to socialize with keep pets in their homes and I have an allergic reaction to the pet hair on their clothes. So, there are trade offs with each change.

Less stimulation is also something I am working on. I used to follow the news and political analysis until the tragic occurrences in Israel commenced last fall. I have lived in Israel several times and used to work on a Kibbutz and a couple of different Moshavs.

I like the Israelis and I like the Palestinians. It breaks my heart to see the carnage in Israel and Gaza. I can do nothing but pray for peace to break out. So, now while I am working inside the house doing something boring like washing the dishes, I listen to Gardeners' World. This BBC TV production had its first season in 1968. 2024 will be its 55 season so it has great staying power. I find episodes on Youtube. You can watch a whole episode without anything bad happening and the camera work is stunning.

The less stuff in LESS is the easiest to deal with. I look at the thing I meant to mend and if it has been on my desk for more than three months, I am clearly not going to mend it so out it goes. I am forever keeping things because they will be useful but really, they just take up room in drawers so anything I find I have not been using also gets chucked out. The best way to achieve less stuff is to not buy more of it. The less resources we use, the less harm we do to the Living Earth. 🍷

Phoenix Riting!

By Phoenix Bee

Notes from the road (I'm in Chemainus; it was a short road):

2⁰²³ was very good to me, on the whole. Worldwide, it was weird.

Island-wide, likewise. I'm not going to try to sum up the year here, though it's on my mind. It's New Year's Day as I write. 2024 is still shiny, wrappers hanging in shreds, the new year barely opened. What will it bring? I notice feelings of hope, upliftment, and also dread. We've been repeatedly burned by recent years, hope punctured as new disasters and disappointments show up early in the year. Remember 2020? I recently re-read a journal entry from 2019, in which I mentioned "the collective 'eek' coming up in January of 2020." I saw it coming. This year I see some big 'eeks' coming up. Different ones. So many eeks! There are a lot of 'aahs' to balance them, and I mean to squeeze the yum out of every one.

Last night was a huge, sweet 'aahh'. I didn't spend New Year's Eve on Hornby; I bought tickets to the Daniel Lapp Caravan show in Duncan (before I found out about the Hornby show). Turns out I had no regrets! It was well worth the expense and trouble of spending \$50 and driving all the way to the Cowichan Valley when I could have spent half as much and stayed home for a show that would also have been amazing. Truly, had I stayed on the island, I would not have regretted that! The Hornby party looked like a fabulous time. But this was a truly special, once in a lifetime experience. Daniel Lapp is a wizard of fiddle and trumpet, and of course the Atkinson family, Marc, Odus and Arlo, and our familiar bassist Scott White, made up the rest of the 'Caravan' so you know it was a heartwarming, uplifting, blissfully musical way to ring in the New Year! Champagne was served at midnight, and delicious food was included with the ticket. I danced right to the end of the night, and limped to the car with blisters on my soles.

It was a synthesis of Hornby and 'the world...' it was wonderful to be there with a handful of Hornby and ex-Hornby friends, and I reconnected with my old Cowichan dancing friends. Today my group will hike on the Cowichan River. As much as I love my island, we exist within a greater context and I'm grateful for the opportunity to experience it, once in a while. It helps me to appreciate my island even more. I'm looking forward to returning home and turning on the taps to see sweet water flow once again.

Let me back up: Christmas Day was a wild storm—we had a 24 hour power outage in my neighbourhood—but it was even crazier for me, if you can imagine. I cooked my vegan turkey (with rice paper 'skin') with stuffing (omg delicious) early because the power kept flicking off. I was well warned. I filled the bathtub with water and every available container with drinking water. Just before I left, I was running water only to see the flow slow, then stop. Uh-oh! That wasn't good. Then I went to the home where the dinner was to be held. When everything was mostly done, the power went out. We had a lovely time, with old friends and new, sharing amazing vegan and vegetarian food, music and conversation. Went home under the brilliant Full Moon and stars overhead. It was warm, beautiful, glorious really.

The next day, the power returned, but the water did not. Big shoutout to Dave Wishart for service above and beyond, showing up right away, organizing electricians and excavator for what turned out to be a huge job and being generally friendly and competent. Turns out the pump was ancient. "I've seen one of these before, once. Never worked on one." The electrical wires needed to be upgraded, a new breaker installed to accommodate a proper modern pump. Now, it's all shiny and new, and I'm told it will be up and running when I return. I forecast laundry in my near future.

How was your Christmas and New Year's? That was mine. Let me know what you think at phoenixonhornby@gmail.com. I'd love to hear from you! 🍷

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DENMAN ISLAND LOCAL TRUST COMMITTEE

E-mail: northinfo@islandstrust.bc.ca

NOTICE OF 2024 MEETING SCHEDULE

Please be advised the Denman Island Local Trust Committee meeting schedule for 2024 will be posted on notice boards in the following locations: Denman Island General Store

Marcus Isbister Old School

Islands Trust Northern Office – Gabriola Island
and on the Islands Trust Website

Letters to the Editor

RE/MAXING GENOCIDE

As we enter the new year, I have been feeling very helpless lately given the unrelenting onslaught of the Israeli government's genocidal war on Gaza that has unfolded, escalated, and now is threatening to become a wider war in the region. As the atrocities mount, many local folx here on the rock seem to find comfort in the illusionary world of Denman exceptionalism. The exceptionalist story which we like to tell ourselves is based on the idea that the outside world is a terrible place with its wars and injustices, but our hands are clean by dint of the fact that we live in the best of all possible worlds here on Denman Island far away from the fray. While some locals might question why the federal government's foreign policy automatically supports the Israeli government with few qualifications, the larger issue of the ongoing land grab that originally established and continues to expand the boundaries of the Israeli colonial state is lost in the self-congratulatory rhetoric of Denman exceptionalism.

However, Denman Island is deeply enmeshed in the Israeli system of oppression that is the context for the current war because of the island's harboring of a local chapter of RE/MAX, the parent corporation of which is entangled in a sordid web of complicity with Israeli apartheid. The US-based RE/MAX corporation is the largest real estate brokerage network in Israel, and is currently involved in the ongoing sale of settler-occupied Palestinian land in the West Bank and East Jerusalem. Locally, the corporate franchise's Denman-based owner/realtor, Bente Pilgaard, is a major player in the real estate industry's increasingly ramped-up gentrification of the island that we call home, with the result being the skyrocketing prices that make for a shortage of affordable housing here on the rock. This is a problematic role for which she has never been held publicly accountable because it is built into the colonial system of land ownership that is beyond the reach of Islands Trust officials who can only legally deal with land use issues. Moreover, the RE/MAX corporation which she represents is up to its neck in monetizing the original theft of Indigenous land both in BC and internationally in Israel and beyond.

As a person of Jewish heritage who has long been a critic of the Zionist colonial project known as Israel, I realize that nothing that we might do on Denman Island alone will stop the Israeli war machine from engaging in its dirty work. But instead of falsely claiming exceptional status, we can join hands and hearts in solidarity with other like-minded people worldwide and be part of something larger than ourselves in exposing/opposing the local mechanisms on island that are part and parcel of the genocidal devastation being rained on the open-air prison camp of Gaza and its world.

Not in My Name!
Ron Sakolsky 🍷

I was so sad to read the article by S.W Simpson regarding their medical problems. My experience was just the opposite. I have 2 very bad and painful knees, and Dr. Taylor recommended cortisone shots. After getting the prescription I went to the clinic but Dr. Taylor was away so I got Dr. Villanueva who refused to do the injection. Her policy was "if it won't cure the problem, learn to live with the pain" The following week Dr. Taylor did it and I was able to golf again pain free. Now I am 87 years old and of course have other health issues which Dr. Taylor has addressed and has been a great help to me. I find her to be very knowledgeable and shows great empathy to me as a patient. We are lucky to have her as our doctor on this island. I honestly hope that S.W. Simpson can find the health care they need in one of the many clinics on Vancouver Island or a family doctor in the Courtenay area.

Bob Whitehouse 🍷

RE/MAX PROFITS FROM ISRAELI APARTHEID

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WHY REMAX?

- RE/MAX Israel operates a licensed RE/MAX office in the Israeli settlement of Ma'ale Adumim in occupied Palestinian territory. The settlements are located on stolen Palestinian land and are in violation of international law, according to Human Rights Watch.
- RE/MAX is the largest real estate brokerage network in Israel. RE/MAX Holdings Inc is the parent company of RE/MAX LLC, a U.S. multinational real estate franchise corporation headquartered in Denver, Colorado. RE/MAX Israel, operating since 1995, encompasses around 100 branches throughout Israel with over 1000 associates.
- RE/MAX Israel's offices sell and rent real estate in major West Bank settlements including: Geva Binyamin, Beit Arye, Giva'at Ze'ev, Oranit, Salit, Sha'arei Tikva and others.
- In occupied East Jerusalem, RE/MAX markets and rents properties in the settlement neighborhoods of Gilo, Har Homa, Ramot and The French Hill.
- RE/MAX Israel is a franchise of the larger RE/MAX, LLC. RE/MAX Israel pays a series of flat and recurring fees as well as a percentage of their sales revenue to their RE/MAX parent company.

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Sources about RE/MAX's complicity in the Israeli occupation:

<https://investigate.afsc.org/company/remax-hldgs>
<https://whoprofits.org/companies/company/3648?remax-israel-impact-property-developers>
<https://theintercept.com/2016/02/11/why-is-remax-selling-properties-in-illegal-israeli-settlements>

They're Calling Ethnic Cleansing "Voluntary Migration"

By Caitlin Johnstone
OP January 2nd 2024

ISRAELI officials are now openly admitting that they're working on "encouraging" the migration of Palestinians from Gaza, ridiculously claiming that this migration would be "voluntary" despite their having deliberately made the enclave uninhabitable over the last three months.

The Times of Israel reports:

"Prime Minister Benjamin Netanyahu's two senior far-right partners endorsed the rebuilding of settlements in the Gaza Strip and the encouraging of "voluntary emigration" of Palestinians on Monday, while hawkish opposition MK Avigdor Liberman called for Israel to reoccupy southern Lebanon.

"Speaking during their parties' respective faction meetings in the Knesset, National Security Minister Itamar Ben Gvir and Finance Minister Bezalel Smotrich presented the migration of Palestinian civilians as a solution to the long-running conflict and as a prerequisite for securing the stability necessary to allow residents of southern Israel to return to their homes.

"The war presents an 'opportunity to concentrate on encouraging the migration of the residents of Gaza,' Ben Gvir told reporters and members of his far-right Otzma Yehudit party, calling such a policy 'a correct, just, moral and humane solution.'

"We cannot withdraw from any territory we are in in the Gaza Strip. Not only do I not rule out Jewish settlement there, I believe it is also an important thing,' he said.

"The 'correct solution' to the ongoing Israeli-Palestinian conflict is 'to encourage the voluntary migration of Gaza's residents to countries that will agree to take in the refugees,' Smotrich told members of his Religious Zionism party, predicting that 'Israel will permanently control the territory of the Gaza Strip,' including through the establishment of settlements."

<https://twitter.com/Antiwarcom/status/1741944593686667591>

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Two Israeli Ministers Say 'Resettle' Palestinians from Gaza and Build Settlements in the Strip

An Arab member of the Israeli Knesset said the two extremist ministers were inciting genocide

by Dave DeCamp

@DecampDave #Gaza #Israel #Palestine #Palestinians

news.antiwar.com/2024/01/01/two... Show more

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17

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The repeated use of the word "encourage" stands out in these remarks, given that encouraging Gaza's inhabitants to flee their homeland is exactly what Israel's actions since October have been doing. Once you've made 90 percent of Gaza's inhabitants homeless with internal displacement, forced half the population into starvation via siege warfare, destroyed the enclave's entire healthcare system to the point where disease is now running rampant, all while raining death and destruction from above in a wildly unpredictable manner with airstrikes routinely hitting designated safe zones, you're offering the population some very strong "encouragement" indeed to vacate the region as soon as possible.

This obviously makes the argument for the "voluntary migration" of Gazans completely nonsensical, since violently coercing someone into doing something and ensuring that they'll die if they don't do it is the exact opposite of what the word "voluntary" means.

But that's the slogan we're seeing pop up again and again as Israel draws closer to its final solution to the Palestinian problem in Gaza. Netanyahu and his cohorts have been repeatedly uttering phrases like "voluntary resettlement" and "voluntary migration" to describe the plan for Gaza's Palestinian inhabitants to either move to refugee camps set up in the adjacent Sinai Peninsula in Egypt or to be taken in by other nations around the world.

Netanyahu has said that a team must be established to "ensure that those who want to leave Gaza to a third country can do so." Iraq invader Tony Blair was reportedly being eyed as a potential leader of such a team by Israeli offi

continued on P.10...

A Letter to Sally Campbell

*By Mike Van Santvoord
Publisher, The Islands
Grapevine*

HELLO Sally.
Happy New Year!

Thank you for your submission.

We'll queue it up for our next issue, Jan.4th.

And how timely it is!

I just so happened to receive a lovely poem submission from Ed Emswiler! 'The Gift,' penned in memory of Doreen. (See attached)

Doreen (a big fan/supporter of the paper) posed me the question when I was still relatively fresh in my role of Publisher (Spring 2019), "What is the soul of the Grapevine?"

She continued (I'm paraphrasing), "the heart is not rational, it can be prone to flights of fancy. The soul, on the other hand, is steady. It's who you are each and every day." This really stuck with me. 18 months into it I was still getting settled. Learning systems, returning to Hornby after a nine month absence and scaling up our production to have considered the deeper questions. I knew I had some soul, but a paper?

By this thinking it would stand to reason that my soul may eventually come through in the paper. Like an artist over time develops their style. An organic process with no specific timeline. Besides, my 'open to all islander' policy I figured would help inform the paper's soul, so long as I maintained editorial consistency. An open forum that all locals could partake in couldn't be more 'community,' to my mind. My naiveté all that time ago makes me blush. I mean, how could allowing for open discussion be so fraught?

Enter Covid.

This isn't to say that my soul is tortured (At least not if I ignore the howls of those disapproving of my touches). I've always recognized my steadiness (stillness is quite another thing!). I understood that 'steady' would be a requirement to produce a weekly publication. 316 issues into things without missing a beat confirms for me that, at the very least, I know this aspect of myself. And the paper is nothing, if not steady.

Being committed to freedom of expression colours the soul of the Grapevine (who knew?). When Doreen posed me this question, the world was 100 years beyond a pandemic and the freedom to express oneself seemed a natch. Four years since Covid's arrival it still seems a natch to me (steadiness/consistency). I know there are islanders who wish TIG away for this stance but as we've seen with much in the world, propaganda and narratives are constantly being spun to manufacture consent/compliance so providing space for heterodox views has never been more important. You know all too well of this. Look no further than Gaza and its plight. Bombs land on its head while the media justifies dropping them. It's why I'll always stand for a person's right to say their piece. Of course, this brings some heat from time to time so I could say in response to Doreen, "the Grape's soul is spicy, for sure!" I can almost hear her rejoin, "have you ever tried stillness? You know, the T'ai Chi Ch'uan way?"

May 2024 see more stillness in the world than what we've experienced leading into it. Before that can happen however, a ceasefire or several need be. It's why I welcome your contributions, Sally. You lend relevance to the Grapevine's soul through your dedicated writings and consideration. An interesting full circle completed with this week's submission!

Cheers to you.
All the best!

Mike 

The T'ai Chi Ch'uan Way

By Sally Campbell

For 13 years; learning the Wu style under Doreen, who practised it for about 60 years, changed my life. She herself was trained over many years by Sophia Delza, a designated Master of Wu style, and the first to bring the form back from China.

Doreen's life had so many ups and downs, shocks and disturbances, disruptions and new starts; yet she had an indomitable spirit that did not abandon her. Imagine talking pirates down from robbing you at knife point in the black of night on a junk somewhere in Southeast Asia, you on deck and your children below. Just one story.

She expected to live to 100, and died at 96, with daughter Rachel by her side. The entire time she lived in Canada, she had no medical insurance, but that was ok as, to my knowledge, she never needed a doctor. She listened deeply to her body always. She knew she needed to be outside and to move to keep her system humming. She did floor exercises every morning to stay supple. In her early 90's, she would often walk the mile or so from my little cabin on Denman home to her place, just to "stretch her legs", after giving me a 1 ½ hour lesson which I would have to end, exhausted from the focus. Lessons were followed by our soup & toast lunches, where we would freely canvas the world of ideas, unrestrained. Then that walk back, where I'd accompany her ½ way and she'd trek on the rest of the way, bright and firm in her step.

She was rarely injured until close to the end, when she had a fall at her daughter Ghretta's house, and from then on, felt its effects. When a person in one of her classes spoke of a fall or other physical mishap, she would gently inquire: "Were you doing it the T'ai Chi Ch'uan way"? With that quiet lesson, I learned to pay attention when leaning hard in one direction, when reaching a long way, when moving quickly. My frequency of physical injury has dropped significantly by incorporating that simple question into my daily activities: "Am I doing this the T'ai Chi Ch'uan way?" Although Doreen in her later years may have lost some memory of the exact sequence of the moves of the Wu style, she never, right until the end, lost her wisdom.

Doreen was so fully alive while she lived; she taught me that women can be sexual right into their 90's. She had a dancing spirit and she trusted in the universe. Her adherence to Christian Science comported with her inquisitive nature and her belief in natural wellness, but she never proselytized to me.

The time of Covid was very difficult for Doreen, because she believed so strongly in well-being as something we cultivate ourselves; at that point in her life, the idea of a virus so contagious you couldn't hug people was anathema. And a closed border was even worse! Nonetheless, she always expected to return for another visit to her beloved islands, and I often feel her cosmic presence when I am practising my T'ai Chi Ch'uan on the beach, especially on a windy day.

One of the key gifts Doreen gave me was her embodiment of the basic tenets, the core principles of T'ai Chi Ch'uan, which means "Practise of the Essence": slowness, lightness, calmness, balance and clarity. I try to live my life with these principles close to me, close as Doreen remains in my heart. As I write this piece on Denman, I see three tiny hummingbirds in the rosemary, so like her vibrant spirit. May we each make of our lives an offering, as Doreen did. 🌸

The Gift

by Ed Emswiler

*I wish the best for each and all of us
of every religion and non-religion,
of every sex and predilection,
of every race and culture,
of every political persuasion
or socioeconomic status.*

*As we continue our journey of
understanding,
That everything
is a gift.*

*That human kindness
and Love,
are the greatest gifts,
we are to learn
and take away.*

*It's the inside
that counts.
In every leaf and grain of sand.
In each and all of us.*

*In memory of Doreen Hynd
December 24, 2023*



...continued from P.7 cials, though Blair has denied this.

<https://twitter.com/Mondoweiss/status/1740447590930358444>

Mitchell Plitnick wrote the following on the absurdity of the “voluntary migration” talking point in an article for Mondoweiss last month:

“The term ‘voluntary emigration’ is likely to be heard quite a lot in the coming weeks and months, and it is one of the most cynical, dishonest terms one can imagine. There is, of course, nothing voluntary about people leaving Gaza. Israel has made the place unlivable, and that was before the current bombardment.

“Now, they are essentially being forced to leave under the threat of imminent death. The people of Gaza did not suddenly lose their attachment to Palestine. They will die if they stay, as will their children. If you cut off water, electricity, food, and medical care, destroy all the shelter, and then ask a person, ‘Would you still like to stay?’ their decision to leave is obviously not voluntary.”

But that’s the narrative they’re going with apparently.

And it’s nothing new; Israel has been falsely claiming for generations that its violent forced expulsion of Palestinians known as the Nakba was voluntary as well. In 2000 Palestinian academic Ghada Karmi wrote that “The Israeli version of history—that the Palestinians left voluntarily or under orders from their leaders and that Israelis had no responsibility, material or moral, for their plight—has been successfully marketed to the world community for decades.”

The plot to relocate Palestinians from territories desired by Israel is also far from new. In a 2002 article for The Guardian titled “A new exodus for the Middle East?”, Israeli historian Benny Morris writes that the agenda to “transfer” Palestinians to other countries has existed for as long as modern Zionism:

“The idea of transfer is as old as modern Zionism and has accompanied its evolution and praxis during the past century. And driving it was an iron logic: There could be no viable Jewish state in all or part of Palestine unless there was a mass displacement of Arab inhabitants, who opposed its emergence and would constitute an active or potential fifth column in its midst. This logic was understood, and enunciated, before and during 1948, by Zionist, Arab and British leaders and officials.

“As early as 1895, Theodor Herzl, the prophet and founder of Zionism, wrote in his diary in anticipation of the establishment of the Jewish state: ‘We shall try to spirit the penniless [Arab] population across the border by procuring employment for it in the transit countries, while denying it any employment in our country ... The removal of the poor must be carried out discreetly and circumspectly.’”

This is a very, very old agenda, being presented as something brand new that is only just occurring to Israeli officials just now. They didn’t just come up with this. It’s been fantasized about for as long as Israel was a twinkle in its founding fathers’ eyes.

This is the real objective in Gaza. Not the “elimination of Hamas” (whatever the hell you want to pretend that would look like in practice), but the ethnic cleansing of Palestinians from the Gaza Strip.

Hamas is not the target in Gaza. Hamas is just the excuse.

*Read the entire article, with hyperlinked footnotes, on
www.theislandsgrapevine.com* 





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January 1, 2024

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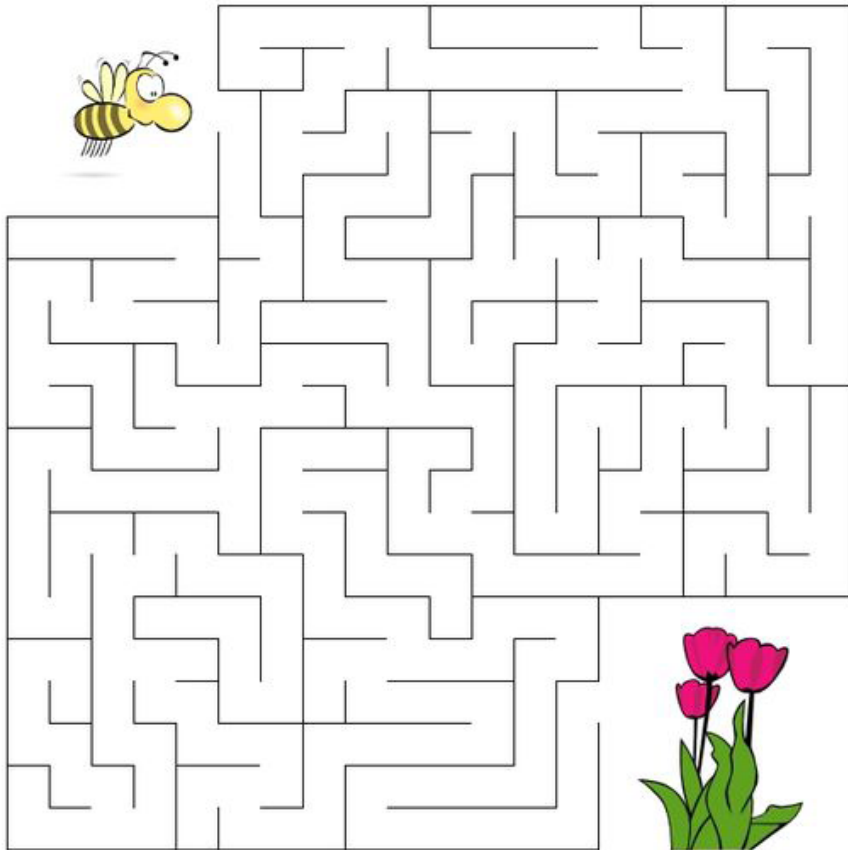
Starting January 1st, 2024, solid waste tipping fees at the Comox Valley and Campbell River Waste Management Centres were increased to shift costs towards a 'user pay' model in an effort to reduce unnecessary waste going into the landfill. These updates are intended to encourage positive behavioural change aimed at reducing waste, thereby extending the life of the landfill, which ultimately saves money for all taxpayers.

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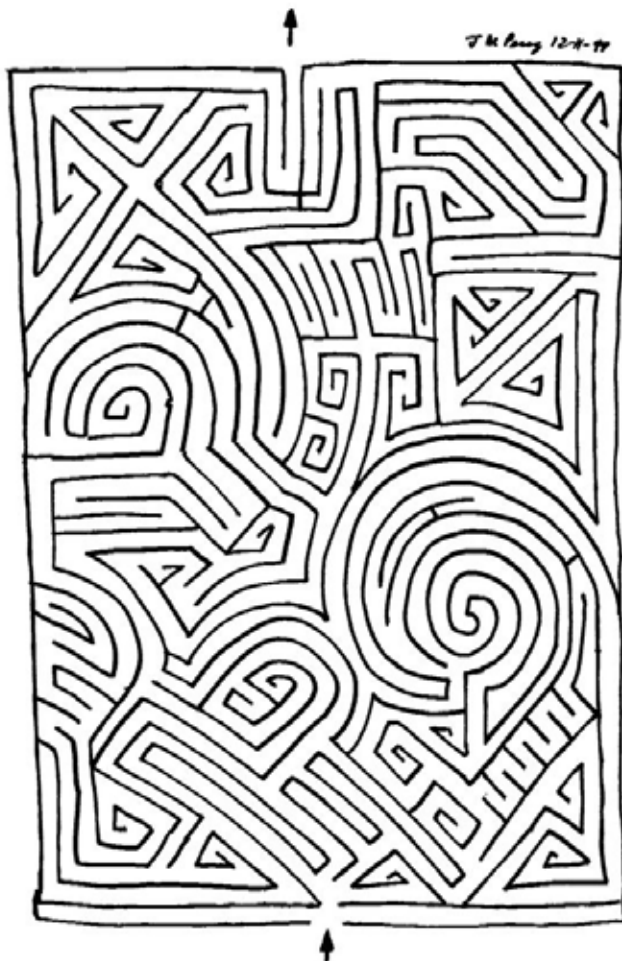
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by Mr. Unknown

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ISLANDS GRAPEVINE EDITORIAL POLICIES

Opinions expressed in the Grapevine do not necessarily reflect that of the Publisher.

Inciting violence, hate speech and pejorative language will not be tolerated.



Whether covering events that entertain us, presenting issues that concern and affect us or highlighting the many interesting and gifted people we call neighbour, the Grapevine celebrates the diversity and inclusivity of our shared island life. The following is our policy on content:

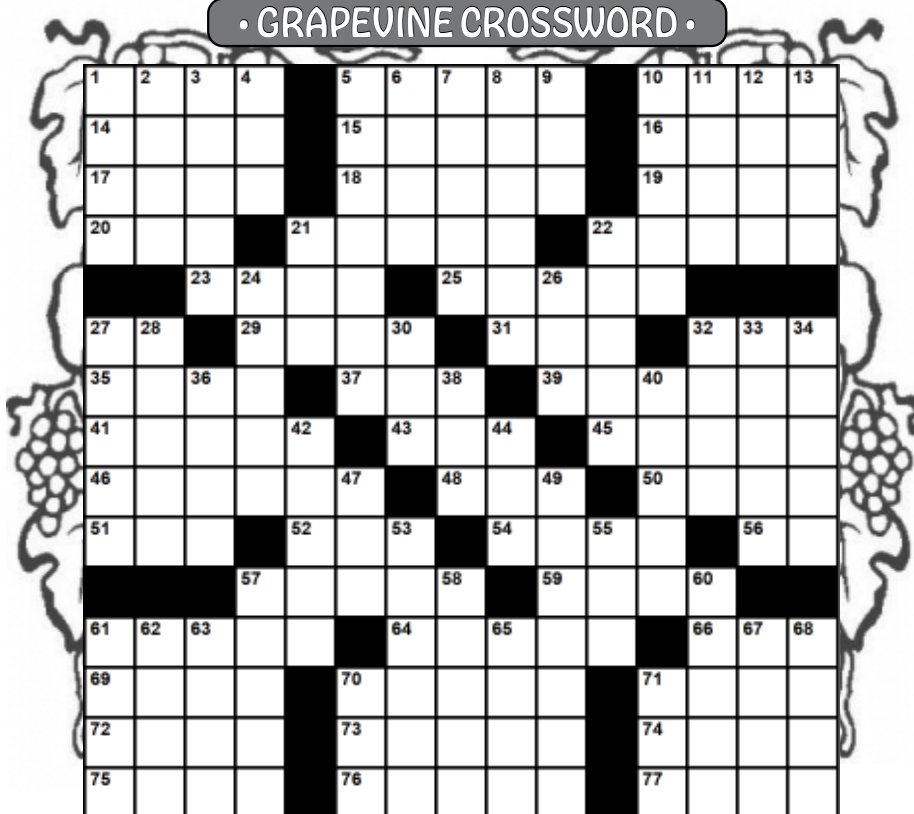
- Profiles of individuals, history, reviews and op ed are published free of charge.
- Literary content including poetry, stories, belle lettres are published free of charge.
- Promotional content for products, services, programs, and events will be published at going advertising rates.
- Public service announcements, notices of meetings, and news releases will be published for a fee. Exceptions will be made for emergencies where the public is immediately endangered.
- With regret, no exceptions can be made for non-profit status.
- Letters to the Editor are published free of charge.

The Grapevine is happy to provide an open, public forum for all islanders to speak and be heard. We are steadfast in our commitment to uphold freedom of expression.

As the record of our times, every issue of the Grapevine is a compilation of that week's submissions. We do not editorialize content, nor do we censor. We ask that writers moderate their own content. The Grapevine reserves the right to edit for brevity.

We are open to contributions from all Denman & Hornby Islanders. If you've something to say, send it our way! No copy and paste submissions. In your own words, please!

• GRAPEVINE CROSSWORD •



• ACROSS •

1. Kilimanjaro, e.g.
5. Destined to diet
10. Dry wine
14. Animation
15. Hockey sites
16. Continental coin
17. Culturally pretentious
18. Lifeboat device
19. Black cuckoos
20. Ball perch
21. Plains critter
22. Reagan nickname
23. Monsoon weather
25. Spam is sometimes found there
27. Be
29. Chinese gelatin
31. Addressee
32. Back, Fr.
35. Whirring sound
37. Cup's rim
39. Sudden
41. Correct the camber
43. Atlas makeup
45. Conical abode
46. Fragrant packet
48. Bit of light
50. Geog. region
51. Compass pt.

52. Uris novel,

54. Fabricator
56. Only
57. Boy scout unit
59. Descend
61. French farewell
64. South African Grassland
66. Jupiter's mother
69. Flirtatious woman
70. Japanese Americans
71. Final bio
72. Actress Magnani
73. Hall's partner
74. Mechanical repetition
75. Musical Myra
76. Move through mud
77. Checkup

• DOWN •

1. Builder's map
2. Celts' land
3. Hunting
4. C major or F minor
5. Number type
6. Partiality
7. Poetic postscript
8. Gaunt
9. Approx.
10. Suitor
11. Littlest of the litter
12. Obtained from urine
13. Reggae's Peter
21. Gigantic
22. Is uncertain
24. Guttural scream
26. Animal squeezer
27. Humble
28. Home of La Scala
30. Basketball hoop
32. Easy mark
33. Aida, for one
34. Bow of a ship
36. Basmati, e.g.
38. Augusta stat
40. Fashionable again
42. Hindu statesman

44. Kiddo

47. Ultimate principle of the universe
49. Kosher tongue
53. Good humored
55. Actor Carney
57. Big state
58. Basil sauce
60. Mail receptacle
61. Bombay nanny
62. Eat at the Ritz
63. Guest houses
65. Majors and Remick
67. Bread for a gyro
68. Derive from
70. Answers for Nanette
71. Bauxite bonanza

• TEST YOUR MATH SKILLS •

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Grumpism

“Just like the economy my waistline has suffered from inflation over the years.”



• LAST WEEK'S ANSWERS •

U	R	N			U	S	E			R	C	A		
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• BOTTLE DEPOT 2-6pm
• CAP SITE Hub Comm. Hall 4-7pm
• FOOD BANK Hub Comm. Hall 4-7pm
• FREE STORE 4:30pm-6pm



FRIDAY 5

• Dora Drinkwater Library 1:30pm-3:30pm
• AA Meeting DI United Church
Gathering Place 7pm

SATURDAY 6

• RECYCLING CENTRE 9-5pm
• BOTTLE DEPOT 9-5pm
• FREE STORE 9-Noon
• FARMERS MARKET Old School 9:30-12:30
• Dora Drinkwater Library 1:30pm-3:30pm

SUNDAY 7

MONDAY 8

• Dora Drinkwater Library 1:30pm-3:30pm
• AA Meeting DI United Church
Gathering Place 7pm

TUESDAY 9

• Dora Drinkwater Library 1:30pm-3:30pm

WEDNESDAY 10

• RECYCLING CENTRE 2-6pm
• BOTTLE DEPOT 2-6pm
• Dora Drinkwater Library 1:30pm-3:30pm

THURSDAY 11

• RECYCLING CENTRE 2-6pm
• BOTTLE DEPOT 2-6pm
• CAP SITE Hub Comm. Hall 4-7pm
• FOOD BANK Hub Comm. Hall 4-7pm
• FREE STORE 4:30-6pm

FRIDAY 12

• Dora Drinkwater Library 1:30pm-3:30pm
• AA Meeting DI United Church
Gathering Place 7pm

SATURDAY 13

• RECYCLING CENTRE 9-5pm
• BOTTLE DEPOT 9-5pm
• FARMERS MARKET Old School 9:30-12:30
• FREE STORE 9-Noon
• Dora Drinkwater Library 1:30pm-3:30pm

SUNDAY 14

MONDAY 15

• Dora Drinkwater Library 1:30pm-3:30pm
• AA Meeting DI United Church
Gathering Place 7pm

TUESDAY 16

• Dora Drinkwater Library 1:30pm-3:30pm

WEDNESDAY 17

• RECYCLING CENTRE 2-6pm
• BOTTLE DEPOT 2-6pm
• Dora Drinkwater Library 1:30pm-3:30pm

THURSDAY 18

• RECYCLING CENTRE 2-6pm
• BOTTLE DEPOT 2-6pm
• CAP SITE Hub Comm. Hall 4-7pm
• FOOD BANK Hub Comm. Hall 4-7pm
• FREE STORE 4:30pm-6pm

