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"The snow doesn't give a soft white damn whom it touches." • EE Cummings



CONTENTS

ISSUE NO. 1617 • JANUARY 18TH, 2024

• **SPECIAL INTEREST** •

- 4 • Green Wizardries, *The Freeze*
By Maxine Rogers
- 5 • Shucking Oysters: *Chatter*
By Alex Allen
- 5 • LLamas in the Lab
By Rosemary Fell

• **OPINIONS** •

- 8 • Tribal Warfare
By Sally Campbell
- 9 • The "Rules-Based International Order"
By Caitlin Johnstone
- 10 • Fancy Flight
Publisher's Notes
- 11 • Poetry

REGULAR FEATURES

- 3 • Tide Table
- 14 • Gary's Toon
- 12 • Crossword
- 12 • Sudoku
- 12 • Grumpism
- 13 • Classified Ads
- 14 • Business/Services Directory

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

COMMUNITY
INFO

2024 Denman Island Phone Directory

By Ian Lark
Arts Denman

feedback to keep the Directory accurate and up-to-date - if you spot any errors or omissions, please let us know!

The Denman Phone Directory is the go-to resource for island goods and services, and ad rates represent excellent value for money! New advertisers and business listings are always welcome - ads begin at \$25 for a two-line listing, boxed ads are \$50 per column inch.

This project is a fundraiser for Arts Denman, and proceeds benefit a wide range of arts programming on the Island.

COMMUNITY
INFO

Trivia Night: A Fundraiser for Local Students

By Miki
Arts Denman

IT'S that time of year, again! Production of the 2024 Denman Phone Directory is now underway.

Are you new to the Island or recently moved? Please submit changes and new listings to denmanislanddirectory@gmail.com (preferred), or leave a message at 250-335-1483 by Friday, March 1. We rely on your

ATENTION ALL TRIVIA BUFFS AND THEIR FRIENDS! The Denman Island Community School, the Parent Advisory Committee and the Denman Island Community Education Society are hosting a fantastic evening at the community hall that you're going to love! Bring the whole family for a night of fun, food, games and prizes!

TRIVIA NIGHT - Saturday February 17, 2024

Denman Island Community Hall

Doors at 5:00 pm
Food galore!

Games start at 6:00 pm with Quiz Master Daniel Farrow and special guests!
Kid's Party in the Hub starts at 5:30

Registration on NOW until February 12!

Sign up a full team of 8; if you only have a partial team or want to join as an individual, please sign up! We will connect folks to make full teams. Registration forms are available online - check the local social media bulletin boards for the link. If you prefer phone or email, we can help you with the registration process. Cost is \$20/person - no one turned away for lack of funds - just ask by email at dices.communityprograms@gmail.com or call us at 250-335-2058.

This is a FUNDRAISER for the Denman Island Community School Parent Advisory Committee and Denman Island Community Education Society with support from the Denman Island Community School. Together we are raising funds in support of educational and recreational opportunities for Denman students.

We hope to see you there, Saturday February 17, 2024 at the Denman Island Community Hall.

COMMUNITY
INFO

2023 Holiday Hamper Filled with Gratitude and Generosity

By Sadie Gibbs
DICES

WE would like to give a heartfelt thank you to everyone who helped with the Holiday Hampers this year! We distributed 46 hampers that supported 92 individuals with food, gifts, and treats for the holiday season. Holiday Hamper Day is a fun and frantic affair when we gather at the Community Hall to get the hampers ready. This year we had an amazing 44 volunteers helping with set up, wrapping presents, packing and delivering hampers, and helping with recycling and cleaning up. We had a blast and want to thank you all!

The Holiday Hampers could not happen without the help of our local businesses. We would especially like to thank the Denman Island General Store for ordering the food for the hampers and donating some food items, the Denman Island Hardware Store for hosting the gift donation box, the Earth Club Factory for organizing the Giving Angel Tree, and Evan Penner from Home Town Shredders who provided all the boxes for the hampers to be packed in. We would also like to give a big shout-out to Saputo (Dairyland) as a huge donor this year. They donated almost \$1000 of cheese, yogurt, and butter! Farmer Ben's also gave us a reduction in their prices. We want to give an extra thank you to Jeniffer and Donna for all that they do.

We have so much appreciation for everyone who donated the funds and the gifts that made the Holiday Hampers possible! The gifts were beautiful this year and they were all deeply appreciated.

Thanks for your amazing generosity, Denman. Happy New Year! 🍷

**Best Wishes in
the New Year
Everyone**

By Sharon Walberg

KATHY AND I along with our valued volunteers will be hosting our next Senior's Musical Lunch

*Wednesday January 24
Back Hall*

Noon to 2:00pm

Musical Guest Kevin Mitchell

Admission by Donation

We'll be serving warming and delicious bowls of homemade soup featuring veggies from our own beloved Two Roads Farm to warm your hearts and tummies, vegetarian and gluten free options. Of course we also have our delightful treats and goodies to sooth the soul along our locally sourced and endeared musician Kevin.

Come and vanquish those January winter blues. Bring your appetite. Bring a friend and lend us your ears for a great time.

Anyone needing a ride, please contact Kathy Rieder 250 335 0559 🍷

**Before You
Connect to
Fibre-Optic
Cable,
Read This!**

*By Christiane Brown
CRHI*

PRESENTED as an option to wireless, CityWest is currently connecting their fibre-optic cables to "BLAST" home routers on Hornby. If you think this "Best available," "Most advanced" "Latest technology" is the same as your home WiFi router... it's not.

Each BLAST (or similar) home router becomes a neighbourhood "hot spot". According to a local installer, its "super strong" electromagnetic fields (EMF) can connect multiple houses.

The GigaSpire BLAST simultaneously transmits 2 powerful WiFi and 4 "high-power" 5G signals to provide "blazing fast speeds" and enough whole-body "saturation" to give your family the "Ultimate" electromagnetic radiation exposure. (EMR).

"Don't be fooled!" says EMR/EMR remediation consultant, Chris Anderson, after measuring over 3 million microwatts/meter², 2-feet from a SHAW/Rogers "Blue Curve" wireless modem. "These new routers are far more dangerous than previous home routers."

When an installer comes to "hook you up," he may neglect to mention that every second, 24/7, it will send 5 billion electromagnetic pulses right through your walls. And right through you...

Symptoms of Wireless Sickness from home router exposure can include impaired cognition, learning, memory, immunity, fertility, reproduction, sleep or worse. Children are most vulnerable. (Headaches? Not sleeping? Stressed? Try turning off your home routers and cordless cradles for two weeks.)

Be sure to look for "802.11ac" on your router's specs. That's 5G. If you see it, tell the installer you want a completely hard-wired modem instead. Otherwise, its remotely disconnected wireless function is soon turned back on, for regular "upgrading" by the Calix Support Cloud.

TIDE TABLE

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

2024-01-18 (Thu)		
Time PST (m)		(ft)
04:22	2.7	8.8
10:48	4.9	16.1
18:16	1.6	5.4
2024-01-19 (Fri)		
Time PST (m)		(ft)
01:12	3.8	12.6
05:26	3.3	10.7
11:23	4.8	15.6
19:12	1.3	4.3
2024-01-20 (Sat)		
Time PST (m)		(ft)
02:53	4.2	13.7
06:50	3.7	12.2
12:03	4.6	15.1
20:06	1	3.4
2024-01-21 (Sun)		
Time PST (m)		(ft)
04:04	4.5	14.7
08:26	3.9	12.9
12:48	4.4	14.5
20:58	0.9	2.9
2024-01-22 (Mon)		
Time PST (m)		(ft)
04:59	4.7	15.5
09:52	4	13
13:42	4.3	14.1
21:47	0.8	2.5
2024-01-23 (Tue)		
Time PST (m)		(ft)
05:44	4.9	15.9
10:57	3.9	12.8
14:40	4.2	13.9
22:33	0.7	2.4
2024-01-24 (Wed)		
Time PST (m)		(ft)
06:23	4.9	16
11:44	3.8	12.5
15:34	4.2	13.8
23:15	0.7	2.4
2024-01-25 (Thu)		
Time PST (m)		(ft)
06:56	4.9	16
12:23	3.7	12.1
16:24	4.2	13.7
23:53	0.8	2.7



continued on P.4...

...continued from P.3

DON'T LET CALIX "TAKE COMMAND OF YOUR HOME" KEEP YOUR HOME & NEIGHBOURS SAFE!

And enjoy *clean* fibre-optic connectivity.

A public service message from CRHI (Concerned Residents of Hornby Island)

(calix.com; blastwifi.com 5GHz = 5 billion cycles/second)🍷

SPECIAL INTEREST

Green Wizardries, The Freeze

By Maxine Rogers

my mouth was an expletive. I had forgotten to bring in the hummingbird feeder on the front porch and it was frozen solid. To make matters worse, my male Anna's hummingbird was trying to drink from it.

We had an extra feeder and some syrup ready so it was the work of a moment to get his Lordship some breakfast. I have another feeder on the back porch and it sits on a coil of heat tape. There was a little liquid syrup in the feeding chamber and the rest of the bottle was frozen solid. The thermometer said -14 Degrees Celsius. That is very cold for the coast.

I ran around all day changing feeders as soon as I could get them thawed, not only for the hummingbirds but also for the rabbits. Their bottles freeze very quickly as they have little metal pipes for the rabbits to drink from and the water in these freezes very quickly. We had to break out their water bowls but some of the cages are not suitable for bowls because the floors tend to bounce when the rabbits move around. The rabbits got very excited when they saw me coming and each watering led to a big drinks party in the rabbit barn.

The wild birds needed liquid water too and I spent the next few days thawing bowls and bottles and ran about with feeders. Dehydration makes every medical condition worse but it is deadly in extreme cold.

The other small problem had to do with both of us coming down with some strange tummy bug. The symptoms were mild enough except for the fatigue that came with it. There was nothing for it but to decide what was imperative and do that between naps.

One thing that did help was to brew an immense pot of chai. A friend had just taught me that a large pot of chai should contain a handful of fennel seed, a trick which I had never read about, along with the finely chopped ginger, mashed cardamom pods, a cinnamon stick broken up in the mortar, some cloves, black pepper corns which I left whole, and some ground turmeric. This, I brought to the boil and simmered for an hour or so and then wrapped the pot up to stay warm.

Fennel seeds are a spice we can easily produce on our islands and they have several medicinal properties including increasing the rate of lactation in nursing Mothers. The plants are also a good food source for the Anise Swallowtail butterfly's caterpillars.

WE had ample warning about the cold snap and I thought we were well prepared with extra mulching and similar. I came downstairs early Friday morning and the first word out of

Both ginger and fennel seeds are antispasmodic and comforting to the stomach. They, and all the other spices are anti-inflammatory and make sick people feel more comfortable.

We are pretty lucky with our weather as a friend in Edmonton said it got down to -43 in Edmonton and another friend reported it got down to -42 in Calgary. Last Friday, Alberta's electric grid came close to crashing as everyone in the province turned up their thermostats at the same time.

In a grid down situation, it really pays to have a propane stove. The best one to have is the Unique propane stove which is assembled in Ontario. It is for off-grid living and the pilot light runs on one D cell battery. So, in the event of a power outage, you still have an oven to bake or roast food.

I think this cold snap shows how advisable it is to have a wood stove in your house even if you get by with your electric heat pump or other electric heat most of the time.

I remember reading a book by a Canadian soldier who was serving in Sarajevo during the war there.

He had some Muslim friends who invited him over to supper, a real hot meal! He was glad to go as the Canadians were suffering from a lack of fuel and heat too. The Grandmother of his friends' family had missed life in the village so much, her sons had installed a wood stove in their apartment just to please her. When the war came and the electricity went, they were one of very few families who were both warm in the winter and able to cook some food.

I pray to all the Gods that war, especially civil war, is not something that will ever arrive on our shores but power outages do occur. Besides, a wood stove with a glass front is both cozy and romantic. Why live in the country without one?



SPECIAL INTEREST

Shucking Oysters: Chatter

By Alex Allen

ten or talked about before." And I went for days, trying to think of something; and I couldn't.

And then days later I met up with a neighbour — I said: "I am trying to think of a subject upon which no previous human being has ever said a word—some subject that will attract by its novelty, invigorate by its surprising freshness." She pondered a long while, and at last suggested the weather, which she was sure had been most trying of late.

And ever since that idiotic suggestion I have been unable to get the weather out of my thoughts or anything else in. It certainly is the most wretched weather — at the time I am writing, and if it isn't particularly unpleasant when I come to be read, it soon will be.

It always is wretched weather. The weather is like the youngest sibling — always in the wrong. In summer-time we say it is too hot; in winter that it is freezing; in spring and fall we find fault with it for being neither one thing nor the other and wish it would make up its bloody mind. If it is dry we say we are desperate for rain; if it does rain we pray for dry weather. If December passes without snow, we indignantly demand to know what has become of our good old-fashioned winters, and talk as if we had been cheated out of something we had bought and paid for; and when it does snow, my gawd, the uproar. We shall never be content until we make our own weather and keep it to ourselves. If that cannot be arranged, we would rather do without it altogether.

Are we a little obsessive about the weather? Is it a Canadian gene? We're not the only ones to constantly bring up the weather, but we do it a lot, from everyday banter to media coverage. The Weather Network reported that compared to the averages of 160 countries, the topic of weather in Canada took up 229% more places in the media.

In a CBC story, Diane Pacom, a social professor at the University of Ottawa, commented that weather is a critical aspect of the Canadian identity. "The way you create a collective ethos is through this constant preoccupation with weather," she said. When we talk about the weather, we're often talking about much more. It isn't just a "rhetorical throwaway." It's

THINGS do go so contrary-like with me. I wanted to hit upon an especially novel, unique subject this week. "I will write about something altogether new," I thought to myself; "something that nobody else has ever written

also a shortcut to interpersonal connections.

A study on conversations in the UK, revealed that 94% of respondents had talked about the weather in the past six hours, and 38% had done so in the past 60 minutes. British social anthropologist Kate Fox, said: "This means at almost any moment in this country, at least a third of the population is either talking about the weather, has already done so or is about to do so."

Based on her research, Fox argues that this type of conversation is less about the weather. "Weather talk is a kind of code that we have evolved to help us overcome social inhibitions and actually talk to one another." She means that some use weather chatter as an icebreaker, and others to fill those awkward silences or divert the conversation. Depending on their response to your weather greeting (which should always be in the form of a question), we can tell if someone is in the mood for a chat, or is feeling grumpy and negative. "Pretty cold, eh?" "You talking to me!?"

We all know about atmospheric rivers. Now, we're learning about the "polar vortex." Both are recent weather terms. The polar vortex is a swirling weather system that circles, like Santa on Christmas eve, in the atmosphere high above the North Pole. Normally, this chilly air is held back by the jet stream, keeping the vortex circling aimlessly over the far north. Instead, scientists think that climate change is pushing them away from the pole, moving a bomb cyclone of polar weather south.

Have you noted that Environment Canada has more types of winter warnings than ever before? Today, we have: Arctic air, blowing snow, blizzard, extreme cold (including wind chill), flash freeze, freezing rain/drizzle, snowfall, snow squall, and winter storm. In the media, "snowmageddon," "snowpocalypse," and "snowzilla." David Phillips, senior meteorologist at Environment Canada says these terms have traction. "People remember them and use them — and it sometimes scares the 'bejesus' out of people."

And "wind chill." Phillips shared that most meteorologists hate wind chill "because it's not a perfect measure of coldness, but Canadians love it because it really exaggerates the worst." If it's -25° C outside with a minus -35° C wind chill factor, "by the end of the day, it's -35° C outside." It's all about making it sound more spectacularly cold than it really is.

Not the most scintillating conversation-starter, but here's an icebreaker: Did your pipes survive the blizzaster? ❄️

SPECIAL INTEREST

Llamas in the Lab

By Rosemary Fell

C. difficile, hepatitis B, HIV, cancer and Alzheimer's disease.

CAMELIDS - Llamas, Alpacas, Guanacos, Vicuñas, and Camels are unique in that they have specialized antibodies circulating in their blood. The 1989 discovery of a naturally small antibody in a camels blood has led to the development of new treatments to fight

LLAMA ANTIBODY RESEARCH

Current research being conducted by Dr. Jamshid Tanha's antibody therapeutics group at the National Research Council Canada has revealed how antibodies derived from llamas may provide a new method for diagnosing and treating Alzheimer's Disease.

continued on P.6...

...continued from P.5 Dr. Tanha has been involved in llama antibody therapeutics since 1997. Scientists with the NRC, in collaboration with the University of Calgary, have shown how camelid antibodies recognize disease toxin proteins. This research is an important step towards developing specific ways to treat very common and serious diseases.

The NRC is based in Ottawa and has three integrated research and development divisions. The sectors - Emerging Technologies, Engineering, and Life Sciences, represent areas of economic and scientific value for Canada. The Life Sciences sector develops human health technologies including vaccines, immunotherapeutics, and therapeutics that can cross the blood-brain barrier; research involving anti-bodies derived from llamas.

Llamas have normal antibodies like our own, as well as heavy chain antibodies from which single-domain antibodies are derived. These antibodies are ten times smaller than those found in humans and can be more readily engineered into drug therapies. Their small size enables them to reach places that our normal antibodies can't. The single domain nature of these antibodies provide unique advantages which set them apart for research, diagnostic and therapeutic applications.

The discovery of this antibody came about by chance. In 1989, students at the Free University of Brussels had identified what they thought were antibody fragments in a camel blood sample.

A professor at the university, Raymond Hamers, and his colleagues were intrigued, and demonstrated that the antibodies found in camels, (and other members of the camelid family), consisted of two heavy chains, instead of two heavy and two light chains that make up the antibodies produced by humans.

According to Mehdi Arbabi Ghahroudi of the NCR, these unique antibodies account for 70 percent of the antibodies in a camel's blood and 30 to 40 percent in a llama's. As llamas

are smaller, easier to work with, and more readily available than camels, companies that supply the blood samples prefer to work with them.

HOW DO ANTIBODIES WORK?

An antibody is a natural protein produced by white blood cells when mounting an immune response to a foreign substance (antigen) introduced into the body, such as bacteria or viruses. The antibody latches onto the antigen and either destroys it or makes it easier for white blood cells to eliminate the unwanted foreign substance. Vaccines help prepare the body, so it can react faster and more effectively to a pathogen invasion.

ADVANTAGES OF LLAMA ANTIBODIES

The smaller size allows them to penetrate tissues, pass through the blood-brain barrier and bind epitopes that cannot be reached by conventional antibodies, making them excellent to use in immunohistochemistry.

Llama antibodies are capable of recognizing a variety of epitopes, (part of an antigen that the antibody recognizes and attaches to), located not only on the surface of a protein, but also in the clefts.

They have a high tolerance to extreme pH and temperature. They are more durable, capable of withstanding temperatures of almost 200 degrees Fahrenheit.

They are easy to clone, hence a cheaper alternative for large scale production.

ALZHEIMER'S DISEASE: LLAMA ANTIBODIES DETECT CEREBRAL LESIONS

A number of research teams from around the world have been working with the NRC to develop effective therapies and diagnostics involved with llama-derived antibody proteins.

The development of these "nanobodies" have important applications in Alzheimer's disease.

These nanobodies are capable of crossing the blood-brain barrier, (which generally protects the brain from microbial attacks but also prevents potential therapeutic molecules from reaching it), and once in the brain can specifically mark and show amyloid plaques and neurofibrillary tangles, the two types of lesions that characterize Alzheimer's disease.

Amyloid beta peptide, naturally present in the brain, builds up over the years as a result of genetic and environmental factors until it forms amyloid plaques. This build-up is toxic for nerve cells and leads to a loss of neuronal structure and to what is known as neurofibrillary tangles, which in turn results in cell death.



"The blood-brain barrier rejects many things, including drugs", says Dr. Tanha. "We've developed single-domain antibodies that are 'transcytotic', which means they can get across the cells of the brain's protective layer."



Early detection of Alzheimer's can lead to better treatment and better outcomes for people with this brain disease. The scientists involved in this collaborative project are working on MRI techniques to detect the lesions associated with Alzheimer's disease. At present they are using two-photon microscopy to detect signs of the disease in vivo in mice. Human trials using llama antibodies in Alzheimer's patients are predicted to get underway in the next few years.

With greater interest and involvement from the pharmaceutical and biotechnology companies llama-derived antibodies may soon become a standard therapy in testing, diagnosing, and treating diseases in humans as well as animals. Dow Agro Sciences has licensed llama antibody technology for animal health and food safety applications. Texas Biomedical Research Institute is developing tests using llama-derived antibodies to detect hemorrhagic fever viruses, including Ebola and Marburg.

EVOLUTIONARY ADVANTAGES OF THE CAMELID FAMILY ARE PROVING TO BE OUR NEW LINE OF DEFENCE - IN SO MANY WAYS

Llama antibodies can act as sensors to warn of dangerous microbes and chemicals in the event of a biological attack. Researchers at the U.S. Naval Research Laboratory in Washington were able to successfully engineer llama-derived antibodies that have the ability to detect cholera toxin, a smallpox virus surrogate, and ricin in the environment. Scientists at Southwest Foundation for Biomedical Research have developed tests using llama-derived antibody proteins to detect seven different types of botulinum neurotoxins. Botulinum neurotoxins are about 100 billion times more toxic than cyanide, and should there be a bioterror threat, the ability to detect these toxins in our water supply or food-chain is critically important.

CUSTOM ANTIBODIES

About a dozen Science and Technology companies are now offering single-domain antibody services. Using bioengineering techniques, the antibody genes from llama and alpaca blood samples are cloned. These "libraries" provide researchers with naive and immunized camelid antibodies from which they can conduct their research and develop new techniques to safeguard human health, target certain diseases, and discover new cures.

Most of us know llamas as providers of luxurious fleece, or for their athletic abilities as a pack-animal, as therapy animals, companions, as well as guardians of livestock. Their important contribution to science is yet another reason to appreciate our camelid friends. 🌸

Affordable Housing on Denman
Open House
 hosted by local Trustees,
 Sam Borthwick &
 David Graham
 January 28th, Back Hall,
 2pm to 5pm.
 Come and give us
 your ideas, concerns,
 questions etc.

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Hornby Community Hall
Saturday 20th January
10am to 4pm

Tribal Warfare

By Sally Campbell

THERE was a study done in San Francisco years ago on high conflict custody & access disputes within the family court system. Families, social workers, lawyers, court personnel, educators – all those with connection to the disputants were consulted in an effort to understand why certain cases seemed so intractable, why they weighed down the court system with repeated applications and return visits before a judge.

The researchers then changed the name of the study to “Tribal Warfare”, as they found in every instance a well-meaning relative, friend or significant other (including lawyers and social workers attached to the case) who were not helping ease tensions, but in fact inflaming the fight by their blind loyalty to one disputant over the other.

We see tribal warfare happening in families and in groups on local and international levels today. Someone we care about feels wronged by another. We hear their story. We see it through a lens of caring and loyalty. We filter our perceptions through empathy with how the one we care for is hurt, angry, wounded. We express our support for that person, group or nation, “standing up for them”, perhaps without examining how the one claiming victimhood may have contributed to the conflict or harm done. We show our caring by unquestioning loyalty, by looking the other way, by repeating what our ally has said about the other in moments of anger and thirst for revenge, by judging and finding the other “wrong” because they have hurt someone we care for. By failing to inquire into the fuller context, or to understand more deeply what led to the debacle, we actually contribute to the continuation of the conflict. We have now become part of tribal warfare.

We best serve our friends by modelling an ethos of responsibility, of caring, and of repair where needed. An ethos confirming that we live in a messy world, a world rife with conflict and misunderstanding, where part of our task as hopefully intelligent humans is to work to reduce harms, not to exacerbate them by aligning against the other. Also, by recognizing that all of us have blindspots, frailties, wounds and losses. Maturing means coming to terms with our own issues, making meaning, and practicing forgiveness. Sometimes we need to take a break from a relationship to find more clarity, but “taking a break” doesn’t mean walking away from working on it when the relationship involves close family members or a group with whom we identify or are closely connected. It means giving ourselves space to get clarity, maybe counselling, to do our own healing and hopefully to find ways to bridge the divide. When our friends/family/other group members blindly support us “right or wrong” they do us no favour. They simply help us cling to our smaller version of ourselves, our “wounded child”, to use a therapeutic term.

I like the idea that forgiveness of our parents for their faults and frailties is the route to freedom. Again, that doesn’t mean condoning wrongdoing. It means accepting that our parents did the best they could with the resources they had. It means acknowledging that we all make mistakes and we grow stronger if we can transform our understanding of those mistakes into life lessons.

And if we don’t do that while they are living, we then must communicate with a ghost. Here is 13th century poet Rumi’s take on that challenge:

*Let’s love each other,
Let’s cherish each other, my friend, Before we
lose each other.
You’ll long for me when I’m gone. You’ll make
a truce with me.
So why put me on trial when I’m alive?

Why adore the dead but battle the living?
You’ll kiss the headstone of my grave.
Look, I’m lying here still as a corpse, Dead as a
stone. Kiss my face instead!*

(from **Gold**, by Rumi, translated by Haleh Liza Gefori)

As Gafori says in her gorgeous new translation: “Rumi’s gold is not the precious metal but a feeling-state arrived at through the alchemical process of altering consciousness, of burning through ego, greed, pettiness and calculation, to arrive at a more relaxed and compassionate state of being.... Gold is the deepest love.” 🍷



**Regional
Parks & Trails
Strategic Plan**
Our Region, Our Future Parks.

Share Your Input

The Comox Valley Regional District is seeking input from the community to review emerging directions for the Regional Parks and Trails Strategic Plan process.

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- Attend an open house (Jan 24 - Feb 7)
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- Provide your feedback through the community survey (until Feb 19)

Visit: engagecomoxvalley.ca/RegionalParksPlan

For more information,
call: **250-334-6000**



The “Rules-Based International Order”

By Caitlin Johnstone
OP January 16, 2024

THE “rules-based international order” has allowed the incineration of Gaza, and the bombing of Yemeni forces who are trying to stop it.

The “rules-based international order” allowed hundreds of

thousands of people to be killed by western-backed Saudi atrocities in Yemen.

The “rules-based international order” allowed NATO powers to knowingly provoke a world-threatening proxy war in Ukraine.

The “rules-based international order” allowed western powers and their regional partners to plunge Syria into a horrific civil war by flooding the nation with heavily armed fascistic extremist factions.

The “rules-based international order” has allowed the US to invade and occupy a vast stretch of Syrian territory in order to control the nation’s natural resources and prevent reconstruction.

The “rules-based international order” allowed Libya to be turned into a chaotic hellscape after western-backed forces killed Gaddafi following a long-desired western regime change operation disguised as “humanitarian intervention”.

The “rules-based international order” allowed the invasion of Iraq to destabilize an entire region resulting in millions of deaths following a campaign of deliberate lies and propaganda.

The “rules-based international order” allowed the invasion of Afghanistan and a decades-long occupation sustained by lies and corruption.

The “rules-based international order” allowed the imprisonment of Julian Assange for journalistic activities exposing US war crimes.

The “rules-based international order” has allowed the planet to be circled by hundreds of US military bases, including in places where the people who live there vehemently oppose their presence like Okinawa, Iraq and Syria.

The “rules-based international order” has allowed the US and its allies to kill huge numbers of civilians with siege warfare tactics in nations like Yemen, Iraq and Venezuela.

The “rules-based international order” has allowed the US to interfere in scores of elections around the world at will and forcibly topple inconvenient governments whenever it wants to.

The “rules-based international order” has allowed China to be surrounded by a rapidly increasing amount of US military bases and war machinery in preparation for a future conflict of unimaginable horror.

The “rules-based international order” has allowed the US to plunge the world into a new cold war with rapidly-escalating brinkmanship against nuclear-armed Russia and China.

The “rules-based international order” has allowed our civilization to be controlled by the most powerful propaganda system ever devised, creating a mind-controlled dystopia of brainwashed gear-turners who are deceived into believing they are free.

The “rules-based international order” has allowed unfathomable amounts of government malfeasance to be hidden behind an increasingly opaque wall of government secrecy.

The “rules-based international order” has allowed the interests of ordinary human beings to be subordinated and subjected to the interests of billionaire corporations and socio-pathic government agencies.

The “rules-based international order” has allowed the destruction of our ecosystem for the enrichment of powerful plutocrats.

The “rules-based international order” has allowed our planet to be dominated by an empire of extreme murderousness and depravity at the cost of nonstop bloodshed and ever-increasing tyranny.

If the “rules-based international order” has allowed all these things to happen, what kind of “rules” are we talking about exactly? And what kind of “order” do they sustain?

If this is what the “rules-based international order” looks like, would we not, perhaps, be better off without it?



Fancy Flight

Publisher's Notes

WHEN the Grapevine came up for sale in Summer 2017, I saw a challenge, but moreover a chance to give back to the

community that I'd called home for some 15 years. A community I was enmeshed in, right down to a daughter enrolled in our local school.

In revitalizing the paper, the community responded in kind. We'd noted that Denman was experiencing some kind of love affair with itself, fuelled by weekly reminders of who we were and our common island life. Whether presented in short story, review, poem or cartoon form, it soon became clear that our lively community was the ultimate fuel for a lively paper. Doreen Hynd marvelled at the energy that emanated from our pages. It's when she posed to me the question, "what do you see the soul of the paper as being?" I touched on some form of answer to that in Issue #1615 but I want add further context to the wisdom Doreen was sharing with me. She also spoke of the 'heart,' intoning, "where there's the steadiness of soul, the heart is not rational, it can be prone to flights of fancy. But OH!... those flights of fancy!"

I'll admit that I've questioned how rational it was to take on the Grapevine at various points along the way. Firstly, in our ever digitized world taking up a paper publication I worried mightn't prove counterintuitive. Secondly, the learning curve I faced had moments of self doubt as frequent and jarring as the potholes littering Lake Road but while I worked and learned the communities of Denman and Hornby were responding to their paper proving in the moment that following one's heart needn't be feared for its irrationality.

Another point of near crippling doubt occurred with the arrival of Covid. I'll ask readers to think back to how news of the pandemic and society's reaction to it left them feeling in their own lives and hearts as some manner of relating. The shutdown impacting every business and organization was felt at the paper but, *being the paper*, information was never more at a premium. True to our Editorial Policy, The Islands Grapevine extended space to all of its clients free of charge in the scramble to keep locals informed amidst a Public Emergency and its fast changing tides.

I still remember the sign on the porch of the General Store: Denman 1100/Covid 0.

I still remember the bi-monthly Covid Resilience Updates we provided free of charge.

I still remember Denman Works' shop local initiative as an antidote to lockdowns.

As a Board member and treasurer of our Economic Enhancement Society, I was all too aware of efforts to stimulate our moribund local economy.

Going beyond mere awareness, and in a fit of irrationality to make any heart skip a beat, I chose to highlight local artists with a four page, colour spread each week from my own pocket in hopes of spurring some economic impetus (Dec.10th, 2020 & Dec.17th 2020) Those of you with any inkling to confirm this can check out our online archives at: theislandsgrapevine.com. Unfortunately, our ramshackle colour printer of the day conspired against us leaving us just

two artist exposés before packing it in. I suppose it's moot because not long afterward came a sudden shift in the community's sentiment towards its paper as the pandemic became more and more politicized.

So 'saving one another's grandmas,' soon returned to a world I've always been more familiar with. You know, the one where pots and pans are used exclusively for cooking. Where everybody is self absorbed living their lives thinking only for themselves and *maybe* their own grandmothers. Proper reality. It's okay, I begrudge you not for not caring about mine. That's an emotional bond for me and Oma alone to experience and cherish. Just as I'd hope no less for anyone else and their own grandmothers. What I do begrudge are those who'd cop to caring about my grandma as a means for pushing their agendas or ideologies let alone using it as justification to bully and cast judgement. Suddenly EVERYBODY cares about Oma? Really?! Go on now, do tell.

This community's reaction to the pandemic was dutifully recorded in opinion, reaction, poem, and Letters to the Editor. Early days driven by a sense of collectivism soon flaked away like a bad paint job revealing fractures mirroring growing contention in the broader world over things like 'facts,' 'misinformation' and 'narrative.' What mattered in the world mattered equally on a local level so the paper's content skewed accordingly. Along the way I've watched things go from Denman 1100/Covid 0 to Denman 1400 with Covid casualties totalling 13,741 *and counting*. Friendships, associations, and in some instances even family cast to the curb in anger, out of fear, in frustration or owing to arrogance. Every one of us has our war stories.

So along the way all sorts of perspectives have been conveyed. Do I agree with each carried in the paper? No. Some I've found rather odious if need be known. I'm aware I'm not alone in such appraisal of Grapevine content, only you might be surprised which submissions I've felt crossed lines. Yes, I printed those submissions demonstrating my stance on freedom of expression for I believe we each have the right to be wrong. And, as if to back me up on this, those 'right,' have at times *been* wrong. Which is to say nothing of those 'wrong,' who've ended up being right.

You see for me, it's the tenor of a piece that speaks loudest. Submissions questioning impositions placed upon our liberties have typically been well articulated and even in tone where submissions I've fielded from islanders committed to trusting the 'experts' have often been astounding in their condescension, emotion, and reliance on ad hominem attack. Less concerning to my eye is who's 'right' when the manners employed to convince those who 'don't get it' are so mean or dismissive in spirit. Being right or wrong is a subjective business where meanness and condescension are more plain to the eye and hint of deeper, unrelated issues.

And the cries that I'm the one who's being divisive for publishing a breadth of perspectives come from the nastiest of the lot. Driven by imaginings of a community chockablock with unicorns and rainbows they've unsheathed their knives, slashing and thrusting at a 32 year old island institution and my livelihood. One would-be pirate even, *in what I can only describe as a fit of drunken zeal*, pulled out his "T.I.T." waving

it around, proclaiming it a 'Barnacle.' Another, *somewhat ironically*, one of the two artists I featured all this time ago. I know, I know. When it comes to matters of the heart you don't necessarily get back what you put in. That's why following one's heart can be seen as so irrational!

To be clear, I'm not saying that chasing rainbows and unicorns is a worthless pursuit. TIG wholeheartedly applauds all islanders who contribute to our community in their many and varied ways. Even those who do it quietly to no fanfare. It's just that the local population boom triggered by the pandemic means there are less unicorns and rainbows to go around, not to mention more islanders who think they know this community enough to speak for it. That's why a paper is important. It's why freedom of expression matters. Right or wrong, not everyone has a unicorn and a rainbow.

So here we now are. Documenting the community these past years has seen the love-in tarnish somewhat. The honeymoon long over. The toilet seat never in the 'factual' position and the squeezed toothpaste all 'misinformed.' Expectation, a 'narrative' that's sloughed to a less flattering reality.

And what I'm to take from all of this is, "It's not you. It's me."

Just checking I get all of this straight before explaining to my 12 year old the consequence to following one's heart. 🍷

Beneath the Light

by Keith Porteous

Hot sauce by Mr Unknown

*That fiery feeling
For a fiery sauce
If you say no to this concoction
Then that's your loss*

*Glob a lot on food
Do it with haste
Too much makes you breathe
fire
Too little adds no flavour to
taste*

*Although it is hard on some
Hard on salivary glands
After going down the gullet
You realise this was a choice
that lands*

*I was alive, and we were alive,
the times we were together.
Now we're shipwrecked in the shadows,
out of sight.*

*What we all didn't know,
is how low it could go.
Is this all for show,
or is this a real fight?*

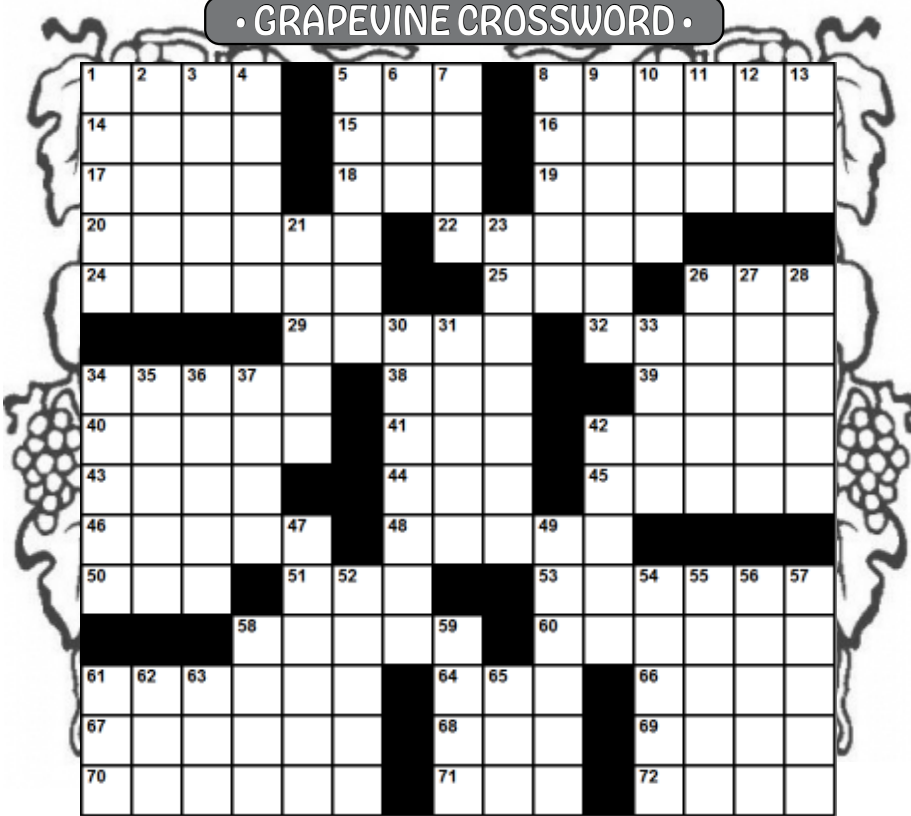
*We're not asking
what you're looking for.
You'll have yours,
and I'll have mine.*

*I can't ignore this feeling,
it's our hearts that are bleeding.
While our souls are lost,
beneath the light.*

*I'll keep the candle burning,
when the light is slow returning.
The ships have sailed,
into the night.*

*I can't help believing,
it's our souls that you're bleeding.
I'm asleep and I'm dreaming,
beneath the light.*

• GRAPEVINE CROSSWORD •



• ACROSS •

1. Counterfeit
5. Candied item
8. Monkey trial name
14. Can't abide
15. Appreciation for beauty
16. Formal headwear
17. Cartel since 1961
18. Actress Salonga
19. Fairness
20. Grand
22. Aquatic flower
24. Ball of fire
25. Avail oneself of
26. Apricot stone
29. Baby hooter
32. Engine booster
34. Mix-up
38. Blighted tree
39. Astronaut's org.
40. Drollery
41. Blood system group
42. Did arithmetic
43. Active volcano
44. Cluster of seals
45. Hairbrained
46. Inclined
48. Reside
50. Hand woven rug
51. NAFTA member

53. Practical
58. Alcohol base
60. Roger, at sea
61. In no time
64. Belonging to us
66. Little drinks
67. A slip of the -----
68. Cineraria
69. Curved arch
70. Cancel a mission
71. Deck the Halls word
72. General concerns

• DOWN •

1. Equipped with footwear
2. Blithe
3. Dined at home
4. Arab city
5. Cowardly
6. Crew's consent
7. Coarse flour
8. Blue-pencil notations
9. Talk amorously
10. Comic strip penguin
11. Greek letter
12. Absorb, as costs
13. Pig's place
21. French love
23. Make unfashionable
26. Madrid museum
27. Norwegian dramatist
28. Fawning sycophant
30. 29th of February
31. Be pushy
33. Disassemble
34. Cut wool
35. Harebrained
36. Thin membranous sac
37. Leggy barn baby
42. Soothe
47. Chiding sound
49. Gets smarter
52. Boots
54. Plant again
55. Sub arctic forest
56. Keyed up
57. Affirmatives
58. Bridge bldr.
59. Clumsy boor
61. Bake sale grp., maybe
62. Act the bandit
63. John's Yoko
65. Altdorf's canton

• TEST YOUR MATH SKILLS •

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				1			9
	5	6					
8		1				9	7
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	2			8			
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			5			6	

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4	6	5	7	2	3	8	9	1
8	1	3	9	5	6	4	7	2
1	7	8	3	6	2	9	5	4
6	3	4	5	9	1	2	8	7
2	5	9	4	8	7	1	6	3
5	4	1	8	7	9	3	2	6
7	8	6	2	3	4	5	1	9
3	9	2	6	1	5	7	4	8

Grumpism

“I bought a snow shovel this week but it had melted by the I got it home.”



• LAST WEEK'S ANSWERS •

E	B	B	S		B	A	R	E	S		M	A	S	T								
S	L	O	E		E	V	E	N	T		A	G	A	R								
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A	D	E	N						S	E	D	G	E			O	P	E	N			

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LICENSED GUN BUYER wants your unwanted shotguns & hunting rifles. Cash buyer, call 250-335-1686 or 250-650-0355

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!

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3 PM START

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FORTNIGHT EVENTS

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

FRIDAY 19

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

SATURDAY 20

- 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
- JOHN THE RUG MAN see ad p.7

SUNDAY 21

MONDAY 22

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

TUESDAY 23

WEDNESDAY 24

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

THURSDAY 25

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- Dora Drinkwater Library 1:30pm-3:30pm
- SENIOR'S LUNCH see article p.3

FRIDAY 26

- 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

SATURDAY 27

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

SUNDAY 28

MONDAY 29

- 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

TUESDAY 30

WEDNESDAY 31

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

THURSDAY 1

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

- RECYCLING CENTRE 2-6pm
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