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"Freedom lies in being bold." • Robert Frost



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COMMUNITY
INFO

Update on the BC Parks Tribune Bay Proposed Development

By Jan Kennedy
HI BC Parks Subcommittee

area with, as yet incomplete environmental and hydrological assessments. To date, many letters (50+) have been written to BC Parks by Hornby Islanders expressing these same concerns.

BC Parks is actively considering the points being made in the letters, making this an excellent time to write and express your feelings and concerns about this proposed development. A quick note of one or two lines to say that you agree with our concerns will give strength to the cause. Feel free to write in more detail if you wish! You can direct your letters to Derek Moore, BC Parks Supervisor, at Derek.moore@gov.bc.ca. If you wish, copy us at jkennedy@telus.net.

If you would like more information, please feel free to contact anyone on our committee, or request a digital copy of the explanatory insert that we placed in the Tribune a couple of weeks ago.

We have also introduced the idea with BC Parks that the changes regarding the Outdoor Education Center (which sits on land owned by BC Parks) could be an emerging opportunity to utilize that already developed area, and its infrastructure, to "enhance the entire Tribune Bay experience" for visitors and locals alike.

Sincerely,

The Hornby Island BC Parks Sub-Committee concerned with Tribune Bay Park; Henk van Klinken, Anna Zielinski, Ilze Raudzins, Joanne Wyvill, Neil Wilson, Mette Wullum, Joanne Ovitsland, Ted Goodden, and Jan Kennedy

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead 🍷

COMMUNITY
INFO

Purple Martin News

By C Rea & Peter Karsten

turn in late April-to-May.

Of the 17 boxes removed and inspected by a team of volunteers on February 3, we determined that a total of 14 nestboxes were occupied in 2023 and 3 were either used in previous years or not at all. We subsequently learned about two pairs with nests at other locations. Human constructed nest boxes have been instrumental in the increase of purple martins along the coast of Vancouver Island and Denman for decades, as natural habitats have been lost due to various forest management practices and/or competition from other birds. Replacement of the nest boxes will be done using heavier boards about 1 inch thick for better insulation and longevity, as well as to break the cycle of parasite overwintering. Over 120 board-feet of Western red cedar was milled for the nest boxes by a volunteer using dying trees on his property. The pieces for new nest boxes have been cut and will be assembled and mounted by early April.

The other good news is that a Denman Island Western Purple Martin Project has just been fledged under the wings (pun intended) of the Parks Committee of DIRA. The project mandate states: "To sustain a viable breeding colony of Western Purple

THE Hornby Island BC Parks Sub-Committee concerned with Tribune Bay Park has been meeting and communicating with the BC Parks staff about their proposed plan for development at Tribune Bay, see helpshapebc.gov.bc.ca/tribune).

We have stated that their current draft plan is unacceptable due to the proposed destruction of wetlands and possible Red Legged Frog, species at risk, habitat to provide an additional 60-car parking lot and a one-way vehicular road through a sensitive area with, as yet incomplete environmental and hydrological assessments. To date, many letters (50+) have been written to BC Parks by Hornby Islanders expressing these same concerns.

BC Parks is actively considering the points being made in the letters, making this an excellent time to write and express your feelings and concerns about this proposed development. A quick note of one or two lines to say that you agree with our concerns will give strength to the cause. Feel free to write in more detail if you wish! You can direct your letters to Derek Moore, BC Parks Supervisor, at Derek.moore@gov.bc.ca. If you wish, copy us at jkennedy@telus.net.

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"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead 🍷

YOU may be wondering what happened to the purple martin nest boxes at the Denman community dock. They were recently taken down for replacement while the Purple martins winter in the warmer climes of Brazil. We anticipate their re-

Martins on Denman Island, BC into the future”.

The Project Team is comprised of volunteers focused on two components: Administration and Construction. Caryn Rea (CRea) will serve as the Administration Project Leader, assisted by Val Hammell, Ben Jones, Joan Scruton, and Peter Karsten. Dean Heyland will be our Construction Project Leader, responsible for managing construction and deployment of the refurbished nest boxes with a team of experienced volunteers. Embedding the Project within DIRA was necessary to ensure continuity and support for sustaining the purple martin project for years to come.

We look forward to providing updates about our Project with the community, and hope to see you enjoying our aerial acrobats with us this spring! 🍷

SPECIAL
INTEREST

Couples Coaching

By Jill Candlish

IVE just completed my training as a Certified Relationship Coach through Dr. Wyatt Fisher's online course and supervised practicum. Working with this licensed Psychologist and Marriage counsellor was a follow up to earning my Masters degree a few years ago with my thesis focused on how to sustain long term vibrancy in romantic relationships. I have long been passionate about this topic and am very happy to announce that I'm ready to work with couples who want to improve their romantic lives.

I have been married for over 40 years and know that seeking help with relationship work is extremely valuable in supporting and sustaining a vibrant partnership. It's my experience that creating a stronger, more loving and fulfilling primary relationship enhances all other areas of life, and tends to naturally bring more ease to other challenges as well.

It's important to note that coaching is not therapy, and does not delve deeply into psychological support and healing the way counselling does. Coaching sessions are for couples who have a solid intention to create a better romantic relationship and need more support, tools, techniques and acquisition of

skills to do so. It's action-based, and often gets some quick results. Setting an intention to take the time to learn and practise these new tools is key to initiating improvement.

If we want to stay happily partnered, it's essential to be aware of the typical patterns that confront us and cause problems. When we learn to use effective tools to increase our understanding and develop new habits and skills, we strengthen our love bond. Focusing on improving our rapport and communication dynamics can shift us into moving beyond dis-connecting behaviours and towards a more fulfilling connection. Working with a Couples Coach can inspire us to be accountable and take the time our marriage needs in order to continue to deepen in a meaningful way.

So if you're interested in a Couples Coaching session, or a women's individual coaching session, get in touch. Everything we discuss in our sessions is confidential of course, and I'm willing to work out a payment, trade/service exchange agreement that works for each of us. I am available by email or text for scheduling a session on Hornby Island, or online. I look forward to working with you.

Email - jillcandlish@hotmail.com Text - 250-218-8372 🍷

SPECIAL
INTEREST

Shucking Oysters: Aroma Therapy

By Alex Allen

WHENEVER I encounter someone wearing cologne or perfume, it's a blast from the past. And it's never subtle. Those who like to hide themselves under a veil of patchouli or cedarwood seem to have lost their sense of smell and mindfulness. It's not a veil; it's a burlap bag. Did you dip yourself in the liquid or did you marinate in it over night?

Today, the world of colognes and perfumes is all about branding yourself. From fuzzy pink, white and gold hues to bold, solid black and gray tones, the receptacles are the most telling. The women's are usually curvy, sensual, and see-through. In the men's section, the colognes look like gadgets to grip onto in a manly way. So, where to start?

No matter what your mood, gentlemen, *Hugo Boss Elixir Parfum*, will cover it. The five stages of man. Need to chop wood and hookup? Fresh and Masculine, is your go-to with an apple, cinnamon, and woods scent. Want to feel like you had a cold morning swim? *Fresh and Vigorating*, of course, with an apple, madarine, and sandalwood scent. Invited to an art show opening? *Fresh and Refined* is so your choice, with a scent of apple, cardamon, and vetiver. Or maybe you

have a date with the local librarian, then *Warm and Sophisticated* is the one, with orris, cedarwood, and vegetal leather. And finally, I'll let you set the tone, *Rich and Charismatic*, with an incense, vetiver and cedarwood scent and nary a hint of Elon Musk. Vegetal leather?

Awkwardly named, there's *Invictus Victory Elixir* by Paco Rabanne. Like a musical arrangement, the top notes are lavender, cardamom and black pepper; the middle notes, incense and patchouli; and the base notes, vanilla pod and tonka bean. A backstory may help. While recovering in an infirmary, after one leg was amputated, and almost the other, Victorian era British poet William Ernest Henley was moved to write a poem "*Invictus*." In a trophy bottle, *Invictus* is the "place where vibrancy meets muscle, where success meets the quotidian" and where you may get close enough to touch Harry and Meghan. (Maybe this is what Taylor Swift's boyfriend wore at the Superbowl.)

If a grenade and the Oscar statuette had sex, *Le Male Elixir* by Jean Paul Gaultier, would be their love child. The description is as sexually tense as a romance novel: "Radiant at first sight, glowing with masculinity, more fiery than ever. The torso is bursting with muscles, the skin is bathed in copper color by the sinking sun ... Finely chiseled grooves stand out on its

continued on P.4...

...continued from P.3 muscles dipped in gold and merge with the amber stripes of the sailor shirt, which plays with transparency effects in a highly sexy way.” But wait there’s more. “In this breath of fresh air, dashing lavender quickly takes on lusty proportions, enhanced by the balsamic richness of benzoin with syrupy vanilla accents.” Excuse me, while I get some air.

For women, we have *Burberry Her Elixir de Parfum*. This bold and sensual fragrance is the latest chapter in the intensifying story of *Burberry Her*. Are you a free-spirited woman seeking the excitement of your next adventure? Then look no more, *Burberry* knows who you are: “sensual, irresistible, and not held back by boundaries” and ominously, “possesses an addictive persona.” *Her Elixir de Parfum* offers “signature fruity gourmand notes alongside a daring burst of dark red berries with jasmine, rounded with sensual and addictive vanilla and amber.” The pink bottle with an opaque finish represents “the intensity of the fragrance inside and its confident and sensual nature.” Be forewarned.

Or perhaps, some women would prefer to smell like a Mojito, with hints of lime, mint and the jasmine-like scent of the Mariposa lily, the national flower of Cuba. Packaged in a yellow

low and pink ombre glass bottle, *Brisa Cubana* by Escada, is a new citrus floral fragrance inspired by the “Cuban Breeze” of the butterfly lily. Now, you can smell like a tropical cocktail before someone spills one on you.

Bored and dissatisfied? In a cherry purple bottle, *Party Love Eau de Parfum* by Escada, is the one, “where dreams and desires burst into life and an out-of-this-world party with friends is only the beginning.” The fragrance “captures the essence of femininity through an accord of mesmerizing dark cherry and airy whipped cream over a velvety vanilla cupcake. The perfectly scented touch of gourmet sweetness before partying with your girl crew.” Smelling like a cherry cupcake will transport you “into an enchanted realm of joy, dance, and irresistible sweetness”? What happened to Ecstasy?

What is going on here? They’re not fragrances, they’re scented promises. Will every woman wearing a floral scent evoke a sense of grace and tenderness? Will every man come across as sophisticated and confident just because he’s wearing a woody cologne? How about your natural scent? Does it leave a memorable trail wherever you go? 🌸

First point: I love trans people. I love all the crazy colours of the human rainbow. It’s all amazing and wonderful and I support all the rights. Yes! Pride! Wave it, flaunt it, feel it. I would absolutely date a trans dude. I feel zero repulsion or whatever else negative feelings I presume a transphobe is meant to feel. People are people and I meet them as such. This was my first and most important point. I cannot overstate this one.

Second, people born with vaginas exist and have a unique lived experience that is frequently traumatizing. From infancy, I received the clear message that what lay between my legs disqualified me from playing a central role in my own life. I was to be support staff, never the star. The only reason anyone ever gave me for the role I was assigned or the treatment I received was the absence of good junk between my legs. What I had was merely a ‘hole’ and that is how I was treated: as an absence, lacking human validity. Zero right to personal space, boundaries or autonomy on any level. Born to serve. Yes, it was that extreme.

My lived experience is what it is. I’m still in recovery and I’m in my sixties. It HURT, people. Vagina owners (we still lack a word for this specific congenital condition) are vulnerable, particularly trauma survivors, and have only recently gained basic human rights. Most of us around the world still lack those rights. I’m not saying, trans women aren’t women! I’m saying that lived experiences and physical bodies change and shape who we are, and that has made many of us different. Twisted by trauma, if you will. We (anyone!) are the only ones who can define our needs and selves. Why are we not allowed to talk about it? Why is this transphobic? And by the way, if you have a vagina, and you have not suffered sexual trauma, you haven’t the right to speak for those of us who have.

My third point was, sexual predators exist and are opportunists. I am not saying trans people are sexual predators! But if a sexual predator should happen to be trans, and yes, there are trans inmates in Canadian women’s prisons who were

SPECIAL
INTEREST

Phoenix Riting!

By Phoenix Bee

This is a column in two parts.
First, the fun bit:

I went to the metal show at the Ballpark Saturday night. It was excellent!

Bailey opened the show with a few tunes featuring herself drumming and singing, which is not easy to do, and she did it very well. With Wilson on guitar and Jason holding down the bass, they sounded great. Congratulations to Bailey for manifesting her band! Nothing like living your dreams!

Then Wilson and Jason stayed on stage as Hornby’s iconic death metal band, Stale Body Fluid, took over the show. They started out by putting out a ‘safe mosh pit’ (a big air mattress spray painted with the band name and stained with what I can only imagine to be a lot of stale body fluids). This was my first opportunity to test drive my fancy new Loop Experience earplugs, designed for use in loud concert situations. No, I am not getting paid to plug this product (would be nice!). I am happy with my purchase, though they seemed stupidly spendy at first. I found I could bang my head without having my brains blown out by volume, all without having my hearing seem muffled. I could hear people talking (when the music wasn’t playing) and the delicate, subtle nuances of the music. Okay, there weren’t any, but I could hear all of what there was. I loved Scott’s devilish, nay Satanic beatboxing. Masterful! These guys are good, if you enjoy the genre. I recommend the band and the earplugs both.

Okay. Here is the second part: please let’s all take a breath. Trigger warning, I suppose? I will again address ‘the issue.’ I’ve been called out recently in a couple of ways and I need to try to clear the mud again. I went back to reread my article, as I myself was starting to wonder what the heck I had said. I will summarize my main points here.

convicted of violent sex crimes, they are first and foremost predators, tried and convicted. Their rights should not trump those of their victims. Their identities as women should not be a factor in their sentencing or punishment. When setting into stone the law of the land, we need to include all who are affected and realistically and compassionately assess all vulnerabilities to find a balanced solution that serves everyone. This requires time, processing and in-depth discussion. Yet, inexplicably, we simply aren't allowed to discuss this issue. Free and open, truthful and frank discussion is not only a nice perk, it's an absolute necessity when coming up with fair and balanced laws. Anything that shuts that discussion down, limits its scope or labels as a 'phobia' or 'bigotry' entire worldviews simply because they differ from the current orthodoxy is suspect to me. Particularly when they shut the mouths and stop the voices of trauma victims.

Yes, I used the example of sexual predators in prison and I fell far down that rabbit hole myself. But rereading the article, that was only an example, not the main points, which are as I state them here.

- 1: I love trans folk! I value human variety. Freedom is salvation.
- 2: I have a vagina, it has warped and broken me because sexism/rape/trauma. I matter and so do others like me.
3. Predators exist, they are everywhere, they are opportunists.
- 4: We have to talk about everything! Stop stopping the talking!

That's what I think! What do you think? Email me at phoenixhornby@gmail.com 🍷

ARTS&LIT Jesus Walked Up To A Roadside Kiosk...

By CS#05943451

I'm informed. My only question is, 'how will they fit them into a styrofoam cup. It should be a feat proportional to that of Jesus' improbable accomplishment. One thing's for certain. The body temperature of the resurrected saviour will be far warmer than the brunch we are to savour!

As we have all had three straight days off heading into our fourth this morning, sleeping patterns are becoming erratic. This is of little concern to the on-duty C.O. however. Being Easter long weekend, all of the heads with any sort of tenure are away with their families or the easter bunny. This leaves us with all of the rookies. Low end of the totem pole types such as this are ridiculously by the book. Today's plebe made his rounds of the range with a regularity not often seen around here. Most everyone was stirred at 6:00 am from their slumber by the invasive flicker of the C.O.'s trusty flashlight. The protocol for making rounds is something like every 20-30 minutes. Unannounced entrances into our rooms to see that we aren't smoking lint or fixing to hang ourselves for having nothing to smoke but lint, I assume. More relaxed C.O.'s will keep to doing rounds every couple of hours. But on this weekend and more particularly this morning, such irritation began at 6:00 am sharp, and has continued through to present. Sitting around awake at 6:30 am with nothing to do but wait on an 8:00 am coffee and muffin. Ah, holidays! Methinks that the dust bunnies have a greater likelihood of being combusted once we're stirred from our sleep, rather than when lolling about in dream. Given that this place is more rehab centre than jail, I suppose that the rude awakening by flashlight stalled out many a dream of smoking substances far more potent and addictive than lint!

So now with a cold muffin and coffee settling on my belly, I sit in wait of my scheduled visit with Ted and Gail. They've seen fit to set aside some of their time on Easter Sunday to come see me. Such kind and sweet friends! I wonder if Jesus craved something on his belly after three days of death? Perhaps there was a roadside kiosk nearby his cave. "A latte and muffin if you please. And yes, I would like the muffin heated up for I am certainly no heathen... nor Campbell House inmate." 🍷

TIDE TABLE

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

2024-02-22 (Thu)

Time	PST (m)	(ft)
05:46	4.7	15.4
11:29	3.4	11.2
15:41	4	13
22:52	1.2	3.8

2024-02-23 (Fri)

Time	PST (m)	(ft)
06:13	4.7	15.3
11:59	3.2	10.6
16:30	4	13.1
23:27	1.2	4.1

2024-02-24 (Sat)

Time	PST (m)	☉ (ft)
06:34	4.6	15.2
12:26	3.1	10
17:13	4	13.1
23:57	1.4	4.6

2024-02-25 (Sun)

Time	PST (m)	(ft)
06:52	4.6	15.2
12:54	2.8	9.3
17:56	4	13

2024-02-26 (Mon)

Time	PST (m)	(ft)
00:24	1.6	5.3
07:08	4.7	15.3
13:21	2.6	8.6
18:40	3.9	12.9

2024-02-27 (Tue)

Time	PST (m)	(ft)
00:51	1.9	6.2
07:25	4.7	15.3
13:50	2.4	7.8
19:27	3.9	12.8

2024-02-28 (Wed)

Time	PST (m)	(ft)
01:19	2.2	7.3
07:42	4.6	15.2
14:20	2.1	7
20:19	3.9	12.7

2024-02-29 (Thu)

Time	PST (m)	(ft)
01:50	2.6	8.5
08:00	4.6	14.9
14:55	1.9	6.3
21:21	3.9	12.7



Green Wizards, Going Around in Circles

By Maxine Rogers

circles than straight lines.

In nature, a tree seed sprouts and thrusts up a tiny shoot. With good luck, good rain and not too many browsings by herbivores, the sprout will become a sapling and then a young tree, an old tree and then a dead tree. To accomplish all this, the tree takes in atmospheric carbon and by the miracle of photosynthesis turns the carbon with water and some trace nutrients into wood, bark, buds and leaves.

Once the tree dies, the material of the tree either burns or decomposes, releasing the stored carbon back into the atmosphere where other plants can ingest it and put it back to work growing plants. I keep reading fallacious statements that people are paying to have trees planted to store carbon in the trees. People seem unable to see that trees are not a store of carbon for very long.

In nature, carbon does not need to be stored. Carbon needs to go in circles. I admit that burning all these fossil fuels and polluting the Living Earth is far from a good idea and think it a fine thing to plant trees but the trees will not store the fossil fuel-carbon we so thoughtlessly burn.

There is even a remarkable, unintentionally funny, article going about saying that backyard gardens produce food with five times the carbon footprint of industrially-produced food. The article describes making compost as a process that releases carbon into the atmosphere. Well, if you do not compost garden waste, grass clippings, spoiled hay and animal wastes to make an excellent soil amendment, they will decompose over time in any case and release their carbon back into the atmosphere. Compost is carbon neutral.

Conventional food, produced by one of the stupidest forms of agriculture ever to be seen on this, once glorious, planet is fed with synthetic fertilizers made from petrochemicals such as natural gas. This fertilizer burns up and releases soil carbon into the atmosphere while making the soil more acidic and less hospitable to plants. You need to use more fertilizer every year just to get the same amount of production. The food so produced also has to be shipped, and sometimes refrigerated, long distances by burning fossil fuels.

We are also running short of cheap hydrocarbons to make fertilizers with. This is straight-line agriculture with dead soil, ruined waterways, extirpated wild animals and plants and soil erosion as a result. This is progress! Progress only

means carrying on in one direction.

Civilizations also have cycles, they start out as small sprouts, with some luck, they grow into vigorous young civilizations, grow older and more flabby and finally die. Once a large old civilization is dead, it allows new seedling civilizations to spring up and try new ideas and forms of living. Of course, when a civilization becomes very old and dodderly, that civilization begins to show signs of senility. I certainly see that in the collective known as the West.

What can a person trapped in a senile civilization do to protect themselves and to make their life more beautiful? I would say, learn from nature that a declining civilization is not a problem that can be solved. It is simply a stage in the life of the civilization. I would also give up taking any statements of the senile elites very seriously. In fact, I would say, pay them no attention at all and start building a bridge to the next seedling civilization that may take root here.

Start looking for the circles. When we get eggs from our hens, we burn the shells in the fireplace. We also burn bones from the meat we eat. This calcium-rich ash is put back on the pasture and on garden beds to give leafy greens a meal of calcium that they so love which we then eat and feed to the hens in a virtuous cycle.

The soiled bedding from the hens is composted and made into a valuable soil amendment. This is used to grow squash which is fed to the hens, making their eggs fabulously nutritious. There is no waste where you keep hens. Any food scraps from our meals are mixed into the hens' morning mash and turned into delicious eggs. Elderberries grown in compost from the hen house are cooked and made into syrup and the solids fed back to the hens who attack them with gusto.

One of the best ways to improve one's life and civilization is to spend more time in the garden. Oh yes, and get some hens too.



Unsolicited Advice From the “Experts”

By Keith Porteous
Associate Editor, TIG

MR. GRAHAM HAYMAN has submitted a letter to The Islands Grapevine (TIG) with unsolicited business advice (see below), and we admit to being mildly amused. In it, he has failed to disclose his participation in the development of a new Denman publication, proposed to have less than half the circulation of TIG, and published half as often.. We suggest he focus his “expertise” on the financial viability of that project, notwithstanding any private benefactors with deep pockets, and in that newsletter’s launch and sustainability.

The new newsletter was announced as an ad-free publication, but has now changed its model to soliciting advertising as a result of a self-admitted “steep learning curve.” Receiving unsolicited and self-serving business advice from a contributor to a newsletter that has yet to publish a single issue is deeply ironic. The claim by Mr. Hayman that he is saddened by the challenges presented to TIG is disingenuous at best. TIG survived the loss of revenue caused by the pandemic, while supporting struggling businesses, and more.

Mr. Hayman’s experience as a “writer and editor” seems to be primarily in technical journals, when looking at his public LinkedIn profile. One wonders if he has considered the new publication’s impact on the Flagstone, the monthly publication that TIG prints, for years and years at a below market price, and a community publication that has struggled to stay afloat. Will the new publication draw advertisers away from the Flagstone?

But let’s unpack Mr. Hayman’s unsolicited recommendations, that TIG should “pivot the business model” it employs. It would help by starting with a factual baseline. While he erroneously claims that TIG carries “little locally sourced content”, it should be pointed out that, with the exception of Caitlin Johnstone, the internationally acclaimed leftist anti-war columnist, all of TIG’s content is from local writers, and the vast majority of information contained in TIG is local in nature. The journalism contained in TIG spans a wide spectrum of viewpoints, as demonstrated by the contributing authors he lists.

What he seems to be saying is that TIG’s “issues” are related to carrying any perspective about the world around us, especially if it runs counter to dominant corporate media narratives. It reveals a conceit in the assumption that the majority of island residents don’t want the diversity of perspective TIG offers, where it has become clear to us that the attacks and the vile smear campaigns against TIG have come from a small siloed group that is very active on social media. They are not leftists, but performative and radical centrists whose primary issues are related to control.

Embedded in Mr. Hayman’s generous advice is the notion that private businesses have withdrawn support from TIG, but with a couple of exceptions, that isn’t true either, and we’ve even added a couple. The issue has always been about a publicly funded employee, withholding publicly funded ad dollars, attempting to extort an editorial policy change from TIG, while private businesses can always do as they wish. Indeed, the publisher of the forthcoming newsletter took it upon himself to endorse the manipulations of public funds when announcing his intentions to launch his publication, and now looks to draw upon those same tax funded ad dollars.

A publicly funded employee covertly trying to manipulate a private business using taxpayer money is at the very least highly unethical, and at worst, a violation of the tenets of civil law. We’re about to see how this plays out through official processes. The small group of social media bullies can create misperceptions with false accusations, but when they have their hands on public funds, they can be held to account, including damages to a proprietor’s personal reputation, and to his business.

TIG’s editorial policy remains intact, and we intend to enforce its boundaries, opposing bigotry in all its forms. The idea that we should identify some narrow ideological market segment to focus on, then throw them the red meat they desire has never, and will never be our journalistic practice, nor is it a sustainable business model for us. If you want to see more of the kind of content you prefer and not less of it, you are welcome to submit it for publication and we’ll happily include it as always.

TIG aims its content at everyone in our communities, on Denman and Hornby Islands, and throughout the Baynes Sound region, with the idea of inclusivity, diversity, and openness to contributions from our loyal readers, writers, and advertisers that have sustained TIG for more than three decades. We promise to never compromise or capitulate to online trolls and bullies. 🍷

Letters to the Editor

Dear Grapevine Publisher,

I am genuinely sorry to hear that jobs have been lost at The Islands Grapevine. Apart from the personal loss, Denman’s economy loses too; at least part of what’s earned here is spent here.

I’m writing to suggest opportunities. Think of your paper as a retailer in our marketplace of ideas. How can you respond to the changes? On one hand, The Grapevine now faces competition for the limited local pool of advertising expenditure. On the other (judging from recent letters) there is a self-identified sector of readership on both Hornby and Denman that likes your content.

Consider how you could “pivot the business model,” as people said during Covid. I suggest that, instead of trying to please a diverse readership on Denman, you could specialize; carry more of the content liked by your supporters, and find similar readers in nearby markets. Simultaneously, of course, you would look for advertisers in those markets.

So, try expanding that content to similar readers - and to advertisers - in Hornby, Union Bay, Mud Bay, Fanny Bay - even Bowser and Royston? The Denman Island Bulletin Board on Facebook now has 2.8k members - consider subscriptions? **continued on P.8...**

...continued from P.7 Advertisers who want to reach readers in all those markets will probably have larger budgets.

I haven't seen another neighbourhood paper in this region with a product (content) mix that's even close to *The Grapevine's*. What some people might see as a weakness – little locally-sourced content – may in fact be a strength. The columns by Helen Grond, Sally Campbell, Caitlin Johnstone, and Maxine Rogers will appeal to a much wider readership than just Denman's. You could probably find more columnists with similar appeal in those markets.

You already have good infrastructure. An attractive design, with a good mix of smalls, cartoons, calendar, etc. A very good online presence too; a website with several reading options including downloadable .pdf's, and a Facebook page. Time to move on, and expand your horizon?

Sincerely,
Graham Hayman 

OPINIONS

Navigating Anger (Part 1)

By Sally Campbell

THE thing about anger is that we all experience it. It is a normal aspect of being human. You might think of it as a sign of being fully alive. People who say they're never angry are not in tune with their feelings. Anger is considered to be a secondary emotion because there are other emotions beneath it that the anger is masking. They could be frustration, fear, sadness, hurt, embarrassment – any number of emotions which expose our vulnerability when we express them. So instead, it comes out as anger. When we can figure out the trigger to our anger and what lies beneath it, we have a much better chance of managing or avoiding an angry response altogether.

Anger can be thought of as an informant; it tells us that something isn't working, something has to change. Often what has to change is our own mind-set, the way we look at something. Other times it's external – an aspect of relationship, our habits, our ways of doing and being in the world. It's not anger in itself that is a problem; it's how we express and work with our anger.

Most of us learned how to express and respond to anger (or not) by our parents' example, well before we were aware of what was happening. We take this unquestioned imprinting through life, most often never examining it. Inability to work effectively with anger can have devastating results and lead to many a broken or troubled relationship.

I'd like to offer some practical ways to improve that effectiveness. You may find something you can apply in your interpersonal communications, or you may find validation for your existing ways of working with anger. Many of these ideas are simple common sense. They can be hard to apply though, when we are rattled by what someone just said or did. **These ideas are offered for contexts where personal safety is not at risk. Anytime that is the case, safety is paramount.**

With any formidable life challenge, it helps to have a wide variety of tools in the "tool kit". You don't want a hammer to be your only option. Anger is no exception. So here are some ways to work with it. I've learned these ways through experience – working as a mediator for many years, often in contexts of intense anger – and also through untold hours of training in service of my career and as a lifelong learner. The work is never over in this sphere; if we think we have these tools "mastered" we're usually deluding ourselves, setting ourselves up for a big, humbling crash. Plus, this whole arena of communication is really more about *attitude* than skills.

We can acquire all the skills in the world, and if we relate to others with arrogance or aggression, all that training is for naught.

Anger is a healthy form of resistance. Anger expressed poorly, in the wrong place or at the wrong time, creates resistance & defensiveness.

Although angry expression tempts the recipient to react defensively by either responding in kind or backing off, working *with* anger involves bringing energy *toward* the angry one, by trying to understand what is behind the anger. In Justice Institute BC terminology, this involves *moving into resistance*, resistance being defined as "the negative expression of an unmet need". There are many different ways to find out what's fueling resistance. An honest curiosity can make a huge difference. What is going on for this person right now?

Questioning

Asking a question of the speaker that can't be answered by "yes" or "no" (an open question) can:

- ♦ help the speaker clarify intent,
- ♦ give you more information, and
- ♦ defuse the speaker's anger.

How you say something is as important as what you say. Your tone of voice will say more about the genuineness of *your intent to listen & learn* than the content of your words. This means that you must *manage your own emotion* first (more on this coming). If you can't muster a curious, non-threatening tone of voice, you are not yet ready for this conversation. Timing is really critical and it's a challenge, as the temptation to react in the heat of the moment (or the slight) is strong. Who hasn't been there, wishing we'd just kept our mouths shut? So, giving ourselves time to let our emotions settle to a calmer place is a critical aspect of navigating anger.

When the time feels right, we can always start with an inquiry. Open-ended questions (beginning with *how* or *what*, or *when you said...*, *what did you mean?* for example) are important, as they invite the speaker to give their own perspective rather than simply respond to your lead. In the world of legal speak, "leading questions" are so named for a reason!

Next week: Part 2



OPINIONS You Only Need To Cage A Bird If It Knows That It Can Fly

By Caitlin Johnstone
OP February 20th, 2024

are free.

In Orwell's dystopia people knew they weren't free and had to use doublethink to stay out of trouble with their rulers. In this dystopia people have no idea how pervasively they're being dominated by their rulers; they think they came up with their ideas, worldview and political positions on their own, when in reality those belief systems were constructed inside their skulls by a profoundly sophisticated propaganda machine without their even knowing it.

All mainstream and semi-mainstream political factions are owned and operated by the powerful, and propaganda is used to get the public subscribing to them to advance the interests of the powerful. Because the overwhelming majority of us have been manipulated into espousing one of these power-serving belief systems (they give you multiple choices depending on your ideological disposition), the more overtly totalitarian measures described by dystopian novelists are unnecessary. You only need to cage a bird if it knows that it can fly.

But make no mistake: our society is no more free than those in the dark futures imagined by storytellers. If our minds are not free, then we are not free. If we're being successfully manipulated into thinking, speaking, acting, voting, working and consuming in accordance with the wishes of the powerful, then we're just as locked down as we would be if we had chains around our necks. Collectively we could not be any more aligned with the will of the powerful than we already are, even if our brains were replaced with computer chips.

There is no more need for dystopian fiction, because the dystopia has already arrived. It's here. In fact, dystopian fiction is actually destructive because it causes people to imagine that dystopia is a threat that exists somewhere off in the future instead of right here and now all around us.

We don't need dystopian fiction for the same reason we wouldn't need imaginary swords-and-sorcery fantasy novels if we lived in a world of wizards and dragons. People living in dystopian societies do not need dystopian fiction, they need dystopian facts. Dystopian journalism. Dystopian documentaries. Dystopian polemics. We just need true information and reality-based ideas to counter the lies and manipulation we're inundated with from day to day.

We cannot be free until we have used the power of our numbers to shrug off the control of our dystopian overlords, and we'll never do that as long as a critical majority of us are unable to see how profoundly unfree we really are. There's no escaping the mind control matrix of imperial propaganda until you can see the lines of code it is made of.

Our most important task then, at this point in history, is to keep pointing out those lines of code for as many people as possible, in as many ways as we can think of. The one advantage to this type of dystopia is that our rulers need to maintain their nice-guy free society image in order to preserve the

continued on P.10.

ONE point I keep trying to drive home here in as many ways as I can is that *this* is the dystopia we were warned about. The main difference between this mind-controlled dystopia and the fictional dystopias in novels like 1984 is that in 1984 people knew they weren't living in a free society, whereas in this dystopia the people believe they



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Hornby Community Hall
Saturday 24th February
10am to 4pm

Denman Housing Association

2023 AGM

Saturday, March 16, 2024, 3 - 5 p.m.
Activity Centre, Lounge

AGM Agenda and other documents may
be viewed at denmanhousing.ca as of
March 7

...continued from P.9 illusion that we are free, so they can't just come out and start imprisoning everyone who spotlights the myriad ways we are enslaved by lies and propaganda. They'll never grant us a major mainstream platform on which to do this, but we can operate within the margins, waking up one person at a time to the reality of what's going on.

So go around spreading the truth. Fighting the propaganda. Weakening public trust in the mass media and the political constructs it manufactures consent for. Highlighting the depravity and murderousness of the empire. Use any and all media and forums you find to be effective.

Everything you do on this front makes a difference, and don't ever let anyone tell you otherwise. The propaganda machine is the linchpin of their power. It's what holds the empire together. Without the ability to manipulate the public at mass scale, our rulers cannot rule.

Once people are no longer buying into power-serving narratives, we will gain the ability to begin working toward the creation of a truth-based society that works for everyone. But this will never happen as long as we are being successfully manipulated into believing that this model for human civilization is acceptable and serves our interests. The very first step is un-jacking our brains from the propaganda matrix. 🍷

PRESS
RELEASE

Urgent Call for Action: Immediate Shutdown of Hazardous Shipbreaking Site in Union Bay

*By Concerned Citizens of
Baynes Sound*

DEAR Government
Officials,

We, the undersigned, are reaching out with deep concern for the health and safety of our families, the well-being of our community, and the preservation of the marine environment in Baynes Sound. It has come to our attention that the operations at the ship-

breaking site adjacent to our residential community are not only hazardous but are in blatant violation of both national and international environmental and safety standards.

<https://www.youtube.com/watch?v=fHo4diupeM4>

Evidence of Hazardous Practices and Environmental Violations:

- ◆ Government tests have confirmed the presence of known toxins such as lead and cadmium at concentrations 20 times above the Provincial maximum allowable limits, as detailed in records of the Ministry of the Environment. <https://nrccd.gov.bc.ca/records;keywords=5084>
- ◆ Asbestos, a recognized carcinogen, has been confirmed on the premises, notably within the structure of the USA Miller Freeman, with a high probability existing in the larger USA NOASS Surveyor.
- ◆ A petroleum spill from the Miller Freeman, documented and available for public viewing here, poses a significant risk to the local ecosystem. <https://www.youtube.com/watch?v=stz5rXpRFgE>
- ◆ These hazardous materials, as defined under the Hazardous Waste Regulation, are being mishandled, exposing workers, the surrounding community, and the environment to severe risks. The practice of shipbreaking on bare ground, using cutting torches without containment measures, mir-

rors the dangerous and unregulated conditions found in less developed countries.

- ◆ Despite the BC Province rejecting the operator's application to discharge effluent into the ocean in December 2023, evidence suggests that these discharges continue unabated, as per the documentation available here. <https://j200.gov.bc.ca/pub/ams/download.aspx...>

Legal and International Standards Ignored:

The Basel Convention, ratified by Canada in 1992, clearly defines end-of-life vessels as hazardous waste, yet this site operates without regard to this classification.

The NGO Shipbreaking Platform and the International Labor Organization highlight the global consensus on the dangers of shipbreaking, underscoring the gross negligence at the Union Bay site.

The lack of community consultation and the disregard for minimum setback requirements betray a profound disrespect for the well-being of our community and environmental integrity.

For Example:

- ◆ BC Landfill minimum setback requirements to sensitive areas (residences, regional parks, is 500m.
- ◆ Alberta minimum setback requirements for Hazardous Waste facilities is 450m.
- ◆ DFO (Area 14.28) prohibits shellfish harvesting within 400m of this shipbreaking site.
- ◆ The BC Province likes to call this a Recycling Operation - even their own recycling legislation identifies the toxins found at this site as hazardous waste.

Our Demands:

- ◆ Given the clear evidence of hazardous operations and the

violation of legal and ethical standards, we demand the following immediate actions:

- ♦ Shutdown of the Current Shipbreaking Site: Cease all operations at the site to prevent further environmental damage and health risks.
- ♦ Comprehensive Site Remediation: Implement a thorough cleanup of all hazardous materials and pollutants released into the environment.
- ♦ Regulatory Compliance Review: BC/ Canada to ratify the Hong Kong Convention for the safe recycling of ships and not allow the beaching of vessels or ship recycling in an ecological sensitive area.

We acknowledge the necessity of shipbreaking as a part of maritime operations but insist it be conducted in facilities equipped with proper containment (dry dock) and safety measures, far removed from residential areas and sensitive marine ecosystems.

The health, safety, and environmental risks currently posed by the shipbreaking operations in Union Bay are unacceptable. We urge you to take immediate action and shutdown this hazardous waste site to protect our community, our environment, and the integrity of Baynes Sound.

We look forward to your prompt response and are open to discussing this matter further. Please consider this letter a call for urgent action and accountability.

Sincerely,

CCOBS

ccobs.society@gmail.com

<https://concernedcitizensofbaynessoundorg.wordpress.com/> 🍷



safely home

by Alan Black

The water was up to my waist.

I stood in the street
and watched people try to function.

I saw my sister leaving church.
She was up on the steps gabbing with a homeless man
and telling him she had no money,
that she was on a fixed income and was poor just like
him.

She had on her candy cane tights
and the red and white rings went around her skinny
legs

in endless circles.

Her ball cap had a picture of the late Queen E.

She loved and admired the Queen.

I pushed my way towards her through the water.

If nothing else I would get her safely home.

know means no

by Helen Grond

we want to say no
but we don't know how
cuz it's too hard to know
who to say no to

cuz no one is listening
and everyone is yelling
and no one knows
who to say yes to



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*\$4.70/week for each
additional 30 words*

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by Mr. Unknown

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It has great taste

As you gobble it down

The way you eat it

Makes you look like a clown

Shake it into a bowl

Eat it up right away

Now you're ready for the day

Hip, hip, hooray!



by Chris Seguin



B.C. LAND SURVEYOR

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P: 250-757-8788

surveyor-ark@uniserve.com

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.

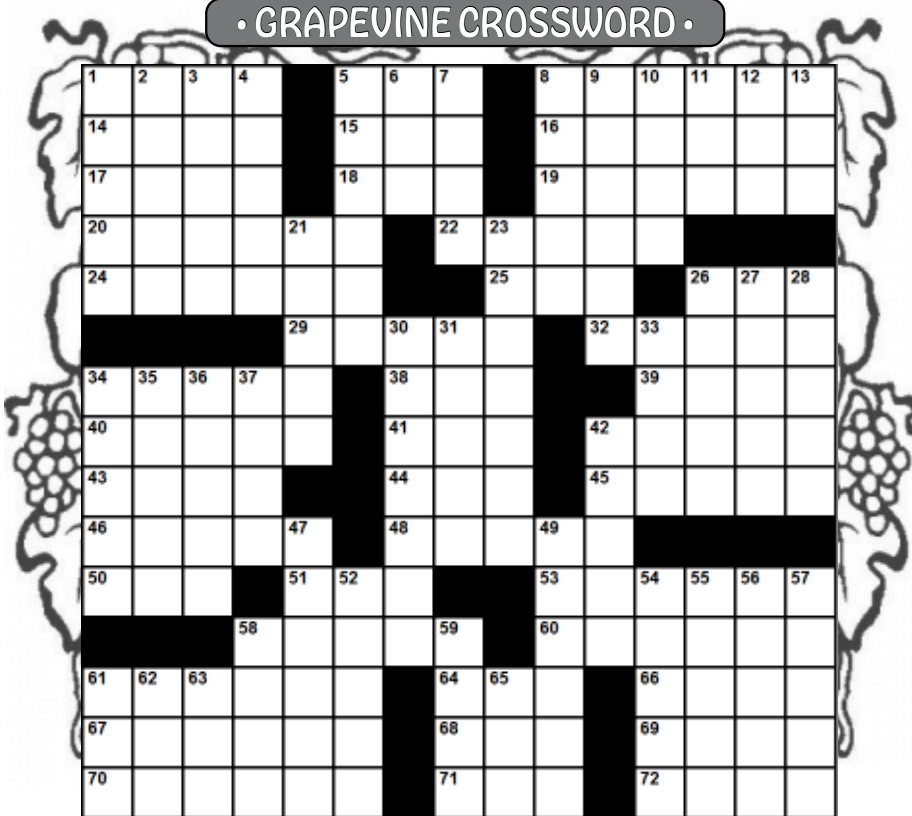
The Grapevine is happy to provide an open, public forum for all islanders to speak and be heard. We are steadfast in our commitment to uphold freedom of expression.

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. Deeds
5. Namely
8. Lied to
14. Clumsy boor
15. Aladdin prince
16. Surfing, in a way
17. Vega's constellation
18. Absalom, to David
19. Actress Sanford
20. Expresses oneself
22. Computer insert
24. Treeless arctic area
25. Electric fish
26. Type of lettuce
29. Extreme prefix
32. On the nose
34. Hurry to a horse
38. Apple color
39. Basmati, e.g.
40. Regarding
41. Before two
42. Hoisted, as a flag
43. Actor Reynolds
44. Susan of L.A. Law
45. Hearings or inspections

46. Heavenly

46. Heavenly hunter
48. Reside
50. Born as
51. Adorer's writeup
53. Spookily
58. Actor's actor
60. Part of the mind
61. Triangular streamer
64. Alley cat's scrap
66. Cape of Good Hope discoverer
67. No no's
68. A pair
69. Differently
70. Gaming place
71. Animal abode
72. Nordic rugs

• DOWN •

1. Divvy out
2. South American rodent
3. Italy's Detroit
4. Arise
5. Feudal tenant
6. U.N. labor arm
7. Galvanization stuff
8. Rippled fabric
9. Boot cushion
10. Bang the door hard
11. Freedom, for short
12. Compass pt.
13. A neighbor of Pa.
21. Blow one's top
23. Sharpshooter
26. He portrayed Alfie
27. Bring on
28. Escalator part
30. Walked on
31. Avoid expiration
33. Diagnostic aid
34. Neighbor of Cameroon
35. Harden to misuse

36. Ala King

36. Ala King
37. Biblical preposition
42. Acted parts
47. Worthless
49. An elementary particle
52. Like pea-soup fog
54. Golf cup
55. With aloofness
56. Tibetan capital
57. Affirmatives
58. Forest ox
59. Lincoln in-law
61. Bake sale grp., maybe
62. Cochlea site
63. ABC rival
65. Be contrite

• TEST YOUR MATH SKILLS •

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

Grumpism



“Winter: the season when we try to keep the house as hot as it was in the summer, when we complained about the heat.”

• LAST WEEK'S ANSWERS •

A	L	A	R		P	A	N	I	C		R	S	V	P
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	C	R	U		A	N	I		I	M	A	G	O	
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A	P	S	E		S	T	A	T	E		N	I	L	E

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administrative tasks, content
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and property management.
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Charging hourly or per proj-
ect. Resume and references
available upon request.
Claire Debleu, Denman resi-
dent
[denmanpersonalassistant@
gmail.com](mailto:denmanpersonalassistant@gmail.com)
(236) 380 0726

DEAR DENMAN, Kieran and
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housing. Our current rent-
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prefer long term. One or two
bedrooms, for two adults
and two dogs. Ideally under
\$1,400/month. Would con-
sider short term that would
take us to October 1st as we
would have the opportuni-
ty to rent again our current
rental. We are both working

at recycling and Kieran also
drives the DI bus in the sum-
mer.
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702-7770 or email Rox at
r.k.lachance@gmail.com
Thanks for your consideration

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one or two diamonds.
Wedding ring. Silver, Gold or
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BUSINESS DIRECTORY •

• (H) Hornby • (D) Denman • (UB) Union Bay •
• (FB) Fanny Bay • (C) Courtenay/Comox •

• ACCOMMODATIONS & RENTALS •

• Denman Activity Centre (Seniors) Rentals 335-3027 (D/H)

• REAL ESTATE • INSURANCE • FINANCIAL SERVICES •

• Donna & Jenessa Tuele • Royal LePage Hornby 335-1720 (D/H)

• Jordan McDonald • Oakwyn Realty • 604-616-1137 (D/H)

• BUILDING • CONSTRUCTION •

• DB Excavations • 250-465-1889 • dbexcavations@gmail.com

• Roc-Isle Drywall, Harvey Hodgins • 35 yrs exp. 'certified' 334-4776 (D/H)

• Shel Brodsgaard • Excavation & Services • 250-703-3898 (D/H)

• Excavator/Backhoe/Tandem Gravel Truck • Kenny Mather •
250-703-6512 (All) • John Isbister • 250-335-2565 (D)

• Tandem Gravel Truck & Transfer Trailer • Lora Mercieca •
250-650-9986 (D/H)

• Ray Ulovec • Backhoe/Excavator, Septic Installation • 335-3145 (D/H)

• Wicked Shovel Excavating & Landscaping • Doug Schmidt •
250-222-8076 (All)

• Landscape Construction & Gardening Services • Beech and Cedar Home
Maintenance • (Kane) 250-327-1073 (D/H)

• SERVICES •

• Peter T. Mason • Land Surveying 757-8788 (All)

• Able & Ready Septic Pumping Service • 250-338-8822 (D/H)

• Home Town Shredders • Document Shredding • 334-7111 (D/H)

• Bottled Water Delivery • DenmanWater.ca • 250-228-7161 (D/H)

• Tree Service • Darian Chase • Arborist 218-0404 (All)

• HEALTH & WELLNESS •

• Acupuncture • Margot Davey, R.Ac. • 778-992-0165 (D)

• Physiotherapist • Acupuncturist • TCM Herbs • Carmen RPT, RTCMP •
335-2260 (D/H)

• Massage Clinic • 2796 Northwest Rd. • Leyah Kelly 335-2584 (D)

• Acupuncture • Jenny McCartney, R.Ac. • 250-508-8160 •
www.heartwoodacupuncture.ca (D/H)

• Dan Last • Registered Massage Therapist • 250-335-1270 (D)

FORTNIGHT EVENTS

THURSDAY 22

- 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 23

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

SATURDAY 24

- 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.9

SUNDAY 25

MONDAY 26

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

TUESDAY 27

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

WEDNESDAY 28

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

THURSDAY 29

- 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 1

- Dora Drinkwater Library 1:30pm-3:30pm
- AA Meeting DI United Church
Gathering Place 7pm
- 2024 DI PHONE DIRECTORY DEADLINE

SATURDAY 2

- 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 3

MONDAY 4

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

TUESDAY 5

WEDNESDAY 6

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

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

THURSDAY 7

- 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



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garypiery.com

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