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COMMUNITY NEWSLETTER

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SPECIAL
INTEREST

Climate Bytes

By Rudy Rogalsky

This is another short note in a series about aspects of the climate crisis.

Understanding Net-Zero

CANADA, like many other countries dealing with climate change, has pledged to reduce national emissions of CO₂ to net-zero by mid-century. This pledge is an acknowledgement that the burning of oil and other hydrocarbons is the main source of CO₂ in the atmosphere and must be reduced if we are to mitigate the worst effects of global warming. But the term "net-zero" needs some explaining.

First, it must be understood that the term refers, not to the quantity of CO₂ in the atmosphere, but rather to the amount we add to that concentration each year. Right now, humanity emits annually nearly 40 billion tons of CO₂ resulting in current CO₂ concentration of 420 parts per million (It was 270 ppm over 200 years ago). Another consideration is that the 2050 target is not a total elimination of those emissions. For some industrial activities such as aircraft and other transportation, it will still be necessary to burn hydrocarbons and continue to emit some portion of those 40 billion tons. Those emissions will have to be offset by physically withdrawing CO₂ from the atmosphere either by expanding our forests, improving our land use practises or by developing technologies that can withdraw and safely store significant amounts of CO₂. Some large emitters of CO₂ (companies and countries) seem to be counting on those technologies being developed in the distant future to avoid having to lower emissions in the short term even though they are quite aware that we don't yet know if current-day experiments with CO₂ capture and storage can be scaled up to a size that would be effective and economically feasible as an offset. In other words, they are once again kicking the can down the road.

It is important to note that heat entrapment by CO₂ and other greenhouse gases (GHGs) is directly related to the stock of those gases in the atmosphere. Our flow of CO₂ (annual emissions) indirectly affects warming by increasing the stock. Thus, should we actually achieve net-zero, annual emissions until then will have added to the concentration of GHGs and to heat entrapment. In 2023, the IPCC reported that the world has a carbon budget of about 250 billion tons of CO₂ that we can add to the atmosphere to have a coin-flip (50%) chance of keeping global warming to no more than 1.5o C above pre-industrial levels [Johan Rockstrom, *44th Macaulay Lecture*]. Emitting 40 billion tons per year, we will have exhausted that budget in less than a decade.

What would happen should we ever actually achieve net-zero? At that point, we would have mostly stopped emitting CO₂ (and abated what we couldn't) but we will still have to contend with the phenomenon of Earth Energy Imbalance (EEI). Global warming happens, and has been happening because the inflow of energy from the sun is greater than the energy in the earth's infra-red radiation back into space. In the 11,000 years before the industrial revolution, earth's temperature remained essentially constant at 14o C indicating that EEI was more or less steady at zero. So, to reduce warming, we will have to continue withdrawing CO₂ from the atmosphere until our energy-out matches the sun's energy-in. The prevailing view among climate scientists is that we will be aided in this by our oceans which will continue to absorb 90% of excess energy inflow and 25% of CO₂ emissions. The scientific models supporting this view unfortunately do not include detailed consideration of increasingly probable climate tipping points such as permafrost melting [Zeke Hausfather, "Explainer: Will Global Warming 'stop' as Net-zero Emissions are Reached" www.carbonbrief.org]. And it is too soon to know if confidence in the prevailing view will be affected by scientists' admitted inability to understand the sudden and unprecedented 2023 increase in ocean surface temperatures [New York Times, Feb.27, 2024, *Scientists are Freaking Out About Ocean Temperatures*]. And finally, in addition to such imponderables, we are faced with an important socio-political reality: after years of talking about emission cuts at international meetings, actual emissions are still growing. There is still a rapidly diminishing window of time to reverse our direction. It's improbable but still possible to do.



Shucking Oysters: ZZZZZ

By Alex Allen

ANY snorers out there? If you're in a relationship, no need to answer. Two thirds of all partnered adults say that their significant others snore. And no surprise, the ratio of snorers is two men to one woman. However ladies, this gap catches up after you reach menopause. Snoring is a fact of life, especially when we all get older.

Unfortunately, for my partner, I've been a snorer for years. Her options are limited. Go downstairs and sleep on the couch, continually tell me, "You're snoring, roll over," or give me a not-so-gentle nudge. So, why do we snore? It's not like any of us particularly enjoy it whether we are the receiver or the conveyor. As Madeleine Aggeler wrote, "one of the greatest indignities our gaping maws have inflicted upon us happens not when speaking, but when we're unconscious."

Dr. Raj Dasgupta, clinical associate professor of medicine at the University of Southern California, soberly explains that "snoring is the resistance of airflow through the upper airway due to relaxed tissues, and the sound is caused by the vibration of tissues in the back of the throat during sleep." As with flatulence, it's about the aperture; the narrower your airway, the more forceful the airflow and the louder the snoring.

It is not an easy feat to stop the snoring. Lifestyle is the first option. Lose weight, stop smoking, avoid alcohol before bedtime and sleep on your side. I'm skinny, I don't smoke, I usually don't drink right up to bedtime. But, I'm really good at lying on my back.

What are the other options? It's complicated. Nasal sprays, nasal strips, nasal cones, nasal dilators, nose clips, nose plugs, magnetic rings, chin straps, mouthpieces, wristbands, masks, tongue stabilizers, and mouth tape. It's like a shopping list for Christian Grey and other individuals with a penchant for suggestive gadgets. And the names of course, speak for themselves: Snortium, SomniFix, SleepStrips, Snoreguard, Zquiet, Pure Sleep, Silent Slumber.

One nose plug uses a "gentle electric signal generated by a microprocessor, creating micro-nasal pressure that opens the airway, allowing your breathing to go unrestricted and unblocked." Another electric nose plug has twin turbo fans. What? You get to sleep, but your partner is kept up all night with the sound of the whirring electric nose fans? That doesn't seem very equitable. One consolation, is that the nose plugs make you look like a cute Care Bear.

These nasal dilators are simply inserted in your nostrils to sort of prop open the nasal passages for better airflow, less snoring and a more peaceful sleep, says sleep medicine expert Dr. Breus. "Internal nasal dilators may feel super weird for the first 30 seconds or so, but then you get used to it and don't notice they're there — so they're definitely comfortable enough for someone to sleep with," he adds.

What's jet black, about three inches long, and sticky? Hostage Tape. I kid you not. Go to the website and you'll be treated to a gallery of mouth taped "hostages" staring back at you, each with a glowing review about how wonderfully well they have been sleeping. Aggeler wrote, "the overall vibe is abduction as spa getaway."

On Hostage Tape's website, the brand's creator, Alex Neist, says that his snoring was so bad that it ruined his marriage. His wife started sleeping in another room, their "intimacy disappeared," and his kids struggled in school. Eventually the couple separated. Then, Neist discovered mouth tape, and now: "three years after divorce, I'm now back with my wife, our kids are flourishing in school, and we sleep in the same bed again." If that's not marketing, I don't know what is.

Aggeler eloquently wrote, "Its packaging is ... more aggressive than you might expect for a product that is meant to help you drift off into the candy colored clouds of Dreamland like a sweet, sleepy little lamb." Indeed.

As the website attests: "This ain't your average run-of-the-mill, flaccid pharmacy tape ... This stuff adheres to your face like a barnacle to a ship's hull and stays there — all night long. Even the fiercest of lumberjack beards don't stand a chance." I don't know. It's kind of creepy.

Other options? Surgery. That's right. You (or your loved one) could have a procedure, known simply as a uvulopalatopharyngoplasty, which widens the airway by removing tissues in the back of the throat. Just like pharmaceuticals, the possible side effects are not pleasant. The most dangerous, scar tissue making the airway even more narrow, defeating the entire purpose. If you can't pronounce it, don't order it.

We all know that snoring is worse on your back. Some suggest to sew a tennis ball in the back of your favourite PJs top and then you're more likely not to linger. Sleep experts assure us that the tennis ball won't mess with your sleep (though it might mess with your dog).

And if all else fails, place pillow tightly over partner's face, hold firmly until snoring stops. 🍷

TIDE TABLE

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

2024-03-07 (Thu)

Time	PST (m)	(ft)
04:26	4.6	15.1
09:38	3.5	11.4
14:18	4.3	14.2
21:40	0.8	2.5

2024-03-08 (Fri)

Time	PST (m)	(ft)
04:58	4.7	15.4
10:22	3.2	10.4
15:23	4.5	14.6
22:28	0.7	2.4

2024-03-09 (Sat)

Time	PST (m)	(ft)
05:27	4.8	15.6
11:07	2.8	9.2
16:24	4.5	14.9
23:12	0.9	2.8

2024-03-10 (Sun)

Time	PST (m)	(ft)
05:55	4.8	15.8
11:52	2.4	7.7
17:24	4.6	15
23:54	1.2	3.8

2024-03-11 (Mon)

Time	PST (m)	(ft)
06:23	4.9	16
12:37	1.9	6.2
18:25	4.5	14.9

2024-03-12 (Tue)

Time	PST (m)	(ft)
00:37	1.6	5.3
06:51	4.9	16.2
13:22	1.5	4.9
19:29	4.5	14.8

2024-03-13 (Wed)

Time	PST (m)	(ft)
01:20	2.1	7
07:21	4.9	16.1
14:08	1.2	3.8
20:36	4.5	14.7

2024-03-14 (Thu)

Time	PST (m)	(ft)
02:07	2.7	8.7
07:51	4.8	15.7
14:54	1	3.2
21:48	4.5	14.6

SPECIAL
INTEREST

Green Wizardries, Meal Planning

By Maxine Rogers

I have seen people look all surprised at mealtimes because they seem to have missed out on the fact that meals need to be prepared and served at certain times of the day. This is curious but true. The troops tend to get a bit restless and even caustic when supper rolls around and nothing has been prepared. The process of ensuring meals arrive on time is called, "Meal Planning."

Now, meal planning can be a simple affair. I tend to prepare meal plans for a month. This means, I can limit my trips to town because I have everything I need to prepare 30 suppers and 30 lunches. We don't suddenly run out of a critical ingredient and need to go out and buy it.

If you are concerned with pollution, global warming or do not wish to kill little creatures on the road with a huge, brutal vehicle, then you might want to think of planning ahead so you only need to go to town every month or six weeks. Think of the savings on ferry trips! A person could easily go a whole summer without once getting in a ferry line up.

I find shopping for a month of meals easy to do because we have a sheet of paper on the fridge and when one of us uses up a packet, tin or bottle of something, we write it on the list. Then, we go to the pantry and bring out it's replacement. We always have several replacements and they are stock rotated for freshness. This way, in case of some emergency, we would not need to go to town for months.

If I want some hummus or a bean soup, I go to my gallon jar of Jerusalem broad beans and take out as much as I need to soak overnight to make the dish the next day. The Jerusalems come from last year's garden so the hummus I eat today was planted in the spring of 2023. That too is meal planning.

Planning a garden is a form of meal planning. Last year, I didn't plant, harvest and dry enough zucchini to get through this winter. I also didn't produce enough sweet peppers to get through the winter. I am on my last bag of dried peppers. This year, I aim to overproduce both crops, just to be on the safe side.

I have kale plants standing in the garden and sometime this month, I expect them to be roused from their torpor by the spring sunshine. Once that happens, they will begin to produce tasty flower shoots that are a spring delicacy. I planted them nearly a year ago with this spring's steamed kale flowers in mind. They taste great raw with a dip or steamed and served smothered in a decadent Hollandaise sauce.

I recently bought Galleon Cauliflower seeds from Salt Spring Seeds. I bought them because I want to have a supply of fresh cauliflowers for April and May of 2025. Yes, the Galleons

are an overwintering cauliflower and will give me fresh cauliflowers in the early spring of next year. That is not all.

A couple of my friends grow Galleon Cauliflowers on both our islands and they are perennials. One friend grew them and the first year, she got two or three nice heads. The following spring, the same plant, now a sizable shrub, produced ten heads in the early spring and two of them were over ten inches across. My friends on Denman have been growing their Galleon for several years now and the plant shows no sign of slowing down. A packet of Galleon seeds costs only five dollars so I think it a terrific investment.

Planting fruit trees and bushes is a form of meal planning, or rather, dessert planning. Why buy slightly suspicious frozen fruit at Costco? I did this once and the frozen mango chunks I purchased tasted of mildew. Never again.

And why would I buy fruit when Denman and Hornby produce so much organic fruit in season. We grow blackberries, blueberries, Marion berries, strawberries, grapes, plums, apples, quince, peaches, and both sweet and sour cherries.

We really are blessed with an abundance of fruit but not every summer sees a successful fruit crop. So meal planning involves harvesting the various fruit crops at the peak of ripeness and freezing, drying or canning the fruit so one has enough for at least two years because not every summer has a successful fruit crop.

Perhaps, you are saying that sounds like a lot of work but it is also a lot of work to earn money to buy stale vegetables and gas-ripened fruit, all of it bathed in pesticides.

PS, I am delighted the Trudeau Liberals have decided to shelve their plan to offer death on easy terms to Canadians suffering from mental illness. They hope to offer MAID after the next election. They may well need a few poisoned pills themselves as they look likely to be thrashed in the next election.



Editorial

By Keith Porteous



"Who's Being Naive Kay?" Michael Corleone,
The Godfather, 1972

THE most common belief shared among people who hold alarmist views about the dissemination of misinformation, is in the gullibility of "others." These same people often hold the view that there are simple causes and solutions to complex problems. Most of them won't see themselves as being either simplistic or as being gullible. And most won't see themselves as holding alarmist views about misinformation, or admit that they have ever been duped into believing something false. Disinformation emanating from powerful institutions is almost always believed to be true by the majority.

We are often told that the loss of faith in establishment political institutions and loss of trust in the legacy media, is a product of the gullibility of "others" believing misinformation and disinformation. "We" believe we know the facts and the truth, it's just that "stupid" people are susceptible to the disinformation campaigns of crackpots or a foreign government. In relation to the latter, every challenge to the bi-partisan establishment consensus about war is met with the claim that it is "Russian disinformation" coming from "Putin apologists." There can be no debate tolerated in corporate media regarding the most important global issues of our time.

If you believe that humans are negatively impacting the global climate, but don't agree that electric cars and carbon taxes are the solutions, you are labelled a "climate change denier." If you

believe in social justice for everyone, especially those who are members of a minority group, but support open discussion on these topics, you are labelled a bigot. If you believe that there is still much work to be done in relation to social and environmental justice, the censoring of any related discussion is surely not a progressive action. Presumably, democracy and free expression is founded on the idea of the tolerance of views you do not share.

One fact we can establish with certainty, is that what has been accepted as settled fact in the past, has very often been proven false in the present. This is especially true about what we are told about wars. In every war the U.S. and its allies have been embroiled in since the end of WW2, there has been a constant stream of disinformation about the origins and motivations for these violent conflicts that have killed millions of civilians, and it has emanated from Western governments and their corporate legacy media allies. Julian Assange is not being tortured in a British gulag for telling lies, but for publishing the truth.

This same disinformation was present when it was claimed that the pandemic started in a wet market, and those who suggested that the virus may have emerged from a research lab were labelled conspiracy theorists and bigots and they were censored from media, social and otherwise. The real bigotry was the ease with which people believed the cause was a "filthy" Chinese cultural practice, when our own industrial meat production could not be more unethical. We now know that the virus escaped from a lab in Wuhan, the product of American research that had been outsourced to avoid regulatory oversight at home.

This small community newspaper has had the courage to publish more than one perspective, while receiving harsh criticism for printing dissenting views about the pandemic. Most of what The Islands Grapevine published on the subject of the pandemic was the information provided to it by local government, 20 local doctors, and material promoted by the Hornby Denman Community Health Care Society. But the truth is that it was never a "pandemic of the unvaccinated", as we were repeatedly told, and the mandates imposed upon us were based on fabrications. We are proud that this newspaper was a rare source for a diversity of views, and we are committed to carrying this principle forward. 🍷

OPINIONS

Navigating Anger (Part 3)

By Sally Campbell

Assertiveness in tough situations

WORKING with anger instead of reacting to it doesn't mean we become passive "wimps". Respect for the other *and for ourselves* is at the core of a collaborative mindset. When angry talk becomes disrespectful or personalized, the listener may need to set some

boundaries for acceptable communication. When the going gets intense, the pendulum can swing from avoidance and accommodation at one end to aggressive fighting back at the other. Personally, I find passive-aggressive behaviour the hardest to respond to - when a person speaks in a measured, calm voice while sticking the knife to you. *Assertive* communication is none of these. Here are a few aspects of assertion:

- ♦ It is clear and confident.
- ♦ It sets limits when they are needed.
- ♦ It models respect for differences.
- ♦ It says, "my interests are important too".
- ♦ Assertive communication names tactics and "dirty tricks" without labelling or blaming.

continued on P.6...

Final Seniors Musical Lunch

March 13 Back Hall

Noon to 2 pm

Musical Guest Andrew Allan

Call Kathy Rieder for a ride

Admissions by donations

...continued from P.5 ♦ It invites people to take responsibility for their statements and behaviour.

♦ Most importantly, it is *friendly*. If you can't muster a friendly approach, you aren't ready to use this communication tool. Give yourself some time to assess the situation. Maybe talk with a trusted ally or guide who can shine some light on the conflict dynamics. Don't dive into trying to use assertion until you feel emotionally grounded.

When you are communicating assertively, you are not pushing or poking a stick at the other side. For instance, taking an assertive approach to a confrontation, you would describe *in a neutral way* what happened (the harsh or dismissive comment, the confronting action) as you see it, state its effect upon you (such as your desire to walk away), and *invite* (not demand) the other side to respond ("I'm wondering where you were coming from?"). It is important to give the other side time and space to respond. An assertive response in a tough situation, followed by respectful silence, is powerful communication.

Expression our own anger or frustration using assertion

When the anger/frustration/resistance getting in the way of good communication is our own, we need to find ways to express how we are feeling without creating more resistance.

Here are some tips:

1. Notice where you are in the "Anger/Arousal Cycle". If you find you are rapidly climbing up "anger mountain", (ie: you can feel that you're no longer on an even keel) and heading to a peak of strong emotion, this is not a good time to try to use reason. As you head toward the summit of angry arousal, your judgment is correspondingly decreasing. You aren't doing your best thinking. Your judgment is impaired, because you've gone into "fight, flight or freeze" mode, and are now relying on your more primitive brain system, your amygdala, rather than your pre-frontal cortex. You need cooling-off time.

2. Try to understand the source of your own anger. (There is usually fear, hurt, disappointment, confusion, sadness, embarrassment, or even shame behind it.) Sometimes it takes some time alone to really listen to yourself and discover how

you are feeling. Years of ignoring or pushing down our deeper feelings can mean that this way of listening to what's going on inside takes some practice! Don't be hard on yourself, be tender and kind.

3. Be aware of time and place. How appropriate is this discussion right now? Pay attention to your own bodily state; that is, breathe. As I said last week, if you cannot find calm in your own physical being, this is not the right time for talking through a conflict. You may think you are being assertive and the listener will hear aggression or push.

4. Be aware of the other, and the very human need to save face. Do you have privacy? Don't corner the other person; maybe all that you can get now is a commitment to talk when emotions have settled down. ("I'm upset about this and it sounds like you are too. AND I really want us to talk about it. Can we discuss it in a few hours/tomorrow morning/....?")

5. State your frustration or feelings *in a way the other can hear*. Make sure the other is willing to listen. Don't sacrifice yourself for the sole purpose of making peace. You need a certain amount of confidence to speak assertively, to believe that what you say and feel matters to the other. If this is not the case, assertion is not the best idea.

6. Describe in a neutral way what led to the frustration, tension, or other feelings. Remove the blame.

7. Be specific and speak from your own perspective. Stay away from broad generalizations and "you" statements ("you always", "you never").

8. Tell the person the *effect* your anger is having on you and the relationship, without giving away your power by using such phrases as "You make me feel so....". No one makes us feel anything. We are the keepers of how we feel.

9. Let the person respond without interruption.

10. Be willing to listen. The object is not to prove yourself right, but to be understood, to show that you understand the other, and to improve your interaction.

Next week: Part 4 🍷

"Pay No Attention to that Genocide Right in Front of Your Face."

By Caitlin Johnstone
OP March 5th, 2024

THAT'S the constant message we're getting from the dominant institutions in this present-day dystopia. From our news media. From our political parties. From our government. From our mainstream culture of diversion and superficiality.

"Pay no attention to that genocide right in front of your face."

We can see it happening. It's right there. And they know we can see it happening. But they're telling us to ignore it anyway. Pay attention to this other far less urgent news story instead. Pay attention to what a big meany Donald Trump is. Pay attention to Hamas and October 7 2023. Pay attention to this trend, this TV show, this funny video, this celebrity, this product, this

event. Pay attention to anything other than the horror you can see unfolding with your own two eyes right this very moment. "Pay no attention to that genocide right in front of your face."



And most are obeying this command. Society's still puttering along like everything's fine and normal. The shows, events, social engagements and small talk is all still happening in more or less the same way it was happening on October 6 2023. Attention is going everywhere but to the screaming, hemorrhaging elephant in the room.

"Pay no attention to that genocide right in front of your face."

It's an insult to our intelligence. It's an insult to our hearts. It's an insult to our humanity. They're sticking their long, rapey fingers into our minds and commanding us to twist and turn our attention in every direction except where it is most urgently needed, and most of us are submitting to their will and doing as they command. We're putting on a degrading and de-

humanizing performance for our rulers to show how far into knots we will contort our minds, our perception and our sense of reality for their convenience.

"Pay no attention to that genocide right in front of your face."

Refusing to obey this command is a daily act of defiance. It's an act of protest each and every moment we refuse to acquiesce to this demand. In each instant we hold our gaze on Gaza and remind others to do the same, we are defying the orders of our rulers. We are disobeying the instructions from the propaganda machine. We are being directly insubordinate to our politicians and our government, and we are disrespecting the plastic smileyface dystopia they supervise.

"Pay no attention to that genocide right in front of your face."

Yeah I'm gonna keep paying attention to that genocide, actually, and I'm going to keep working to get others to do the same. No matter how much you try to turn my gaze away. No matter how ugly your atrocities become. No matter what names you call me or what accusations you level at me. It's right there. We can all see it. I refuse to play along with this demented charade. Israel is committing genocide, our western governments are helping them, the sky is blue, a spade's a spade, and the emperor has no clothes. 🍷



by D.H. Buttlescutt

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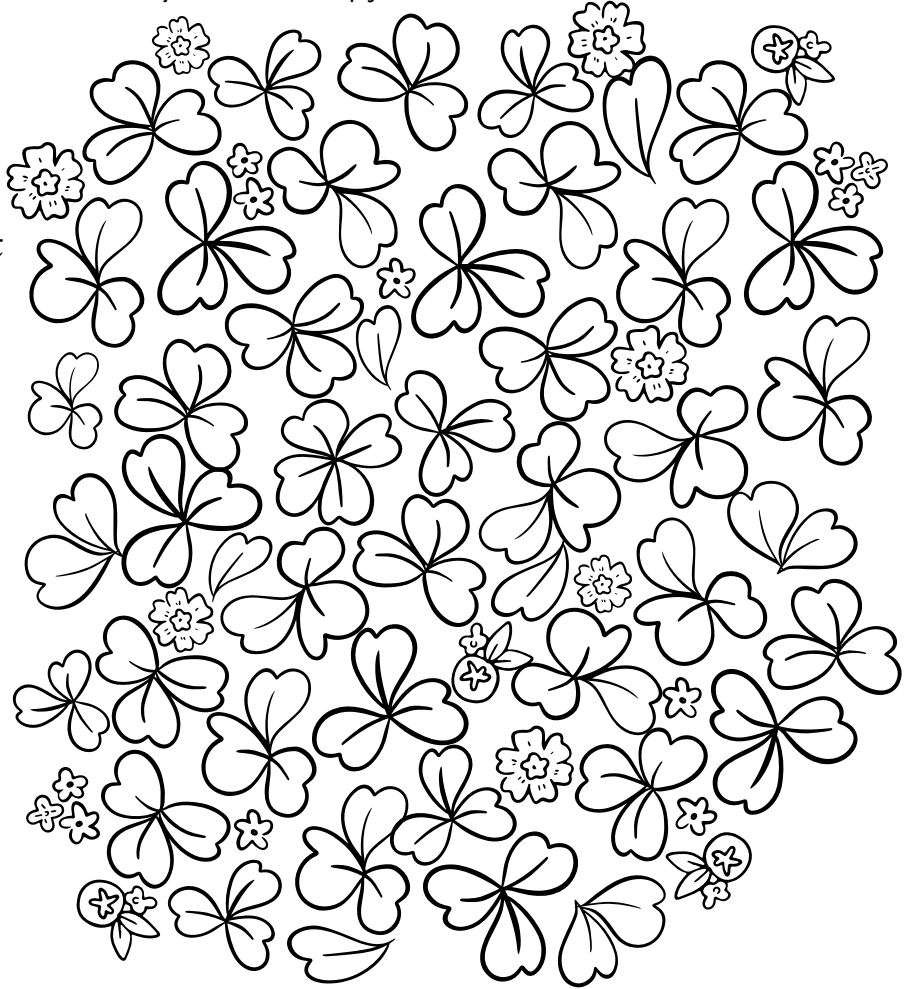
by Mr. Unknown

*I am baffled
I am starstruck
They can be defeated
The thought makes life run amuck*

*I, like many people
Have fallen victim
To the coloured cube
That requires a good brain stem*

*Anyone currently reading
This short, worthless poem
Who can solve a rubik's cube
A cheer you are owed
To yourself for completing
This mind boggling puzzle
That needs great skill
Without, the head goes into a
fuzzle*

DIRECTIONS: Did you know finding a 4-leaf clover is believed to give you good luck? Can you find the 4-leaf clover in this scene? Circle it when you find it, then color the page!





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we can print it:

\$8.92/100 (letter-sized - one-side)

\$14.18/100 (letter-sized - two-side)

BOX/DISPLAY ADS

Front Page • \$23.52/1x1

Inside Page • \$20.38/1x1

Please ask about our discounts for ordering and prepaying for multiple ad placements. Refer to examples below for actual ad sizes. We cover everything from a small 1x1 to full page.

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:

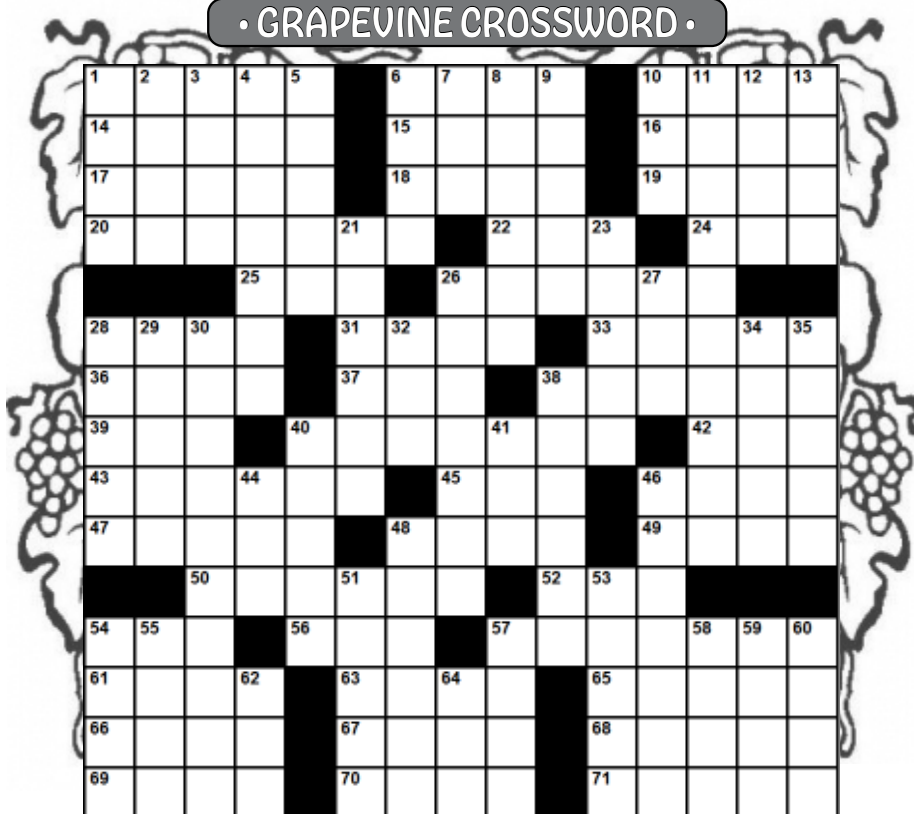
- Profiles of individuals, history, reviews and op ed are published free of charge.
- Literary content including poetry, stories, belle lettres are published free of charge.
- Promotional content for products, services, programs, and events will be published at going advertising rates.
- Public service 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. Celestial body
6. Left commands
10. Hassle free
14. Express a view
15. A dash of dash
16. At a prior time
17. Blue pottery of Holland
18. Baby's call
19. Clean and tidy
20. Express support
22. Anti anti
24. Hindu Mr.
25. Bar concern
26. Bait fish
28. Address word
31. Moslem prayer leader
33. Chloroform kin
36. Eyes, in poems
37. Baffle
38. Tertiary epoch
39. A Canadian export
40. Domestic maids
42. Glum
43. Earthborn
45. Dr. Tim's drug
46. Gaming cubes
47. New growth
48. Besides that
49. Charlie Brown's expression

50. Female grad
52. Curative water
54. Grass house
56. Be in session
57. Hungry for
61. Apartment
63. Hot rum drink
65. Cronelike
66. Attic
67. At this very spot
68. Barcelona mister
69. Kong preceder
70. Ball points
71. Border tool

• DOWN •

1. Program makeup
2. Accessible
3. Like many spring days
4. Embraces
5. Exotic fish
6. Red pigment
7. According to
8. Native currency
9. Comb stopper
10. 1 billion years
11. Sleep aid
12. Battle memento
13. Abominable snowman
21. Hip mocking
23. Fridge stocks
26. Jaw
27. Catchall abbr.
28. Peregrinates
29. Warship deck
30. Freak
32. Adult males
34. Dramatize
35. Counsels
38. First born
40. Seer
41. Ninny
44. Up to
46. Depleted
48. Beef Wellington, for one
51. Possibly will

53. Full moon, for one
54. Keep it down
55. Biblical preposition
57. Becomes gray
58. Band
59. Fizz flavor
60. Geog. region
62. Child's game
64. Bauxite bonanza

• TEST YOUR MATH SKILLS •

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

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

Grumpism



“Phoned a restaurant and asked for a table for two. They said I had the wrong number so asked for a table for four instead.”

• LAST WEEK'S ANSWERS •

U	P	S			I	K	E			E	T	A
S	L	I	P		E	L	E	M	I		I	V
P	O	L	O		M	E	N	U	S		N	E
S	Y	L	L	A	B	U	S		T	E	N	N
				Y	L	E	M		W	H	Y	
P	A	U	P	E	R		S	O	M	E	R	S
A	S	P					T	H	R	U	E	C
P	I	P	E				T	R	E	S	S	D
A	D	E	N				R	O	L	E		L
W	E	R	E		W	O	L	F		S	A	F
					I	L	L		M	O	N	O
S	H	T	E	T	L		T	O	R	T	O	I
H	A	I	L				E	E	R	I	E	L
M	I	L	K				Y	O	U	R	S	S
O	R	E					N	E	E			S

• **CLASSIFIED ADS** •

• **SERVICES** •

MR. FIX-IT PLUMBING &
All household major and
small appliances. All large
and small machinery. Yard
machinery, chainsaws, out-
boards, automotive,
sharpening, welding and fab-
ricating.
Call Rick Graham 335-0954.
(HI)

GUTTERS seamless, supply
and install also repairs, for
free estimate contact Kevin
at 250 335 1986 or cell at
250 667 3233.
Serving All Areas.

• **FOR SALE** •

**Warm and Cozy Alpaca
socks Denman Island 335-
1117**

APPLIANCES FOR SALE.
Ranges, washers, dryers,
fridges, dishwashers, gas/
electric range.
All fully restored and come
with a full six month warran-
ty. Call Rick Graham 335-
0954.

WAGNER FIREWOOD. 2 cords
to Denman, \$680 plus GST.
Hornby, \$720 plus GST. Text or
call Scott at 250-334-7323

• **COMMUNITY NOTICES** •

COMOX VALLEY TRANSITION
SOCIETY EMERGENCY CRISIS
LINE:
250-338-1227 or Text: 250-
218-4034 For more info visit
<https://cvts.ca>

• **EMPLOYMENT** •

THE GENERAL STORE needs
a part-time employee - for
up to 24hrs/wk - must have
Serving It Right and be at
least 19. If you are interested
please call Jennifer at 250-
335-2293 or leave a resume
with the store employees.

• **WANTED** •

ADMINISTRATIVE ASSISTANT
looking for part-time & re-
mote work Ten years experi-
ence in fast paced industries
in Europe and Canada.
Skill set involves scheduling
meetings and organizing
event/travel, data entry,

administrative tasks, content
translation (english/french)
and property management.
Other services also available.
Charging hourly or per project.
Resume and references avail-
able upon request.
Claire Debleu, Denman resi-
dent
[denmanpersonalassistant@
gmail.com](mailto:denmanpersonalassistant@gmail.com)
(236) 380 0726

WANTED TO PURCHASE: En-
gagement ring. Medium size,
one or two diamonds.
Wedding ring. Silver, Gold or
White Gold,
medium size.
Total cost for both rings approxi-
mately \$1000.00
More for a good set. 250-335-
1079



• 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)

OPPOSITES ATTRACT NEWS



rumble.com/stewmongo

garypiercy.com

FORTNIGHT EVENTS

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

FRIDAY 8

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

SATURDAY 9

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

SUNDAY 10

MONDAY 11

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

TUESDAY 12

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

WEDNESDAY 13

- RECYCLING CENTRE 2-6pm
- BOTTLE DEPOT 2-6pm
- Dora Drinkwater Library 1:30pm-3:30pm
- FINAL SENIORS MUSICAL LUNCH ad p.5

THURSDAY 14

- 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 15

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

SATURDAY 16

- 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
- FARM TO FAMILY CONCERT FUNDRAISER
7pm COMMUNITY HALL
- DHA AGM 3-5pm Activity Centre Lounge

SUNDAY 17

MONDAY 18

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

TUESDAY 19

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

WEDNESDAY 20

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

THURSDAY 21

- 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

THE
ISLANDS
Grapevine
EST. 1991
HORNBY ISLAND & DENMAN ISLAND
COMMUNITY NEWSLETTER