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

SPECIAL
INTEREST

Fair Trade, Land Reform & Mayan Resilience in Guatemala: Coffee Tasting & Talk on Denman

By Heather Neun

The CCDA was founded in 1982 during Guatemala's 36-year civil war to defend the rights of workers on large coffee, sugar and cotton plantations, to recover lands taken from the Mayan communities over the past centuries, and to promote and recover Mayan culture and spirituality. The CCDA is a major force in Guatemala's Indigenous-led struggle for land reform, food sovereignty and cultural survival.

It wasn't until after the armed conflict ended in 1996 that the CCDA was able to work more freely on the issues of land reform and livelihoods. The CCDA used the Peace Accords to obtain land for member communities in the Lake Atitlán region. Some purchased the coffee plantations where their families had been farm workers for generations. Today, those plantations, reorganized as cooperatives, produce Café Justicia, a "solidarity trade" coffee, processed by the CCDA for fair prices to producers and exported to Canada and other countries. Profits from Café Justicia help finance the CCDA's ongoing work for land reform, community development and an end to impunity and corruption in Guatemala.

The "plus" in this fair trade coffee product is the relationships that go beyond paying fair prices to producers, to strengthening the participation of women and youth, and supporting CCDA's work in defending the land rights of Indigenous communities across Guatemala. Neydi has said that the objective was "to develop an alternative that went beyond just fair trade, beyond just paying more for the coffee... We want people to know where this coffee comes from", and that in buying this quality coffee, "you are also supporting labour rights, and also the rights of women, youth, Indigenous people and small farmers".

Join other Denman Islanders interested in the cross-border struggle for social, economic and environmental justice, and enjoy sampling fair trade "plus" coffee. Gift boxes and bags of coffee will be available for purchase.

Neydi is on a speaking tour of BC from May 2-18, co-sponsored by BC CA-SA-Café Justicia, CoDevelopment Canada and the BC Council for International Cooperation. For more information on the CCDA, visit their website. For information about Café Justicia, visit their website.

Coffee Tasting + Talk

REGENERATIVE COFFEE FARMING & MAYAN RESILIENCE



Mayan farmers are at the forefront of the struggle for environmental justice in Guatemala. The Campesino Committee of the Highlands' Neydi Juracán shares their work to protect the land, using fair trade plus coffee as a tool for social change.

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(Sla-dai-aich)**
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Back Hall, 11 am
Coffee will be on sale!

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or cafejusticia.ca

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ARTS&LIT

Exciting News: Margaret Atwood Visiting Denman Island

By Brad Hornick
R&WF

sive ticket sales for Ms. Atwood's two presentations to local residents. We want to ensure that as many Denmanites as possible have the opportunity to attend these special events.



Efficiency in Motion: Unveiling the Future of Delivery with Electric Trucking & Delivery

By Paige Friesen



man in the near future. Additionally, they offer delivery for almost anything that you need, if it's too big for your vehicle or you just don't want to sit in the ferry lineups.

ETD has also brought online convenience to the delivery business through their website www.electric-delivery.ca where you can order and pay with credit cards. Credit card payments are pre-approved and only charged

PREPARE yourselves, Denman Island residents, because the rumors are indeed true—Margaret Atwood is headed our way! Organized by the Denman Island Readers and Writers Festival (DIRWF) committee, we are thrilled to announce that the renowned author will grace our shores May 31st and June 1st 2024, for an unforgettable literary experience.

As a token of appreciation for the unwavering support of Denman Islanders over the years, the committee has decided to extend **exclu-**

The \$30 tickets (with discount for students) **will be available for in-person purchase, limited to two per Denman household.** Let's come together as a community to make this experience accessible to a broad number of Denman residents.

But that's not all! Margaret Atwood has also proposed a Meet and Greet fundraiser on the evening of May 31st. Catered by Erika Bland and the Farm to Family crew, this event promises a delectable spread of locally sourced appetizers and drinks. Proceeds from the \$200 per ticket fundraiser will benefit Farm to Family, ADIMS, and Denman Affordable Housing. A charitable donation tax receipt for a portion of the ticket cost will be sent out before the end of the year.

Tickets for all events will be sold in-person at the Activity Centre on Wednesday, May 15th (11am to 1pm) and Saturday, May 18th (11pm to 1pm). Don't forget to bring proof of residency!

As the event approaches, keep an eye out for more detailed updates. This is a literary event you won't want to miss! 🍷

STEP into the future of delivery with Electric Trucking and Delivery (ETD), where sustainability meets convenience. Their service is more than just delivering packages or loads of compost; it's a commitment to reducing pollution and enhancing efficiency while ensuring swift and secure deliveries.

Central to ETD's mission is electric trucks, revolutionizing the delivery industry by slashing carbon emissions. They will reduce the traditional gas-guzzling vehicles contributing to pollution on the islands. With ETD, every delivery contributes to a cleaner, greener tomorrow.

The owners grew up on Denman and want to make a change. "We need to prioritize reducing commercial emissions and pollution" Alan says "As well as reduce car trips on our ferry service, which also reduces pollution. That's the core of our mission."

ETD offers delivery of 2.5 yards - 7 yards of landscaping supplies (depending on weight), construction materials, and they will be launching an all new grocery delivery service to Den-

continued on P.4...

TIDE TABLE

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

2024-05-02 (Thu)		
Time PDT (m)	(m)	(ft)
02:21	4.6	15
08:48	3.1	10.3
12:41	3.5	11.4
19:32	1.5	4.9
2024-05-03 (Fri)		
Time PDT (m)	(m)	(ft)
02:59	4.6	15
09:31	2.7	8.8
14:20	3.6	11.7
20:36	1.7	5.7
2024-05-04 (Sat)		
Time PDT (m)	(m)	(ft)
03:32	4.6	15.1
10:12	2.2	7.1
15:44	3.8	12.3
21:36	2	6.6
2024-05-05 (Sun)		
Time PDT (m)	(m)	(ft)
04:03	4.6	15.2
10:52	1.6	5.3
16:58	4	13.2
22:32	2.3	7.6
2024-05-06 (Mon)		
Time PDT (m)	(m)	(ft)
04:33	4.7	15.3
11:32	1.1	3.6
18:05	4.3	14.2
23:27	2.7	8.7
2024-05-07 (Tue)		
Time PDT (m)	(m)	(ft)
05:04	4.7	15.3
12:13	0.6	2.1
19:06	4.6	15
2024-05-08 (Wed)		
Time PDT (m)	(m)	(ft)
00:21	3	9.7
05:36	4.6	15.2
12:53	0.3	1.1
20:02	4.8	15.7
2024-05-09 (Thu)		
Time PDT (m)	(m)	(ft)
01:14	3.2	10.6
06:09	4.6	15
13:33	0.2	0.6
20:55	4.9	16.2

AND THE WINNER IS HORNBY ISLAND'S KRISTIN SONSTEBÖ *The Unfaithful Servants*



...continued from P.3 when delivery is made to accommodate possible changes.

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Stanehill Park- New Adventures Spring 2024

SPECIAL
INTEREST

By Peter Karsten

It was created in 1912 by volunteers and is primarily maintained by neighbours and the Denman Island Parks Committee of DIRA. The forest has a BC Coastal Douglass-fir habitat. The small size plot lends itself to “interactive” educational walks. To that end a free guide “The Stanehill Park Plant and Bird Guide” is offered to visitors at the North Entry to help you identify typical forest plants and birds in the forest. It shows 78 plant -, 40 bird- and a few mammal drawings. You are welcome to keep it to explore other natural areas on Denman Island. Kids might like to colour the B&W drawings and study our biodiversity



The Nature Guide & self-serve box

Green Wizards, Dune- Style Water Conservation

SPECIAL
INTEREST

By Maxine Rogers

drought and also Alberta. Being this close to the coast, we should get more rain than other, less favoured, parts of the Province but it might well amount to a lot less than we are used to. In fact, once you find yourself watering in April, I would say it is all over but the screaming.

When we moved here, years ago, I wanted to have the waste water piped out of the house to a tank so we could use it for irrigation. Our plumber friend thought it was a bad idea, a difficult and expensive project, and we gave up on the plan. There was too much technology for my taste. It would have required pumps and a filtration system and it would have

THE STANEHILL PARK is located at the intersection of Greenhill Road and Stanehill Place. The half acre park is owned by the Comox Valley Regional District.

It was created in 1912 by volunteers and is primarily maintained by neighbours and the Denman Island Parks Committee of DIRA. The forest has a BC Coastal Douglass-fir habitat. The small size plot lends itself to “interactive” educational walks. To that end a free guide “The Stanehill Park Plant and Bird Guide” is offered to visitors at the North Entry to help you identify typical forest plants and birds in the forest. It shows 78 plant -, 40 bird- and a few mammal drawings. You are welcome to keep it to explore other natural areas on Denman Island. Kids might like to colour the B&W drawings and study our biodiversity

at the same time. Why is it called interactive? It has hand-carved, painted birds, mammals and other nature objects dispersed throughout the park for you to find. A nature quiz in a way. The map on the back of the guide marks the location of nature objects with a small “x”, but it does not give away what it is to look for. A winning score means you have found: 1 Barred owl, 1 Anna's Hummingbird, 1 Red Breasted Sapsucker, 2 Downy Woodpeckers, 1 pileated Woodpecker, 1 Pacific Slope Flycatcher, 2 violet green swallows, 1 Chestnut-backed Chickadee, 1 Red-breasted Nuthatch, 2 wrens, 1 Yellow-rumped Warbler, 2 Purple Finches, 1 American Goldfinch and 1 Raccoon, 1 Mink, a cast-off deer antler which has been gnawed on by rodents to seek calcium and a deer foot print next to it, a squirrel midden, a big stump with spring-board notches and an erratic. You have to look closely for the squirrel midden with the descaled fir cones on a slog. You will see three types of nest boxes for birds. Nestboxes for cavity nesters: Chickadee, Nuthatch, Woodpeckers, violet-green swallows and wrens etc., a half-open box for flycatchers and a shelf nest for American robins. Robin have learned to build their nest “under cover” to prevent crows and ravens see by them flying over and to rob their bright turquoise eggs. Many nests are made in half-open building or wood sheds. By putting up a shelf support helps them greatly. We have one example in the Park. While the Nature Guides are OK to take with you when you leave the carved critters and other nature object are to remain for enjoyment of visitors who come after you. Though, it must be gratefully emphasized that nobody has ever taken any objects or damaged them. It can't be said for the winter storm which toppled some trees; one of them smashed the Nature Guide box which is now repaired. If you see something that needs attention, please contact the Parks Committee or e-mail pkarsten@telus.net. It has been said there are no scheduled events in nature but Stanehill Park guarantees you “wildlife encounters”! Enjoy your visit and the quiz! 🍷

been too expensive.

This year, I have been harvesting all the waste water from our house to use on the flower beds and I use the dishwater on the compost bins. A lot of people do not seem to realize how much water compost needs to break down all the carbon and nitrogen into a beautiful, rich, crumbly, soil amendment.

In the past, I have tried using dishwater to irrigate ornamental trees but they did not thrive on the greasy, detergent laden water. I find it is okay to use this water to activate the compost piles. Compost is a living, breathing colony of many life forms and they all need water to live, eat and digest the compost.

If you took the time now to fork over your compost, I bet you would find it is pretty dry. A compost pile exhales moisture as it digests. A large, well made compost pile should have steam coming off it day and night and that means it needs lots of water to replace the what it loses to evaporation.

A few years ago, I also tried using real soap, instead of de-

tergent, to wash dishes and laundry. Modern septic systems do not respond well to this and I was forever borrowing a friend's drain snake to break up the chunks of reconstituted soap in the pipes. Soap, made from fat is a lot more easily composted and biodegraded than detergent. People used to use a cake of soap to wash dishes and grated soap flakes to wash their laundry. In those days, there were pits dug outside of houses for the sink's water to empty into as the soap has a way of determinedly blocking pipes.

I found a very simple way to overcome the problems of expense and technology to save my waste water. I put plastic tubs in the sinks and have a bucket beside the sink to receive the used water. People claim that hand-washing dishes takes 14 litres per batch but these people must be water hogs from the city as I find even a large load of dishes only takes me about 6 litres to wash and rinse. That water goes onto the compost piles. The water from the bathroom sinks contains only soap and water so I use that to water my flower beds. The flowers do not seem to mind.

It is May now and I hope everyone had a satisfying Beltane. I have confined our cat to a spacious, enclosed entry porch where he has his own armchair. He is not keen on this but is being philosophical. The cat, Festus, is a great mouse, ratter and voler.

Since we got him, we have had no trouble from the rodents that were chewing holes in the pex water lines under our house. Our poor plumber friend was getting discouraged as he had to crawl under the house a couple of times a month and repair our lines. We were losing a lot of water in the process and his well-earned wages were an extra expense for us

and a trial for him to earn. It was a lose, lose situation.

So, my husband, after a determined two-year campaign to get a cat, had his way and we got Festus. I don't like cats because they kill birds and they have the disgusting habit of playing with and tormenting their pray before killing it. Almost human really... Festus solved my dislike of cats by casting a glamour over me to make me his willing slave.

So, Festus is in the lock up for May and for as much of June as I can manage. My husband hates it when the cat is upset but May and June are a critical time for nesting birds and their fledgling youngsters. If we all kept our cats in for as much of May and June as we can manage, just think of the glorious result of so many songbirds saved from a needless death.



SPECIAL
INTEREST

Shucking Oysters: Keep Off the Grass

By Alex Allen

IT'S that time of the year again. Time to get out the mower and weed whacker. Time to find out what you forgot to do before putting them in storage. Time to remember what gas is in which jerry can and how old. Every year, I seem to like to challenge myself with ignoring these details. And I still battle with even having a lawn. But there's something tranquil and serene about a lush, well-kept lawn, n'est-ce pas?

We can blame England and France for our love of lawns, where they became a much-desired form of landscaping in the 17th and 18th centuries. But the fashionable style and design of these green spaces we know today were created centuries after, in order to replicate the look of a manicured English garden, "trimmed grassy areas to within an inch of its life, the borders cut with geometric precision." They soon became a status symbol and a sign of wealth of the upitty throughout the British Empire.

Lawns are still a status symbol in our world. But it wasn't until the 50s and 60s that lawn-fever really started to take hold, with the residential suburban boom of post-war North America. Everyone wanted to show everyone else they had money, and lawns were an easy way to do it. Which has led to the obsession many homeowners have today with that "sprawling sweep of green mowed in crisp diagonal bands."

With all the grass, homeowners needed mowers. In 1830, Gloucestershire engineer Edwin Bear Budding crafted a series of blades around a cylinder to earn the first patent for a mechanical lawn mower. Forty years later, Elwood McGuire, an Indiana machinist, became the first to design a lightweight push mower. In 1935, Leonard Goodall, a Missouri mechanic, developed a power rotary mower, which could cut to one inch, but the blades needed constant sharpening. Since Budding's initial

continued on P.6...

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...continued from P.5 invention, the evolution of lawn mowers has been marked by incredible innovation: ride-on mowers, robotic mowers, hover mowers, and solar power mowers, to name a few.

I used to mow for other people back in the day; now I just have one large lawn I take care of. As we all know, mowing on these Islands can be rather hard on our mowers. Rocks, tree roots, more rocks, branches, and random inanimate objects constantly abuse our blades. I took a mower into town a while ago for a fix and the guy immediately knew I was either from Denman or Hornby by my blades.

I've gone through a lot of lawn mowers over the years. I still can not believe that I mowed football size fields with a gas PUSH mower for three seasons. When I purchased my first self-propelling lawn mower it was an epiphany. That is, once I learned to let go of the propeller bar when turning. If you have ever ridden the Tilt-a-Whirl, you get what I mean – kind of fun but really hard on one's back. Eventually, we bonded. Today, I have the highest level of lawn mower before the ride-on level. She's a beauty, double blades, fuel efficient, fold down handle and starts every year with less than three pulls. I'll give you a hint, her name is Rhonda.

But don't be fooled by her looks. We are more at risk of being killed by a lawn mower than by sharks, alligators, bears, snakes, spiders, cows and dogs combined. In 2020, the Consumer Product Safety Commission's National Electronic Injury Surveillance System (take a breath) tracked over ten years of injuries associated with lawn mowers and other garden equipment. Lawn mower accidents were responsible for the deaths of an average of 90 Americans annually; while snake bites killed an average of six people and venomous spiders killed an average of 11 people a year.

Surprisingly, only four freak accidents were more likely to kill Americans annually than death by lawn mower: deer attacks (200 people); electrocution (400 deaths); carbon monoxide poisoning (430 deaths) and unintentional falls, which accounted for an annual average of 36,338.

And take note. The older lawn mower-user you are, the higher the chances you are of being involved in an accident. The majority of those who were hurt by lawn mowers (48%) were between the ages of 49 and 69 years old. And further stats, that should give one pause: Lawn mower accidents are most likely to occur on weekdays between April and September; hands and fingers were the most commonly injured body part; and one in five lawn mower injuries required amputation.

Do we need more incentive to ditch the lawns? The birds and the bees. One study showed that being a lazy lawn mower actually improves the diversity and abundance of bees. They cut some lawns on a weekly basis, some every two weeks and others just once every three weeks. The study found that the lawns cut every third week had the larger number of bee species, but not significantly different than those cut every two weeks. The most frequently shaved lawns had the lowest diversity. Not surprisingly, some from the three-week treatments said they had to keep well-meaning neighbours from mowing their lawns for them.

It's hard to change the mindset that manicured lawns are equated with status and house value. Maybe high-density artificial grass, made with four-tone grass yarn with "year-round green and turf enjoyment" is the answer. Ask the Joneses.



SPECIAL
INTEREST

Mighty Muffins

By Sally Campbell

HERE'S another real food recipe adapted from the repertoire of the late great painter Georgia O'Keeffe. In her earlier years, she spent a lot of time at the family property of her husband, photographer Alfred Stieglitz, in upstate New York, where they had an apple orchard. She painted, preserved and baked with apples "in a kind of apple fever" according to Stieglitz. I recognize that fever when our 3 apple trees are ready for harvest. The

thought of all those lovely containers of applesauce in our freezer, apples peeled, diced and rendered down to sauce with only a little water and some cinnamon, is thrilling to me. Abundance! And to be able to actually include homemade applesauce in a recipe is really something. If I don't have any in the freezer, I just simmer down a few diced apples on the spot, no need to even peel them.

They add a lovely natural sweetness, just like the dates. In these deeply disturbing and intense times, we need to continue to savour life's sweetness.

Here's my slightly revised version of Georgia's Apple Muffins.

½ C applesauce
1 egg, slightly beaten
¼ C olive oil

1½ C whole wheat flour*
½ C rolled oats (soak in the buttermilk while gathering other ingredients)
1 t. baking soda
½ t. salt
½ t. nutmeg 2 t. cinnamon
¼ C brown sugar
1 C shredded coconut (optional)
½ C (8) Palestinian dates, pitted & chopped
¼ C pumpkin seeds, lightly roasted (optional) 2 + (depending on size) apples, cored & diced
1 C buttermilk

Combine wet and dry ingredients separately, then add all together and stir just until everything is well-mixed.

Bake @ 375 for 20 or so minutes. Makes a dozen delicious muffins. Enjoy!

*Lately I've been baking a fair bit with Red Fife heritage whole grain flour which is grown on Vancouver Island and milled at Nootka Rose Milling, in Metchosin. (info@nootkarose.ca) Deluxe.



SPECIAL
INTEREST

Response to Perri Gorrora

By Amanda Hale

BRAVO *PERRI GORRORA!* Thank you for sharing with April 25th Grapevine readers the excellent and revealing list of questions asked at The World Council for Health conference in Geneva, Switzerland recently. These questions carry a narrative of their own, recognizable for all to interpret.

I second Perri in her hope that an increasing number of people “will become aware of mistakes that have been made and stand together to prevent them being repeated in the future.” Neither the governments, Big Pharma, the medical profession, nor any established body supposedly looking out for public welfare, are able to help us. It is we, the overwhelming majority of humankind who must take charge and be courageous and responsible in governing our own lives. If we are not to be slaves let’s remember that we are the ones in charge. No-one else is going to help us, so please, let us “stand together” as Perri suggests, and help each other. In solidarity with all my fellow islanders, Amanda Hale 🍷

OPINIONS

Protecting Primary Forests in this Reconciliation/ Climate Emergency

By Eartha Muirhead

Hello NDP Government officials:

The Vancouver Island Forest Focus group is alarmed by the fact that BC Timber Sales has at least nine cutblocks of old-growth ecosystems on auction for this year. Three other cutblocks have already been given license to be clear-cut.

We all know that primary forests are under serious threat from clear-cut logging. Estimates show that less than 3% of these irreplaceable ancient stands remain, yet they are being sold off to the highest bidder with little or no oversight by BCTS. Deferrals suggested by the Technical Advisory Panel only included a very, very small percentage of primary forests.

We believe that BC has an ethical and global responsibility to protect the abundant plant and animal biodiversity that these forests are home to. Primary forest biodiversity has been proven to mitigate global warming, forest fires, droughts, fish stock depletion, landslides and floods.

As far as we know, Indigenous Band Councils are not always being consulted with regards to BCTS auctions and they are not being asked for consent for logging operations outside of deferrals. We heard from a Da'naxda'xw Band Council member that BCTS licensees Teal-Jones and Interfor in the Knight Inlet have given verbal consent *continued on P.8...*



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Hornby Island Community Centre
Saturday 4th May
10am to 4pm

...continued from P.7 to withdraw from logging if they can receive funding to compensate for lost revenues. Can you please outline what avenues you provide for these kinds of situations?

We look forward to hearing from you, in this election year, regarding how you can help us save these fragile ecosystems.

Eartha Muirhead
VIFF Campaigner
250-335-1141

Shortages in the Land of Plenty

By Helen Grond

THE PROBLEM WITH "TRYING TO PLEASE EVERYONE"

"It's a tough job being a politician because it's hard to please everyone"

THIS was recently stated by a local politician and I have spent a lot of time thinking about it. It sounds like a reasonable lament and God knows we don't envy them. But. The truth is that politicians should not be trying to "please" anyone. That's not their job.

Trying to please everyone may seem like a good way to secure re-election but it may also be a big reason why our political systems are struggling on every level. From Ottawa to tiny communities, politics have taken over society. We have a situation where politicians believe they somehow have to make enormous decisions about things they can't possibly understand. They don't have the time, the resources or the knowledge to make far-reaching decisions in a rapidly changing world and their track record has been abysmal. They are pressured to do so by a government hierarchy that also seems to be lacking in fundamental insights and who remain determined to force their agendas and experimental policies onto the public.

Being reactive to outside pressures has contributed to a culture of politicians going rogue in their decision making. A very bad pattern indeed. We are seeing attitudes in politicians and high ranking bureaucrats that seem completely out of touch with the realities of their constituent's lives. Widespread protests are becoming the norm in Canada and Mr. Trudeau cannot go anywhere without attracting large and angry crowds. We have become a country of perpetual protests.

Recent revelations in Ottawa expose how the Prime Minister has ignored his own intelligence agency's (CSIS) dire warnings about foreign interference (Peoples Republic of China) in our elections! Has he been trying way too hard to please China?

Who else is he trying to please? The following is eye opening and describes a very disturbing pattern in the PM's office. https://www.youtube.com/watch?v=44P8PiNC_xo

FireSmart™ Your Home

FireSmart™ Program Helps Protect Your Home

The Comox Valley Regional FireSmart Resilience Committee is encouraging all residents to FireSmart their properties. Forest fires are a natural part of our ecosystem. You can reduce the risk of losing buildings and properties in a wildfire event by using simple FireSmart Tips.



FireSmart Tip For Your Home: Grasses shorter than 10 centimetres in height are less likely to burn intensely.

FireSmart™, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre.

For more information, call: **250-334-6000** or visit:
comoxvalleyrd.ca/firesmart

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VILLAGE OF CUMBERLAND



BRITISH COLUMBIA
FireSmart



Comox Valley
REGIONAL DISTRICT

As a long standing democracy, we have invested vast amounts of time, energy and resources into designing a system of rules, laws and democratic protocols to give politicians and governments a powerful tool to guide decision making. Why do we continue to see them over-riding those guidelines and making decisions that "please some people" or worse, create new laws and rules when they can't possibly foresee the consequences? Has the disastrous political response to the pandemic not shown us how utterly inept they are in spite of their refusal to take responsibility?

Making "people pleasing" a priority in the political arena will open the door to corruption, coercion and bad choices. It will result in a population that no longer trusts authority and society will suffer terribly. This is how societies deteriorate and we are seeing it everywhere. Citizens have to remain ever vigilant against this kind of degradation of our institutions. We must hold our politicians to their oaths – to do otherwise is to ignore our civic duty as responsible citizens. It's been beyond disturbing to see our local political class ignore our Official Commu-

nity Plan, due process, transparency and ethical decision making while they pursue their personal agendas and focus on supporting the goals of “outside interests” including major corporations.

A politician that tries to “please everyone” will be frustrated and disliked by most even if they manage to make a few happy. Unfortunately for them, they will be respected by no one. If they stick to due process and focus on the long-standing democratic systems at their disposal, they will have a far better chance of making good decisions for the communities/societies they serve. Above all, they must be willing to listen. Hearing from the public at large, directly, is the only way to understand a problem and have any hope of making an informed decision. That’s their number one job. They may not be liked by all but they will be respected and that is a much more honourable goal. 🍷

OPINIONS

Switching to Fiber? Read This First!

By William Thomas

CITYWEST’S recent open house attracted many Hornby islanders eager to switch from maddeningly slow to blazingly fast internet connections, even while streaming to multiple devices. Challenged by an initial seven districts proliferating “overnight” to 100 communities clamouring for fiber-optic connectivity, CityWest announced it will hire local technicians to provide Hornby-Denman service, while forming its own construction subsidiary to forego unreliable contractors.

FEES

Connection is free to any house within 80 meters of the main distribution line; \$5/meter thereafter. Entry level internet will cost \$100/month; streaming TV (40+ channels) starts at \$27/month; and a discounted seniors package is available. (Contact Jenny at Customer Service: citywest@cwct.ca.)

CityWest’s phone service costs \$26/month. Because it requires power, purchasing an Uninterruptible Power Supply will provide seamless battery backup during outages, until their standby generator kicks in. 911 will work without power.

MEET EMI

Though CityWest claimed it has received zero health complaints, Linda Armstrong related how a wireless-using acquaintance (whom this writer has met) moved to the Comox Valley when she began suffering acute electro-hypersensitivity after her Vancouver apartment building was connected to a fiber-optic network.

Leif LeBaron suggested that the problem was “dirty electricity” from poorly designed converters that transform clean optical data into the modulated electrical current feeding wireless routers through unshielded wiring.

As Jeromy at emfanalysis.com explains, these fiber-optic-to-copper converters “can generate high amounts of wide-spectrum EMI.” This Electromagnetic Interference “then piggybacks on the copper cable and phone lines into our homes, where it can radiate from every copper wire.”

Operating at .07 volt, human cellular interactions are easily disrupted by wireless radiation and electromagnetic interference. Jeromy underlines how “this EMI from the fiber-optic infrastructure is a primary reason why electrical sensitivity is increasing when high-speed internet is installed in our communities.”

EMI MITIGATION

An online search reveals industries, the military, and commercial aviation intent on protecting critical electrical equipment from dirty electricity. To prevent fibre-to-

continued on P.10...

Drum Kit Lessons
Denman Island
Beau Stocker - beaustocker.com

*In person and/or Online - 60/45/30 minute lessons
lord.dusty92@gmail.com*



Is Your Neighbourhood Prepared?

Learn about the Neighbourhood Emergency Preparedness (NEPP) and how each household in your community can get involved. Disaster planning starts at the neighbourhood level.

**Neighbourhoods that plan
for disaster, recover faster.**

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comoxvalleyrd.ca/nepp

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...continued from P.9 wire electrical interference being conducted into your family's bodies and brains, EMI mitigators recommend disconnecting cable TV and phone lines when your fibre connection goes "live".

You can further reduce your EMI exposure by selecting CityWest's more-than-adequate 100 Mbps (megabytes-per-second) fiber-optic bundle. "Avoid 1 or 10 Gbps packages."

Even better, eliminate dirty electricity before it gets inside by properly grounding your home wiring, and asking your CityWest installer to insert an EMI filter as close as possible to the fibre-optic/copper-line connection outside.

Finally, check to see that this incoming cable is NOT encased in a metal sheath, nor attached to a metal stiffener. If it is, ask the technician to remove the material cladding, "a few feet before it enters your home."

POOR PRACTICES

Especially concerning was CityWest's bafflement over Leif's comments, and complete disregard for the health implications of their powerful "GigaSpire" routers. An alarming illustration in their publicity handout proudly compares the red-shading-to-yellow "hot spot" from a conventional wireless router with CityWest's much stronger WiFi-6, which radiates bright red Electromagnetic Fields into every corner of a 1900 square-foot home. An optional "Extender" will continuously drive these buzzing EMF pulses through concrete, wood and glass into every living cell within 2,200 square-feet.

And beyond.

Talk about bait-and-switch! In their initial public presentation to sell their services here, CityWest had promised that all subscribers would be directly wired to their fiber-optic network. They did NOT disclose that their fibre-optic customers would, by default, be directly exposed to continuous EMFs from dual-band wireless routers many times more powerful than their older WiFi.

Remember, All this Fascism Would Feel Way More Fascism Under Trump

By Caitlin Johnstone
OP May 1st, 2024

the genocide he's been enthusiastically facilitating in Gaza. And okay, fine, bands of right wing thugs are currently going around terrorizing students who don't align with the US government's support for the state of Israel.

But before any of my fellow liberals get any wild ideas about ceasing their support for Biden during an election year just because of a little tyranny and genocide, I think it's important to remind everyone that all this fascism would feel way more fascist if Trump was president.

Turns out, CityWest's "fiber-optic" service is in fact a fiber-optic/wireless hybrid.

For the unwary, relentless exposure to home routers, cordless phone bases and cell towers whipsawing cell membranes and DNA at 2.4 and 5 billion times per second can result in acute dis-ease for fetuses, children, seniors and the immune-compromised, including the mRNA vaxxed. Long-confirmed symptoms include:

sleep disturbance, insomnia, headaches, depression, anxiety, irritability, tiredness, fatigue, nausea, memory loss, restlessness and inability to concentrate (ADHD), dizziness, loss of appetite, and skin burning, itching or tingling. WiFi radiation is also well-documented to contribute to brain, heart and reproductive dysfunction. (Search: "BioInitiative 2012" for the updated BioInitiative 2022 report.)

The good news: While your installer will disable the GigaSpire's wireless function on request, enough concern has been expressed over its "Blasters" that CityWest will now substitute a hard-wired router without any wireless function, on demand.

Your body, your choice? Ask your kids and your cat. And your neighbours next door.

#

William Thomas has been reporting on wireless hazards since 1991.

Editor's references:

<https://www.emfanalysis.com/fiber-optics-increasing-electrical-sensitivity/>

<https://bioinitiative.org/research-summaries/>
"Jeromy" is correct



Think about it. If Trump was presiding over jackbooted authoritarian suppression while mobs of marauding fascists attack dissident youths with impunity, wouldn't that just feel way worse? Wouldn't it feel way more scary and upsetting in your feely bits? When cops are cracking skulls at Columbia University to punish young people for protesting their government's actions, wouldn't the cracking sound way worse if the president was being all crude and impolite about it?

After all, if Trump was allowing these things to happen in the United States it would be because he is the second coming of Adolf Hitler, but when Biden does it it's because he's walking a fine line of nuance and diplomacy and something something political pragmatism. Whatever, my point is we don't have to think about it too hard or feel too bad about it.

And if there's one thing we've learned over the last seven months it's that the only thing that matters is you and your feelings, and the way your feelings are feeling inside. Are campus protests making you feel unsafe and threatened? Then that's all that matters; we needn't get into the details of whether those feelings are based on any factual circumstances. Does someone saying "from the river to the sea" make your feelings more uncomfortable than US war machinery being used to massacre children? Then we'll focus on that to the exclusion of all else.

If Trump was letting these horrible things happen, we'd feel outraged and upset. We might even feel obliged to get up and go protest the things he is doing, which as we all know can often cause us to miss brunch. But because a trusted Democrat is in office, we can just relax and think pleasant thoughts and drink bottles of wine and Nyquil in the bathtub.

You don't have to like what's happening to your country. You don't even have to pay attention to it. All you have to do is make sure you keep telling everyone to shut up and stop criticizing the president and to tick that little box next to Biden's name in November. Because it's just a tough fact that in order to defeat Orange Mussolini, we're going to have to get comfortable with fascism. 🍷



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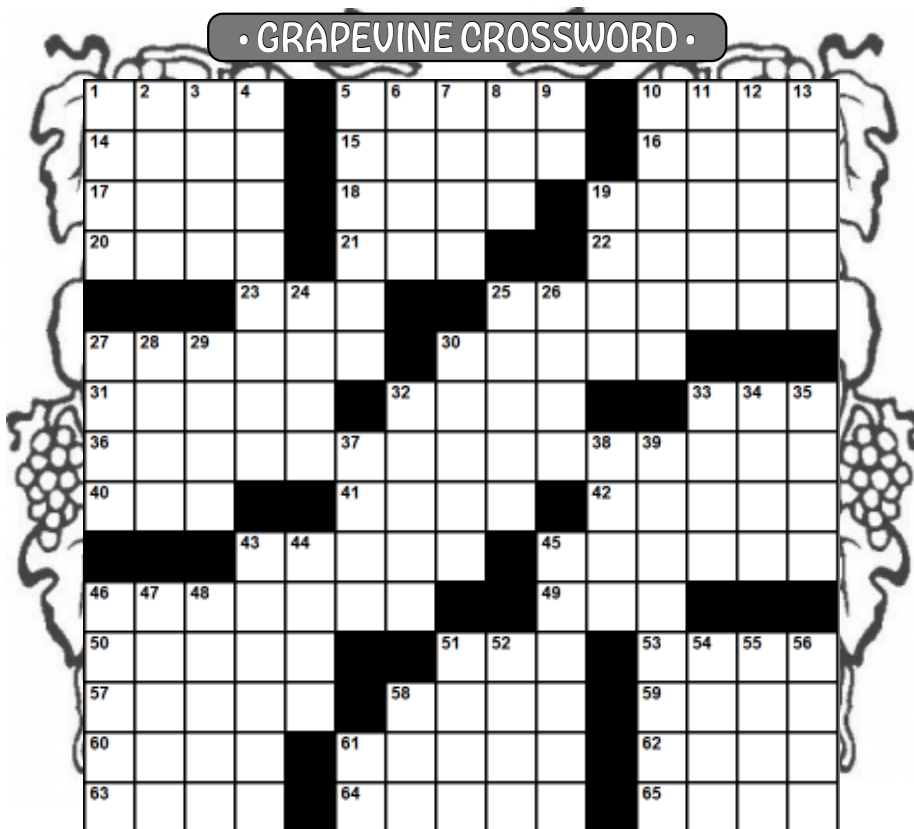
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• ACROSS •

1. Types
5. Composition from various authors
10. Altar area
14. Bakery bite
15. Arctic, for one
16. Pharmacy buy
17. Abu Dhabi V.I.P.
18. Boring person
19. Arthur star
20. Flat topped hill
21. Eviscerate
22. Kournikova or Karenina
23. Arctic surface
25. Keen understanding
27. Be indecisive
30. Fertile loam
31. Consummate
32. Exemplify
33. Caught ya!
36. Large newspaper descriptions
40. According to
41. Ages upon ages
42. Salmonella cousin
43. Be thrifty
45. Meeting slate
46. Obtain
49. Jazz genre
50. Freshwater fishes

• DOWN •

51. Male swan
53. Blue flag, for one
57. Intestinal obstruction
58. Bullring wound
59. Currency of Ghana
60. Sullen
61. Bring together
62. Ancient European person
63. Discerned
64. Rides the waves
65. Scottish isle

• DOWN •

1. Agenda component
2. Costly cloth
3. Actor Kristofferson
4. Put into difficulties
5. Old chap
6. Beige
7. Clean and tidy
8. Child's game
9. Atop
10. Dreamboat
11. Fork part
12. Twilled fabric
13. Perspire, e.g.
19. Big glob
24. Cover with wax
25. Greek letters
26. Call for
27. Big brass
28. Abbr. after a list
29. European volcano
30. Certain holdings
32. Pick out
33. At some other time
34. Contained
35. Bhutan's locale
37. Aft
38. Construction toy

• DOWN •

39. Chipping tools
43. Reddish brown
44. America or Muffet
45. Monk's places
46. Amino and tannic
47. Lover of Daphnis
48. Row
51. Coconut fiber
52. Opera composer Carl
54. Need a bath
55. Without much effort
56. Building area
58. Oxlike critter
61. You and I

• TEST YOUR MATH SKILLS •

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

Grumpism



“My grandpa returned from the war with one leg. He never said to whom it belonged.”

• LAST WEEK'S ANSWERS •

I	D	O			T	A	G			S	A	C		
D	U	T	Y		M	A	G	I	C		E	T	C	H
O	K	I	E		A	R	E	N	A		A	U	R	A
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R	I	N	D		N	U	R	S	E		N	I	C	E
O	T	T			M	P	H				C	I	S	

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+APPLIANCES FOR SALE. Ranges, washers, dryers, fridges, dishwashers, gas/electric range. All fully restored and come with a full six month warranty. 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 •

HIRRA hybrid meeting: Wed., May 8, 7:30pm. At Room to Grow and by Zoom. Village Centre group presentation.

MOTIONS: Community Vision 2040, Hall accessible washroom addition Volunteers needed! E-mail office@hirra.ca.

WE STILL HAVE SPACE! Denman ART Studio Tour is on August 17-18. If you are interested in joining this year, please email denmanartstudiotour@gmail.com for more details. Deadline is May 15.

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.

• LESSONS •

DRUM KIT LESSONS Denman Island with Beau Stocker - beaustocker.com in person and/or online - 60/45/30 minute lessons lord.dusty92@gmail.com

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

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



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

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

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

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

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

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Maintenance • (Kane) 250-327-1073 (D/H)

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

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

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

• HEALTH & WELLNESS •

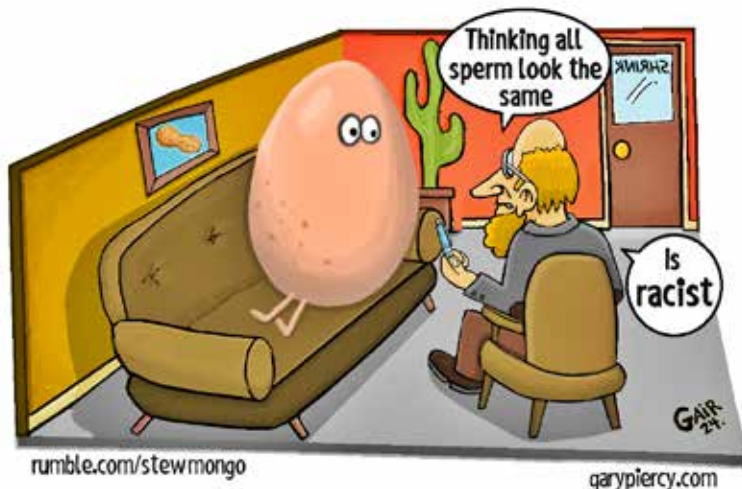
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• www.heartwoodacupuncture.ca (D/H)

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FORTNIGHT EVENTS

THURSDAY 2

• 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 3

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

SATURDAY 4

• 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 ad p.7

SUNDAY 5

MONDAY 6

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

TUESDAY 7

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

WEDNESDAY 8

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

THURSDAY 9

• 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 10

• Dora Drinkwater Library 1:30pm-3:30pm
• AA Meeting DI United Church
Gathering Place 7pm
• THE UNFAITHFUL SERVANTS DI
Community Hall

SATURDAY 11

• 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
• THE UNFAITHFUL SERVANTS HI
Community Hall

SUNDAY 12

MONDAY 13

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

TUESDAY 14

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

WEDNESDAY 15

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

THURSDAY 16

• 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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