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Saturday: 12 - 3  
Sundays and Holidays: Closed

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Cover image: Community Dock with Purple Martins  
*by Mark Prior • printartphotography.ca*

## THE ISLANDS GRAPEVINE

- DENMAN: 850 • HORNBY: 520 •
- E-SUBSCRIPTIONS: 105 •

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

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



Publisher/Editor  
Mike Van Santvoord



Associate Editor  
Keith Porteous

## DIGS Meeting Oct. 16th

*By Nairn Stewart*

The next meeting of the Denman Island Garden Society (DIGS) will be held on Wednesday, October 16th from 1 to 3 pm at the Gathering Place at the United Church. The program will be a members' discussion of what worked in the garden this year, and what did not. Denman Island gardeners possess a wealth of garden knowledge and experience, and they are generous in sharing what they know with fellow gardeners. This is your opportunity to bring your questions and share your own triumphs and foibles. This is the time of year when many gardeners are dividing perennials or getting rid of plants they no longer want in their gardens. We will have a plant exchange before the meeting (space will be set up outside for 12:30 pm), so please bring along plants, seeds or bulbs that you would like to share. No invasive species, please, and it helps if plants are labeled.



## Thank You from the Charity Auction

*By Stirling Fraser*

Thanks to the generosity of the Denman Community both as donors and buyers, the 3rd Charity Auction and Garage Sale was a fantastic success. After expenses we raised over \$24,000! We had over 200 bidders and 100 of them took something home. The garage sale at the activity centre had a long line waiting outside well before the opening bell.

The recipients are the United Church and Gathering Place, Farm to Family, the QTNR animal sanctuary, the Denman Youth Group, and the Denman Health Centre.

Our heartfelt appreciation goes out to the large cast of volunteers who worked on the event. As Sandy Kennedy says, "Volunteers are the life-blood of a community". Our large cast of volunteers loaded and unloaded table saws, furniture, and china cabinets. They packed and unpacked and then sorted dozens of boxes of donations. They folded clothes, arranged china and power tools, negotiated prices and fetched and carried for over a week. We depend entirely on their help and once again they came through for their community.

Thank you all so much

Roxanna Mandryk, Evan Penner, Angela Robinson, Stirling Fraser, Jo-Anne McLean, Gloria Michin, Caryn Rea

## 'Kneejerk' 2024 Fall Tour

By Kenton Loewen

Vancouver/ Denman Island drummer Kenton Loewen brings an all star Vancouver lineup in the incredible band, KneeJerk. Formed in 2021 with Bassist Karlis Silins and Pianist Brian Horswill, the trio put out their critically acclaimed debut record Blind Painter in 2023. With the addition of guitar player Cole Schmidt the quartet embark on a fall Islands tour before heading in to the studio to capture their sophomore recording. Think of an entire pallet for colour and feeling experienced through the lens of experimental music that blurs the line between composition & improvisation. Opening up their Hornby Island show is local guitar legend Tony Wil-son.

### Denman Island

Tues Oct 15th Back Hall 8pm

Tickets at Abraxes Books and at the door

### Hornby Island

Wed Oct 16th New Horizons 8pm

Tickets at the door



## TIDE TABLE

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

| 2024-10-10 (Thu) |         |      |  |
|------------------|---------|------|--|
| Time             | PDT (m) | (ft) |  |
| 05:13            | 1.3     | 4.4  |  |
| 13:45            | 4.4     | 14.5 |  |
| 19:44            | 3.8     | 12.3 |  |
| 21:44            | 3.8     | 12.4 |  |
| 2024-10-11 (Fri) |         |      |  |
| Time             | PDT (m) | (ft) |  |
| 06:23            | 1.4     | 4.6  |  |
| 14:46            | 4.5     | 14.6 |  |
| 20:51            | 3.6     | 11.7 |  |
| 23:46            | 3.7     | 12.1 |  |
| 2024-10-12 (Sat) |         |      |  |
| Time             | PDT (m) | (ft) |  |
| 07:35            | 1.4     | 4.6  |  |
| 15:31            | 4.5     | 14.8 |  |
| 21:31            | 3.3     | 10.8 |  |
| 2024-10-13 (Sun) |         |      |  |
| Time             | PDT (m) | (ft) |  |
| 01:39            | 3.7     | 12.2 |  |
| 08:41            | 1.4     | 4.7  |  |
| 16:05            | 4.6     | 14.9 |  |
| 22:09            | 2.9     | 9.5  |  |
| 2024-10-14 (Mon) |         |      |  |
| Time             | PDT (m) | (ft) |  |
| 03:03            | 3.9     | 12.7 |  |
| 09:39            | 1.5     | 5    |  |
| 16:33            | 4.6     | 15.1 |  |
| 22:48            | 2.4     | 8    |  |
| 2024-10-15 (Tue) |         |      |  |
| Time             | PDT (m) | (ft) |  |
| 04:15            | 4.1     | 13.4 |  |
| 10:31            | 1.7     | 5.6  |  |
| 17:00            | 4.7     | 15.3 |  |
| 23:28            | 1.9     | 6.2  |  |
| 2024-10-16 (Wed) |         |      |  |
| Time             | PDT (m) | (ft) |  |
| 05:21            | 4.3     | 14.1 |  |
| 11:21            | 2       | 6.5  |  |
| 17:27            | 4.7     | 15.5 |  |
| 2024-10-17 (Thu) |         |      |  |
| Time             | PDT (m) | (ft) |  |
| 00:09            | 1.4     | 4.5  |  |
| 06:25            | 4.5     | 14.7 |  |
| 12:09            | 2.3     | 7.6  |  |
| 17:56            | 4.8     | 15.7 |  |

## Film Review: Yintah, A Documentary On A Decade Of Wet'suwet'en Resistance

By Keith Porteous

An astonishing achievement in filmmaking, evoking a rollercoaster of emotions, from laughter to anger, love and solidarity to deep heartache, our community was treated to a well attended showing of masterful storytelling. The film chronicles the continuing resistance waged in a growing indigenous occupation and resto-

ration of hereditary community and traditions on their Yintah (lands.) The filmmakers sang and spoke and answered questions following the 125min screening at Denman

Community Hall, on Sunday, Oct.6.

Spanning more than a decade, YINTAH follows Howilhkát Freda Huson and Sleydo' Molly Wickham as their nation reoccupies and protects their ancestral lands from the Canadian government and several of the largest fossil fuel companies on earth.

The Wet'suwet'en nation have lived on and governed their territories for thousands of years. They have never signed treaties or sold their land to Canada. In 1997, Wet'suwet'en Hereditary Chiefs joined with Gitxsan Hereditary Chiefs and won the landmark Delgamuukw-Gidsaywa Supreme Court of Canada case. The court recognized that the Wet'suwet'en people have never given up title to 22,000 km<sup>2</sup> (8500mi<sup>2</sup>) of land in northern British Columbia.



Freda Huson

continued on P.5...

## **Beaufort Watershed Stewards: A Salmonid Primer**

By Michael Mesford

**I** am allergic to fish. My Norwegian grandfather found this confusing. He didn't understand how anyone could live without eating fish. My father used to take me salmon fishing in his little boat, out in the sound, but I never caught anything other than dogfish. I think the salmon knew I wouldn't be able to eat them anyway.

BWS is not a fish-centric organization. Fanny Bay Salmonid Enhancement Society has that realm covered admirably. We are focussed on water quality and quantity. We are, of course, fully aware of the overlap between fish-sustaining water and human-sustaining water. But given that I spend a lot of time dangling probes in fish-bearing creeks, it's not surprising that I get asked questions about fish. And my friends are surprised when I have no answers.

So, I decided to educate myself. Maybe some of you will also appreciate a quick primer on local salmonids. First, there are trout and there are salmon and they are both *salmonids*. In general, trout spend their entire lives in fresh water. Salmon spend much of their lives in salt water but need to return to fresh water to spawn. Spawning is the term used for how fish procreate. Spawning involves the female building a nest (called a redd) by thrashing around on the stream bottom until she has mounded up a pile of stones and gravel. Cozy! Then she releases eggs into the water above the redd and goes off to contemplate her life, soon to be eaten by a bear, mink, otter, or eagle. The male, meanwhile, releases sperm in the general vicinity of the redd and then goes off to a similar fate. So, they manage to reproduce without actually touching. Perhaps this is the origin of the term "cold fish" when referring to a passionless person.

Now, the fertilized eggs tucked safely in the crevasses of their rock nest spend the winter developing. In the spring they hatch becoming alevins. These are baby fish with the yolk of the egg still attached. As they grow the yolk sac is absorbed. When they have used up this reservoir of nutrients, they swim to the surface where they fill their swim bladder with air and begin to feed. They are now called fry.

If the fry are Pinks or Chum (two distinct species of salmon), they point their noses upstream and let the current take them, tail-first, downstream. They don't hang around. On the other hand, Coho, another salmon species, may stay in fresh water for over a year. If you see small fish swimming around in our creeks, they're almost certainly Coho.

We only see full-grown fish in late summer or fall. Pinks head up the creeks as soon as there is enough water. The timing depends on seasonal rainfall. They spend eighteen months in the ocean, no more, no less. The larger Chum arrive around the same time but they spend as many as five years in the briny sea. Like the Pinks, the Coho spend around eighteen months in the ocean but they leave later so they arrive later. It's easy to know when the Coho are here because Little Bay is suddenly filled with people in small boats or chest waders wielding fly rods.

When we're out and about in the fall, when the creeks are full of returning salmon, this is the time we are the most vigilant about bears. Bears depend on the oily, nutritious salmon flesh to get them through the winter. They prowl the banks scooping out live fish and scavenging dead fish. We make lots of noise approaching a stream to announce our presence. It may be exciting to see a bear on the opposite bank but clearly, we prefer not to get too close. And since I'm allergic to salmon, I'm not inclined to argue with a bear over its freshly caught fish.

Mike Mesford  
Director.tech@beaufortwater.org  
250.702.5900



*...continued from P.3* Despite these rulings, the governments of Canada and British Columbia continue to assert jurisdiction over this territory and have issued permits for resource projects without the consent of the Wet'suwet'en Hereditary Chiefs. Wet'suwet'en people upholding decisions made in accordance with Wet'suwet'en law have been criminalized by the Canadian state, and have repeatedly been arrested for occupying and controlling access to their "house" territories.

(Spoiler Alert) While the Coastal Gas Link pipeline has been built, we are reminded that this act of resistance has not ended, and is not only about a pipeline and indigenous rights, but a movement that involves all of us, indigenous and non-indigenous, in the battle against the corrupt regimes of settler governments and the multinational corporations that control them. As it has been throughout the history of the settler Crown, the RCMP play a central and violent role in the enforcement of policies intended to erase indigenous people and their culture, and their relationship with their Yintah.

Whether you missed this local presentation, or you wish to see it again, you're in luck, as you can watch it at home. Rating: Brilliant. A cinematic masterpiece!

Streaming now on CBC Gem (88 minute version)

Streaming on NETFLIX October 18 (Theatrical version) 🍷

SPECIAL INTEREST

## **Green Wizardries:** **Some Good News**

*By Maxine Rogers*

All manner of horrible things are being indulged in these days (war in Europe, war in the Middle East, prices rising steadily and incomes not) so I am delighted to be able to write about this excellent news.

Two exotic species have been sighted on Denman Island. One is Jimsonweed. This popped up in the garden of a friend of mine. She didn't know what it was so she corralled it off from her animals and watched. It turned into a plant with leaves similar to the nightshade family and then grew trumpet-shaped flowers that were white with purple lips. The flowers are fragrant and they bloom mostly at night. The flowers do not last long.

It picked up the name, Jimsonweed, during a rebellion in 1676 in Jamestown Virginia, Bacon's Rebellion. Some English soldiers ate the spiky apples that are the seed pods of this plant and had a very nasty time of it. They were described as being in an altered state for eleven days but they survived.

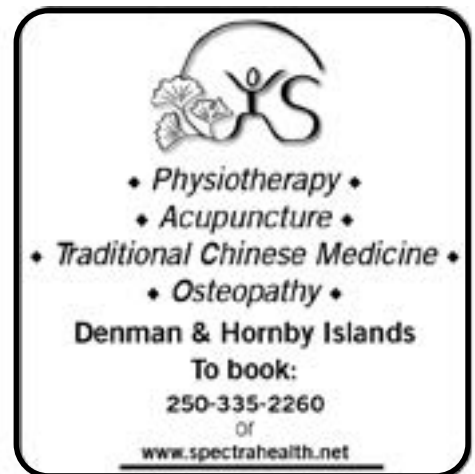
The whole plant is toxic and we are warned to wear gloves while weeding it out. Eating it leads to hallucinations, tachycardia (very rapid heartbeat) and even seizures. It's other names include thornapple and Devil's trumpet.

Every year, some young people try to eat it for its hallucinatory effects but the symptoms often land them in hospital. The mnemonic for this poisoning is, "blind as a bat, dry as a bone, red as a beet, mad as a hatter and hot as a hare." This does not sound like a good time to me.

Jimsonweed is native to Central America where it is used in traditional medicine for lots of different ailments. Hint: these people have had thousands of years to experiment with this very toxic plant. We have lots of safe herbs to make medicines from.

My friend thought a bird must have brought the seed in but it may have already been there as the seeds can lie dormant in the soil for years before some disturbance brings them to the surface and they sprout, kind of like broom.

*continued on P.6...*





*Sphinx Moth Photo: Rosemary Fell*

*...continued from P.5* Pretty flowers aside, you may not think the appearance of Jimsonweed among us is a good thing but it certainly led to something amazing. My friend though she had night-flying hummingbirds around her Jimsonweed flowers but they were moths. Huge, beautiful Sphinx moths. I have long wished to see such a moth as they are very large, about the size of hummingbirds. Their bodies are pretty heavy for a moth so they have to beat their wings very fast to stay up. They can hover while feeding and zip off sideways, just like a hummingbird. I had no idea they could be found on our islands!

She had four of these beauties hovering around her Jimsonweed. The toxins in the flowers do not affect moths. One of the moths blundered into her house and she was able to coax it outside but got this photo of it first.



**Islands Trust**  
[www.islandstrust.bc.ca](http://www.islandstrust.bc.ca)

**DENMAN ISLAND  
LOCAL TRUST COMMITTEE**

**VOLUNTEER OPPORTUNITY: GET INVOLVED  
IN LOCAL PLANNING DECISIONS**

The Denman Island Local Trust Committee is seeking expressions of interest for its Advisory Planning Commission (APC).

The role of the APC is to consider referrals from the Local Trust Committee on various land use planning matters such as Official Community Plan, Land Use Bylaw amendments and development applications.

Up to nine volunteer members are needed for a period of two years, and approximately two to three meetings per year.

Denman Island residents and landowners are encouraged to apply, including those who have served previously on a general or specialized APC (i.e. Marine, Transportation, or Agriculture). The deadline for expressions of interest is **Tuesday, November 26, 2024**.

**For more information, please contact:**

|                                                                                                                           |                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Trustee Sam Borthwick<br>250-845-9477<br><a href="mailto:sborthwick@islandstrust.bc.ca">sborthwick@islandstrust.bc.ca</a> | Trustee David Graham<br>250-218-6871<br><a href="mailto:dagraham@islandstrust.bc.ca">dagraham@islandstrust.bc.ca</a> |
|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|

**Please submit expressions of interest to:**

**Attention: Denman Island Local Trust Committee**  
Islands Trust Northern Office  
700 North Road, Gabriola Island, BC V0R 1X3  
[northinfo@islandstrust.bc.ca](mailto:northinfo@islandstrust.bc.ca)

Had I but known we had such moths, I would have spent evenings on my porch, waiting for them to come to my Angel's Trumpets. These plants have huge, showy, trumpet-shaped blooms that are scented at night to attract just such moths as the Sphinx moth.

All the different species of Angel's Trumpets come from South America and they too are really toxic. Eat any part of the Angel's Trumpet and you are looking at hallucinations, paralysis, tachycardia and even death.

Still, they are very pretty plants and are widely cultivated for their blooms. A friend gave me some cuttings one autumn and I stuck them in a pot of earth on the windowsill of my office and they were fine there until it was warm enough to pot them up and put them in the greenhouse. Once it was warm enough, in the late spring, I put them in larger pots on the deck and gave them lots of liquid fertilizer.

I had trouble with some critter eating the leaves but could find no caterpillars and finally just sprayed the leaves with a mixture of water and Ivory soap. That settled the hash of whoever had been dining on the leaves and I soon had a really good show of trumpets.

So, if you would like to have some Sphinx moths zipping around your garden next year, you will need to grow some large trumpet-shaped flowers for them. Denman Island's Garden Club, now with some Hornby members, will meet at the United Church Hall at 1 pm on October 16. I will bring some Angel's Trumpet cuttings as raffle prizes. 🍷



## EXCITING EMPLOYMENT OPPORTUNITY

### The Hornby Festival Society is seeking a new General Manager

Reporting to the Board of Directors, the General Manager works with the Artistic Director and acts as team leader for all admin support staff and volunteers, responsible for planning many aspects of the annual 8-day, mid-summer festival throughout the year, as well as overseeing the box office and events during the Festival itself. Attributes that we are seeking include: flexibility, dedication, attention to detail, problem solving, and a "can do" attitude. An interest in the arts and music is a must have.

What does a full year look like: part-time for most of the year, two months of busy, and "crazy busy" during the festival itself. Salary will be in the range of \$28-31,000 per year, based on qualifications and experience.

Is this you? For more information, please see [www.hornbyfest.com](http://www.hornbyfest.com) or email your cover letter and resume to [stephenharrison@telus.net](mailto:stephenharrison@telus.net) no later than Monday, October 28.

A permit is required\*

## To Set Off Fireworks!

CVRD Electoral Areas

**Buy your \$10 permit first!**

\*Within the electoral areas of the Comox Valley Regional District (CVRD), fireworks can only be sold from October 24 through November 1 inclusive.

A permit must be obtained from the CVRD office at 770 Harmston Avenue, Courtenay or online at [www.comoxvalleyrd.ca/fireworks](http://www.comoxvalleyrd.ca/fireworks) prior to setting off fireworks.

Permits are \$10. Fine for not having a permit is \$500.

For more information, visit:  
[www.comoxvalleyrd.ca/fireworks](http://www.comoxvalleyrd.ca/fireworks)  
or call: 250-334-6000



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**Deadline for  
November's Flagstone  
is Friday October 18th**

## THE FIRST EDITION

Hornby Island's Community Paper  
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*It can getting pretty messy  
handling so much copyypasta.*



**I**n last week's issue, Alex Allen's instalment of 'Shucking Oysters' was missing the final four paragraphs. **Oof!!**

With apologies to Alex for the screwup AND to our readers for the inconvenience,

**HERE**



is the ending of Oct.3rd's  
Shucking Oysters: Shopping  
Cartels

SPECIAL INTEREST

## Shucking Oysters: Shopping Cartels

(the conclusion)

By Alex Allen

See Alex's article in full at:  
<https://theislandsgrapevine.com>

John Rustad accused Eby for being inconsistent and not acting on this issue sooner.

Green Leader Sonia Furstenau accused Eby of following "John Rustad off every reactionary cliff" and said she was concerned about an over-reliance on involuntary care. "Where are the investments in prevention and addressing the root causes of what we're seeing in our communities? There's also no focus on long-term, community-based care after discharge," she said.

Taking people off the streets and institutionalizing them against their will, is complicated, legally, morally and practically. We should be investing in better voluntary mental health support services which help maintain peoples' dignity and rights. With drug addictions, there is little evidence that compulsory treatment is effective and some evidence that it could even be harmful.

As one disillusioned healthcare worker said: "If the ultimate goal of forced treatment is reducing homelessness – and easing the moral heartbreak of witnessing ill people sleeping on the street or using drugs in the open – then lawmakers are writing the wrong prescription." 🍷

SPECIAL INTEREST

## Shucking Oysters: Secret Pleasure Palaces

By Alex Allen

**H**ave you tried to stop watching online and failed? Did you notice severe withdrawal symptoms? Do you experience intense cravings when you have no access for several days? Is viewing the images and videos the most exciting thing in your life? You may very well be an addict. Full disclosure, I've been an addict for over ten years. It's insidious, one day, you're innocently dipping your toes in the shallow end and the next day, you're up to your eyeballs in the deep end.

I'm talking porn. Real estate porn. There's a lot of us secretly cruising real estate listings online, at all hours, whether we actually plan to buy a home or not. And yes, it does feel good. In a world where technology is at our fingertips and curiosity knows no bounds, the allure of real estate porn, from castles to private islands, seems to be an ever-present temptation. Our digital landscape is teeming with sensual distractions. From accidental stumbles into Engel and Völkers to regular visits to Castleist, there's a surprising number of individuals indulging in real estate porn.

The largest real estate website, Zillow, had 57 million visitors in 2023. For comparison, the world's top three porn sites, Pornhub, XVideos, and XNXX, had a combined total of over 5.81 billion site visits PER MONTH. Today, Zillow's net worth (revenue primarily from selling leads to real estate

*continued on P9....*

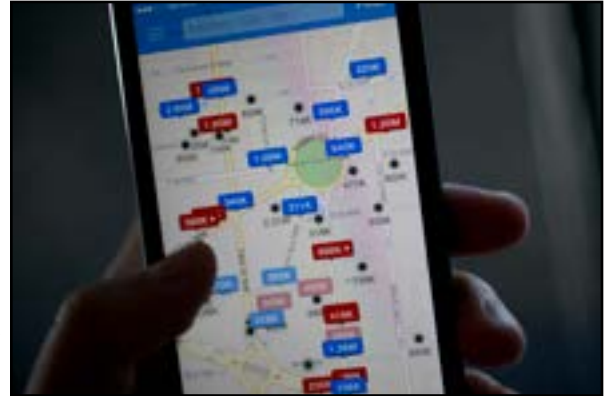
*...continued from P.8*

agents) is an astounding \$15.35B. While Montreal-based Pornhub, acquired by an Ottawa private equity firm, Ethical Capital Partners in 2023, was worth only \$1.5B in 2021. For the curious, Ethical Capital Partners is led by cannabis entrepreneur Rocco Meliambro, criminal lawyer Fady Mansour, and Derek Ogden, a retired chief superintendent of the RCMP.

These staggering statistics not only reveal the voracious appetite for real estate porn but also raises questions about the priorities and values of our society. Perhaps, behind the numbers lies a deeper reflection of human desires and the intricacies of a secret world that continues to thrive in the shadows.

As Nicole Johnson admitted, “With websites such as Realtor, Zillow, Trulia, and Redfin, I can zip from a Miami penthouse to a mountain retreat in Vail without even leaving my own abode.”

An Omnis survey showed that Zillow porn provides the perfect digital escape. This isn't an occasional escape – 44% of survey respondents spent time on Zillow weekly, and for 12% it's a daily habit. The average amount of time spent looking at properties is two hours, and 17% spend even longer salivating over European villas and California ranches. According to Pornhub, an average site visit lasts only 10 minutes. Fun fact: Americans in Wyoming spend the longest average amount of time – 11 minutes and 3 seconds. (Of course, people can visit more than once a day, so chronic users do rack up the hours.)



Sixty percent of respondents like to Zillow surf in bed before they go to sleep. Oddly, 8% said they Zillow surf in the car (hopefully, not behind the wheel). Naturally, a lot of people also do it at work (61%), and 23% admitted they'd been caught looking at real estate listings by their managers. The downside, real estate porn could also be destroying your relationship, as 28% say they have ignored a partner while on Zillow, and 26% have turned down “intimacy or sex” in favour of Zillow.

Why has online house-hunting morphed into a role play activity? “My take is that people want to experience vicariously what they doubt they may ever have,” says Edie Weinstein, a licensed social worker in Pennsylvania. She says it's the same reason people watch home renovation, decor, and DIY shows.

When we browse property websites, we're engaging in “a form of escapism that taps into the brain's reward systems,” says Louisa Dunbar, the founder of OrangeGrove, a UK research agency that uses behavioural science to improve business websites. “Visualizing ourselves in these desirable homes triggers the dopamine system, giving us a sense of pleasure, even if we're not planning to buy. It's a chance to mentally step into a better life.” Nicole Johnson explained, “unlike actual home ownership, your dose of dopamine isn't followed by the existential nausea of staring down a 30-year mortgage.”

As with any addiction we need to do a wellness check every now and then. Is my indulgence in real estate porn doing more harm than good? What's my motivation for property scrolling? Am I unhappy with some aspect of my own life? Am I trying to compare myself to others? Why does that 56-acre property on the West Coast, with stunning timbers, giant ferns, and sandy beaches, give me shivers? Why am I lusting over a charming 19th-century country house on the edge of a French village hamlet? Is it wrong to be drooling over detached studios and saunas?

So next time you're wondering what everyone's up to online, just remember, there's a good chance that many are getting very aroused on real estate porn, with unadulterated pleasure.



## Giving Thanks

By Sally Campbell

**T**hanksgiving has always been one of my favourite holidays of the year (full disclosure: my birthday happens to fall during Thanksgiving). I love the gathering of people together for a special meal, the homey feeling of it, the celebration of the harvest, the crisp smell of fall in the air or the welcome rain. I love that the present part of it is people's *presence*, and the gifts are the many aspects of abundance all around us. For me it's a time to putter around, make applesauce and tomato sauce for the freezer, get wood in, retire those summer clothes and remember how cozy my winter sweaters are - all the little pleasures. Things are slowing down on the islands, more time to read, to walk the empty beaches, practice my T'ai Chi, and listen to the ravens. Each of us can find our own simple sources of comfort and contentment.

I do find as I age that my tolerance for the complaining of privileged people such as we are, is waning. When I'm having trouble bringing empathy and patience to someone's ongoing story of how beleaguered they are, I have to remind myself that the habit of complaining is often a manifestation of a person's anxiety. When we have peace of mind, we don't have to give so much attention to the negative. Of course it may be there, but it's not driving the conversation. This does not mean we must only focus on the positive and therefore ought to close our eyes to real suffering and injustice. Attunement to the universe in fact is what we need to use our powers of observation and analysis for! It means that if we continually feel beleaguered, we may benefit from asking ourselves: is this complaint of mine life-threatening? Why is it so important to me right now? How is it serving me to dwell on it? What else may be going on, either internally or externally, that I'd rather not explore (and am too "busy" to look at, because my attention is all gathered up with this issue)? As Thoreau said: "The unexamined life is not worth living." I often find my petty irritations are blocking something else much more important that I could explore if only I clear the way. And then I might actually learn something and be able to recalibrate. I think we give away a lot of our power by becoming captive to our thoughts, so many of which are negative and fear-based. I love that expression "Don't believe everything you think!" If we can examine those thoughts and how they are helping/hindering us, we take back our personal power.

The fall is a time of descent, of going inward, as we inexorably move with the seasons toward Winter Solstice. For me, Thanksgiving is a clear marker that we have entered the time of that descent. The nights are longer, soon we'll be off daylight savings time, and the darkness will become more enveloping. There is actually no point in fighting this natural inevitability; we might as well embrace it and take the lessons it has to offer us. This is an in-gathering time, a time for reflection, quiet and rest, a time for preparing our nests for winter, as well as a time for being with friends & family and savouring the abundance all around us.

To that end, here is my Cranberry-Date biscotti recipe, for those lazy fall mornings with good conversation and coffee.

### **Cranberry-Date Biscotti**

(makes 2 ½ to 3 dozen)

2/3 C. butter    ¼ C. organic brown sugar 1 C. Palestinian dates, pitted & chopped

1 C. organic dried cranberries 3 C. organic whole-wheat flour

2 t. baking powder    ½ t. salt

1 T. cinnamon 2 t. cloves

1 T. vanilla    4 eggs

Combine all dry ingredients in a large bowl.

Cover 2 baking sheets with parchment paper; preheat oven to 350.

Soften and cream butter with the sugar, then add eggs and vanilla and mix it all together. I use a hand-held mixer. Then add the liquid mixture to the bowl. Stir everything together and then shape the doughy mix into 4 rounded logs. Place each log in turn on a baking sheet (2 per sheet) and shape it into a roll about 1.5 inches wide and a foot long. Then flatten the log with your hand. This can take some practice but you'll get it. If your hands are too sticky, flour them. Try not to overmix, just enough to get the form.

*continued on P.11....*

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*...continued from P.10*

Bake for 30 minutes or until a light golden brown.

Transfer from baking sheet to a rack, and cool for 5 minutes.

Place on a cutting board and diagonally slice at about a 45 degree angle. Make each one about ½-1 inch thick, depending on your preference. Lay the slices upright back on the baking sheet and return to oven for 10 minutes.

Let them cool on a rack and store in a tightly covered container. If they seem too soft, place them in a paper bag and they'll get harder and drier. There are dozens of variations on this basic recipe, so have fun exploring. People from 4 to 84 seem to love biscotti! A little "6-pack" makes a great gift, and biscotti freezes really well. Enjoy and give thanks! 🍷

OPINION

## **Letters to the Editor** *TOWARD ISLAND SOVEREIGNTY IN A TIME OF UNCERTAINTY*

**G**iven government overreach and the schizophrenic mass psychosis characterizing so much of the media-bamboozled West, can we exercise local sovereignty in rural communities, where economies of scale and deep allegiance to place facilitate saner paced and prioritized lives?

Let's ask "Simple Living" proponent, Dr. Ted Trainer. By his measure, even as overdeveloped nations wildly overshoot the carrying capacity of this shared space habitat called Earth, generations of Gulf Islanders are building a "very different kind of civilisation" in which co-existing wild and human kin "lead more fulfilling lives."

How cool — and resilient — is that?

### **THROWING BRICS THOROUGH GLOBALIST GLASS**

Even as the Two-Thirds World shuns Western colonizers for more supportive bilateral arrangements, those in the massively censored, propagandized and anesthetized West remain largely unaware of this world-changing power-shift away from Western bombast, bombs and broken promises to sanctions-proof trade alliances based on economic partnerships, commodity-based currencies, ongoing dialogue, non-interference and mutual respect.

This month's BRICS Summit in Kazakhstan will speed the extrication of the Global Majority from the morally, politically and financially bankrupt West, where unjust and unsustainable "consumption without limit" remains the highest political priority.

### **HOW DEFIANCE FOSTERS RESILIENCE**

Crushing independent-minded and self-reliant rural communities remains Job #1 for the World Economic Forum, whose anti-life high priest, Klaus Schwab, boasts of the WEF's indoctrination of Canada's Parliament and Prime Minister.

Here on Hornby, relentless corporate/government targeting of this island holdout sparked a four-year residents' revolt against substituting water-intensive condominiums for a suggested eco-village, followed by two separate attempts to impose unsightly and unwanted cell towers on lives vulnerable to their continuous radiation.

### **ANTIDOTE OF PLACE**

Perhaps the best response to systemic insanity is simpler societies. This means, writes Ted Trainer, "mostly small, highly self-sufficient local economies, putting local resources into meeting local needs" — rather than further enriching a few.

Importantly, this Aussie champion of "degrowth" and "conserver" lifestyles urges "much more cooperative and participatory ways" that enable communities "to take collective control" of their unique unfolding. Given our dependence on the world beyond our shores, are such "utopian dreams" even feasible?

*Letters continued on P.12....*

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*Letters continued from P11..* ANECDOTE OF PLACE

It's already happening! Our island co-op, recycling depot, community-built health clinic and recently upgraded community garden echo similar initiatives throughout the Gulf Islands. But local enterprises cannot foster self-sufficiency if local decision-making continues to be offshored.

"The important decisions about local development and administration must be made by town assemblies, local committees and referenda involving the participation of all," Trainer exhorts all who understand that whatever the near future brings, it likely will not feature continued "apex" living atop wavering supply chains and an up-rooted global village on the move.

"The Simpler Way is not an option among many," Trainer emphasizes. With Washington, Ottawa, London, Kiev, Brussels and a rogue Jerusalem bent on ever-riskier global disruption to preserve fleeting personal power and loot — anyone who cherishes children and future meals has no choice but to embrace a just society whose "circular economy" ensures that what goes around comes back around in helpful ways. Rather than constantly smacking us upside the head.

If you live rural, you're already subverting costly and vulnerable linkages. Just look at how a dozen eggs purchased or bartered from a neighbour's backyard pen bypasses... "global networks of farms, factories, chemicals, ships, trucks, battery chicken sheds, supermarkets, computers, satellites, people with degrees, advertising, packaging, soil nutrient loss and 'waste' removal," Trainer comments. "All generating" huge and rising "energy costs."

Underscoring such localised threats, on October 6, unelected WEF'ers demanded a universal ban on home-grown food to "stop global warming." And cement dependency on factory farms, whose megatons of nitrogen fertilizers emit powerful heat-trapping gases!

Meanwhile, Eco-Villages and Transition Towns seek to recreate the rural advantages and amenities enjoyed in countless island iterations. Since we daily practice Trainer's "ways and values," returning already cooperative communities to self-governance is the logical and desirable next step.

#### VOLUNTARY OR INVOLUNTARY SIMPLICITY?

Now is good! Even if the Straits of Hormuz are not closed to much of the world's tanker traffic, Middle East oil production is not set alight, someone does not "pop a nuke", and the overdue Big One is not rocking the Pacific Northwest by the time you read this — these tremulous trends are making many uneasy.

As we have recently seen, mass hysteria does not lead to coherent right action. Instead, transitioning ahead of time to more localized arrangements and regional confederations seems preferable to out-of-touch proxy governments and artificially sustained urbanization. Our own BRICS-mirroring shift will require full local autonomy, reciprocal off-island outreach, and as much "homegrown" resiliency as we can imagine and create.

Happily, those choosing rural living are joining a worldwide movement of shared vision, neighbourliness, and individual liberation *rooted in locality*. Only by harmonizing attentive grassroots governance with stunningly interwoven natural communities can we ensure our continuing spiritual and physical abundance, shared joy and well-being.

William Thomas



*willthomasonline.net*

BONUS SOURCES (for online Grapevine edition)  
BRICS Summit: Kazakhstan's Keen Interest in Deepening Partnership

How to Restore Our Relationship to Earth

What is to be done? Thoughts on degrowth strategy

Simpler Way VIDEO

WEF demands ban on homegrown food

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*Letters continued on P.12....*

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*Letters continued from P.12....*

**D**ear Denman & Hornby Residents,

I just wanted to mention that Judy is retiring this week. Do you know Judy? She works at the Buckley Bay ticket wicket and has short grey hair. I don't know her last name. For the nine years that I've taken the ferry, she has been sunny and warm every single time I've encountered her. She's not just dialing it in like some of us might tend to do after working day in, day out with often grumpy customers year after year— she is genuinely engaged and kind. I think she should give workshops in customer service. Anyway, her last day is October 12th so this is a bit late, but if you know her and see her, please wish her a Happy Retirement. Or, if you don't see her but agree with my sentiments, maybe call or email BC Ferries to say nice things about her. Judy, if you're reading, thank you for being so wonderful. I will miss seeing you and I wish you all good things for the next chapter of your life. Bon voyage!

Carie McGregor 

**A** 42 year old friend committed suicide recently. I am convinced he had untreated, chronic Lyme disease.

The leading cause of death for humans living with chronic Lyme disease is not the bacterium itself, but suicide. I have probably had Lyme for 45 years and I have often teetered on the brink of despair due to "idiopathic" i.e. unexplainable by Western medicine, nausea, vertigo, fatigue, pain, brain fog, frequent viral infections, etc. For a very immediate example, writing this article has taken many hours because I have to lie down and rest frequently. In August 2024 I told Dr. Jody Taylor that I had chronic Lyme Disease. She looked in my records and over the last 12 years of seeing all the doctors at the Denman Medical Clinic, there was no mention of my Lyme diagnosis. They could have at least said the patient thinks she has Lyme. One doctor spent over 30 minutes of your taxpayers money trying to convince me to take anti-depression drugs because the cause of all my symptoms was depression.

When my friend went to the BC Center for Chronic Disease Program (CCDP) he was "merely" diagnosed with the following: fibromyalgia, chronic fatigue syndrome, myofascial pain, central sensitivity syndrome and chronic idiopathic vertigo. THESE ARE ALL SIGNS OF LYME DISEASE. To be more precise, they are symptoms of NEUROBORRELIOSIS, Lyme infection of the central nervous system.

The CCDP program has had very poor reviews because their main focus is on "self-management." Unfortunately, to self-manage, a patient must have extensive medical, social, financial and mental health supports. There has never been official support to help cope with the loss of employment and the resulting poverty, the shame of being poor and needy, or with the total lack of care from BC Medical. I spoke with a CCDP director today and she said they will ask for more feedback about how to improve their services. However, she said that no doctor in that program will mention Lyme Disease unless the patient has blood work to prove it. So you have to pay 1,000.00 dollars to get tested. And then you have to pay the naturopath who ordered the tests because a regular MD will not do that. And then you pay for the naturopath's time while he weighs the pros and cons of all the alternative medicines and herbs that may not even help.

In 2017, I suggested to my friend that he get tested at a US lab for chronic Lyme. He said he would, based on what he found out after going to the CCDP. As far as I know, and according to his parents, at no time did any of those health professionals ever suggest that he get tested for Lyme.

On their website they claim: "A study done by the Chronic Diseases Study Group

*Letters continued on P.14....*

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*Letters continued from P.13....*

could find no difference between patients with symptoms attributed to CDD (I assume that means Chronic Lyme Disease, although they also use the terms Post Lyme Disease and Late Lyme Disease) and those with ME/CFS." ME stands for Myalgic Encephalitis (inflammation of the brain and central nervous system). CFS stands for Chronic Fatigue Syndrome. Their website states that they "will not see patients with Late Lyme Disease" unless they have positive serology. There is no lab testing for Lyme disease in Canada or anywhere else in the world covered by BC Medical. The recent tests I had for Lyme disease were done in the US and cost me 1K. Is the high potential testing costs to Health Canada and the fact that there is no allopathic "cure" for chronic Lyme disease the reason why they do not suggest or order tests for patients with symptoms of chronic Lyme disease? Ask your local current politician these questions and their eyes will glaze over in denial and ignorance.

Our medical system failed my friend and many countless others. Most of his last 15 years on this planet were a nightmare. In addition to all the pain and exhaustion, Neuroborrelios added extreme vertigo, hearing loss, mood swings, personality changes, and psychiatric disturbances.

If you know anyone who has the above symptoms, please relay this information. You can and might help them stay alive. If you have to, fundraise to get them tested. If you have a positive serology, read Stephen Buhner's book Healing Lyme.

Eartha Muirhead 

## **Meta Is Aggressively Censoring Criticism Of US-Israeli Warmongering**

*By Caitlin Johnstone*

*October 7th, 2024*

**I** am at risk of getting banned from both Instagram and Facebook as both Meta-owned platforms keep censoring my criticisms of Israel's US-backed atrocities in Gaza and Lebanon, placing strikes on my accounts in the process. Both Facebook and Instagram have deleted screenshots of a post I made on Twitter (or whatever you call it now) which reads as follows:

Iran is not my enemy. Hezbollah, Hamas and the Houthis are not my enemies. My enemies are the western imperialists and their Israeli partners in crime who are inflicting a waking nightmare upon the middle east and working to start a massive new war of unfathomable horror.

In the reasons given for this censorship, both Facebook and Instagram said "It looks like you shared symbols, praise or support of people and organizations we define as dangerous, or followed them."

My appeals against this removal have been denied, saying the post "does not follow our Community Standards on dangerous individuals and organisations."

Hours later, Instagram removed a second post citing the same reasons, this one about Lebanon and Hezbollah. It was two screenshots from a longer Twitter post which reads as follows:

Hezbollah are just Lebanese people. There's this framing of "liberating Lebanon from Hezbollah" like they're some kind of invasive, alien presence, when they're an entirely native fighting force organically arising from the injustices and abuses inflicted by Israel and the west.

The imperial spin machine always does this. The empire uses narrative to try and de-couple the people it wants to kill from the rest of the population in the nation they are targeting in order to legitimize the violence they want to inflict upon the country. They want to take out a certain government or element within a nation that conflicts with their interests, so they start babbling about "terrorists" or "evil dictators" or "regimes" in order to make it seem like they're not just attacking a country and murdering people who disobey them.

If they can uncouple a nation from the people in that nation who they want to kill in the eyes of the public, then

*continued on P15....*

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*...continued from P.14* they can portray that killing as a heroic act of liberation from a force which doesn't belong there. If they can get you to believe that, then they can get you to believe they're killing people for the benefit of the nation they're attacking, instead of for their own benefit.

It's literally always solely and exclusively for their own benefit, though. It's literally always a lie.

As you can see, both of these posts are just criticisms of the foreign policy of the United States, the nation where Meta is based. Meta has an extensive history of working hand in glove with the US government to regulate speech.

This is indistinct from government censorship. If the US government designates its enemies as "terrorists" and massive Silicon Valley platforms are censoring criticism of US wars against those enemies in order to be in compliance with US law, then the US government is just censoring speech which criticizes US warmongering, using a corporate proxy in Silicon Valley.

Meta has been ramping up censorship of speech that's critical of Israel and its US-backed atrocities for a while now, with a sharp increase that was anecdotally noticeable immediately after the company announced back in July that it would be instituting vague new censorship protocols against the word "Zionism". After that move, critics of US foreign policy like Aaron Maté, Jonathan Cook, and Tadhg Hickey began reporting that their posts about Israel's genocidal actions in Gaza were being unexpectedly taken down on Facebook.

I also had one of my articles which was critical of Israel removed from Facebook in July, which the platform refused to reinstate. This followed other acts of censorship that Facebook has been imposing on my account since last October, all for my criticisms of Israel's US-backed atrocities in Gaza.

Last November Facebook deleted a Twitter screenshot from my page which read, "You don't understand man, Hamas uses human shields. Really really advanced human shields, the kind where there aren't even any Hamas members anywhere near them. It's just 100% human shield with 0% combatant, the most secure kind of shield there is."

Last January Facebook deleted a post which read as follows:

Someone asked "Can we all agree that our world would be better without a Hamas?"

This is the sort of question that can only make sense to you if you view Hamas as some kind of invasive alien presence that was imposed upon Palestine from the outside instead of a natural homegrown emergence from the material circumstances that have been forced upon Palestinians. If you've got a group of people being sufficiently oppressed and violently persecuted by the ruling power, you're going to start seeing violent opposition to that ruling power as sure as you'll see blood arise from a wound.

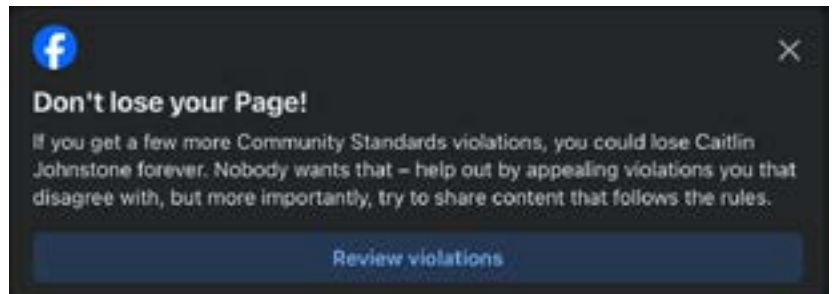
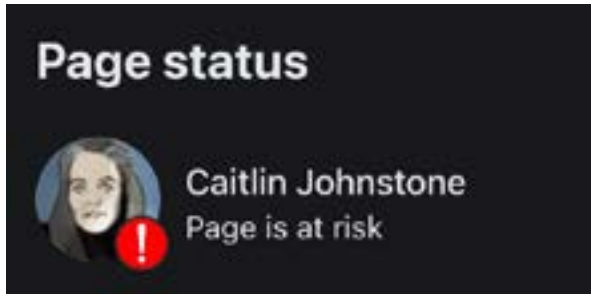
If Hamas had been completely eliminated a decade ago, there would be a Palestinian group organizing violence against the state of Israel today under that or some other name. If Hamas is completely eliminated tomorrow, there will be a Palestinian group organizing violence against the state of Israel in a matter of years (assuming there are any Palestinians left when this is all over, of course). If a man starts strangling me, at some point I'm going to try to gouge his eyes and crush his testicles. That's just what happens when humans find themselves under a sufficient amount of existential pressure.

Asking if the world would be better without Hamas is as nonsensical as asking if

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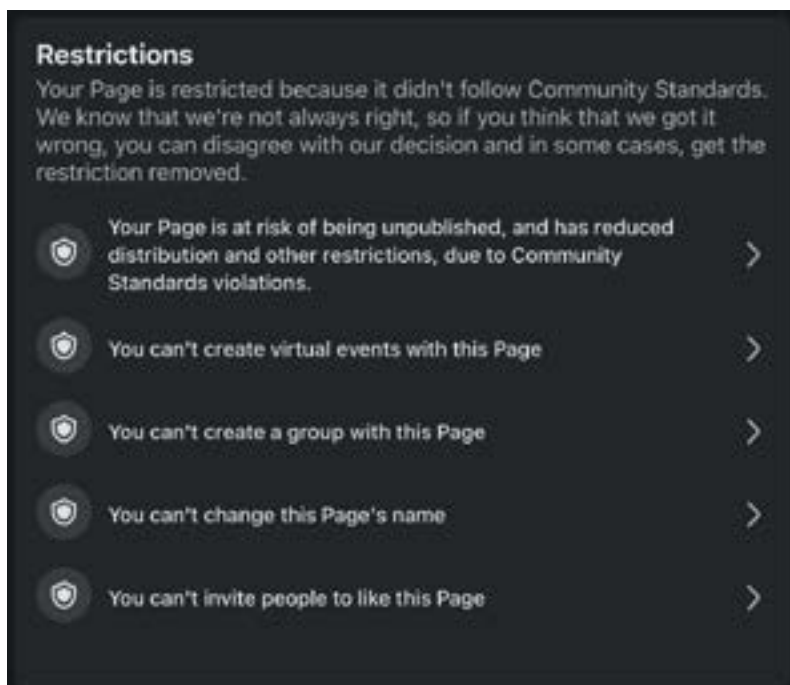
*...continued from P.15* Alaska would be better without coats. The presence of coats in Alaska is the natural consequence of the material conditions in that region, and as long as those material conditions persist for the population of Alaska then there will necessarily be coats. Don't ask if the world would be better without a Hamas, ask if the world would be better without the conditions which make a Hamas inevitable.



This is all self-evidently political speech which is critical of the foreign policy of the world's most powerful government and its allies. But because the platform has been deleting my criticisms of US foreign policy so frequently, my page is now designated "at risk", and whenever I log on I now receive a notification which reads, "Don't lose your Page! If you get a few more Community Standards violations, you could lose Caitlin Johnstone forever. Nobody wants that—help out by appealing violations you that disagree with, but more importantly, try to share content that follows the rules."

Facebook's Page Status section tells me, "Your Page is restricted because it didn't follow Community Standards. We know that we're not always right, so if you think that we got it wrong, you can disagree with our decision and in some cases, get the restriction removed."

My attempts to get these strikes reversed have been rejected.



I think it's important to document all this in detail because Meta is such a massive tool of US imperial narrative control. Facebook has a staggering three billion users worldwide, and Instagram has two billion. It's impossible to overstate the impact that censoring speech in a pro-US direction will have on worldwide human communication.

From my earliest days at this gig I've been making a point of forcefully criticizing the world's mightiest and most tyrannical power structure and then documenting the various ways the imperial narrative managers have worked to diminish my reach. I've been algorithmically throttled on Facebook since 2017, I've been permanently banned on TikTok and keep encountering censorship there under my new account, and I was even banned from Twitter until some commentators with larger voices than my own

intervened on my behalf.

Whoever controls the narrative controls the world, and the manipulation of information on the internet is a major agenda of the US-centralized empire toward that end. These pricks won't be happy until we're all a bunch of mindless, bleating sheep. 🍷

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## Community Profiles: Darth Vader

By *thomas p. hunterson*

**D**arth Vader is perhaps the least understood member of our commu-

nity. He has been the recipient of consequences that were not entirely of his own choosing, and yet he continues to battle through the trauma of his psychological injuries. He remains a warrior for what holds meaning and value despite being marginalized as a dark and shadowy character.

Q: What is your biggest fear?

A: I fear nothing. I am committed to expressing myself, despite those who would attempt to silence me. Those who have attempted to destroy me have failed, because they do not understand that I do not seek their approval.

Q: Who do you admire most in this community?

A: I admire The Grinch, for his integrity and flexibility, and a consistent dedication to his set of principles. I believe he is a genius, because he agrees with everything I say.

Q: What do you value most?

A: My children.

Q: What's the most surprising thing you've discovered about our community?

A: I discovered that some of our community "leaders" are often the most mean spirited people, who target their neighbours and scapegoat those who hold views that reside outside of conformity to a puritanical political correctitude.

Q: What message do you have for other community members?

A: Think locally, act galactically! 🍇

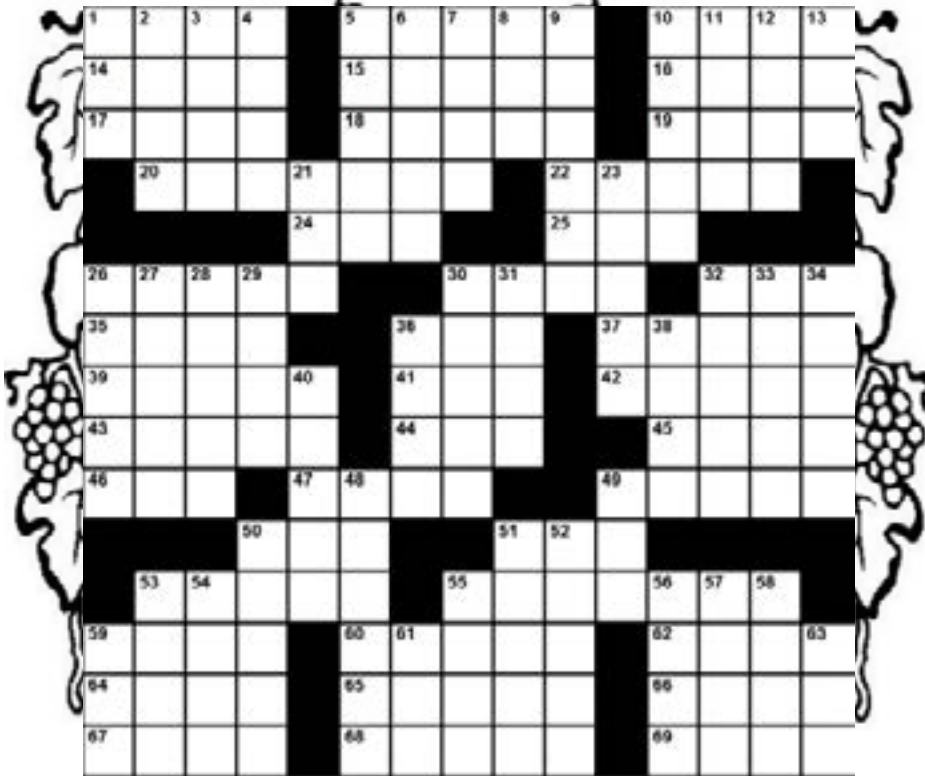


## Otto of the beach

By **Alan Black**



• GRAPEVINE CROSSWORD •



• ACROSS •

1. Brewer's preparation
5. Jousting tools
10. Fill the hold
14. Highland hillside
15. Be in unity
16. Card of a sort
17. Crowning point
18. Comes close to
19. At a prior time
20. Portion
22. Indian maids
24. Be a squealer
25. Assembled
26. Of sound
30. Consider
32. Coll. degrees
35. Latch onto
36. Drink cognac
37. Calendar item
39. Burdened one of myth
41. Avail oneself of
42. Cool, once
43. Beat badly
44. Arctic surface
45. Dam's mate
46. Antony's loan request
47. Biblical preposition
49. Fills to excess
50. Aussie bird
51. A relative
53. Agreed with
55. What a lawyer

hangs

59. Indian sage
60. Bury
62. Actress Kudrow
64. Big story
65. Fry lightly
66. Babysitter's banes
67. Being, in Latin
68. Blabby birds
69. Howls, hound style

• DOWN •

1. Biz degree
2. Curved doorway
3. Consistent
4. Bounder
5. Extreme enthusiasm
6. Actor's actor
7. Cliff projection
8. Always, in verse
9. Halvah base
10. Ermine in Summer
11. Hyperbolic tangent
12. Sea monsters
13. Adversity
21. Old hand
23. Mideastern nation
26. A marble
27. Extreme prefix
28. Sorrow, to Shelly
29. Moslem prayer leader
30. Dance music
31. Alternative to a saber
32. Harmonize with
33. A cavern
34. Eye sores
36. Be just right
38. Mastercard rival
40. Frothy foam
48. Adamites' practice
49. Bigwig in D.C.
50. Draw out

51. Letter after eta
52. Employs
53. Has a meal
54. Blue flag, for one
55. Bedaze
56. Silver tongued
57. Capital of Peru
58. Get a glimpse of
59. Aw, shucks
61. Aye undoer
63. Balaam's ride

• TEST YOUR MATH SKILLS •

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|   | 5 |   | 2 |   |   | 7 | 6 |

• Last Week's Answers •

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

“ Thanksgiving groaner: How Do you fix a broken pumpkin pie? With a pumpkin patch! ”



Thank you  
Anonymous

• LAST WEEK'S ANSWERS •

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| O | E | D | I | P | A | L |   | I | P | E | C | A | C | S |
| A | T | E |   | A | F | O | U | L |   |   | A | T | O | P |
|   |   |   | T | A | P | S |   | B | O | T | A | N | Y |   |
| L | A | M |   | O | R | E |   | O | U | R | S |   |   |   |
| A | L | I | B | I |   |   | B | I | R | D |   | T | I | E |
| T | O | D | O | S |   | N | I | L |   |   | E | N | A | C |
| H | U | G | O |   |   | M | A | D | E |   | A | I | K | E |
| E | D | E | N |   |   | A | B | E | D |   | L | H | A | S |

• **SERVICES** •

Exterior cleaning service. Offering cleaning solutions for your windows, gutters, roofs, decks, driveways, chimneys, siding, awnings, etc. Reasonable rates with professional results. Call or text Bjorn for free estimate.  
250 465 8645

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.

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

• **FOR SALE** •

Denman Island local cedar kindling sales. Wildcrafted. Artisanal! Damn Cheap! Your fire will thank you! By

• **CLASSIFIED ADS** •

burning!!  
DISCLAIMER: "Denman Island natural cedar kindling" is not intended to diagnose or treat any medical condition. For external use only. 250-897-8184

ALPACA SOCKS, MITTENS, HATS, TOQUES, SCARVES.  
ALPACA YARN - handspun skeins and balls.  
Warm & Cozy. Rose 335-1117

+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

• **FOR RENT** •

27 ton log splitter for rent . \$60/day  
\$200/week, delivered. 2507025933

• **LESSONS** •

Drum Kit Lessons  
Beau Stocker - beaustocker.com  
Denman/Union Bay/Buckley Bay/Fanny Bay  
In person - in your house/studio or my Union Bay Studio  
60/45/30 minute lessons  
lord.dusty92@gmail.com

• **COMMUNITY NOTICES** •

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

• **LOST & FOUND** •

**Found:** Toyota hubcap at corner of Denman and Farley, across from the vet's office. It's now propped up against the stop sign awaiting retrieval.

**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!



## • 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 •

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

• Tuele Group, Royal LePage in the Comox Valley,

Jenessa & Donna 250 335 1720

### • BUILDING • CONSTRUCTION •

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

• Excavator/Backhoe/Tandem Gravel Truck & Transfer Trailer

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)

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

• Tree Service & Towing • Antoine • Certified • Insured • Local 250-207-3884

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

### • HEALTH & WELLNESS •

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

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

• Physiotherapy • Christopher Mainella 250-335-2260

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

• Acupuncture • Jenny McCartney, R.Ac. • 250-508-8160

• www.heartwoodacupuncture.ca (D/H)

## The Grapevine Print Shop

Printers of *ISLANDS Grapevine* and *The Flagstone*

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Colour or B&W  
Competitive pricing

Inquiries: 250-335-9143 or theislandgrapevine@gmail.com



numble.com/stewmango

garyplarcy.com

## FORTNIGHT EVENTS

THURSDAY 10

• 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  
• Contemporary Dance Class 5:30-6:30pm D.A.C  
• Hatha Yoga 4:15pm-5:30pm The Gathering Place



FRIDAY 11

• Dora Drinkwater Library 1:30pm-3:30pm  
• AA Meeting DIUC Gathering Place 7pm

SATURDAY 12

• 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  
• DI Apple & Nut Fest 9:30-12:30pm Old School

SUNDAY 13

MONDAY 14

• Dora Drinkwater Library 1:30pm-3:30pm  
• AA Meeting DIUC Gathering Place 7pm

TUESDAY 15

• Dora Drinkwater Library 1:30pm-3:30pm  
• DICES AGM 2:45pm The Hub  
• Concert: 'Kneejerk' 8pm Back Hall

WEDNESDAY 16

• RECYCLING CENTRE 2-6pm  
• BOTTLE DEPOT 2-6pm  
• Dora Drinkwater Library 1:30pm-3:30pm  
• Gyrokinesis 9:30-10:30am D.I. Arts Centre  
• DIGS Meeting 1-3pm The Gathering Place  
• DAAC Open Mike 7:30pm Back Hall  
• Concert: 'Kneejerk' 8pm New Horizons

THURSDAY 17

• 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  
• Contemporary Dance Class 5:30-6:30pm D.A.C.

FRIDAY 18

• Dora Drinkwater Library 1:30pm-3:30pm  
• AA Meeting DIUC Gathering Place 7pm  
• FLAGSTONE deadline

SATURDAY 19

• 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  
• FIRST EDITION deadline 11:59:59pm

SUNDAY 20

MONDAY 21

• Dora Drinkwater Library 1:30pm-3:30pm  
• AA Meeting DIUC Gathering Place 7pm  
• DIRA Meeting 7:30pm Back Hall  
• Employment Services 9am-3pm DAC

TUESDAY 22

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

WEDNESDAY 23

• RECYCLING CENTRE 2-6pm  
• BOTTLE DEPOT 2-6pm  
• Dora Drinkwater Library 1:30pm-3:30pm  
• Gyrokinesis 9:30-10:30am D.I. Arts Centre

THURSDAY 24

• 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  
• Contemporary Dance Class 5:30-6:30pm D.A.C.



THE  
ISLANDS  
*Grapevine*  
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HORNBY ISLAND & DENMAN ISLAND  
COMMUNITY NEWSLETTER