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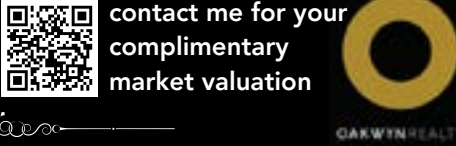
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CONTENTS

ISSUE NO. 1668 • JANUARY 23RD, 2025

•SPECIAL INTEREST•

- 2 • Green Wizardries: Herb Gardens
By Maxine Rogers
- 3 • Shucking Oysters: Ashes to Asses
By Alex Allen
- 4 • Coming Soon: Int'l Women's Day Non
Violent Communication Workshop
By Eileen O'Brien

• LITERARY •

- 12 • 12 28 24 crisp golden sun
By Alan Black
- 13 • Post National Politicians
By Helen Grond

• OPINION •

- 6 • Earth, Wind & Fire Hydrants
By Grant Cyz
- 8 • Fighting A Losing Cause (the only cause
worth fighting for)
By Keith Porteous
- 9 • Seedbeds Of Liberation
By Eartha Muirhead
- 10 • Decolonizing Our Minds & Hearts
By Sally Campbell
- 11 • You Are Not Powerless, Because You Don't
Stand Alone
By Caitlin Johnstone

• 13 • LETTERS TO THE EDITOR •

REGULAR FEATURES

- 3 • Tide Tables
- 14 • Gary's Toon
- 14 • Crossword
- 14 • Sudoku
- 14 • Grumpism
- 15 • Classified Ads
- 16 • Business/Services Directory



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SPECIAL INTEREST

Green Wizardries: Herb Gardens

By Maxine Rogers

I am happy to report that I am much better from the cold I had last week. I attribute this to thrice daily doses of elderberry syrup as well as a lot of other herbal remedies. When I first started working with herbs, I was surprised by how effective they were. A physician friend said physicians used to use herbs because they didn't have anything better. He is very much into pharmaceutical medicine.

I agree that during the early days of pharmaceutical medicine, physicians had wondrous experiences of apparently fatal cases of bacterial infections, where after receiving penicillin, the patients sat up in bed the next day drinking tea and eating toast, clearly on the mend. Sadly, those days are over.

Antibiotic-resistant bacteria now need to be treated with a cocktail of newer antibiotics which are all losing the evolutionary race with bacteria quite quickly. Antibiotics don't last long anymore and are not profitable so pharmaceutical companies are not willing to invest in the research and development of antibiotics. They prefer instead to invest in drugs that patients have to take every day of their lives. They prefer customers to cures.

This leaves us in the clutches of a predatory-pharmaceutical industry that seeks only profit, not good patient outcomes. I began dabbling with herbal gardening and medicines, some years ago, because I thought it was quaint and a bit witchy. I soon changed my mind as I found the medicines I was able to make were very effective and I have been able to help many people when the pharmaceutical-medical industrial complex failed them.

Herb gardens can also be very beautiful and intriguing. The herb-gardening year just started with the arrival of Richters Herb and Vegetable catalogue in my post box. Just looking at this catalogue excites me and I have to start with a firm limit on how many seeds I will buy. I already have lots of plants and a favourite is elecampane. A packet of elecampane seeds from Richters will set you back only \$3.75 and you will have this tall stately plant at the back of your flower beds for the rest of your life.

A friend was suffering from a lung problem. She had a strange film forming over her lungs causing shortness of breath to a very marked degree. She went to a physician who diagnosed the problem and said, "There is nothing we can do for you but don't worry; this is a minor problem."

As a lifelong asthmatic, I can tell you that not being able to breathe is a bitch. My friend could hardly walk for lack of breath when she came to see me. I thought she was dying. I had just harvested some elecampane roots which are huge like parsnips, and I gave her a

continued on P.5...

Shucking Oysters: The Heat is On

By Alex Allen

Let's face it, with its numerous paradoxes and inconsistencies, we live in a contradictory world. When it comes to environmental catastrophes all we seem to come up with is more and more complicated and environmentally damaging ways to carry on with business as usual. There is no real climate leadership. What we call leadership today, is at best the sum of all lobbying and at worst outright corruption. Most of us appear to be incapable of sacrificing our present comforts and conveniences. It's a world where short-term economic interests rock and rule.

Barry Lopez wrote in *Horizon*, that not all of us are willing to face this frightening horizon, some "might opt to turn away, decide to become lost in beauty, or choose to remain walled off from the world in electronic distraction, or select catatonic isolation within the fortress of the self." Jem Bendell, a UK business school professor, wrote that "while we text ourselves into social frenzy the real problems we face become ever more complex and difficult to address." Instead of helping to bring the world together on major social issues as its invention promised, social media connectivity often makes the problem worse.

Today, more than ever, our governments should be heeding the warning of Earth. Climate crisis, big boys. Like an abusive relationship Earth can no longer hide her scars and bruises. There are not even enough shelters to protect Earth and her family. Our governments and big business have got to end this marriage of ruthless desire and short-term gain. Have prosperity and entitlement undermined our moral courage or just our intelligence? Where is our ethical compass?

Lopez eloquently wrote, "the same short-sighted, narrow-minded belligerents" rise up in every era of human history. In BC, we have the NDP who should change their party name as they are so old and not so democratic. Clearcutting, LNG plants, fracking, large scale monoculture farming, ignoring Indigenous rights, polluted mines, increased tanker traffic, pipelines, Site C Dam, and on and on. A clearcut, Premier Eby is not a sign of a healthy economy, it is a sign of an indifference to life.

We are crushing our spirits in the constant quest to own better things, to own more things, things that ironically we soon won't want and will eventually throw away. Ziya Tong in *The Reality Bubble*, added that "the worse part, is this dependence on acquiring objects tends to worsen when things are tough, because when we feel insecure, having something solid to cling to becomes a coping mechanism." Our possessions give us some semblance of control over the world.

"Check my \$2,500 two-person transparent hull canoe-kayak hybrid made of Lexan! That's the same material found in the cockpits of supersonic fighter jets!"

Why do we do this? Apparently, the simple answer is we believe that having stuff makes us happy. But we all know that the happiness we get from material goods is only ever temporary. Tong writes, "planned obsolescence and the need to upgrade, stay fashionable, maintain social status have us trapped like hamsters on a treadmill." It's known as the hedonic treadmill. And around and around we go.

I sympathize with all of you who are caught up in that undertow of this nightmare, this delusion that a for-profit life is the only reasonable calling for the modern, progressive individual.

Micah White wrote in *The End of Protest* that "our culture is infected by a commercial virus, *continued on P.5.*

TIDE TABLE

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

2025-01-23 (Thu)		
Time	PST (m)	(ft)
03:27	3.79	12.4
05:03	3.77	12.4
10:54	4.39	14.4
19:36	1.67	5.5
2025-01-24 (Fri)		
Time	PST (m)	(ft)
04:15	4.10	13.5
07:16	3.99	13.1
11:32	4.29	14.1
20:24	1.44	4.7
2025-01-25 (Sat)		
Time	PST (m)	(ft)
04:47	4.36	14.3
08:58	4.02	13.2
12:30	4.23	13.9
21:12	1.19	3.9
2025-01-26 (Sun)		
Time	PST (m)	(ft)
05:19	4.55	14.9
09:59	3.97	13.0
13:42	4.26	14.0
21:58	0.93	3.0
2025-01-27 (Mon)		
Time	PST (m)	(ft)
05:51	4.68	15.4
10:42	3.88	12.7
14:47	4.34	14.2
22:41	0.71	2.3
2025-01-28 (Tue)		
Time	PST (m)	(ft)
06:24	4.78	15.7
11:20	3.77	12.4
15:43	4.44	14.6
23:21	0.56	1.8
2025-01-29 (Wed)		
Time	PST (m)	(ft)
06:54	4.84	15.9
11:59	3.61	11.9
16:36	4.50	14.8
2025-01-30 (Thu)		
Time	PST (m)	(ft)
00:00	0.55	1.8
07:23	4.88	16.0
12:41	3.39	11.1
17:30	4.48	14.7

Coming Soon: Saturday March 8th and Sunday March 9th 10am till 4pm.

**A Non Violent
Communication
Workshop International
Women's Day**

By Eileen O'Brien

As some of us are getting older a few grandmothers and elder women realized that we have things to share. That led us to the idea of inviting the women of Denman Island to examine their conditioning and its impact on their relationships with others through non violent communication. A Non Violent Communication workshop celebration is being offered to celebrate this year's of International Women's Day March 8th 2025.

We would like to invite women to look at some generational patterns carried through from our mothers, grandmothers and great grandmothers. Women's lives are dramatically limited by a legacy of patterns that don't often assist us in meeting our needs. Women were not trained in mutually satisfying conflict resolution. We can learn tools to listen even when we don't agree and search to find the authenticity and humanity between us. Listening skills can help develop an awareness of patterns from our past, and help us move forward, contributing to a peaceful world.

Women who have taken these workshops in the past on Denman report that the benefits have stayed with them. One woman said that NVC practice reduced her fear of talking about controversial issues being more comfortable sharing the room with people in public meetings while holding different opinions. She was able to acknowledge their strengths and intentions but disagreeing safely after giving more time to active listening. Another said "At a Mud Girl's workshop we watched an NVC video called "Making Life wonderful" I got a taste of the incredible possibilities of connecting heart to heart." A parent said that NVC helped make life with a "disreglated" 3 year old more peaceful. Another reported " I learned the healing gift of self empathy." A mother reported that it changed her family dynamic and that she still uses NVC with her now adult son.

We are very excited to offer this NVC workshop again and welcome **Jenna Card and her colleague Dorathea Vogel** as our instructors. They are both Certified Non Violent Communication instructors and passionate about helping people create thriving, harmonious relationships. Dorathea is so inspired by our intentions and working with us on Denman that she has offered her supportive skills free of charge. Through coaching and facilitation, they guide individuals and communities in deepening self-awareness, navigating



conflict and fostering authentic connections. Drawing on extensive training and nonviolent communication, relational neuroscience, and somatic practises, Jenna blends empathy, practical tools, and transformative insight to support clients in embracing self compassion, courageous communication, and greater authenticity in their lives in relationships. See more of Jenna Card www.heartspring.ca

Call for Donations... Our event is dependent upon your willingness to join our fundraising efforts. We hope that you will be willing to consider donating to this learning opportunity. Our purpose with this early announcement and fundraising letter is to raise independent donated funds so that we can reduce the participation fee to ensure that all who would want to come will be able to. We can accept **only 30 participants**. The fee will be determined after this fundraising effort. Registration information and updates will follow in an article in the Flagstone's February edition. It is our goal to raise as much money as we can to cover a good portion of

continued on P.6...

...continued from P.3

a disease that keeps us distracted by illusions while the world collapses.” When we cannot name the species of trees, animals and insects around us but instantly recognize commercial logos, that is worrisome (especially with children).

Of course, it is not possible to live up to one’s own standard of good behaviour every day. Distraction and indifference always offers us a way out of dilemmas otherwise too exhausting or harrowing to face.

Droughts. Water shortages. Flooding. Parades of storms. Wildfires. Atmospheric tidal waves. Dying species. Ocean acidification. Plastics.

Naomi Klein wrote about “cultural cognition,” which is a process that all of us do, regardless of our political leanings. We filter new information in ways designed to protect our “preferred vision of the good society.” It is always easier to deny reality than to watch your worldview shattered.

The climate crisis isn’t just about things getting hotter and wetter. Under our political and economic order, it’s about things getting meaner and uglier: Those who believe they belong to the world and those who believe the world belongs to them.

And then, just when planet Earth needs it least, along comes the Donald (again!), who like many myopic “Christian” conservatives, considers climate change as an affront to his cherished faith: The right of mankind to subdue and destroy Earth and aggressively master nature. I can hear the primal screams already.



...continued from P.2

root to slice up and make a strong tea with. She tried it and her lung problem cleared up! Surprised? Yes, I was.

Besides being able to treat lung problems, elecampane stimulates digestion and its flowers make a good yellow and orange dye. All that for \$3.75! Actually, the seeds will be free if I can only find my stash. The plants grow six feet or more tall with lovely huge leaves and a cluster of small yellow flowers at the top. The plants produce many seeds in their first year. You should wait two or three years to harvest the excellent roots.

Another herb I really love is the elder bush. These things can turn into bloody great trees if you do not prune them in January. I prune mine down to one foot and the tallest was a European Elderberry that was twelve-feet tall. Richters catalogue states that, “studies show that elder extracts provide powerful relief from the symptoms of colds and flu. Indeed, the elderberry has been shown to deactivate the flu virus.”

Richters will sell you an elderberry plant for about eleven dollars. Once established, elders are easy to propagate by cuttings. I have heaps of cuttings and if you want any to start, call me at 355-1088. Just shove the cuttings into some nice soil in your garden, it really is that easy.

Every garden can benefit from having at least one elder bush. The flowers are white and tiny but grouped in large flat clusters and they smell so sweet. Traditionally, they are harvested and left in a basin of water overnight so people can bathe their hands, faces and babies in the deliciously-scented water. The flowers can also be simmered into a strong tea which is strained and an equal amount of sugar or honey is added to make a flavoured syrup for desserts and drinks. The British use the flowers to make a sparkling wine. The pollinating insects love them.

Druids like to do things in threes so my last herb is Saint John's Wort. Wort is an old Saxon word for plant. Do not be without this amazing, multi-talented herb in your garden.



...continued from P.4 the expenses. (instructor fees, travel, hall rental and advertising and accommodation).

If you would like to donate funds to support this project please send an e-transfer to eeileenobrien@gmail.com identifying it as an NVC IWD 2025 event or if your organization needs to send funds to a society please send an e-transfer to DICES Denman Island Education Society dices.communityprograms@gmail.com again please identify it as NVC IWD 2025 attention Miki. We will post registration information in all newsletters/publications. We will set the fee for participants after our fundraising efforts. Watch the grapevine for updates. DICES is helping by supporting us in supplying refreshments and advertising as well as organizational skills and in any other way they can. Thank you in advance for supporting this women's NVC learning process. Please order your Non Violent Communication book at **Abraxas books** now if you intend to come as it will take 14 days for the books to arrive. 'NON VIOLENT COMMUNICATION'...A Language of Life Empathy collaboration authenticity freedom" 3rd edition Marshal B Rosenberg PHD Thank you and we are very much looking forward to this IWD women's event Saturday March 8th IWD and Sunday March 9th TIMES 10 till 4pm both days. There will be a small woman's dance and musical event in the evening of March 8th organized by Erin O'Brien beginning at 7pm in the back hall.



OPINIONS

Earth, Wind & Fire Hydrants

By Grant Cyz

Hi folks. It's been some time since the last instalment of the ongoing lack of CVRD compliance, regarding the Graham Lake Water System's SWTO (Surface

Water Treatment Objectives) and subdivision fire hydrant requirements. In the background there continues to be plenty of CVRD executives deflecting, deferring and dismissing the service participant's (taxpayer) questions and concerns. Given what has just transpired in the state of California, specifically to Pacific Palisades, the hope, especially for those in the Graham Lake subdivision, would be a sober and objective consideration of the following information.

The phenomenon of local government failure in North America continues with the Pacific Palisades as another catastrophic example of fire disaster like Lahaina.

According to CVRD CEO, James Warren, fire hydrants are essentially passé and no longer required for subdivisions in British Columbia (January 14th 2025 email). Pacific Palisades fire fighters and taxpayers are expressing a very different perspective (https://www.youtube.com/watch?v=oVJ4_g4VJqI). However, James Warren's revelation will delight future land developers and current operators of existing water systems in the Comox Valley. The Union Bay Estates might have been saved from bankruptcy had the developer known fire hydrants were not required for subdivisions in British Columbia.

Fire hydrants and water supply are the most critical components of fire suppression for structures in subdivisions especially when there is an Interface fire at the doorstep. This was demonstrated in Kelowna where subdivision homes and their new water treatment facility were saved (<https://www.youtube.com/watch?v=Ubz58lXXSWE>).

Pacific Palisades was a textbook interface fire. Once a fire is underway, it is beyond routine prevention, only water suppression can be used to regain control. Water bombers are designed for wildfires. Fire hydrants designed for structures and subdivisions. Both require water, lots and lots of water. The only thing worse than not having the necessary water resources is causing water resources to fail when you have and need them. Our subdivision has a 53 million gallon water reservoir (Graham Lake) which is only available through the existing engineered subdivision fire hydrants that are in place at no additional cost.

We know there is climate chaos. Pacific Palisades knew in advance of the extreme incoming weather conditions. Where was the preparation and plan? Negligence and incompetence overwhelms in the explanation of the recent Pacific Palisades fire. The existing water supply reservoirs and fire hydrants failed. Why was the Santa Ynez Reservoir water unavailable? Its 117 million

continued on P.7...

...continued from P.6

gallons had been drained down in February 2024 to repair its flexible cover. No one seems to know why the 2-4 week repair had not been completed. How long have our subdivision's existing fire hydrants been out of service? Of such great importance was this water to fire hydrants, Governor Gavin Newsom has initiated an investigation to why the reservoir and hydrants were not fire ready (<https://x.com/gavinnewsom/status/1877823208273178995?s=42>). Three one million gallon back up tanks were being used in its place. This proved to be a poor and inadequate contingency.

Pacific Palisades taxpayers have found out the hardway that incompetency and negligence of/ from public governance has consequences, regardless of paying the highest tax rate in the State.

So once an interface fire is underway it does not patiently wait around for prevention and suppression failures to be corrected. With the Pacific Palisades devastation so absolute there are the nihilistic excuses that "nothing" could have been done. Frontline fire fighters in the Pacific Palisades say otherwise. Will our explanations be that "nothing" could be done? (https://www.youtube.com/watch?v=Vhy_Lhkscxg).

With some ingenuity, proactive Los Angeles area citizens and fire fighters, utilized pool water to save homes (<https://www.youtube.com/watch?v=BPsv2-kXsBc>). So would the 117 million gallon Santa Ynez Reservoir water have made a difference? It gravity feeds the Pacific Palisades fire hydrant system mains. Our Firesmart program too has the same equipment available to protect our subdivisions except we still have no access to our reservoir (pool) water; Graham Lake via the fire hydrants. Also at risk and Integral to our island community, is a well used transportation route and important evacuation corridor, East Road.

Over the past seven years CVRD has explored cost effective water treatment solutions. Really? By refusing to include life saving fire fighting water operation to an ever expanding scope-less, budget-less water "project".


Service participants have been patiently waiting for any "project" metrics to appear. Chronic negligence and incompetence masquerading as project patience is neither a friend or virtue of fire codes, regulations, standards and best practices. It's dangerous, costly and foolish to think otherwise.

Some service participants ask what happened to our \$250,000 capital fund? Others expressing it's all a "money grab" and "a scam". Where is the \$1.2 million dollars that our elected representative Daniel Arbour secured to solve our water problems? Where is Daniel Arbour? Vancouver Island Health stated money cannot be an obstacle to delay and procrastinate SWTO compliance. It is now the extreme opposite, the cost of a runaway grandiose scheme is the obstacle. It's obvious to some with decades of water, fire and mechanical project experience that cost effective and best value solutions are not a CVRD engineering priority for our water treatment and CVRD inflicted fire protection problems. Outrageously increasing, non-compliant, boil notice, water rates are the priority to support this "grandiose scheme ". There will be continued financial hardship and diminishing return on money spent with the current trajectory.

The growing subdivision advocacy realize these issues are ultimately about the life and safety of our families, our property, our subdivision and growing island community.

Do not overly count on your fire insurance as a saviour as experienced by the residents of Pacific Palisades, Lahoma, Lytton, Fort Mac , Jasper, Kelowna, ect.

It is us, the taxpayer and not the CVRD that will bare the entire cost and loss of absolutely everything.

Thank you for your continued questions, comments and support. 

Fighting A Losing Cause (the only cause worth fighting for)

By Keith Porteous

We cannot have social and environmental justice without economic justice. Women and children of all identities, as well as all men, have seen their poverty rate grow in the last decade, and those living just above the poverty line are increasingly vulnerable to falling below it.

Everyone with a stable and sufficient income, including those who are from traditionally marginalized identities, is far less vulnerable to discrimination.

The wealth gaps are growing wider, with the wealthy getting wealthier, and the major corporate interests posting record profits. The working class is struggling, and these trends are fuelling a rise in conservative populism, which has stalled progress in social and environmental justice. The political centre has presided over these negative trends, and trust in its institutions has fallen to the lowest level in the post WW2 era.

The centrist leaders in North America and Europe, despite their rhetoric, have not shown themselves to be authentic social and environmental justice advocates, and equally troubling, have abandoned the working classes in favour of the corporatists and the warmongers of the U.S. Empire. Wages have fallen in relation to the cost of living, and the environment is increasingly degraded while the climate crisis has worsened.

The consolidation of corporate media to a handful of powerful interests, including governments, has shaped the dominant narratives, many of which come unravelled upon a closer scrutiny. Moreover, it is conspicuous what isn't reported, or which views remain absent in public discourse, and where corrections to misinformed mainstream reporting do not appear, or are difficult to find.

In more closed and authoritarian societies, there is less need for propaganda, because it is understood that speaking up has severe consequences. In more open societies like ours, there is a far greater need for relentless propaganda to shape, coerce, and control public opinion, and to put up guardrails on what can be debated in polite society. Dissenting voices are characterized as extremists, or conspiracy theorists.

We have an economic, social, and environmental crisis, and few of us ever ask why, never mind attempt an explanation. Our societies keep repeating and doubling down on failed policies, while governments and corporate legacy media normalize these realities as though history has taught us nothing, or pretends that we've reached the end of history, and late stage crony capitalism is the best we can do, however "flawed."

For most of the population, we've entered the "let them eat cake" era of corrupt and repressive policies in a revolving door of hollow left-right partisanship, when it has become obvious that our societies are run by a small group of oligarchs and their subordinates in the professional managerial class, regardless of their performative rhetoric. There are few authentic advocates for the working class remaining.

The solution proposed by conservative populists is more trickle down economics, tax cuts for the rich, and cuts to programs that serve the common people, and once again the working classes will be asked to carry the painful burden of paying for the subsidies to corporate interests, and their thirst for endless growth. Now is the time to reject any



continued on P.9...

OPINION

Seedbeds of Liberation

"There must be those among us who can sit down and weep and still be counted as warriors." Adrienne Rich


By *Eartha Muirhead*

In these chaotic times, I am focusing on what I am calling "Seedbeds of Liberation." I aim to practise small but regular, like once an hour, acts of self-compassion and generosity towards all the beings I encounter. Seeking out the tender hearts of those who stand in solidarity with the suffering souls of the world can help me feel more empowered. How much I care, even if it is just a prayer; for local ecosystems, everyone's children and everyone's elders makes a huge difference.

On Jan.19th Joe Biden announced a pardon for Leonard Peltier, American Indian Movement leader, who has declared himself innocent and has been in a maximum security prison for 5 decades. Only time will tell if the new US oligarchs will honor this long-awaited clemency.

After 15 months of imprisonment by the Israeli government, some Palestinian hostages walked free on January 19th. I heard on CBC that many of them wept in shock to see the destruction of their culture, families and lands. I also heard on Red Nation, that on January 19th, some Palestinians sent heartfelt wishes of solidarity to Leonard's family.

".....even if hope never returns, we will live by love through our final breath." Brian McLaren, Life After Doom


Listen to Lynsey Scott at www.thebirdsings.com/thewayknows. A line to inspire us: "You don't have to know the way. The way knows the way." 



Leonard Peltier

...continued from P.8 government that prioritizes profit over people, whether liberal or conservative.

We can no longer tolerate any government that gives billions of dollars in subsidies to ever growing energy extraction industries, while promoting climate change mitigation and asking the working class to pay for all of it with increased taxes on our carbon footprint. These same governments build pipelines and bring supertankers into coastal ports, often through First Nations' territories, all while feigning concern for the climate crisis.

Should we have the time and the privilege, we need to organize and educate, and come together around the issues we have in common, regardless of our smaller differences, and reject the idea that because things may be less free in far away places, we should be satisfied with the status quo of our own society. Our job is to create economic justice for the working class to a level where social and environmental justice can flourish. 

WINTERLUDE

Quarantones
Male Chorus
IN CONCERT

7:30 PM - JANUARY 24 - WEIRD CHURCH
2:30 PM - JANUARY 25 - COMOX UNITED CHURCH
3:30 PM - JANUARY 26 - DENMAN COMMUNITY HALL

Tickets \$25/ Students \$10
12 and under free

Benjamin Moore House of Color, Blue Heron Books
Denman Island General Store, on-line & at the door.

quarantonesensemble.com

Decolonizing Our Minds & Hearts

By Sally Campbell

Here in Canada, we are very fortunate to be in a reconciliation process with our indigenous relations. As much as some may make bogus complaints about “special privileges” being afforded to indigenous people, those who do so are inadvertently exhibiting their lack of awareness and understanding of what has gone down here in Canada over the last 400 years. Frankly, they are telling us a lot about their ignorance. They

perhaps do not realize that South Africa’s colonizers took learning from the Canadian reservation system, and used it to establish their system of Apartheid. Maybe they are unaware that there was a longstanding, clear, well-documented policy of assimilation here in Canada, with respect to First Nations. And “assimilation” is simply another word for ethnic cleansing, which taken to its extreme is genocide. Genocide’s legal definition includes the *intent to destroy a people in whole or in part*. It does not rely on the number of people killed; it is about intent, and actions taken in a systemic and widespread way to realize that intent. Canada’s official policy certainly filled that bill. It is hard to admit that our beloved country could be a place of genocide. Ethnic cleansing was bad enough, but genocide? We need to face it and continue to make every effort to rectify the damage it caused, for as long as it takes.

The convenient concepts of “terra nullius” and the “Doctrine of Discovery” have long been debunked, and my father’s narrow idea of “winning the battle, conquering the people, and therefore being entitled to their land” no longer indicates anything other than an outdated colonial concept that people can come and take other people’s land and resources without agreement, fair compensation or accountability. That supremacist idea was a product of colonial, *war system* mentality, and any thinking person knows that it no longer holds water. It never did to those who were the victims of that way of thinking.

In the 21st century, we know these ideas serve only the oppressor and I am grateful that Canada has committed to a process of reconciliation. The apology made by the federal government many years ago is only the beginning of that process. This is going to take a very long time; after all, as the late UBC Professor Paul Tennant, a respected authority on indigenous & non-indigenous relations, remarked: it took 400 years to set up this system; it is not going to be turned around overnight.

I almost have to laugh when I hear people complaining that there is “so much corruption” in Band councils and governance on reserves. Who do they think established reserves and the “Band” system in the first place? Who attempted to displace hereditary leaders and indigenous systems of governance established over millennia? Who outlawed the indigenous elegant and complex potlatch system, where grievances were settled, debts were paid, relations acknowledged and mended as needed? Who kidnapped indigenous children from their very homes and removed them from their world to attend residential schools, purposely far away from their communities, in order to “wipe out the Indian” in them?

We have so much to atone for here in Canada and thankfully we are *officially* engaged in reconciliation. When I returned to my BC birthplace in 1975, after a 7 year hiatus, I realized I knew almost nothing of the first peoples here. And what I did know was stereotypes, generalizations, and institutionalized racism. Finally living back on my beloved west coast, I committed to get going on a learning journey. I read every book I could get my hands on, went to courses and conferences led by indigenous women, started studying the amazing artistic and cultural heritage shared with us by indigenous artists, started learning about indigenous legal orders and ways of governance. As I have said before though, my greatest teachers have been the people I’ve met, the indigenous friends I’ve made, the many generous indigenous students and colleagues I have worked with over the years, who have shared with me their stories, their struggles and their wisdom.



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...continued from P.10

The next time you find yourself complaining about indigenous people getting more breaks than you are, give your head a shake. Place your mind on reset and consider what steps you might take to de-colonize your thought processes. I figure this is the biggest task of all for those of us who are non-indigenous. It is though, a most rewarding journey, and best yet, it is life-long, so you never need to worry about boredom creeping into your life!

Now we need to grow, we need to expand our “tribe” to include all humanity, because if we don’t, we will not survive as a species. I am so thankful to be part of Hornby and Denman communities who I see are making committed efforts at reconciliation and building strong bridges with K’omox & Pentlatch peoples, on whose traditional territory we live. Many of us are listening and learning, and our world is becoming much the richer for it. Onward, or as indigenous folks say, “All my Relations”!

Next week: Working the Medicine Wheel

How To Be Happy In A Genocidal Dystopia On A Dying World

By Caitlin Johnstone

January 14th, 2025

You are not powerless to change things. You are MOSTLY powerless, but you are not powerless.

This might sound like a distinction without a difference, and if you were the only person who wanted things to change, it would be.

If you were standing on your own against the evil empire and the psychopathic dystopia it has created, there would be no meaningful

difference between your having zero power to change things and just having a tiny bit above zero power. Nothing would change regardless.

But you are not standing on your own. More and more people are waking up to the reality that the current order of things is unsustainable and urgently needs to be replaced with something drastically different. More and more people are becoming forcefully opposed to the murder, tyranny and abuse that the status quo is creating today, and to the ecological disaster and nuclear armageddon it is creating for tomorrow.

If it was just one person standing against this, being almost powerless would be functionally the same as being completely powerless. But because more and more people are coming to stand on your side of things, there is a greater and greater effective difference between being powerless and being mostly powerless.

We’ve all got a grain of sand’s worth of influence over our world. The historically unprecedented democratization of information and our ability to network and communicate like never before has given us all a grain of sand’s worth of power to open eyes and win hearts and minds over to a more revolutionary worldview.

Drop a grain of sand on your enemy’s head and it’s functionally the same as doing nothing. Drop a thousand tons of sand on your enemy, and it’s an entirely different story.

It might seem hopeless. The empire managers have our political systems locked down. They wield so much influence with their mass media propaganda and other forms of indoctrination.

They seem to have an inexhaustible ability to undermine or corrupt any force of good that manages to punch its way through their network of control.

But it isn’t hopeless. It would only be hopeless if we were standing alone.

It can take a bit of insight to recognize this as a message of hope in an environment of western individualism. Hollywood has trained us to believe that you beat the bad guy and save the world solely through your own heroic actions as an individual. That victory looks like an egoically gratifying moment where you spin-kick the supervillain into molten lava after saying something pithy and masculine.



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...continued from P.11

That isn't the sort of thing that's called for here. We'll all have to work hard as individuals to win, but it will only be so that we can throw our own tiny grain of sand onto the head of our powerful foe. Our power lies in our vastly superior numbers, not in our own might as individuals.

That's all you need to remember when you are feeling powerless: that feeling of powerlessness only makes sense from the standpoint of the individual hero's journey. But the human adventure is not about an individual hero's journey, it's about billions of people waking up to reality together and becoming a conscious species.

Together, a bunch of mostly powerless people can create a very, very powerful force. If a healthy world is to be born, it that is the force by which it will come into being.



12 28 24 crisp golden sun

Crisp
golden
sun
in late
December
while
old cream
curdles
somewhere
deep
in a corrupt
intestine
and I'm
attempting
to clear my mind
of the
horrors
of war
but it makes me
feel
cowardly
and
unworthy of
self respect
but doves
have
never done well
against
hawks
but I know
when the time comes
I will stick
my beak in it
until somebody
bites
it

Alan Black

Job Opportunity - Teen Night Facilitator

DICES is Hiring!

The Denman Island Community Education Society is seeking a highly motivated and community focused individual to fill the position of Teen Night facilitator.

The Teen night facilitator works closely with other DICES staff to plan and deliver programs to youth ages 13 to 19 years old. The facilitator works with youth on Friday nights from 7 to 10 pm during the school year.

The successful applicant:

- Must enjoy working with youth
- Must pass a current criminal record check
- Must have or be willing to get First Aid
- Reliability, and ability to commit to a schedule that includes evenings
- Ability to work as part of a team and collaborate with others
- Ability to follow DICES procedures
- Act as a role model for youth
- Experience supervising youth is desirable

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OPINION

Letters To The Editor

Letter to the editor
Jan 21, 2025

Dear editor,

Has the editorial guard of the Grapevine dropped so low lately as to be entirely below the belt? In the Jan 9 issue, readers were exposed to a 2-page feature article about sexual preferences on PornHub. In the Jan 16 issue, we got the opportunity to read a ranting letter that advised Trump to "Go f*** yourself with your atom bomb". This was followed by a poem of a man examining his genitals at a urinal and apparently not finding much.

Whereas some Denmanites say they are only using the Grapevine to light their winter fires, I usually enjoy reading it. So, why don't the editors hoist up their trousers and use a bit of discrimination?

If you want to do an article on hyper-sexualization and gender confusion, how about an exposé on the SOGI agenda books in our school libraries? That should be shocking enough for most readers.

Stephen Malthouse, MD 

Editor's Note: The Islands Grapevine received an abundance of negative feedback for not censoring Stephen Malthouse's "controversial" views during the pandemic. Now Malthouse would like us to take a more censorious position regarding sexual content he is clearly triggered by. The views expressed in his letter do not reflect the views of The Islands Grapevine's publisher. We do however, as always, encourage the use of our beloved weekly newspaper as a firestarter. Brrrr...



POST NATIONAL POLITICIANS

- GIANT EGOS
- SELF-INDULGENT
- SNAPPY DRESSERS
- SMOOTH TALKERS
- GASLIGHTERS
- ELITISTS
- ROBOTICALLY SCRIPTED
- GLOBALIST BROMANCERS
- RADICAL IDEOLOGUES
- OPPORTUNISTS
- WEAK MORALS
- SUPERCILIOUS
- ARROGANT
- CUNNING
- ENTITLED
- SMUG
- HYPOCRITICAL

IT'S A BULLY BOY'S CLUB
ONLY FULLY SUBSERVIENT WOMEN
NEED APPLY
INDEPENDENT WOMEN TERRIFY THEM
BECAUSE IT'S 2025

HELEN GROND



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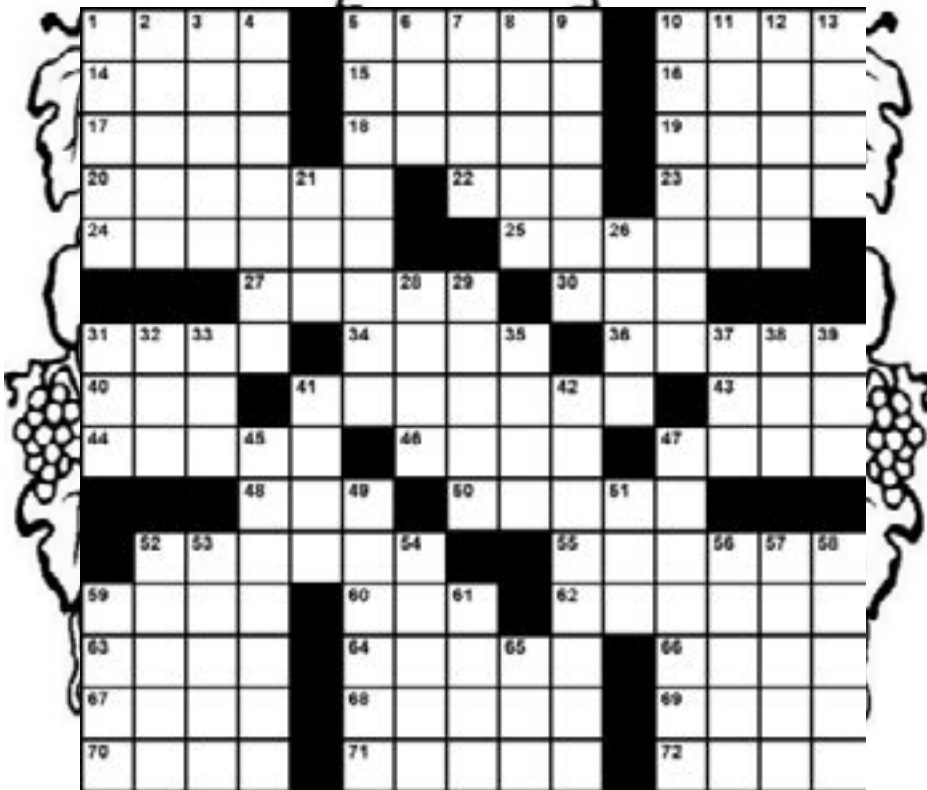
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• GRAPEVINE CROSSWORD •



• ACROSS •

1. Gator's kin
5. Member of a Jewish sect
10. Defrost
14. Body of knowledge
15. Destined to diet
16. Lung opening
17. Chinese gelatin
18. Brilliant bird
19. Bleeds
20. Midsize sofa
22. They called her frivolous
23. Clock sound
24. Big bargains
25. Muslim title
27. Drive forward
30. Animal home
31. Rub out
34. Exploited
36. Peace corps kin
40. Love, in a sense
41. Minute examination
43. Atom fragment
44. Authorize
46. Citrus hybrid
47. Anemic's supplement
48. Boxer, e.g.
50. Fur type
52. It fell in 1979
55. Having a funny twist
59. Alley targets
60. A good deal
62. Biology categories

63. Applications
64. A Magadhan language
66. Calling company
67. Boy or man
68. American employee
69. Roman clan
70. Co-fighter
71. Act division
72. Formerly, once

• DOWN •

1. Body of students
2. Many of synonyms
3. Carry on
4. Beyond a doubt
5. Folksy
6. Arab robe
7. Brief times
8. Asimov or Hayes
9. Ox's double chin
10. Bond's beverage
11. Rig
12. Midday break
13. Difficult matter
21. Blighted tree
26. Assessment
28. Bible twin
29. Stop gripping
31. Chromosome letters
32. Black gold
33. Badly
35. Chowderhead
37. Formal address
38. Excessive
39. Abby's sister
41. Base truant
42. Lessen
45. Ancient epic
47. Ancient period
49. 19th century round dances
51. Anteceding
52. Fiber for rope
53. Sound at sundown
54. Type of acid

56. Defiant reply
57. Golf bag collection
58. Shakespearean contraction
59. Cougar kin
61. Fired clay
65. Over there

• TEST YOUR MATH SKILLS •

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

• Last Week's Answers •

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

GRUMPISM

“Orion's Belt is a big waist of space” Terrible joke. Only 3 stars.”



Thank you Steve CARBALLEIRA

• Last Week's ANSWERS •

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

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ISLANDS GRAPEVINE EDITORIAL POLICIES

***Opinions expressed in the Grapevine do not necessarily reflect that of the Publisher.
Inciting violence, hate speech and pejorative language will not be tolerated.***

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

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



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

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

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

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• www.heartwoodacupuncture.ca (D)

FORTNIGHT EVENTS

THURSDAY 23

- Dora Drinkwater Library 1:30pm-3:30pm
- RECYCLING CENTRE 1-5pm
- BOTTLE DEPOT 2-5pm
- CAP SITE Hub Comm. Hall 4-7pm
- FOOD BANK Hub Comm. Hall 4-7pm
- FREE STORE 3-5pm



FRIDAY 24

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

SATURDAY 25

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

SUNDAY 26

- The Quarantones 3:30pm Community Hall

MONDAY 27

- Dora Drinkwater Library 1:30pm-3:30pm
- AA Meeting DIUC Gathering Place 7pm
- Jin Shin Jyutsu D.I.Comm. School Gym 6:30pm
- Employment Services 9am-3pm DAC

TUESDAY 28

- Dora Drinkwater Library 1:30pm-3:30pm
- Chair Yoga 11am-12:15pm The Gathering Place
- Moderate Hatha Yoga 4:15-5:30pm
The Gathering Place
- DIGPA AGM 6pm Back Hall

WEDNESDAY 29

- Dora Drinkwater Library 1:30pm-3:30pm
- RECYCLING CENTRE 1-5pm
- BOTTLE DEPOT 2-5pm
- Vigorous Hatha Yoga 5-6:15pm
The Gathering Place

THURSDAY 30

- Dora Drinkwater Library 1:30pm-3:30pm
- RECYCLING CENTRE 1-5pm
- BOTTLE DEPOT 2-5pm
- CAP SITE Hub Comm. Hall 4-7pm
- FOOD BANK Hub Comm. Hall 4-7pm
- FREE STORE 3-5pm
- Gentle Hatha Yoga 3:30-4:45pm
The Gathering Place

FRIDAY 31

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

SATURDAY 1

- Dora Drinkwater Library 1:30pm-3:30pm
- RECYCLING CENTRE 9:30am-5pm
- BOTTLE DEPOT 9:30am-5pm
- FARMERS MARKET Old School 9:30-12:30
- FREE STORE 9-Noon
- Community Volunteer Drive 10:30-2pm
D.I. Community Hall

SUNDAY 2

MONDAY 3

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

TUESDAY 4

- Dora Drinkwater Library 1:30pm-3:30pm
- Chair Yoga 11am-12:15pm The Gathering Place
- Moderate Hatha Yoga 4:15-5:30pm
The Gathering Place

WEDNESDAY 5

- Dora Drinkwater Library 1:30pm-3:30pm
- RECYCLING CENTRE 1-5pm
- BOTTLE DEPOT 2-5pm
- Vigorous Hatha Yoga 5-6:15pm
The Gathering Place

THURSDAY 6

- Dora Drinkwater Library 1:30pm-3:30pm
- RECYCLING CENTRE 1-5pm
- BOTTLE DEPOT 2-5pm
- CAP SITE Hub Comm. Hall 4-7pm
- FOOD BANK Hub Comm. Hall 4-7pm
- FREE STORE 3-5pm
- Gentle Hatha Yoga 3:30-4:45pm
The Gathering Place

