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Green Wizardries:

Imbolc

By Maxine Rogers

SPECIAL INTEREST

Imbolc is the festival of the first stirrings of Spring and it falls on Saturday the first of February. This is a national holiday in Ireland which was appropriate as Ireland was very dependant on her sheep for meat and wool. Now, sadly, the Irish have few wool mills that mill real sheep's wool. It is easier for them to mill acrylic yarn which is practically useless at keeping anyone warm. How the mighty have fallen... I believe it is sometimes less expensive to buy New Zealand lamb in Ireland than local.

The name Imbolc means ewe's milk as lambs used to be born in the fields in Ireland around the beginning of February. Lambing was a very important event in the agricultural year. Lambs were the very first new life to come in the spring and the people used to depend upon their sheep as they are now dependant on their work-from-home on the computer gigs.

I expect you know the very beautiful Ukrainian Carol of the Bells. It is a New Years carol and has some beautiful lyrics. The carol is about a swallow who flies from afar and announces the miraculous birth of the lambs. "Come here, oh come. Master its time. In the sheepfold, wonders to find. Your lovely sheep have given birth to little lambs of great worth."

Those lines encapsulate my feelings every time I go into the sheepfold and find beautiful little fluffy lambs toddling about where before there had only been a fat, grumpy ewe. The way lambs hit the ground and learn to walk, explore and drink milk in moments always seems miraculous to even the most hardened farmer.

I will let you in on a secret, farmers are careful to give an image of not being sentimental but even the toughest of them usually has a heart of mush. I remember a shepherd telling me her animals were not pets and that she ran her flock to be an economic benefit. I asked her why she was keeping a post-menopausal goat?



Then there was the farmer who went out to give medicine to a sick calf in the middle of a cold spring night. Finding the calf, who I believe was dressed in his woolen Stanfields shirt, unwilling to let him go, he curled up around the calf to keep it warm and fell asleep out there.

continued on P.5...

Shucking Oysters: Mind Your Bullshit

By Alex Allen

Today, more than ever, we folks need to be very discerning when it comes to character and words, especially words. Whether online or off, fake news, misinformation, and bullshit are everywhere. Even more so, now that Mark Zuckerberg announced that he will replace fact-checking with user-based bullshit meters. Let's open the flood gates for more controversial posts and even more bullshit to wade through.

But what does bullshit exactly mean? We often associate bullshit with words like “non-sense,” “meaningless,” and “stupid.” Are we expressing our feelings, or are we calling something meaningless or a lie whenever we call something bullshit?

In his 1986 essay “On Bullshit,” philosopher Harry Frankfurt distinguishes between bullshitting and lying. Bullshitters don't care whether what they are saying is factually correct or not. A bullshitter “just picks them out, or makes them up, to suit his purpose.” The bullshitter has no regard for the truth. “By virtue of this, bullshit is a greater enemy of the truth than lies are,” Frankfurt wrote. Which begs the question, if bullshitters are more dangerous than liars, why are we more tolerant of them?

He has been described as a bully, a clown, a temperamental child, a know-nothing, a national embarrassment and even an asshole. But ultimately, Donald Trump is a quintessential peddler of bullshit. The Donald only speaks in superlatives like “the biggest” and “the best.” He even added phantom floors to increase the size of his skyscrapers and we all know his myopic view on crowd size. It's all about inflating his HUGE persona. In fairness, Trump may very well believe the things that he's saying, as he was quoted as saying “I don't like to lie.”

Like the GREAT showman PT Barnum, Trump has an affinity for speaking hyperbole with little consideration for their factual accuracy. “They're eating the cats.” “They're bringing crime. They're rapists.” Trump's propensity for bullshit is not a political liability – far from it, it's a superpower. Like all politicians, he twists the truth, probably more than most, but Trump's genius lies in his stage performance. Andrew Packer described it best in *The Medium*: “It's the netherworld of flimflam, hyperbole, sales pitches, and ad copy delivered with the quiet dignity of a wet T-shirt competition.”

Donald Trump is not some anomaly. He is a mirror. “He reflects an America that runs on bullshit, that has become inured to bullshit, that has come to expect bullshit from its

leaders,” wrote Packer. Most Trump supporters know it's all fake, but they don't care. It's a world that pays more attention to bullshit than facts, evidence, and science. Trump's gang of misfits, like their almighty leader, hold contempt for any hint of expertise or knowledge while continually being blinded by his brilliance.

It was the 1987 book *Trump: The Art of the Deal*, that introduced the phrase “truthful hyperbole” describing “an innocent form of exaggeration.” The phrase was noted for its similarity to “alternative facts” coined by the photogenic, Kellyanne Conway when she defended White House Press Secretary Sean Spicer's statements about how many people attended Trump's first inauguration. Interestingly, Tony Schwartz (who “co-authored” the book) said writing it was his “greatest regret in life, without question,” and said if it were written today it would be titled *The Sociopath*.

TIDE TABLE

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

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

2025-01-31 (Fri)

Time PST (m)	(ft)
00:38	0.69 2.3
07:48	4.91 16.1
13:25	3.10 10.2
18:26	4.37 14.4

2025-02-01 (Sat)

Time PST (m)	(ft)
01:15	1.01 3.3
08:13	4.94 16.2
14:13	2.74 9.0
19:27	4.21 13.8

2025-02-02 (Sun)

Time PST (m)	(ft)
01:53	1.47 4.8
08:38	4.96 16.3
15:02	2.34 7.7
20:35	4.03 13.2

2025-02-03 (Mon)

Time PST (m)	(ft)
02:33	2.03 6.7
09:05	4.94 16.2
15:55	1.94 6.3
21:56	3.90 12.8

2025-02-04 (Tue)

Time PST (m)	(ft)
03:19	2.64 8.7
09:34	4.88 16.0
16:50	1.57 5.2
23:37	3.92 12.9

2025-02-05 (Wed)

Time PST (m)	(ft)
04:14	3.21 10.5
10:07	4.77 15.7
17:47	1.28 4.2

2025-02-06 (Thu)

Time PST (m)	(ft)
01:26	4.13 13.5
05:30	3.66 12.0
10:47	4.62 15.2
18:47	1.06 3.5

Denman Community

Thursdays at 2:30pm Starting Feb 6 Back Hall

Choir: Spring 2025

By Kathy Rieder

Yahoo! Only a week till choir starts. In December, we like to give people time to celebrate holidays with friends and family. In January, we leave room for some bad winter weather. So, when we start singing again in early February, we are so happy to see each other, and share the joy of singing. We are blessed with a truly gifted director, Bethany Ireland. She has all the musical skills,

all the people skills, she is patient and encouraging and a whole lot of fun.

We have people in our choir who have started singing 4 part harmony in their sixties, who in a short time keep up to the lifelong singers. If you have always wanted to sing, our choir is for you. If you have not sang for a few years, our choir is for you. If you can work hard all morning and then take a couple of hours to nurture yourself, our choir is for you. Our policy is come for a couple weeks, see if you like it and then pay for the session. The cost is sliding scale \$120-\$140 for 12 sessions. If cost is a problem, remember Arts Denman has a grant available for musical education. Arts Denman membership is \$10. For more info call Kathy 250-335-0559



...continued from P.3

In the academic article, “The Bullshit Doctrine: Fabrications, Lies, and Nonsense in the Age of Trump,” professors Kristiansen and Kaussler argue that, unconstrained by reality, Trump is driven more by celebrity and showmanship than a genuine desire to govern.

Kristiansen and Kaussler note that Trump’s approach to bullshit sets him apart from the average politician, for he “moves so fluidly between fabrication, fantasy, and deception that standard mechanisms for dealing with falsehoods no longer apply.” As George Will explains, Trump’s rhetorical style is “not merely the result of intellectual sloth but of an untrained mind bereft of information and married to stratospheric self-confidence.”

Trump’s endgame is celebrity. He places no particular value on the meaning of words, for they are merely tools for a different purpose altogether. What is said one day can be discarded the next. Lies, deception, and bullshit are integral parts of Trump’s gold-embossed toolbox and he is not hesitant about using them brazenly.

Days into his new term, Trump moved rapidly and methodically to advance his agenda. He signed hundreds of orders, from increasing border security to limiting birthright citizenship. He also cancelled 78 directives issued by Biden, including those relating to climate change and diversity and inclusion.

But then Trump said he’d bring grocery prices down. Now, he says it’s too hard. He said he’d cut energy bills in half within one year, but he wasn’t aware that oil prices are set globally, not by a narcissistic president. He said he’d end the Russian invasion of Ukraine within 24 hours of being in office. Now, he’s saying the war is, “much more complicated.”

And will Trump raise the tariff, a word which he redundantly calls “the most beautiful word in the entire dictionary of words”? Whether he’s bullshitting or posturing, the only constant for the next four years will be one of “certain uncertainty.”



...continued from P.2

Another farmer friend kept a dry cow for five years. A dry cow means one who will not get pregnant. I asked him what he was thinking as feeding a cow that does not produce makes it a very expensive pet. He told me, "I am trying to save my marriage." His wife loved that cow. That is what farmers are really like.

Keeping animals is a wonderful experience and I feel very sorry for people who cannot have at least a few of their own hens. I remember a lovely woman who came to visit our farm. Her friend took her into the hen house and made her reach in under a large golden hen and extract fresh warm egg. The woman held the egg in her hand and cried. I think it was the pent up longing for a real life that hit her.

If you do not have lambs to look forward to this year, I hope that at least you have a garden. Imbolc is a great day to start some seeds. It is time to start the seeds of onions, leeks, celery, celeriac and this year, I will be starting some peppers early as the season here is really too short for peppers. Swiss chard, basil and parsley can all be started early indoors.

A lot of flowers should also be started now. Alyssum which is so wonderful for the bees, delphiniums to delight the eye and heart, echinacea, nicotiana which perfumes the night, rudbeckia and Blanket flowers, sweet peas of which you can never have too many, cosmos daisies and sunflowers the same.

Imbolc is a Festival of light returning to the Earth. The Goddess Bridget, now, also, Saint Bridget of Kildare, arrives in the world on the beams of sunshine and spreads her green cloak across the land. Imbolc is the right time to go out and harvest sedges to fashion Saint Bridge's crosses which are an ancient sun symbol of protection. Make a few of these crosses and place one by the hearth or in the kitchen if you are a poor person and have no fireplace. I make a Bridget doll of sedges and dress her in an apron and cape. Last year's doll and crosses are given to the flames with our gratitude. Each stable and hen house gets its own cross.

As far as the feast for this holy day, it is traditionally based on dairy products and honey both of which are sacred to Bridget. An easy way to celebrate the feast is to invite some guests to a pancake breakfast with the circular golden pancakes representing the returning sun and some butter and honey to slather on the cakes. I wish everyone who chooses to celebrate this lovely holy day, a joyous celebration. 🍷

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The Great Balance: A Documentary by François Laliberté

By Judith Scruton/DSMS

The Museum and Archives Society is planning to show a special documentary

about Tai Chi Chuan which has been taught by Doreen Hind on Denman Island for many years.

Doreen originally learned Tai Chi Chuan from Sophia Denza in New York who had been taught by Grand Master Lia Liang in China. Doreen was chosen to continue this tradition by Sophia in her later years and as we can see in this documentary she was determined to fulfil this responsibility, firstly teaching in New York and later in Courtenay, and on Denman and Hornby Islands.

Great Balance is a wonderful introduction to Tai Chi Chuan for those of us who know very little about the Practice and an inspiration to those who follow Doreen's path.

The documentary will be shown on Sunday, February 16th at 2 pm in the Gym at the Seniors' Hall. Please join us to see this celebration of Tai Chi Chuan. Francois Laliberté and Jocelyne Lacroix have done an amazing job of filming, research and narration.

we tto the showing is by donation as the Society is raising money to rejuvenate the outside of the Museum.

Please join us, you will love "Great Balance". 🍷



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Updates to Tribune Bay Park FOR IMMEDIATE RELEASE

Contact: Kendra Scanlon, LEES+Associates (Planner) kscanlon@elac.ca

By BC Parks

Updates to the Tribune Bay Park Recreation Enhancements Project
Timeline, phasing, and partnership opportunities are under consideration.

HORNBY ISLAND, BC (January 23, 2025) - BC Parks is undertaking infrastructure updates and future planning for Tribune Bay Park on Hornby Island. Enhancements will be taking place this winter.

This winter, BC Parks is replacing the septic system in the existing Tribune Bay Park campground to ensure it is ready for the spring 2025 season. This work requires the removal of a small number of trees. Ongoing invasive plant management will continue, as well as assessments of the Day Use shelter for potential repairs, replacements, and accessibility improvements.

Following October's announcement from School Districts 69 and 71 to withdraw from the operations of the Tribune Bay Outdoor Education Centre, BC Parks is exploring options for the future of this site. Condition assessments of the existing facilities, and archaeological and ecological assessments are currently underway. These assessments are expected to be completed this Spring and will inform future planning for the site, including options to continue outdoor education opportunities and the possibility of this section of the park as a location for the proposed walk-in campsites.

For more information on upgrades and maintenance and for future updates on the Tribune Bay Park Recreation Enhancements project, visit helpshapebc.gov.bc.ca/tribune

BC PARKS: BC Parks' mission is to protect representative and special natural places within the province's protected areas system for world-class conservation, outdoor recreation, education and scientific study.



Letter to Transport Minister Farnworth and BC Ferries Commissioner Haig

By Sharon Small

Good News. The Office of the Ombudsperson is in the process of assigning an investigator to investigate the BCF Commissioner's failure to make the corporation accountable. Once an investigator is assigned, she/he will alert the Commissioner. I was warned that the process could be a long but thorough one.

Following is my latest complaint to MOTI and the Commissioner addressing the part deregulation evidently plays in their support of BCF keeping the cable ferry in iffy and unsafe service:

January 23, 2025

Dear Transportation Minister Farnworth and Commissioner Haig:

Your continued silence about the current seven-week long service interruption involving the Baynes Sound Connector indicates a continued support of B.C. Ferries violation of the Coastal Ferry Act's overarching mandate—to provide safe and reliable service to ferry dependent residents in a fiscally responsible way. It also confirms the perils of deregulation and a need for immediate government oversight.

The evidence for replacing the cable ferry is irrefutable: the Baynes Sound Connector has the highest mechanically related service interruptions in the fleet and costs \$5.9M annually to operate, not \$300,000 as hyped by the former B.C. Ferries CEO in 2013 to gain government approval. Despite a preponderance of opposing evidence, two provincial governments have supported the corporation in keeping *continued on P.8...*

...continued from P.7 a failed experiment in service.

Because of deregulation, BC Ferries has been permitted to run a substandard vessel that was also designed without a functioning fire suppression system. According to an industry expert, this latest prolonged service reduction is due to BCF scrambling to fix one of the four sprinklers. If two malfunction, he explains, the vessel would not be permitted to run. Because of scant government oversight, BCF has been permitted by two governments to put lives at risk by cutting fire suppression costs in the following ways:

There are no hydrants, hoses, staff safety equipment, or even a water source;

There is no federally mandated backup fire suppression system. Consequently, cars cannot be parked under sprinklers when they are not functioning;

There is no forced ventilation, air quality measuring equipment, or breathing apparatus below deck in case of a needed rescue. Consequently, staff is forbidden to go below deck;

The system can only be serviced from a bucket truck when the vessel is not operating;

There are no available spare parts;

Certified officers and engineers are not required because the vessel is attached to land and not considered a ship.

Given this proof that the cable ferry is unsafe, are you going to continue supporting BCF's resolve to keep it in service once a sprinkler is fixed?

Until you compel BCF to comply with the Coastal Ferry Act by replacing the Baynes Sound Connector with an available island class vessel, Denman and Hornby islanders will continue to feel like collateral damage to a political system that places corporate decision-making over customer and staff safety, service reliability, and cost effectiveness.

Respectfully,

Sharon Small,
Denman Island Resident



Seedbeds of "Liberation"

By *Eartha Muirhead*

In community, we discover what we are truly worth as we help each other through the losses and the crises, as we work together to heal the damages inflicted by this culture. Community is built from groups. The result of any creative work..... depends on how well we can work with others in groups. That realization is disconcerting, for groups can be maddeningly frustrating as easily as they can be supportive and empowering." Starhawk, *Dreaming The Dark*

There is much at stake when someone decides to challenge bullies. The following three recent stories may help to fuel our collective need to push back against injustice.

The day after Trump's inauguration, Mariann Edgar Budde, an Episcopal bishop, confronted him with a few "leftist" ideas such as: "We pray for unity that fosters community across diversity and division...that serves the common good.....we are most dangerous to ourselves and others when we are persuaded without a doubt that we are absolutely right and someone else is absolutely wrong."

Last week we heard about Grand Chief Philip Stewart recognizing the folly of his idea of resurrecting the Northern Gateway Pipeline. Admitting his mistake was greeted with applause from Chief Marilyn Slett, chief of the Heiltsuk Tribal Council who said: "We must do everything in our power to stop the planet from warming more. This includes ensuring we do not support fossil fuel extraction and transmission through pipelines no matter what kinds of threats Trump makes."

This week, Colombian President Gustavo Petro called Donald Trump "a threat to humankind" and declared: "Columbia is open to the entire world, with open arms" in the face of US deportations of, what Trump refers to as, "illegal Criminals." That was Trump who capitalized the word criminals. Petro has a "leftist" background; he served two years in prison from 1985 until 1987 as a member of M-19, an underground liberation movement trying to overthrow a

corrupt federal government. From 2012 until 2015, as Bogota's mayor, Petro helped to significantly reduce debt, poverty and crime. As President, he has raised taxes on the wealthy and disavowed the terms left and right and instead speaks of "the politics of life rooted in defense of the environment and the politics of death rooted in resource extraction." The Colombian vice-president is a Black woman named Francia Marquez.

I hope you feel more inspired to speak out a bit louder now that you have heard these stories of humility, courage and persistence. I sense that these folks can stand up to Trump because they are part of vibrant communities of care and kinship. How can we create networks and alliances that support and encourage us to take bold action?

On the Certain Days, Freedom for Political Prisoners calendar, the January page proclaims "Community Will Eclipse Empire." We need to carry on building resilient communities while we still have some liberty to do so. Greta Thunberg gets the last word here. "The one thing we need more than hope is action. Once we start to act, hope is everywhere."

Maybe see you at the Community Volunteer Drive, Sat. Feb.1st 1030 until 2 at the DI Community Center. If you don't see a group you want to join, start your own!



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- Share your ideas and help us build a strong engagement framework

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bcferries.com

BC Ferries

Gina Romantica
Aka Gina-Rae Horvath
ALMOST DREAMS

By Angel-Blue Horvath Veselinovic

My mother has always created beauty, regardless of where we have lived; while camped in a tent on a building site she would wrap me in beautiful handmade quilts and pick fresh flowers for our outdoor table.

*"I am in the discipline of making beauty;
Beauty is my defiance of all that is ugly."*

My mother is in the business of beauty, portals, and stories.

*"I'm not interested in truth,
the truth is none of my business"*

*My business is to tell a story
And that story is told between me and the model
I give the model space to tell that story"*

In working with my mother, both in front and behind the camera, I have witnessed her create portals for her models to walk through, allowing them the space to express previously hidden sides of themselves. Part of the female gaze, which is so prominent within her work, is the allowance for women to show up authentically as who they want to be. These portals of allowance are captured within these images.

*"The Model is a huge part of the narrative, I direct superficially,
the model is the muse,
I feel I don't want to explain myself to the models, I feel
embarrassed to explain too much of what I am doing"*

Like dreams, the familiar, yet disconcerting beauty of these image's have a lasting impression. To discuss the production and technical side of my mother's work would prove quite boring, and would truly defeat the pursuit of mysticism and magic, her work speaks for itself in that regard. Professional and beautiful.

*"I shot a lot in my night garden, literally in the almost dark.
Maybe with a flashlight or something."*

To discuss the deeper themes, that is more interesting to me.



In watching my mother work, both as an artist, creator, and mother, I have observed the power of the feminine; ironically something she claims to not consciously think about. That is the beauty of my mother, she is purely who she is, without needing to think about it.

Feminine iconography has always played an important role in the discourse of art, a reflection of how women are valued, and what we are valued for. My mother takes this discourse and explores it through a raw feminine gaze with these works; from references to the Virgin Mary, the broken hearted woman, to the angry daughter and many more.

She plays with motifs of fire, masks and red ribbon repeatedly throughout this series of work.

I asked her about this, knowing that often my mother has an end vision or goal in all that she does, I hear her pause on the phone, pondering; *"I can't give you a damn good reason"*

She claims to have been working instinctively with this body, building off of what the models bring forward, and tapping into something that is deeper than intellectual reasoning. The subconscious desire to create, and intuitively it just flows through.

She described the conceptualization of these image's as "Leaking in from the ether", explaining that the images happen quickly and intuitively.

"I am exploring themes of strength and feminine rage. Beauty is being celebrated in a slightly unsettling way."

In working with her my whole life I have learned the value of the feminine, and how it transcends the traditional and contemporary definitions. Modeling with her from childhood to adulthood has given me the space to explore the definition of what being a woman means. To witness the fierce protection of a mother, the anger of a daughter, the love of a woman, and joy of a girl. My mother does not shy away from the crones, the sexuality, the anger and danger of women, nor does she ignore the

softness, the beauty, and gentle nature, but rather gives them both space to exist and breathe.

*"I am not afraid of the dark but
I am definitely in the pursuit of beauty"*

Almost Dreams is showing at the Hornby Island Community Hall
March 29 7-10 pm and March 30 12-5pm



Working the Medicine Wheel

By Sally Campbell

I have long been fascinated by the Medicine Wheel. Originally called “stone circles”, some are as old as the pyramids of Egypt. They represent a very complex cosmology developed by the Plains indigenous people, and together with underlying commonalities, they are interpreted uniquely by each indigenous culture. I knew some of the Medicine Wheel’s most basic interpretation in an intellectual way, having been introduced to it by Mark Wedge, a Carcross- Tagish-Tlingit leader, friend and colleague. It was not until my first visit to a living, breathing Medicine Wheel way up high in the Bighorn Mountains of Wyoming, where I experienced a physical immersion in something so much bigger than I could imagine, that I came to give it the deep respect it deserves. It was there, standing on what felt like the top of the world, in the midst of very ancient stone configurations 2 hectares in size, that took several hundred years to put in place, that I felt pure awe and a oneness with the entire cosmos, a belonging. And a wondrous sense of the living energy of creation, the mystery that is bigger than all of us.

Over the years, as I had the privilege of exploring dispute resolution processes and teaching mediation within many indigenous communities across Canada, from the Mi’kmaq in PEI (Epekwitk) to Lake Babine First Nation at Burns Lake, I would often (humbly) introduce the Medicine Wheel as a way of working with the tensions within us, as a kind of rebalancing tool, give recognition and appreciation of where it

continued on P.13...

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...continued from P.12 came from, and ask for those with an understanding of its meanings to share them with the class. Invariably, people would come forward and offer their insights into the Wheel, and rich discussions would follow. I learned a lot about the Wheel from those experiences, and each community's interpretations enlarged my sense of the richness of this cosmology.

Considering that many believe the Wheel to be a circle of awareness of the individual self,

I began to use it as a kind of touchstone for my own well-being. Radically simplifying it to an expression of 4 basic aspects of our being – the mental (North), physical (West), emotional (South) and spiritual (East) – I would place those in a circle on a piece of paper. Then I would explore the attention I was giving on a regular basis to each of those aspects, by noting under each section what I was doing to feed those various aspects. Where was I most immersed?

What parts of my being was I neglecting?

Where did I need to give more focus?

How was I working with the tensions of a busy family life, career, friends, service to others? What activities fed more than one aspect of my being, and how could I integrate those into my daily routine? My goal was to increase my sense of well-being, because if we have well-being, we can help support others and our world. I called this practice "Working the Medicine Wheel".

It became such a valuable practice for me that I offered it as a reflective exercise to many adult learners across many different disciplines, over the course of many years. As for myself, I would often find that I was doing just fine feeding the mental part of my being – reading a lot, learning a lot, challenging myself regularly on that level – and perhaps I was getting lots of exercise, so the physical aspect was fine as well. But

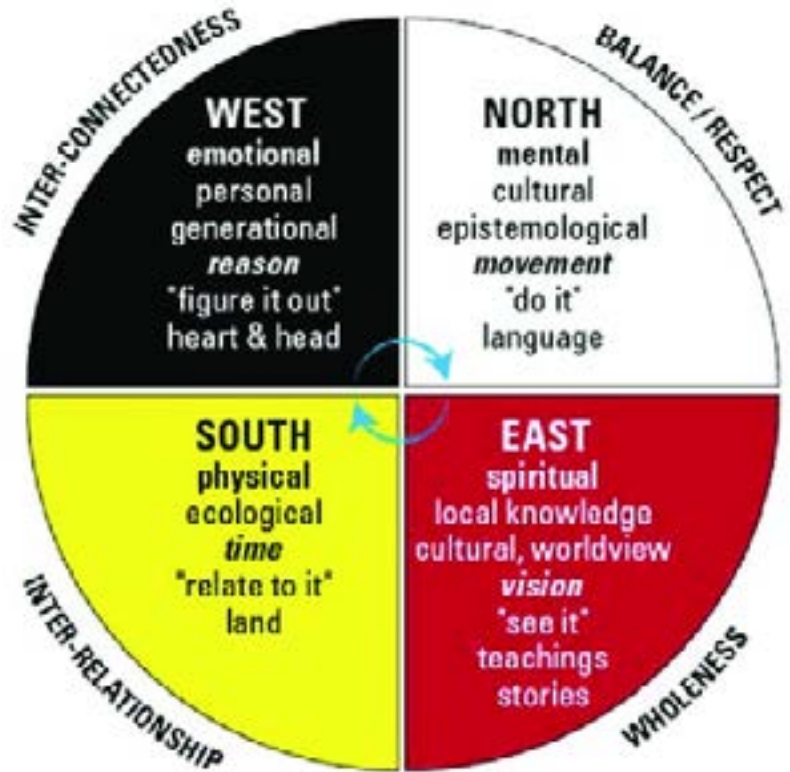
what about the emotional? Was I listening to that voice inside me that wanted or needed more tenderness? Was I listening

to and working with my anger, and letting it be an informant, or was I stuffing it down? How was I feeding my soul? Was I regularly dancing, singing, soaking in a hot bath, walking the beach? And how about the spiritual – what was I doing in that realm? Of course, almost anything we do can be part of a spiritual practice, but how conscious was I of this necessary element in my life? It seems to me that we don't grow spiritually without awareness, intention and surrender. We also often need a trusted guide.

When an activity such as T'ai Chi Ch'uan or walking the beach fed me in all the aspects of my being, I would place it in the centre of the circle. The more items in the centre the better! Now all I needed to do was practice them regularly. No "shoulds", just action, or in the case of those "too busy" to ground themselves, non-action. A dearth of entries under any one aspect became an inescapable message that I was ignoring very important internal parts that need attention.

A valuable reminder, and I could then recalibrate as needed.

During the last season of 2024, as wars and violence seemed never-ending, I decided I really needed to "Work the Wheel" every day rather than every few months. I've been doing that since early fall, not writing anything down, just engaging in a mental touching of the four bases each day and living accordingly. And I have found it to be very grounding, so I offer it to you dear reader. As Carl Jung so wisely said: "Who looks outside dreams; who looks inside awakes".



Morphic Resonance

By Jane Masutani

I heard a man named Rupert Sheldrake (and what a lovely name!) speaking on CBC radio the other night, on *Ideas*. He was turned on for company while I cleaned the kitchen. I could have listened to him talk all night. Such eloquence! Says he's basically been ex-communicated from the scientific community for being a heretic. Compared his situation to the Catholic Church at the time of Galileo. They just don't want to know. In this case, about his theory of Morphic Resonance.

Sheldrake says we're living in a force field, like gravity, that operates telepathically. Thoughts are (like we've been told ad nauseam in so many new age books)... real.

Scientists thought that when we discovered the minutiae of the DNA strand we'd be able to see how a tiny seed develops into a huge tree with a hard trunk, soft green leaves and branches, or how a tiny embryo develops into a sheep with fur, four legs, googly eyes with long lashes and a baaaa—baaaa.

It hasn't exactly worked out that way. They still have no clue why these astonishing changes take place from tiny seeds and cells. Sheldrake says nature operates on a 'habit' model. Things have always been thus, the plant 'remembers' what to do and does it, though there's room for change.

He says an idea is not only 'in the air,' it is actually In The Air, in this Morphic Resonance force field. This explains, to use an important example, why I suddenly want long hair, and so does every other woman in the western world. And we improve our skills exponentially and all together, although miles apart. Rats were thrown into water and told to find a way out. (They didn't actually need telling.) They bumbled around and eventually figured out the process required. Their offspring were born doing better. And rats born miles away did better as well! The prowess of the few raised the level of the many. No mothers and fathers were passing on knowledge. It was just, seemingly magically, picked up, plucked from the air.

According to Sheldrake, we're born knowing more than our medieval or dark age counterparts. We've absorbed knowledge from the air, from what psychic Arthur Findley referred to as the Etheric. His Etheric, which he expounded on in the 1920's, seems to jive with Sheldrake's Morphic Resonance.

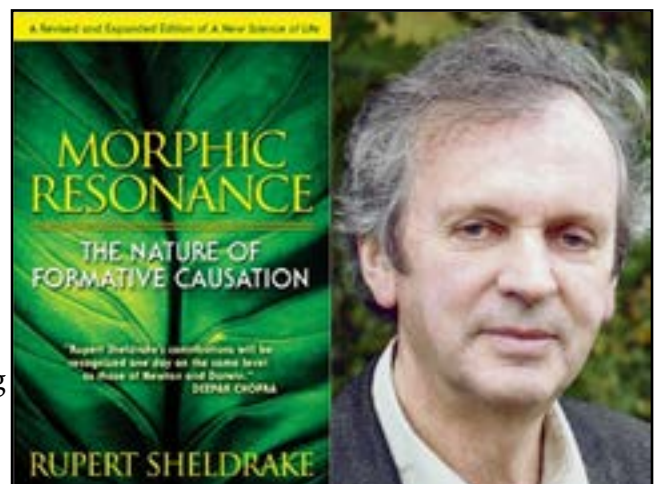
You see where this is leading, don't you. And this explains the scorn and dismissal of the established scientific community. It leads to a view of life that puts 'nature' in the centre, not man, and at the same time opens the door to what is called the paranormal or the supernatural, which might just be downright natural, after all.

The show ended and I was left feeling sorry for this intelligent man who, like all truth tellers, is being ridiculed and made to suffer by the powers that be. How hard it seems for things to change, for fresh air to blow in the world. The world's downward spiral seems intractable. It's sad and disheartening.

There was a documentary made some years ago called *Killing Hope*. It said the U.S. is on the wrong side of a world-wide revolutionary movement for brotherhood and fairness. When Obama started to be attacked for telling "fairy tales" that's exactly what the powers that be were doing, their job of killing hope.

We're aware of all this political stuff, but what if we tie it in with Sheldrake's Morphic Resonance Theory. If thoughts and aspirations are real, then,

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...continued from P.14

in that case, we, the little people, are more powerful than we realize. From this point of view it is easier to understand the necessity of the powerful to cut down any leader who empowers people with good thoughts. It makes us brave and strong. Conversely, the importance of the powerful indoctrinating us with ideas of the futility of our efforts for change. God forbid things should get out of hand and positive upbeat, life-affirming vibes take us all over and we do something outrageous like ban plastic bags world-wide.

Populist Political leaders are easily bumped off, but I can think of an instance when positive vibes and enthusiasm were allowed to "inoculate" everyone. The Beatles. They weren't just a band. They were a phenomena. I was a child of 9 at the time, (Autumn, 1963) but I vividly recall the energizing vitality of their popularity. They created, (much like Kennedy had) a feeling that a new age was dawning. It was modern times now and it would no longer be business as usual. There'd be some changes made. For the better. Finally! People felt empowered. It was good to be alive.

I have long used The Beatles as an example of a miracle, (When I say "There's magic in the world" and people look at me stunned.) and it's interesting to me that one of my heroes, Kurt Vonnegut, cited them as well, as a time when something had magically changed the world, in a twinkling. He cited it to an interviewer as an example of miracles and magic in the world, to back up his feeling that positive world-wide change could happen suddenly. I think he was discussing the environment. But it all ties in, from Sheldrake's theoretical point of view. Change can happen through ideas rapidly spread In The Air.

I think we were allowed to experience The Beatles phenomena because the powers that be didn't recognize them for the force they were. They were just a music band. The fact that they stood for an irreverent, anti-authoritarian outlook, a fearless happy stance, is what fed their popularity. Such a stance is the thing, of course, all great authorities fear. Much better to have a cringing, demoralized, scapegoat-seeking population. Nixon said it on tape, "Fear is easier to instil than love and hope."

We, the multitudes, have somehow got to turn this thing around. I apologize for turning this into a political tract. It wasn't my intention at the outset. But if I can put the metaphysical and scientific at the point where they may converge, (and express them in a '60's vernacular) there are a whole lotta bad vibes out there and some people are playing mind games with us.



The Herd

Herds are fickle
They are dead easy to control
as long as you respect their instincts
You can apply all sorts of subtle force.
Just don't spook them
The herd just wants to do their thing
Calm steady pressure is the key
Distractions confuse them
It keeps them compliant
Compliance is crucial
A little fear goes a long way
It keeps the herd tighter
They are not stupid though
Pushing the herd too hard
makes them unpredictable
They could bolt
It might take days
to round them up again
When a herd gets ornery,
it's time to ease way up
They move as one and could balk
Wide-eyed fear turns into resistance
Even defiance
Never back them into a corner because
a totally different instinct kicks in
They could decide to charge
When the herd turns on you,
there's no contest
Every cowboy knows that

Helen Grond



In The Thick Of It

By Caitlin Johnstone

January 25th, 2025



Here in the thick of it,
our eyes full of pixels and our
veins full of microplastics,
out here with the child amputees
in Gaza
and the frightened street schizo-
phrenics in Los Angeles
and the pigs living their whole
lives in metal crates the size of their bodies,
our lives ruled by algorithms and wealthy world eaters
as we pray for a miracle on knees made of miracles
with clasped hands made of miracles in a world made of miracles,
craning our necks to see past the giant flashing signs saying
“YOU ARE LOVED, YOU ARE LOVE”
in order to find Defects and Inadequacy.
In the thick of it,
up to our ears in it,
cracked wide open,
wide open to the screams of mothers clutching tiny broken bodies,
to the screams of men on fire,
to the screams of dying coral reefs and rainforests,
to the screams inside all of us saying
“Something is wrong, something has gone very, very wrong,”
wide open to the agony but also to the beauty,
to the booming holiness of the earth and the sky,
to the mysteries hiding in abandoned buildings,
to the noble pigeons whose pristine minds know nothing of Elon Musk,
to that place of tenderness within all of us which we cover with shields and armor and feigned toughness and
pretend confidence,
feeling it all,
letting it all in,
the pain and the exaltation
and the weight and the exuberance
and the rage and the orgasms
and the darkness and the light
and the Israeli stormtroopers and their victims
and the bank boys and the savage saints
and that song within all of us calling us home saying

continued on P.17.

"It's here! It's here! Buddha nature is here!",
and blessing it all,
my darling,
blessing it all.
Here in the thick of it,
our hearts sliced open like gutted fish,
we breathe in the air,
exhaust fumes and all,
and we realize with slowly widening eyelids that this,
this is paradise.
There is no Heaven but That which sits before us
and beats within our chests
and grows the grass
and spins the galaxies,
right this very waking moment,
closer to us than our own skeletons
which will one day be laid to rest
in the soil of a revolving ball
in a universe we never once in our lives
understood. 🍷

12 30 24 the future of poetry

Snakes in
the belly
with the world
as a grey mist
falling down in a fog
that obscures
sky,
sun,
and the gods
and from the car
parked next to me on this
cabling boat
there is much yammering,
goofy laughter,
and once again I am a grinch
about Christmas,
politics, war,
the future of poetry
and everything
else.

Alan Black



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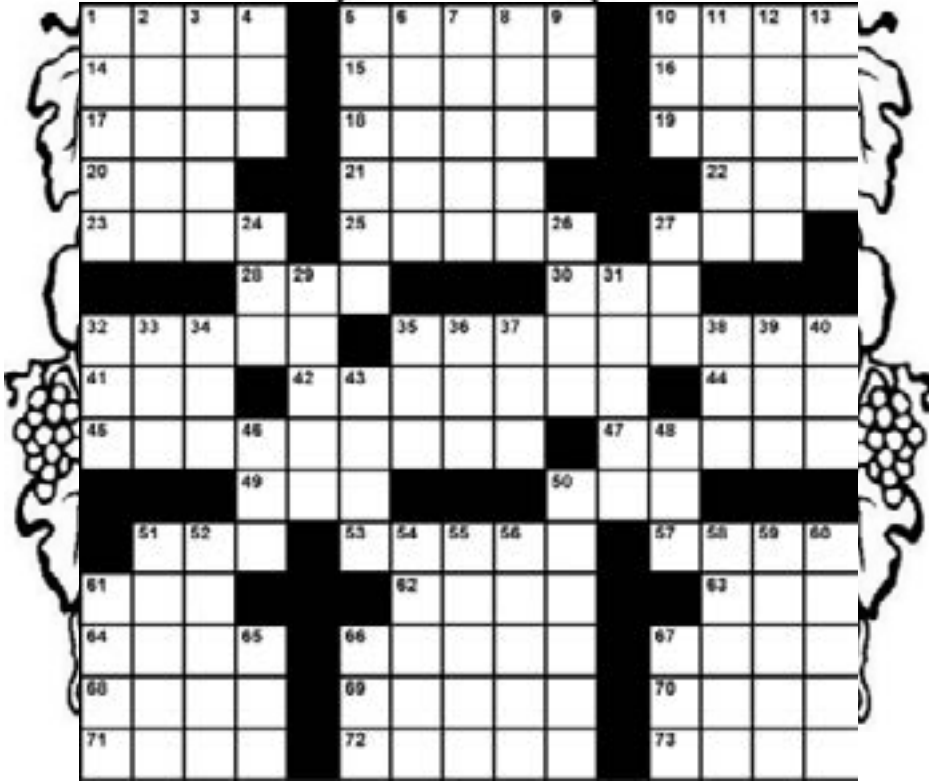
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15. Moslem mogul
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17. Eight on a sundial
18. Desert flora
19. Be furious
20. Caravansary
21. Chinese gelatin
22. Adriatic, e.g.
23. A roaring success
25. Fall birthstone
27. Assistance
28. Be unoriginal
30. Cineraria
32. Congo language
35. Mayhems
41. Cultural collection
42. Deadly
44. Antiquity
45. Double talk
47. Mark replacers
49. Still, in verse
50. Possessive pronoun
51. Conniving
53. Under oath
57. Amend a draft
61. Avoid the truth
62. Geisha's wraps
63. Like mindedness
64. Charitable gifts
66. Crinkled fabric
67. Bridge bldr.
68. Fizz flavor

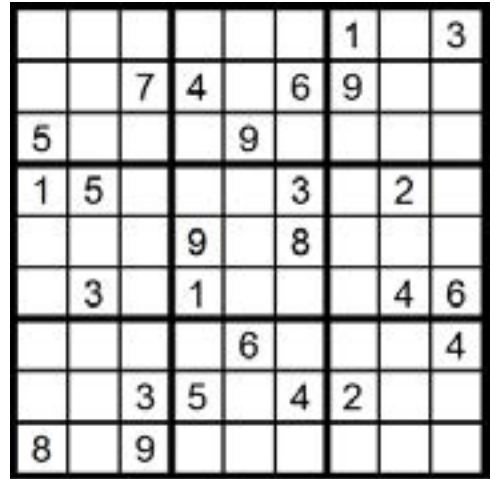
69. Aboard ship
70. Board follower
71. Harmony
72. Fahrenheit
invention, abbr.
73. Ballet, music,
etc

.•DOWN•.

1. Gripe over trivia
2. Drupelets
3. Jungle charger
4. Ring around the collar
5. Go away
6. Onetime pupa
7. Go over
8. Exotic fish
9. Altdorf's canton
10. Aries mo.
11. Seeming
12. Encouraged strongly
13. 2-D measure
24. Actor Pendleton
26. Bantu people
27. Abby's sister
29. Blender speed
31. Alarm button
32. Black sheep's trio
33. Cuckoo
34. Arrest
35. Clock face number
36. Asst. prof
37. Admirer's sound
38. Cable chaser
39. Big head
40. Brillo rival
43. Coffee vessels
46. Ottoman dignitary
48. Avail oneself of
50. Pants feature
51. Foolish
52. Clunker car

54. Value
55. Destined to
diet
56. Less green
58. Generous one
59. Block of metal
60. Contract
makeup
61. Bonny miss
65. Jiffy
66. Alley prowler
67. Historic time

• TEST YOUR MATH SKILLS •

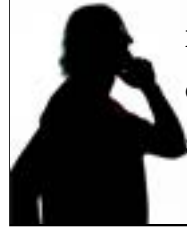


•Last Week's Answers•

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

GRUMPISM

“ I had a college fund, but I spent it on a boat and called it my scholar ship.”



• Last Week's ANSWERS •



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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.

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FORTNIGHT EVENTS

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

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
• FREE STORE 9-12:30pm
• FARMERS MARKET Old School 9:30-12:30
• 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

FRIDAY 7

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

SATURDAY 8

SUNDAY 9

MONDAY 10

• 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 9-12:30pm

TUESDAY 11

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

WEDNESDAY 12

• 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

THURSDAY 13

• 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