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**2025 Spring Break
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By DICES

2025 Spring Break Camp with DICES

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If you prefer phone calls,
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Happy Spring! 🍇



TIDE TABLE

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

2025-03-06 (Thu)

Time PST (m)	(ft)
04:18	3.55 11.6
09:20	4.49 14.7
17:04	0.99 3.2

2025-03-07 (Fri)

Time PST (m)	(ft)
00:59	4.46 14.6
05:49	3.76 12.3
10:07	4.26 14.0
18:07	1.04 3.4

2025-03-08 (Sat)

Time PST (m)	(ft)
02:15	4.57 15.0
07:31	3.75 12.3
11:16	4.04 13.2
19:14	1.11 3.6

2025-03-09 (Sun)

Time PST (m)	(ft)
03:16	4.64 15.2
08:55	3.58 11.8
12:46	3.91 12.8
20:19	1.16 3.8

2025-03-10 (Mon)

Time PST (m)	(ft)
04:04	4.67 15.3
09:54	3.35 11.0
14:09	3.89 12.8
21:18	1.20 3.9

2025-03-11 (Tue)

Time PST (m)	(ft)
04:43	4.66 15.3
10:38	3.10 10.2
15:15	3.94 12.9
22:08	1.28 4.2

2025-03-12 (Wed)

Time PST (m)	(ft)
05:14	4.64 15.2
11:15	2.84 9.3
16:12	4.00 13.1
22:51	1.42 4.7

2025-03-13 (Thu)

Time PST (m)	(ft)
05:39	4.62 15.1
11:48	2.57 8.4
17:04	4.04 13.2
23:27	1.64 5.4

**Shucking Oysters:
Been There, Done That**

By Alex Allen

They say mimicry is the sincerest form of
flattery. If that's the case, then we folks have
been flattering our way through history for
decades. Every new movie or song or fashion
trend or art is just a copy of something else.

Every movie is based off of a book, a remake of a foreign film, or a remake from 20 years
ago. In fashion everything is 80s inspired or from some year that's coming back in style.
Even in music it seems like any new idea gets copied immediately. Why does it seem like
everything has been done before? That everything is being copied and there are no more
original moments?

It's well-known that how and what we perceive defines our reality. We're influenced by what's around us, picking
up nuances from our friends, and social news media. Like durable sheets of paper towel, we are constantly ab-
sorbing new things, adding them to our personalities which again affects what we create. But can we do anything
original anymore? Is everything a little of this and a little of that, influenced by this, inspired by that? Or, are we
simply running out of ideas?

Most films are franchises. The Marvel movies. Look at Disney, who either remakes a movie to be almost exactly
like the original or takes the same concept and spins it into something new. Look at Broadway. Cabaret. Chicago.
Hair. The Glass Menagerie. The Wiz. Sound familiar? Because they are. All have been revived more times than
Donald Trump's hair. It's about staying with what works and what works is regurgitating.

continued on P.4...

...continued from P.3

In his book, *Human Frontiers*, Michael Bahskar argues that when it comes to innovation and big ideas, our culture has become a version of “Groundhog Day.” We are stuck on a repeat cycle, the same architectural motifs, the same music genres, the same athleisure fashion items, over and over again. Our culture rebellion has been “neutered, monetized and tamed for a global audience in a theme park version of public extremity.” Music is no longer the “heartland of a broiling subculture so much as an accessible, easily digestible menu to be sampled from at will.” Rather than an underground counterculture we have the mainstream blockbuster; think Ed Sheeran not David Bowie.

Since the 90s measures of creativity among US students have been steadily falling. These include such skills as original thinking and open-mindedness, which doesn’t bode well for the future. Globally, fewer students are majoring in art or creative subjects in university and there are less and less jobs for creative types like artists and musicians. Policy-makers, universities, and even entire nations are cutting out humanities and focusing instead on the almighty dollar. In her book, *Not for Profit: Why Democracy Needs the Humanities*, Martha Nussbaum warns that if we pull the plug on liberal arts, we no longer have the sort of people able to do the things required for democratic citizenship. We are sacrificing history, art and literature for science, economics and accounting.

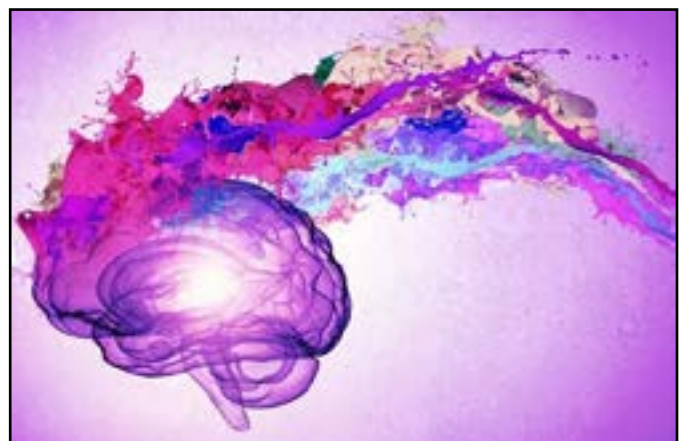
If all that matters is economic growth, then education for basic math and literacy is all we need. Nussbaum argues that a liberal arts education – philosophy in particular – is important for a meaningful life. We need philosophy to not only criticize and analyze, but also to help us make sense of our inner lives – our feelings and attitudes towards one another. Unfortunately, talk radio and internet culture blatantly encourage narrow-minded tribalism. We don’t listen to what we say, we just want to talk louder and win battles. Courses in humanities teach us to engage and listen to other people’s viewpoints, not shut them down.

Think of the realm of deep thought. Where are the sages, prophets, philosophers of our century? We have more academics than at any other time in history and yet no new major works of social theory have emerged in the last thirty-five years. There are no new versions of capitalism or liberalism or even anarchism. There are just “shades of grey, old, regurgitated political ideas.” Democracy as we know it is unravelling, yet we continue to awkwardly lurch on, comfortably stuck in our old ways.

Instead of any radically new world concepts, we have authoritarianism, strongman tribalism, sectarianism and nationalist populism – hardly new or original. No one has tried to reinvent political theory. From policy to architecture, music to philosophy, big ideas have withered. Instead of being dynamic, we seem paralyzed from having any new thoughts. Bhaksar writes that “we are good at producing things, we are not nearly as good at thinking anew.”

We all know that technology has enhanced our lives immensely – from instant information to global connections. But could it also kill our creativity? When our minds are free from constant input, they naturally start to wander, leading to bright and shiny ideas. With smartphones and endless loops of entertainment, we rarely have to confront boredom. Technology never allows space for daydreaming. Every lull has to be filled with scrolls, clicks and swipes.

If anything, we need bold and ambitious thinking. We need to step outside. Wander far and free. Go where it feels uncomfortable. Try things that are unlikely to work and try again when they don’t. And then, we just might be able to answer the question: What’s the big idea? 🍷



The air in Los Angeles

By Gabriel Jeroschewitz
Feb. 21/2025

In the summer of '73, hung thick and heavy, a miasma of smog and simmering resentment. The sun, a malevolent eye in the hazy sky, did little to burn away the city's perpetual twilight edge. I was drifting then,

fresh off the Greyhound, lured by the whispers of a different kind of life, the kind found lurking in the shadowed alleys and dimly lit bars that lined the fringes of Hollywood. It was in one such establishment, 'The Void,' a dive that smelled perpetually of stale beer and forgotten dreams, that I first saw him.

He sat alone in a corner booth, a figure seemingly carved from shadow itself. Lean, with eyes that held the hard glint of chipped flint, exuded an aura that was both magnetic and deeply unsettling. This was not the manufactured unease of the movie sets; this was something primal that seeped from the very fabric of his being. Later, I learned that his name was Silas. He spoke in clipped, precise sentences, each word a carefully placed shard of glass. He talked of frequencies, of unseen currents that flowed beneath the surface of reality, shaping and controlling the lives of the oblivious masses. He spoke of words as viruses, of language as a weapon. It was pure Burroughs, unfiltered, raw, and utterly captivating in its strangeness.

Silas became my guide, of sorts, leading me through the labyrinthine underbelly of Los Angeles, a world populated by artists pushing boundaries, musicians chasing echoes of sound, and writers who bled ink onto the page in a desperate attempt to capture the unravelling edges of consciousness. We would meet in dimly lit apartments, the air thick with the scent of incense and something else, something sharper, more chemically acrid that clung to the back of the throat. The conversations were always fragmented and hallucinatory, bouncing between esoteric theories and stark pronouncements of societal decay.

One evening, in a cramped room overlooking a neon-drenched street, Silas introduced me to 'the technique.' He explained it was a way to unlock the mind, to bypass the conscious filters and tap into the raw, unfiltered stream of the subconscious. "Relax," he'd said, echoing the man's words, "Your mind will answer most questions if you learn to relax... into the silence."

The technique involved prolonged sensory deprivation, a ritual of darkness and stillness designed to strip away the layers of everyday perception. The room's windows were blacked out, and the air was heavy with a cloying sweetness I couldn't quite place. Silas lit a single, thin candle, the flickering flame casting elongated, dancing shadows on the walls. He instructed me to lie on the floor and focus on the silence, the absence of light, and the stillness of my own body.

At first, it was just darkness, profound and absolute. Then, slowly, the silence began to hum, a low, resonant thrumming that vibrated through my bones. Shapes began to form in the darkness behind my eyelids, shifting, amorphous figures that coalesced and dissolved with unsettling fluidity. The hum grew louder, morphing into a chorus of whispers, sibilant and unintelligible yet undeniably insistent. It felt like the room was breathing, expanding and contracting around me.

Cold and sharp fear began to prickle at the edges of my awareness. The relaxation Silas had promised was nowhere to be found. Instead, a growing unease coiled in my stomach, a visceral sense that something was fundamentally wrong, that I had ventured into a territory not meant for human exploration. The air seemed to thicken, pressing in on me from all sides as if the room was alive and breathing, a malevolent entity that had been disturbed from its slumber.

The whispers intensified, becoming distinct voices, though still garbled and indistinct. They were coming from everywhere and nowhere, from the walls, shadows, and within my head. The shapes behind my eyelids became more apparent and sharper, taking on disturbing forms—geometric angles that shifted into monstrous visages, faces that seemed to writhe and decompose before reforming into something even more grotesque.

I tried to stop, to pull myself back from the edge of this sensory abyss, but I found I couldn't move. My limbs felt heavy and unresponsive as if weighted down by an invisible force. Panic began to bubble up, hot and frantic, threatening to overwhelm me. The voices were no longer whispers; they were shouting, screaming, a cacophony of rage and pain and something else, something ancient and malevolent.

Suddenly, the candle flickered violently, spitting and sputtering before plunging the room into absolute darkness. The voices ceased abruptly, leaving an even more oppressive and terrifying silence than the

continued on P.6...

...continued from P.5 noise. In the void, I felt a presence, something unseen, something close, breathing down my neck. The air grew colder, and a metallic tang filled my nostrils, like the smell of old blood.

Then, just as suddenly as it had begun, it stopped. The oppressive presence receded, the cold lifted, and the silence became silent again, still pregnant with dread. I scrambled to my feet, fumbling blindly in the darkness until I found the door, wrenching it open and stumbling out into the relative sanity of the neon-lit street. But the dread lingered as a heavy weight on my shoulders, a constant reminder of the horrors that lurked just beyond the edge of perception.

Silas was gone. The room was empty save for the lingering scent of incense and the faint, almost imperceptible metallic tang. I never saw him again nor attempted 'the technique' again.

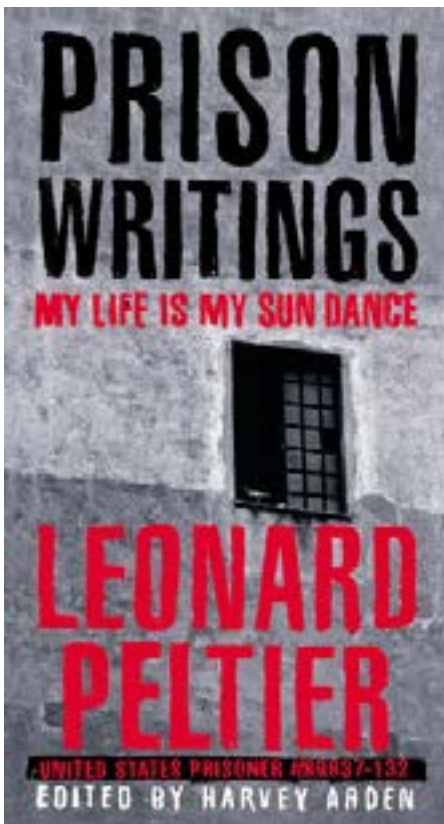
But sometimes, late at night, in the quiet hours when the veil between worlds seems too thin, I still hear the whispers. Faint and distant, they drift in on the edges of the silence, a chilling reminder of that night and the unsettling truth I glimpsed within the darkness – that some questions are best left unasked, some doors are best left unopened, and some silences are best left undisturbed. Because in the vast, untapped resource of the mind, as Burroughs suggested, there are answers, yes, but there are also things best left undiscovered, horrors that slumber just beneath the surface, waiting for the careless hand to wake them. And once woken, they might never let you sleep again. 🍷

Seedbeds of Liberation

By Eartha Muirhead

"We are not separate beings, you and I
We are different strands of the same Being.
You are me and I am you
and we are they and they are us.
This is how we are meant to be
each one of us,
each of all of us.
You reach out across the void of Otherness to me
and you touch your own soul."

from *Prison Writings: My Life is My Sun Dance*, by Leonard Peltier



I could not seem to escape some very unpleasant reactions last week when I learned on Facebook that 4 Canadian friends are proud to be supporting Trump. My mind seemed stuck in waves of shock, betrayal, rage and disappointment. After feeling wretched for a day, I remembered to practise self-compassion in order to stay out of the grip of panic and anxiety. Tears of grief flowed as I rode my bike on a clear magical morning. I have known Linda for 32 years; I hired her as a live-in nanny when my kids were young teens and I was away working. Nature lover, artist, kind and dependable, a passionate voice for girls' liberation. Her husband is the same; into permaculture, Fairy Creek actions, playful and a patient father. I knew they were vaccine hesitant but did not realize they were anti-vaxxers; they lived in a different town and I only saw them twice a year. Now they are spewing conspiracy theories to their FB followers; Satan-worshipping pedophiles and communists lurking at every corner, type thing. I emailed and asked them to send me their main source of information. He sent me 2 long

continued on P.7...

...continued from P.6

emails explaining "what is really going on." After I sent her a Democracy Now clip about Trump I was told to stop harassing her and to stop sending "political propaganda."

I keep reading the above poem by Leonard Peltier because if he could love his enemies, then maybe I can as well. I want to share some other strategies that help calm down the fear response, that might help you when you realize anxiety is building. Yawning, laughing, crying, singing are some ways to discharge stuck emotion. Long, slow exhalations, shaking out the limbs, exercise, dance, being outside in nature, getting a hug from a pet or friend, or making a list of safe places, people, music, memories, sensations and commitments that you can read aloud. My commitment evolves and is based on this one: "From this moment on, I cheerfully promise to do what I can to allow safety to soothe me, from the inside out." Instead of saying "Oh no" I say "Oh well." I also bring to mind my PLAY acronym: P= Pause with Presence, L=Listen to Learn, A= Attend with Awe, Y= Yield for Yin and Yang. Also, I received a Reiki treatment from Gerly Metsar and felt my mind and body melt into ease and release.

Leonard Peltier wrote this after 24 years of being in prison: "We need more compassion; that compassion is our own highest possibility." To have compassion for others, I also have to cultivate it for myself. Letting go of imagined threats feels better than building walls of paranoia. There are real threats coming at us for sure and I will be more effective in the long term fight if I am well-regulated and relaxed. 🍇

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Children need to see adults engaged in meaningful work, for it inspires children to play. When helping children who can't play, it is astonishing how quickly play can be reactivated, once children are exposed to real work. Without play children are less likely to be able to form their own independent ideas.

This in turn can have an impact on society, for democracies rely on citizens being able to think creatively and independently

On the other hand, totalitarian regimes do not tolerate such independent thinking... If one wants to prepare children for life in an active and thriving democratic state, then it is critical that we help them play creatively when they are young.

(Joan Almond)

Bully Worship

A society that rewards power, wealth and control

worships bullies

From the schoolyard to the boardroom, to politics.

Bullies rule

In our communities, our governments and big business

Bullies rule

They control the police, the rules and the courts

Bullies rule

They control the money, the land and most assets

Bullies rule

They control education, media and cultural norms

Bullies rule

They control the food, the energy, the water and our health

Bullies rule

They tell us who to believe, who to hate and who to cheer

Bullies rule

When bullies brawl, everyone suffers
The poorest always pay the highest price
There will never be an end to the bullies
Bully worship, however, is a choice.

Helen Grond

Psychiatric Jerky **Part I of III**

By DJ Aftermath

Welcome to the Krazy Katz MentalHealth column which focuses on alternative and conventional approaches, and critiques of the past, present, and future practices and theories in the field of MentalHealth.

I am not an expert in this field, however, my perspectives and insights come from years of lived experience dealing with extreme mental states that have been rewarding at times, and at other times terrifying. I've been arrested, certified numerous times under the Mental Health Act, locked up, drugged, and traumatized by invasive treatments. I have had numerous encounters with "MentalHealth Professionals" that have been both lovingly positive and demeaningly negative.

I have spent much time researching the many different aspects of the field of the psychiatric "Medical Model" which theorizes that neurodiversity and extreme states of behavior are a physical/organic problem in the structure of the brain and thus, people are labeled "Mentally ill". This is a theory that does not have strong repeatable evidence to back it up.

Experiencing extreme states can lead to intense mental struggles that can have a detrimental impact on one's psyche, physical health, and on family and friends. This can be observed in extreme fluctuations in mood and behavior where one feels on top of the world, where they can do anything with superhuman abilities, and have unlimited intense energy with no sleep or food for days on end. Whose behaviours during an episode can sometimes be positive and sometimes very destructive. And more often than not when "coming down" from this type of extreme state, there can be a fall into great despair leading to thoughts of self-harm or suicide.

Extreme states are a result of many different factors. One of the largest factors is the impact that traumatic events can have on the mind, body and spirit. The degree of impact of a particular negative event, such as being a confused distraught child during their parents' divorce, can have a very traumatic lasting impact, while some children are not really affected by it at all. Sometimes, the negative mental impact of a parents' divorce experienced by one child, can be equally as traumatic as that of a child who experienced repeated childhood physical abuse. Why is this so? It is not completely understood, but it goes to show that the degree of the mental impact of similar or drastically different traumatic events varies greatly from person to person. Judgements about what events should have a greater impact on one's mental health can not be made with any kind of certainty.

A big contribution to our mental and physical wellbeing comes straight out of our surrounding social/political environment. Current social/political systems are dysfunctional, demanding, life-draining systems of *continued on P.9...*

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MARCH 13TH 7PM
SENIORS ACTIVITY CENTRE
BY DONATION

THE HAKAI INSTITUTE
PRESENTS: THE SENTINELS OF CHANGE PROJECT FOR TRACKING DUNGENESS CRABS AND MONITORING THE HEALTH OF THE MARINE ECOSYSTEM

PACIFIC WILD PRESENTS: TOP 14 REASONS TO PROTECT PACIFIC HERRING FROM COMMERCIAL FISHING IN THE STRAIT OF GEORGIA

SENTINELS OF CHANGE

PACIFICWILD

...continued from P.8 control that have a negative impact on the mental well being of its citizenry. As the saying goes "Madness is a sane response to an insane world". It's important to realize that individual and cultural trauma can also be passed on "intergenerationally" down family/cultural lines, demonstrating that psychological distress can be an ongoing outcome born out of dysfunctional societies where the effects of this type of distress falls along the different spectrums of adverse behaviors, emotions and states of being. Some of the common states of being, known as clinical depression, anxiety, ADHD, psychosis, Bipolar I and II to name a few are the diagnostic labels given by the conventional psychiatric system to categorize expressions of different behaviors. Diagnostic labels can lead to such problems of feeling of low self worth and stigma.

Society is sick, and not surprisingly its sickness is negatively impacting all of us in one way or another. It's time to look into transforming society into a life enhancing poetic experience of the marvelous, rather than the oppressive patriarchal, colonial, racist, violent, alienating capitalist society we are currently in. Our society has completely gone mad...driven off the rails by its "crazy making" structures and conformity to demanding authoritarian systems. The statistics show that the incidence of "Mental Illness" is continuing to grow at an alarming rate...of course it is.

A sick society equates to a great number of negative mental and physical effects, and some very extreme difficulties for individuals to deal with on their own.

To be continued in the next issue. 🍷



**Denman Island Local Trust Committee
PUBLIC HEARING NOTICE
Proposed Bylaw Nos. 248 and 249
Housing-Related Temporary Use Permit Review**

The Denman Island Local Trust Committee invites the public to attend a Public Hearing beginning at **10:30 am, Tuesday, March 18, 2025, Denman Activity Centre, 1111 Northwest Road, Denman Island**, to hear your views regarding **Proposed Bylaw Nos. 248 and 249**.

- **10:15 AM – Community Information Meeting** will be held before the Public Hearing for you to learn more about the bylaws and to ask questions
- **10:30 AM – Public Hearing**

What are Bylaw Nos. 248 and 249 about?

The bylaw amendments to Denman Island Official Community Plan (OCP) and Land Use Bylaw (LUB) include:

- Removing the requirement for a Temporary Use Permit (TUP) for secondary dwellings in R2 (Rural Residential), F (Forestry), and RE (Resource) zones; and
- Removing the density bank.

How Do I Get More Information?

Copies of the proposed bylaw, the Public Hearing Binder and other information is available **online** from March 7, 2025 to March 17, 2025 here: <https://islandstrust.bc.ca/island-planning/denman/projects/> and at the Islands Trust Northern Office, 700 North Road, Gabriola, BC V0R 1X3 from 8:30 a.m. to 4:00 p.m., excluding statutory holidays.

Enquiries?

Contact the Islands Trust Northern Office, by email: northinfo@islandstrust.bc.ca, or phone: 250-247-2063.

Written submissions?

Written submissions will be accepted until 4:30 p.m., March 17, 2025 to: Islands Trust, 700 North Road, Gabriola Island, BC, V0R 1X3 or email: northphsub@islandstrust.bc.ca

Written submissions made in response to this notice will be available for public review.

NO WRITTEN OR ORAL REPRESENTATIONS WILL BE RECEIVED BY THE DENMAN ISLAND LOCAL TRUST COMMITTEE, OR ITS MEMBERS, AFTER THE CONCLUSION OF THE PUBLIC HEARING.

Nadine Mourao,
Deputy Secretary

CORRECTION

Last week's Shucking Oysters instalment was mistitled.
"Stop the World..." should have read,
"Still Life with Donald"
Apologies to Alex and our readers.

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The Light Goes Out

By Sally Campbell

The earth is always shifting, the light is always changing, the sea does not cease to grind down rock. Generations do not cease to be born, and we are responsible to them, because we are the only witnesses they have. The sea rises, the light falls, lovers cling to each other and children cling to us. The moment we cease to hold each other, the moment we break faith with one another, the sea engulfs us, and the light goes out.”

(James Baldwin, *Nothing Personal*, 1962.)

The light seems to have gone out for Israel. How can they recover from this hateful, cruel- beyond-belief course that they are on? They have now dispossessed 40,000 Palestinians from their homes in Jenin & Tulkarem Refugee Camps in the West Bank, and told them they cannot return. They have indicated they will use their “learnings” from the Gaza onslaught in the West Bank, and it is clear that the current government of Israel has no commitment to a permanent ceasefire in Gaza, nor to a future where Palestinians of the Gaza Strip will be in charge of their own destiny. And now once again, all aid to Gaza has been shut off, and it appears the fragile ceasefire will not be extended to the 2nd phase, which was to involve the departure of all Israeli troops from Gaza and negotiations for a permanent peace. Netanyahu has made clear his government does not intend to enter the 2nd phase.

I see Zionist Israel as doomed. And when in fact that society collapses, Jewish Israelis, like many Germans after the Holocaust, will say, “Oh but we didn’t know!” Regardless of the widespread censorship in Israel of news respecting the Gaza genocide, with social media so ubiquitous, how can Israelis not know what is happening a few miles away, live-streamed to the world by computer, phone, I-pad, TV screen? Of eyewitness reports of political prisoners raped and tortured in Israeli prisons, followed by masses of Israelis loudly protesting in *favour* of prison guards’ right to rape and torture? Or of 40,000 people, already displaced and living in West Bank Refugee Camps, now once again homeless and searching for somewhere to live? You can look away from the horror, but how can you not know?

The soul-destroying aspect for Israelis is tragic. Indifference to the suffering of the “other” and a thirst for vengeance piled on top of historic pain and fear. So many states have helped create this epic disaster by not holding Israel accountable, by using Israel as their belligerent bulldog in an oil-rich and “different” culture, by using Israel to destabilize so they could sell arms and take, take, take.

I am so ashamed of our greedy and ignorant Western culture. Our institutionalized racism, our callous dismissal of lives accorded less value than ours. Our seeming inability to grow past our small-minded tribalism, our white privilege. Our staggering ability to distract ourselves from feeling the pain of the suffering on this planet, and from doing something about it.

We so badly need healing. We need different stories, stories that show peoples’ reality rather than the slick and polished *hasbara* (Israeli propaganda) that has been swallowed whole by unsuspecting consumers of “the news”.

And yet ... the Netflix series, *Mo*, is truly a breath of fresh air, telling it like it is for Palestinians. Here we are in the West, where a courageous truth-telling writer like Yves Engler gets charged with harassment (February 20th) for criticizing rabid anti-Palestinian social media influencer Dahlia Kurtz, and spends 5 days in jail for refusing to be silenced about his own case. And yet, Netflix shows a gutsy series highly critical of the Israeli occupation, and unflinching in its portrayal of life for dispossessed Palestinians, of what it’s like to be an asylum seeker in Texas for 22 years - to have no state, to be unable to see your family in Israel-Palestine because you have no papers, and much, much more. How did they get past the censors? *Mo*, starring and directed by Palestinian Mohammed Amer, is funny and deeply poignant at the same time. In real life, *Mo* also does standup, and he, like all good standup comics, is able to make mock of life’s absurdities. He is a powerful social critic, his material based on his lived life, his strength rooted in his tight connection to his culture and to the community he grew up with in the Houston barrios - Black and Hispanic people also accustomed to being marginalized, trying to eke out a living however they can. The show also interrogates conventional views of masculinity; *Mo* is a man not afraid to cry, to defer to his mother, to fully express his emotions and name his fear. How refreshing for all of us! The tv show *Mo* shows how we can still hold onto one another, how we can keep a light shining despite seemingly insurmountable obstacles. Check it out.

Correction from last week: to reach VFHL go to their website: voicesfromtheholylnd.org.

(I mistakenly gave their email address as the link.)



Some Thoughts On Ukraine

By Caitlin Johnstone

March 3rd, 2025

As the Trump administration pauses military aid to Ukraine and western liberals continue their shrieking meltdown over Trump hurting Saint Zelensky's feelings, it's probably worth reminding everyone that the Russian invasion of Ukraine was indisputably provoked by western aggressions. That's why so many western experts and analysts spent years warning ahead of time that western aggressions were going to provoke an invasion of Ukraine.

Now, some may hear this and say "Okay but Russia still shouldn't have invaded even though our western leaders were aggressively provoking them to." But before you do that it might be a good idea to look inside yourself and ask where that impulse is arising from. Why are you so eager to skip past the part where you criticize your own rulers for their role in starting this war and focus solely on criticizing the leader of an eastern government who has no power over you? What is it inside of you that's flailing all over the place trying to avoid any forceful scrutiny of the reckless warmongering of your own government and its allies?

The last time a foreign rival placed a credible military threat near the border of the United States, the US responded so aggressively that the world almost ended (if you want to know just how close we came to nuclear annihilation during the Cuban Missile Crisis, look up the name Vasili Arkhipov). Western liberals have been conditioned to insist that Russia should have responded differently to the US empire amassing proxy forces on its border than the US would respond to the same kind of threat on its own borders. The frenetic mental contortions needed to justify this ridiculous double standard are only possible because the west is saturated in domestic propaganda manipulating the way they think about the world.

It makes sense for there to be criticism of Russia for its role in this war, and for people to be horrified by the nightmare that's been happening in Ukraine these last few years. What makes absolutely no sense whatsoever is for western liberals (or "progressives" or whatever they want to call themselves) to assign ZERO PERCENT RESPONSIBILITY to their own government and its allies for their extensively documented role in sparking this conflict and ONE HUNDRED PERCENT RESPONSIBILITY to a foreign government with no power over them. That's pathetic, bootlicking behavior, and it's utterly inexcusable.

Stop performing mental gymnastics to defend the abuses of your rulers. Have a little dignity for god's sake.

It is good that Trump appears to be moving toward ending an unwinnable proxy war that Ukrainians no longer want to fight. Anyone who disagrees with this is a dogshit human being.

I am not grateful to Trump for ending this nightmare, I'm just disgusted with anyone who's against doing so. The proxy war in Ukraine was going to end sometime relatively soon anyway; the only way for NATO to reverse Russia's steady gains at this point would be to intervene more directly in ways that would risk nuclear consequences that western leaders aren't willing to receive. This was always a chess game for them; they're not going to put their own necks on the line. So the war had to end to make way for other imperial projects—the Trumpists are just the faction that the empire has tasked with advancing this agenda.

I will not waste any gratitude on Trump rolling back a failed imperial bid to weaken Russia, but I will absolutely scream my fucking lungs out at anyone who insists Ukrainians should keep throwing their bodies into a war that Ukrainians themselves no longer support. If you want the Ukraine war to continue, then go enlist and put your body on the line so that Ukrainians don't have to. The Ukrainian Foreign Legion is still accepting volunteers.

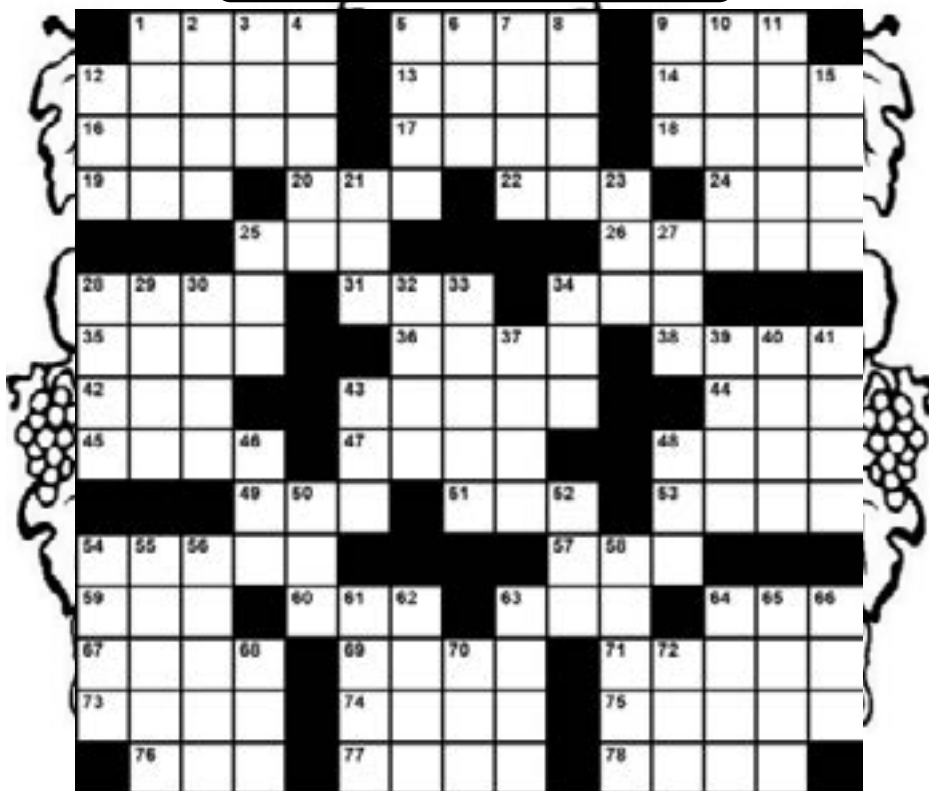
If you want this horrific war to continue, either go and fight or shut the fuck up. Stop tweeting from the sofa in your safe, comfortable home and get your ass to the frontline. Bring along as many western liberals as you can convince to join your cause.

The western empire provoked this war. The western empire sabotaged peace talks in the early weeks after the invasion. They refused off-ramp after off-ramp in pushing Ukraine into this situation, and as a result Ukraine is going to be much worse off than before this all started. Wanting Ukraine to keep throwing human lives into the meat grinder in the hopes that they can recover all their lost territory is just sunk cost fallacy at this point.

Ukrainians now recognize that it's time to cut their losses and negotiate a peace. Western armchair warriors need to recognize this too.



• GRAPEVINE CROSSWORD •



• ACROSS •

1. Bistro
5. Agree
9. Author's last word
12. Cover story
13. Carbamide
14. Kind of ICBM
16. Not yet expired
17. Never, to Keats
18. Be a blacksmith
19. Mil. rank
20. Anteceding
22. Do business
24. Caravansary
25. Grimly humorous
26. Greased
28. Baby's call
31. Barely manage
34. Belonging to us
35. Bygone alliance
36. Brad or spike
38. Asian chieftain
42. A Canadian export
43. Biblical king
44. Aussie bird
45. Darn socks
47. Defrost
48. Formal document
49. Ending for belief
51. Bark shrilly
53. Bookie terms
54. Chubby
57. Answer on Jeopardy
59. Bavarian peak
60. Boring tool
63. Bandeau, for short
64. C major or F

minor

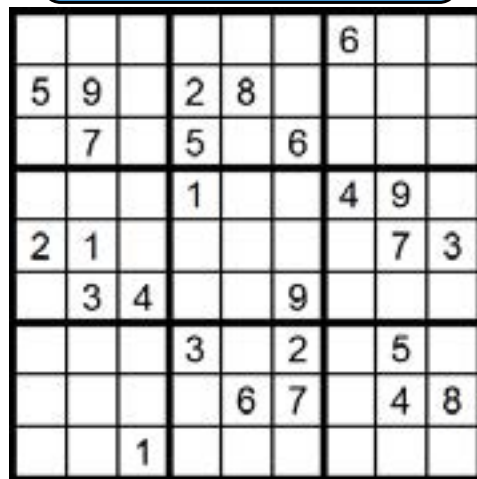
67. Off limits
69. Continental coin
71. Gossipy one
73. Arrogant people
74. Be next to
75. Adhere
76. Be beholden to
77. Catches cod.

• DOWN •

1. Group of families
2. Feels bad
3. Govt. cops
4. Duck down
5. Flag day month
6. Angry state
7. Call a pager
8. Anthony of the alleys
9. Font widths
10. Nothing, to Caesar
11. Hum one note
12. 5th or Park
15. Market
21. Bread or booze
23. Addressee
25. Ain't no more
27. Enrage
28. Informal madam
29. Car bar
30. Dignified manner
32. Banjo locale
33. Ahead of schedule
34. Archaic
37. Greek letter
39. Cattle group
40. Encompassed by
41. Bolt partners
43. Sound of deep thought
46. Becomes faint
48. Cooking pan
50. Bath, for one
52. Augusta stat

54. Back beats
55. Argentine plain
56. Violinist's stroke
58. Final authority
61. Break from a habit
62. Gas station job
63. Mechanical men, for short
64. Grow together again
65. Draw on glass
66. Gab and gab
68. Comanche kin
70. Dead end job
72. Airport info

• TEST YOUR MATH SKILLS •



• Last Week's Answers •

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

GRUMPISM

“What do you call a bee that can't make up its mind?
A maybe.”



Thank you
Noel VILLARD.

• Last Week's ANSWERS •

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

• **SERVICES** •

Denman Island Handyman

*gardening *landscaping *general maintenance *small home projects *interior/exterior painting *chainsaw certified
Reliable, responsible, resourceful, reasonable rates with local references
Call Mark 250-715-6509
mrwossvegas@hotmail.com

Have a trailer available for yard cleanup of unwanted junk around your yard or house.
Call Brian for an estimate at: 250-650-2390

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

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

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

• **FOR SALE** •

Denman Island local cedar kindling sales. Wildcrafted. Artisanal! Damn Cheap! Your fire will thank you! By burning!!
DISCLAIMER: "Denman Island natural cedar kindling" is not intended to diagnose or treat any medical condition. For external use only.
250-897-8184

MATHER FARM - Hay for Sale
\$8/bale or \$7/bale for 50 bales plus
250-335-0243

• **CLASSIFIED ADS** •

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

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

• **FREEBIES** •

Free pair of beautiful Lady Amherst Pheasants to go to a good home. Can be housed in a spacious chicken pen that is roofed and racoon proof. Contact Peter Karsten preferably by text: 250 218 5029

• **WANTED** •

WANTED - all your unwanted, unwashed, damaged or otherwise no longer loved tobacco smoking pipes. Chris 236-255-2751 (call/text).

• **HELP WANTED** •

Request for Proposals
Gardener wanted at Ford Cove Harbour.

What we are looking for:

- Create a new design for the gardens at the Harbour.
- Provide a site plan/ layout and plant selection (Limited to No running water at the Harbour)
- Provide costs for materials, plants and amendments

Garden work includes:

- Regular weeding, mulching, weed eating around buildings and on causeway.
 - Watering, editing and deadheading
- Please include seasonal hours anticipated and hourly wage based on a 12-month contract.
Applications are due by April 1st 2025

The General Store needs a part-time employee. Must be 19 or older. Please call Jennifer at 250 335-2293 or leave a resume at the front till.

Casual Cleaner Wanted - Hornby Island

Looking for an experienced cleaner year round on a flexible, casual basis for family usage and vacation rental. Approx. 2-4 hr per clean with limited laundry. Semi flexible days March-June and 2-3 cleans Wednesday's in July (change over day). Market rate per hour paid. Please text or call Jane 778 899 4119 if interested or available at all.

• **EMPLOYMENT SOUGHT** •

Bilingual administrative assistant seeking work
Over fifteen years experience, ten of which in fast paced industries in Europe and Canada. Skill sets include scheduling meetings and organizing events/travels, promoting events, content translation (english/french), property management and basic administrative tasks such as data entry. Other services also available. Charging hourly or per project. Resume and references available upon request.
Claire Debleu, Denman resident
denmanpersonalassistant@gmail.com
236 380 0726

• **COMMUNITY NOTICES** •

"Inspired Grandmothers" encourage participation in
IWD 2025 education celebration
Non Violent Communication Workshop. Back Hall 10-4
Sat March 8th and Sunday 9th Cost \$150 to sponsor, register or subsidy contact: dices.communityprograms@gmail.com

Farm to Family Meals Service Society - Notice of Special General Meeting regarding a proposed amendment to our constitution: Wed. March 19th at 5pm on Zoom. All members are encouraged to attend. Please email: farmtofamilydi@gmail.com for the link or more info.

COMOX VALLEY TRANSITION

SOCIETY EMERGENCY CRISIS LINE:

250-338-1227 or Text: 250-218-4034 For more info visit
<https://cvts.ca>

NEED HELP? Alcoholics Anonymous
250-338-8042

The Grapevine Print Shop

Printers of *THE ISLANDS Grapevine* and The Flagstone
Denman's Village Voice

On Island printing service
Colour or B&W
Competitive pricing

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



• BUSINESS DIRECTORY •

• (H) Hornby • (D) Denman • (UB) Union Bay •
• (FB) Fanny Bay • (C) Courtenay/Comox •

• ACCOMMODATIONS & RENTALS •

• Denman Activity Centre (Seniors) Rentals 335-3027 (D/H)

• REAL ESTATE • INSURANCE • FINANCIAL SERVICES •

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

• Tuele Group, Royal LePage in the Comox Valley,

Jenessa & Donna 250 335 1720

• BUILDING • CONSTRUCTION •

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

• Excavator/Backhoe/Tandem Gravel Truck & Transfer Trailer

Kenny Mather • 250-703-6512 (All) • John Isbister • 250-335-2565 (D)

• Tandem Gravel Truck & Transfer Trailer • Lora Mercieca

• 250-650-9986 (D/H)

• Ray Ulovec • Backhoe/Excavator, Septic Installation • 335-3145 (D/H)

• Wicked Shovel Excavating & Landscaping • Doug Schmidt •

250-222-8076 (ALL)

• SERVICES •

• Peter T. Mason • Land Surveying 757-8788 (All)

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

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

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

• HEALTH & WELLNESS •

• Physiotherapist • Acupuncturist • TCM Herbs • Carmen RPT, RTCMP

www.spectrahealth.ca 335-2260 (D/H)

• Physiotherapy • Christopher Mainella 250-335-2260

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

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

• www.heartwoodacupuncture.ca (D)



FORTNIGHT EVENTS

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



FRIDAY 7

• Dora Drinkwater Library 1:30pm-3:30pm
• AA Meeting DIUC Gathering Place 7pm
• Deep Rising Mar.7th 7pm Community Hall

SATURDAY 8

• 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
• INTERNATIONAL WOMEN'S DAY

SUNDAY 9

MONDAY 10

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

TUESDAY 11

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

WEDNESDAY 12

• Dora Drinkwater Library 1:30pm-3:30pm
• RECYCLING CENTRE 1-5pm
• BOTTLE DEPOT 2-5pm

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
• ADIMS: Sentinels of Change 7pm DAC

FRIDAY 14

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

SATURDAY 15

• 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

SUNDAY 16

MONDAY 17

• Dora Drinkwater Library 1:30pm-3:30pm
• AA Meeting DIUC Gathering Place 7pm
• Employment Services 9am-3pm DAC
• Spring Break Camp 10am-1pm Comm. Hall HUB

TUESDAY 18

• Dora Drinkwater Library 1:30pm-3:30pm
• Spring Break Camp 10am-1pm Comm. Hall HUB
• DILTC Meeting 10am DAC
• DILTC Public Hearing 10:30am DAC

WEDNESDAY 19

• Dora Drinkwater Library 1:30pm-3:30pm
• RECYCLING CENTRE 1-5pm
• BOTTLE DEPOT 2-5pm
• Spring Break Camp 10am-1pm Comm. Hall HUB
• DAAC Open Mic 7:30pm Back Hall
• Hornby's First Edition Deadline 11:59:59pm
• DIGS Meeting 1-3pm DIUC

THURSDAY 20

• 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
• Spring Break Camp 10am-1pm Comm. Hall HUB

