

the Barnacle

Island Journal

VOL. 3, ISSUE 9

Salt Spring Island, B.C.

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**TUESDAY,
FEBRUARY 29, 2000**

IN THIS ISSUE

FIGHTING FORUM

Judo team wins big



RUCKLE RAMPAGE

It's killing time again



DARK DRAMA

GISS students explore
madness



READERS' RIGHTS

Exercise them this
week

*Leaping into the Leap
Year with style! Check
out the Barnacle's new
format this issue.*

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Local dog on Ruckle rampage

Lambing season means start of killing season among dogs

A young Husky ran through eight fields on Ruckle Farm Monday, February 21 causing the death of one ewe, severely injuring two ewes and a lamb and resulting in the premature birth of another lamb. After paying a \$259 fine and impound fee along with \$515 vet costs and damages, the owner has got her dog back.

"The dog didn't bark. It was a silent attack," said Mike Lane, operator of Ruckle Farm, in explanation for why his own dog failed to alert him.

Lane said the owner had been walking her dog off-leash in the park when the animal took off. The owners said they spent four hours looking for the dog but, unable to find it went home.

"They didn't call Animal

Control. They didn't alert us. They just went home," said Lane.

After the first hour and half of its spree the dog was caught by Gwen Ruckle and held in a shed.

"The dog was young, only 17 months. Maybe it thought it was just a big game. She doesn't know how to kill yet," said Wolfgang Brunnwieser CRD Animal Control Officer. in partial explanation for why this particular dog was released when others have been put down after causing similar damage.

Brunnwieser went on to say the dog had been declared vicious and the owners ordered not to take it off their property without it being muzzled and on a lead.

Under the current bylaw, Brunnwieser explained,



Veterinarian Malcolm Bond, assisted by Mike Lane, stitches up an injured ewe following Sunday's dog attack at Ruckle Farm.

owners have two choices when their dog has been caught killing or injuring sheep: surrender the dog and pay a fine (at least \$200) or pay the fine, impound fee and damages and get the dog back. If the dog is caught among sheep a second time, the Animal Control Officer said he has the right to seize the dog and have it euthanized by a veterinarian.

He also said that Salt Spring Island currently has no leash laws but that regu-

lations prohibit dogs being walked in Parks off-lead.

Brunnwieser said most dog/sheep encounters occur during lambing season and that last year more than 60 sheep died as a result. The Ruckle Farm incident was the first reported on Salt Spring Island this year but Brunnwieser said that unless dog owners take greater care to ensure their dogs are under control he expects more deaths by the end of summer.

Making a difference

The Life and Health Insurance Foundation for Education, a non-profit organization based in Washington, DC, recently announced the winner of the Fourth Annual "realLIFEstories" Client Service Award for Canada. The Award spotlights everyday efforts of insurance professionals that have made an extraordinary difference in the lives of their clients. Chosen from hundreds of entrants by a distinguished panel of judges including academics, journalists, consumer advocates and business leaders, this year's winner, Harold Webber, is well known in this community as a Personal Insurance Advisor with Island Savings.

Harold first got a call notifying him that he had been short-listed among the top five entrants. When he learned that he was the overall winner, his comment was simply, "I feel humbled and gratified to have been able to be part of a real life story that involved helping a long time client who became a good friend."



Harold Webber.

That Harold was chosen to receive this prestigious Client Services award came as no surprise to his co-workers. Diana Brown, Manager, Service Quality, at Island Savings noted that: "Harold Webber exemplifies our commitment to service quality, combining extensive product knowledge and an understanding of his clients' needs with the caring and compassion that truly make a difference in their lives."

In addition to receiving a commemorative award, Harold has been recognized in a special advertisement for the Foundation in MacLean's Magazine.

Texada Lands Lawyer examines rules and options

The Salt Spring Island Conservancy has just launched a project to help Islanders understand the policy and regulatory issues surrounding Texada Land Corporation's activities on Salt Spring Island.

Thanks to a timely grant of \$6,300 from the West Coast Environmental Dispute Resolution Fund, a lawyer

already is studying relevant legislation and regulations. The final report, expected in less than a month, will present options for protecting the land currently owned by Texada.

Bob Weeden, a director of the Salt Spring Island Conservancy and project coordinator, emphasized that the project is not aimed at litigation. "We have no idea of going to

court," Dr. Weeden said, "but we do want to help the community know where it stands."

"We are happy to have such enthusiastic support from the West Coast Environmental Law Association," Bob said. "The question of balancing public and private interests in forest values on private land is important throughout the province. All eyes are

on Salt Spring as a prime example of what's at stake."

The Conservancy, which cut its teeth in the successful Mill Farm purchase, is an active partner in the coalition attempting to discuss issues with Texada Land Corporation and raise funds to buy and protect key ecological sites owned by the Corporation.

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Jocelyn Hocking and Sylvia Treharne John join activists at Mount Tuam blockade last week. Another blockade took place Monday, February 28 during which activists attempted to stop a road Texada is building to circumvent Crown Land.

Jurisdiction changes hands while Texada goes around the problem

by Peggy Abrahams

Texada Land Corporation has begun constructing a new road off Musgrave Road as an alternate route connecting to their logging operation. This after controversy erupted last week over their right to use a trail on Crown Land as an access road. On Tuesday, representatives of both the Ministry of Forests and B.C. Assets & Lands Corp. (ALC) visited the site to get more information.

Although Texada had applied to the Ministry of Forests for a permit to use the trail, the permit had not been granted. Earlier, community representatives had alerted local and provincial

government agencies that Texada was seeking a permit to use the trail, located on land designated as park reserve under the OCP. Furthermore, since Texada already had been using the trail as an access route, residents said the company was in violation of the Forest Practices Code.

Nearby resident and forestry consultant Jean Brouard said, "Texada isn't a forestry company—it's a strip and flip company. Based on the information I have, it appears that they broke the law, and neither the Ministry of Forests or Assets & Lands wants to do anything about it."

Texada's local operations

manager Brent Kapler could not be reached for comment.

Once the permit was questioned, the Ministry of Forests contacted ALC, to determine if this Ministry should play a role. While visiting the site, Keith Anderson of ALC explained that the trail would now be under his agency's jurisdiction. "It's crown land outside of provincial forests, so that's why we decided to take the lead on it. We advised Texada that under the Land Act, they would not need permission to use a public road."

However, Anderson added that ALC would require a formal layout road plan, and that if

Texada wanted to upgrade the trail, they would need authorization. "We'll be requesting specific information from Texada. We have to look at what type of road would need to be constructed," Anderson said. He added that the approval process could take months.

Community representatives, including Trustee David Borrowman, attended the site visit. Anderson assured Borrowman that the Trust would be consulted with regard to any authorization to widen the road. A group of environmental activists continue to keep vigil in a camp set up on the trail to protest Texada's crossing through public land.

Workers' Compensation

New rules to be explained at info session

Employers and employees should take note of an upcoming information session being conducted by the Employers' Advisory Board in conjunction with the Workers' Compensation Board of B.C. Two free sessions will be held March 3 from 9 a.m. to 12 p.m. and from 1 p.m. to 4 p.m. at Ganges Harbour

House. The purpose? To explain the new Workers' Compensation (Occupational Health and Safety) Amendment Act (Bill 14) which became law October 1, 1999.

Bill 14 was introduced to improve worker health and safety in B.C. and reduce the unacceptably high number of workplace

injuries and cases of occupational disease. It is based on recommendations from and extensive Royal Commission review of B.C.'s workers' compensation system and consultation with business, labour, and injured workers.

"It is highly recommended employers, owners, contractors and workers attend

these sessions; everyone needs to know how the Act will affect their workplace," said Ray Bozzer, director of the Employers' Advisers Office.

Pre-registration is mandatory. For more information or to register, contact the Employers' Advisers Office at (250) 952-4821 or toll free at 1-800-663-8783.

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Look before you...sleep



*In the catbird seat ...
with Shelagh Plunkett*

Today is the day that doesn't really exist—February 29.

I had a friend born on February 29. When she was 16 her teacher asked the class to write down how many birthdays they'd each celebrated. She wrote "four," was accused of being a trouble maker and turfed out of the room for the rest of the day. Another friend is fond of saying he's much younger than his own son...having celebrated only about 11 birthdays to date.

There must be superstitions attached to Leap Year but I've only been able to dig up one. February 29 is also known as Sadie Hawkins Day and on that day and only that day women can (without being branded uppity) pop the marriage question to men. So girls, today's the day and you won't have another chance for four more years! Get out there and exercise your right to take the initiative.

This Leap Year is particularly special in that it coincides with a Century Year—2000. Any year that divides evenly into four is a Leap Year. Only Century years that divide evenly by 400 are considered Leap Years.

The computer gurus say this day could cause problems—echoes of the Y2K bug—but given that they headed off trouble so effectively for the turn of the millennium (which, yes, doesn't turn for another 305 days) I have doubts about an electronic apocalypse happening today.

However, there are darker forces at work according to one web site out there in the ether. Apparently February 29, Leap Day, Leap Year...the whole shebang is just another evil ploy by the U.S. government. A day that doesn't really exist is the perfect time to brain-wash the citizenry and that's exactly what they're going to do tonight. (Why else, asks the one who posted the site don't we call it Add Year since we're adding a day not dropping a day....) Tonight the entire population of America will fall asleep unaware that all manner of subtle messages are being beamed into their brains. They will arise March 1 having been manipulated into taking uncharacteristic action on issues like who to vote for in the upcoming presidential election and how to vote (yes is the implication) on increased taxation.

It's a good thing we don't live on the other side of the border. Apparently the only hope for our U.S. neighbours is if, en masse, they contact their local Alien Advisory Council representative and urge him/her/it to take action on behalf of the human population.

I say it's a good thing we don't live in the U.S. but perhaps I should qualify that...it's a good thing I don't live in the U.S. I'd be lost. I wouldn't know who to contact. After all, although public sightings of local Trust and CRD representatives are questionable I don't think the three Bs qualify as truly alien...yet.



From the mainland

A Postcard from Her Majesty the Queen of Skeena: To my Loyal Subjects on Salt Spring Island

Depressed and Neglected at Deas Dock!

I have been tied up here for two weeks and am feeling lonely and neglected. My sister, the Queen of Bowen tells me that I am sorely missed at Fulford Harbour. She also tells me that you are all feeling like mushrooms. Being kept in the dark and fed horse manure! Apparently, the Texada Clear Cutting Corporation has advertised that it cares about sustainable forestry, and BC Ferries' Management says I will be fixed and back in service by May 1st. Maybe there is a Tooth Fairy as well!

About a week ago, I was visited by "Three Blind Men Ferry Consulting." One said "different engines on proper mounts," another said "same engines on a new hull," and the third one said "lets start over again." The real BC Ferries Management agenda seems to be "delay any repairs until April 1st when the new fiscal year begins." If this is true, I won't be back until the Fall.

I plan to stay in touch!
MV SKEENA QUEEN
(Ghost written by Ken Lee.)

The usual prejudices

Mr. Colin Byron does a dis-service by airing the usual prejudices about the Islands Trust and the Mac Blo "deal" in 1987, and projecting them onto the current Texada issue. No trustee could have legally offered Mac Blo quadruple its density in twelve hours, with no written proposal, which was the demand placed on the Trust in 1987. In addition to making good its threat to see the properties logged, Mac Blo has reaped an undeserved propaganda triumph at the expense of the Trust.

Mr. Byron would now like us to believe that the Trust could have traded development potential to Texada to save the forest cover on its land. From the outset the new owners made it clear that they did not have development interests, beyond existing provisions of the Official Community Plan. While they are aware of the density transfer and amenity zoning provisions of the new OCP, Texada have stated to the public and us that they are not interested. To say that the Trust could have traded development to avoid clear-cutting is simply not true.

However, Mr. Byron's implication that the community may want to trade development for green space is nonetheless interesting. So

far, his voice will be one of the very few raised in favour of increasing development. Even the most vocal protesters apparently seek an end to clear-cutting, without greater development; another train of thought on the Island appears to be, "Let em log, but don't increase development."

But the door is not closed. Some would propose increased development in the Burgoyne Valley as a tradeoff for green space. In spite of their general prohibition on seeking added development, Texada have hinted that a tradeoff could be considered if it seemed to be generally popular.

It is in fact "Linda Adams" OCP which would make this kind of trading possible. In his haste to attack staff, who cannot defend themselves publicly, Mr. Byron has missed this point.

DAVID
BORROWMAN
Local Trustee

Paper from trees

Thank you *Barnacle*, for supporting the community and for your of our fight to save the trees of Salt Spring Island.

But, on the issue of trees—we the consumers are still using a lot of paper. I have noticed that I always pick up a *Barnacle* first thing Tuesday morning at the

stand but also end up with one in my mailbox. The second paper is getting wasted.

Maybe it's time to rethink your mailbox routine. How about taking a survey of people to find out who could pick the paper up and forgo getting it delivered to their mailbox?

KATE SHAW

Who will protect our forest?

Not I; said Texada Land Corporation;

Not I; said Manulife Finance Corporation;

Not I; said the Ministry of Transportation and Highways;

Not I; said the Ministry of Forests;

Not I; said the Ministry of Environment, Lands and Parks;

Not I; said the Registered Professional Forester;

Not I; said the Fisheries and Wildlife Folks;

Hell no; said Dorman Logging;

Not my client; said the lawyers;

We'll talk about it; said CRD parks;

We'll think about it; said the Islands Trust;

Then we shall just have to do it ourselves; said the community; and they did!

JEAN BROUARD
see Letters p5

the Barnacle Island Journal

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Contributing Writers

Peggy Abrahams, Arthur Black, Elizabeth Courtney, Joe Clemente, Alan Fairlie, Dayle Gaetz, Linda Koroscil, John Pottinger, Amei Parkes, Sharon Perry, Gail Prior, Barbara Rikwerda, Bev Stewart, Terry Stringer, Alan Webb

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The Barnacle Island Journal

324 Lower Ganges Road
Salt Spring Island
British Columbia
V8K 2V3

Phone: (250) 537-4040 Fax: (250) 537-8829

E-mail: barnacle@saltspring.com

Office hours:

8:30 am - 5:00 pm

Monday thru Friday

Other times and days by appointment.

Letters cont'd from p4

Punching a road through our park

There's a pretty little trail through the woods off Musgrave Road. It goes through Crown Land. Actually, park reserve land. Actually, designated park land according to our Official Community Plan. CRD Parks has even asked the province to transfer the parcel to them to include in a proposed regional park. Yet, starting about two centimeters past where the trail enters Texada-owned property, Mr. Macdonald and his associates have built close to one kilometer of industrial-grade logging road. To get their logs to market they want to continue punching this road through our park reserve. This would be like continuing Beaver Point

Road on through Ruckle Park so people could get to the tidepools really fast.

Texada's plan to push a logging road through designated park land is typical of their contempt for our community values. They could get at their logs from Musgrave Road in other ways, where it already passes through their property; they don't have to blast a road through designated park land. But destroying this pretty little trail does offer them the cheapest, quickest access.

All that's stopping them so far is their need for a Special Use Permit. If you want to protect our community's values and resources from this corporate exploitation, please contact Dan Powell (Operations Manager, South Island Forest District, Ministry of Forests) at 724-9205 (tel.) or 724-9261 (fax).

Urge him to reject Texada's

application. Call the Islands Trust. If our Trustees can't protect our forests, maybe they can still preserve our parks.

MURRAY REISS

Not all created equal

Once again I have an issue of the Barnacle to read, something I admit to looking forward to. In a recent issue I wasn't thrilled to find myself mentioned at such length in the article on the doctor shortage on Salt Spring. The reporter who spoke to me did have most of her facts straight, but based on a letter from the mayor of Sidney, it seems in addition to a few factual errors she also misspelled the name of his city.

For the edification of Cy Relph, the former Alderman of Sidney [not 'Sydney' as he

points out, as if the readers could not have figured that out for themselves], I in fact did not go to the hospital in Sidney. When I was unable to find a doctor on Salt Spring taking new patients [who was also recommended to me by someone], I called physicians in Sidney whose names were recommended, only to find that none of them were taking new patients. One receptionist suggested that I phone the hospital in Sidney—when I did so I was read a list of physicians accepting new patients. I subsequently traveled to Sidney where I saw a doctor from the list, was sent for x-rays, and subsequently went to Victoria to see a specialist. The x-ray results were shared neither with me nor with the neurologist, not a

see Equal p31



A Journal as literary as the Barnacle can be found in the most unusual places. Take the top of Whistler Mountain, population: 1, after the first snowfall this winter.



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1 MAR	0345	10.2	5 MAR	0535	10.5
	0910	8.9		1105	7.5
	1205	9.2		1555	9.5
	2005	3.3		2240	3.0
2 MAR	0420	10.5	6 MAR	0600	10.5
	0950	8.5		1130	6.9
	1310	9.2		1645	9.5
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NEW Gulf Islands Schedules Effective February 28th

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407	1640	1710-1725	Sun only	408	1710	1740-1755	Sun only

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803*	1215	1240	Mon-Fri	804*	1245	1315	Mon-Fri
805	1630	1655-1730	Daily	806	1700	1730-1800	Daily
8015	0900	0925-0955	Sat-Sun	8025	0930	1000-1030	Sat-Sun

* Flight 803 will service Ganges only.

* Flight 804 will service Ganges only.

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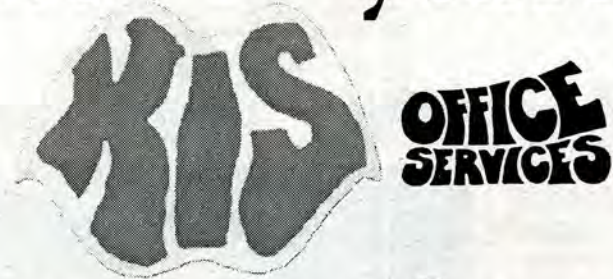
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Dianne Fidler

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Rob Macdonald
Derek Tretheway
Brent Kapler
Regan Tretheway

Editor's note: Jamie Squier submitted the above photo as a letter to the editor with the comment that it speaks for itself.

COMMENTARY

Scenes from an acrimonious divorce

In eight hundred words or less, what is going on within the GICAC? First the "Concerned Members" demanded an EGM. This was held on Galiano on the 11th of January. Ninety plus people from Salt Spring came, and voted overwhelmingly for the creation of the TCAC, and a process to divide the assets fairly.

Next were five motions that had to do with the Board of Directors falling on their swords, and declaring the "Concerned Members" to be the legitimate Poo-Bahs of all of the Gulf Islands. The "Concerned Members" voting bloc could have passed all these, and we could have gone to the pub with lots of time to catch the ferry.

However, they did not.

First, a "Concerned Member" spoke about the psychological damage if the GICAC were to be renamed SICAC, despite it's being more representative, and removes a little problem with funding. This concern with ongoing mental health was the only reason offered for not changing the name.

Then a gentleman from Mayne Island revealed, at length, a complete innocence of knowledge of any of the issues at hand, and proposed a potluck dinner to fix the problems. The day after, he faxed madly off in all directions, and after that, vanished.

On it went. The "Concerned Members" simply would not

stop talking for long enough to pass anything. The result was a governing majority filibustering itself into defeat. The meeting adjourned and everyone fled for the ferry.

Scene shifts to the Outer Reef where "Concerned Members" are frantically phoning and faxing to pull members away from the TCAC and back to the Mother of all Islands. This has not worked. The Outer Islands are aware that this sudden concern and offers of dinner, and "billeting" (whatever that is, sounds like the army) is purely to pretend to the Director of Societies that the GICAC represents the Outer Islands and it was all a bad dream, and all the money should keep coming to Salt Spring, and Lawrie Neish is unsustainably awful etc. etc.

Fast forward to now. There is yet another rehash of the same old agenda for a new meeting on the 20th.

The directors resigned on the 27th, as demanded, or at least they tried, but the "Concerned Members" refused to sign the required paper work. Obviously they really want and must have a bloody and public execution, presumably also in the interests of mental health. Notwithstanding, the directors resigned anyway, formally and legally, on the 7th of February. This makes the agenda pretty redundant, since sacking the board was to be the fun bit,

but never mind. Other therapeutic events planned include talking about the split.

Smell the coffee, people, the split has happened. It is over, voted for by you at the EGM that you attended. The TCAC exists and has a growing membership of about 120. It is doing fine thanks. We can tell you all about it at the mediation hearings.

Then there will be motions to pretend that the Galiano meeting never happened, and that the last board never existed.

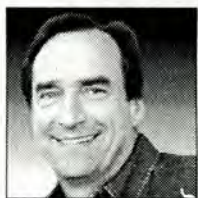
There are no directors now, however an interim "not-a-board," will try to run the meeting. Interestingly, two of these non-directors see no conflict in owing the GICAC a chunk of money. April Curtis's "Off Center Stage" group has never paid a penny in rent for the use of Mahon Hall. Also, the GICAC approved a \$400.00 advertising budget for Iltyd Perkin's Woodworking Guild. Iltyd then charged double this to the GICAC's account at the Driftwood.

Lawrie Neish, cast in this farce as the Demon King, when not busy cleaning the floors etc. for this group and everybody else, has invoked further fury by attempting to get the GICAC paid. Boo, Lawrie!

It would probably be a good idea if the un-chairperson moved to fix things like this while indulging this little orgy of revisionism. Judging by the new agenda, Stalin was a weenie
see Divorce p31



To everything there is a season...



Isle Say! ...

with John Pottinger

A time to rend,
and a time to sew;
a time to keep silent, and a
time to speak...

(Ecclesiastes 3:7)

Thanks to the work of some caring Salt Springers, the people behind Texada Land Corporation have been exposed for what they are. They're as slippery as a fresh caught trout. It's difficult to find the right words to describe the business record of these guys: "dubious" is too complimentary, "shady" isn't dark enough.

Since setting up on Salt Spring, they've repeatedly broken their word to Islanders. It should be clear to everyone by now that they don't care a whit about this place. I'm sure, over the years, there have been lots of other people and corporations on Salt Spring that didn't give a damn about the Island. But there are some big differences here. These guys have the ability to cause immense long-lasting damage to the economy and environment on Salt Spring. Although we've learned a whole lot in the

last 80 years about logging practices, and we've even seen fit to declare that these Islands are environmentally unique and must be protected, we're in this mess nonetheless.

Put as plainly as possible, these guys have ridden into town to make a bunch of money. That, in itself, isn't a bad thing—as long as you improve the town in the process. (Just like mom and dad taught you, always leave things better than you found them.) But these cowboys intend to ride off into a sunset that gathers its pretty colours from thousands of acres of burning slash.

Most of the people on this Island, like most people in BC, are not "anti-logging." But, thanks to today's mainstream media—who only have twenty seconds to scratch the surface of a story—the real story seldom gets told. The real story here isn't about banning all logging. It's about logging methods. It's about the mandate of the Islands Trust. It's about unethical operators. Most of all, it's about our Island.

As is the tradition and practice on Salt Spring, a lot of people have come

forth with whatever talent or contribution they can offer. Some have organized meetings, some are raising money. Some operate a web site, while others are making calls or writing letters. What can you do?

There are a whole lot of things you can do. Like come to the town hall meeting on Thursday at GISS. Coming out to the meeting means you're adding your voice to those who think something should be done.

The best hope we have of winning this battle—and make no mistake, it's a battle—is for as many people as possible to become involved. The old saying is still valid: There's strength in numbers. If you can't make it to Thursday night's meeting, then drop into the South Salt Spring Lands information office (above Barb's Buns) as soon as you can. If you don't know what you can do to help, they'll give you some suggestions.

For all the rest of you: business people, artists, students, mothers, writers, tinkers, tailors, soldiers and sailors: come to the meeting. You're not likely to get a better chance to put the century's most important phrase into practice. Think globally, act locally.

Come on folks, it's time to act.



Elizabeth Buchanan-Woods and Elizabeth White.

Putting her pennies toward trees

Eight-year-old Elizabeth Woods has been saving her allowance and collecting pennies since the clear cutting began to save the forest and all the creatures that live in it. She has also engaged Texada principal Rob Macdonald in a public debate in the local papers on the ethics of industrial logging.

On February 23, the day the Southwest Salt Spring Lands Fundraising & Information Centre opened, Elizabeth brought in her savings, \$57.76 and donated it all to the Salt Spring Appeal.

Elizabeth White, fundraising coordinator, thanked Elizabeth and said, "If everyone on Salt Spring donated as much as you have, we would easily meet our Mayday campaign target of \$500,000."

The Mayday campaign objective is to provide The Land Conservancy of BC with sufficient funds to enter negotiations with Texada.

To make a donation, pick up a form at et cetera, or download from the website: www.savesaltspring.com.

Temporary Schedule Change

Fulford Harbour-Swartz Bay

Beginning **Friday, March 10**, and until further notice, the *Bowen Queen* will provide 10 round-trips a day (except Wednesdays and Sundays) on the Fulford Harbour-Swartz Bay route.

The following schedule will be in effect:

Leave Fulford Harbour	Leave Swartz Bay
6:15 a.m.	*6:55 a.m.
*7:35 a.m.	8:20 a.m.
9:15 a.m.	10:00 a.m.
11:00 a.m.	*11:45 a.m.
#12:30 p.m.	1:10 p.m.
2:15 p.m.	3:00 p.m.
3:45 p.m.	4:30 p.m.
5:15 p.m.	6:00 p.m.
6:45 p.m.	7:30 p.m.
8:15 p.m.	9:05 p.m.

* Daily, except Sundays

Daily, except Wednesdays

Please note that, because the *Bowen Queen* has less capacity than the regular vessel on this route, some overloads may occur at peak sailing times. We regret any inconvenience.



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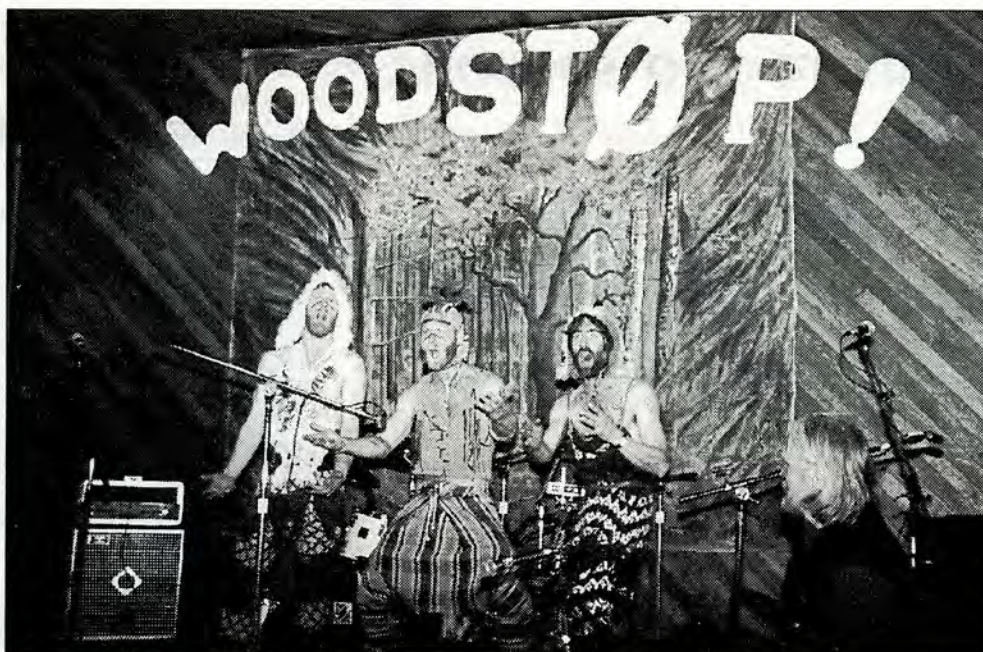
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island news



Local Dwarves and Clowns warm up the audience at Woodstop.

Woodstop

Dance raises \$6000 for trees

by Peggy Abrahams

*O Lord, won't you buy me
the Texada lands*

*My friends all have clear-
cuts I must make amends*

*Work hard all my life time,
and trees are my friends*

*So Lord, won't you buy
me the Texada lands—*

Kirsty Chalmers, in the style
of Janis Joplin

An evening of folk, blues
and rock music, dancing and
a potluck dinner not only
raised community spirits but
an estimated \$6,000 towards
the fund to buy back Texada
lands, Saturday night at
Beaver Point Hall.

The concert began at 4
o'clock in the afternoon,
with acts like the Dwarves
and Clown warming up the
audience, which included
many small children. The
programme, beautifully put
together by Susheela
Meyers, included a range of
performance talent from
rhythm and blues to poetry
and opera.

Although many of the acts
were apolitical, some of the
performers wove senti-
ments about conservation
into their performances.
Dressed in hard hat and a
plaid shirt, Mike Hayes con-
fronted the audience with a
satirical logger's song: *It's
great to be a logger here on
Salt Spring.*

*We're made to feel so wel-
come as we go about our
chores.*

*It's great to be on the cut-
ting edge of progress.*

*When the trees are gone,
we'll be gone, away from
these barren shores.*

New waves of people
joined the audience
throughout the evening,
which reached a peak
around 10 p.m. when danc-
ing began to the sounds of
the Burgoyne Bay Blues
Band with Larry Shetzer. At
any one time there may
have been from 100 to 400
people in and around the
Hall.

The large turnout resulted
in a long line for the potluck
dinner, a tasty selection of
vegetarian dishes and salads.
As some of the dishes ran
low, Harry Warner announ-
ced that unless
someone with a long robe
and a beard could help with
loaves and fishes, people
should limit their servings.
But, in the end, there was
enough food to go around.

The stage was set with a
canvas backdrop of an
enchanted forest with a
nymph in the foreground.
Designed by Leslie Corry,
the backdrop was auctioned
off for \$330 to an anonym-
ous bidder, who arranged
for the painting to be hung

in the new community
information centre.

Concert highlights includ-
ed an excerpt from Paradise
Lots, a parody of a meeting
of the Islands Trust. In this
scene, Susheela Meyers in
the character of Flower, asks
the Trust, "What are you
going to do about the clear-
cuts?" The Trustee
responds, "We will
observe.... As you know, the
Trust's mandate is to
obscure and obstruct."

Susan and Ora Cogan,
Black Velvet Band, Denise
McCann, John and Michelle
Law, Shilo Zylbergold,
Nadine Shelley, Peter
Prince and Lekha, and Deb
Toole and Paul Verville
were among other perform-
ers who donated their tal-
ent. The event, which lasted
about ten hours, began as a
folk festival and trans-
formed itself into a dance
party. A lively audience
danced to Simone Grasky,
Escape Goats, Earthmen
and Carrot Revolution.

Concert organizers could
not give an accurate count
of ticket sales, or the num-
ber of people who attended.
Although the ticket price
was \$12, some people paid
by donation, and one man
paid \$7.50 to get in, explain-
ing it was the last of his wel-
fare cheque.

Ayurvedic weekend

Back by popular demand,
Ambika Cynthia Copple will
lead another Introduction to
Ayurveda & Yoga Weekend
at The Salt Spring Centre,
March 10 to 12.

"We're so pleased that
Cynthia could come back to
the Centre to offer this
weekend retreat again," said
Raye Naud, Programme
Director of The Salt Spring
Centre. "Her Introduction
to Ayurveda & Yoga Retreat
in October last year was so
successful that we just knew
we had to have her back."

Copple has been an
Ayurvedic Consultant
since 1983 in Santa Cruz,
California and is Director
of Lotus Holistic Health
Institute. Her training
began in 1982 with
Ayurvedic master Dr. R.P.
Trivedi of Hathras, India.
In more than 2,000 hours
of training, she learned
Ayurvedic herbology,
pulse reading, and many
other therapies included
in this 5,000 year-old sys-
tem of wellness and
longevity. Dr. Trivedi
instructed her to spread
the knowledge of
Ayurveda through teach-
ing and consultations.

Other presenters,
Andrea Tabachnick and
Celeste Mallett, yoga
instructors for over 20
years, will guide partici-
pants through yoga pos-
tures that will help bring
the body, mind, and
breath into harmony.
Isabella Linser, who stud-
ies Ayurvedic massage and
dietetics in Kerala, India,
and Rajani Rock, owner of
Sacred Garden Herbal
Products and a health
therapist, will teach the art
of Ayurvedic self-massage.

The cost for Salt Spring
Islanders is \$240 and
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registration, those inter-
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among us ... Who came
from the Father,
full of grace and truth.*

John 1:14

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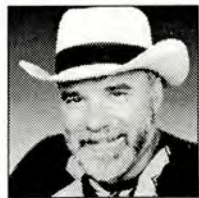
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Takes your breath away!



*Wit & Whimsy ...
with Arthur Black*

So there I was, strolling through Victoria's beautiful Beacon Hill Park alongside my favourite herborizational botanist. (Okay, the only herborizational botanist I know—or have ever heard of.) Anyway, there we were, the two of us, meandering through the underbrush. I would point at a shrub and she would say *lycium halimifolium*. I would gesture at a huge towering tree. *Juglans nigra*, she would explain. Finally we came to a scraggly leafless shrub festooned with hundreds and hundreds of little white berries. "What's that?" I asked my herborizational botanist.

"Indian Listerine" she replied.

"Huh?" I parried.
"Bite one" she said.

I popped a berry in my mouth and chomped down—POW!—an explosion of tart, bitter tanginess filled my mouth. "Wow!" I said. "Tastes like...like..."

"Mouthwash?" prompted my botanist. I nodded. She smiled and said "That's why we call it Indian Listerine."

Imagine that. All my life I thought it was only us white folk who were neurotic about mouth odor. Turns out the aboriginals were way ahead of us.

Call it halitosis, morning breath, jungle mouth—or you can call it money in the bank. A lot of business interests make an awful whack of money out of our oral odor neurosis. All those brands of chewing gum, breath mints, mouth washes—all designed to convince us that we don't have bad breath after all.

Some folks are never convinced. There is a medical condition known as delusional halitosis, in which the victims are absolutely certain they have terribly noxious breath. Delusional halitosis sufferers have been known to give up their careers, convinced that no one could stand to work with them. Others have even attempted suicide. There is one famous case in which the patient brushed her

teeth obsessively, continuously, until her gums bled. Nurses reported that she went through an entire tube of toothpaste in just four hours.

What's painfully ironic is the fact that most sufferers of delusional halitosis have no perceptible breath odor at all. They just think they do.

Well, they may be delighted to learn about the latest weapon in the anti-odor arsenal—especially if they're women. It's a creation from Elizabeth Arden Incorporated called Lip Lip Hooray. It's a lipstick that's infused with a mint-flavored breath freshener and zinc citrate—a chemical that neutralizes sulfur compounds that contribute to breath odor.

Can't you just hear the TV ads already? "New Lip Lip Hooray—it'll take your breath away!" For a price of course. Lip Lip Hooray lipstick is on sale in select New York boutiques right now. It's selling like hotcakes—and it'll only set you back about \$22 a tube. Which would buy an awful lot of Chlorets.

Personally, I think I'll stick with Indian Listerine. It's even cheaper.

It's important to keep a sense of perspective when it comes to bad breath. Even the best of us can suffer from it. Why, I once knew an Indian yogi who spurned almost everything the material world had to offer. He wore nothing but a large white robe; ate less than a chickadee—didn't even have a MasterCard. Living on little more than nuts and berries, he was quite thin—frail even. Except for his feet. Going barefoot even through the winter, had hardened his feet considerably with a thick layer of callouses.

Now you would think a man who lived such a pure life would be free of earthly afflictions, would you not? Alas, I am sad to relate, my yogi friend suffered from a pretty fierce case of jungle mouth.

Which made him, well...kind of a super-cal-loused fragile mystic plagued with halitosis.

Community paper leaps into new look

Leap Year marked by design changes planned to serve readership better

Like the cover says, we're leaping into a new look for Leap Year. It's a shift that's fresh, modern and says more about who we are. And, it's a look that we think will help serve your (the community) communication needs better than the old style.

Six columns means more

space on each page for all the news, entertainment and lifestyles stories that we want to run and that you want to read. More space, more words, bigger photos...it's that simple.

And this is just the beginning. *The Barnacle* is getting an overhaul and during the next few weeks you'll

see some other style changes cropping up on the pages you look forward to reading every Tuesday. We don't want to give our readers too much of a jolt though, so we're going to introduce the changes over time. Some you might not even notice while others will leap off the page to

grab your attention.

As always, we want to know what you think. Let us know how our new look strikes you and pass on any ideas you have for how to make this, your community paper, even better. We'll listen...after all, we're still young and flexible with lots of room for change.

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Rhiannon and Julie Wolf.

House Afire to sizzle for IWD

by Amei Parkes

The Volunteer Fire Department better warm up their engines, there's going to be a *House Afire* at ArtSpring to celebrate International Women's Day (IWD).

On March 9, an evening of fiery music and spoken word is going to boil over when four international stars take to the stage. Rhiannon will make the place sizzle with hot jazz, along with Jami Sieber on acoustic cello, Julie Wolf's vocals and keyboards, and Michaelle Goerlitz on percussion.

Long-time vocalist, story teller, teacher and activist,

Rhiannon, will heat up the festivities with a potent blend of improv and formal jazz vocalization. She has been described as someone who can, "grab your heart strings and yank you out of your chair by them. With a voice that croons, grates and pierces the heart, she changes from a mother to a child to a bird to a lover," writes Marideth Sisco of the West Plains Daily Quill.

She is going to collaborate with Sieber, but if you come expecting Yo Yo Ma, you should park your classical preconceptions under your piano lid. Sieber, best

known for her work in the folk/pop/rock band *Rumors of the Big Wave*, transforms the cello into music that is viscerally seductive, evocative and mesmerizing.

Seattle percussionist, Wolf, can't help but know how to stoke a fire or two, after accompanying energetic, feminist folk musician, Ani DiFranco, on her latest CD, *Up Up Up Up Up*.

And Bay area resident, Goerlitz, will fan the flame with her world beat.

During this gala evening, 20 women of note will also be honored for "making our community strong."

IWD is celebrated each year around March 8 to mark not only the achievements of women but also struggles of the past and the work which lies ahead to improve economic and social conditions for women around the world.

If *House Afire* is anything like the IWD everyone still talks about at Alfresco's in 1994, then women better bring their fire extinguishers. Get ready for hot!

Tickets for this performance at ArtSpring on March 9 at 7:30 p.m. are available at Acoustic Planet and ArtSpring for \$10 - \$15 (sliding scale.)

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Ann Heeley-Ray



An appreciation of trees

I was drawn to the Island's magical presence, which seemed imbued in every place I visited....



Clear-cuts on mount Tuam.

by Lorraine Gane

The morning sun floods onto the desk where I sit writing in the back room of the mid-Island home I share with my partner, Phil. Moments later, a massive grey cloud moving in from the south darkens the sky as I look up the slopes of Mount Maxwell, wondering if the firs silhouetted on the horizon will still exist after the logging by Texada Logging Corporation this spring.

A year-and-a-half ago when I first arrived on Salt Spring from Toronto, I was drawn to the Island's magical presence, which seemed imbued in every place I visited: the green rolling valleys, ever-present emerald mountains, quiet bays and long rocky shorelines opening onto expansive ocean blues.

Still, I have come to feel the Island's special essence most intensely in the presence of trees. Walking in one of the forests, such as Mount Maxwell park, the Native reserve, Ruckle Park or around the lake on Mount Tuam, always brings me into a more peaceful, serene state. I feel the healing energy of the trees, as palpable as the warmth of the sun on my face or the quiver of wind through my hair.

Thus it was with some anxiousness that Phil and I drove up to the logging sites on Mount Tuam last weekend. On the first stretch of Musgrave Road, the potholes deepen and several embankments were reinforced with gravel, but little else seemed altered from our last trip here in October. Then, just past a newly gravelled road on the right, I could make out swathes of empty spaces through the trees. This area had been logged some years back, but the opening was now visibly wider, although from the car it was difficult to see by how much.

Thinking of the felled trees, I felt an ache in my chest, but this subsided as we continued along the road, swerving around the potholes. Soon, we passed the mountain's small lake, which was sheeted in ice. I was glad to see that the trees around it were still intact.

As we drove on, past the cutoff for Mount Bruce, we passed two bicyclists heading up the incline, then a slow-moving van, which pulled over on the shoulder to let us pass.

Then we saw them—piles of stripped logs on the side of the road surrounded by acres of open space. but this space looked like a cyclone had passed through it. Tree branches, boughs and broken trunks lay everywhere. Hacked away reddish stumps rose up periodically from a sea of green, formed from the displaced boughs.

We stopped the car and waded out into this sea, the sun glaring down on the mass of needles and newly turned earth, which I realized would soon dry out without the shade of the trees.

I was feeling ill. This was the first time I'd seen the affects of clear-cutting up close. It was an ugly sight, and my body registered the resonant anguish of what had taken place here.

"Such destruction," I said in a low voice to Phil, as my eyes rested on a 10-foot pile of broken branches, boughs and trunks nearby.

"And they say it doesn't hurt the land," added Phil, approaching me with a pale, drawn face. "This is a mess. It will be years and years before anything grows back. All this has to decompose first."

For a few moments we stood side by side scanning the remnants of the forest, then hugged long and deeply. The ill feeling in my body gave way to a profound sadness for the loss of the trees, then acceptance for what we were witnessing. This acceptance and the comfort of Phil's presence opened a space in which I could radiate love to everything around me. I found out later that Phil did the same thing.

We continued our drive to the top of Mount Tuam, passing the entrance to the Buddhist monastery on the way, now devoid of its customary prayer flag. Neither of us felt inclined to witness the logging down the road to the monastery property, where we have often walked along the bluffs and offered blessings at the stupas. Instead, we drove to the end of the main road, parked the car and hiked to the top of the mountain. This is the only place I know of on the Island with a vantage point of 360 degrees. I thought we might be able to see more of the logging areas on the eastern slopes, which we had seen from the ferry the week before, but these weren't visible.

The old-time loggers say that the trees that Texada clear-cuts will grow back. This may be true, but it won't happen for another 15 to 20 years. In the meantime, countless wildlife will have lost their precious sanctuary and our lives will be immeasurably poorer without the tens of thousands of trees to nourish us with their beauty, oxygen and energy.

One of the other things that attracted me to this Island was the vibrant, creative and conscious community here. Many are responding to the logging in industrious ways, such as holding benefit concerts to raise money for the land acquisition fund and working to change the laws to protect our remaining forests.

Let me offer one additional suggestion. The next time you see a tree out your window, or in a forest, or along the road, send out your appreciation to it in whatever way you can. This may be as simple as offering a silent "thank you" to the tree of sending it positive thoughts. If enough of us do this on a daily basis, we will see a new flourishing: in the trees, ourselves and everything else on this Island.

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FEBRUARY 29-MARCH 12

Desert Island Choices

Reading, music and a visitor—what would you pick if you were stranded on a desert island?

 This week's castaway is **Lesley Mudd** ("with two D's dear, just like my bra size. I don't live here dear, I just came over for my Show—Her Big Chance. It's too small to live here dear...I need to be where the action is. I admire you dear...if I win a prize for my performance I might buy a house here—I would love to meet Robert De Niro.")

The Book: "I recently got a book which I haven't read yet. It looks quite difficult. It's by Stanley Slavaski, I think that's his name, and yes dear, it's my bible, so I'll take that."

The Disc: "I was born into a musical family dear—my Dad was always playing the comb. Something classical I think...could you recommend something dear? I do like to have a good cry when I listen to music, so what about Danny Boy. That's a classic isn't it dear?"

Visitor: "Definitely Roman Polanski. You know I was in Tess—we had a wonderful working relationship, very open dear. I was the one on the back of the wagon with a lovely hand-embroidered Victorian shawl—Roman will be so pleased to hear how my career has taken off and I'm performing on this lovely island."

Commur

TUESDAY FEBRUARY 29

- Kindergym**
Parc Portable. 9-10:30am
- Toy Library**
Beaver Point Hall. 9-10am
- Storytime with Jean Voaden**
Library. 10am
- Joe Benge Photographs**
Sweet Arts Café to March 8
- Lithographic Exhibit**
Salt Spring Roasting Co. to March 31
- Soup's On**
Free soup and sandwich. United Church. 11:30-1pm
- Flexible Strength**
All Saints. 8:30-9:30am
- Boot Camp**
All Saints. 5-6pm
- Volleyball**
(co-ed) Fulford & GISS Gym. 7:30-9:30pm
- Stuart Little** 6:30pm
- Angela's Ashes** 8:30pm

WEDNESDAY MARCH 1

- Music & Munch**
Kuroshio Flute & Guitar Duo
All Saints'. 12:10pm-1pm
Free the Voice - Touch the Soul
Singing workshops with June Bender. 121 Howard Rd. 7-8:30pm
- Argentinian Tango**
Practice. Lions' Hall. 7:30-9:30pm
- Centering Prayer**
Contemplative Centre. 7:30am.
- S. End Centering Prayer**
St. Mary's Fulford. 11am
- Ease into Fitness**
Mahon Hall. 9-10am
- Step into Shape**
All Saints. 9-10am
- Soccer Co-ed Drop-in**
Portlock. 2pm
- Circuit Challenge**
Fulford Gym. 6:30-7:30pm

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- ☆ Special Event
- 👶 Children
- 🎭 Performing Arts
- 🎵 Music
- 💃 Dance
- 🖼️ Gallery
- 👁️ Interfaith
- 🔑 Meetings, Classes & Lectures
- ⚕️ Health
- 🏃 Sports and fitness
- 🎬 Cinema / TV
- 📺 Review in this issue

MONDAY MARCH 6

- Storytime**
West of the Moon. 10am
- Midnight Café Acoustic Jam.**
Rose's Cafe. 7pm
- Gumboot Gala**
Salt Spring Folk Club fundraiser. Fulford Hall. 7:30pm
- Pancake Lunch**
All Saints' 11:30-1pm
- Kabir Helminski Study Group**
Contemplative Centre. 10am.
Info: 537-1657
- Life Drawing**
All levels-no instruction. United Church. 1-3pm
- Ease into Fitness**
Mahon Hall. 9-10am
- Step into Shape**
All Saints. 9-10am
- Yoga SS Centre.** 9-10:30am
- Fly tying Newman's Great Outdoors.** 5-9pm
- Circuit Challenge**
Fulford Gym. 6:30-7:30pm
- The Hurricane** 7:30pm


TUESDAY MARCH 7

- Toy Library**
Beaver Point Hall. 9-10am
- Storytime with Jean Voaden**
Library. 10am
- Soup's On**
Free soup and sandwich. United Church. 11:30-1pm
- Gary Lunn**
Meet Your MP. Ganges P.O. 10am-1pm
- Flexible Strength**
All Saints. 8:30-9:30am
- Kindergym**
Parc Portable. 9-10:30am
- Boot Camp**
All Saints. 5-6pm
- Volleyball**
(co-ed) Fulford & GISS Gym. 7:30-9:30pm
- End of the Affair** 9:15pm

WEDNESDAY MARCH 8

- Free the Voice - Touch the Soul**
Singing workshops with June Bender. 121 Howard Rd. 7-8:30pm
- Wednesday Night Live**
Open Stage. Moby's Pub. 9pm
- Argentinian Tango**
Practice. Lions' Hall. 7:30-9:30pm
- Centering Prayer**
Contemplative Centre. 7:30am.
- S. End Centering Prayer**
St. Mary's Fulford. 11am
- Ease into Fitness**
Mahon Hall. 9-10am
- Step into Shape**
All Saints. 9-10am
- Soccer Co-ed Drop-in**
Portlock. 2pm
- Circuit Challenge**
Fulford Gym. 6:30-7:30pm

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Mainstream and alternative medicines find common ground

by Amei Parkes

Sixteen years ago, when Leslie Wallace changed from western medicine to complimentary medicine, it was a decision born of desperation. Wallace, who suffers from environmental illness, such as multiple chemical sensitivities, allergies and asthma, decided to look for a new approach after years of failed prescription drugs.

Although no doctor could tell her what was wrong with her, she remembers being debilitated by her unexplainable ailments. "I was bedridden and I had to stop working. I was taking tons of antibiotics and I wasn't getting better," said Wallace.

Out of frustration, she sought the help of an allergist—a giant step for her in those days—and that's when some of her questions started getting answered. From there, she turned to friends for advice. What she got were similar stories, and new avenues where she could turn. This was just the beginning.

While the gap between mainstream and complimentary medicine has often been touted as quacks versus reason, these approaches to health care are increasingly overlapping, giving more credence to practices like naturopathy, acupuncture and massage therapy. A mind/body approach is becoming more accepted in both patient and medical circles, where people with illnesses have become empowered to make important health decisions.

"People have to do self-care. That's a very basic concept for complimentary medicine—the person has to take some control over what they do to make it work, like things to clean up lifestyle," said doctor and acupuncturist, Ron Puhky.

Take heart disease. Big-screen dramas would have us believe that heart attacks are sudden, random occurrences, but both western and complimentary medicine agree that there are certain factors which up the chances of dying from heart disease.

Thanks to four decades of intensive research on Canada's number two killer (almost tying with cancer as the leading cause of death), there is probably not one health practitioner who doubts that prevention in the best medicine for this all-too-common condition. Aside from genetic disposition and being male, years of a high-fat diet, little or no exercise and regular nicotine and caffeine intake contribute to the eventuality of heart disease.

Increasingly, instead of prescribing medication, many doctors are recommending a change in diet, exercise and quitting smoking. In other words: a lifestyle change.

But for many people, changing lifestyle is not easy, especially if there are no guarantees. It comes down to changing old habits.

"Some people just want a pill to cure them, and they don't want to take responsibility for their health," said doctor, Karen Berg.

Berg, who describes herself as a liberal, western doctor, sees the trend toward complimentary healing practices as a predictable shift. She says a more informed public, thanks to the Internet and newspapers, is demanding care and cures which give the patient a more active role in their health. Increased awareness, coupled with proven medical findings have led to a better understanding of the benefits of complimentary medicine.

"Some things that are considered alternative now, will become conventional, and its effectiveness will be proven. We have found many herbal remedies that have become standard practice, even since the time I graduated from medical school," said Berg.

Midwifery is one such example. Three years ago it was outside of the medical system and considered to be a folk medicine. Now, midwives work along side doctors and follow a licensing system. Puhky has also seen the interplay between western and complimentary medicine, in diseases like cancer.

"When I started

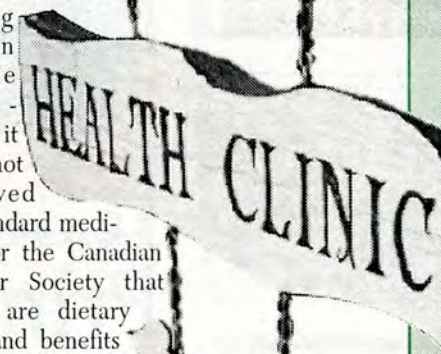
doing this in the mid-70s, it was not believed by standard medicine or the Canadian Cancer Society that there are dietary risks and benefits associated with cancer. We have moved considerably ahead in those realms."

Numerous other areas exist where complimentary medicine overlaps with western medicine. Research suggests that certain diets can worsen diabetes. Vitamin supplementation has been shown to reduce colon cancer. Certain herbs, in clinic trials, have been shown to decrease the effects of menopause. Even drinking soy beverages has worked itself into western medicine, for preventing osteoporosis and breast cancer.

"This is not some sort of hippie concept," said naturopath, Chuck Alsberg, of complimentary medicine.

Wallace knows this first hand. For her, complimentary medicine is a way of life. Now she controls her environmental sensitivities through a balanced approach, integrating herbal remedies, organic foods, a natural and unpolluted place to live, a regular yoga regime and a less-hurried pace of life. She says the shift has been a life saver. But, before she changed anything, she had to question the notion that experts know better. During her "empowering journey" to stable health, she discovered the best way to get help was to help herself.

"We are taught to look for authority outside of ourselves. Not just in the medical field, but everywhere."




health & fitness

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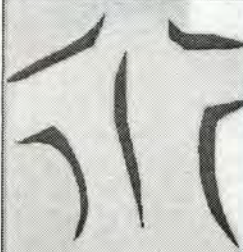
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Pump primers.

10 years later Primers still pumping strong

by Peggy Abrahams

Every Monday, Wednesday and Friday morning, at 8 a.m. the Pumprimers meet at All Saints by-the-Sea for their fitness routine. Now in their tenth year, most of the members of this dedicated group have had some kind of heart condition, or are working to maintain heart health.

Their instructor, Catherine Bennett, said, "Quite a few people are in rehab after heart bypass surgery, valve replacements, angina and a variety of cardiac problems. The oldest is 86, and still going strong."

Bennett starts the class by walking and warm-up exercises, then an aerobic sequence of continuous movement for at least 25 minutes which Bennett said doesn't require coordination. After the aerobic session, everyone takes their heart rate, then they warm down and check their heart rates again. Finally, the class does floor work, focusing on stomach, back alignment and posture exercises and then stretching. The entire class is done to classical music, with opera for the stretches.

According to Bennett, John Page

started Pumprimers 10 years ago, and he and his wife are still involved. "Most of these people have been together for 10 years. This isn't a seniors group. They're very active. They realize it's a life long commitment and they're here three times a week, 52 weeks a year," Bennett said.

In addition to the class, many of the participants are involved in other activities like tennis and hiking. Bennett said, "They're very committed. They're involved in their own fitness, and they want ownership of their wellness."

Having a heart for exercise can save your life

According to the Heart & Stroke Foundation of B.C. and the Yukon, research shows that inactive people are almost twice as likely to suffer from heart disease as people who are involved in some form of physical activity.

The best forms of exercise to strengthen the heart are aerobic exercises like running, brisk walking, dancing, biking and swimming. Regular physical activity also helps

with weight loss or weight maintenance, as well as controlling cholesterol and blood pressure.

Signs & symptoms of heart attack

- Vague chest pain or crushing radiating chest pain
- Heaviness, pressure, squeezing, fullness, burning or discomfort that begins in the centre of the chest and spreads to the neck, jaw and shoulders

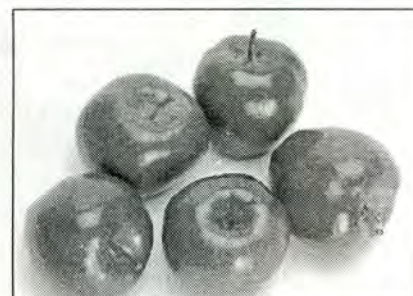
- Nausea and vomiting and/or indigestion
- Shortness of breath, paleness, sweating or weakness
- Feeling of anxiety, denial or fear

Signs & symptoms of stroke

- Sudden weakness or numbness and/or tingling of the face, arm or leg (These symptoms may only last a few seconds).

- Sudden trouble speaking or sudden loss of vision, particularly in one eye, or double vision
- Sudden, severe, or unusual headaches
- Dizziness

If you, or someone you know, experiences any of the above symptoms, call an ambulance immediately. The sooner you receive medical care the greater your chances of survival.



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Hawthorn: food for the heart



by Marji Ensminger, MH

It's a staggering statistic that more people die each year from cardiovascular disease than any other disease and yet it is preventable for 95 per cent of people. In his excellent book, *Reversing Heart Disease*, Dr. Dean Ornish writes that heart disease can be prevented with simple diet and lifestyle changes.

Over the last 15 years people have asked me what herbs or vitamins they can take for their high blood pressure or elevated cholesterol. More often than not it's not just one thing they could take. There is no magic bullet, but there are a number of things one can do to help oneself reverse these health problems. If we can address the cause of the problem then the healing is much more powerful.

The body turns dietary saturated fats into cholesterol so dietary changes are essential. When a heart attack happens

it's because the heart does not get enough blood flow. The arteries become clogged with plaque or a blood clot forms. Emotional stress makes the blood clot faster and arteries constrict during stress.

Omega 3 fatty-acids prevent blood from clotting amongst other benefits. Garlic and Lecithin have been known to be helpful to take for lowering high blood pressure. Vitamin E, CoQ10, and Magnesium are miracle nutrients for the heart.

The herb of choice for the heart is hawthorn (*Crataegus oxyantha*). Hawthorn is an extremely valuable medicinal herb. It was known in the Middle Ages as a symbol of hope and taken for many ailments. Today it is used mainly for heart and circulatory disorders, in particular, angina. Herbalists consider it literally to be a "food for the heart." It is an antioxidant, cardiotonic, relaxant, and helps dilate

blood vessels. The berries help the heart function normally and the flowering tops contain trimethylamine, which stimulates the circulation. Combined with Ginkgo biloba, hawthorn is used to enhance poor memory by improving the circulation of blood within the head, thereby increasing the amount of oxygen to the brain.

There are many more remedies that can help a heart. More than just a physical organ, the heart is a metaphor of dealing with the psycho-social, emotional, and spiritual heart if you will. Opening our heart is as essential as diet, herbs, and vitamins. Equally important is a smile, a warm hug, laughter, and appreciating nature's miracles.

While taking herbs and vitamins, it is recommended that you work with your physician or health practitioner.

Take care of your heart.

7 tips for Heart Smarts

by Bev Stewart

1. Cut the Fat. According to the Heart and Stroke Foundation, Canadians eat about 25% more fat than they should. This much fat delivers more calories than you need and clogs your cardiovascular system. Eating less high fat dairy products, fatty meats and fried foods, to name a few, will reduce your fat intake.

2. Eat lean meats. The Heart and Stroke Foundation claims that you're probably eating more meat than you need. In addition to reducing serving sizes and choosing lean meats, it's better for all-round health to eat more vegetable proteins, such as beans and rice, that are also high in fibre, and low in fat and cholesterol.

3. Eat more carbohydrates. When cutting back on high fat foods, you'll need to make up the difference with more carbohydrates. At the same time, you'll be getting more of the fibre your body needs.

4. Eat less salt. Try cutting back on salt and discover just how great most foods taste by themselves. Be careful of processed foods because they often contain a lot of salt.

5. Watch your weight. Don't slow yourself down with extra pounds. There's no time like the present to start eating and exercising properly. But avoid fad diets. Following Canada's Food Guide is the best way of getting your weight down.

6. Drink Less Alcohol. Over-drinking is like over-eating—they are both self-defeating. Excess alcohol consumption is bad for your body in many ways. Try to limit your consumption.

7. Lead a Heart Smart Life. The Heart and Stroke Foundation advises that a good diet is just one step towards a Heart Smart lifestyle. Other steps include: getting regular exercise, not smoking, reducing your stress level, and knowing your blood pressure.

For more information on these or any other Heart Smart recommendations, you can call The Heart and Stroke Foundation at 1-888-473-4636.

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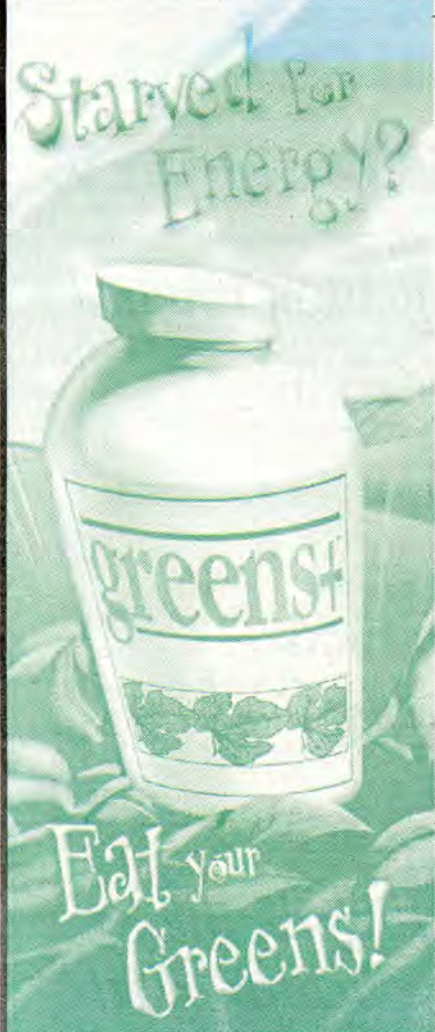


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AT THE START—Before she took control of her lifestyle Karen Hartley's weight had risen to the point that her friends were concerned for her health.



ON HER WAY—A complete lifestyle change brought Karen Hartley back to a healthy weight. She works daily with personal trainer Sheena Bull.

Karen Hartley: meeting h

A complete lifestyle change bring

by Peggy Abrahams

Karen Hartley's weight problem became such a concern to people close to her, that her girlfriend and Charles Meyers (husband of certified personal trainer Sheena Bull) came up with a plan. They encouraged Hartley to consult Bull and see if the trainer's Living Strong programme could help her lose weight and safeguard her health.

Meeting with Bull was a big step, Hartley recalled. The Living Strong gym facility is in Bull's home on Sky Valley Road, and the driveway is a steep climb. "The first time I came here I didn't want to walk up the hill," Hartley said.

One year later, and 60 pounds lighter, Hartley said she is a changed woman. "I realized after talking to Sheena, it's not a diet, it's a lifestyle change. By the end of the first visit she had me committed to walking 20 minutes a day on the treadmill."

Hartley, co-owner and operator of Ganges Village Market, now incorporates working out into her busy daily routine. Previously, she recalled that exercise meant walking to Dagwood's diner for a hamburger at lunch. "Before, I would find any excuse not to exercise. Now

I'm disciplined...the work will still be there in the morning."

Each day at Bull's, using weights, body balls and cable cross machines, she works on one body part: shoulders on Monday, arms and chest Tuesday, back on Wednesday, legs Thursday and abs on Friday. A cardio session on the recumbent bike or treadmill and a stretching routine complete the workout.

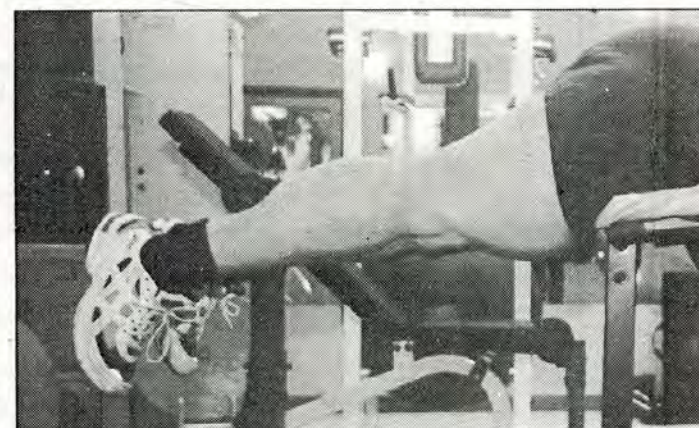
"Now, I do cardio five days a week, sometimes twice a day, and sometimes three times a day, for a minimum of 20 minutes, maximum 40 minutes," she said. Although she has Saturday and Sunday off, she usually goes for walks on the weekends.

Bull, who has a degree in exercise science specializing in combined her background in nutrition with her qualifications as a personal trainer. She helped Hartley re-evaluate her diet, as well as tailor a routine to help with her weight and overall fitness and health.

Today, said Bull, "I see she tests in the average for her age, except her blood pressure is too high. She's much healthier than many people of her age."

Bull explained that for Hartley to control her weight but through a lifestyle change. "She's lost the weight slowly so far," said Bull.

Hartley said that in



Karen Hartley



A commitment to put her health first has paid off for Karen Hartley (left) with a loss of 60 pounds in one year. Personal trainer Sheena Bull (not shown) whose mother, Sheila, (right) is another success story.

her personal challenge ngs one woman radical results

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battling her weight problem, she was concerned about her health. Before she began training with Bull she had to have her blood pressure monitored every week. "Our family has a history of heart conditions. I didn't want to go on blood pressure medication or have my stomach stapled."

Bull's mother, Sheila Bull, is another of Sheena Bull's success stories. Now Hartley's exercise partner, Sheila Bull has lost more than 50 pounds since she began working out two years ago, going from a size 18 to a size six jean. "Instead of celebrating my 59th birthday, I'm celebrating my 36th on the scale," she said.

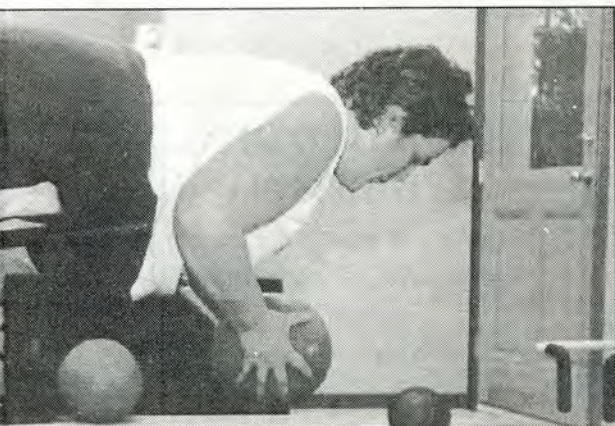
Hartley said the change from

her weight loss is not just physical, but mental. She said people who haven't struggled with obesity don't understand how devastating it is. She recalled her humiliation when she fell one day at the park while playing ball with her husband, and couldn't get up gracefully.

Now, she said, "The mental change is incredible. Things just click. Getting to the top of the stairs and being able to talk. Just being able to go into Eddie Bauer's and buy a sweater, or wear pants with zippers. Going to the doctor's office and not having to worry that the only chair is with arms."

But this is just the beginning of Hartley's success. Recently Bull told Hartley that an eight-month record of her progress has now been entered in a contest for the world's greatest personal trainer.

Hartley said, "I think I was a bigger challenge for Sheena than she expected. She wrote in her report, 'I was told she was a little overweight.' But it was 100 pounds. Living Strong appeared as a godsend, and it's been upward and onward ever since."



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(250) 537-5649**Living well and dining out**

by Bev Stewart

The following are recommendations for eating out in a heart-friendly way:

- Go to restaurants where the menu is large and varied. That way you're bound to find some healthy choices being offered.
- Ask for what you want, such as milk instead of cream for coffee, salad dressings and sauces served on the side so you can control the amount added, fish that is broiled or baked and served with lemon, not sauces or melted butter.
- Order a broth-based soup such as chicken noodle, rather than a cream soup.
- Always ask for whole grain bread, buns, and toast without butter or margarine.
- Choose lower-fat entrees such as a small grilled steak, a half chicken breast without skin, baked fish, or pasta with a tomato sauce. Lasagna, quiche, ribs, and macaroni and

cheese are okay once in a while but are too high in calories, fat and sodium to choose often.

- Order lower-fat, fibre-rich items like bean-based chili, split pea or minestrone soup; add a whole wheat bun and a glass of skim, 1% or 2%, to complete the meal.
- Enjoy a salad of garden greens and veggies with a low-fat dressing. Be careful about potato, macaroni, caesar and julienne salads which are usually high in calories and fat.
- Choose plain rice or baked potato instead of french fries.
- Try stir-fry meals served with lots of vegetables, rice or pasta and just a little meat. Ask the chef to go light on the oil and stir fry sauce.
- When portions are large, don't clean your plate; leave some behind.
- Dessert, if eaten at all, should be simple: fresh fruit, sherbet, frozen yogurt, a specialty coffee.

**Using your cart to shop for your heart...**

The Heart and Stroke Foundation has come up with a new way of helping us make healthful nutrition choices when we shop.

As you wheel your shopping cart into the grocery store, mentally divide the cart into the following three main parts: part one is the large main body of the cart; part two is the child's seat and part three is the lower shelf of the cart.

Into part one, the largest part of your shopping cart, you should put grain products, vegetables and fruit. Part two, the child's seat, should carry milk products, meat and alternatives. Into part three, the lower shelf, you should place fats, oils and other products.

In this way, you can shop in accordance with the dietary guidelines of the Heart and Stroke Foundation.

Heart & health, an Eastern view

by Peggy Abrahams

Dr. Raam Pandey is a practitioner of KayaKalpa, a form of applied alchemy designed to purify, balance and regenerate the human chemistry. The name is from Kaya, meaning body, and Kalpa, meaning transformation. The roots of KayaKalpa stem from the Siddha yogis of India in 3000 B.C.

In 1979, Pandey introduced a new system of healing to the West, based on combining contemporary methods with the traditional theories of KayaKalpa. Today, Pandey runs an exclusive retreat centre here on Salt Spring Island.

He explained some of the theories related to heart health based on the theory of KayaKalpa. According to KayaKalpa, Pandey said, "The heart is the one that cannot be defeated. The heart is energy."

When it comes to heart health, there are some ways that Western medicine and the Eastern practice of KayaKalpa agree. "We take the view that heart troubles are related to lifestyle, the food we eat. Food that is too greasy causes problems like irregular heart beat and angina. Diet is one of the most important things," said Pandey.

He stresses taking preventative measures by educating people to eat proper foods, rather than having them resort to taking medication that may be harmful.

"Popping a pill puts toxicity into the system," said Pandey.

It's best to avoid foods like red meat, which are high in cholesterol, as well as white flour and white sugar, he said. Greens and other vegetables are encouraged, and chicken may be preferable to fish.

Pandey said that high blood pressure can be largely linked to stress. "It's not just one organ. All organs are interrelated," he said.

KayaKalpa looks at the whole spectrum of a person's health. Addressing the risk of heart disease from being overweight he said, "If someone is obese, we have a weight loss programme."

There are also curative treatments for the heart in KayaKalpa. "To restore heart health you have to look at the impact of daily routine and lifestyle. We look at the age and strength of a person. We use tonics to strengthen the system, and medicine to repair heart malfunction."

Above all, Pandey explained that KayaKalpa emphasizes restoration rather than prevention or cure. Central to the theory of KayaKalpa is the idea of repair and balance. Pandey said, "It allows you to be revitalized and rejuvenated, and enhances longevity. Unlike other approaches, it not only addresses the problem, but also restores health and balance."

For more information you can visit the website at www.kayakalpa.com.

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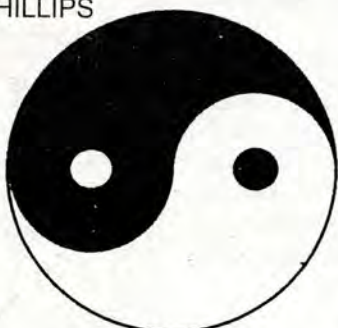
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From top to bottom with stops between

A small sampling of the many health care practioners on the Island

Salt Spring Island offers an abundance of health practioners spanning the complete range: western medicine to alternative approaches with every conceivable option along the way.

Judy Moscovitz set out to provide a sampling of some of the Islanders ready and able to help you maintain your optimum health. A quick look through the local phone book though will show just how difficult it was for her to decide on who to interview. In the end, she picked those she'd benefitted from personally, those she knows, and would expect good work from, and a few she doesn't know but who have been referred to her by others. But, she stresses there are many excellent practioners who weren't interviewed but are available to help.

What is presented here is how these practioners see themselves and their work, and what they can do to make a difference.

SHARON GLOVER, Psychotherapist

Although I am older than she is, I always feel like I am talking to a grown-up when I speak to Sharon Glover. She is so calm, reasonable, unflappable—mature! A practitioner with real life experience, not just a string of letters after her name (though she's got those, too), Sharon has an extensive background in counselling, education and educational administration. She and her husband, Doug Wilkins, had been coming to Salt Spring since 1980, and finally settled here in 1993.

Here's Sharon on Sharon:

Masters in Counselling Psychology. Registered Clinical Counsellor (RCC). I'm a Counsellor in private practice and since the fall, have been working in association with Brenda Hooge (M. Sc., MA, RCC) as "Island Counselling Group." I'm available to work with the Lady Minto Hospital and School District 64 employees and their family members through their Employee Assistance Programs (EAP).

My work: I help people understand their strengths and assets, as well as patterns of thought and behaviour that prevent them from achieving their personal goals. This new learning can be used to develop insights and find alternatives, creating a more satisfying life.

I work in complete confidentiality and aim to create an atmosphere of respect and acceptance for each individual's uniqueness. Using a variety of techniques, including interviewing, lifestyle assessment, role playing, use of childhood recollections, and art experiences, I try to help my clients learn, grow and move forward in life.

KISAE PETERSEN, Clinical Herbalist

From personal experience, I can tell you that Kisae (pronounced Kee-Sigh) Petersen is a blessing to this Island. On my recommendation, a friend, Susan K, consulted Kisae about digestive problems. The following is a verbatim quote:

"I had chronic digestive pain for six or seven years. At last count, I had been to 23 different doctors, including the Head of Internal Medicine at UBC Health Sciences Hospital, and various alternative practitioners. None of them had a clue. My GP on Salt Spring was the only one honest enough to say that he didn't know what to do, rather than put me on useless medications that were only harmful to me. Kisae was one of a long series of alternative practitioners that I've tried, and she is the only one who's been able to help. It's been wonderful. I am pain-free most of the time and have even been able to start working out. She changed my life. It's incredible to go around without pain."

Here's what Kisae has to say about herself.

Diploma in clinical herbalism, (a three-year program in Vancouver). Owner of Chrysalis Herbal Clinic on McPhillips. I offer personal consultation for a wide variety of health problems and create custom formulas in my dispensary. We carry tinctures, teas, oils, salves, creams, cough

syrup and children's tonic. Consultations are either at the clinic or, by appointment, at your home.

My work: I treat both chronic and acute illness, as well as consult about preventative health, nutrition and lifestyle. Those who come to see me are usually looking for natural methods of healing. Many are pregnant women, or parents; others are seeking to prevent acute illness by boosting their immune systems.

Because of the growing interest in herbalism, I offer a variety of workshops on the Island, some through PARC, others through my clinic. A six-part series on elder's health will be offered in March/April, and will be free. I will also be at the Saturday Market in the Park this summer. Member of Salt Spring Hours.

JAN JACOBSEN, Physiotherapist

After last year's cold, which kept me in bed for six weeks, I was anxious to get back to the world. In my exuberance about being out, I carelessly stepped into a pothole and twisted my ankle. Now on crutches, I hobbled in to see Jan Jacobsen of Salt Spring Physiotherapy. Relying on a variety of techniques, as well as endless patience and good humour, Jan treated my ankle to the point where it is now as good as new.

Here's Jan on Jan:

Four years bachelors degree in physiotherapy, combining both theory and clinical internship.

My work: Physiotherapy aims at rehabilitating a person to the maximum functional level possible for their particular problem. It is anything but passive, since the patient is involved in understanding what has happened and in working on his own to solve it. Our aim is to keep people moving and independent.

SUSAN MONAGHAN, Foot care

A Chinese fortune cookie reads, "If you want to forget your troubles, wear tight shoes." Who can't relate? Our feet can have an over-riding effect on how we function and feel. In the case of seniors, foot care can make the difference between being mobile or sedentary.

Here's Susan on Susan:

In the 1980s, I trained as a chiropodist at Toronto General Hospital. This is a full-time, three year course. After graduating, I was employed for many years as staff chiropodist at Toronto East General Hospital. My responsibilities included diabetes education, prescribing and making orthotics, and treating common foot problems such as bunions, hammer toes, corns, ingrown toenails, plantar fasciitis and ulcers. I have taken graduate courses in diabetes at the Banting & Best Institute, and hold a license as a BC certified esthetician.

I now offer foot care to Islanders at my clinic, Feet First, or at client's homes. Home visits are particularly well-suited to those with problems of mobility or transportation, or if you receive Home Support Services. I also attend Greenwoods one day a week to provide foot care to residents.

My work: Much of my work is focused on the overwhelming need among seniors for nail care. Many people have difficulty reaching their feet, or find their nails becoming too thick to cut. Poor eyesight can make nailcutting impossible. Another common problem is heel fissures, which can make walking painful, and can make clients self-conscious about their feet. Since I do therapeutic, not cosmetic, foot care, my clientele is about equally divided between women and men.

I spend a half hour with each client, beginning with a foot bath and ending with a foot and leg massage. Also included in the service is an evaluation of footwear. I am familiar with the shoe stores on Salt Spring and on Vancouver Island, and can guide clients to stores specializing in walking or extra-depth shoes.

RACHEL JACOBSON, Bodyworker

Rachel incorporates Shiatsu, CranioSacral therapy, and Reiki in her bodywork practice, as well as some Reflexology, Jin Shin Do and Traeger techniques. Sometimes called "acupuncture without needles," shiatsu aims at relieving stress and pain, improving muscle and joint functions and generally strengthening the body.

Says Gloria W., a client: "I have fibromyalgia, and a lot of my muscle pain has disappeared thanks to Rachel. She has a lovely touch, and I come away feeling relaxed and energized at the same time."

In Rachel's words:

In 1986, I was employed as a family therapist at an adolescent treatment centre. I treated myself to a shiatsu treatment for my birthday, and loved it so much that I ended up taking a shiatsu course just for fun, and got hooked. I continued studying over the next year, quit my job and became a shiatsu practitioner at the Bodhi Tree and Sourcepoint Clinic in Vancouver. I have done a lot of work on film sets, and still see clients in Vancouver about six days a month. In 1991, I moved to Salt Spring and opened a practice here. I am pleased to be working now in a bright, new, spacious yoga studio on Stark Road, as well as continuing to make house calls.

My work: Shiatsu massage does not hurt; in fact, it is very relaxing. You will feel a combination of thumb or elbow pressure, as well as some stretching. It is not necessary to disrobe, and no oils are used in the treatment. The end result is usually that you feel rejuvenated and reenergized. Occasionally a session will trigger an emotional or old physical pain release. This passes quickly, and is beneficial, since it removes obstacles to health and balance.

VERE SHUTE, Nutritionist

Vere is a wonderful resource not only for the nutritionally unaware, but also for the person who is very knowledgeable about food and supplements. He knows what you should take, and, as important, what you don't really need. Says client Ted W., "I was taking some supplements that were doing me more harm than good, and he knew. He really helped me fine-tune what I was doing. He took his time, and was always accessible for follow-up questions."

Says Vere:

I am a Registered Nutritional Consultant and have been on Salt Spring for three years. RNC's are trained to evaluate food intake, looking for nutrient deficiencies or excesses, and to recommend new dietary choices and food supplements. I am available for in-depth consultations through my clinic, Heartline Nutrition, and am at NatureWorks Wednesdays and Fridays for those wanting a brief consultation.

My work: People come to me for a variety of reasons: weight control, nutrition for children or seniors, convalescent foods, supplement use. I advise them what they can expect from appropriate food choices, and help them make sense out of conflicting theories of nutrition.

In my opinion, food is where "getting better" begins. The main focus of my nutritional counselling is to design a wellness program specifically for each individual client. Ultimately the cells in our bodies are built from the raw material in food. The more suitable our food choices are to our unique biochemistry, the better cell structures we can build.

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Fit or not? A profile will tell all and how to fix it.

by Peggy Abrahams

Maybe you're thinking of starting a fitness programme. Or perhaps you'd like to know just how fit—or how out of shape—you are. Now, you can have your own custom fitness assessment, a comprehensive profile of your strengths and weaknesses, pinpointing the areas you need to improve.

Peter Vincent, Sonja Hollingsworth and Julie Spencer of North End Fitness spent a year refining their own fitness profile. Hollingsworth explained they designed their programme to be friendly. "We wanted to make it less complicated, easier to understand and not intimidating," she said.

With a little bit of apprehension, I made an appointment with Hollingsworth, manager of North End Fitness, for my own fitness profile. The day before, she left a message reminding me, "Don't eat for four to six hours before you come in, and drink plenty of water." This, to ensure an accurate body composition analysis, a reading of your body's fat to lean mass ratio. A somewhat dreaded test in my case, since my ratio has veered the wrong way since moving to Salt Spring a year

ago and assuming a more sedentary lifestyle.

When I arrived at the gym, Hollingsworth gave me a heart rate monitor to strap around my rib cage so we could track my heart rate before, during and after exercising. The appointment began with a private interview in Hollingsworth's office. She began by pointing out reassuringly, "Most of the time, people think they're in a lot worse shape than they are."

I answered basic lifestyle and health questions, and filled out health and consent forms.

Hollingsworth explained, "It's a good idea to have clients do the physical health form a few days before the test. That way I can research anything that may present a problem."

Although some of the tests were optional, the fitness profile typically includes: body composition, pre-exercise heart rate, pre-exercise blood pressure, muscular strength and endurance, flexibility and cardiovascular endurance.

After establishing my resting heart rate (60 to 75 put me in the normal range), Hollingsworth tested my blood pressure.

My pre-exercise blood pressure was 110/70. According to the North End Fitness profile booklet, "A reading of 120/80 or lower is considered good."

For the body composition analysis, electrodes were fastened to my foot and hand, and a painless electrical current was sent through my body. The booklet explained, "The greater the amount of body fat, the slower the electricity travels through your body." Vanity precludes me from disclosing the results. Let's just say this is an area in which there is room for improvement.

At the end of this test, you are given your basal metabolic rate, or the number of calories you can burn in a day if your body is completely at rest, as in couch potato state. Any activity beyond couch potato position will cause additional calories to be burned.

Consider this along with the results of the body composition analysis, and it takes on new meaning. A pound of muscle burns about 35 calories a day. A pound of fat only uses two calories a day. Hollingsworth summed it up, "The more muscle you have, the more fat you burn...you're a more efficient machine."

A most important fitness barometer is a measure of how quickly your heart rate recovers, or drops to its pre-exercise rate, after exercise. The VO2 Maximums Rockport Fitness treadmill test measures aerobic fitness. I got on the treadmill for a five-minute warm-up, 15-minute fast paced walk, and then a cool down. Throughout the test, my heart rate was monitored, going up to 117 beats per minute, and then recovering quickly to my pre-exercise rate. My cardio fitness and aerobic fitness scores were superior.

The waist to hip ratio test was optional, but I wanted to know the result. This ratio is found by dividing your waist girth into your hip girth. According to the booklet, "Ratios that exceed .95 for men and .85 for women have been associated with increased risk of cardiovascular disease, diabetes, hypertension, colon and cervical cancers." I was relieved to learn my ratio was .78, which translated to very low risk.

To test muscular strength, you squeeze a hand grip. Although more important for men, according to Hollingsworth, I did it anyway, and got a rating of poor.

I also got a poor rating for

upper body strength, measured by lifting barbells on the bench press until fatigued. According to Hollingsworth, many women come to the gym to improve their upper body strength. "That's the part of my job I like best—helping women walk over to the free weight side of the room. It's very empowering for women."

Lower body strength is measured by doing reps on the leg press. I got a rating of fair.

Finally, sitting on the floor, legs straight in front, and reaching forward with my hands, I did the trunk forward flexibility test. Years of dance and aerobics helped me score a superior flexibility rating.

You may be surprised to learn that the typical gym member isn't a 25 year-old body builder. "Most of our clients here now are over the age of 40. They're here to avoid getting osteoporosis and to keep their heart healthy, not to look buff," Hollingsworth noted.

She said that for women, self-esteem is wrapped up in looking good and how much they weigh. She added that most people don't realize that the average North American woman weighs 145 pounds.

"Optimal body health shouldn't be measured on a scale. I've seen so many women who are so beautiful, but they're not skinny. Skinny isn't beautiful, but healthy is," Hollingsworth said.

For men, she suggested that fitness has more to do with strength and getting rid of their beer bellies. "The average desirable body fat for men is ten to 20 per cent," she added.

A fitness assessment is \$49.95 and afterward, the gym can help design a personal training routine as part of your membership. If one of your goals is weight loss, Hollingsworth said, "Each month, you should have a short-term goal. Find an exercise you like, and do it 20 minutes a day. The best thing is to go for improved fitness. Focusing just on weight loss is too negative," she added.

When you leave the gym after your profile, you walk away with an accurate reading of your fitness level and a 25-page booklet with information, helpful tips and records of your test results and rankings. This way, you can come back in three or four months for a follow-up with a benchmark for tracking your progress.

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Community Calendar

THURSDAY MARCH 2

Mom & Me Music
Tots 1-3yrs. Parc Portable. 9:30-10:30am

Sing Along Group
Seniors' Bldg. 2pm

Salty Wheels Square Dancing
Central Hall. 7-9pm

Men's Breakfast United Church. 8-10am

Zhikr Christian chant. The Contemplative Centre. 10am Info: 537-1657

Community Meditation Sacred Dance with Bergit Wolf. United Church. 11:30am-12:30pm

Christianity in Crisis
A Sufi Christianity Rev. Dr. Cynthia Bourgeault. United Church. 6:30-8:30pm

Spinners and Weavers
Guild room. ArtSpring. 10:30-noon

Bingo Meaden Hall. 7pm. Early Bird 6:30pm.

Texada Land Developments
Town Hall Meeting. GISS 7pm

Flexible Strength All Saints. 8:30-9:30am

Yoga Salt Spring Centre. 4-5:30pm

Fly tying
Newman's Great Outdoors. 5-9pm

Volleyball Fulford Gym. 7-9pm

Badminton Club GISS gym. 8-10pm

FRIDAY MARCH 3

Open Stage
Rose's Cafe. Fulford Harbour. 7pm

Solid Seven
Fulford Inn. 9pm

World Day of Prayer
Our Lady of Grace. 135 Drake Rd. 1:30pm

Wisdom Circle
Ideas & Concerns. United Church. 7:30-9:30pm

Library Board Meeting
Library. 9am

Ease into Fitness
Mahon Hall. 9-10am

Step into Shape
All Saints. 9-10am

Boot Camp
All Saints. 5-6pm

Rollerblading to Music
Fulford Hall. 7:30-10pm

End of the Affair
6:45pm

The Hurricane
9:00pm

SATURDAY MARCH 4

Library Book Sale
Library. 10am-1pm

Solid Seven
Fulford Inn. 9pm

Brent Streeper
Harbour House Lounge. 8pm

Int'l Women's Day Art Show
ArtSpring Gallery 'til Mar. 11

Flexible Strength
All Saints. 8:30-9:30am

Stuart Little 4:00pm

End of the Affair 6:45pm

The Hurricane 9:00pm

SUNDAY MARCH 5

Int'l Women's Day Art Show
ArtSpring Gallery. Opening event 4-7pm

Alison Vardy Harpist
Concert. All Saints' 2:30pm

Brian (Buck) McDonald & Dave Roland
Fulford Inn. 4pm

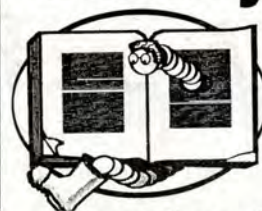
Dinner Jazz
Moby's Pub. 7pm

Badminton Club
GISS gym. 8-10pm

Stuart Little
4 & 6:30pm

End of the Affair
9:00pm

Library Book Sale



Sat., March 4
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THURSDAY MARCH 9

Mom & Me Music
Tots 1-3yrs. Parc Portable. 9:30-10:30am

Her Big Chance by Alan Bennett
Susheela. "Studio" setting at Mahon Hall. 8pm

Sing Along Group
Seniors' Bldg. 2pm

House Afire
Rhiannon & Jami Sieber. SWOVA benefit concert. ArtSpring. 7:30pm

Salty Wheels Square Dancing
Central Hall. 7-9pm

Zhikr
Christian chant. The Contemplative Centre. 10am Info: 537-1657

Spinners and Weavers
Guild room. ArtSpring. 10:30-noon

Flexible Strength
All Saints. 8:30-9:30am

Yoga Salt Spring Centre. 4-5:30pm

Fly tying Newman's Great Outdoors. 5-9pm

Volleyball Fulford Gym. 7-9pm

Badminton Club GISS gym. 8-10pm

FRIDAY MARCH 10

Her Big Chance by Alan Bennett
Susheela. "Studio" setting at Mahon Hall. 8pm

Open Stage
Rose's Cafe. Fulford Harbour. 7pm

Making Music
Voice & music improv. with Sharon Little. Lions' Hall. 7-9:30pm

Wisdom Circle
Ideas & Concerns. United Church. 7:30-9:30pm

Ease into Fitness
Mahon Hall. 9-10am

Step into Shape
All Saints. 9-10am

Boot Camp
All Saints. 5-6pm

Rollerblading to Music
Fulford Hall. 7:30-10pm

SATURDAY MARCH 11

Library Book Sale
Library. 10am-1pm

Her Big Chance by Alan Bennett
Susheela. "Studio" setting at Mahon Hall. 8pm

Legends of Broadway
Bob Leblanc's Harmony Street. ArtSpring. 8pm

Brent Streeper
Harbour House Lounge. 8pm

Flexible Strength
All Saints. 8:30-9:30am

Yoga
Salt Spring Centre. 9:30-11am

SUNDAY MARCH 12

Young Artists in Concert.
Students' Music Recital. ArtSpring. Admission by donation

Brian (Buck) McDonald & Dave Roland
Fulford Inn. 4pm

Dinner Jazz
Moby's Pub. 7pm

Badminton Club
GISS gym. 8-10pm

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by Elizabeth Courtney

The play got off to a slow start, partly no doubt because five actresses were faced with such an implausible action. From my seat left of stage, three of them had their backs turned cre-

The production as a whole had an undeniable
see Odd Couple p31



GISS drama students in rehearsal for their upcoming production of *The Insanity of Mary Girard*.

by Bev Stewart

The Insanity of Mary Girard is set in 1790 in the insane asylum of a Pennsylvania hospital. The heroine, Mary Girard, has been placed there against her will by her husband. As

Pittman chose the play for the high school cast because it was so dark. "It illuminates a shameful aspect of our past," she said, adding that, "Drama is easier for the kids to act than comedy because comedy requires an innate sense of comedic timing that you can't teach."

There are 17 students in the cast and a total of 40 in the entire production. Pittman described them as "an awesome group of kids"

The Insanity of Mary Girard will be on stage at ArtSpring Friday and Saturday evenings March 3 and 4, starting at 7:30 p.m. Tickets are \$11 for adults and \$9. for students.

The free recital begins at 12:10 p.m. and is followed by lunch for \$4.75.



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- Fitness Instructors: teaching
- Participants: donations



Freedom to Read Week

The written word and intellectual freedom

by Dayle Gaetz

With Freedom to Read Week upon us, I was particularly interested to see a news report last month (London, Reuters) stating that the nursery rhyme *Baa, Baa, Black Sheep* had been banned in Birmingham schools. Apparently city council was under the mistaken impression that the nursery rhyme had "racial undertones" and links with slavery. According to the *Oxford Dictionary of Rhymes* it dates back to a 1275 protest against wool taxes.

Although the ban was lifted, the "Working Group on Racism in Children's Resources" continues to believe the word "black" in itself when "attached to another word" becomes negative and can cause embarrassment and confusion in children.

Kind of makes you wonder who is on the committee and why they equate black with "negative." Does this same committee feel that "white" is somehow positive? Or, is white another word that should be banned? If black and white are deemed politically incorrect, it will take a lot of committees a lot of time going through every children's book and nursery rhyme to carefully remove those odious adjectives. While they're at it they may as well strike out brown, red and yellow before someone objects to those insidiously descriptive colours as well. Which leaves us with shades

of a blue. A blue world.

Oh, but wait, my thesaurus lists "gloomy, sad and black" as synonyms for blue. Some child, somewhere, is sure to know this and feel extremely uncomfortable upon hearing the word blue attached to another word.

Problem solved. Black and white are out. Colour is out.

Political correctness aside, many people feel that children's books should be more rigorously censored than books for adults. And, to a certain extent, they are correct. In fact, after taking a recent poll of children's authors I find that most, if not all of them self-edit for inappropriate language. No one wants to cause any child to feel uncomfortable, or singled out, because of a book read in class.

The word "savage" for example, although often used by British Columbia settlers in reference to Native people, might be changed to something less harmful, such as "stranger."

Other changes to historical fact are less defensible.

Constance Horne, for example, has been criticized because the young girl, Millie, in Connie's historical novel *Trapped by Coal* spends her time babysitting her younger brother and helping with household chores while her older brother works in the coal mines. Historically correct? Yes. Fits in with today's standards? No. Constance refuses to change the past.

A more subtle piece of edit-

see *Freedom* p31



Harpist Alison Vardy.

Classical harp music from north and south

Harpist Alison Vardy will perform a concert of multicultural instrumental harp music at All Saints by-the-Sea, March 5 at 2:30 p.m.

Vardy plays an eclectic repertoire of music spanning both northern and southern hemispheres. Rhythmic Paraguayan and classical Celtic music flow from the strings of her harp as easily as her own compositions and improvisations.

Vardy started playing the harp while living in rural New Zealand. She taught herself in the folk tradition and in 1993 built one of her current performance instruments in a luthier's workshop in Victoria, Australia. For this Sunday concert she will also be performing on her impressive 36-string Celtic harp, recently custom-made by Oregon luthier, John Westling. Each instrument has its distinct sound qualities, but both

are endowed with rich, warm tones, well suited to Alison's arrangements and expressive playing.

Since returning to Canada from New Zealand in 1998, Alison has established herself as a professional musician with regular engagements at such venues as the Butchart Gardens. She performs at corporate, community and private events on Vancouver Island and the B.C. mainland, and will also be presenting spring concerts on Galiano Island (March 12) and Mayne Island (March 19).

Her CD, *Harping On*, is available in Victoria outlets and over the internet at www.alison-varidy.com. Her second CD, *Sola*, will be available this summer.

Tickets available at the Church office, 9-12 a.m., Monday to Friday, are \$8.00 in advance or \$10.00 at the door.

Gumboot gala wraps up season

by Peggy Abrahams

The Salt Spring Folk Club presents its annual fundraiser, the Gumboot Gala, Monday, March 6 at Fulford Hall. This year's programme includes Valdy, Bill Henderson, the Wrangellian Gumboot Ensemble, Charlie and Lisa Erck, Jordy Sharp and John and Michelle Law.

Bill Henderson, one of the founders of the Folk Club as well as a producer and performer, said this Gumboot Gala will be a little different. "This year, the development for us is that we're trying to have everyone play together...some cross-pollination."

Henderson explained that he will play with the Gumboot Ensemble, Valdy will play along with some of the other musicians, and all the performers will collaborate for the finale.

The Salt Spring Folk Club was founded four years ago by Henderson, Valdy, Lyn Strand, Gary McNutt and Jim Fogarty. Karen Dakin took over Strand's executive director role this year. According to Henderson, The Gumboot Gala became a Folk Club tradition after the first year, when the Club was struggling for funds. Henderson said he suggested he and Valdy could do a show and the proceeds would go to the Folk Club. Since then, they've produced a Gumboot Gala every year.

The Wrangellian Gumboot Ensemble will

dance three selections, said Henderson. Gumboot dancing, a tradition embraced on Salt Spring, originated among South African miners, he explained.

Along with Henderson and Valdy classics, Charlie and Lisa Erck will perform bluegrass and folk selections, Sharp will perform on the banjo, and John and Michelle Law will feature songs from their new CD *Estimated Time of Revival*.

Among goals for funds raised from the Gumboot Gala, the Folk Club plans to expand its lighting system. Last year, the Club realized its goal of unveiling a new custom backdrop, a view of Salt Spring's green mountains with a guitar winding its way through the Fulford valley, produced by John Malcolm.

"We wanted something that really represented Salt Spring and we wanted it to show that it's an island. We finally settled on the Mt. Maxwell Bluff as being the most recognizable feature of Salt Spring," Henderson said.

The Gumboot Gala will be the Folk Club's last show of the season, said Dakin. "We tend to start in the early Fall and go through early Spring. It's meant to be a winter pick-up for everyone. Once Spring comes, it's hard to get everyone out," she said.

In addition to a feast for your ears and eyes, food and drink will be available. Henderson promises, "It should be a lot of fun."

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Sun., March 5 • 9:00pm

Tues., March 7 • 9:15pm



Wellness Co-ordinator Sharon Glover (right) introduces nurse Elaine Kilpatrick February 16 at Seniors Services.

Arthritis: It's no laughing matter



Seniors Scene ... with Alan Fairlie

A "full house" greeted nurse Elaine Kilpatrick RN, BSN last Wednesday at Seniors Services at 2 p.m. Her topic was of great interest to the many who attended: *Understanding of Medication and Important Foods in your Diet*. As I mentioned in my last column (February 8), Elaine has many years experience in this field and knows whereof she speaks.

"There are over 100 kinds of arthritis including inflammatory (rheumatoid) and osteo (bones) and joints," she

says. Elaine added that, "Arthritis affects over 20 per cent of the population and not just older people!"

As a spokesperson for the Arthritis Society (Victoria), Elaine points out that diet is very important to those who suffer with this lifelong disease. Health and Welfare Canada lists four main food groups that should be consumed very day: grain products; dark green vegetables and oranges; milk products (low fat); meat and alternatives including poultry and fish as well as dried peas, beans and lentils.

Elaine says body weight is important in both rheumatoid and osteoarthritis. Many people with the latter are over-

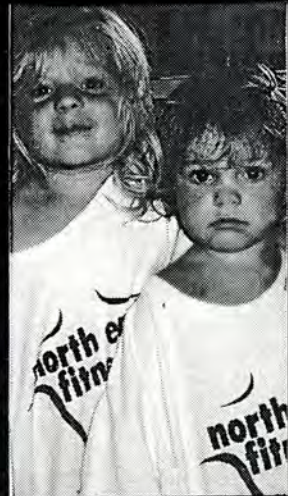
weight. Excess weight increases the stress on weight-bearing joints such as the hip and knee. Excess weight is also more difficult to shed because pain, limited mobility, stiffness and fatigue limit a person's ability to burn excess calories through physical activity. Individuals with rheumatoid arthritis may be normal or underweight. Unplanned weight loss may represent a stress response to chronic inflammation. Fatigue, loss of appetite, pain and depression also contribute to underweight. Key concepts for maintaining an ideal, stable body weight are variety (what you eat) and moderation (how

much you eat!).

"Combining a carefully planned exercise program with healthy eating is a positive way to stay healthy and independent," says Elaine. She recommends following Canada's Guide to Healthy Eating and enjoying pleasurable eating—the ingredients for enjoying life to the fullest!

Elaine Kilpatrick can be reached at the Arthritis Centre in Victoria, 268 Richmond Ave., V8R 4S9. (1-800-321-1433) www.arthritis.ca

There's nothing funny about arthritis and here's the only joke I know about it. PATIENT: "Hello Doctor, I'm aching from arthritis!" PHYSICIAN: "Glad to know ya' chum, I'm Rosenbloom from Chicago!"



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Stir fry with tofu

Salt Spring Sizzles ... with Gail Prior

OK, you know soy bean curd (tofu) is good for you—but you're not sure how to introduce it into your meals. Try this easy stir fry with marinated tofu and you are on the road to lowering your cholesterol level.

1/4 C. hoisin sauce (available in the Chinese cooking section of most supermarkets)
1/4 C. frozen orange juice concentrate (thawed)
1 clove garlic minced

2/3 lb. extra-firm tofu
2 tsp. minced fresh ginger root
1 carrot, thinly sliced
1-1/2 C. broccoli florets
2 green onions, thinly sliced
1/2 tsp. sesame oil

1 tbsp. vegetable oil
1/2 lb. mushrooms, sliced
small red pepper, thinly sliced
1/4 lb. bean sprouts
2 tsp. cornstarch or arrowroot powder

In a small bowl, mix together hoisin sauce, orange juice concentrate, garlic and sesame oil. Cut tofu into 1/4 inch thick strips, stir into hoisin mixture. Let marinate about 30 minutes, then pour through strainer over bowl and reserve marinade. In large non-stick skillet or wok, over medium heat, heat 1 tsp. of the oil. Stir fry tofu and ginger root together about 2 minutes. Remove to warm plate. Heat remaining 2 tsp. of the oil in skillet. Add carrot, mushrooms, red pepper and broccoli; stir fry about 3 minutes. or until broccoli is tender crisp. Stir in bean sprouts, onions and tofu. Whisk cornstarch into hoisin mixture with 1/4 cup water; stir into stir fry, cooking until sauce thickens. Serve over rice or noodles. 2 servings.

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Surviving with the Doctrine of Signatures



Magic in herbs ...

with Barbara Rikwerda

Do you ever imagine yourself in an unusual situation. Could you survive? Mind games can be interesting, can't they? An earthquake leaves me unable to go anywhere, or I am left on a tiny island alone for a month.

An even more challenging game is to think of myself being one of the first humans on this earth. Gosh, there wouldn't be as much as a can of soup to satisfy my body's call for food.

However, it's quite likely the hunger would introduce me to the first universal language, Nature. It is quite obvious that plants would be there to satisfy my need. They are everywhere, regardless of the weather or even soil conditions. The vari-

ety of textures, sizes, shapes and colours there are to choose from is amazing.

In my mind game I really think I could survive as one of those first humans on this earth. I might even be healthier relying solely on Mother Nature's offerings, but what if it did develop a disease for some reason. Need I panic?

In about 1653, Culpepper's *The English Physician and Herbalist* was published. He believed in what he called "the Doctrine of Signatures." The appearance or image of every herb determined its use by humans. There were other herbalists of about that time like Gerard and Paracelsus (c.1490-1541), the physician who advocated simplicity in his practice and regarded the life of man as inseparable from that of

the universe. Interesting, but let's get back to the plants that have been used for healing before the healing philosophy began to move strongly into science.

Plants that grow in a swampy wet area signify mucous excretions for irritable coughs, bronchitis, etc. Skunk cabbage and other plants can be found growing there. Sunflower and eucalyptus are often planted in such places to clean up the yucky area and are also used to clean out the "swampy" areas of the body.

If plants are growing on banks of clear, fast moving water they would mostly be indicated as diuretics. Horsetail is used for that today.

Some plants grow naturally in gravelly or sandy places. They are reputed to help remove from the body's mucous linings and such areas, harmful stone-forming and catarrhal accumulations. Sassafras and saxifrage have a special

see Surviving p 31

A tasty beauty that flourishes in our climate



Life in the garden ...

with Joe Clemente

For an interesting perennial that is prized not only for its beauty, but also its large edible flower buds, why not try planting an artichoke in your garden this spring. On occasion potted one gallon specimens of this plant are sold in the nursery trade, but if you can't find any, seeds are a lot easier to come by.

Artichoke plants grow to a large size in our climate. My own plants grow to over five feet tall, and nearly as wide. I planted them several years ago for the exotic ornamental beauty of the large silvery fern-like foliage. Most of the time I let the artichokes open into spectacular large purple thistle-like flowers, which the bees seem to love. On occasion I will

harvest an artichoke or two for us to eat.

If you're going to grow your chokes from seed you should plant your seeds indoors at least five to six weeks before your last frost. Your last frost may be early or late depending on your growing area of the Island. Our temperate climate is perfect for this plant since they are grown commercially on northern California's cool foggy coast. "Green Globe" seems to be a good variety for our area, and produces very tasty hearts, the best part of the artichoke. Artichoke plants will produce offshoots so you will end up with more plants as time passes.

I find artichokes respond really well to heavy fertilization during their growing period. They don't even mind chicken

manure worked into the soil which is quite high in nitrogen. I grow my artichokes as a companion plant beside my large clump of bananas, so they receive plenty of water and fertilizer on a regular basis. I usually use fish or seaweed with constant top dressings of rotted manure.

A full sunny location is just fine, but part shade seems to work okay. I found this out in my own garden. Also it doesn't hurt to mulch your plants in the fall with straw or leaves just in case a deep freeze should occur. You just want to make sure the root systems of your artichokes don't freeze or it may be game over, and you'll have to start again.

Another good note to mention is that I've never had the deer eat my artichoke plants yet, but it wouldn't surprise me if sometime they do—I'm always ready to expect the worst from our four-legged friends.

Good luck, I think you'll be impressed with this one!

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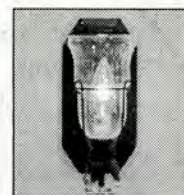
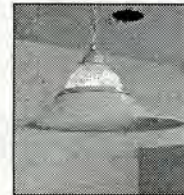
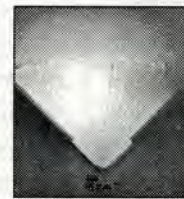


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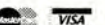
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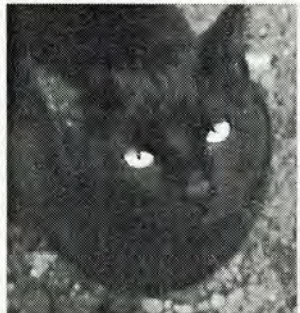
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Cats of the Week



My brother and I are known as "The Boys." We came from Mayne Island in February and are really hoping to be adopted together. I heard there is a special deal if someone takes us both.



I'm Zorro and I'm big, black, and utterly adorable. I love to cuddle and be brushed and I walk quite nicely when wearing a blue halter and leash. Of course, I have been neutered.

Please call the SPCA at 537-2123 to meet these cats and the many others looking for a home.

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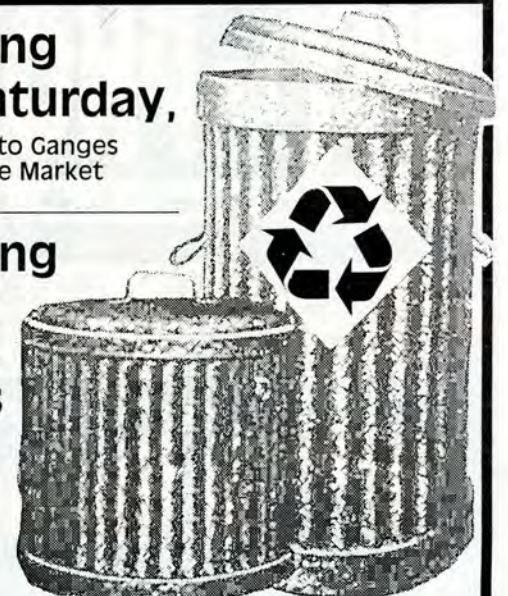
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Special Olympics: Gloria Dale-151, 143, Jessie Maron-151, MaryAnn West-169, Jimmy Beck-181, 150
Mahjor Bains-182, 229, Terry Swing-196, 146, Joanne Sandberg-140
Circus: Amin Athanasious-201, Inez Farr-228, Lance Leask-226, Ken Strike-228
50+Tuesday Morning: Edie Gear-210, Helmut Losch-247, Anne Kowal-204, Ken Robinson-224, 218/600
50+Tuesday afternoon: Reg Winstone-200, Vanda Winstone-203, Rita Dods-207, Gwen McClung-207, June Webb-207
50+Friday morning: Margaret Baker-216, Jack Godwin-209



Bev Stewart photo

FIGHTING FORM—Coach Shawn Adams (front centre) and members of his Judo Dojo were in Quesnel on the weekend competing in the B.C. Winter Games. The team came home with some impressive awards. Fifteen-year-old Sophie Haase and 13-year-old Megan Leitch (front right and left respectively) gave an "outstanding team performance" in a demonstrative venue, "Katta." As a team they took a silver medal. Individually, competing among eight, Haase took a gold medal in the under 57 kg class while Leitch took a silver in the same category. Fifteen-year-old Gavin Hamilton (back row, right) took fourth overall while sixteen-year-old Niko Lohmann (back, left) received a concussion in one of his fights and sat out the remainder of the competition.

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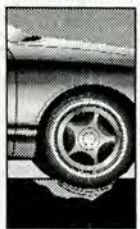
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Nomadic keeper holds off Strikers



Sidelines ...

with Alan Webb

inary soccer balls.

We used to mock him.

Salt Spring Strikers 2 Prospect Lake 2

Many years ago there was a little old man who could be found on the touchline of most Lake Hill soccer games. He was Scottish, about 5'2", grey-ashen, sunken features beneath a broken beak of a nose and thin grey hair under a tartan cap. He wore an old MacIntosh and Wellingtons regardless of weather and leaned on a walking stick.

He could be heard all over the park yelling variations of a single theme at the Lake Hill players, "Kick the ball Johnny!" or "ave it away lad" and swinging his leg at imag-

Saturday morning I witnessed a dozen or more imitators at the U-12 Strikers game, and what's worse, I was among them.

The homeside took the early initiative with a good chance down the left flank created by Tavis Morton for Jesse Hume. Moments later, some skillful approach play produced a goal which was brought back far offside.

Prospect Lake then reeled off five consecutive corner kicks in a span of less than two minutes, forcing Striker fullback Alex Hannah to clear desperately off the line three times.

A shot from twenty yards followed, curling away from

keeper Peter Goodman heading just inside the left post. But Goodman got a hand to it and pushed the ball to safety.

Still only fifteen minutes into the game some terrific skill from Rusty Fedberg split a pack of defenders and opened up a clear path to goal. He neatly picked the lower left corner for Salt Spring's first lead of the day.

Ten minutes into the second half the teams were level at one and the Strikers were on their heels — until Cardin Davis intercepted a clearance in midfield and escaped down the left. His shot for the far post beat the goalkeeper but was about to roll harmlessly past the post when Gilbert Comeau lunged and bundled the ball over the line for a 2-1 lead.

The visitors equalized with eighteen minutes gone

to set up a thrilling final twelve minutes.

Throughout the match Prospect Lake's keeper wandered absently and dangerously far from his goal. He rarely strayed from the top of his area and often drifted beyond it, even with Salt Spring in possession.

Davis and Garside nearly caught him out in the late going while their teammates tried urgently to chip a ball over him into the gaping net.

On the sidelines legs swung, bodies ducked and weaved, voices shrieked, "Shoot!" and "Chip him!" but neither the spectators, nor the Strikers, could will the ball past the nomadic keeper and get the three points.

Still, it was a good point for the Strikers, and a good dose of anxiety on a chilly Saturday morning is good for the hearts of aging spectators.

Geezers have yet another wet one

Salt Spring Geezers 3, Peninsula 3

Conditions for Sunday's Over 40's game could hardly be thought conducive to good soccer; the pitch was so wet one would have guessed we were in southern California. Nevertheless, this was a rousing game from

the opening whistle.

The uniforms were barely muddy when Peninsula were awarded a penalty for handball. Henry Braak was more than equal to the shot however, throwing himself off the line to block the shot.

The Geezers play a patient game, short passes to feet,

slowly drawing support up from the back. Having survived the penalty wake-up call they began to get untracked.

The Damien Brazier, Jack Braak, Graham Tweedle combination would figure prominently on the day and they began their work early creating good chances for Malcolm

Legg, Gordie Speed, Antonio Alonso and Paul Sinclair.

While Salt Spring dominated possession Peninsula sat back and absorbed the pressure and relied on lightning-quick counterattacks.

Henry Braak was kept busy on several out manned
see Geezers p30

Sports Pool...with Terry Stringer

DAGWOOD'S POOL Next meeting: Wed., Mar. 8th, 7 p.m. sharp at DAGWOOD'S.

	Total Points	This Week		Total Points	This Week
1 Ottawa.....	522	29	10 Phoenix.....	460	22
2 Vancouver...	502	35	11 Pittsburgh.....	449	28
3 Philadelphia...	495	22	12 San Jose.....	440	16
4 Edmonton.....	488	20	13 Toronto.....	428	26
5 St. Louis.....	477	18	14 Islanders.....	426	25
6 Montreal.....	473	24	15 Buffalo.....	422	27
7 Atlanta.....	470	14	16 Washington....	414	21
8 Boston.....	468	30	17 Anaheim.....	401	23
9 Dallas.....	463	19			

Includes games of Saturday, February 26th, 2000

GOLF COURSE POOL Next meeting: Fri., Mar. 10th, 5 p.m. sharp.

	Total Points	This Week		Total Points	This Week
1 Ice Dogs.....	552	37	9 Dagwood's.....	498	37
2 Edmonton.....	536	21	10 Buffalo.....	482	21
3 Marx Bro #1..	518	23	11 Ottawa.....	467	18
4 Ane-jo.....	516	18	12 Bandido.....	461	17
5 Toronto.....	515	27			
6 Greenwoods..	512	22			
7 Dallas.....	507	35			
8 Rangers.....	503	26			

the Barnacle Island Journal Classifieds

Phone 537-4040 Fax: 537-8829
Mon. to Fri. 8:30 am to 5:00 pm
email: barnacle@saltspring.com

CLASSIFIED DEADLINE:
4:00 pm Friday preceding next issue
"HOLD THE PRESS" DEADLINE:
NOON Monday preceding next issue

110 • IN MEMORIAM

HAYWARD'S FUNERAL SERVICE
GANGES

PATRICK BEATTIE
Funeral Director
320 - #2 Upper Ganges Rd
Salt Spring Island
Tel: (250) 537-1022
Fax: (250) 537-2012

120 • MESSAGES OF THANKS

THANK YOU, Skoken, for all the years. You exuberantly loved life and brought us along for the ride. 0900

I WISH to thank Diane and all the staff at KIS Office Services for their exemplary service over the past 15 years - has it been that long? Again many thanks. Jonathan. 0900

TOONIE TRIBUTES

An inexpensive way to say thanks in the Barnacle. Up to 20 words for only two dollars includes GST. Ads must be placed by 4 p.m. Fridays.

The Salmon Enhancement Society

is pleased to announce that the raffle winners are:

FIRST:
Tish Lane
(The Nancy Wigen original)

SECOND:
Bernie Knudson
(firewood or salmon)

THIRD:
Isabel Hunt
(firewood or salmon)

Thanks, Nancy, for your generous donation. Thanks to all the people who supported the raffle & purchased over 400 tickets.

Your help will benefit Salt Spring Island's streams & watersheds.

120.0900

BUY TWO GET TWO FREE!

See Barnacle ad in Classification #390 for details!

140 • UPCOMING EVENTS

COMMUNITY BULLETIN
Board now at the Barnacle - display your notices and posters for upcoming events on our giant bulletin board. Drop-off during office hours or use our mail slot. ttn

ARTCAMP: LLOYD English and Patricia Brown, July 17-21 Age 5-8, July 24-28 Age 9-12, Fulford School. Call Patricia 653-9406. 1000

HOUSE AFIRE Concert with Rhiannon & Jami Sieber, Julie Wolf and Michaelle Goerlitz. Thursday, March 9th - 7:30 pm, ArtSpring. Tickets available at Acoustic Planet and ArtSpring, \$15.00, or \$10.00 under/unemployed. Celebration of International Women's Day. A benefit for SVOVA. 1000

GRADS: GRADUATION is getting closer, do you have your special dress? Together we can create your one and only custom-made grad dress. Judith. 537-9880. ttn

WORLD DAY of Prayer, March 3rd/00, 1:30 pm. 135 Drake. Our Lady of Grace Church. 0900

FROM NEWFOUNDLAND to Salt Spring. Coastal women in song. An acoustic evening. From Newfoundland singer/songwriter Liz Pickard, and from Salt Spring Susan Cogan. Saturday March 11, 8:00 pm, Lions Hall. Tickets \$10 at Acoustic Planet or at the door. Info 537-5075. 0900

SCHOOL DISTRICT #64 (Gulf Islands)

A regular meeting of the Board of School Trustees, will be held at the **Salt Spring Middle School** **Wednesday March 8 at 1:00 pm** **Public Welcome!**

140.0900

S.A.S.S.I. Productions Susheela in Her Big Chance

An entertaining monologue by Alan Bennett

March 9-10-11
8:00 p.m.

A "studio" setting, in Mahon Hall

Directed by Margaret Jardine

Very limited seating. Advance tickets only. Tickets: \$10 at et cetera



140.1000

140 • UPCOMING EVENTS

Blackburn Meadows


Re-Opening
Wed. March 1st
2 for 1 Special
March 1-8
Must present this coupon

269 Blackburn Rd.
537-1707

140.0900

Endangered Species Slide Show and Earth Day 2000 Discussion

United Church
Lower Hall
Sun., March 5
7:00 p.m.

Info: (250) 629-3811

140.0900

Reiki I, II & Master Level

Now being offered
Individual or group courses available. Also •Reflexology •Reiki •Massage sessions

Offered in a quiet, nurturing setting by the sea.

For more info please call **JULIE HOWARD** 537-4126

Town Hall Meeting

TEXADA LAND DEVELOPMENT

March 2nd
7:00 p.m.

G.I.S.S. Multi-Purpose Room

145 • COMMUNITY SERVICES

ALCOHOLICS ANONYMOUS SERVICES MEETINGS

Salt Spring ... 250-537-2270
Galiano ... 250-539-2222
Pender ... 250-629-3631
Women's Meeting Only
Thursday nights: 5:15 pm
Please call
250-537-1733 or 250-537-2993

THE SALT SPRING ISLAND PUBLIC LIBRARY ASSOCIATION (Mary Hawkins Memorial Library)

The library is seeking candidates for its volunteer Board of Trustees, to be elected on March 22nd at its Annual General Meeting.

Prospective candidates should be (library) card-carrying members of the Association, willing to meet at least once a month, serve on committees, etc.

Those desiring to stand for election may leave their names at the library, 129 McPhillips Ave., attention: Ann Barber, nominations chair.


145.0900

160 • BIRTHDAYS

Birthday?
Send a special birthday greeting in **"Barnacle"**

Priced as low as **675** + GST and receive a **FREE Bouquet of Balloons**

courtesy of

 **DOLLAR STORE**

P.S. You can even have them **DELIVERED FREE** in the Ganges area.

Belated 65th Birthday Greetings
LEN WALLBANK


160.0900

170 • ANNIVERSARY

Anniversary?
Send a special anniversary greeting in **"Barnacle"**

Priced as low as **675** + GST and receive a **FREE Bouquet of Balloons**

courtesy of

 **DOLLAR STORE**

P.S. You can even have them **DELIVERED FREE** in the Ganges area.

190 • BUSINESS NOTICES

PICK-UP & delivery. Island Carrier Service, personal and professional. Anything, anywhere on Salt Spring Island, 50 lbs or less. Phone pager 537-8179. ttn

INTERNET RESEARCH. University graduate will research health issues, genealogy, travel plans etc. Efficient and confidential. Karen 653-4589. 0900

MOVING HOME! K.I.S. Office Services and Dianne Fidler will be continuing to offer word processing services from a new home office. We will continue to deliver the same high standards of quality and confidentiality. We will offer a pick-up and delivery service for our clients. Please call us for an appointment to discuss your needs. 653-2002. 0900

WE BUY LOGS!

All species. With local delivery point Burgoyne Bay, Salt Spring Island.

Call John at **250-754-1962** or Scott Royal **250-653-9040** for prices & details.

 **COASTLAND Wood Industries Ltd.**

Ganges Floor Coverings Ltd.

(formerly Burritt Bros. Carpets)
~ SAME LOCATION ~
120 Lower Ganges Road
~ SAME PEOPLE ~
Arlene Dashwood & Tom Hoff

New Phone **537-9112** New Fax **537-4474**

190 • BUSINESS NOTICES

 **The Vesuvius Inn**
We regret to inform our local clientele that, due to unforeseen circumstances, the Vesuvius Pub will remain closed for one more month.

We will reopen: **Saturday April 1**

and we look forward to seeing you then.

190.0900

FILM

We carry a full selection of black and white colour film.

WE HAVE BATTERIES, TOO!

105 Hereford 537-9917

 **APPLE PHOTO & IMAGING**
Mon.-Sat. 9:30-5:30

220 • LOST & FOUND

FOUND. BUNNY on Lungs Road, Feb. 20th. Please describe to claim. Marx 537-1548. 0900

MISSING BLACK duffel bag with BC Judo on it and clothes inside. Left at phone booth outside Mobile Market Thursday night Feb. 17. Reward. 537-4155. 0900

PLEASE RECYCLE YOUR BARNACLE

230 • TRAVEL

 **THE TRAVEL SHOP**
CALL US FIRST AT **537-9911**
M-F 9-4:30; SAT 9-2

301 • CLOTHING

WEDDING DRESS and veil with train. Perfect for summer or fall wedding. Like new \$575 o.b.o. Call 537-1507.

310 • APPLIANCES

FULLY RECONDITIONED Washers, Dryers & Dishwashers. Excellent condition, \$200-\$300. 60 day parts warranty. Sam Anderson 537-5268. Pager: 538-9000. ttn

APPLIANCES
KitchenAid
 **MAYTAG**
 **FRIGIDAIRE**
Largest selection on Salt Spring Island!
537-2111 

313 • FIREWOOD

FIREWOOD. CUT, split and delivered. Order now and your wood will be dry and ready to burn next season. Walter Rumsby, 653-4877. ttn

DRY SEASONED Fir firewood. \$175 per cord, stacked in truck, split and delivered. \$100 half cord. 653-4531.1300

315 • FREE & RECYCLABLE

FREE 1982 Ford Fairmont for parts. 653-4501. 0900

 **SIGHT FIRST**
A LIONS PROJECT

RECYCLE YOUR OLD GLASSES


Your old prescription lenses can be a gift of sight. Boxes are located at:

- ✓ Pharmasave
- ✓ Bank of Montreal
- ✓ Bank of Commerce
- ✓ Island Savings Credit Union
- ✓ Gulf Islands Optical

320 • GARAGE SALES

LIONS GARAGE Sale, 103 Bonnet Avenue. Every Friday, and Saturday only, 10 a.m. to 12 noon. Come and browse, we just may have it. New merchandise arriving daily. Good, clean merchandise wanted. Call 537-2000 for pick-up or info. ttn

YARD SALE March 4th, 9-2 pm, 142 Woodland Drive. Car, TV, TV stand, mountain bike, shower door, dog and cat traveling cases. Lots of other interesting items. No Early Birds Please!! 0900

The Classifieds continue on Page 28 

CLASSIFICATIONS

ANNOUNCEMENTS

100-199

100 Births

105 Obituaries

110 In Memoriam

120 Messages of Thanks

130 Church Events

140 Upcoming Events

145 Community Services

150 Engagements / Weddings

160 Birthdays

170 Anniversaries

180 Legal Notices

190 Business Notices

PERSONALS 200-299

200 Personals

210 Business Personals

220 Lost & Found

230 Travel

MERCHANDISE 300-399

300 Arts & Crafts

301 Clothing

305 Antiques

310 Appliances

311 Equipment

313 Firewood

315 Free/Recyclables

320 Garage Sales

325 Musical Instruments

330 Pets

332 Livestock

335 Food Products

336 Health Products

340 Sporting Goods

345 Furniture

350 Paint

355 Computers

385 Wanted

390 Miscellaneous

EMPLOYMENT 400-499

400 Help Wanted

410 Employment Wanted

420 Business Opportunities

430 Skilled Trades

SERVICES 500-599

500 Accounting

501 Office Services

505 Business Opportunities

506 Education

509 Carpentry

510 Contractors

511 Drywall

512 Painters

514 Caregivers

515 Child Care

517 Dental

520 Janitorial

521 Cleaning Services

522 Sewing

525 Computers

530 Electronics Repairs

531 Excavating

535 Finance/Mortgage

540 Garbage

545 Gardening/Landscaping

546 Heating

550 Machining/Welding

551 Autobody & Painting

552 Marine

555 Plumbing

560 Pools/Spas

565 All-round Handy

570 Music Lessons

572 Musicians

575 Health & Fitness

576 Beauty

580 Rentals

581 Moving/Storage

585 Travel

595 Miscellaneous Services

REAL ESTATE 600-699

600 Houses for Sale

610 Farm Land

620 Acreages/Lots

630 Commercial Properties

640 Open Houses

690 Real Estate Wanted

RENTALS 700-799

700 Houses for Rent

710 Apartments for Rent

720 Room & Board

730 Shared

Accommodation

740 Holiday

Accommodation

750 Storage

760 Business Rentals

790 Rentals Wanted

TRANSPORTATION 800-899

800 Cars/Trucks

810 Motorhomes / Campers / RVs

815 Trailers

820 Boats/Marine

830 Aircraft

840 Motorbikes/Scooters

850 Vehicles Wanted

890 Vehicles Wanted

CLASSIFIED LINER RATES:

First two words BOLD & CAPITALIZED. Taxes extra. "Regular Ads": First 20 words: \$6.75, each additional word 25¢. "Hold the Press": First 20 words \$8.75, each additional word 30¢.

CLASSIFIED DISPLAY RATES

\$9.75 per column inch, based on 6 columns per page, 9 picas 6 pts width (1-1/2"). Includes your logo. \$1.00 extra for regular line border. \$3.00 extra for designer border. **DISCOUNTS** for display classified: 10% off for 4 week run; 15% off for 10 week run; 20% off for 16 week run.

Errors or Omissions: Advertising is merely an offer to sell and may be withdrawn at any time. Advertising is accepted on the condition that in the event of typographical error, that portion of the advertising space occupied by the erroneous item, together with reasonable allowance for signature, will not be charged for but the balance of the advertisement will be paid for at the applicable rate. No liability for ad omission. We reserve the right to reject any advertisement.

PLANNING A GARAGE SALE?

Attract a crowd by advertising Island-wide in

Barnacle

Not only do we offer the largest circulation and the lowest rates, but you'll love our

Bonus Garage Sale Kit

That comes **FREE** with your ad!

325 • MUSICAL INSTRUMENTS

YAMAHA "SILVER" flute. Excellent condition. \$475. 653-4744. 0900

332 • LIVESTOCK

FREE ROOSTER to good home. Five months old. Ready for his own flock. John 537-8840. 1000

335 • FOOD PRODUCTS

GOURMET MEALS only \$6.00! New menu every week - just heat and serve. Islander Special: 10% off Tues - Thurs. on pick up orders. Chef On The Run, 9760A Fourth Street, Sidney, B.C. Open Mon.-Sat. 10am-6pm. 1100

355 • COMPUTER

COMPUTER PROBLEMS? Set-ups, Installing Software, Tutoring, Internet. Your place or ours. Yes, we make house calls days/evenings/weekends. \$25/hr. 18 years experience. Phone Robert, 537-2888 Arvana Consulting. 1600

LOOKING FOR a new computer? Call me 1st! I search the internet for great deals on Name Brand Computers. I do set-ups, software installation, multimedia upgrades, internet & windows tutoring. Computer Graphics and Desktop Publishing. Call John @ 537-0012. 1000

COMPUTER MONITOR 14" \$40. Call Bert 537-4643. 0900

Ron Weisner BASc

Problem solving for:

- ✓ Computers
- ✓ Photocopiers
- ✓ FAX Machines
- ✓ Cash Registers

(250) 537-5058

weisner@saltspring.com

For those who take fun seriously...

The Barnacle classifieds have everything you need for real recreation! Find boats, motors, trailers, water skis and accessories, motorhomes and travel trailers, campers and toppers, motorcycles, & much more!

Barnacle

ph: 537-4040 fax: 537-8829 email: barnacle@saltspring.com

385 • WANTED

WANTED OLD magazines "Model Engineer", "Live Steam". Condition not important. 537-5872. 1200

390 • MISCELLANEOUS

NEWSPRINT ROLL ends now for sale at The Barnacle Office. 324 Lower Ganges Road. 537-4040. 0900

COPIES MADE from large originals of house plans, surveys, posters, family trees, etc. up to 24" x 48". 537-4290 0900

FOR SALE. Used: interior doors (including handles) 1-36x80; 2-28x80; 4-30x80. Assorted ceiling & wall lighting fixtures. Make an offer! 1 Kenwood car CD-Radio (KDC-S3007) \$150. (Used less than one year) 1 Sears "Craftsman" Radial Arm Saw - (In new cond. orig. price \$1200+) \$600. PH 537-4704. 0900

LINGERIE SALE 20%-50% off a great selection! If you didn't get what you wanted for Valentine's Day ... here's your chance to get it for yourself! Hurry in to Mouats Clothing Co. 537-5551. 0900

FOR SALE - CSA approved woodstove complete with chimney & tools. \$250. Four hundred dollars worth of Video's & Books - "Math made Easy" Grades 9 & 10. \$100. 537-5268. 0900

ANTIQUES: VICTORIAN coffee table \$150; c.1900 Pine dry-sink \$265; 1940's Bookshelf \$60; Large Victorian foot stool \$95; Framed 1913 Chiropractor diploma \$35; Torch floor lamp \$40; India brass 1920's serving tray \$50; Original watercolour Mt. Fuji \$85; Small kitchen table \$40; Wall cabinet 1950's \$85; Indonesian carved miniature chest \$75; Sectioned glass display shelf \$50. To view call 537-0063 - 9 am - 9 pm. 0900

TANKS FOR all reasons: Water storage, septic, sewage - holding. (Polyethylene). Ecological Systems: sewage - treatment plants, effluent filters. Visa, MasterCard, American Express accepted. GIS Sales & Rentals. 653-4013. 1800

SEPTIC SERVICES: Pump-outs, tanks - locating, inspections, repairs. Emergency service. Islanders serving islanders since 1963. Visa, MasterCard, American Express accepted. GI Septic Ltd. 653-4013. 1800

MAKITA ROOFING air nailer with nails \$450. 2 pair 5' French doors 10 Lite True divided fir \$275 pr. 537-4760 after 5 pm. 1000

DRAFTING TABLE \$90; gramophone "shell" \$45; kitchen hutch \$90; Belgian waffle maker and assorted kitchen items. Call 653-0059 after 4:00 pm. 1000

FOR SALE. 3 drawer dresser \$60; microwave \$30; lamps \$20; coffee table \$90; deluxe suitcase \$30; custom loveseat, new \$750; bar stool \$100. Call after 6:30 pm. 537-4696.

2 - 1960 WROUGHT iron chairs 40" high, 20" wide arms, \$150; high 47", 25" wide, 65" long garden table, wrought iron and wood, 2 levels \$250; 2 heavy clay Mexican outside lights \$15 each; 2 1950 chairs in leopard upholstery, black arms, new, \$60 each. 537-2796 1200

TRUCKLOAD MATTRESS Sale: 2 Pc Sets, 15 Yr Warrantee 39" \$189.95, 54" \$249.95, Queen \$299.95; 2 Pc Sets 25 Yr Warrantee 39" \$299.95, 54" \$349.95, Queen \$399.95; Frames \$39.95; Good Used 2 Pc Sets 54" \$88, Queen \$168, King Set \$188; Roll-Away Cots, Bunk-Beds Too! Buy & Save, 9818 Fourth St., Sidney. 0900

NATURAL HONEY! Locally produced. Two types available at \$1.60 a lb. Also pollen, beeswax and hand dipped candles available. Call (250) 245-7259. 1200

DON'T MISS our Fall/Winter shoe clearance on now ... save up to 50% on selected styles at Mouats Clothing Co. 537-5551.

390 • MISCELLANEOUS

EXQUISITE WICKER furniture. 2 chairs, loveseat, footstool, small table mirror, cushioned seats. Only \$375. 537-9822. 0900

486/66 COMPUTER, keyboard, mouse, 14.4 modem, usually colour monitor, 16 Meg ram \$75; women's Raleigh 5-speed bicycle \$50. 537-0749. 0900

REESE EQUALIZING class 3 truck hitch system including sway cams. Excellent condition. Asking \$275. Electric brake controller. \$50. 537-4826. 1100

ADMIRAL SIDE by side freezer/fridge, \$300. Ice cream maker, cold water, approx. 8 to 10 yrs old. A Cadillac of Fridges! 653-9338. 0900

THE RARE FIND
Brook's Books & Tunes

is now OPEN

129 Hereford Avenue

10:30 am-4:30 pm
Tues.-Sat.

537-9874

BUY 2 WEEKS GET 2 WEEKS FREE!
in the Barnacle classifieds.
\$13⁵⁰*
only (plus GST)
(must be prepaid)
*First 20 words, each additional word 40¢. Private party ads in any regular classification. No commercial or home business ads.
NO CHANGES PERMITTED
Advertiser must call to cancel.

50% OFF*
CLASSIFIEDS!
Bring your classified liner ad into the Barnacle office any Tuesday or Wednesday and we'll run it in our next issue for **1/2 PRICE***

50% OFF*
CLASSIFIEDS!
Bring your classified liner ad into the Barnacle office any Tuesday or Wednesday and we'll run it in our next issue for **1/2 PRICE***

50% OFF*
CLASSIFIEDS!
Bring your classified liner ad into the Barnacle office any Tuesday or Wednesday and we'll run it in our next issue for **1/2 PRICE***

Barnacle
324 Lower Ganges Rd
537-4040

400 • HELP WANTED

OUTER ISLANDS columnist needed to write about happenings on Galiano, Mayne, Pender & Saturna Islands. Please forward resume and sample of work to: The Barnacle, 324 Lower Ganges Road, Salt Spring Island, B.C. V8K 2V3. Attention: Shelagh Plunkett, editor. 0900

WORK HARD? Make Money! toll free 1-877-812-5121 or (250) 754-4391 for a 2 minute recorded message.

ENTREPRENEURS! FIND out how to profit from deregulation of essential services. Call toll free 1-877-812-5121 or (250) 754-4391 for 2 minute recorded message. 0900

DO YOU like animals? Do you like people? The Salt Spring Island branch of the SPCA is looking for an on-call Relief Agent for weekends and Statutory Holidays. The position pays \$40 per diem. Interested applicants are asked to submit their resumes by March 18th to Box 522, Ganges P.O., V8K 2W2. 1100

SERVICE STATION Attendant - employment opportunity for mature individuals for full and part time, weekdays and weekends. Must be in good health, well groomed and reliable. Drop off hand written resume between 8:00 am & 9:00 am, Monday to Friday at McColl's Shell Service.

CASHIER POSITIONS available at GVM. Must be available for weekend, day and evening shifts. Applications at customer service booth. Excellent benefit package available. 0900

Please Recycle the Barnacle

400 • HELP WANTED

ARTSPRING
The Island Arts Centre on Salt Spring
Production Assistant for ArtSpring
ArtSpring needs a bright, efficient, organized Production Assistant to work on concerts and special events. Duties include organizing schedules, booking accommodation and travel, working with artists, publicity, promotion, keeping records and more. This is a contract position linked to specific productions over the coming year. Applicants must be willing to work flexible hours. For more information, please Call ArtSpring at 537-2125.

OVER 6,000 PEOPLE ON SALT SPRING READ THE BARNACLE EVERY WEEK!

SSI Employment Services
Are you unemployed and need help with your job search? Are you thinking about retraining? If you are receiving Employment Insurance Benefits (or have received these benefits within the last 3 years) we have a variety of programs available to assist you. Counsellor comes to SSI once a week and services are free. Please call Marta at 1-888-993-2299

410 • EMPLOYMENT WANTED

WORLD FAMOUS on Salt Spring for excellent renovations. Call now for estimates on your spring projects. Peter Blackmore 537-4382, 537-8085. 0900

JOURNEYMAN CARPENTER available for work. Additions, renovations, new homes, sun decks, green houses etc. Reasonable rates. Quality and integrity. Jim Anderson. 537-9124. 0900

410 • EMPLOYMENT WANTED

MAN WITH full-size pick-up and chainsaw will do hauling, landscaping, raking, lawns, digging, marine, fiberglass, grinding - whatever! Reasonable rates. Clayton. 537-4489, 8 a.m. - 9 p.m. 0900

506 • EDUCATION

SYLVAN LEARNING Centre now on Salt Spring Saturdays. Build Self-esteem. Boost Grades. Programmes in Math, Reading, Writing, Beginning Reading, Study Skills and Homework Support. Call for information (250) 746-0222.

509 • CARPENTRY

Lotus Building Co.
Creative transformations for your personal and professional space.
• Renovation • Painting
• Restoration • Design
Kari Szakacs
537-9923

510 • CONTRACTORS

VILLAGE ELECTRIC
34 years experience
Certified Journeyman
• Service Calls
• Reno Specialist
• Lighting Maintenance
• Hot Water Tanks
• Free Estimates
PETER HAASE
537-4155

511 • DRYWALL

SALT SPRING INTERIORS DRYWALL
Serving the Gulf Islands since 1974
RESIDENTIAL & COMMERCIAL
• Drywalling with machines
• Insulating & vapour barrier
• Texture ceilings & walls
• Priming of wallboard
FREE ESTIMATES on renovations & new work
537-2590
cell: 537-7046
Brian Little
We're Serious About Quality

CLASSIFIED DEADLINE
for the MARCH 7th issue of the Barnacle is: Friday, March 3rd, 4:00pm

The Classifieds continue on Page 29

Canadiana Crossword Claimed but Untamed

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19		20	21			
24	25	26		27		28	29	30	31	
32				33		34		35		
36			37	38		39	40	41		
45	46	47		48		49	50	51		
52				53	54		55			
56				57			58			
59				60			61			

ACROSS
1 Narrowly defeat
5 Napkin ring
8 Color found on N.W.T. flag
12 Animal fat
13 Inuit knife
14 Eagle's roost
15 Jai
16 Nathan, for short
17 Theatre box
18 Ready-mix tea
20 Unfolded
22 Ervin, for short
23 Born of
24 Improve the family car
28 N.W.T. aboriginals
32 Wager
33 Part of Tic Tac Toe
35 Return on Revenue, for short
36 N.W.T. official flower
39 N.W.T. World Heritage Site
42 Wood sorrel
44 Color found on N.W.T. Coat of Arms
45 _____ Fox, N.W.T. critter
48 Map feature
52 A _____ Usque Ad Mare
53 University of New Brunswick, abbr.
55 Avatar
56 Margarine

DOWN
1 Spirit
2 Valley
3 Lac de _____, N.W.T. diamond mine site
4 Copyread
5 Inuit for "Our land"
6 Note in Guido's scale
7 Mattress
8 Whalebone
9 Trotsky or Spinks
10 Impulse
11 Visually appraised
19 Before, poetic
21 Smallest Prov.
24 To be announced, abbr.
25 Increase the RPMs
26 Fed
27 _____ handler
29 Pot
30 Electrically charged particle
31 Denotes three
34 Large deer of the tundra
37 Idea
38 _____ fi
40 He is, condensed
41 Warships
43 Critical
45 Place in Quebec or partner of Andy
46 Breathe abnormally
47 N.W.T. aboriginals
49 Station
50 Electrical units
51 Beams
54 _____ de plume

Answers on page 30


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If you have a nose for news, then see what's happening with legal, personal, and business notices, lost and found, cards of thanks, & community events in the Barnacle classifieds.
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580 • RENTALS

PARTY TIME Rentals We rent dishes, glassware, cutlery, linen, tables, chairs, assorted party supplies. Tel/Fax 537-4241 and 537-4577. Inquiries, pick-ups and drop-offs at Love My Kitchen.

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2 BEDROOM MOBILE close to town. Studio, carport, \$650/mo + 1/2 D.D. Evenings 537-4374. Possession March 1st. Long term.

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1 BEDROOM COTTAGE. Quiet south end. Walk in the forest. April 1st. \$600/mo. long term. N/S, no dogs. 653-4526.

740 • HOLIDAY ACCOMMODATION

SKI MT. Washington. Fully equipped condo. Suits small family. Drive in, easy access slopes. \$50 up. 537-2468 or (250) 478-7605. If no answer leave messages.

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750 • STORAGE

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790 • RENTALS WANTED

RESPONSIBLE COUPLE seek long term rental, 2-3 bedroom house or larger. No later than May 1st. References available. 653-0076.

LOOKING FOR a beautiful 2 bedroom home with garden to rent or to house sit. Call Krista 653-0052.

790 • RENTALS WANTED

MATURE ROBUST woman with dog looking for cottage in exchange for care taking/children, elderly, animals and property. Long term. Reply Box 27 c/o The Barnacle, 324 Lower Ganges Road, Salt Spring Island, BC V8K 2V3.

800 • CARS & TRUCKS

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88 CHEV. SPRINT 2 door, no rust, excellent 3 cylinder motor, 50 miles to gallon, 5 speed manual \$1500. 537-5709.

82 DODGE Ram 50 4x4, new engine, 3,000 km, needs carb. \$3,500 o.b.o. 537-9283 evenings.

1991 PONTIAC Sunbird, ocean blue with silver. Near mint condition. Auto. Well maintained. 151,000 km. \$6,500 ONO. 537-4625.

1989 4-DOOR Toyota Corolla Station wagon. 5 speed standard, \$3500 or best offer. 537-4833

The Classifieds continue on Page 30

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Moist match for Geezers presents goal tending at its best *cont'd. from p6*

breaks, forcing shooters to miss narrowly by playing his angles well and sometimes racing off his line to act as an extra sweeper.

The first half was scoreless but eventful; the second half was absolutely riveting.

Peninsula struck for two stunningly quick goals leaving the Geezers looking beaten with forty minutes to play. Then Brazier and Jack Braak

went to work.

First Brazier collected the ball at midfield and ran hard at the visitor's defense, beating three markers, rounding a tackle on the end line and pulling a low hard cross back into traffic. No one was home but Peninsula were clearly rattled.

Next Cal Mackay lunched a patented long throw-in which the goal keeper palmed desperately over the bar. It

wouldn't have counted anyway, the ball hadn't touched anyone, but such was Peninsula's new-found panic.

Later a Peninsula goal kick struck right at Brazier in mid-field was headed first time wide left for Jack Braak. You'd have to travel far to find a better crosser of the ball than Braak and he hit a brilliant, curling forty yard ball onto Legg's head and it was 2-1 with

twenty-five minutes to play.

Five minutes later a Braak free-kick picked out Brazier who was hammered to ground. Penalty. Rainer Funk shot low left the goalkeeper dove and punched superbly away.

The Brazier-Braak combination nearly found Speed for the equalizer before a Brazier cross was volleyed by Tweedle off Jonathan Oldroyd to level the score.

Moments later a Braak corner kick found Mackay whose header was saved on the line only to have Alvaro Sanchez poke the Geezer's into a remarkable come-from-behind lead.

The visitors leveled again with five minutes left but Salt Spring were determined to win all three points.

Alonso stepped inside a defender and hit the post from

the top of the eighteen; Sanchez was stopped cold from inside six yards; and a subsequent Mackay throw-in, flicked-on by Braak was punched dramatically over the bar.

How many good chances were there in this game? The final score was a split of six goals, yet both goalkeepers were in the running for Man-of-the Match.

What a game.

Barnacle Classifieds continued from Page 29

820 • BOATS/MARINE

BOATBUILDING SUPPLIES for less. Fibreglass, epoxy, hardware, fasteners ... Best prices; will ship anywhere. The Marine Supply Store, 1-888-748-1149 or lmarine.com. *tlm*

SAILBOAT. 26' fibreglass, inboard diesel, 3 sails, new bottom paint, 30 amp shore power, pressurized water, head. Great live aboard. First \$5,500. 537-1848. *1200*

14-FOOT CLASSIC Whitehall Spirit Rowing/Sailboat. Barely used. Comes with full sail and mast, teak rudder and dagger board plus set of 7-1/2 foot Sitka spruce spoon oars with hand sewn leather collars and pressure-cast bronze oar locks. Capacity 1-4. New \$11,000. Now selling \$8,500 obo. 537-4833. *1200*

19' SAILBOAT. Engine, 3 sails. Nice. Offers on \$2,300. 537-1737. *1100*

7'6" ACHILLES Inflatable up to 8HP. Excel. shape. \$700. 537-4760 after 5 p.m. *1000*

HOLD THE PRESS

CERTIFIED ORGANIC milk, butter, eggs and cheese. Cheddar, Gouda, Feta, Mozzarella and Parmesan. Salt Spring Dairy. 537-1300.

GOURMET MEALS only \$6.00! New menu every week - just heat and serve. Islander Special 10% off Tuesday - Thurs on pick-up orders. Chef On The Run, 9760A Fourth Street, Sidney, B.C. Open Mon.-Sat. 10am-6pm *tlm*

TIME'S TICKING. Quality fruit tree pruning. ISA certified arborist. 653-9673. *1100*

NEWSPRINT ROLL ends now available for sale at The Barnacle office - 324 Lower Ganges Road. 537-4040. *tlm*

MOVING HOME! K.I.S. Office Services and Dianne Fidler will be continuing to offer word processing services from a new home office. We will continue to deliver the same high standards of quality and confidentiality. We will offer a pick-up and delivery service for our clients. Please call us for an appointment to discuss your needs. 653-2002. *0900*

COMMUTING TO Victoria? I would like to share a ride and costs. For more information please call Ginny at 538-0158.

PANASONIC SVHS VIDEO camera. Full size, original price \$2,400 now \$1,500. (Rental unit) 2 new batteries, all cables, case etc. Q.S.I. Electronics. 537-4522. *0900*

THANK YOU everyone. "If You Love Salt Spring" and "Wood Stop" were fantabulously successful and thank you with all our hearts. The Salt Spring Appeal Funding Committee. *0900*

93 HONDA CIVIC LX. 4 door sedan, tilt steering, 4 speed, auto, AC. 54,000 K, 1 owner. \$9,000 obo. 537-4357. *0900*

WANTED. FIBREGLASS Kayak, used single model, must be in good condition and reasonably priced. 537-0867. *0900*

BORDER COLLIE, X puppies. #3- 200 Blackburn Road. Ready now. *0900*

STILL A number of good deals left on clearance merchandise, CB Radios, scanners, toys, speakers, telephones and more. Q.S.I. Electronics. 537-4522. *0900*

CHIMNEY CLEANING, window washing, de-mossing roofs, gutter cleaning, power washing and more. No job too big or small. Call Greg, 653-4519. *tlm*

SHOE SALE - up to 50% off on selected styles. Save now at the Fall/Winter shoe clearance at Mouats Clothing Co.

VEGETARIAN GREEK cuisine this Thursday at Talons. Reservations 537-8585. *0900*

PHOTOCOPIER for sale or rent. Original value \$5,000 now \$2,000. Terms available. Q.S.I. Electronics. 537-4522.

FOR SALE: Flagstone for patios and stairs, stacking rock for walls and gardens. Call Greg at 653-4519. *tlm*

FIRST YEAR qualified plumbing student looking for an apprentice position. Please call (or fax) 537-8494 (Ask for Andrew). *0900*

LINGERIE SALE. 20% to 50% off a great selection. If you didn't get what you wanted for Valentine's Day ... her's your chance to get it for yourself! Don't miss out ... hurry in to Mouats Clothing Co. 537-5551. *0900*

WHERE IS Max? An old Lassie look alike has been missing for a month. From the Long Harbour area. Could be anywhere. Please call 537-0067 if you have any info on his whereabouts. *0900*

CDS, CDS, CDS. A great gift for any occasion, priced from \$4.99. Country, Classic Rock, Jazz, old favorites, something for everyone. Q.S.I. Electronics. (Radio Shack). 537-4522. *0900*

LOST GOLD earring with blue opal and blue topaz, near Creek House Friday night. Please notify Peggy Abrahams at the Barnacle. 537-4040. Immense sentimental value. Will reward. *0900*

REAL ESTATE Wanted. Have qualified buyers looking for family home. Ready to Buy Now! Call Derek Topping at Re/max of Salt Spring (250)537-9977. *0900*

'A THOUSAND WORDS' Picture Framing will be open Tuesdays through Fridays for the month of March. No appointments are necessary between 10 - 4. Come see our exciting new samples! 785 Fulford Ganges Road. 537-5131. *1200*

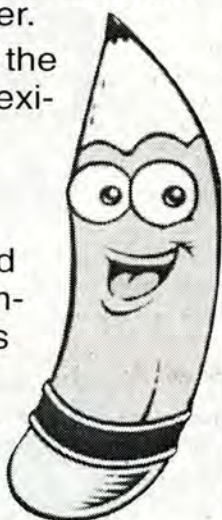
MORE SELECTION of used furniture has arrived! Also, office stacking trays for \$1. per tier. Save-On Salt Spring in Gasoline Alley. *0900*

EXPRESSVU & STARCHOICE Satellite systems are both available through your local Radio Shack. Both are on demonstration in our store. You decide which one is right for you. Do it yourself or installation arranged. Best prices and service backed by Canada #1 retail electronics company. Radio Shack. 537-4522. *0900*

MAKE MUSIC, your own kind from the inside. Sharon Little (teacher, musician) promotes self-expression through music and improvisation. March 10, Friday, 7 - 9:30 pm. Lion's Hall, Bonnet Ave. \$25. Info Dee 537-8774, Margaret 653-4281. *0900*

How to write an effective ad

- Begin your ad by identifying the item you are selling by its most commonly known name
- Describe the item by listing its best features: condition, colour, model and other information to help readers determine interest before calling. The more you tell, the faster it sells.
- Avoid unusual abbreviations. Too many abbreviations can confuse the reader.
- Give the price of the item. If you are flexible, include best offer or negotiable.
- Complete your ad with a phone number and the hours in which you will receive the calls.



HOROSCOPES

For the week,
by Michael O'Connor
e-mail:
oconnorn@netidea.com



Tip of the Week:

Mercury retrograde alert! Most people have heard something about the antics of Mercury retrograde. During such times, about three times per year and for three weeks each time, communications tend to go awry. It can all be quite annoying and frustrating. With Mercury retrograde in dreamy Pisces, not the best place for the little trickster, the retrograde effect may prove

to be that much more powerful than usual.

This is certainly a time to be that much more patient with the flow of progress. Even the mighty Metal Dragon stands to miss a meal or two during this time. The secret to Mercury Retrograde is to play along with it's pranks. The more able we are to laugh and be flexible the better. Laughter is a part of the gift given for those who do so. Further more, the apparent mishaps often turn out to be blessings in disguise.

For those born from February 22nd to March 15th or so, you may find yourself dealing with the playful 'riddler' until your next birthday in 2001. 'Don't worry, be Happy!'

Aries (Mar 21 - Apr 20)

The waning Moon is an indication that you are eager to make some conscious changes. It is time to make some deliberate plans the inspiration of which is coming forth in your dreams and contemplation's. You are searching for a greater measure of value from your actions and lifestyle. While financial reward is important, it is not enough in light of your heart's intention. Follow that intention with trust that, in doing so, success is assured.

Taurus (Apr 21 - May 20)

The pace of awakening and change is moving ever faster and will continue to accelerate. You want nothing less than to be a part of all the excitement in terms of what that means to your life. Opportunities are knocking and yet you are challenged to recognize that they are openings for greater sharing. Recognize that comparative thinking is the source of vanity, envy and greed. Beyond beauty, adornment or possession, true love is the greatest prize.

Gemini (May 21 - Jun 20)

Your individual sense of identity continues to change. In as much as you are unconscious, you will see the source of the problem outside of yourself and engaged in battle. Consider that it is your own romantic ideals and or compartmentalized mode of perception that are at the source of your concerns. Our challenges are at least as much within as they are without. Allow compassion, patience and unconditional love of yourself and others to colour your world.

Cancer (Jun 21 - Jul 21)

A time of imagination and play is upon you. With Mercury now retrograde in Pisces, you may also experience a little magic and illusion as well. You are willing to play your part and there is plenty of attention coming your way. You are still in a zone of good fortune, but if you attempt to scrutinize things the magic may disappear. Flow with the rhythm now without the need to make any new binding

worthy of having the best!

Leo (Jul 22 - Aug 22) As sure as the Sun rises each morning and as certain as Spring follows winter, new life always follows every death. Sometimes literal and at others symbolic, death is a part of life. The art of life is about letting go of what we must with grace and faith in eternal renewal. With the Sun now touching on your zone of death and rebirth along with the waning Moon, you may have reason to mourn or to rejoice. Birth and death, two sides of the same coin!

Virgo (Aug 22 - Sep 23)

A poetic and passionate exploration of the meaning of true love continues. Whether plunging to new depths or soaring to new heights, you are eager to boldly go where you have not been before. You are ready to merge your heart and soul, yet doing so on the basis of popular social norms may prove to be more of a mess in the mix than a sharing of wholeness. Remember, you are the source of your own joy.

Libra (Sep 23 - Oct 21)

Chinese medicine has survived for so long and is gaining great popularity now largely because it focuses upon the principles of balance and prevention. In looking to the roots of this orientation, we find that the healing of the spirit, even beyond the body, is the most important facet of cultivating good health. Happiness and harmony in relationships are the mark of a healthy spirit. No matter what is happening around you, your spiritual health is at the heart of the matter.

Scorpio (Oct 22 - Nov 20)

A time of imagination and play is upon you. With Mercury now retrograde in Pisces, you may also experience a little magic and illusion as well. You are willing to play your part and there is plenty of attention coming your way. You are still in a zone of good fortune, but if you attempt to scrutinize things the magic may disappear. Flow with the rhythm now without the need to make any new binding

agreements.

Sagittarius (Nov 21 - Dec 20) A passionate dance with dreams has gripped your soul. Whether it is an illustrious tango or an annoying tangle depends on the quality of your mind and heart leading up to this moment. Either way, it is time to dream your way into the future. You may feel inclined to bolt ahead and in certain respects this is a good time to make a bold go of it. Consider that it is the realm of your emotions that must be tamed before you advance physically.

Capricorn (Dec 21 - Jan 19)

An escape into the fantasy realm of your mind continues in full force. In this dreamscape nothing appears as it normally does. Drawn to hot fires for purification, you are challenged to forge ahead without fear. Some measure of caution, however, is in order. Exercise some moderation as you taunt the fates. It could get ugly if they turn on you. Allow old skins to peel away yet be sure to protect your deeper vulnerabilities.

Aquarius (Jan 20 - Feb 19)

Before anything is ever created without it is first created within in the laboratory of the mind. This is an ideal time for you to allow free reign to your imagination so that you can create the images and visions that you will later manifest in the physical world. Your willingness to explore a wide variety of options is key. Much more time can be saved by dynamic dreaming in the day or night than leaning solely on logic.

Pisces (Feb 19 - Mar 20)

Since the people who know you see you to be at least a little weird already, it will be that much easier for you to go full boar. Of course, doing so within certain social guidelines will probably allow you to achieve more success. Forget about what you think you know for a while and be open to learning new skills and modes of perception. Just make sure you take a double look before you cross busy streets for the next few weeks.

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

Answers to
this week's
Crossword
Puzzle

etc. & etc.

Three new local shows on STV

On Friday, March 3 at 7 p.m., SaltSpring TV (STV), on Cable Channel 12, will premiere three new programs.

Moments with Bob Akerman

Bob Akerman's grandfather Joseph Akerman was among the first settlers of Salt Spring Island and built his home in the Fulford-Burgoyne Valley in 1864. Bob recounts the Island's early days and his childhood memories. He gives us a tour of the log house/museum that he built to honour his family's history and the lives of Salt

Spring's pioneers. On display are archival photographs, old tools and artifacts he has collected and carefully preserved. We also get a glimpse of his wife's, the late Molly Akerman, amazing doll collection. This collage of scenes and interviews with Bob were shot over the past three years.

Robert Bateman on Art & Nature: Ethics & Spirituality

On February 4, at the United Church, Robert

Bateman spoke with insight, heart and humor, while illustrating his topics with an outstanding slide show. Take a roller coaster ride from the picayune to the profound with Salt Spring's world renowned artist and nature lover.

The Tex-Files

Scenes from footage shot over the past few months at rallies, town hall meetings, blockades and a variety of other events. Saving Salt Spring Island was never more passionate and fun than as it is right now. Catch a glimpse of the

debate over the Texada Lands and the people who care and are courageous enough to take a stand for what they believe is in the best interests of the community and the planet.

Peter Prince shot, edited and composed original music for the programs at his Island VideoWorks studio. During the month of March, the three programs will repeat broadcast on Mondays at 7 p.m. That includes Monday, March 6, 13, 20 and 27. Please contact STV Community Programmer Peter Prince for further information.

Divorce *cont'd. from p6*

compared to this bunch when it comes to re-writing history.

If any islanders believe their interests lie with the GICAC because of ArtCraft, fair enough, but bear in mind that ArtCraft may not even happen this year. The work should be well underway by now, and it is not, other than Lawrie's earlier efforts, which stopped cold when the mess hit the fan. The "Concerned Members" do not have a clue about this. Lawrie did it all, remember, and considering the immoderate language and abuse to which he has been

subjected, you better believe he won't be doing it again this year.

I predict that the new board will blame all upcoming catastrophes on the past board in general and Lawrie in particular. This will be without any basis in truth, ethics, or morality, but they will do it anyway, simply because they cannot, and never could, stand Lawrie.

I also predict that nothing much will happen until the March AGM, timed to conform to the vacation schedule of the principal "Concerned Member(s)." The GICAC will

be lurching along with an interim un-board, and when the proper board is finally elected or appointed, or annointed, or simply takes power because no one else is prepared to do anything, just like the last board, it will be much too late. This will also be blamed on Lawrie.

The final winners will be

those merchants in Ganges who have worked for years to kill ArtCraft. At a time when "For Lease" signs are blossoming like crocuses along the waterfront, they will be the last to shed a tear at ArtCraft's demise, and don't forget, it will all be Lawrie's fault.

JOHN CARLTON

Surviving *cont'd. from p25*

reputation for being "stone-breakers."

The colour of the plant's flower, fruit or decoction from the root or stem is also used as a signature.

Yellow flowers or fruits are generally indicated in disorders of the liver and gall bladder. The yellowness of a jaundice provides the specific clue. Dandelion and lemon are good examples.

Plants with reddish flowers or fruit such as red clover have been used as blood purifiers or alternatives since long ago. The

reddish colour may also suggest the healing effect of the plant in skin disorders from blood impurities. The active principles of many of these plants are considered "antibiotic."

Those with purple or blue flowers have been considered good for improving the complexion or colour of the skin. Burdock is a good example.

We have not gone far into the many "signatures" of plants today, but space is a "signature" to me to quit. Let's continue this interesting subject next time.

Equal *cont'd. from p5*

very effective use of health dollars. I decided that if I had to leave the island to see a doctor, I would rather go to Duncan, much closer to where I live, than to Sidney, since my previous off-Island experience had not been very encouraging. I therefore made a trip to the hospital at Duncan, was given a list of names of physicians taking new patients, made a telephone contact, and was placed on a patient list. Were it not for the fact that I learned I could have a [recommended] doctor on Salt Spring after all, I would now be seeing a physician in Duncan—while waiting for

my number to come up here on one of two waiting lists.

I am sorry that the writer of the article misspelled the name of that beautiful town so close to Salt Spring. I assure Mr. Relph that it was very important to me to see a physician, but as the article pointed out, I wanted one on someone's recommendation. I'm sure Mr. Relph would agree that not all doctors, lawyers, teachers, accountants, or alderman are created equal. Of course, my name is Toby Fouks, and he refers to Toby 'Franks', so perhaps it is not me he was talking about after all.

TOBY FOUKS

Odd Couple *cont'd. from p21*

charm, the set itself very attractive and some of the lines worth saving for future use: "Leave yourself alone, don't tinker" and "I have another career besides you!" coming to mind. But when comedy really works it has to be based on an intimate observation of character—this cast could have used more to work with. I say this knowing that Simon must have made millions from his original play. But while it may be true that male friendship thrives on mutual abuse, women's friendship

needs a broader palette.

Only in the parking lot after the performance did someone tell me that the entire original group of friends had been male, not just the central "odd couple" as I had understood. Unfortunately, I did not have much time to savour a reading of the play as absurd commentary on the gender reality gap before I discovered that the radio had been removed from my car in my absence. I wonder what the chances are that the offender was female?

Freedom *cont'd. from p23*

ing occurred in one of Julie Lawson's books for children when the phrase "For Heaven's sake!" was deemed unacceptable. The new choice: "For goodness' sake!" is much more politically correct.

Writer Bill Valgardson acknowledges that we wouldn't want children to pick up any new ideas from reading books. It was actually one of Bill's adult novels that came under fire when his teenage character runs away from home and considers suicide because of his overly strict fundamentalist parents. They refuse even to allow him to attend a school dance with the girl he likes. The young

man (Goodness forbid!) actually contemplates sex, too, which Bill concedes should be taboo. After all, he points out, if we aren't careful, "sex could lead to dancing."

February 27 to March 4 is Freedom to Read Week in Canada. This is an annual event sponsored by the Freedom of Expression Committee of the Book and Periodical Council. Freedom to Read Week is a time for Canadians to focus on issues of intellectual freedom both locally and worldwide. Readings, speakers, and celebrations of the written word are being held across the country from Vancouver to Saint John's.

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Her big chance

Susheela and Margaret Jardine

by Elizabeth Courtney

"I love this girl—so innocent, yet so stupid (but don't tell her I said so!)." Susheela's enthusiasm for Lesley Mudd, the title character in Alan Bennett's monologue playing at Mahon Hall from March 9 to 11 is infectious. At first Susheela had rejected director Margaret Jardine's proposal that she take on this role, rejecting the very stupidity of Lesley Mudd's foolish ambitions to be an actress but, was taken quite by surprise in the shower one day to find that Lesley had

woken up inside her, British voice and all.

It is a challenging role. The script is 50 minutes long and has a more sophisticated structure and a lot more voices to deal with than *Lady of Letters*, the Bennett monologue directed by Jardine last month. Quoting her friend James Wilkinson, Susheela (well known to many Islanders as an accomplished Jazz singer) said, "I have to know the script so well I can fry an egg while performing it." As the brilliance and compassion of Bennett's writing emerged, she got over the idea that that this was yet another play about a stupid woman and began to feel a commitment to allowing her story to emerge.

From Jardine's point of view, working with Susheela is a privilege. "She is such a sensitive and intelligent actor. We have had a wonderful time exploring the pos-



Susheela (above) and Margaret Jardine (lower left).

sibilities of the script, peeling away the layers of the writing."

A further challenge has been coping with the need to find a new venue. The studio atmosphere of the first production was such a hit with both performer and audience that Jardine and Susheela were determined to try and reproduce it somewhere. The solution for this show will be to put both actor and audience on the stage at Mahon hall, recreating the intimacy of the studio setting and retaining the opportunity for a post performance conversation with coffee, also a much enjoyed feature of the earlier production. Seating will again be limited to 50 for each of the three nights and tickets are on sale at et cetera.

Bring out the music in you

Islanders will have a unique opportunity to express their musical selves in an "ears-on playshop," *Make Your Own Kind of Music*, March 10. Using movement, voice and simple techniques of music improvisation in a fun environment, multi-faceted, multi-instrumentalist and educator Sharon Little will lead participants into the wonderful world of music making.

Musical self expression is a form of personal creativity available to absolutely everyone, says Little, no matter what their musical training or experience. She works with trained musicians to help them feel confident while making music without a written score. She works with musically inexperienced adults to help them learn they are also musicians and capable of making equally exquisite music. Classically trained herself, Little says that her entire approach to music making and music teaching has been transformed through the process of learning to make music

from the inside.

A resident of rural southwestern Ontario with family roots in B.C., Little taught in elementary schools for 15 years. In 1996 she resigned from the district to devote her time to music. She teaches privately, conducts two adult community bands, offers workshops to the public and to schools, and works with music and sound as part of the healing and creative process with clients in a private practice. She has studied with Don Campbell, author of *The Mozart Effect*, and drumming masters Layne

Redmond and Babatunde Olatunji. She currently studies music improvisation with David Darling and is a member of Music for People, an organization devoted to creative self-expression through music and musicimprovisation.

The workshop takes place from 7 to 9:30 p.m. at Hart Bradley Hall. Registration is \$25. No musical training or experience is necessary. Everyone is invited to bring an instrument if they play one, but none is needed. To pre-register, phone Dee Harrison, 537-8774 or Margaret Little 653-4281.

Funk frolic at Fulford

On Friday March 3 and Saturday March 4, the Fulford Inn will be presenting Solid Seven, a seven-piece funk bank from Victoria. This band, featuring a horn section and a fabulous female vocalist, is well known as one of the

hottest dance bands in the Victoria area, playing regularly to packed houses at the best clubs in Victoria and the Lower Mainland.

This will be one of the top bands playing at the Fulford Inn this season and is a show not to be missed.

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