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## Island Journal

Tuesday, January 1, 2002

Salt Spring Island, B.C.

Vol. 5, Issue 1

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# Travel bug bites winter blues

By PIRJO RAITIS  
Staff Writer

Once January and February roll around, spring beckons but it's still a long way off.

Between the rain and short daylight hours of those last few months, people usually get thinking about travelling to warmer destinations. Thoughts of sandy beaches, relentless sunshine, palm trees and no work schedules fill the soggy minds of many of us. Where are you going to go? Where do rain-soaked islanders head to? Have the events of September 11 affected people's destination choices?

Debbie Wrate, a former travel consultant at Uniglobe Pacific Travel Ltd., says it appears to be a "wait and see" market at the moment.

"September 11 and the fall of the stock market affected a lot of people on Salt Spring Island, but when the rains come

everybody is still anxious to go somewhere," she said.

Wrate says there are no "hot" new destinations beckoning island travellers, but there is increased interest in travel to Australia and New Zealand.

"They are perceived as being safe," said Wrate. "People don't want to have to transfer airlines in the United States."

The value of the Canadian dollar is also an advantage for people who may like to see the world down under. The Australian and New Zealand dollar are good value for our Canadian dollars.

It is also summer there, people speak English and it was after all a part of the British Empire. Australia was originally settled as a prison colony and has continued to fascinate people ever since. Think koala bears, wallabies, Tasmanian devils, the outback, opals and Ayers Rock.

The perceived dangers of travelling in the United States, plus the low value of the Canadian dollar is sending people a little further south to Mexico, says Wrate. Mexico is also a favourite destination for people who may only have one week of vacation time. It is quick to get to and most flights are direct.

"If I only had one week I would go somewhere where I didn't have to travel too far, a place where I could stretch my money as far as possible, and some place where I wouldn't tire myself out on a long trip," says Wrate.

"More people are going to the east coast of Mexico and south of Puerto Vallarta. The other popular spot is San Miguel de Allende. It's such an artistic spot, everybody on Salt Spring knows of San Miguel de Allende."

In fact, local ceramic artist Denys James leads aspiring artists on tours to San Miguel

TRAVEL DESTINATIONS cont'd on p2

Jamie Burton and Bev Stewart at Uniglobe Pacific Travel Shop Ltd.



Photo by Derrick Lundy

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# Exploring islands on the other side of the world

Following is the first  
installment of a new column  
entitled "Travel Buzz" and  
written by Salt Spring  
islander Lara Gossett, who  
has worked for several years  
in the travel industry.

Islands in the sun, beautiful  
beaches, gorgeous  
scenery, great food and wine,  
friendly Kiwis.

Lush fern grottos, kauri  
tree forests that rival the  
Carmanah, and a rich cultural  
history all can be found in  
the Bay of Islands located on  
the North Island of New  
Zealand.

It is a good time to take  
advantage of some great  
fares and a friendly exchange  
rate. Doug and Jackie  
Truscott have spent the last  
three winters in the Bay of  
Islands, and I asked them a  
few questions about their  
time spent in the Gulf  
Islands of the south.

Q. What places did you  
like most?

A. The whole coastline of  
Northland is beautiful. You  
could easily spend three  
months driving around,

camping or bed and break-  
fasting. Cars are cheap and  
abundant so you're probably  
better off buying than renting  
if you have the time.

Q. Any special recommen-  
dations?

A. Take a Fuller's ferry or  
a sailing chart and visit the  
islands — turquoise water,  
dolphins, white sand, warm  
water. Camp by the ocean at  
Kari Kari Peninsula, at  
Moturoa Farm Camp at  
Whananaki. Drive through  
the kauri forests to the clear,  
blue freshwater Kai-iwi  
Lakes. The Kauri Museum  
at Matakoho is fascinating  
(northern New Zealand used  
to be covered in kauri forest  
until settlers laid it to waste).  
There's a great B&B there  
too.

Q. What was the ocean  
like for swimming?

A. Cool generally, but the  
water warms up with the  
right weather pattern. Great  
bodysurfing when conditions  
are right.

Q. Any poisonous bugs or  
snakes?

A. None in New Zealand,  
but look out for the

mosquitoes and the pesky  
sandflies which love arms  
and legs. The bites can drive  
you crazy, but after three  
months you're pretty much  
immune! Also watch out for  
wetwas and wekas (big harm-  
less grasshopper types)  
which send people screaming  
from the privy on a dark  
night!

Q. Were there any  
unpleasant occurrences?

A. Dangerous drivers. The  
speed limit is 100 km/h on  
generally good but narrow  
roads. Most kiwi drivers  
cruise at 120 km/h except  
where there's a radar trap.  
Don't leave anything you  
value locked in your car,  
especially at remote tourist  
parking spots.

Be aware that NZ still uses  
herbicides which are banned  
in North America. Use a  
blanket when sitting on  
grass.

Q. Best things to eat?

A. Keri Keri oranges from  
November through  
February, tomatoes from  
January through March,  
great tiny zucchini.

Look out for sundried

tomatoes in the deli section,  
and the local cheeses are  
wonderful. Buy a rack of  
lamb from a local butcher,  
cook it at 350 degrees F for  
40 minutes. Mouth-watering!

Q. Any items that are hard  
to get, really expensive, etc.?

A. Gas is expensive.  
Everything else is available  
and at the same asking price  
as home, but in 60 cent dol-  
lars.

Q. Any special clothing?

A. Be prepared for any-  
thing. The weather can be  
very unreliable. The only  
consistent thing is humidity,  
both hot and cold.

Q. Best time to go?

A. October to December  
and February to April.  
Campgrounds are cleaner  
before Christmas but they  
get pretty busy the two  
weeks before when Kiwis set  
up their summer camps for  
the "silly season," December  
26 (when everybody leaves  
the city) through January.

Q. What should you bring  
home?

A. Delicious Manuka  
honey. Maps marking your  
favourite spots. More maps

to plan your next trip. You'll  
love it.

Q. How many Salt Spring  
Islanders did you bump  
into?

A. None, strangely, but we  
met people from all over the  
world who know and love  
Salt Spring.

Q. Would you go back?

A. Definitely. Next time to  
explore the South Island.

## FLIGHT and other INFORMATION

**Who flies there?**

Air New Zealand, Qantas,  
United.

**Length of flight?**

Fourteen hours non-stop  
from LAX, nine hours from  
Honolulu.

**Time zone?**

Twenty-one hours ahead  
(next day, three hours  
behind).

**Temperature?**

Highs 18-27 degrees C;  
lows 6-15.

**Current exchange rate?**

\$1 CDN buys \$1.50 NZ.  
Cost of local beer? \$2 NZ.

## Travel destinations *cont'd from p1*

de Allende and Oaxaca City  
to learn photography, draw-  
ing, painting, batik, silver-  
work and weaving, as well as  
ceramics.

Wrate says that Central  
and South America are not  
currently as popular as they  
were a few years ago, but  
they are still a favourite desti-  
nation for some more adven-  
turous travellers. Belize,  
Costa Rica, Cuba and the  
Caribbean continue to draw  
travellers.

For those who may wish a  
more "un-touristy" vacation,  
Cuba may be the place to go.  
It has been hit hard over the  
years by the U.S. embargo  
but it is a fascinating place.  
The country is caught some-  
where in time, a time warp  
between the 1950s and 2002.  
It is racing to catch up in  
many ways, but those who  
venture there really like it the  
way it is. An historic island  
fighting off the bleaker  
images of Communism, there  
are no longer the same

restrictions on travelling the  
island as there was when  
Cuba first opened up to  
tourism.

Thailand is currently an  
exotic destination for many.  
While the flight may be  
expensive, it is incredibly  
inexpensive once you get  
there. The tropical climate,  
friendly people, history and  
fantastic cuisine draw both  
young and older tourists. Get  
away from the bustling cities  
and into the country and you  
are transported into another  
time and place, and that may  
be exactly what some people  
are searching for.

Places like India and  
Greece have had a huge fall,  
says Wrate, due in part to the  
threat of terrorism.

Europe may still be the  
ultimate locale for those  
wanting to experience a cul-  
tural aspect on their travels.  
Wrate recommends Portugal  
and says she would go back in  
a heart beat.

"Portugal is always a nice

destination for golfers and  
there are good packages  
offered in January and  
February. The prices are not  
cheaper and they don't have  
as much "product" to offer,  
but the climate is pleasant.  
It's a nice place if you like the  
history of Europe."

Wrate says many people  
are still going to places like  
Las Vegas, but with the high  
American dollar it is not as  
cheap as it once was. People  
still travel to Hawaii, Palm  
Springs, Arizona and New  
Mexico in the winter, but as  
one person said, "you may as  
well rip your Canadian dol-  
lars in half."

Many people wanting to  
take short trips are opting to  
stay in Canada, even if it is  
in the throes of winter. For  
some islanders, a winter vaca-  
tion in British Columbia is an  
option. Skiers have a multi-  
tude of choices for a mid-  
winter downhill skiing, snow-  
boarding or cross-country ski-  
ing vacation. Whistler is con-

sidered the most highly-rated  
ski resort in North America.  
Whistler boasts more than  
7,000 acres of in-bounds ter-  
rain. There's also Mount  
Washington on Vancouver  
Island and scores of moun-  
tains and resorts in the interi-  
or of the province.

Skiing not your cup of tea?  
How about Tofino, Victoria  
or Vancouver? Wrate says  
there are many excellent  
deals on hotels and accom-  
modations at this time of the  
year. Perhaps now is the time  
to discover these places with-  
out having to deal with the  
crush of summer tourists.

"The opportunity for  
tourism will be very good in  
Canada next year," says  
Wrate. "By next spring things  
will turn around here."

Wrate said that Europeans  
are finding Canada especially  
appealing. They like the  
wilderness and eco-tours are  
becoming more and more  
popular.

If you are still uncertain or  
can't make up your mind  
where you want to go, there  
are scores of travel books on  
the market.

The Lonely Planet series  
covers just about every coun-  
try in the world. There are  
phrase books and tapes,  
Fodor's pocket guides and  
books full of tour ideas.

If you are looking for  
deals, pick up a copy of The  
Travel Detective by Peter  
Greenberg. He gives advice  
on how to get the best ser-  
vice, and the best deals on  
car rentals, hotels, airlines  
and cruise ships.

Check out Southern  
Vancouver Island Hiking  
Trails by Fred Rogers, Best  
Places-Vancouver by Kasey  
Wilson., or Best Places-San  
Juan and the Gulf Islands.

Even if you just become  
an armchair traveller and  
never actually go anywhere  
this year, a few hours spent  
in local bookstores looking at  
books will get your itchy feet

**TIDES AT FULFORD HARBOUR**

Day	Time	Feet	Day	Time	Feet	Day	Time	Feet
01	0800	11.8	04	0145	2.3	07	0020	7.5
JAN	1255	9.8	JAN	0945	12.1	JAN	0420	6.6
TUE	1620	10.5	JAN	1620	7.2	JAN	1120	11.5
			FRI	1955	8.2	MON	1855	3.6
02	0015	0.3	05	0235	3.6	08	0220	8.5
JAN	0835	12.1	JAN	1020	11.8	JAN	0535	8.2
JAN	1400	9.2	JAN	1720	6.2	JAN	1150	11.2
WED	1720	9.8	SAT	2200	7.5	TUE	1940	2.6
03	0100	1.0	06	0325	4.9			
JAN	0910	12.1	JAN	1050	11.8			
JAN	1510	8.5	JAN	1810	4.9			
THUR	1825	9.2						

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# A little bit of preparation can prevent travel 'bugs'

By **PIRJO RAITIS**  
Staff Writer

Jet lag, upset stomachs, bug bites, sunburns and stress are all a part of travelling to tropical climates. There are a number of preventative measures travellers can take both before and after they leave for their vacation.

- Remember to pack a few essential medications, including prescriptions and first aid products, and carry these in a carry-on bag. They can easily be found at drug stores in small compact packages.

- Travellers are also advised to pack an extra pair of prescription glasses.

- Carry a list of phone numbers of the people to contact in case of a medical emergency.

Probably one of the most common afflictions affecting tourists is Delhi Belly, Montezuma's Revenge, the trots and La Turista. They are all the same thing — diarrhea. Non-infectious diarrhea may be caused by stress, excitement or a change in diet.

An infectious variety of the traveller's bug is caused by bacteria found in tap water and food, or by a virus. This is particularly prevalent in the tropics and in underdeveloped countries.

Prevention is easy.

- Eat hot foods hot and cold foods cold. Micro-organisms can rapidly multiply in foods which are allowed to cool or warm to room temperature.

- Avoid raw or undercooked meat, fish or shellfish. Don't eat leafy salads, unpeeled fruit or fresh veg-

etables in developing countries.

- Eat and drink only pasteurized milk and dairy products.

- Boil tap water before drinking, do not drink water labelled "non-potable" water, the safest bet is to purchase bottled water. Don't use ice if you wouldn't drink the water. Drinking beer, wine, hot coffee or tea is safe.

- Do not eat foods from street vendors or from outdoor markets.

Travellers can get cranky, out of sorts and tired after a long airplane flight. If so it could be caused by jet lag and can wreak havoc with the first days on a foreign shore. It is basically a form of sleep disturbance and is generally associated with fatigue, irritability and sometimes disorientation.

Some suggestions to alleviate the worst symptoms are:

- Try to get a good night's sleep on the first night of arrival, then get up early and at the same time every morning regardless of how much sleep you have had.

- Vacationers should avoid naps until fully adjusted to the new time zone.

- Sleep will be aided by a heavy meal with high carbohydrates. Drink decaffeinated beverages, high protein breakfasts and lunches, and high carbohydrate dinners.

Many people these days are worried about the effects of long distance plane travel on the body.

The atmosphere inside the cabin of an airplane can cause ear aches, eye irritation and headaches. It can also make feet swell and legs

ache.

Some helpful hints include chewing gum or sucking on hard candy; eating in moderation and drinking more fluids; and avoiding contact lenses. Getting up to stretch your legs is a good idea, or try tapping your toes while keeping your heels on the floor. This pushes blood up the legs and reduces swelling.

Tap for several minutes every hour or so. Travellers can also ask flight attendants to turn up the ventilation equipment. Low levels of oxygen and high levels of ozone and carbon dioxide can cause headaches or motion sickness.

Heat stroke and sunburns can ruin the first days of a vacation.

To make a tropical holiday more enjoyable and to reduce the risk of skin cancer, always use a sunscreen. Exposure to the sun should be done in moderation, especially during the first few days and during the hottest part of the day.

If it's too hot to handle, postpone strenuous games such as tennis and jogging until the cooler part of the day. Wear light-coloured clothing and a hat with a brim.

Most of these suggestions are just plain common sense. Consult a physician or the local health unit for any vaccinations or shots required when travelling to some tropical countries. A travel agent can also give many helpful travel hints.

The idea is to make a mid-winter vacation a memorable one filled with pleasant memories, not miserable ones.



**DINNER IS SERVED** — Gary Fletcher shows off a Christmas turkey (donated by Island Star Video), cooked to perfection and ready to feed some of the 45 people who turned out to a Christmas Day lunch at the Salt Spring United Church. (See We Are Salt Spring for more photos, Page 6.)

Photo by Derrick Lundy

## EXCHANGE RATES

Exchange rates for Canadian dollars, as of December 28 were as follows:

U.S. dollar	0.6357 Cdn.
Euro	0.7094 Cdn.
UK pound	0.4461 Cdn.
Australian dollar	1.2182 Cdn.
Mexican peso	5.8624 Cdn.
French franc	4.65 Cdn.

## Best travel bargains

These travel bargains were found on just one site on the Internet.

Though it is best to book travel plans through a travel agent, there are bargains to be found, providing there is still space available on the desired travel dates.

The hottest bargains are usually found when travellers have no specific travel dates in mind and are flexible about where they wish to go.

### Yahoo's best fares (in U.S. dollars):

Vancouver to Auckland return: \$833

Vancouver to Bangkok, Thailand return: \$928

Vancouver to Belize City, Belize return: \$578

Vancouver to Honolulu, Hawaii return: \$339

Vancouver to Cancun, Mexico return: \$350

Seattle, Washington to Bangkok, Thailand return: \$599

Seattle, Washington to Honolulu, Hawaii return: \$419.80

**Specials on a variety of cruise ship trips are also available online:** (Prices are in U.S. dollars.)

A four-day Caribbean cruise round-trip from Miami on Norwegian Cruise Lines: \$224.

A three-day cruise departing from Miami to the Bahamas on Carnival Cruise Lines: \$249.

A four-day Baja cruise on Royal Caribbean Cruise Lines round-trip from Los Angeles: \$249.

A seven-day Mexican Riviera cruise round-trip from Los Angeles on Carnival Cruise Lines: \$649.

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# My favourite New Year's memory ever



Isle Say! ...  
with John Pottinger

In the tradition of "New Year's," I was going to write a column looking back on 2001 and ahead to 2002, but the more I wrote, the more depressed I got. Though I have many things to say about 2001, and lots of predictions for 2002, I couldn't bring myself to do it yet. I wanted this column to be an upbeat one, and most of the things I want to say about this year and next don't fall into that category. So I'll save my sad reminiscences and dire predictions for another time; I've had enough of grief and gloominess.

When my family and our friends talk of our happiest times, we always come around to the New Year's we spent at Hemlock Mountain.

Hemlock Mountain is the name of a ski resort that never quite made it. Located an hour or so east of Vancouver, in the steep mountains on the north side of the eastern Fraser Valley, the place was doomed by unpredictable weather. Oh, it snows a lot, but most times a mild rain comes within a few days of any significant snow and washes it all away.

No matter. In the mid-eighties, together with three other families, we rented a big log house at Hemlock for four days over New Years. The lowest floor had a bedroom, a "hot tub" room, and a huge common room, which served both as a games room and a bedroom for most of the "kids." We had eight adults and eight kids.

Only two of the adults were downhill skiers, so the weather was really of no concern to us. The other 14 of us spent our time outdoors cross-country skiing or tobogganing, or simply hiking through the snow.

When the ski hill closed (there were no lights for night skiing) we took our toboggans, sleds, inner tubes, and even pieces of cardboard, and trudged up the ski hill as far as our legs would let us. We slid down, and trudged back up, for hours. We were all cold and wet but we were having the time of our lives. We fell in the snow laughing when one of the toboggans ended up in a creek.

The days were spent in a combination of cooking, cleaning up and playing games. The kids ranged in age from eight to 16, so there was a variety of different interests and activities going on all day long. We had dozens of board games and card games, and at any time of day or night, there was a herd of people sitting around a table playing something. Kids with kids, kids with adults, adults with adults.

This was a holiday without expectations. We had no set goals or tasks (except for the cooking and cleaning schedule, which everyone agreed was fair, and had been arrived at by some mathematical formula involving the size of the family, multiplied by their average age, then divided by the number of days).

Each night we all sat in the big room and told stories.

There were the usual ghost stories, with the younger kids staring wide-eyed and the older ones pretending not to be scared.

My friend Lee took an hour or more to tell everyone about the legendary "Nauga" that lives deep in the west coast rain forest. He told the kids how difficult it was to catch Naugas (mostly because, when they stand still, they make themselves look very much like small cedar trees).

He also listed the accomplishments of The Organization for Nauga Rights, who had successfully destroyed the overseas market, by exposing the draconian methods used by most Nauga trappers. All of which, he explained, accounted for the difficulty in finding "naugahide," which was once so prevalent and cheap as a covering for furniture and car seats.

Many years later one of the kids confronted Lee about the Naugas - after an embarrassing scene in high school when the teenager had tried to correct her teacher about what naugahide was.

Though that little holiday took place 16 years ago, and the stories have been retold hundreds of times, the laughter is still as strong, every time. Why? Because friends and family were simply spending time together - doing "stuff" together.

That's where the important memories come from. It's that simple.



## What about cancer prevention?

By HARRY BURTON  
First of Two Parts

After reviewing the proceedings of yet another breast cancer conference, I find that I must speak out.

In all the information put out by the Canadian Cancer Society in Canada and the National Cancer Institute in the U.S.A., there is absolutely no focus on breast cancer prevention.

Their major thrust is "early diagnosis." This is analogous to a farmer creating an elaborate system to indicate when the cattle have escaped from the pasture. Any good farmer knows that it is much wiser to build a strong fence and keep it in good repair to prevent the cattle from escaping in the first place.

How can the major organizations in Canada and the U.S. protecting us from all cancer focus zero effort on breast cancer prevention?

We are still hypnotized by the myth circulating for the last 50 years that the cure for cancer will be discovered soon, as if some magic key will eradicate this whole, widespread and diverse disease. Only in Hollywood, folks. In fact, the incidence of breast cancer has increased an alarming 2.5 times in the last 50 years and is now increasing by 1 per cent per year. The USA has one of the highest rates of breast cancer in the world. Also showing similar trends are prostate and childhood cancers.

Ideally, the goal of the Canadian Cancer Society should be to make itself redundant by eradicating cancer. Then the organization could disband. Instead, it seems intent on growing.

Does the Canadian Cancer Society have a vested interest in maintaining the status quo?

The medical research establishment

likes to label the causes of cancer as "lifestyle factors," an elaborate ploy on their part. This ploy keeps people powerless due to lack of knowledge about prevention; it transfers the guilt of cancer to the individual; it maintains all the economic profits of the cancer treatment business and it allows business and industry to continue emitting carcinogens, thereby maximizing profits.

According to Dr. J.D. Sherman, author of *Life's Delicate Balance*, "There is a massing, in a few hands, of the control of production, distribution and use of pharmaceutical drugs and appliances; control of the sale and use of medical and laboratory tests; the consolidation and control of hospitals, nursing homes and home care providers. We are no longer people who become sick. We have become markets. Cancer is a big and successful business."

The National Cancer Institute stated in 1995 that "breast cancer is simply not a preventable disease."

Then in 1997 the American Cancer Society announced, "There are no practical ways to prevent breast cancer."

Yet note the following:

A 1984 study of Mormon families living downwind of Nevada nuclear test sites reported elevated numbers of breast cancer.

Upper class women in Newton, Massachusetts, had higher breast cancer rates than lower economic status women in the community. Why? It was concluded that higher rates of professional lawn care and more dry cleaning caused the result.

A public outcry in 1978 in Israel forced the government to ban the pesticides benzene hexachloride, DDT

and lindane. Breast cancer rates, which had risen every year for 25 years, dropped in 1986 nearly eight per cent for all age groups and 30 per cent for women aged 25 to 34.

Women living near toxic waste dumps have 6.5 times the incidence of breast cancer.

When Asian women move from their homeland to the US, their breast cancer rate soars.

Very striking examples indeed.

Are these cancer organizations not able to see a correlation in the above examples?

There is something in the environment of the USA and other industrialized countries causing an epidemic of this hormone-related disease. I will never donate any money to any of these cancer agencies until they start advocating prevention of cancer.

The risk factors for breast cancer include early menarche (onset of menstruation), late menopause, late childbirth, birth of few or no children, no experience breast-feeding, obesity, high fat diets, being tall, having cancer of the ovaries or uterus, use of oral contraceptives and excessive use of alcohol. According to Dr. J.D. Sherman, the main theme running through all these factors is hormones; hormones too early in a girl's life; too late in a woman's life; too many chemicals with hormonal action and too great a hormonal load.

Is the "good life" we enjoy really as good for us as we are led to believe?

The prescribed method of detecting breast cancer is a Mammogram, which uses X-rays, a proven carcinogen. To make matters worse, if a woman has false positives (five to 15 per cent of

COMMENTARY cont'd on p5

**COMMENTARY:** This space is reserved for you, our readers. It is a spot for informed opinion, an outlet for the voices of the community. Everyone is invited to submit opinion articles with a maximum of 800 words.

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# Commentary cont'd from p4

the time), she is exposed to an additional mammogram. More X-rays. Plus, she has additional stress placed on her from the fear of having breast cancer. According to Dr. Charles B. Simone, a former clinical associate in immunology and pharmacology at the National Cancer Institute, "Mammograms increase the risk of developing breast cancer and raise the risk of spreading or metastasizing an existing growth."

In fact, safer and more effective diagnostic techniques such as infrared (IR) thermography are available, but they have been vigorously opposed by breast cancer awareness organizations.

Why should they oppose the switch to a safer method of detection of breast cancer?

The difference between these two methods is amazing.

X-rays send a powerful, ionizing radiation towards the body and the rays passing through the body are detected by a photographic plate when they emerge from the body. X-rays can damage cells while passing through. In fact, everyone is urged to minimize exposure to ionizing radiation. Maximum exposures are legislated for workers who are exposed to radiation at work.

Infrared radiation (IR), on the other hand, infrared radiation is a very weak and harmless radiation. This invisible radiation is less energetic than visible light. The heat you feel from a woodstove is IR, as is the heat lamps used to incubate chicks or keep food warm in a cafeteria. Every object, including humans, naturally gives off IR. Night vision scopes are simply allowing the eye to see IR. If IR is analyzed, it is found that all different temperatures give off different IR. Infrared thermography actually allows us to look at different temperatures.

Since cancerous tumours are areas of higher metabolic activity, then they are slightly warmer than the rest of the body and IR thermography is used to detect tumours as warmer spots in the body. This is the same equipment used by search and rescue to locate lost people in the dark. The lost people show up as a hot spot in the coolness of the forest.

Why is there no thrust to shift from harmful x-rays to harmless infrared to detect human cancerous tumours?

The mastermind (in 1985) and main sponsor of Breast Cancer Awareness Month is Zeneca Pharmaceuticals, now AstraZeneca. That company manufactures the breast cancer treatment drug Tamoxifen, which annually grosses \$500 million. On May 16, 2000, the New York Times reported that The National Institute for Environmental Health Sciences listed Tamoxifen as a substance that causes cancer. Zeneca also make herbicides and fungicides, including acetochlor, now implicated as a causal factor of breast cancer.

In 1996, the AstraZeneca plant, in Perry, Ohio was the third-largest source of potentially cancer-causing pollution in the U.S., spewing 53,000 pounds of recognized carcinogens into the air.

Why would this company put large amounts of money into breast cancer awareness campaigns?

Do they want the causes of breast cancer to become public knowledge?

Is it any wonder that prevention receives so little attention?

The real cause of cancer is environment. Cancer is caused by exposure to carcinogens. Toxic diets, toxic lifestyles, toxic environments, toxic drug treatments and toxic diagnostic techniques cause cancer. The best way to solve the cancer problem is to prevent exposures.

This means we must avoid carcinogenic and hormonally active chemicals by demanding clean food, water and air, plus we must avoid all types of ionizing radiation.

Only three per cent of the 75,000 manmade chemicals in use today have been tested for safety. With the continued creation of up to 2,000 new chemicals each year, our bodies are exposed to substances to which they have never been exposed. Many of these manmade chemicals are hormone mimics, which can actually interfere with the natural processes that occur in a healthy human body.

Is it any wonder that the incidence of cancers and other forms of allergies is increasing?

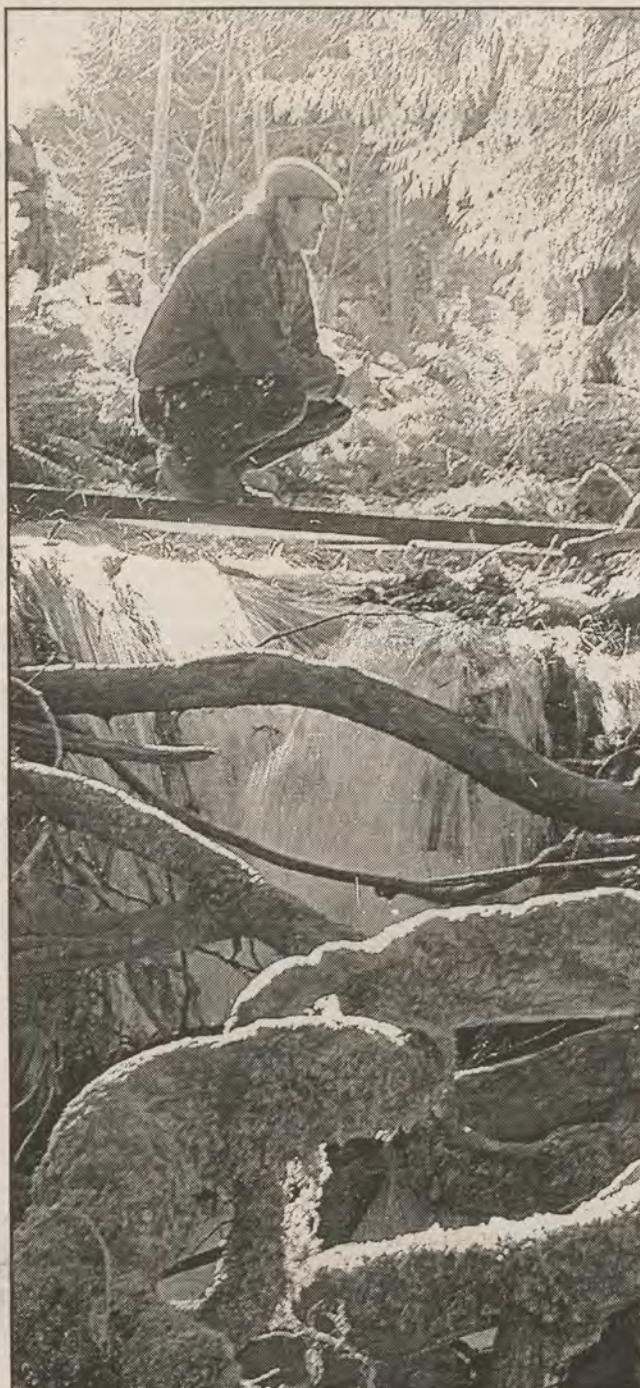
As we have proceeded to clean up the air and water of the environment, the food we eat has become the greatest source of poison into our bodies. Almost all beef, chicken and pork grown in the U.S. and Canada is fed hormone supplements to cause additional growth and weight gain in the animals.

Why would that same growth effect not happen in humans who eat the hormone-laced meat?

*The writer has been interested in healthy foods since he was a teenager. He and his wife Debbie run Apple Luscious Organic Orchard, a certified organic orchard.*

## Dénouement

*Fashion knows how to act; its role just never gets a long run.*  
—Richard Cruickshanks



**SERENE SCENE** — Michael Lees enjoys a peaceful moment near a waterfall in Mouat Park. Photo by Derrick Lundy

## Printing money

Both Guernsey and Jersey are semi-independent islands not actually part of the U.K.

Back in 1816, they were bankrupt due to the Napoleonic Wars and were in a desperate situation. High unemployment, extremely high debts, poverty, large emigration, no services or public infrastructure and worst of all the island was being washed into the sea due to deteriorating dikes and sea walls.

Desperation has a way of broadening one's vision and the council decided to strike a committee to look into this situation. The committee reported that there was only one way out and that was to print their own money, hire contractors and repair the sea walls immediately. This was all well and good except that the merchants wanted to know how they were going to get rid of this money if they accepted it. The council agreed that all taxes could be paid in this currency.

Thus, a circular system was created from creation of the bank notes to eventual destruction. This all worked well, and all the notes were recovered and burned as agreed. In the process, a church, a war monument and some repairs to sea walls and dikes were completed. Then, in 1822, they once again printed 4,500 one-pound notes to construct a covered market building.

This was completed and every year 450 notes were burned. At the end of 10 years all the notes were gone and the building was debt free at zero interest. The council still owns these buildings and I estimate that they have returned at least \$5 million or more in today's money to the treasury over the past 179 years. This profit has, of course, been used to finance other public projects and today Guernsey has a flat income tax

of 20 per cent and no other taxes. They are not needed.

The current circulation is about 17 million pounds and this in effect is an "interest-free" loan to the treasury from the note holders. The benefit to all citizens of Guernsey are very low taxes, excellent public infrastructure and lower prices compared to the U.K.

It boggles the mind that the solution to our economic problems is so simple and authorized by our Constitution. In Canada, we are very fortunate to own our central Bank of Canada, which is not the case in the U.S. or U.K. We could simply issue all the money needed for federal, provincial or municipal public works at whatever interest we decided was reasonable or at zero interest if we were really smart. The interest goes back to the Bank of Canada and is then paid as a dividend to the federal treasury at year end. They do this now on their excess profits.

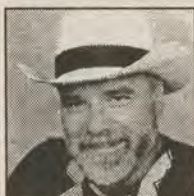
Furthermore, the Bank of Canada, could charge a "royalty" on all commercial bank loans of, say, .5 per cent. This royalty, which is for the privilege of creating money out of nothing, would bring in billions of extra revenues and do away with all manner of idiotic taxes.

The Republic of Salt Spring could do the same. Issue \$5 Dollars for public works; charge a "royalty" on all commercial loans issued by banks under the SS Charter; and tax land (not improvements) at, say, one per cent of its assessed value. There would be no need for any income or sales taxes and we could probably issue a "national dividend" of excess revenue to all citizens.

Needless to say, the banks and the wealthy won't like it because they "print" the money and run the nation for their own benefit.

**BARON FOWLER,**  
Salt Spring

## But the question remains . . . is it art?



*Wit & Whimsy ...*

*with Arthur Black*

Does anybody remember what art is? I knew once, many years ago.

I was standing in a cave near a town called Altamira in northern Spain. For a few pesetas, a local guide had agreed to escort a half dozen of us into an already famous underground grotto decorated with prehistoric paintings.

The beam of his flashlight flickered across the cave wall revealing depictions of deer, bison, a few hand prints — and then the guide flicked off the flashlight, leaving us in complete darkness.

After a few seconds he struck a kitchen match and, as it flared, he held it close to one of the painted bison.

The bison . . . breathed.

In the dancing flame of the match, the bison seemed to come alive. A few of us actually jumped.

The painting was 15,000 years old, put there by a half-naked, illiterate savage who never saw a paint brush, much less a copy of Gray's

Anatomy, but I did not doubt for a second that it was art. It went straight from the cave wall through my eyes to my heart.

I've never been that sure of a piece of art work since.

I remember standing in an art gallery in Toronto in front of a five-foot section of sewer pipe. It was entitled THIS IS NOT A SEWER PIPE and carried a price tag of \$500.

One of Canada's most famous living artists is Jana Sterbak. Famous for what? For "Vanitas: Flesh Dress for an Albino Anorectic." It's a sculpture consisting of rib-eye steaks sewn together and left to rot in public.

And I mean public. It was shown at the National Gallery of Canada in 1989.

Or consider the opus of New Yorker David Leslie. Mr. Leslie is a performance artist who thinks "the world needs art that breaks conventions of beauty."

That's why his latest artistic statement will take place in a boxing ring. The artist plans to don boxing gloves and pro-

tective head gear, then invite anyone in the audience to come into the ring and try to knock him out.

"I'll be covering up," he said, "but people will have, like, 15 uninterrupted shots at me. It'll be cool."

Then there's the photographic artist Thomas Condon in Cincinnati.

He tried to have an art opening consisting of photographs he'd taken in a morgue.

Condon had "arranged" various corpses so that they were holding objects like a syringe, sheet music and an apple. Cincinnati police reckoned it was more like corpse abuse than art, and Condon's been indicted — although a local art critic allowed that "from an art perspective, there is a precedent for (such an exhibit)."

Perhaps the What Is Art question came full circle at an exhibit in Birmingham, England last spring. The exhibit consisted of . . . nothing.

There were no sculptures on the floor, no paintings on display — only stark white walls and a few cardboard

signs that read "Exhibition to Be Constructed in Your Head."

An organizer explained that it was "an experiment to see how people react to it."

They want to be careful about encouraging public judgement. They should bear in mind what happened at an avant-garde space called the Eyestorm Gallery in London's trendy West End. Gallery officials opened their doors the morning after a launch party for artist Damien Hirst, only to discover that one of Mr. Hirst's installations had disappeared!

Police questioned a building cleaner, Emmanuel Asare, who readily admitted that when he saw a coffee table littered with cigarette butts, empty beer bottles, pop cans and paper cups, he sighed, swept the whole thing into a Hefty bag and tossed it in a dumpster.

When he was informed that he had dismantled a work of art valued at \$12,000, Asare shrugged and said, "I didn't think for a second that it was a work of art. Didn't look much like art to me."

The world needs more art critics like Emmanuel Asare.



# We Are Salt Spring!

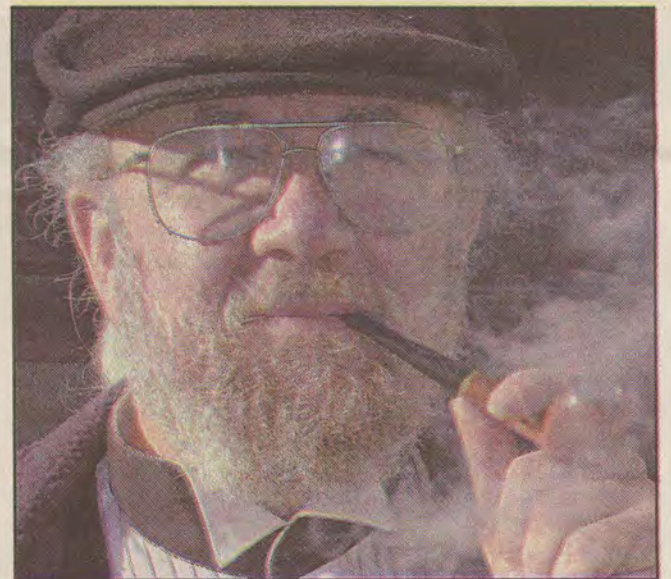
A weekly feature of the Barnacle Island Journal

January 1, 2002

Photos by Derrick Lundy



Seen here, clockwise from top left are: Roger Gilbert in Scrooge; Fernwood school's choir at ArtSpring sing-along; Dick and Toby Stubbs at United Church Christmas lunch; Marv Coulthard; young participants in a live Nativity at Centennial Park; high school exchange students, including visitors from Quebec and locals now in Quebec; Wendy Gilson, Terry McLees and "Annabelle" in Scrooge; performer at the live Nativity in Centennial Park; members of the United Church choir at sing-along; Carley Somerset and Dino Asproloupos at Christmas lunch.



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# Vesuvius dock closed Jan. 8

B.C. Ferries has announced that Vesuvius Bay dock will be closed on Tuesday, January 8 between 9:30 a.m. and 4:30 p.m. to replace a floating lead.

Service will resume with the 4:30 p.m. sailing from Crofton and the 5 p.m. sailing from Vesuvius.

## RCMP out in force: CounterAttack checks throughout holidays

The police are out there. Drivers may not know where or when, but if they've been drinking over their limit and they get behind the steering wheel, they'll get busted.

Salt Spring Island RCMP officers are out and their Drinking and Driving Counter Attack campaign is now in full swing.

Okay, so a driver has a few drinks and thinks perhaps black coffee, a walk or a quick nap will sober him up. It won't: sobering up takes time.

The RCMP urges drivers to consider planning ahead if they'll be drinking. Arrange for a designated driver, they suggest, or phone a taxi. Do not get behind the wheel — the consequences are harsh, not only on your wallet.

- Upon conviction for a first-time offence (summary conviction), offenders lose driving privileges for one year and could be fined up to \$2,000.

They could also be jailed for up to six months. If the Crown proceeds on an indictable offence, maximum jail time is five years.

- A second conviction carries a mandatory jail sentence of 14 days to one year. If the Crown proceeds with an indictable offence, the maxi-

mum jail time is five years.

- An "impaired driving causing bodily harm" conviction carries a maximum 10-year jail sentence and up to 10 years prohibition from driving.

An "impaired driving causing death" conviction carries a maximum jail term of 14 years and up to 10 years prohibition from driving.

- Any driver with one conviction for impaired or dangerous driving since August 29, 1992 faces a three-year driving suspension if convicted again.

A driver who already has two or more convictions in that period will face a lifetime driving suspension if convicted again.

The new penalties apply to drivers convicted of Criminal Code motor vehicle offences such as impaired driving, driving with a blood alcohol content over the legal limit, refusing to submit to a breathalyzer test, criminal negligence causing death or injury, and dangerous driving.

- Drivers who fail or refuse a breath or blood alcohol test, lose their driver's licence and are prohibited from driving for 90 days, effective 21 days from the time of the incident.



**CHRISTMAS STORY** — The Christmas season was brought to life in Centennial Park last Sunday night as a live Nativity, using children and adults, told the Biblical story.

Photos by Derrick Lundy



"Concepts burden the memory.  
An artistic and imaginative presentation builds up the memory.  
Active involvement anchors the memory."  
Rudolf Steiner

Waldorf on Salt Spring K-6 (250) 538-0246

## Campaign saves lives

CounterAttack campaigns across the province are rooted in a need to save lives, according to the latest drinking and driving statistics released by the Insurance Corporation of British Columbia (ICBC).

In the year 2000, a total of 97 people were killed in alcohol-related crashes on B.C. roads, accounting for 30 per cent of all road fatalities in the province.

ICBC also estimates that drinking-driving accidents cost British Columbians over \$270 million each year.

December holiday

CounterAttack police road checks began in 1977 as a comprehensive public safety program to reduce alcohol-related crashes on B.C. roads.

Since that time, more than 30 million vehicles have been checked. ICBC estimates the campaign reduces impaired driving accidents by about 20 per cent.

In the 2000 campaign, police across the province checked 5.6 million vehicles at 7,678 roadblocks. They issued 11,044 24-hour suspensions and charged 732 drivers with impaired driving.

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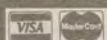
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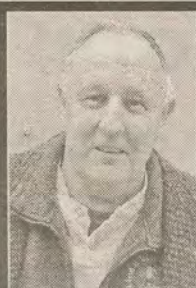
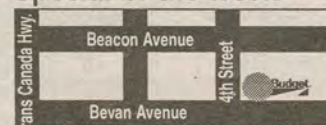
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# Food hampers delivered to 150

Despite a glitch that cancelled a registration mail-out, Salt Spring Community Services managed to deliver 150 Christmas hampers to island families this year.

"The community came through, as they always do, and it was a very successful venture," said Community Services executive director Lynne Brown.

Volunteers guided by co-ordinator Sheila Sayer packed, loaded and delivered hampers to 150 island families, even though the Ministry of Human Resources didn't mail-out registration cards in social assistance cheque envelopes, Brown said.

A Human Resources spokesperson said the ministry sends hamper registration cards as a goodwill gesture.

"It's not written in any kind of policy," the ministry spokesperson said. (Liberal government policy has precluded ministry staff from making media statements.)

The spokesperson indicated that B.C. Mail Plus, the agency responsible for placing inserts in cheque envelopes, had "a glitch."

"That particular card wasn't sent out this year," the spokesperson said.

The ministry official also said Community Services was notified early in November and the agency then advertised that registration cards were available at social services offices on the island.

The October mail-out of registration cards was "one of the best ways to get in touch with recipients," Brown said.

"It allowed people who receive welfare cheques to find out about the hamper

program."

She received a call from one islander who knew of three families who didn't have anything for Christmas and didn't know about the hampers.

Brown said that once notified, volunteers put together hampers and delivered them to the needy families.

The number of hampers delivered was a little up from past years, Brown said.

"While that may sound good, it means that more people needed them," Brown said. "We try to meet the need."

Brown said that each hamper contained staple canned goods, fresh produce, bread, butter, canned ham and whatever donated treats volunteers could find to add to the basics.

"These people don't buy a lot of treats, they're trying to put food on the table for their kids."

She was concerned about the recent Thrifty Foods brand smoked oyster recall.

"Some hampers received smoked oysters that have been recalled," she warned.

On a positive note, Brown said that co-ordination with Santa's workshop went marvellously this year and volunteers were able to deliver many toys on behalf of the jolly elf.

Brown even indicated that she was feeling jealous of what one child received for Christmas this year.

"We have a really generous community. They came through in a stellar fashion."

But Brown said island generosity to the food bank could extend beyond the holiday season.

"People don't tend to think of food banks in the rest of the year."



**HOSPITAL HELP** — Gulf Islands Shrine Club president Ken Mackenzie and secretary Bob Morgan hand a \$3,140 cheque to Lady Minto Hospital clinical co-ordinator Gaynor Jones. "The money will be used to purchase labour and delivery equipment for moms and babes," Jones said.

Photo by Mitchell Sherrin

# Quit smoking tips for new year

Cigarettes are the only product that if used as intended will kill about one half of the people who use them.

The Canadian Cancer Society is urging people who plan to quit as a New Year's resolution this year to be prepared in advance.

Choosing a method that suits each individual is a big part of planning.

Sheila Craigie, manager of the B.C. Smokers' Helpline, says she knows what it is like to struggle with quitting smoking.

Her experience was like that of many smokers, who make an average of five to seven attempts before they finally quit for good.

Craigie says it is important to know what withdrawal effects might be experienced, and to figure out in advance how to deal with them.

It helps if people can anticipate what triggers their strongest desires for a cigarette, and to make plans for what they can do instead of reaching for a cigarette.

Trained staff at the helpline offer advice and information on the toll-free phone line, 1-877-455-2233.

Interesting tobacco facts and stats:

- Smoking causes 85 per cent of lung cancer.
- The Canadian Cancer Society estimates that one in 12 men and one in 22 women will die from lung cancer.
- Most smokers want to quit. A recent study showed over half of B.C. smokers had tried to quit in the year before the study.
- The province of B.C. has the highest percentage of non-smokers — 80 per cent — in the country. That means for every adult in B.C. who smokes, there are four who do not.
- For every two British Columbians who smoke cigarettes, three more are former smokers, and five have never smoked.

# Thrifty oysters recalled

The Canadian Food Inspection Agency (CFIA) and Thrifty Foods are warning the public not to consume Thrifty brand smoked oysters imported from China as they may be contaminated with Staphylococcus toxin.

"We've put up signage notifying the public about the recall and we're asking people to bring them back for a refund until we've found out what's wrong with them," said local Thrifty store clerk Bob Birch.

Thrifty Foods voluntarily recalled the canned oysters on December 24; as soon as the CFIA notified them about the contaminated product, said Thrifty Foods President and CEO Alex Campbell.

The CFIA also posted an official recall on its website on December 26 after one reported illness was linked to the Thrifty Foods product.

Campbell estimated that 10,000 cans were effected at

Thrifty stores. Only 85 gram cans with product codes beginning with H45 are affected by the recall.

"A customer brought it to the attention of CFIA inspectors on December 15 without contacting Thrifty Foods," said Campbell.

"The CFIA investigated contamination claims through random tests and didn't contact us until Christmas Eve."

While Staphylococcus toxin is not considered a major health risk, Campbell said, "I don't think anyone wants to go out of their way to get that contamination."

Common symptoms of Staphylococcus poisoning are vomiting, abdominal cramping, fever and diarrhea, said CFIA food specialist Lauren Jung.

"Vomiting is very specific to Staph intoxication," she said, adding that the food-born illness has a quick onset and incubation time.

"It can be as quick as an hour or as long as eight hours but averages between 2-4 hours," she said.

There are no long term effects linked to Staphylococcus infection, she added.

She recommended anyone who has experienced these symptoms and might have been exposed to food poisoning should see a family physician.

Food contaminated with Staphylococcus may not look or smell spoiled and the bacteria is resistant to heat.

"E-Coli or Salmonella bacteria will die off with a thermal process but if you wanted to cook a product with Staph, it's very resistant," Jung said.

She noted that the CFIA investigation process is ongoing.

The recall is very specific to the H45 batch number, which is specific to a supplier in China, she said.

Since it's possible this supplier may have sent other food products to Canadian food retailers, the CFIA will follow-up on its investigation, said Jung.

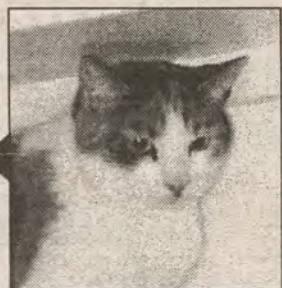
The CFIA is working with food wholesalers and embassies to insure the quality control of food products in Canada.

"We have to look at all the pieces of the puzzle," she said.

## Cats of the Week



This all black female is just a teenager and full of energy. She has a beautiful, shiny coat.



Gingle is almost 3 years old. She has a beautiful calico coat and is very affectionate.

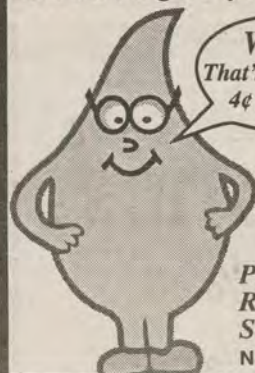
Please call the SPCA at 537-2123 or come to the open house every Saturday from 2:00pm to 4:00pm

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# Polar Bear Swim set for tomorrow

For people who haven't been in training for the New Year's Day Polar Bear Swim at Vesuvius Beach, there's still time to get psyched up for the popular community event.

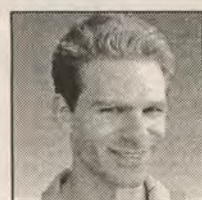
The number of swimmers seems to swell each year, along with the lines of onlookers on the beach, and the prize cache for those who do the dip.

Sponsored by the Salt Spring Chamber of Commerce, this year's costume theme for the Polar Bear Swim is Disney, with 2002 marking a century since Walt Disney's birth.

Prizes are awarded for best costumes and other categories related to the swimming itself.

Registration begins at the beach on Tuesday at 12:30 p.m. and people take the plunge at 1.

## 'Dreaded' Shrek is anti-fairy tale that actually works



*Flick Pick ...  
with Jason Tudor*

Shrek is the latest in the computer-generated blockbusters to hit video, an irreverent "anti-fairy" tale that is as much fun for adults as it is for kids.

The title is actually the name of the main character, a big grumpy ogre (Mike Myers) who would prefer to just be left alone in his little swamp hut.

When King Farquaad (John Lithgow) boots all the fairy tale characters — e.g. Pinocchio, the Three Blind Mice — off his property and out into said swamp, there's trouble.

Shrek, along with a talking donkey companion (Eddie Murphy), shows up at the castle seeking answers. Farquaad, meanwhile, is in search of a queen. So when Shrek shows up, Farquaad sends him off on a mission: save the beautiful Princess Fiona (Cameron Diaz) from a dragon and bring her back so there can be a royal wedding.

I dreaded watching Shrek for a fair number of reasons, not the least of which being it looked too self-consciously hip for its own good.

I'm also not the biggest fan of Cameron Diaz or anything Eddie Murphy has done since about 1990. And, the film was a huge, huge summer hit that everyone seemed to love — usually a death sentence in the eyes of yours truly.

But these concerns are drowned out by what is really a great movie.

Shrek hammers the tired and sanitized notions of what we have come to expect out of fairy tales. Disney (don't get me started on them) has hammered the genre into a useless formula that begs to be savagely mocked.

You know Shrek ignores this formula when Shrek and Fiona make balloon puppets out of animals and carelessly release them into the wind, or when Fiona's impromptu singing contest with a cute little bluebird results in eggs for breakfast.

Likewise, I don't think we'll ever see one of Disney's princesses lying on the ground, rolling around seductively while singing Madonna's Like a Virgin. That would be pretty cool, though.

Rating: pg

Running Time: 1 hour, 30 minutes



**OINK!** — A most attractive piece of living, breathing bacon gives the eye to passersby on Beddis Road.

Photo by Derrick Lundy



*Let's Eat...  
with Linda Koroscil*

### Bearnaise Sauce Microwave Style

This one works — just whisk between cooking intervals.

In microwavable cup put 2 tbsp. white wine vinegar, 2 tbsp. white wine, 1 tsp. finely chopped onion, 1/2 tsp. tarragon, salt and pepper. Microwave on high for one and a half minutes.

Add 1/2 c. butter, cut into small pieces. Microwave on high for 30-45 seconds. In 2 c. bowl, beat two egg yolks and gradually whisk in butter mixture. Microwave on medium about 30 seconds 'til the sauce begins to thicken. Whisk every 10 seconds 'til it's thick enough. Be careful not to let this get too hot, or you'll have scrambled eggs!

This is really good for eggs Benny over a nice crisp croissant.

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**January 4 - 20% off**  
**January 5 - 30% off**  
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**CLOSED JANUARY 6, 2002**  
**RE-OPENING MARCH 5, 2002**

**Happy New Year to All!**

- Arnie, Julia, Heidi, Adam, Conrad, Mathew  
151 Lower Ganges Rd. • 537-2457

# McWhirter to recount history of provincial police

When the Salt Spring Historical Society holds its first meeting of 2002 at Central Hall on Wednesday, January 9, Bob McWhirter will speak about the history of the British Columbia Provincial Police.

The Provincial Police were formed during the gold rush days in 1858 and were disbanded and absorbed by the RCMP in 1950.

McWhirter will describe how the force enlisted recruits, including an Irish constabulary, and how it enforced justice on the frontier.

He will compare the B.C. model with the law enforcement that took place in the United States, and will also include some local stories of how the police impacted Salt Spring and the other Gulf Islands.

McWhirter was born in Grand Forks, B.C., where his father was a member of the B.C. Provincial Police.

He graduated from the University of Victoria and came to Salt Spring in 1965 to become vice-principal of the old high school (now the middle school).

McWhirter spent the rest of his career with the school district, serving as principal of Gulf Islands Secondary and Director of Instruction.

Bob encourages people who have stories about the Provincial Police to call him in advance of the meeting or to come to the meeting to share them with the Historical Society.

The meeting begins at 2 p.m.

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*Celeste teaches a Mixed Level, Senior's, and Level 1 Yoga class at the Salt Spring Centre*

**YOGA. IT'S MORE THAN JUST STANDING ON YOUR HEAD.**  
call 537-2326

Look for Yoga Tips every month in the Barnacle!

**COMMUNITY WELLNESS PROGRAMS**

Coordinator: Sharon Glover 537-4607

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Gulf Islands Hospital  
Caring for ourselves and others...

**SALT SPRING SENIORS SERVICES SOCIETY**

Salt Spring Island COMMUNITY SOCIETY

**January 2002**

**Diabetes Education Team**

14 January at Lady Minto Hospital (downstairs offices)

- education to patients about diabetes & the different modes of care, from diet and exercise to medication & insulin
- provision of home glucose monitoring certification
- first appointment through referral by your family physician

**Blood Pressure Clinic - free!!**

Monday 28 January 10am - noon at Salt Spring Seniors.  
Have your blood pressure checked in a relaxed, informal setting.

**Coming soon!**

25 February 2:00pm - Salt Spring Seniors' Peer Counsellors share health hints for seniors about the use of alcohol & prescription drugs.

27 February 2:00pm - **Best Foot Forward** - everything you always wanted to know about feet & balance.

**Arthritis Self-Management Course**

Do you have arthritis?  
Is your health worth 12 hours of your time?

2 hrs a week over 6 wks of information & support. Leave a message at 537-4607 to register your interest! (We need 12 or more people before we can run the course.)

**IT PAYS TO SHOP LOCALLY**

*Cara Hughes winner of a 27" Panasonic TV Satellite TV draw*

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Sales Rep

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# Salt Spring classifieds

537-9933

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### Deadlines:

Classified - Friday 5 pm  
Too late to classify - Monday noon  
537-9933

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At 328 Lower Ganges Rd.  
Monday to Friday 8:00 - 5:00

#### •CHARGE IT

All ads can be prepaid over the phone  
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8:00 am - 5:00 pm, Monday to Friday

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Fax your ad anytime to 537-8829. Please  
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method

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#### •EMAIL

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20 words or less \$8.50 + GST, additional  
words 25¢ each

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Call for sizes and prices

#### •TOO LATE TO CLASSIFY

20 words or less \$10.50 + gst

### DEADLINES:

Classified - FRIDAY 5 pm

Too late to Classify - MONDAY noon

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007 In Memoriam	020 Coming Events	040 Personals
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009 Seasons Greetings	026 Legals	
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### EMPLOYMENT

050 Business Opportunities	055 Help Wanted	060 Work Wanted
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### MERCHANDISE

300 Antiques	329 Farm Items	351 Misc. Wanted
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### REAL ESTATE

400 Appraisals	440 Misc. Real Estate
410 Real Estate For Sale	450 Mobile Homes
420 Financing	450 Wanted to Buy
430 Land Surveyors	490 Websites

### RENTALS

500 Apts/Suites For Rent	530 Shared Accommodation
510 Commercial Space	535 Situations Wanted
520 Houses for Rent	540 Wanted/Rentals
525 Rentals, Misc.	

### ACCOMMODATION

600 Bed & Breakfast	622 House Exchange
615 Holiday Accommodations	625 Resorts
620 Hotels	690 Websites

### TRANSPORTATION

800 Automotive, Bodywork & Painting	831 Limousine Service
805 Automotive, Repairs	835 Motorcycles, Sales
810 Bicycles, Sales & Service	840 Recreational Vehicles, Rentals
815 Boats & Marine, Service	845 Recreational Vehicles, Sales
820 Boats & Marine, Sales	850 Tires
822 Campers & Trailers	855 Trucks/4x4s
825 Cars, Sales	856 Buses, Vans
830 Cars, Service	860 Vehicles Wanted

900 TOO LATE TO CLASSIFY - NOON MONDAY

### 6 DEATHS

BUTLER-COLE, Alice Jane (nee Gwennap), April 15, 1913-December 23, 2001. Survived by her loving husband Alex of sixty years, daughter Eleanor, sons Sandy (Maureen) and Tom (Lisa) and 6 grandchildren. It was Jane's wish to be cremated and to have no service. Donations may be made in her memory to the Alzheimers Society of British Columbia.

**BRUCE ROBINSON**  
Born: January 18, 1928  
Died: Christmas morning  
December 25th, 2001

Survived by his loving wife of 49 years, Colleen; his children Cathie, Susan and Bruce and their families; his sisters Edith, Joan and Joyce and their families. There will be no service by request. The family will be hosting a celebration of his life to be announced in January. In lieu of flowers, donations may be made to Lady Minto Hospital. Heartfelt gratitude is extended to Doctors Woodley and Crossland, the Home Care nurses and the nursing staff at Lady Minto. Your love, respect and care were deeply appreciated. The following poem was in the card he was to receive from his nine-year-old granddaughter. Unfortunately he did not get a chance to read it but we read it out loud today and we think he probably heard it!

Dear Grandpa,  
*I hope this Christmas  
Is the best you've ever had,  
Because to spend it with you  
Makes me so glad!*

*This year for Christmas  
I want you to see,  
The treasure in my heart  
That is for you, just from me.*

*I'm going to bring it right to you  
Just like a little dove  
Because this Christmas time  
I'm giving you LOVE.*

Love,  
Sean Elizabeth

### 25 EDUCATION

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### 29 LOST AND FOUND

FOUND: ALUMINUM boat on St. Mary Lake. 537-1540.

### 40 PERSONALS/BUSINESS

**POSTAGE STAMPS** for Collectors. Canada & Worldwide - regular auctions, retail Stamp collections wanted. Steveston Stamps. 12211 First Ave., Richmond, B.C. V7E 3M3. 604-241-8533. [www.stevestonstamps.com](http://www.stevestonstamps.com)

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**GM DEALER** requires journeyman and 3rd/4th year techs. GM experience an asset. Excellent benefits, wages negotiable. Call Don 780-645-4414. Fax resume 780-645-3564, St. Paul, Alberta.

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Please call Marta  
at 1-888-993-2299

### 60 WORK WANTED

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### 117 COMMUNITY SERVICES

#### ALCOHOLICS ANONYMOUS SERVICES MEETINGS

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Galiano 250-539-2222  
Pender 250-629-3631

Women's Meeting Only  
Thursday nights: 5:15 pm

Please call

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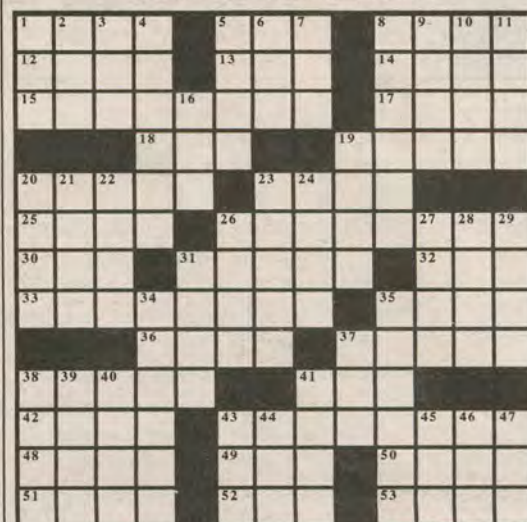
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### Canadiana Crossword Greatest Goalies

Bernice Rosella and James Kilner



#### ACROSS

- 1 Bank machines, for short
- 5 Cassius, now
- 8 Scheme
- 12 Hillside, in The Hebrides
- 13 Prohibit
- 14 Famous Venice beach
- 15 Terry
- 17 Eastern ruler
- 18 Groove
- 19 Legislate
- 20 Dominik
- 23 Rascally child
- 25 Landed
- 26 Nutrients
- 30 Hair piece
- 31 for words
- 32 None
- 33 Rent receiver, sometimes
- 35 Josh
- 36 Arm bone
- 37 Raw
- 38 Lawrence, familiarly
- 41 Partner of Don'ts
- 42 Norse God
- 43 Tel Aviv people
- 48 African Nation
- 49 Actress Farrow
- 50 Cat or vault preceder
- 51 Prayer ender
- 52 Toxic chem.
- 53 Glenn

#### DOWN

- 1 Some blood samples
- 2 Lah partner
- 3 Mouth
- 4 Clandestine
- 5 Adjoin
- 6 La Hache
- 7 Sign, in a way
- 8 Jacques
- 9 Peruvian Capital
- 10 Of odes
- 11 Wrongdoing, in law
- 16 Philippines guerrilla movement
- 19 Lunches
- 20 Tow
- 21 Inter
- 22 Affix a signature
- 23 Turk
- 24 Optimistic
- 26 Plot
- 27 Privy to
- 28 Sports shoe
- 29 Sleigh
- 31 Confederate
- 34 Bill
- 35 Curtis
- 37 Serpent
- 38 Casa
- 39 Early gardener?
- 40 Anger
- 41 Dull
- 43 Little devil
- 44 Incite
- 45 Mauna
- 46 Unwell
- 47 French seasoning

Crossword answers page 11

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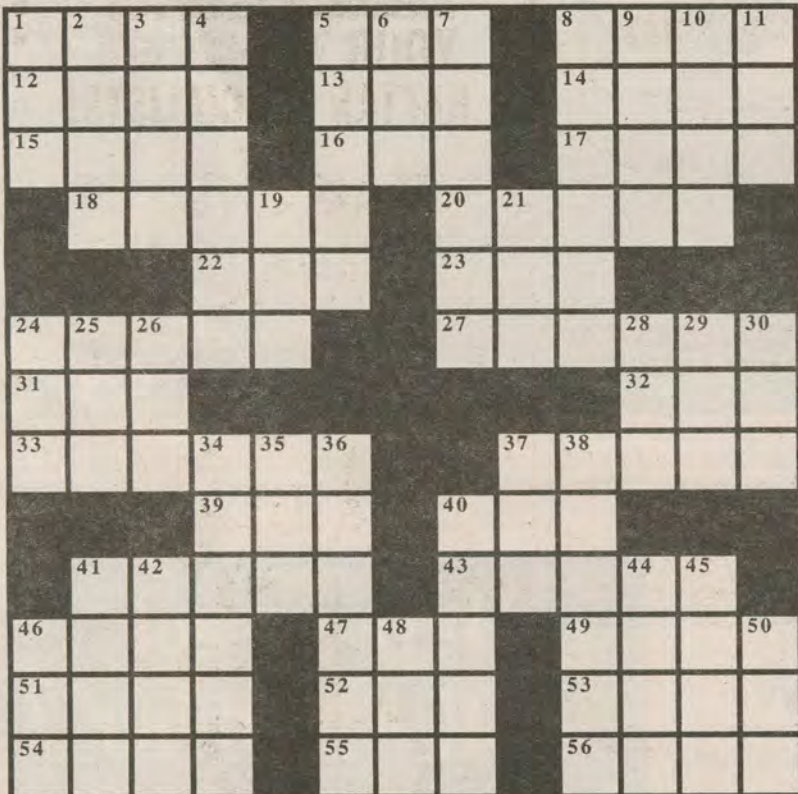
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Michael O'Connor's horoscope information for this week did not arrive in time due to the holidays. The column will resume next week. Sorry for any inconvenience. You can contact Michael directly at 250-352-1936.

## Canadiana Crossword

### World of Work

Bernice Rosella and James Kilner



#### ACROSS

- 1 Swat
- 5 Prohibit
- 8 Sabres' Michael
- 12 The "A" in CAW
- 13 Inuit knife
- 14 On
- 15 Bullring outbursts
- 16 Sea in St. Croix
- 17 Defeat
- 18 Slacken
- 20 Coffee pot
- 22 Like FM's but different
- 23 Gin inventor?
- 24 Pup
- 27 Clandestine
- 31 Cereal grain
- 32 Imitate
- 33 Run out, in a way
- 37 The "M" in CMG
- 39 Charged particle
- 40 Play on words
- 41 Gretzky Sr. and de la Mare, familiarly
- 43 Representative
- 46 A kind of palm
- 47 Scamp
- 49 Metis leader
- 51 After dinner drink
- 52 Mike Weir concern
- 53 Exultation
- 54 Lemon or orange drinks
- 55 Go astray
- 56 Urges

#### DOWN

- 1 \_\_\_\_ Paulo
- 2 Letup
- 3 Suited to \_\_\_\_
- 4 The "P" in CUPW
- 5 Frost boils

- 6 Pub offering
- 7 The "N" in CFNU
- 8 The "P" in CUPE
- 9 Fencing sword
- 10 Cajole
- 11 Hill dweller?
- 19 Baseball VIP
- 21 \_\_\_\_ Royale
- 24 Pain
- 25 Harold, for short
- 26 Itinerary ref.
- 28 Eng. cooler
- 29 Centre or Gram preceder
- 30 Djarling or Pekoe
- 34 The "P" in ALPA
- 35 Drunkard
- 36 Store in a silo
- 37 Puss
- 38 The "E" in CEPU
- 40 With workers, the "P" in CEPU
- 41 The "W" in IWA
- 42 Land measure
- 44 Egyptian river
- 45 Adolescent
- 46 A kind of Acc.
- 48 Famous space stn.
- 50 \_\_\_\_ Anglais



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#### 333 FIREWOOD

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#### 350 MISC. FOR SALE

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INFRARED SAUNA for weight loss, pain relief, detox of heavy metals and toxins, skin care and relaxation. Book your appointment 653-9939.

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#### 615 HOLIDAY ACCOMMODATION

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**BEST WISHES FOR 2002**

From everyone at the Barnacle-Driftwood office.  
 See you next year!

#### ANSWER TO THIS WEEK'S PUZZLE

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

Salt Spring

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17	18	19	20

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*Island Journal*

328 Lower Ganges Rd., fax it to us at (250) 537-2613 or call 537-9933



# A Christmas miracle Max the cat returns home

By GAIL SJUBERG  
Staff Writer

It took 13 months of on-foot searches, ads, posters and relentless doses of hope, but Nirmal Dryden of Salt Spring was finally rewarded in December.

Dryden is viewing the return of her beloved ginger cat Max as a "Christmas miracle" — and it's certainly no ordinary tale.

On November 20, 2000, Dryden moved from her Southey Point home to another on Dukes Road. Owner of three cats, she put the two younger "more skittish" pets in a kennel for the transition period.

**"I had several false alarms but I never really gave up hope because I really felt so connected to him . . . ."**

"Max slept with me every night, so I felt pretty secure that he wouldn't go anywhere," said Dryden.

But the first night spent at a different house, "he got out and just took off."

Dryden took the usual steps to recover her lost pet: newspaper advertisements, scouring the neighbourhood and erecting posters in all available spots.

She received several calls about cat sightings, and knowing people will respond to lost pet pleas was encouraging, but none led to the return of Max.

A year later, Dryden had still not abandoned hope.

"I've had several false alarms but I never really gave up hope because I really felt so connected to him and wasn't really willing to let go of it."

In fact, Dryden was in the process of creating a new flyer about Max when she received a phone call from Lois Peterson of Armand Way in mid-December.

Peterson told Dryden she and her husband Ed were "quite sure" Max was feeding at her home.

How they were "quite sure" is the amazing part.

As Gulf Islands Septic Ltd. owner, Ed Peterson makes service calls to island properties. He had seen Max at Dryden's Southey Point residence a couple of years back and remembered the striking feline, which weighed 22 pounds before the ordeal, and sported a huge ruff.

But the Petersons also paid more attention than most people to lost pet ads — Lois Peterson recalled seeing an ad for the "out-standing" ginger cat.

And, get this, she had a complete stack of Driftwood newspapers for the year 2001.

"I spent one evening going back through all the papers until I got to January of last year and I found the ad and we went from there," she said.

They set up two live traps — one from the SPCA and another from Foxglove — but it took about a week to catch Max.

"I never saw him," said Dryden, "but Lois saw him and he would go into the trap, he would step over the trigger and stand and eat, and then take off. Finally they fine-tuned the trigger so he had to step on it."

Dryden had set up a large cage at home to put Max in upon his return.

The 10-year-old pet who once slept on her bed had definitely become wilder during his year outdoors.

"He wouldn't let me touch him, but after a day I was able to put one finger in [the cage] and stroke him. He used the litter box and he was eating."

The next thing Dryden knew, Max had managed to get himself out of the cage with Houdini-like skill and she found him sitting on the window-sill in her bedroom.

Dryden was naturally grateful to the Petersons, who she described as "wonderful."

She also advises other people who have lost their pets to not assume the worst.

"It's a good reminder to not give up hope," she said. "And for me it's a Christmas miracle."



**PRAYING FOR PEACE—** Islanders gathered in a weekly "circle for peace" hold candles and bow their

heads in silent meditation. The group meets at Centennial Park each Friday at noon.

Photo by Derrick Lundy

## Parking on roads no good in snow

Local RCMP are reminding people not to park on public roads during or in anticipation of snowfalls.

Many people park along public roads so they can get out if it snows, but the practice is illegal and vehicles must not obstruct snow plows or emergency vehicles.

Police may remove any vehicle standing or parked in a position that causes it to interfere with the removal of snow from a highway.

All costs and charges for the removal, care or storage of a motor vehicle removed must be paid by the owner of the vehicle.

Police may also instruct removal of vehicles if they are abandoned or without proper or valid number plates.

Salt Spring locations particularly vulnerable to vehicle obstruction are, but not limited to, the bottom of Fort Street, Trincomali, Broadwell and Charlesworth roads.

Cpl. Dave Voller says, "If their tires are on the road, they will be towed."

**Have we got  
YOUR number  
in the Lions Club SSI Directory?**

- ☐ To add your new listing...or
- ☐ To change your current listing...

in the Salt Spring Island Directory, complete a yellow form located in the current phone book and drop it in the mail, or drop it in one of the black boxes located at GVM, Thrifty Foods, Bank of Montreal or the Post Office.

**We'll take it from there!**

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