

Photo by Derrick Lundy

Trainer Leslie Simpson at North End Fitness

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# Flex those muscles, get in shape!

By **PIRJO RAITIS**  
Staff Writer

**I**f there is any one time of the year when people feel a need to get fit, it's in January.

The holidays are over, the turkey carcass has long since been made into soup, and the chocolates and butter tarts are nothing but distant memories. It is time to start thinking about taking off the extra pounds that seem to accumulate in the winter months.

There are numerous ways to get the body back into shape. Some go for yoga, some people walk or run, while others head to the nearest gym.

North End Fitness, located on McPhillips Avenue in downtown Ganges, is a bright, well-laid-out fitness facility.

Walking into the centre, one is struck by the friendliness of the staff and the clean space. The co-ed centre caters to anyone and everyone.

Leslie Simpson, a personal trainer at the gym for the past five years, says North End Fitness is not like a typical big city gym.

"It's got a good atmosphere and a mixture of everybody," she said. "We get kids in here after school and we get people well into their 90s."

Students using the gym can get course credits, which is a big plus, said Simpson, because they are doing something they want to do.

"That's a real positive," she said. The first time a potential client comes to the gym they are asked to sign a waiver and a health questionnaire. Then they're ready to go.

Trainers Simpson and Caroline Rowley can set up a specific program aimed at what the client wants to achieve, or they can outline a general circuit program. If a client has a specific issue like pain management they need to work on, the trainers are there for hire.

In one-on-one sessions, they can create fitness profiles; do body composition tests and body fat calibrations; test the cardio-vascular system for flexibility and strength; and analyze joints, muscles and balance.

"This is very important," said Simpson. "How

you are standing can contribute to pain and we can figure out which muscles need tightening and which need stretching."

Both Simpson and Rowley are Ace Certified Personal Trainers with a full accreditation list.

Trainers do a lot of post-rehabilitation work. Clinical exercises are helpful when people want to improve the quality of their life.

"People have a tendency to say they can't do it. We're lucky here; we work with physiotherapists on a doctor's referral and that is really helpful," said Simpson.

If a client only wants to use the gym's weight and cardio equipment, staff will walk them through the machines and explain what each one is used for.

"We will take them through the circuit and write everything down for them," said Simpson. "We will show them how to move from one machine to another and give them the right machines in the right order, and we can modify those for injuries."

North End Fitness has roomfuls of equipment for both cardio workouts and strength training. The cardio room has four stair climbers, four recumbent bicycles, three upright bicycles, three treadmills, three rowers and one elliptical, along with two television sets. The weight room has a full Apex circuit, free weights, dumb bells, bar bells, elastics and exercise balls.

It sounds intimidating, but it's not. Within a very short time and a little guidance from the staff, the circuit becomes familiar.

Among classes at the gym, spin cycle classes are especially popular these days. Their advantage is that anyone can do them, said Simpson.

People do the classes on bicycles, of course, and individuals pick their own comfort level. If at any point in the class they tire or feel they cannot keep up, they can just slow down and modify the spin to their own level.

No aerobics classes are held because of a lack of space. Instead, there are classes in stretch and strengthening, yoga and boxercise.

**AT THE GYM CONT'D ON PAGE 2**

Wolfgang  
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# Making sense of different classes

When it comes to taking a step towards fitness, it can be hard to know where to turn first.

Here are brief descriptions of classes offered on Salt Spring by Nia instructor Leslie DeAthe, Anna Haltrecht of Cats Pajamas studio and Bob Fenske's Zong He Taijiquan Academy.

• Nia Fitness Dance is a barefoot, low-impact, spirited dance workout set to an eclectic blend of music styles, from primitive African rhythms to gentle melodies.

Instructor DeAthe explains that a Nia class starts with a gentle whole-body warm-up, progresses to 30 to 40 minutes of energetic cardiovascular movement, and closes with 15

to 20 minutes of muscle stretches and various relaxation techniques.

Nia is easily practised at any level of fitness, with each movement, step, or stance done at easy, intermediate or challenging levels. All levels blend easily together into one class.

"Integrating various dance steps, martial arts moves and yoga stances and balances, Nia has something for everyone," says DeAthe.

Call her for information about the All Saints classes at 537-0884.

• Dance and Feldenkrais instructor Haltrecht now offers four diverse classes from her Cats Pajamas studio.

Feldenkrais, which Haltrecht subtitled Awareness Through Movement, is "a self-observation process" that is becoming increasingly popular.

"People have been coming [to classes] for years and, myself included, we just keep

discovering more and more things about ourselves through movement.

"It keeps me constantly and totally intrigued," she says. "You can take the ideas you learn in Feldenkrais and find ways to utilize them in the rest of your life."

Practitioners find themselves re-examining thought processes, she says, and moving better through the rest of the day.

• Pilates classes help strengthen the muscles through a very specific exercise program undertaken on floor mats.

Haltrecht says Pilates has a different feel to it than Feldenkrais, and it's also great for people who have difficulties with their back or neck.

• Bones for Life is a new class focusing on movements that strengthen the bones.

"Studies have shown it is important to have weight-bearing activity and impact throughout the body," she says.

Running or jogging might be too hard on some people's bodies, so Bones for Life offers a gentle form of weight-bearing exercise with the same benefit of getting blood and nourishment to the bones.

• Haltrecht's Creative Dance classes include a warm-up and then dancing to music — either solo or with other dancers in the group.

"It's fairly free form but I give lots of suggestions," she says.

Call Haltrecht at 537-5681 for more information.

• Zong He Taijiquan Academy, which holds classes at All Saints By-the-Sea, is a traditional Chinese martial arts academy with a primary focus on Qigong and Taijiquan practices. It offers students a structured and progressive approach to learning the "healing martial art" called taijiquan; and special Qigong programs focused on the inner integration of mind, body, breath and Qi (energy).

Students can learn several hands and weapons forms; and a variety of styles, including Yang, Wu and Sun.

Beginners can join the academy at any time and receive individual as well as group instruction. Students progress at their own speed and are not pressured to "keep up," says Fenske. Contact him at 537-5135 for more information.

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## Last week's cover . . . .

For those wondering about artwork shown above "Bryon" on the front of last week's Barnacle, the painting was created by Amanda Winn-Roberts, and is hanging at the Treasured Spirit in Ganges.

## Gym

cont'd from p1

People thinking they must spend a fortune on clothes before joining the gym are mistaken. They don't have to encase themselves in layers of lycra or fancy workout clothing. A T-shirt, shorts and sweats for after a workout are recommended.

"Comfort is the main thing," said Simpson. "Comfortable clothing that moves around and good shoes are important. Shoes should not be too heavy and they should support the feet — no sandals or barefeet."

For busy parents, the gym has a daycare area which runs from 9:30 to 11:30 a.m. on weekdays and on Saturdays from 11 a.m. to 1 p.m.

"Janice, the daycare worker, is everybody's mommy," said Simpson.

There is no charge for the first visit to the gym, but people should make an appointment to ensure someone is available to outline the basic program and the facility.

Annual, weekly and monthly memberships available, as well as punch cards and daily passes.

North End Fitness is open at 6 a.m. on weekdays, and at 8 a.m. on weekends. For more information, call 537-5217.

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# Working out . . . with balls?

By **SUSAN LUNDY**  
Staff Writer

You can see them poking out over the back seats of cars.

They sit, quietly waiting, in the corner of the gym; they peer at you from catalogues, fitness books and the shelves of sporting goods sections.

Apparently, men and women of all ages have balls and they're using them to get in shape.

Having looked at these balls enough times with the thought "huh?", I decided to get informed.

So I called up Betty-Lou Lake, a remarkably trim and energetic 52-year-old, who teaches a Monday morning exercise ball class at All Saints.

I said: "Betty-Lou, what the heck do you do with those balls, anyway?"

Flashing ahead to the next scene, I am sitting in Betty-Lou's North End Road studio on a Friday morning, surrounded by balls of all sizes and colours. Because there is also a great tan-coloured exercise ball sitting snugly under my butt and I'm finding it a challenge to stay balanced, I'm glad no one else is around.

But in a few minutes, I'm bouncing away, using the ball for stretches, strengthening and muscle toning . . . and I'm having a good time!

In fact, I leave the Lake household about an hour later with my new friend — the tan-coloured ball — happily tucked away in the back seat of my car, and a handy-dandy set of instructions folded into my notebook.

Lake, who has taught various types of fitness courses since the 1970s, remains highly supportive of the exercise ball as a fun way to keep in shape.

First used as a tool for therapeutic purposes by physiotherapists, the balls are now embraced (literally) all over by people at various levels of fitness, for mild, up to major, muscle toning and strengthening.

Lake's interest was piqued at a one-day workshop she took in Vancouver two years ago. She followed up with videos and literature and then took a ball or two to the Flexible Strength class she also teaches on Salt Spring.

Since that time, the exercise ball and flexible strength components have



Betty-Lou Lake leads a ball exercise class

Photo by Derrick Lundy

split into separate groups, but one can tell Lake holds a special place in her heart for the ball sessions.

Participating in Lake's most recent classes are a few new people who found balls under the Christmas tree and dutifully attempted to follow the accompanying set of instructions. Unfortunately, while the directions show full-colour photographs of slender models performing amazing exercises using the ball, they don't explain how to get into the position without falling on your face.

"Most people come into the class laughing," Lake says. But pretty soon they're sitting on their balls, bouncing up and down either gently or vigorously because it seems a natural thing to do.

"Core exercise" is the buzz slogan among fitness buffs right now, Lake says, and that's what ball exercise is all about.

The "core muscles" are those inner abdominals that, for women, fly out the delivery room window at child-

birth. Loss of these muscles often results in hip and back pain, and few natural human body movements can firm them up again.

"But every position on the exercise ball requires use of these muscles," Lake says.

And as we use the ball to lean against, stretch over and toss up and down with our feet, I discover that yes, my core muscles are being used, but so are a lot of others.

"People leave my classes feeling like their whole body has been exercised," Lake confirms. "They feel tall and uplifted."

While the average Joe (or Josephine) can develop "long and lean" muscles exercising with a ball, one can also use it for major weight lifts.

But to me, it seems a good way to have fun while exercising. Who can resist playing with ball in hand?

"Someone might come into a class feeling down," Lake says, "But they leave feeling good. There's always someone up on energy and it's catchy."

A few words about purchasing an exercise ball. First off, they come in different sizes — shorter people generally need smaller balls — and most come with a handy anti-burst (look for an imprint of ABS) feature, which means they deflate instead of burst. (This is a good thing, Lake assures me.)

They cost upwards of \$35 and should come with a hand-held pump.

Lake has a roomful of balls — a recent purchase was a multi-hued, rainbow version which she couldn't resist — and she kindly packs one into my car.

Perhaps she recognizes a new convert because, indeed, I just can't wait to roll it into my living room and start bouncing.

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Day	Time	Feet	Day	Time	Feet	Day	Time	Feet
15	0750	11.5	18	0110	3.3	21	0245	6.2
JAN	1315	9.2	JAN	0905	11.2	JAN	1010	10.8
TUE	1625	9.8	JAN	1540	7.5	JAN	1750	5.2
			FRI	1855	8.2	MON		
16	0005	1.6	19	0140	4.3	22	0040	7.5
JAN	0815	11.5	JAN	0930	11.2	JAN	0320	7.5
WED	1400	8.9	JAN	1625	6.9	JAN	1035	10.5
	1705	9.2	SAT	2015	7.5	TUE	1830	4.3
17	0040	2.3	20	0215	5.2			
JAN	0840	11.5	JAN	0950	10.8			
THUR	1450	8.2	JAN	1710	5.9			
	1755	8.9	SUN	2215	7.2			

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# Savour, digest — steeping ourselves in authors' words



Isle Say! ...  
with John Pottinger

"Read, mark, learn, and inwardly digest." (Book of Common Prayer)

Picture a child sitting cross-legged on the floor, reading a book, eyes bulging wide as images of fairies or dragons run through her head. Picture an old woman in a big, soft, fire-side chair, quietly reading and smiling, barely rocking to the rhythm of a lyric poem.

In 1926, Virginia Woolf wrote an essay titled "How Should One Read A Book?". I've read that essay dozens of times over the years and it always brings forth just those sorts of images. It also stimulates me to question the purpose of reading (and therefore the purpose of writing).

She wrote about the importance of immersing ourselves completely in whatever it is we're reading — "steeping yourself" as she calls it — in the words, images, ideas; everything the author has to offer. For Ms. Woolf, this was more than just the best or most fulfilling way to read; it was an obligation. She suggests that even learning and enjoying aren't enough; we must "refresh and exercise our own creative powers." She implores us to leap in further to whatever it is we're reading. Trust ourselves, and give ourselves the freedom to think, to compare, to judge. She tweaks our senses, shows us the power of our minds, and then dares us to stretch ourselves, to squeeze as much as we can out of our reading.

In a letter that Woolf wrote to her friend Vita Sackville-West in November of 1925, she says, "I have to write a lecture for schoolgirls: 'How should one read a book?', and this, by a merciful dispensation, seems to me a matter of dazzling importance and breathless excitement."

For a writer to convey all the subtleties of emotion, setting and character — in any piece of writing — is a daunting task. How difficult to subdue some ideas and emphasize others. Woolf suggests we try writing about a particular event, just to see how difficult it is to impart our own impression to others in writing. Doing so shows us how good such writers as Defoe, Austen and Hardy, really are. Although we live in an entirely different world and time, writers such as these have the power to take us anywhere and show us anything. Their words and sentences blossom into sights and sounds and smells; all contained entirely within our imagination.

The first reason, or aim, of reading is to enlighten or explore. But, feeling warm and cosy in the notion of pleasant times spent reading isn't enough. As readers, we should go further: put more into it; get more out of it. Reading and understanding is only half the process. To complete the process we must savour, and then go away and digest what we've read.

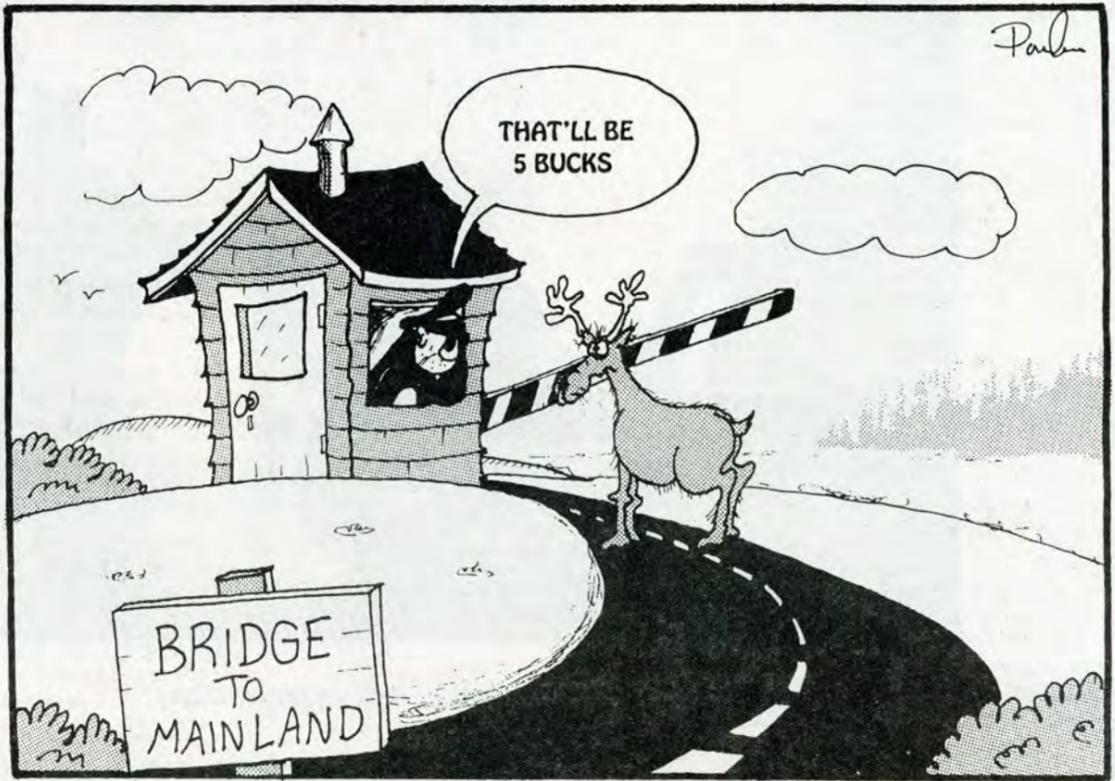
Woolf says, "Wait for the dust of reading to settle; for the conflict and the questioning to die down; walk, talk, pull the dead petals from a rose, or fall asleep."

Her point is, as time moves on, what we've read floats around in our mind and mixes with all the other words, pictures, ideas and biases that are in there. Hence the process isn't finished when we put the book down: the "simmering" is just beginning.

Each time we finish reading a book or a newspaper story, each time we finish listening to a newscast, we should take a new look around ourselves, at the things we've seen a thousand times before, the books we've read, the dusty old memories in a dim corner of our past. Mull them over. Compare them. Question them. When we've done that (and only when we've done that), pass judgement on them. If we do this; even for our own purposes, for our own enlightenment, we influence the work and actions of others.

As Woolf puts it, "The standards we raise and the judgements we pass steal into the air and become part of the atmosphere which writers breathe as they work."

## SaltSpring Moves To Control Deer Population



# Fitness is just part of wellness

By SHEENA BULL

Even the fear of dying or being disabled is not enough to motivate many people to take some personal responsibility for their own well-being.

But what really works is when people develop a vision about their long-term health.

I've found that the people who stay with a wellness program are the ones who have a definite vision about their health.

They picture themselves as aging gracefully. These people aren't motivated by superficial goals based primarily on society's definition of beauty and fitness.

Instead, they are motivated by a sense of responsibility for maintaining their bodies, not just for themselves, but also for the people who may have to care for them as they age.

The stories of Mary and Claire are good examples of how our long-term vision affects our quality of life as we age.

Seventy-five-year-old Mary has been a homemaker for her whole adult life. Other than occasional strolls in the park with friends, Mary drives everywhere.

She is 50 pounds heavier than when she was 20, and her body composition is poor. When Mary was 20, her body fat was only 20 per cent. Now it's up to 45 per cent.

Mary has almost no upper body strength and very little strength in her legs. Because her leg muscles are so weak, Mary has to use her arms to get in and out of a chair. As a

result, her shoulders ache all the time.

Her family doctor has prescribed painkillers along with medications for high blood pressure and adult-onset diabetes.

While her diet of pharmaceutical drugs is typical of the average 75-year-old, Mary feels tired and somewhat depressed.

Unfortunately, her current health status hasn't motivated her to get into a regular exercise routine.

**"This ultimately means we need to plan for exercise . . . in the same way we plan for retirement."**

Along with her friends and family, Mary has resigned herself to what many people expect when you're considered "old."

She and most of her friends have no vision about wellness and don't believe things could be different.

In planning for her years as a senior, Mary never considered exercise and its benefits. It just wasn't part of her lifestyle.

Claire, on the other hand, is an energetic 75-year-old who still lives in her own house and maintains a large garden.

Only last weekend Claire met with the local hiking club

and went on a four-hour round-trip hike.

Although Claire slipped a few times in the steep bits, she managed to maintain her balance because of the good strength and stability of her leg and ankle muscles.

Claire cycles into town most days to do her errands; she's reluctant to use her car unless absolutely necessary.

Despite her age, Claire's highly involved in her community and has an active social life.

At her last physical check-up, Claire's doctor declared her cardiac output exceptional for her age.

Blood pressure was normal and her blood glucose was the same as it was 20 years earlier.

Ten years ago, Claire became interested in strength training as a way of maintaining good posture and preventing muscle loss.

Ever since then, Claire has regularly attended a couple of strength-training classes and a yoga class each week at the local recreation centre.

She also makes a practice of eating well, and the results speak for themselves. Claire has gained only 10 pounds since her 20th birthday and her body fat has actually decreased from 28 per cent to 25.

It's obvious that Claire has a vision about her health, and that vision includes regular exercise.

According to the latest research, regular exercise can help control body weight, reduce the risk of premature death, heart disease, adult-

onset diabetes, high blood pressure, some cancers, and depression and anxiety.

We know that regular exercise can help you live longer and enjoy a better quality of life.

This is very obvious from the accounts of the two very different women.

Mary's quality and enjoyment of life is obviously much below Claire's, with one of the greatest differences being their different visions of wellness.

Although intellectually almost everyone understands that exercise is important, less than a third of our population exercises enough.

One of the secrets to longevity seems to be incorporating exercise as part of our vision of wellness.

This ultimately means that we need to plan for exercise and include it in our weekly routine, in much the same way that we plan for retirement by saving and investing.

Of course, a healthy population would mean less money spent on health care, which in turn would mean more resources for other things — social programs, education, preservation of the environment and so on. Be sure to make exercise a regular part of your life.

*The author, Sheena Bull, B.Sc., is a fitness specialist and a partner in Living Strong Programs Limited, which provides individual programs in fitness, diet and hormonal replacement therapy.*

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**Refund**

Re: the December 31 Shrek review by Jason Tudor.

After reading several reviewers' opinions that Shrek was not only funny but has a good moral message (that beauty is in the eye of the beholder), no one seems to have noticed that the "ugly" princess actually looked really normal.

Shrek tells us that it is possible to find love even if you are not "beautiful." Their idea of beauty is remarkably narrow and stereotypical. It's a terrible message to send the little boys and girls — that normal-looking people are not physically attractive, will have to make up for it by being really nice and

have to look for someone even more ugly than they are who will love them.

The other stereotype that was really stupid was the "handsome prince" who acted like a jerk to make up for being short.

I find the whole thing really bizarre, and can't understand how anyone could find anything redeeming in this film. REFUND!

**DIANA ENGLISH,**  
Salt Spring  
**Cancer**

Harry Burton's two weeks of comments on this subject have used up a few trees, but how real is his thesis?

In Roman times there was

only wholly pure, healthy organic food. No cell-phone antennas, no power wires, no TV, no automobiles to pollute, no tobacco, no whiskey, etc. and only a few people.

Average life span was 27 years.

Today, with all of Harry's worries, our average life span is 67 years and growing, much more than when all food was organic.

Me? I'll take today!  
**CY RELPH,**  
Ganges

**Page-turner**

I would like to recommend a new book to Bryon (January 8 cover story), which traces the history of the earliest human

beings from their origins in Africa, perhaps 7 million years ago, through their evolutionary travels until some of them crossed the Bering Strait into North America in about 12,000 B.C.

The fossil records estimate that some of these early peoples reached the tip of South America about 10,000 B.C. so that these hunter-gatherers would have settled coastal B.C. somewhere between those dates.

A new book by Jared Diamond, Guns, Germs, and Steel, published by W.W. Norton & Co., is a "brilliantly-written... whirlwind tour through 13,000 years of history on all the continents — a short history of everything about everybody," according to Paul Ehrlich of Stanford University.

If you start it, you will hardly be able to put it down.

**VIRGINIA NEWMAN,**  
Quebec Drive

**Three caws for Sammy**



*Wit & Whimsy ...  
with Arthur Black*

This is a message for Johnny Stutt. I don't know where he is or even IF he still is — but if you happen to run into him, please let him know that I still remember what he did to Sammy.

Truth is, I haven't laid eyes on Johnny Stutt for close to half a century, back when we were both apple-cheeked, tow-headed grade schoolers walking back and forth to Humber Heights Public School. Johnny and I both lived on Braecrest Avenue.

Sammy? He lived at my place and I could almost always count on Sammy to be waiting at the corner of my driveway to caw me a "welcome home" at the end of the school day.

My dad had erected a signpost at the end of the driveway with our name and street number on it. Sammy liked to perch right on the top of the post, about 10 feet off the ground.

Which isn't so weird when you consider Sammy was a member of the Corvus Corvidae family — which is to say, a common crow.

Well, not that common. No crows are. The term "bird-brain" does not apply to these rascally critters. Biologists have verified that crows can count accurately up to four and that they have a "language" of at least 24 different calls. Those calls include specific caw sequences that translate as "Come here," "Come back," "Feeding time," "Man with a gun" and "Let's get ready to rumble!"

What's more, crows mate for life and dote almost neurotically on their offspring, which often hang around the nest for as long as five years, helping to raise and look after subsequent broods.

Sammy didn't have those early life options. He was found at the bottom of a sugar maple, alone, wet and hungry with no adults in sight. The kids who found him sold him to my Dad who brought him home in a cardboard box.

Sammy soon proved to be an uncommon common crow. He learned to speak a few words and, if you whistled for him, to come swooping in like a

Harrier jet, landing on your shoulder with a delicacy that seemed at odds with his bulk. He also learned to retrieve nickels and dimes thrown in the long grass — and to exchange them for a piece of fruit.

He must have imprinted strongly with his two-legged flightless adopters because he grew to love people. Loved to watch them; loved to try and bum treats off them.

People didn't always return the friendship. But if Sammy was aware that he was not universally adored by humans, he never let on. He continued to "people watch" at every opportunity. He was sitting atop his post watching the kids come home from school one day when Johnny Stutt came by and, for reasons unknown, chucked a rock at Sammy.

It hit him square in the chest. Sammy felt to the ground, thrashed himself upright and flew wobbily off. We never saw him again.

Anyone who's lost a pet knows what a void they leave when they go. It was even worse with Sammy.

There's something about being the only kid on the block (in the city, maybe), to have a personal friend who will sit on your shoulder, ride on your bike, go indoors and romp on the furniture, go outdoors and perform impromptu solo air shows over your head; something about that — once gone — is irreplaceable.

I don't suppose I still carry a grudge for Johnny Stutt. Lord knows I made my share of stupid and cruel mistakes when I was a kid — still do, unfortunately. But there are those occasions when you wish you could rewind the Master Videotape of Life and edit out the rough spots.

Suppose I'd talked Johnny Stutt into playing catch that afternoon?

Suppose I'd come home early and taken Sammy into the house, or off in the fields?

I think that way about Sammy from time to time.

I like to think Johnny Stutt does too.

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Have your blood pressure checked in a relaxed, informal setting.

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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.

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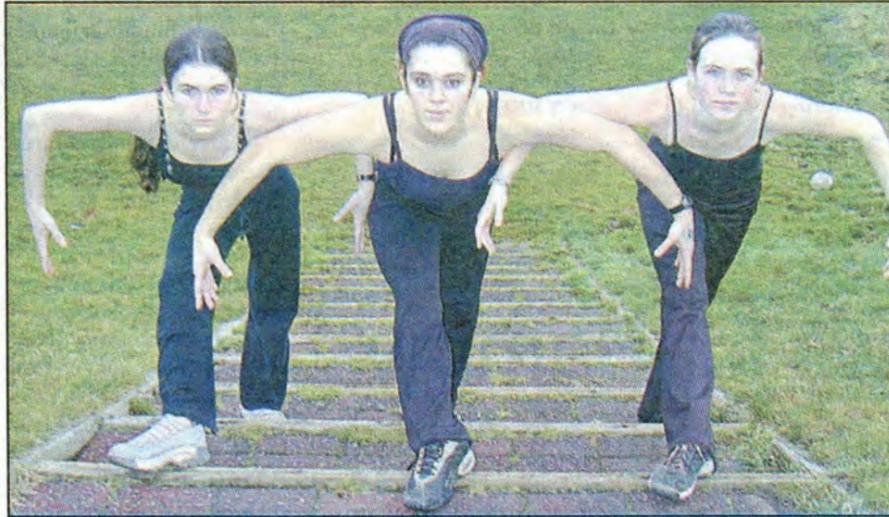
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# We Are Salt Spring!

A weekly photo supplement to the Barnacle Island Journal

January 15, 2002

Photos by Derrick Lundy



Seen here, clockwise from top left: Hospital Auxiliary Thrift Shop workers Betty Valdez and Renee Yanitski; Just Dance members Metta McLeod, Janey Jenson, Jekka Mack; Joel Fraser (still celebrating the new year); Jordy Sharp at Moby's; Larry George greeting Bob Akerman; good friends Ocea Skrodolis and Corbin Scott watching a soccer game; Celine Myers, Emily Myers and Monique Comeau with family pets; Barbies from the doll collection of the late Molly Akerman; and soccer fans cheering on a local squad.

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# Wine detective reviews 2001



*Wine Files ...  
with Steve Coopman*

With the party hats and noisemakers put away for another year it was time to take stock of the past 12 months.

My case load in 2001 had been substantial, reasonable risks had been taken and the successes outweighed the failures. The highlights slowly rose to the surface like the bubbles in a vintage champagne.

There was the assignment at the Wickaninnish: spectacular scenery, incredible dinner and a glass of Kettle Valley Pinot Noir '97. I resolved to try more Okanagan pinots in the coming months. Calona Vineyards Artist Series and Quail's Gate were sure to be on my list.

The merlot mystery was another job that still gave me nightmares. Choosing amongst the plethora of good wines made from that beautiful grape will always give a wine sleuth the willies. Had it been Veramonte Merlot from Chile, or Mission Hill Family Estate Merlot that topped my most wanted list? This year I wouldn't hesitate to investigate either.

And then there was the chilling case of the top white wine. I felt shivers up my spine as I recalled Longridge Sauvignon Blanc and Villa Maria Private Bin Sauvignon Blanc, both from New Zealand. The bright fruity attack of both these wines disguised the more earthy tones underneath. Definitely not to be undervalued.

But the most challenging bottle for me had been Quail's Gate Chardonnay 1998. I found myself on many evenings struggling with the complex flavours of this gorgeous vintage.

Who could forget the undercover job at the Campbell River Wine Festival marathon? Yet another challenge for yours truly in my disguise as a simple north island lumberjack/oenophile. It was here that I rediscovered my lust for the wines of Hester Creek Vineyards. The Cabernet/Merlot 1999 has to be on my hit list to try again in 2002.

I'll also be keeping my eyes peeled for anything coming out of Glenterra Vineyards near Cobble Hill. If last year was any clue they'll be worth keeping under observation.

That reconnaissance of the Cowichan Valley wine region was still in my file of unfinished business. I'll admit that the Christmas of 2001 wouldn't have been the same without Glenora Fantasia Brut from Vigneti Zanatta Vineyards. Those lively citric bubbles are even now reverberating in the aftermath of New Year's Eve. And sometime in this new year a case of chardon-

nay from Godfrey-Brownell Vineyards will entice me to return to that newest of additions to the Cowichan wine scene.

But the biggest case of 2001, the one that still haunts me every time I go to the BCL store in Ganges, is of course the \$6.95 bargain hunt of the year: Castillo de Liria. I've still got to watch my back for irate store employees who accost me, eyes blazing: "Four hundred cases of the stuff and they're still buying it as fast as we get it in."

All I can say is, it's wine like this that makes a wine sleuth glad he's got an unquenchable thirst. Cheers!

Take note: the Fifth Annual Scotch Tasting takes place January 19 at Thunderbird Gallery. Call 537-8448.

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# The art of healing: weekend workshop

In ancient times, everyone learned to work with healing energy.

Today it goes by many names: reiki, therapeutic touch, hands-on healing or biofeedback.

According to Tanya Lester, a Salt Spring reiki master and spiritual advisor, "The more you practise it, the better you get at doing it."

People have a chance to work with healing energy this Saturday and Sunday, January 19-20, from 10 a.m. to 5 p.m. at The Bodyworks Collective on McPhillips Avenue.

Lester will facilitate the hands-on workshop, called The Art of Energy Healing,

offering "an empowering and amazing experience."

She explains that "because it comes from a higher source, the person who practises the art acts as a channel to heal the receiver on a physical, mental/emotional and spiritual level. This, in short, is hands-on healing."

Saturday's session will focus on hands-on healing, while on Sunday participants will examine psychic energy, and sending positive energy to people and situations on a long-distance basis.

The fee is \$50 for Saturday or \$80 for both days.

For more information or to register, call Lester at 538-1988 or 538-0086.

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# Mind, body connect in yoga and tai chi

By MITCHELL SHERRIN  
Staff Writer

A state of well-being doesn't just come from physical fitness, but from an integration of the body and mind grounded in spiritual philosophy.

That's one message chimed by both yoga instructor Celeste Mallett and tai chi instructor Osman Phillips.

Mallett feels the most important thing to understand about yoga practice is the subtlety of physical movements that provide focus on the inner workings of the body —

breath, circulation, energy and a relaxed frame of mind.

"There are many different approaches to yoga practice; mine is alignment . . . really having to focus on what you're doing with your bodies."

She wants to demystify yoga within the general community.

"Yoga's not a weird practice anymore. It's become very trendy."

While this ancient practice has cultural affiliations, she's not trying to convert students into becoming vegetarians or

Hindi worshippers, she said, noting that she teaches classes to all different age groups and abilities in three different locations.

When she first came to Salt Spring, she started teaching one class of three students. Eight years later, she is teaching 10 classes of 16-20 students every week. People



Mallett

mostly come for the physical benefits but there's also incredible potential for self-development, she said.

Ahimsa, a practice of non-harming, is central to her yoga instruction.

"We focus on not harming our bodies or our minds."

Students have ascribed lowered blood pressure and reduced cholesterol to yoga, said Mallett. "People have actually come to me to say yogic breathing has helped reduce stress."

She also noted increased

health to inner organs from improved posture, as well as personal benefits.

"It's certainly given me increased compassion for others," she noted. Yoga teaches people to take a breath before reacting and soften outlooks through listening and looking.

A 75-minute beginner class begins with gentle warm-ups to lubricate joints in the body. Mallett then guides students through balance movements, "literally on one leg." The group stretches before working on strengthening postures where students support their own body weight with their legs or upper body in balancing poses.

A class wraps up with cooling activities and a final relaxation session.

Within this structure she is responsive to the energy of the class: "In my own mind I always have a definite idea of what they need."

Level-specific preregistered classes have group cohesion and progression while drop-in classes have built-in repetition and aim at a spectrum of abilities. At the end of a class, her aim is for students to feel peaceful, energized and centered.

"A lot of people have said I give them permission to be who they are."

She recommends yoga for cross-training to people who pursue other forms of fitness. "The more flexible we are, the less prone we are to injury."

The cumulative benefits come over a long period of time, she added.

"It's nothing to do with getting your weight down in five weeks. It's more about getting to find some peace of mind."

Phillips describes a similar focus of making connections between mind and body in the practice of tai chi.

"Ultimately, tai chi is a way through life; it encompasses everything because the rules apply to all activities."

While tai chi is technically defined as a martial art, students don't usually focus on that aspect of practice.

"That's the end part of its life," Phillips said.

He explained that tai chi is

more about developing well-being, meditating and finding a balance between polarities.

"We try to find balance between opposites in life; to do that, you have to relax the body completely so the mind can listen completely."

Developed from Taoist Chinese philosophy, "chi" is energy derived from the Earth. Students keep their feet on the ground to maintain connection with that energy. They strive to develop a yielding empty mind, which is crucial to the art.

Tai chi aims to connect body and mind in a relaxed state, Phillips said, noting that direction is changed by the waist and manifested by the fingers or palms. Movement is also related to breath work, or Qigong.

"When the mind and body work together, spirit is released . . . it's a form of meditation in movement."

When sitting still, a busy mind has a chance to jump around. But when the body is moving, there is a better chance of stilling the mind through body-mind integration, he said.

"Tai chi is based on the Chinese traditional medical system. In a healing sense, you can send energy to part of the body that needs it by using the mind to guide energy through the body."

The same energy application could be used for self-defence, he said.

In Phillips' 90 minute beginners classes, students start with warm-up exercises and learn one of the 108 basic tai chi forms in a step-by-step fashion, adding a little bit more each week. All muscle groups are used, which assists circulation of energy. Practice is most beneficial for busy minds, knees, ankles and lower backs, Phillips said.

He has taught Yang-style tai chi since 1981. Along with beginner classes, he also teaches advanced groups, Qigong (breath work) and weapons classes at the Seven Stars Tai Chi Club.

His age range of students has spanned from 11-92 with an equal mix of genders, Phillips said.

Those who would like to learn more about tai chi can call Phillips (537-5667). Yoga enthusiasts are welcome to call Mallett (538-5504).



Phillips

## Cats of the Week



My name is Murphy and I love to talk. I need good quality food to keep me in good health.



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# Advantageous to plant fruit trees now



*Life in the garden*

...

*with Joe Clemente*

If any of you have been strolling through the garden centre recently, you probably noticed that the fruit trees and other hardy ornamentals have arrived.

Living in the temperate zone we can plant these trees safely throughout our fall and winter months. The trees are shipped either ball and burlap, potted or as bare-root specimens. Most often you will see fruit trees and some ornamentals, such as flowering plums and cherries, available this way. These trees have gone into dormancy, so no harm is done transplanting them.

There are many varieties of fruit trees, and some may require a pollinator for fruit production. There are some advantages in planting your trees in our wetter cooler months. First of all you won't have to water them, and sec-

ond they'll get established much better with much less stress created. It is very important to water your trees during their first summer, since they are still getting established. I've seen some very stressed-out,

newly planted trees that weren't given ample summer irrigation.

Here are a few good things to remember once you are ready to plant your new trees.

Make sure you have well drained soil. Water-logged, poor-draining soil kills far more plants in our climate than even winter cold ever has! If you have such an area, then you may consider planting in a raised bed.

Some good soil with well-

rotted compost mixed in should also be used. I also recommend application of a transplant liquid to water in your newly planted trees.

Most of these trees also prefer to be planted in a nice sunny location of your garden. One last very important piece of advice is to protect your specimens from the deer. If they don't eat the leaves off in the spring or summer, then they just may trash it with their antlers in the fall. Good luck.

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Happy Anniversary to John & Phyllis Malcolm for 60 years of wedded bliss January 10, 2002.

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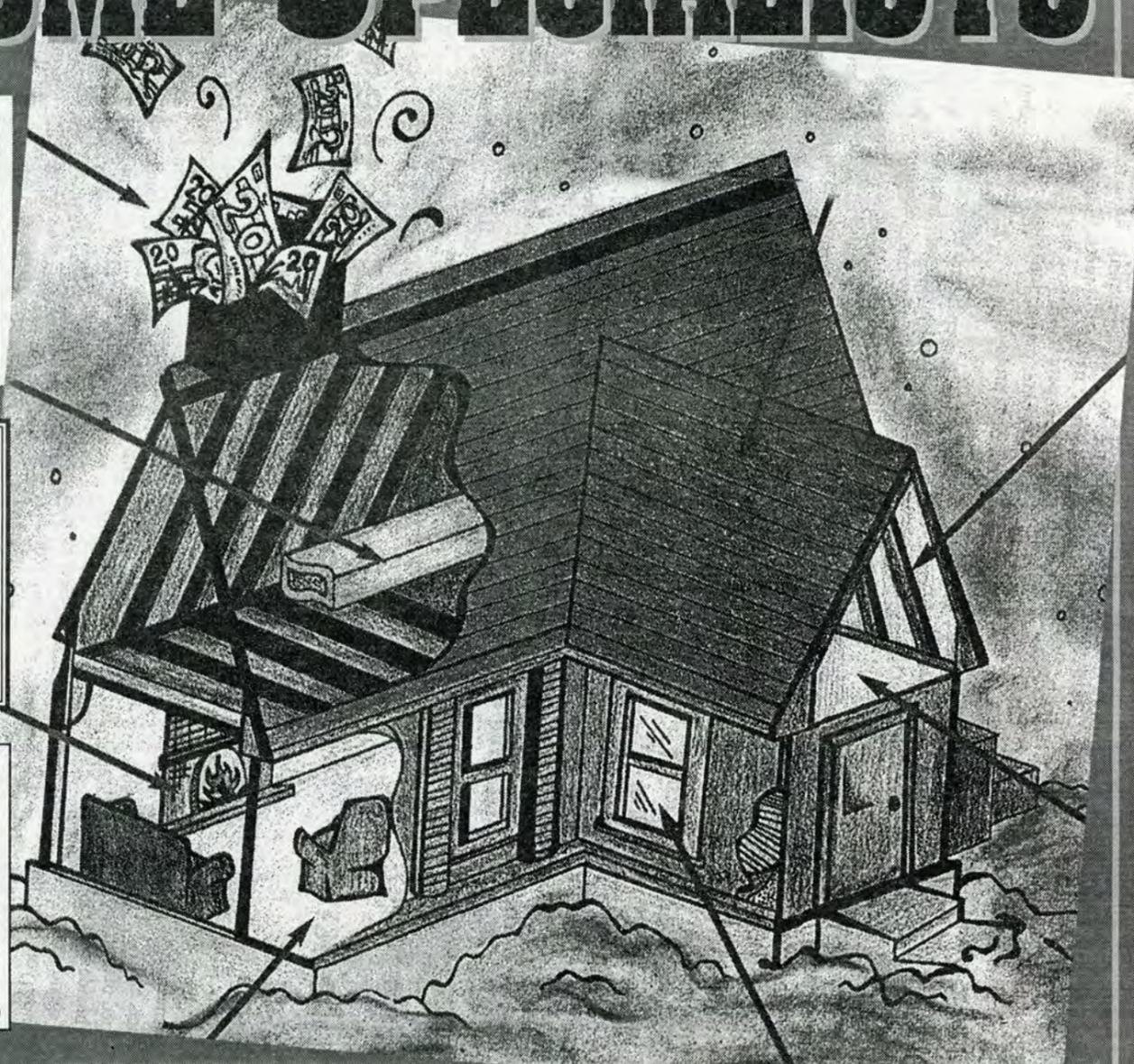
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| 400 Appraisals           | 440 Misc. Real Estate |
| 410 Real Estate For Sale | 450 Mobile Homes      |
| 420 Financing            | 450 Wanted to Buy     |
| 430 Land Surveyors       | 490 Websites          |

### 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                |

TOO LATE TO CLASSIFY - NOON MONDAY

### 20 COMING EVENTS

**BRUSH MIND.** Fun, freeing introduction to Zen style brushwork and spirit behind it. No Experience Needed. Led by beloved calligrapher, writer, peaceworker, Kaz Tanahashi. January 19. \$50. 537-9567.

**YOGA CLASSES.** Sessions at Cedar Lane commence Tuesday, January 15. All levels. Preregistration necessary. Open mixed levels commence Monday, January 14, 9 - 10:30 a.m. at Salt Spring Centre and Thursday, January 17, 6 - 7:30 p.m. at The Barn. \$10 drop in. Seniors - gentle Mondays 11-12 noon at Salt Spring Centre, \$8 drop in. Celeste 538-5504.

**T'AI-CHI-CHIHI 20** gentle moves. Evening classes Ganges-Fullford booking now. Accredited teacher Terri Manuck 653-9882

**FUN CLASSES** upcoming at Fables Cottage: Advanced Beading, Jan 22, 29th, Aromatherapy Lotions, Jan 26th, Helicopter Building, Jan 31st. February: Basketry, Felting, Acting, Soapmaking, and more! Schedule available online: www.fablescottage.com and printed at the store, 538-0028

**VANCOUVER INVESTMENT** Conference. Jan. 20/21 Hotel Vancouver. Free two-day open-house Cambridge conference. Over 50 speakers: Bob Bishop, John Kaiser, Michael Levy, Dr. McGeer, Ian Gordon, David Tice, Lawrence Roulston, Bob Chapman, Jay Taylor, David Coffin, David Skarica, Graeme Currie, Louis Paquette, Ryan Irvine. Over 70 companies in gold, PGMS, diamonds, tech, biotech. All details at <http://www.cambridgeconferences.com>

**FRANCHISE & BUSINESS** Opportunities Show. Vancouver - Feb. 16 & 17 - Plaza of Nations. Would you like to own your own business? Wait no longer! Talk directly with successful business owners on how to get started. Discover a variety of proven franchises and business opportunities, from retail to home-based, with investments ranging from \$500 to \$500,000. Attend free seminars by industry experts. Find the business that's right for you! Hours: Sat. & Sun. 11am to 5pm. For Exhibitor or Attendee Info: 1-800-891-4859. [www.nationalevent.com](http://www.nationalevent.com)

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**Tai Chi Fellowship Of Salt Spring** Class Central Hall Fridays, 10 am **First Class Free** Classes may include: Humming Meditation, Crane Walk, Chi Kung, Symbol Trace, Form, Push Hands, Stretching. For more information please phone Tao at 537-4487

### 20 COMING EVENTS

**GULF ISLANDS RADIO BROADCASTING SOCIETY PUBLIC MEETING**

**DATE:** Sunday, Jan. 27

**TIME:** 7:30 pm

**PLACE:** United Church Hall (lwr level)

**PURPOSE:** To inform the community of our progress in the establishment of a Gulf Islands Community Radio Station and meet islanders interested in participating.

### 25 EDUCATION

**BE AN INTERIOR Decorator** with our unique home-study course. Call for your Free brochure. 1-800-267-1829. Sheffield School of Interior Design. 1364 - 38 McArthur Ave., Ottawa ON K1L 6R2.

**ARE YOU A "Budding" entrepreneur?** Fairview College's Horticulture Technician Program helps sow seeds for success! One year certificate. Self employment possibilities. On-campus landscaping lab, greenhouse. Residences. Financial assistance. Or are you ticked off with your old job? Tee off with a new career! Turfgrass Management Technology. Fairview College. Two year diploma. High demand. Golf courses, parks, landscaping. 1-888-999-7882; [www.fairviewcollege.com](http://www.fairviewcollege.com).

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**41 PERSONALS/BUSINESS**

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**50 BUSINESS OPPORTUNITIES**

### 25 EDUCATION

**TRAINING PROGRAMS.** Take control of your future! Call us for information on training programs, financial assistance, B.C. student grants, loans and other funding that may be available. Canadian Tourism College. 1-800-668-9301.

### 29 LOST AND FOUND

**FOUND LARGE ring** of keys see Harbour Manager at Harbour Authority.

**IDENTITY CRISIS!** Wallet lost Jan 5? Salt Spring Cinema? Reward, call Steve 537-1118

**REWARD: 4 SETS** of playing darts missing. 1 set Tungsten darts with unique wooden hand-made dart carrying case. 1 set fat darts in light green case. 1 set darts with feather flights in yellow case. 1 standard set darts. Sentimental value. Taken along with a Minolta camera with auto focus/ auto flash/ built in zoom lens. Call 537-4754

**LOST MEN'S** older mountain bike, Nishiki off white, lost in Ganges. 537-9346

### 32 MEETINGS

**MEETING BOARD** of directors of Central Community Hall, Tuesday, Jan 15, 7pm Public Welcome.

### 34 NOTICES

**CANADIAN FIREARMS** Safety Course. 537-1243.

### 40 PERSONALS

**BRITISH? WORKED There?** Your pension rights? "Frozen" pensioner? Fight "freezing"! Join nonprofit Canadian Alliance British Pensioners: mail \$15 to CABP, PO Box 2224, Vancouver, B.C. V6B 3W2. FREE call 1-800-760-6633. E-mail: [maya@brentwood.bc.ca](mailto:maya@brentwood.bc.ca).

**DREAM FINANCING.** Stop dreaming! Start driving! New or used cars/trucks - for financing you've only dreamt about. Are you working - call 604-308-6568 (collect)

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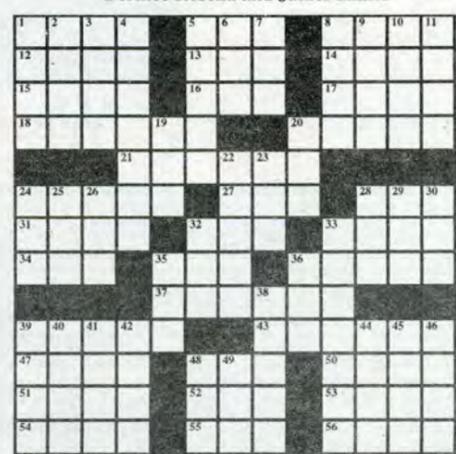


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Bernice Rosella and James Kilner



- ACROSS**
- 1 TV talk show pioneer
  - 5 Champlain
  - 8 Crow cries
  - 12 St \_\_\_\_\_
  - 13 Devilish one
  - 14 Flowering shrubs
  - 15 Enlarge
  - 16 Calendar ref.
  - 17 Friends, in Frontenac
  - 18 New Brunswick Premier John
  - 20 BC Premier Glen
  - 21 Cyst
  - 24 Timothy or Cyrus
  - 27 Paulo
  - 28 Child
  - 31 Ontario Premier George
  - 32 Deli offering
  - 33 Skirt genre
  - 34 Cereal grain
  - 35 Alias acronym
  - 36 Nova Scotia Premier Roger
  - 37 Manitoba Premier Gary
  - 39 Ontario Premier Leslie
  - 43 Disregard
  - 47 Ethereal
  - 48 Visual creations
  - 50 Wild goat
  - 51 Adolescent
  - 52 Armed conflict
  - 53 Bulge
  - 54 Other
  - 55 Prince Edward Island Premier James
  - 56 GM autos
- DOWN**
- 1 Hairdo
  - 2 Actor Guinness, for one
  - 3 Prayer ender
  - 4 Saskatchewan Premier Roy
  - 5 Mackenzie River tributary
  - 6 Electrical meas.
  - 7 Canadian Rlwy.



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**Tip of the week: January 18, 2002**

A host of special celestial events are worthy of mention this week. First off, the Sun and Venus will enter Aquarius to join with Mercury, the asteroid Ceres, Uranus and Neptune. This will occur on January 18th, the very same 24-hour period that Mercury turns retrograde and Mars enters Aries. Leave it to unorthodox, tricky and rebellious Aquarius to throw in an unexpected twist. Anyway, this alignment bodes well for certain ideals to be revolutionized. This will occur on personal, but especially on collective levels. This is a key curve in the road for us all thanks to the fact that Mars is in its own sign of pioneering initiative and leadership. Even though we should always expect the unexpected with Aquarius, retrograde Mercury promises some extra special surprises. Prepare to take off your thinking caps everyone and unlearn a few old things!

**Aries (Mar 21 - AP 20)**

A somewhat serious month is now giving in to a more social climate. Ideally you outlined a few plans and intentions. If not, do so now and you will feel more light-hearted and present for the upcoming social activities. You can be here now, as you dwell less on who and how you were and more on the person you are now and are becoming. While with your friends this month you can learn a lot by being willing to listen, learn and share openly. Allow your individuality to be influenced only by the positive traits and habits of your friends.

**Taurus (Apr 21 - May 20)**

It is time to look and listen for your cue to step into the limelight. You will be given opportunities to break out of your habitual comfort zone. Variety is the spice you crave now and the way to taste it is to take some risks. Allow yourself to be a beginner on one hand and a leader on the other. Leaders are people who are willing to go first. Yet, avoid letting your ego go too far too fast. Exercise patience with your progress. Advancement favors a patient pace. Yet, be ready to take the initiative on your cue.

**Gemini (May 21 - Jun 20)**

You are entering a short yet quick and intense learning curve. The future beckons and favors the bold. This revolutionary impulse may find you confronting people and or situa-

tions quite dramatically. Whatever you do, recognize that the changes you seek are at least as much within you as without. Exploring new modes of expression is likely. Cultural, spiritual and/or scientific interests figure prominently. In any case, you are eager to explore alternatives and new innovations. Explore!

**Cancer (Jun 21 - Jul 21)**

A plunge into some of the deeper aspects of life beckons. Alternative science, metaphysics, psychology, quantum physics, Tantra and/or occultism etcetera are all possible avenues. Fortunately, you will feel extra bold and courageous to move beyond any fears and learn new things. Do not be concerned that others close and familiar to you are not so motivated now, yet do reach out to teachers and group activities. Also, be willing to take an experimental approach. See your world in a new light; express your self in new ways.

**Leo (Jul 22 - Aug 22)**

Changes on relationship fronts will gain more of your attention this week. You are challenged to break through habitual patterns. Be willing to share your desires, aspirations and insights openly. If nothing else, simply establish new modes of communication. Start by making it clear that you want to be able to communicate more freely, clearly and fully. If significant others resist, persist by talking to someone else or write a letter that outlines your frustrations about realizing your desires. Be firm, yet diplomatic.

**Virgo (Aug 23 - Sep 22)**

A time to exercise your creative leadership skills continues. True to your nature and/or destiny, this may well imply taking the lead in how not to take the lead. In other words, true leadership is an act of service. Still, organization may be required and the ability to delegate fairly and efficiently is the call. On another note, leading others by example is likely. How can you take the lead by getting out of yours and other people's way? Subtlety does it!

**Libra (Sep 22 - Oct 22)**

A call to join in and play the game is the next episode in your drama. Unlearning as much as learning new perspectives is a part of the plot. Group activities that allow you to melt into the whole, on one hand, and express your sense of creative individuality on the other is a part of the twist. Be on the watch for people and situations that seem unnecessarily aggressive. Deciphering what should stay and what should go will play a role. Yield to the power of the group performance.

**Scorpio (Oct 22 - Nov 22)**

An assertive drive to explore and express new aspects of your individuality will be strong

for the next couple of months starting this week. The secret lies in stripping away certain layers and masks that hide some of your fullness. An inventive and/or repair oriented mode of expression is likely. Allow the needs of the many to inspire your focus. Every effort to see yourself, things and life in general in new ways will be rewarded. Take an experimental and determined approach.

**Sagittarius (Nov 22 - Dec 21)**

Learning to think and act in new ways is your current opportunity. Yours is the sign directly related to expansion and growth. This ideally implies awakening to insights and inspirations of the higher mind rather than an extra inch to pinch. Health and exercise may seem simple yet the body is the temple of the soul. Walk, run, play - whatever you do remember - than life is not meant to be a spectator sport. As you feel healthier and less stressed you can open to the ever present divine light.

**Capricorn (Dec 22 - Jan 19)**

What was begun while the Sun traversed your sign must now be sustained. You may need the support of others to succeed now. Whether it is financial support, skilled help, guidance or otherwise, your willingness to be assisted is the call. The main obvious caution is the fact that Mercury will be retrograde. This means whatever might go wrong probably will so be patient. Also, read the fine print and sign only what seems imperative. Meanwhile, be ready to renovate and refine existing systems and structures.

**Aquarius (Jan 20 - Feb 19)**

A line-up of planets in your sign spells action. This is your chance to break free of whatever has been blocking progress. Consider that the greatest obstacle we all face is our own limiting self-concept. We often mistakenly associate our habitual patterns as who we are. This is where the rebellious, revolutionary and determined aspect of your character and destiny are meant to play a leading role. It is not so much the outer world that needs to yield and change as it is one's own attitude and approach. Change your mind to change your world.

**Pisces (Feb 20 - Mar 20)**

Yours is a sign of creative intelligence and genius. Ironically, in order to access these attributes you need to learn how to get out of your own way. The ego mind is meant to be the servant, not the master, yet alas we live in a world that tends to place the ego on the throne. Ah well, it is only a matter of time. Meanwhile, the way to receive the radiant inspiration you seek is to simply enter a still and receptive state. Turn off the stereo and T.V. tune in to the real music. You can take notes.

**55 HELP WANTED**

THE SPCA is looking for adult volunteers to work in our adoption center, approximately 1-2 hours per/week. Duties would be socializing with the cats, cleaning cages etc. call 537-2123

RHYTHM-MAKER/percussionist/drummer to take part in the creation of a Rhythm and Dance work. Some travel and performances included. Call Robbyn ASAP 653-4088

HEAD AUTO TECH for progressive, busy GM dealership. New building. Salary negotiable, benefit package, moving allowance. Community has major college, fire training school, provincial park, "Communities in Bloom" winner. Godfrey 780-853-4646; 780-853-6065 (res.)

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**SSI Employment Services**

Are you unemployed and need help with your job search? Are you thinking about re-training? 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

**60 WORK WANTED**

WORLD FAMOUS on Salt Spring! Piko Renovations Ltd. creates excellent small-to-medium-sized renovations, repairs, decks, etc. For discerning customers. Peter Blackmore, 537-4382.

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

MICHAEL'S MAINTENANCE and home improvements. Small plumbing & electrical, drywall, roof repairs, gutter cleaning, decks, siding, painting & other stuff too. Organized, tidy service. Call 537-0259

RENOVATION: CERTIFIED Carpenter over 20 years exp. building additions, concrete form work. Great ideas and workmanship. Call Terry 537-9534.

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**117 COMMUNITY SERVICES**

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**138 MISC. SERVICES**

AN ASPIRING unpublished young writer seeking for the gifted light of a mentor. If interested please call 537-5375.

**156 RENTALS**

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KITCHEN AID Stove, smooth top \$200. Whirlpool dishwasher, \$200. Washer & Dryer, \$100. Fridge free. 537-5022.

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**350 MISC. FOR SALE**

GUESS WHAT? Wheatgrass "shots" by Masters Greens now available daily at the Food Co-op. "Get flats and juicers too!" 653-9939.

2 DOOR SINGER sewing cabinet, shelves, spool holders. \$50. Dust free Rainbow vacuum, like new, \$400. 537-4936.

USED BOOKS wanted. Sabine's Bookshop. Tuesday and Wednesday mornings in the shop. Large collections or estates by appointment. Top prices paid for top books. Grace Point. 538-0025.

BATHROOM SUITE, incl. 1 piece tub surround with glass door and brass handles, Crane toilet, oak seat and vanity with sink, all fixtures included. Presently renovating. Asking \$650 for complete set. For viewing, call 537-2888.

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HELP! WE are a large family looking to purchase privately a 3+ bedroom home on a large lot. Please call 537-0090

**520 HOUSES FOR RENT**

1 BEDROOM WITH den, \$750 includes utilities. N/S, W/D. Available February 1 till April 30. 537-9501.

**530 SHARED ACCOMMODATION**

PREGNANT COUPLE with 3 dogs wishes to share funky, quiet home with others. 2 bedrooms on top floor for rent. Share bathroom, kitchen, laundry & common area. \$550 + utilities. Please call 537-9392.

**535 SITUATIONS WANTED**

NURSING STUDENT working at Lady Minto (Feb) seeks accom. Prefer to house sit, animals great. Willing to exchange room for nursing care or share rent. Island ref avail. Call (403)343-2001

**540 RENTALS/RENTALS**

2 ADULTS & OUTDOOR dog looking for accommodation for March 2002 or sooner. Rent or rent to own. 1-800-817-2190 or 537-1264.

**615 HOLIDAY ACCOMMODATION**

SKI MT. WASHINGTON, 1 bedroom apartment, drive in, adjacent ski slopes, sleeps 4 adults/ small family. Reasonable rates. 537-8928 250 478-7605.

**825 CARS, SALES**

1983 SUBARU 4 X 4 station wagon 4 speed, \$1250 firm. 653-9566.

GREAT ISLAND car! 1984 Chevette, won't quit. Runs well \$400. 537-8484.

1994 JEEP CHEROKEE, leather interior, excellent condition, \$13,000. 537-2320 after 6pm

HONDA CIVIC Coupe DX, 5 speed standard, green, 1994, assiduously maintained, power steering, cassette stereo, 129,000 km, asking \$7500. Call Chris 538-5534.

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JANUARY SPECIALS at Skin Sensations. Hands, feet and face \$65 regularly \$103. 1 hour body massage \$50 regularly \$65. 1.5 hour body massage \$65 regularly \$80. Please phone for an appointment 537-8807

AMANDA ARNOTT. There will be a service held in memory of Amanda Arnott at Beaver Point Hall, Thursday, January 17 6:00-9:00 p.m. All friends welcome, bring flowers and potluck.

SEWING MACHINES now available at Class Act Fabric Studio, 120 Hereford Ave, 537-8985. Sewing machine repair drop-off located next door at Salt Spring Linen & Dry Cleaners. Your two island agents for Sawyer Sewing Centre, Victoria.

JACKSON STREET Consignment Boutique. 50% off entire stock. Open Thursday, Friday, Saturday 10:30-4:30. Corner of Hereford and Jackson

LOCAL ORGANIC apple juice, unpasteurized, \$4. per 2 litre container. call 653-4411

LOST: SATURDAY January 12. African necklace. Blue beads with large stylized silver cross. Please call. 653-2303.

WANTED: RV pad with hook ups for February & March. Please call 1-250 361-6569 Victoria.

GRADUATED LICENSING program, ICBC approved, begins Jan. 21st at GISS! Other courses and packages available. Gulf Islands Driving School. Call now. 653-9836.

TUB, SHOWERS, doors. Large 66 x 42 double massage tub, mint condition \$300. 47 x 33 x 73 shower stall with three sides glass, brass frame, acrylic wall panel, \$150. 30 x 30 x 76 metal shower, \$50. Five white 30 x 80 paneled doors and frames, \$25 ea; six white bifold doors various widths, \$20 ea. See installed and working before we start renovating. 537-8815.

FOR RENT: House, south end. Cozy, 2 bedroom for 4 months, Feb 1 to May 31. \$600 + utilities to responsible tenant with references. 653-9201

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# Hip-hoppers: chance to be Starr struck

By PIRJO RAITIS  
Staff Writer

Kinnie Starr doesn't want to be a rock star, she just wants to rock.

And rockin' is what Starr will be doing when she arrives on Salt Spring Island for a two-day gig at Talons on January 18 and 19.

Starr is known as a feminist and a hip-hop poet/singer/with a half-breed bent. According to promotional material, her sledgehammer music does not spare the politically correct.

She sings, raps, whispers and chants in a no-holds-barred style which compels one to pay attention and listen. Her potent lyrics are images surrounded by electronic sounds and all wrapped up in skill and style. She has been described as "mesmerizing" and is famous

for energetic and innovative live shows which often find her in the midst of the audience.

Vancouverite Starr is no stranger to the island. She played two sold-out shows at Talons last year.

Starr has performed at the Vancouver Folk Festival, at Lilith Fair, in London, Germany, Japan and the United Kingdom. She was picked up by a major record label and dumped it to record on her independent label Violet Inch. She has starred in Down and Out With the Paper Dolls, a youth-culture film about an all-girl U.S. rock band.

Starr is Métis, speaks three languages — Spanish, French and English — and faces no language barriers when using her spoken voice as another instrument.

In 1996 she recorded Tidy (with two hidden tracks) and in 2000 she recorded Tune-Up. Starr describes her own music as "sweet like vine-ripened tomatoes smashed against an old brick wall. It is called 'chunk-hop' — a collision of lurching hip-hop beats, word-play and simple, heavy dissonant guitar grooves."

Her musical influences include De La Soul, MC Lyte, Stevie Wonder, Elvis Costello, Urban Species, Orb, Black Sabbath and Kyuss. She had been playing live for less than a year when her magic spread like wild fire through the card-carry-

ing suits at a Toronto music conference. She said the whole thing seemed like a dream and in a sense it was because her feet were yanked out from beneath her when the major record label merged with Universal and she was lost in the restructuring.

But as fate would have it, she gained more than she lost. She lost her naiveté but kept her integrity and went on to carve out her own musical path — just like when she started.

Tickets for Kinnie Starr are \$12 and available at Acoustic Planet, Music Emporium and Talons.

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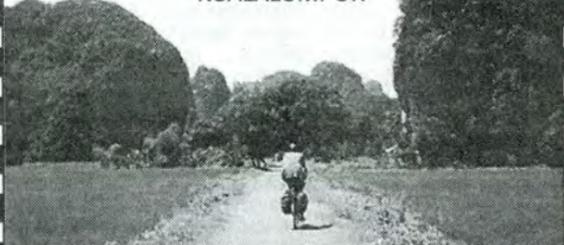
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## The show must go on (this Thursday, Friday) says new dance club

Anyone who has seen youth dance shows on Salt Spring over the past few years will know spectacular work is a given when local teens bounce onto ArtSpring's stage.

On Thursday and Friday night this week, a new community youth dance club called Just Dance will unfurl its best work once again.

According to dancer Jani Janzen, about 35 young people will present Just Dance on January 17 and 18, beginning at 7:30 p.m.

A Gulf Islands Secondary School-related event was originally set for those dates, but the latest phase of the teachers strike meant high school dance teacher Sonia Langer could not be involved.

To ensure their hard work got the spotlight it deserved, the dancers decided to establish their own community-based club and carry on without a school connection.

Stepping in to help was Trish Nobile, coordinator of the Salt Spring Festival of the Arts.

Janzen noted that some youth dance shows have been sold out in the past.

Tickets are only \$8 for adults and \$5 for students, and available at the door.

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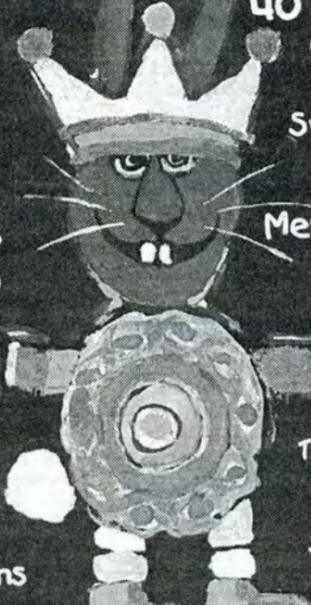
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