

# Good month to think about heart, health

## Heart disease death toll 50-60 in islands in '94

By VALORIE LENNOX  
Driftwood Staff

Keep on kicking if you want to keep on ticking.

Regular aerobic exercise is the second most important way to protect yourself against a heart attack.

And while heart disease and stroke are still Canada's number 1 killers, the rate of both is dropping thanks to healthier lifestyles.

Lady Minto Hospital internist Dr. Bob Crossland credits much of the drop to research and education programs funded by the Heart and Stroke Foundation of B.C.

But the battle is not over yet. "In the coming year, 50 to 60 people on the Gulf Islands will die of heart disease," Crossland says.

His projection actually illustrates a drop in heart disease deaths — 20 years ago the same number would have died of heart disease despite a much smaller population.

And, he adds, some of those deaths could be prevented. Advances in treatment combined with more education on prevention are keeping people alive.

"The single biggest thing that has happened is that fewer people are smoking," Crossland notes. Now, 26 per cent of B.C.'s population are smokers. "It used to be as high as 50 per cent."

Crossland suggests five lifestyle changes to guard against heart disease:

- First, stop smoking. "If you stop smoking, you immediately increase your longevity."

- Second, exercise regularly. The best benefits come from aerobic exercise, done at least three times a week.

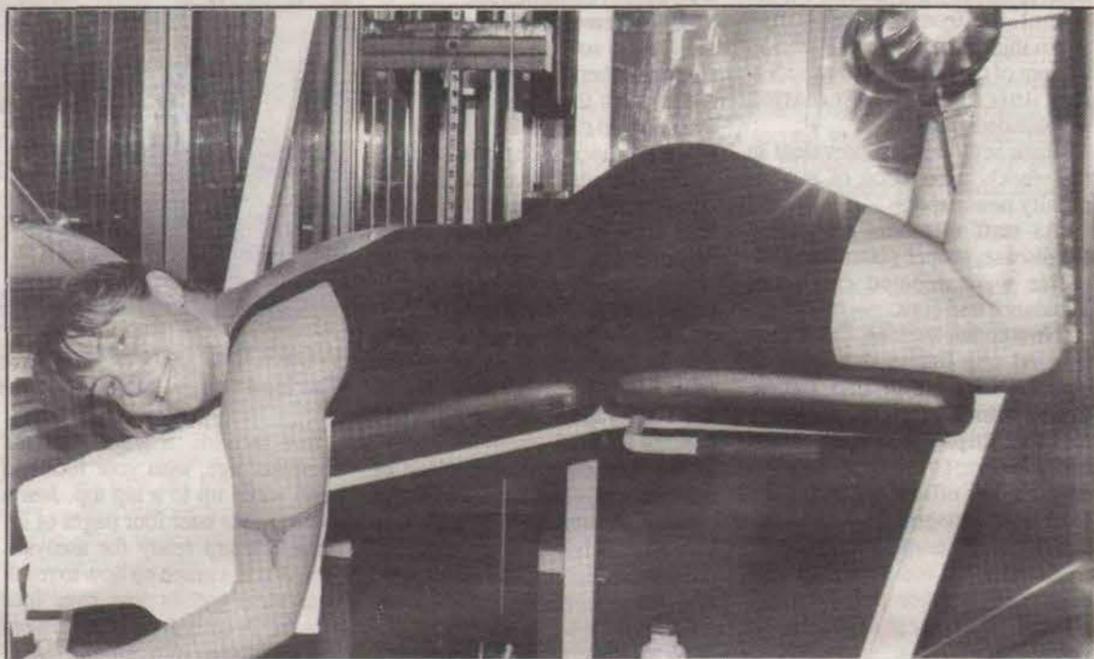
- Third, achieve an ideal body weight. Diets don't work but a gradual shift to a healthier, lower-fat eating style can make a permanent difference to weight. (See related story.)

- Fourth, have your blood pressure checked and keep it under control.

- Fifth, eat a healthy, well-balanced diet.

Information on achieving many of these goals is available through the B.C. Heart and Stroke Founda-

HEART B2



FITNESS MODEL: Tisha Lane, who works World in Vancouver three years ago, and used out five days a week, was a model for Fitness to pose for photos for the club's advertising.

## Bear down! Don't let guilt derail your fitness goals

By VALORIE LENNOX  
Driftwood Staff

Don't quit. By February the bloom is off the new year's resolution and the healthier lifestyle that beckoned January 1 is often being quietly abandoned.

Don't give up.

It takes three months for any new lifestyle to start the evolution into a habit, says Gaylene Lahue of North End Fitness.

The biggest problem is often guilt — people derail themselves by setting impossible expectations and then give up when they don't meet those goals.

Start slow, Gaylene suggests. Don't try to undo the habits of a lifetime in a few weeks. The goal is gradual improvement towards better health — not body building for a bikini.

She admits her approach to a fitness centre may be slightly unusual. When she set up the centre three years ago, she designed it to serve everyone, from teens to seniors.

There are no posters of bulging pectorals on the walls — instead there are often scenes of seniors enjoying an active lifestyle. In fact one of her rules — no profanity — tends to discourage the "grunts"

who haunt other fitness centres.

"Ninety-five per cent of my members come in and want general toning to make their lives easier," Gaylene notes. They want to be healthier so they have more energy

ing machines.

Gaylene notes some people feel their energy increase over one or two sessions as the oxygen flows into their bloodstream. The benefits of this regular exercise can become an addiction.

"When you do aerobic activity the body produces an enzyme called endorphin which is just like a natural high," Gaylene explains. "It increases your energy. It's quite an addictive feeling. That's what keeps them coming back . . . or doing their aerobic activity."

In addition to increased energy, some people also seek a reduction in body fat — another beneficial side effect of regular aerobic exercise. The best combination for fat reduction is regular exercise combined with a nutritional, low-fat diet.

Working out also helps build up muscle tone, which helps the body burn calories more efficiently. "You can change the muscle — the way your body works, the way your body runs."

In keeping with the holistic philosophy of North End Fitness, Gaylene offers a program designed to teach people how to cut the fat in their diet. Entitled *Think Light*, the program offers menu planning, recipes — even a shopping list to ensure the right food is sitting on the kitchen shelves.

"It's a well-balanced plan

FITNESS B3



YA GOTTA HAVE HEART: Scotty Wild and Bob Crossland examine a model of the human heart while discussing the B.C. Heart and Stroke Foundation's fundraising campaign this month.

Photo by Valerie Lennox



Look inside for our Romantic Valentine's advertising feature



# Casual talk leads to pumping iron, walking treadmill

By JOYCE CARLSON  
Driftwood Staff

It all started off innocently enough.

During a Driftwood staff meeting, discussion centred around the workplace disease of the 90s and how it could be avoided. Carpal tunnel syndrome or repetitive strain injury affects people who sit in front of computers all day, inputting information or creating graphic designs.

Both activities are prevalent in the weekly production of a community newspaper.

As staff members researched the disease, proper posture and exercise were deemed crucial to avoidance and cure.

Now comes the leap. Exercise is equated with fitness and fitness is equated with North End Fitness Centre which provides corporate memberships. Driftwood staff members want to be fit so they can do their jobs efficiently and effectively and management wants healthy and happy employees.

So how did the publisher who does not sit at a computer terminal all day find herself at the fitness centre?

Years and years ago, she clipped out a list of 12 qualities of a leader. Number 1 is *sets a good example*.

That's how I ended up riding the stationary bike and walking on the

treadmill along with nine other staff members.

Trying to fit in a thrice-weekly session is not easy for any of us. Everyone is busy with regular work, family, hobbies and other activities. However, we've all made a 12-month commitment.

I've been a slave to the scales for years so it was a pleasant surprise when Gaylene Lahue put me through the body composition test and told me what the scales say is not as important as other data.

She provided details on the total percentage of water in my body, lean body mass — all the bones, muscles and organs — and, of course, the one percentage that I'd rather not see — total body fat. The optimal range for body fat for a 45-year-old female is 18 to 26 per cent. While I am currently outside that range, I am not as far out as I thought I'd be.

Another enlightening piece of information is my basal metabolic rate. The number of calories burned in 24 hours by my lean body mass at complete rest was 1,661. Any activity will cause additional calories to be burned.

What is depressing is watching the calorie burning indicator on the bike or treadmill. It takes a lot of effort to burn off those calories. No more chocolate cake or french fries.

The body composition test takes



Photo by Tony Richards

**WORKING OUT:** Driftwood publisher Joyce Carlson does some bicep curls during a workout at North End Fitness. She has made a one-year commitment to regular exercise.

a few seconds, a wonder of the computer age, with your foot and hand wired up to a lap top. Just a few minutes later four pages of information are ready for analysis. Included is a graph on how to reach your ideal weight loss over four months. A daily food plan ensures you will have optimum nutritional values.

Once the test has been done, it's upstairs to the cardio centre where bikes, treadmills and stair-climbing equipment is arranged. I'm working at the 15-minute level on

my way to 40 minutes. Stretching is next for about 10 to 15 minutes. Then it's downstairs for the weight section with a wide variety of equipment to work on various muscle groups.

After a session there it's back upstairs for a five-minute cool-down. Sounds so easy in a paragraph but it takes more effort than that.

Actually, I feel great after a work-out session and find each time just a bit easier. Those random hills on the bike and treadmill will

be a minor challenge in a few weeks. But then there's a tricky little button that increases incline or speed and we're off again for another challenge.

Some of the people I work with tell me I'm very courageous to write publicly about my journey to fitness.

But I'm not so courageous as determined and this will give me more incentive to continue.

Look for a progress report at the beginning of March or better still — see you at the centre.

## HEART

From Page B1

tion, which makes education one of its priorities.

Research funded by the foundation has provided evidence to back up the benefits of these lifestyle choices as well as the development of new treatment technologies.

"We've touched the heart of someone you know," says Scotty Wild, quoting one of the foundation's best-known statements. Wild himself is a beneficiary of heart research. As president of the Salt Spring Island branch of the Heart and Stroke Foundation of B.C. and Yukon,

vested interest because we have an older population," Crossman added. Due to the number of retired people living on the Gulf Islands, the average age of residents is high compared to other communities in the province.

So far, residents have been generous in supporting the heart foundation during their Heart Month fundraising drive each February. Last year, Wild said, the local group collected \$13,000 in donations — part of the \$7.7 million raised across the province.

Local residents will have several chances to support fundraising events this month and over the next few months.

The first will be a Jump Rope for Heart skipping fundraiser at Salt Spring Elementary School on Friday. Children will be seeking pledges for the amount of time they spend skipping rope.

On February 16 and 23, the Vesuvius Inn will host a trivia competition from 7 to 8:30 p.m. Four-person teams will vie for prizes earned by answering questions posed by the Inn's trivia game network. The entry fee of \$10 per person will go to the heart fund.

During the month, Wild hopes to set up displays at the hospital and in the local library. Volunteers from local real estate offices will be on the street February 26 for a Roses for Hearts tag day, collecting donations in exchange for small rose and heart pins.

For those who miss all of the above opportunities to donate — or who want to give a little more — there will be a direct mail solicitation to all residents, Wild said.

The giving will continue into spring, with a golf tournament slated for May 20 and a raffle of a Carol Evans print at the end of May. The print will be displayed in local banks and the credit union, Wild said, and tickets will be available from local businesses.

### The newer pacemaker lasts for 10 years instead of two.

Wild works to raise money so research and education can continue.

In 1993, for example, the foundation donated \$2.83 million to research projects at Simon Fraser University, the University of B.C. and the University of Victoria.

Money from the foundation also supported several community projects encouraging heart health plus some research at B.C. hospitals. For example, a Victoria hospital received money towards research on heart valves.

Crossman pointed out that Gulf Islands patients are often sent to Victoria, so they could very well benefit directly from the heart foundation-sponsored research.

As an example of advances achieved through research, Crossman displays a current pacemaker against a 1975 model. The newer pacemaker is one-quarter the size of the original and lasts for 10 years instead of two. "This is where research takes you," he observed.

"In this community we have a

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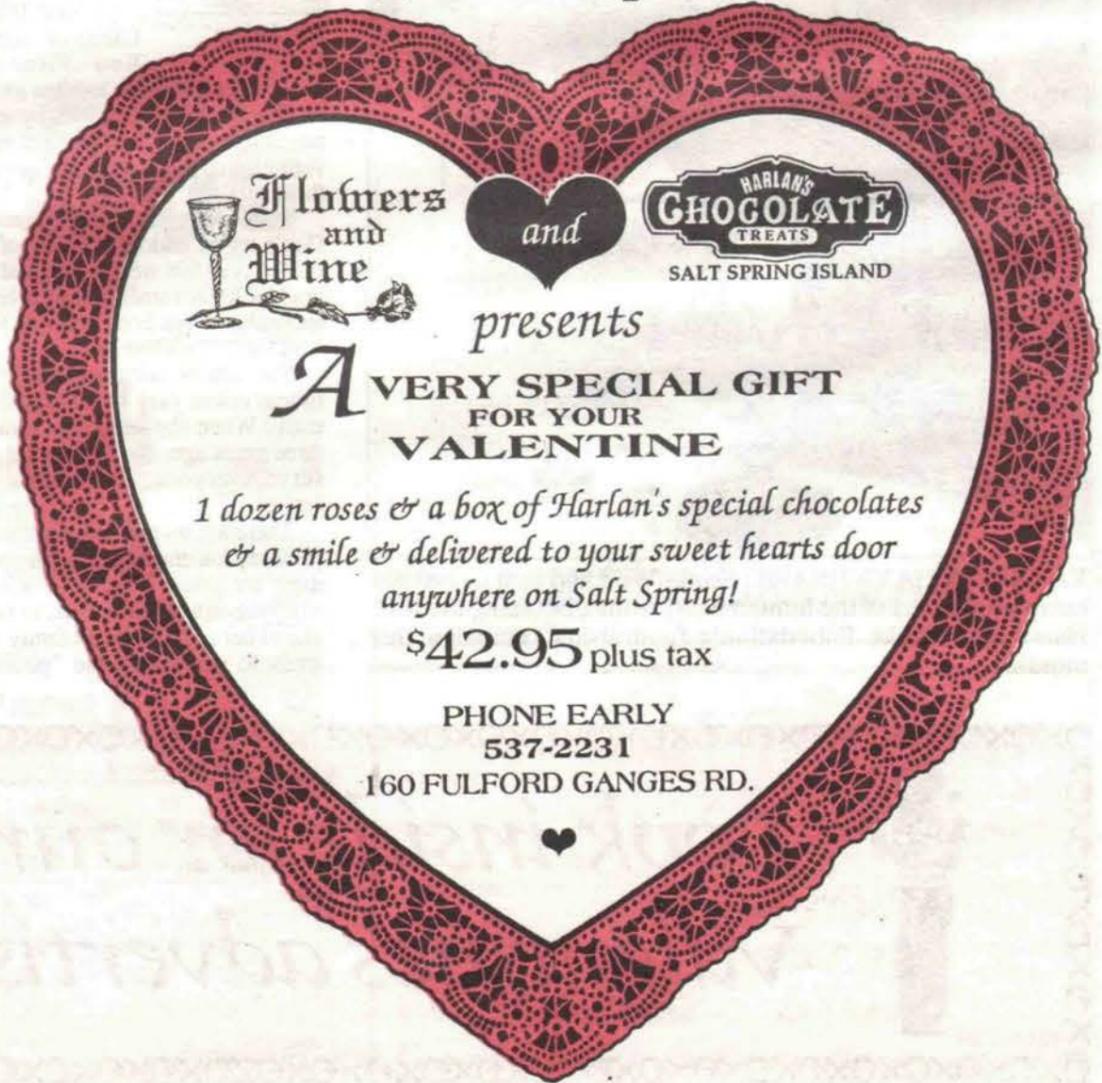
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# FITNESS

From Page B1

designed to give the body a balanced approach to eating," Gaylene said. Before offering the program, she tried it out for six months to ensure a Salt Spring resident could easily find all the foods required on the island.

*Think Light* was originally designed by an exercise physiologist for recovering cardiac patients.

The program is designed to offer three options, depending on

the individual's basal metabolic rate.

The basal metabolic rate is the minimum number of calories the body burns per day simply to survive. Gaylene pointed out that diets which take the dieter below his or her basal metabolic rate shock the body into a starvation mode — which makes it almost impossible to lose weight since the body metabolism slows down to conserve calories.

Unlike many commercial diet plans, which provide ready-made food, *Think Light* teaches people to recognize where fats exist in foods. Included with the recipes, menu plans and shopping lists is a "fat ruler." This sliding gauge helps the shopper calculate the fat level of the product from the information printed on a container.

With the exception of fresh fruit, vegetables and meats, Gaylene recommends avoiding any product which does not provide nutritional information.

"Ideally, we want to eat less than 30 per cent of calories in fat a day." Sixty per cent of a healthy diet is composed of carbohydrates.

"Carbohydrate is the kindling we put on our muscle. By eating a lot of carbohydrates, you're on your way to burning calories more effectively," Gaylene said.

On average, 20 to 25 per cent of the calories in carbohydrates are broken down by the act of digesting the food. When the body ingests fat, only three to five per cent of the food's calorie content is broken down through digestion.

Once the calories are in the body, they should be consumed by regular exercise. "Incorporating exercise is very, very important," Gaylene said. "Balanced exercise and eating right go hand-in-hand."

The best exercises are those which move large muscles of the body, especially the muscles in the legs.

The *Think Light* program also allows for mid-morning, mid-afternoon and evening snacks. Gaylene points out that the sugar level in the body tends to fall two to three hours after eating.

If someone eats breakfast at 7 a.m. and doesn't go for lunch until 1 p.m., they have not fuelled their body for six hours. As a result, they are more likely to crave the quick energy boost of sugar and the concentrated energy offered by fat.



**ROWING WITHOUT OARS:** Fitness buff Gordon McCrea works out on the rowing machine at North End Fitness. He is one of many islanders who believe in regular exercise.

Photo by Tony Richards

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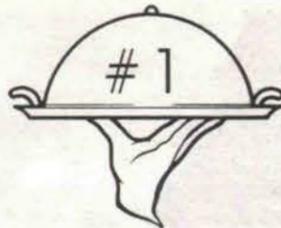
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## LIGHT RECIPES

### PARMESAN BREADED CHICKEN

- 1/4 c. Seasoned bread crumbs
- 1/4 c. Grated Parmesan cheese
- 1/2 tsp. Oregano
- 1/4 tsp. Rosemary
- 1/4 tsp. Basil
- 1/4 tsp. Pepper
- 4 Chicken breasts, skinned
- 1/2 c. Buttermilk

Combine first 6 ingredients in a shallow bowl. Dip chicken in buttermilk, and roll in bread crumb/herb mixture.

Coat a baking pan with cooking spray. Place chicken (bone side down) on pan.

Bake, covered, at 350 for 25 minutes, remove cover and bake another 20 minutes or until done.

Makes 4 servings: Per serving - 277 calories/ fat: 7 gms (24%)/ carb: 7 gms protein: 44 gms/ sodium: 288 mg/ fiber: .03 gms/ cholesterol: 114 mg

*THINK Light!*

© 1991 Speaking of Fitness, Inc.

**LIVING LIGHT:** A sample recipe from the *Think Light* program, which outlines how to achieve a lower fat diet. Such a diet, coupled with exercise, represents a healthy lifestyle.

The plan, Gaylene says, is "going to satisfy the craving before you go off track."

Once the right food is on the shelves and the meal schedule is established, the final step is cooking the food. The plan offers menus

and recipes for three months. "Each of the meals will take 15 minutes — no longer — to prepare."

Because the meals are based on the shopping list, the ingredients will all be available if the shopping

list is followed. Gaylene said the entire plan, available for \$99, is a low-cost leap off the yo-yo cycle of weight loss and weight gain.

"It's taking you by the hand and makes it simple and easy for you to change your lifestyle."

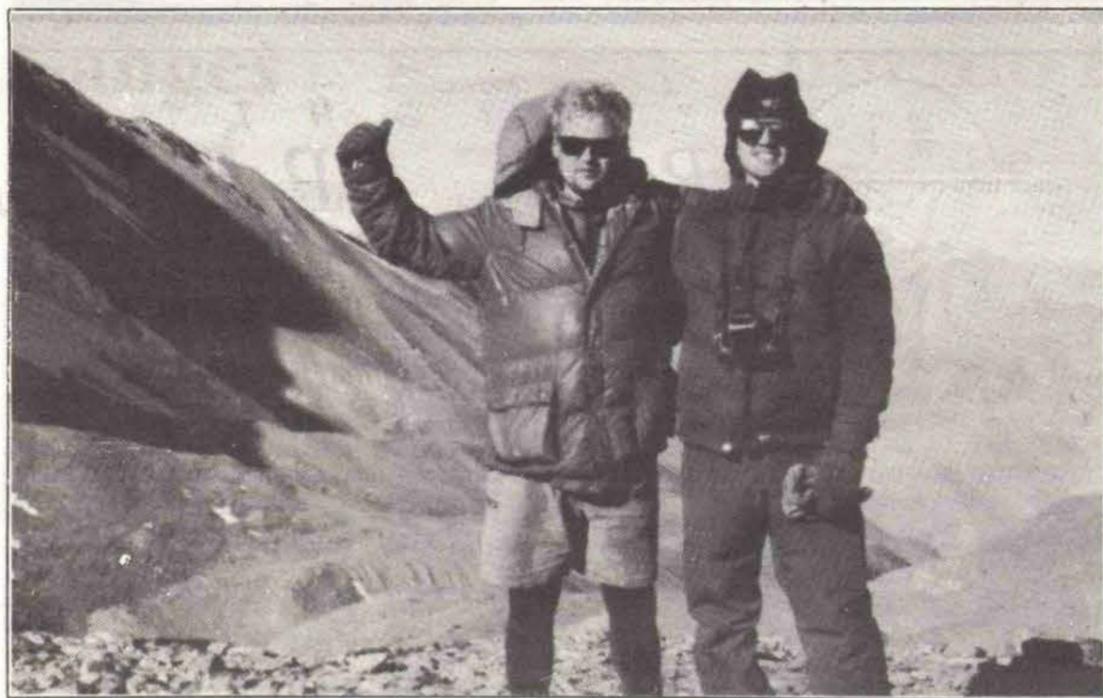
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ON TOP OF THE WORLD: Finn Ronne gives David Woodley stand at the top of the An-nipurna Circuit, 18,600 feet above sea level.

## Hikers reach 18,600 feet

"There was nothing else to do but hike."

Those were the words of Finn Ronne last week after he and David Woodley returned from a trip to the Far East, a trip which took them into the Himalayan Mountains of Nepal.

A realtor, Ronne is a former Salt Spring resident now living in Campbell River. Woodley is a doctor and is currently living on Salt

Spring.

The pair travelled to Nepal's capital, Katmandu, last December to do the Annapurna Circuit, a 10 to 15-day hike on mountain trails. Carrying 30-lb. packs, Ronne and Woodley hiked for 10 days, 10 hours a day and covered 250-300 kilometres. Highest point in the circuit is its 18,600-foot summit.

The hikers spent nights in villages along the way. With no

power for radio, television or lights, there was little to do but sleep by night and hike by day.

The only problem Ronne encountered was blisters on his feet.

But a problem of a different kind confronted Ronne after his return. Within a few days of getting back to B.C., his Campbell River home was destroyed by fire.

Both Ronne and Woodley grew up on Salt Spring Island.

## Region approves \$8,000 in grants to local groups

Grants-in-aid totalling \$8,000 have been approved for five local organizations.

The Gulf Islands Association for People with Disabilities, the Southern Gulf Islands Health Plan Steering Committee and Salt Spring Island Home Support Services Society will each receive \$2,000 from the Capital Regional District.

The Mayne School parents advisory council will get \$1,750 and the Salt Spring Historical Society, \$250.

Grants were made through regional directors Jacques Campbell and Dietrich Luth.

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Scholarship examinations for boys and girls entering Grades 8, 9, 10 and 11 for the 1994-95 school year will be written at the School on the following dates.

GRADE 8 & 9 ENTRY: February 19, 1994

GRADE 10 & 11 ENTRY: March 5, 1994

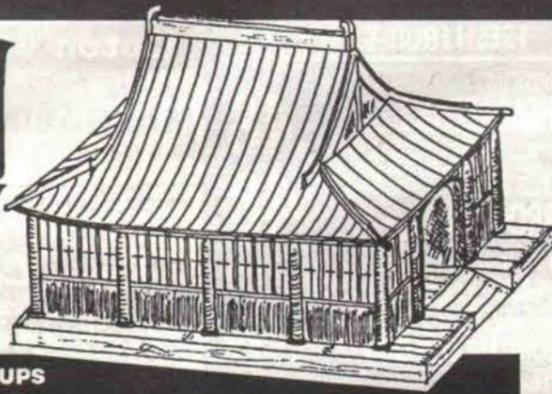
The Director of Admissions will be making a presentation at the Harbour House Hotel on Salt Spring Island on Thursday, February 17th at 7:30 p.m.

For more information, please contact

The Director of Admissions, Mr. Phil Jarvis, at  
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# Passenger ferry plan offered

A proposal for a passenger-only ferry service operating 18 hours a day with sailings every half-hour will be among service improvement suggestions considered this month by the B.C. Ferry Corporation.

Victoria engineer Douglas Pattison has proposed the use of 23 40-passenger vessels to move passengers between the islands, Tsawwassen and Swartz Bay.

Pattison said in a telephone interview that B.C. Ferries' invitation for ideas on more cost-effective ferry service prompted him to produce the 23-page proposal. He spent 20 days on the project.

Service would run from approximately 6 a.m. through midnight, with vessels leaving each of the five Gulf Islands, Swartz Bay and Tsawwassen every 30 minutes. The vessels would connect with a hub terminal, located at or near Village Bay.

Passengers travelling from Salt Spring, for example, could leave Long Harbour at 9:15 a.m. and arrive at Tsawwassen — via the hub terminal — at 11:35. Travellers going to Swartz Bay would arrive at 11:03.

While the service would offer little advantage to most islands in

terms of speed, passengers could depart as early as 5:15 a.m. (in the case of Long Harbour) and leave as late as 9:45 p.m. — with departures every half-hour in between.

In designing the schedule Pattison assumed the vessels would travel at 16-17 kilometres per hour, or approximately nine knots. B.C. Ferries vessels travel at 14-20 knots; Gulf Islands Water Taxi's new vessel, *The Graduate*, does 19.

Pattison's proposal lists many deficiencies in the existing ferry service, most of which are infrequent connections between islands. He also points out that it is not possible to travel from the islands to downtown Victoria or Vancouver by 8:30 a.m. on a weekday.

The service is designed to handle a large volume of passengers, but Pattison admits that his estimates may be high. "I suspect the demand won't justify the schedule," he said.

But based on that schedule the hub terminal would have to be capable of handling up to 560 arriving and departing passengers at a time, based on 40-passenger vessels, the proposal says. Vehicle parking requirements at that terminal would have to accommodate 280 vehicles.

Insufficient space at Village Bay for such a terminal, along with resistance from residents, are two constraints against it, according to the report.

It goes on to suggest two others: on land near Portlock Point on Prevost Island, and an artificial island at Enterprise Reef.

B.C. Ferries spokesman Ed McKenzie had not seen Pattison's proposal last Thursday, but said it would be reviewed along with others later this month.

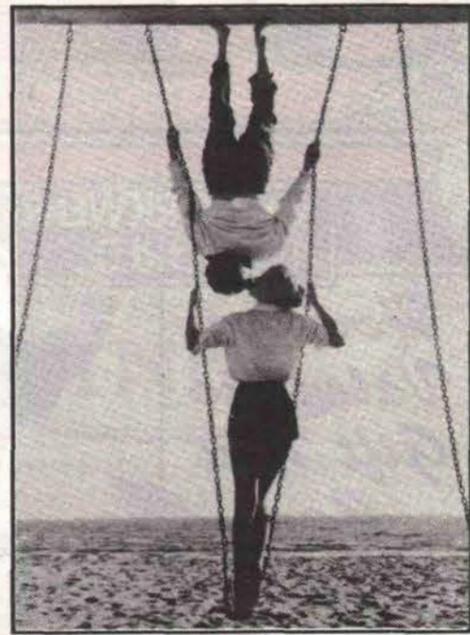
Jack Hughes of Gulf Islands Water Taxi said such a service would need a well developed transit system — such as a high-speed train — at Tsawwassen and Swartz Bay to work.

He also pointed out that weather would be a factor in crossing Georgia Strait, in that larger vessels might be needed. "The gulf can get pretty snarly."

Pattison said he has degrees in systems design engineering and industrial engineering. "Scheduling and costing are activities I'm trained for."

He admitted to having no experience with marine transportation, but said he had designed a plan for the optimum use of health vehicles moving hospital patients in Vancouver.

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## Safety committee gives OK to Spirit of British Columbia

Safety and stability of the *Spirit of British Columbia* have been confirmed by B.C. Ferries' joint committee on operational safety.

Following recent questions about the safety of the new vessel, the management-union committee was joined by naval architect Peter Noble to conduct a review. Noble concluded that the vessel "exceeds all the required national and international stability standards and is comparable to other vessels" in the B.C. Ferries fleet.

"Verification of our stability calculations by an independent expert should put to rest any concerns people might have had about our S-class vessels," said general manager Rod Morrison.

## Ferries installing new system

Colourful but legible new receipts being issued by B.C. Ferries at the Crofton terminal are part of a new electronic ticketing system.

Printed on a heavier paper than before, the receipts offer easily-read details of the fare being paid. They are also printed with a full-colour, background image of one of the ferry corporation's vessels.

Communications manager Ed McKenzie said last week the receipts are "part and parcel of a whole new upgrading of our equipment."

The new system is known as TRRIPS, short for Traffic Revenues and Reservations Information Processing System, and was installed last month at both Crofton and Chemainus. It will eventually be installed at all terminals.

McKenzie said TRRIPS is more flexible and more efficient than before and is tied into the corporation's reservation system.

B.C. Ferries had received complaints about the old receipts fading when left in the sun, preventing them from being used for tax deduction purposes.

The new receipts are not necessarily more expensive, McKenzie said. The old system utilized duplicate tapes, one for the customer and the other for the corporation. TRRIPS records all transactions electronically, producing only one piece of paper — the passenger's receipt.



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# Valentine's Day

IS MO  
FEB. 1

T.W.: ROSES are red; violets are blue; after 23 years, I still love you. M.S. Terry, this time it's for you!

CUPCAKE, I love you even though you brush your tongue!

SKIPPY: I love to lick peanut butter off your hairy chest. Love and licks Squirrely.

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your playing on my ledge  
your risking going strong  
your dancing in my head  
your carressing all my comers  
your fixing up my fears  
your driving me crazy  
thanks for being my mirror

your acting on my stage  
your washing me in dreams  
your holding me in silence  
your collecting my beams  
your observing all my moods  
your reaching up above  
your praying to the mystery  
thanks for being - my love.  
from Sophie

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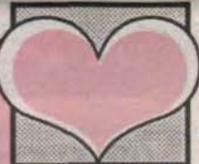
**STOP BY JITT  
THE WHOLE  
PICK UP A FR**

KYLA DARES: Look into my eyes and you will see that I care. Happy Valentine's Day. Love, M.S.

# YA GOTTA LOVE IT!

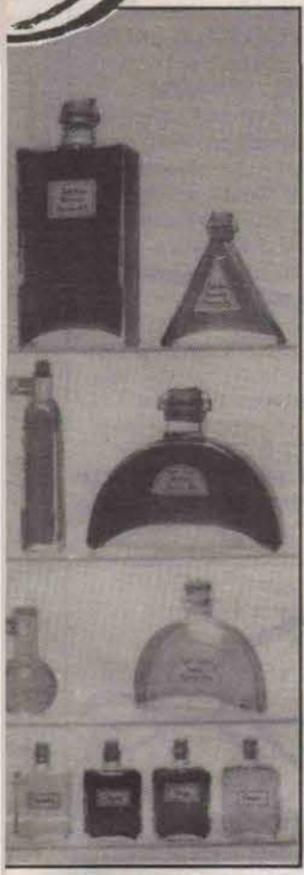
DEAR SODA POP: thinking of you makes me feel all bubbly inside. Love Sugar Bear.

KATHRYN: thirty is a lot of words to voice my love for thee-when all I really need to say-is said with only three-I love you! Dennis.



NDAY - 4TH

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EFS



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nant

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oil formulas have led to  
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DEAREST PHIL: I blew it! Sorry I missed your birthday - But thanks for being so nice about it. Anyway, Valentine's Day is coming - maybe I could make it up to you...

YVETTE: WE have been together for 47 short years. You're more beautiful as time goes by. Let's try for another 47. To my wife, the love of my life. Jack.

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*From the Seattle Guide to Romantic Dining in the Northwest*

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# Fascination with rock carvings results in book

By GRAEME THOMPSON  
Driftwood Staff

They are signs from the past and threads of the history of first nations people, and they have fascinated archaeologists ever since Europeans first came to this coast some 200 years ago.

The drawings and carvings on rock faces around the province — like the ones at Petroglyph Park near Nanaimo — have also fascinated Salt Spring artist and historian Chris Arnett.

He worked in the Stein Valley near Lytton for eight years, identifying and recording hundreds of drawings painted with red ochre and other natural pigments. Last year, Arnett worked with ethnographer Richard Daly and 'Nlaka'pamux elder Annie Zetco York to produce *They Write Their Dreams on the Rock Forever*, a comprehensive and beautifully documented examination of the Stein pictographs.

Arnett calls his work an "archaeology of dreams." It was in 1985, visiting a native friend in Squamish who was going on a vision-quest in the forest, when Arnett first understood the powerful relationship between the drawings and the physical and spiritual world around them.

"It became an incredible journey for me to rediscover the land through the eyes of the original inhabitants," he said. "It gave life to the landscape."

The rock writings were made by people at specific points in their lives, such as at puberty, or while training to become shamans. At such times, they would go out into the forest to fast and sleep and dream.

"People would be aware of guardian spirits, the author of (their) role in life, (their) talents," Arnett explained of the writings. After something was revealed in a dream — such as how to make a fine, strong bow or catch a bear — the information would be recorded for others to read.

Knowledge was restricted to certain people of certain families, he continued, and was handed down from elder to child.

"There were certain signals or markings that made some images more significant than others," Arnett said. "An informed person could pick them out."

"At first I used to focus on the paintings themselves — the iconography. Then I began to look at the site — the vaulting, the rock face, the overhang, springs, acoustic phenomena."

"There are echoes of water, almost as if the cliff face is speaking," he said. "At one site up the Stein you'd swear you can hear someone coming up the trail. You wait, but no one comes."

But Arnett and Daly stumbled upon something quite unusual in the Stein, apart from its wealth of archaeological material and natural beauty. Quite simply, they found Annie York.

A quiet-living octogenarian, York provided a link between archaeologists today and the men and women who made the Stein pictographs. With York's help, Arnett and Daly discovered the pictographs are not art so much as language. They are not paintings. They are stories.

"In the past we looked at it without any knowledge of the culture," Arnett said, and scholarly interpretations demonstrated that.

"This looks like a ship. This looks like an astronaut," he said. "We developed all kinds of wacky theories. The history of rock art is full of this stuff."

Then all that changed. Richard Daly, who was interviewing York, gave her Arnett's sketchbook in which he had recorded rock writings from the Stein Valley.

"I had snippets of stories about some of the drawings from some people I had talked to," Arnett said, "but Annie read it like a book. She just blew me away."

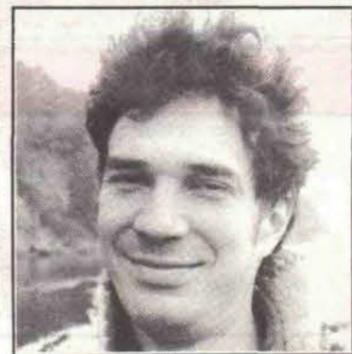
York identified, in long talks with Richard Daly, many of the signal-images in the rock writings: notations which identified elements such as the time of year, the position of the sun, the weather, the number of days the author fasted.

She identified images which were previously not understood: mythological creatures which were half human and half animal.

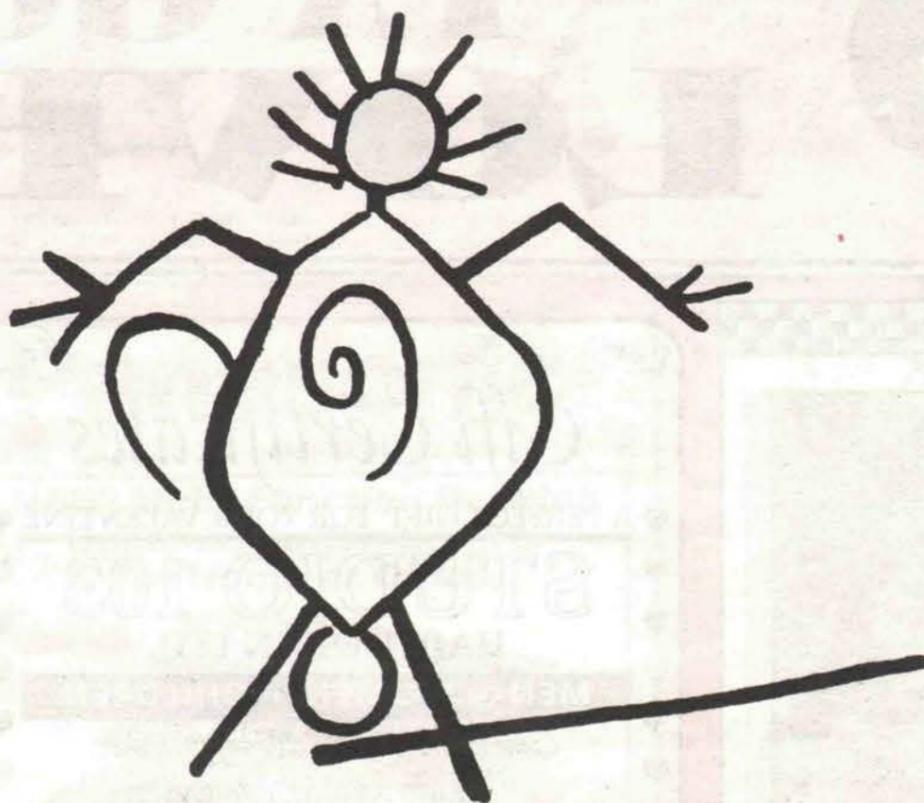
She identified learning images, representations of training received while in a dream-state, such as how to make a sweat-house, a dug-out canoe or snowshoes.

York knew what the writings said, though she had not seen most of them before, because they were constructed using a complex language of signs and symbols she understood. Born at the turn of the century, she had been taught the traditional ways and stories by her grandparents.

"Here we have an initiate, someone who knows the history,



Chris Arnett



**BEAVER-MAN:** This figure represents a local legend about a beaver at Spuzzum Creek, identified by its round tummy and round tail.

Before the Creator fixed everything, there were many man-creatures like Beaver-Man to be found on Earth.

from the right lineage," Arnett said. "Her interpretation to me is the Rosetta Stone in aboriginal art in B.C."

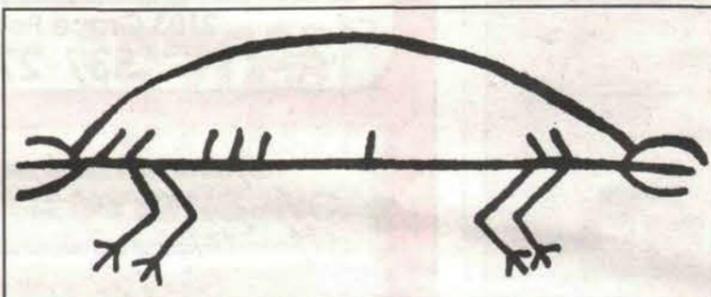
The relationship between rock writings and native mythologies has been long apparent. Traveller-ethnographer James Teit at the close of the last century was given snippets of information about the drawings, Arnett said, but there has always been some reticence among the different bands to reveal very much.

Annie York made the conscious decision to talk more openly and thoroughly to people who could understand and appreciate what she was telling them.

"These don't represent sounds so much as ideas," Arnett said of the writings. "There is communication between man and the land. There is a closeness to the physical world."

That communication is one of the reasons Arnett wanted to produce the book about the Stein rock writings. He wants to dispel some of the "nonsense" written before.

"It is too much in the realm of academics," he said. "They lose



**SEA-CREATURE:** This two-headed mythological figure was one of more than 160 individual images found in one prominent spot along the Stein River.

sight of the cultural context. As a consequence they're losing sight of why the writing was created.

"It's not something that is lost," he said. "It still has meaning. It's not just stuff that exists in the past. To me this is the unwritten history

of our land — British Columbia."

*They Write Their Dreams on the Rock Forever* is published by Talon Books of Vancouver. It is 320 pages long with nearly 100 photographs and dozens of coloured drawings of the rock writings.

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**WINDY TRIO:** Three B.C. musicians who perform under the name Vancouver Wind Trio will visit the islands this week as part of the Gulf Islands Concerts series.

## Evening of relaxed entertainment promised with Vancouver group

A fresh breeze will blow in from Vancouver this weekend when the Vancouver Wind Trio pays a visit to the Gulf Islands.

A unique blend of wit, style and impeccable musicianship are on tap, according to Gulf Islands Concerts.

Mozart, Corelli, Tchaikovsky and Dvorak will be represented, along with Bartok, Enescu and Verdi.

With some George Gershwin, Scott Joplin, Fats Waller and Bill Haley as well, the repertoire is designed to appeal to a wide range of tastes.

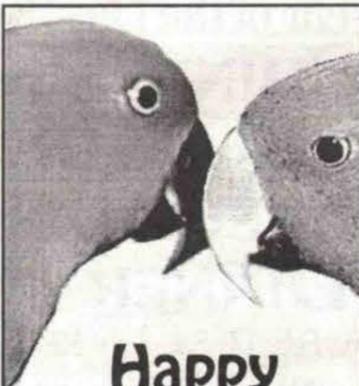
Bassoonist Anthony Avery is the trio's leader, and his "comfortable commentary and marvellous British wit combine to present the concert as an evening of relaxed entertainment."

Avery, oboist Hamish Gordon and clarinetist Lorne Buick have toured extensively in North America.

The Vancouver Wind Trio performed as cultural ambassadors both at Expo '85 in Japan and at Expo '86 in Vancouver. Their concerts have been recorded for broadcast on CBC's *Arts National*, and they are currently preparing for

their third album.

• *The Vancouver Wind Trio plays at the Ganges Activity Centre Saturday at 8 p.m. Admission is open to all members of Gulf Islands Concerts. Memberships are available at the door for \$30 for adults and \$10 for students for the season's remaining three concerts.*



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"At the head of Ganges Harbour"

arts & entertainment

# Ganges site of first B.C. concert

By TONY RICHARDS  
Driftwood Staff

People across Canada are aware that a group of classical musicians named after ice cream are coming this month to Salt Spring Island. But not a lot of people know much about Quartetto Gelato, a three-year-old "classical-crossover" quartet that has been getting some excellent reviews lately.

It was on Peter Gzowski's *Morningside* two weeks ago that the group's two B.C. concerts were announced: one in Prince George and the other in Ganges. For Quartetto Gelato, the Gzowski interview was the latest in a series of opportunities for national exposure, that began with a half-page feature in *The Globe and Mail* in December.

For ArtSpring promoter Peter Bardon, the quartet's Ganges gig is a coup because a rapidly rising star in the Canadian music scene is giving its first B.C. concert on the island.

When Quartetto Gelato performed in Hamilton, Ont., in December one reviewer said they were the star of the show, which also featured Liona Boyd and Hagood Hardy. Their performance "rests on an absolutely solid ground of breathtaking virtuosity and musicianship."

As the *Globe* feature reported, "these are not four promising kids." Peter de Sotro (violin, voice) played with the Toronto Symphony for 10 years and has been singing professionally for seven.

Cynthia Steljes (oboe, English horn) has been principal oboist of Symphony Nova Scotia, the Royal Winnipeg Ballet and the National Ballet of Canada, and works in the Pantages Theatre pit in Toronto, accompanying *Phantom of the Opera*.

Claudio Vena (viola, accordion)



**MUSICAL TREAT:** Quartetto Gelato is a rapidly rising star on the Canadian music scene, and will perform at Ganges this month.

is the principal violist and assistant conductor of the *Miss Saigon* orchestra in Toronto, and is musical director and principal conductor of the Huronia Symphony.

And George Meanwell (cello, guitar) is also a member of the *Phantom of the Opera* orchestra, and has played with the Royal Winnipeg Ballet orchestra as principal cellist.

Following the release of their first recording last month, Quartetto Gelato has been seen and heard on several radio and television programs, including Jurgen Gothe's *Disc Drive*, CTV's *Canada AM* and CBC's *Midday*.

As a classical-crossover group, their music ranges from Mozart through operatic arias to tangos and

gypsy fiddling, a range made possible by each member's ability to play more than one instrument.

Quartetto Gelato's concert career took off about a year ago, according to one report. They were among groups that auditioned at an Ontario Arts Council event at which 600 university and community concert halls make bookings.

To get 20 to 25 confirmed bookings is considered a success. Quartetto Gelato got 71.

• The quartet will perform here Friday, Feb. 25 at 8 p.m. in the Activity Centre. Tickets are \$15, at Century 21 and Li'l Patts. Bardon and Fitz Lee are presenting the concert on behalf of ArtSpring.

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With Driftwood's 1994 issue of **SPRING HOME IMPROVEMENT GUIDE** Appearing March 23, 1994

Designed for easy reading, with photographs, tips and stories on seasonal homecare and maintenance, this special section is aimed at helping consumers make the right buying decisions.

**DON'T MISS THIS OPPORTUNITY**  
Deadline is February 17  
Be part of this popular special section of information for Gulf Islands homeowners.

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Gulf Islands  
**Driftwood**

★ entertainment this week ★

on screen at SALT SPRING CINEMA

REMAINS OF THE DAY

Academy award winners Anthony Hopkins and Emma Thompson star in the latest Merchant-Ivory production.

The story involves an English butler who subjugates his soul to the desires of his betters. Hopkins plays the butler who completely and tragically controls his own desire and hope of happiness. General, Friday to Tuesday at 7:30pm.

DOOR PRIZES ARE NOW GIVEN OUT SUNDAYS.

MOVIE BUCKS ARE GIVEN OUT MONDAYS ONLY.

ISLAND VIDEO HITS

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1. Hard Target.....(1)      | 6. Robin Hood: Men in Tights.....(3) |
| 2. Hocus Pocus.....(2)      | 7. Sleepless in Seattle.....(5)      |
| 3. Kalifornia.....(-)       | 8. The Firm.....(4)                  |
| 4. Indochine.....(-)        | 9. Coneheads.....(6)                 |
| 5. Last Action Hero.....(8) | 10. Wide Sargasso Sea.....(9)        |

on tap at ISLAND WATERING HOLES

- MOBY'S.....Musical Showcase, Feb. 9.  
 .....Clyde Roulette, Feb. 11,12.  
 .....Sunday Dinner Jazz, Odd Men Out, Feb. 13.
- HARBOUR HOUSE HOTEL (pub).....10/33 band, Feb. 11, 12.  
 (dining room).....Barrington Perry, Feb. 14.

OUT and ABOUT

- Feb. 15.....Pancake Luncheon, United Church Hall.  
 Feb. 16.....Heart & Stroke Fund Trivia Challenge,  
 .....Vesuvius Inn.

community TV PROGRAM SCHEDULE

- Feb. 12.....Keep Fit, 3pm. Feb. 14.....Keep Fit, 11am  
 Feb. 12.....Dog Obedience, 3:30pm Feb. 14.....Dog Obedience, 11:30am.

Time to seize the moment and show how time flies

Does your time fly too fast? Then you might want to seize a few extra hours and lock them away so you have time to prepare an appropriate entry for this year's *Time Flies* exhibit.

This will be the fourth exhibit sponsored by the Salt Spring Island Woodworkers' Guild. The show is designed to display the creativity of the island's professional and amateur craftspeople and artists.

"It's open to everybody and anything. All sorts of people make stuff," Woodworkers' Guild president Iltyd Perkins stressed. Last year's show, entitled *Boxed In*, drew over 100 entries, he added. "I get very excited about it."

Work will be displayed in the Ganges Activity Centre from March 19-27, in conjunction with the Look '94 regional juried art show sponsored by the Gulf Islands Community Arts Council.

Although entrants can submit work to both shows, Perkins said the *Time Flies* show is not juried and is open to anyone who wants to enter. "We took out the juried element — that discourages people."

The show is designed to be as inclusive as possible. Works in any medium — from crayons to gold — and at any skill level are welcome, provided they reflect the theme "Time Flies."

That theme could cover many possibilities, Perkins notes. A collage of childhood pictures demonstrates the concept as does the winged alarm clock chosen to illustrate the show's entry form.

Video, sculpture, rock, wood, cloth, clay, wool, pencil, paper, mechanical creations — all can be used to convey the theme, Perkins said.

Each entrant may submit up to three pieces and all entries will be exhibited. Entries should be delivered to the Activity Centre in Salt Spring Elementary on March 18 between 4 and 7 p.m. A \$5 entry fee will be charged per entrant — not per entry — and no entry fee will be charged for junior entries and students.

All entrants will be invited to an opening wine and cheese party to

be held the following evening. Based on people's-choice ballots, three prizes will be awarded to entries: one for the best in show,

**Time Flies is not juried and is open to anyone who wants to enter.**

one for the most original concept and one for the best junior entry.

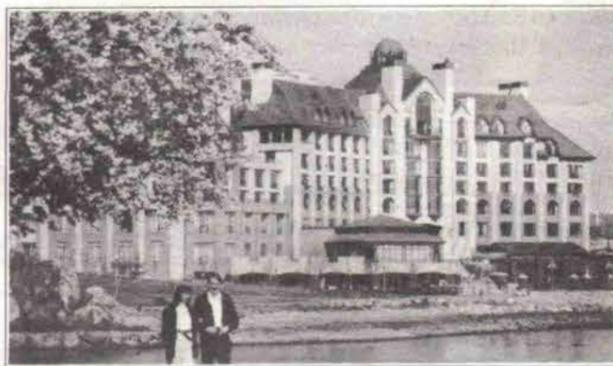
Works can be sold but must remain on display until the show closes.

Perkins said there is no deadline

for submitting entry forms, provided they arrive at the Activity Centre at the same time as the entry. For those who want to submit entries early, the forms are available at Off the Waterfront Gallery, KIS and et cetera, or by calling Perkins at 653-9392 or Nairn Howe at 653-4542.

Perkins said the first non-juried show sponsored by the woodworkers' guild was called the *Two-by-Four* show and required entrants to produce something using a single piece of two-by-four lumber. The show was repeated for a second year and then, last year, was expanded to include all possible media under the theme *Boxed In*.

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March 23, 1994

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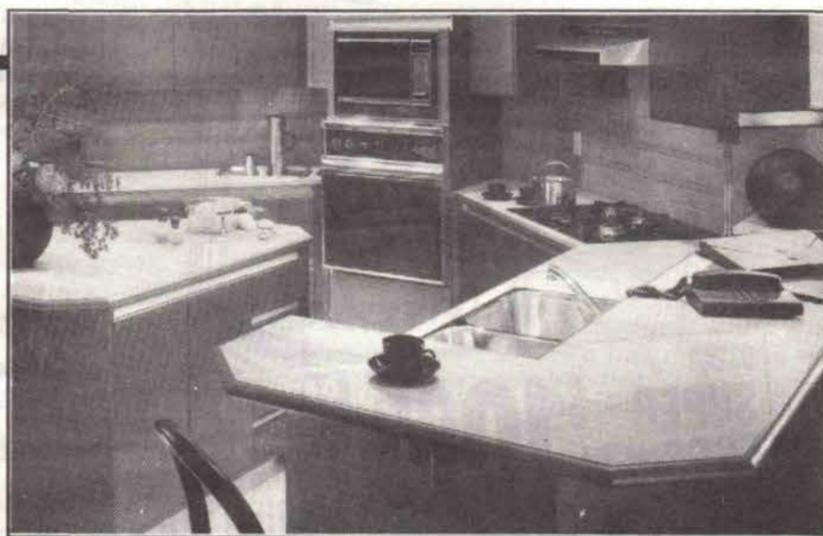


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**FAITHLIFT TOUR:** Celtic-influenced folk music with a western Canadian soul will return to Salt Spring with a performance by Spirit of the West Saturday night. Tickets are selling fast for this benefit gig for the Core Inn youth project. Barley Brothers open the show, which starts at 9 p.m. at Fulford Hall.

## More prairie air Friday with reading by novelist

In the wake of the Waterside Bistro's recent Saskatchewan Smorgasbord comes another breath of prairie air: a reading by novelist and playwright Dianne Warren.

Warren will be at the Waterside Bistro in Ganges Friday for a reading sponsored by the Canada Council, Waterside Bistro and Theatre Alive!

Warren has written two books, *The Wednesday Flower Man*, published by Coteau Books in 1987, and *Bad Luck Dog*, published in 1993. *Bad Luck Dog* won the book of the year award in Saskatchewan last year.

One critic said of Warren that she has a "penchant for turning the existing world on its edge, making it appear just a trifle wacky."

Another critic called the Saskatchewan writer "feminist in the most basic (and most advanced) sense: the diversity of female experience is greater than the range of

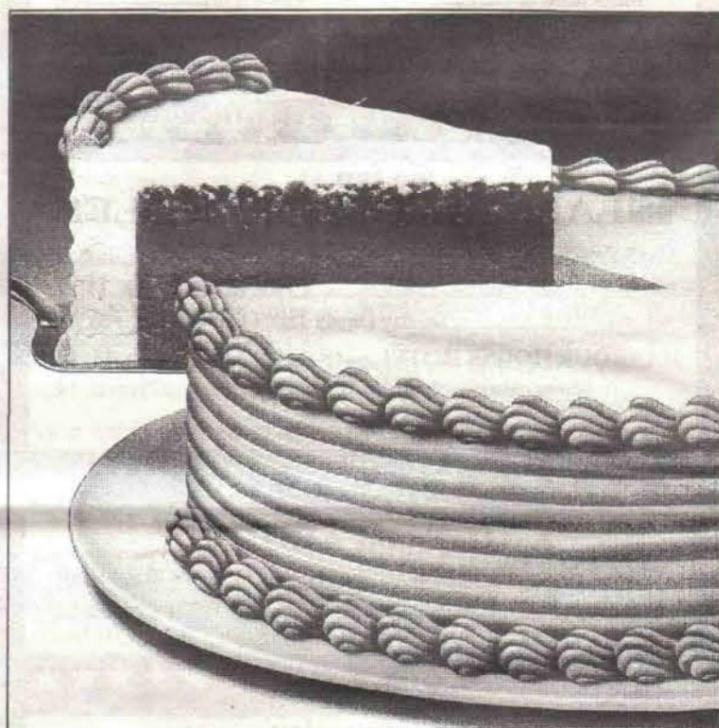
differences between men and women."

Warren was nominated for a governor-general's award for drama in 1992 for her play *Serpent in the Night Sky*.

She is currently working on a novel and a play. Dinner is available at the Waterside Bistro from 8 p.m.. The reading will begin at 9 p.m.

Admission is free.

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