

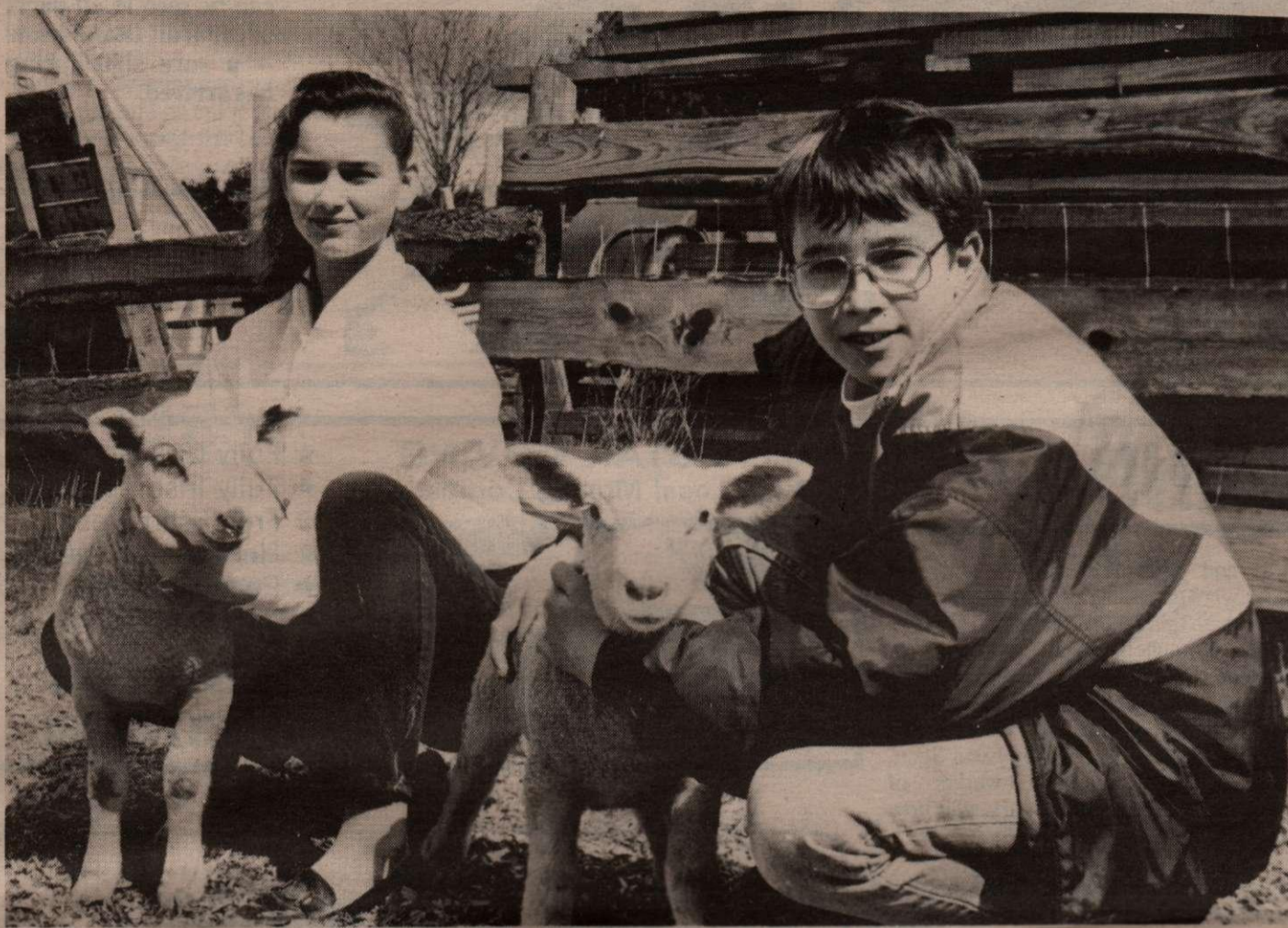

Driftwood

Island Living Real Estate

SECTION

B

4-H youngsters win pick of Stepaniuk flock



PICK OF THE FLOCK: Natalie Steinhauer and Alistair Howard hold their newly picked Arcott lambs. The two 4-H Club members won "Peaches" and "Vanilla" from the Stepaniuk farm on Salt Spring. About 50 people gathered at the Mt. Maxwell Road farm Sunday to help the youths choose their prizes.

Driftwood photo by Susan D. Lundy

Qualicum 4-H Club member Natalie Steinhauer suffered some lonely moments last year when she was forced to return her prize lamb and good friend back to a Port Alberni owner.

But now, thanks to the generosity of a Salt Spring couple, the 14-year-old became "mother" to a month-old Canadian Arcott lamb. She and 12-year-old Alistair Howard will each carry home their own lamb, chosen last Sunday from Mary and John Stepaniuk's Mt. Maxwell Road farm.

By **SUSAN DICKER LUNDY**
Driftwood Editor

Natalie and Alistair, a Saanich 4-H Club member, won a region-wide 4-H competition for ownership of two Canadian Arcott lambs. The youngsters submitted essays detailing future plans for promotion and care of the still-rare breed of lambs. The Stepaniuks chose the winners from a slate of six entrants.

About 50 people representing various 4-H clubs in the Vancouver Island region gathered at the Stepaniuk farm Sunday to help the two winners choose their lambs. At the same time, they learned more about the Arcott breed and enjoyed a feast of barbecue lamb.

When Natalie joined the 4-H Club last year, she asked her foster parents if she could have a lamb. Unsure of the young teenager's ability to follow through with the responsibility, her parents leased a lamb from a Port Alberni woman.

Natalie and her lamb became a team right from the start, according to foster parent Rose Brittan: "Her lamb quietened almost immediately and was soon following her around like a puppy."

In mid-July, the family realized the lamb should have been sheared in June; by now, it was too late.

"Natalie borrowed a pair of hand shears and started clipping her lamb by hand. By the time the first fair arrived, she had her lamb clipped and groomed and received a blue ribbon."

Brittan still recalls the image of Natalie checking the lamb's fleece, making sure each strand was the perfect length.

"Her lamb never entered the ring with a dirty spot or piece of straw in its fleece... We had a lot of tears and lonely moments when the lamb had to go back."

Natalie's essay indicated she "would be

Environmental friendliness signs may not spell out the entire truth

First in a Series of Three

The wave of consumer products hitting the grocery store shelves with some sort of environmental information over the past year has been truly impressive.

Most household products have proclaimed their environmentally friendly state with a message about recycling, or their claim of being biodegradable or phosphate free. Why are these important?

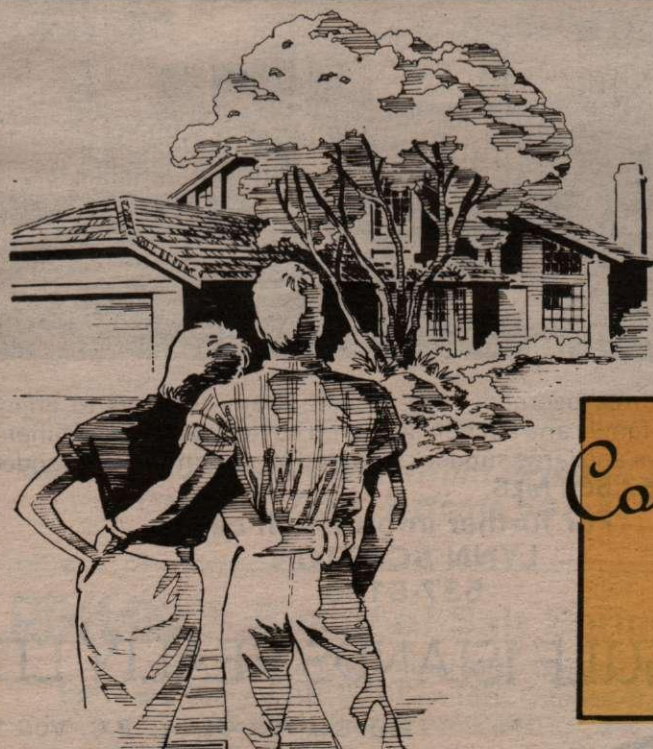
By **RANDY HOOPER**
Guest Columnist

First of all, the recycle logo (also known as the mobius loop) appearing on a carton doesn't really mean much — it simply points out that manufacturers of the bottle or box knows that somewhere on the planet their packaging can be recycled. Plastic soap granule bags, rigid plastic ice cream

pails, tetrapaks, and milk cartons all have sported recycling logos recently. Plastics recycling is just coming to Vancouver, and according to the Plastics Council of America, only three per cent of all the plastic in North America will be "handled" by plastic recyclers that are either operating or constructing facilities by the end of 1993. Tetrapaks can be mixed with plastic and

RECYCLE B9

ARCOTT SHEEP B2



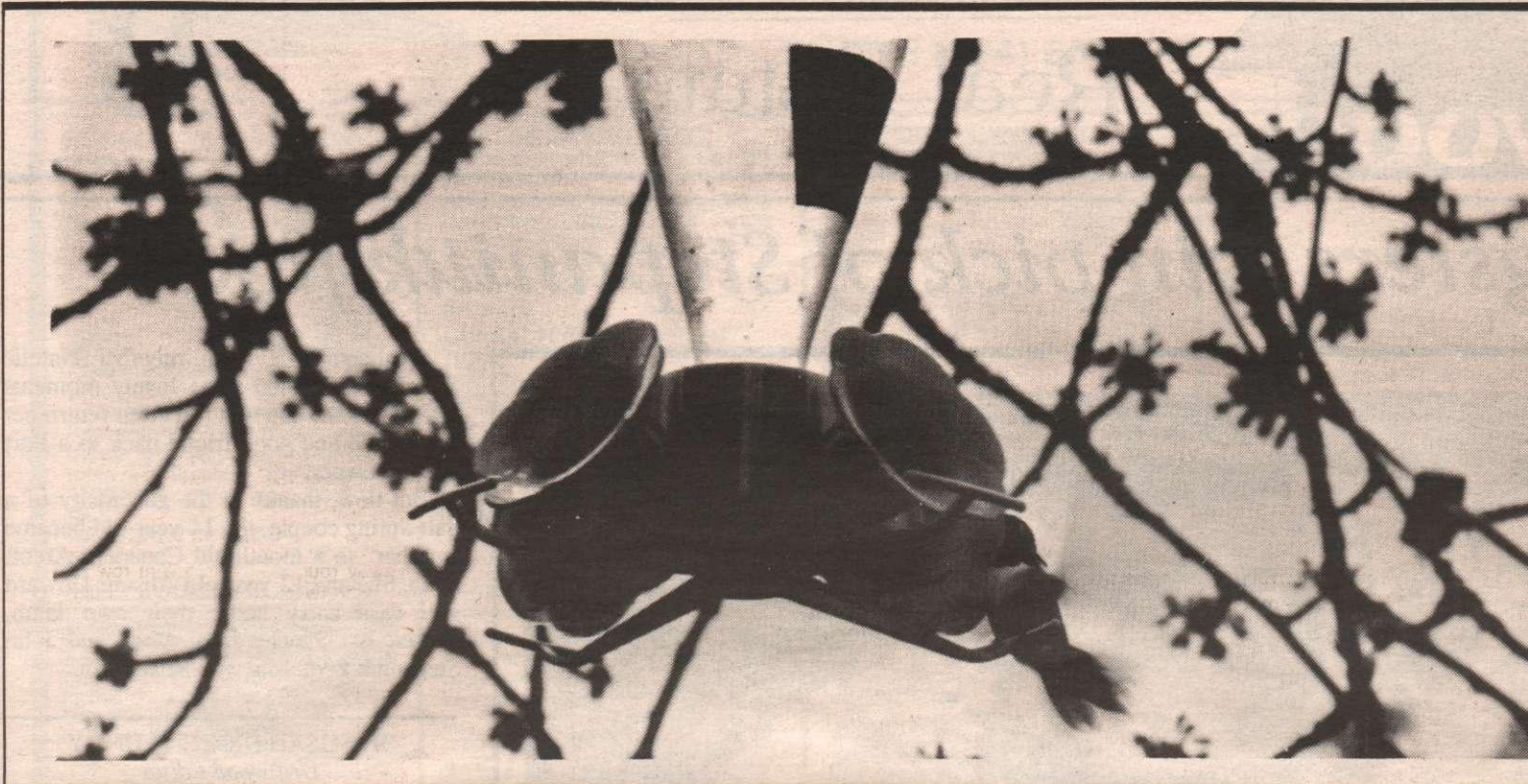
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ISLAND LIVING



FEEDING TIME: Hummingbird feeder in Beaver Point area attracts a hungry patron. Hummingbirds can be seen in all parts of the Gulf Islands now -- a sure sign spring has arrived.

Driftwood photo by Derrick Lundy

SATURNA ISLAND *Scene*

Saturday, April 13, family and friends of Melanie and John Gaines gathered at the Community Hall to join in a celebration marking the Gaines' 25th wedding anniversary.

By LYNNE PIPER
Driftwood Correspondent

A buffet dinner was prepared and served by Beth Jones and Rennie Hollings who also decorated the hall with bouquets of spring flowers.

John and Melanie were joined at the head table by their son Ian, daughter Ingrid, John's nephew and his wife, Rick and Beth

Jones, and Melanie's mother and two sisters, who travelled from Vancouver Island to share this special occasion.

Jim Campbell was Master of Ceremonies, John Money gave a toast to John, and Taimi Hindmarch gave a toast to Melanie. A delightful toast to Melanie and John as a couple was given by Lynn Scott, a former teacher and co-worker of Melanie's at Saturna Elementary who now lives on Galiano.

Congratulations Melanie and John and best wishes for another 25 years of happiness together.

ARCOTT SHEEP

From Page B1

very proud to promote the (Arcott) breed." Her plans include construction of an educational display on the breed, which she will display at local malls and fairs.

"What I would like to raise is both a Suffolk and an Arcott ewe lamb right through until they are three years old and have lambed. I would like to compare health problems, feed conversion, breeding and birthing problems."

Mary Stepaniuk told the *Driftwood* Alistair was also heart-broken last year to part with his rented ram. After feeding and caring for the lamb, the youngster entered it in the 4-H market lamb category competition. These animals are slaughtered prior to completion of judging.

Alistair will not have to part with his Arcott ewe.

Like Natalie, Alistair expressed interest in comparing the Arcott breed to another sheep breed.

"If I get an Arcott ewe, I will choose an NC Cheviot lamb (bred at his family's hobby farm) that was born close in date and weighed the same and I would compare them for size, weight, growth, wool characteristics and behaviour."

The 12-year-old would also like to crossbreed the Arcott ewe with a purebred NC Cheviot. He submitted a detailed 12-month plan, outlining proposed care, promotion and experimentation of the Arcott.

"Having an Arcott also interests me because it is the only Canadian purebred sheep breed."

The Stepaniuks obtained their special Arcott flock in June 1989 — only one year after it was registered as a purebred Canadian sheep. The Stepaniuk flock of 40 ewes and three rams was one of seven original Canadian Arcott flocks distributed in Canada, and one of two sent to British Columbia.

Stepaniuk says the breed — which in-

France (27.8 per cent) — resulted from 20 years of Agriculture Canada work and millions of dollars.

She says the breed "does what it's supposed to do" — it features a lean, well-muscled carcass, grows quickly and produces more lambs. The Stepaniuk farm saw birth of more than 100 lambs this year.

The breed has also proven adaptable. Stepaniuk notes the original flock — which came directly from controlled, research environments — could not be treated like other sheep. However, the animals born and raised on the Stepaniuk farm "behave like normal sheep."

Prior to 1989, the Stepaniuks crossbred Suffolk sheep. The presence of "Spider Syndrome" in some American Suffolk sheep caused the Stepaniuks to reconsider concentrating on the breed. They saw an advertisement for the new Arcott breed, completed an "extremely complicated" application form and learned, eight months later, they could purchase a flock.

Prior to the 4-H lamb contest, the Stepaniuks had no connection with 4-H clubs. The original decision to donate one Arcott lamb — mainly for promotion purposes — came through Mary Stepaniuk's directorship with the Inter-Island Sheep Breeders Association.

Once the contest applications came in, the Stepaniuks found themselves unable to choose between Alistair and Natalie. So they decided to donate two lambs.

After trimmings from Sunday's lamb barbecue at the Stepaniuks were cleared away, Natalie and Alistair were taken to the sheep corral where they chose and then named their prizes.

Alistair says he chose "Vanilla" for her sturdy appearance. Natalie was unsure what attracted her to "Peaches."

The lambs have since been tagged and registered in Natalie and Alistair's names. In two weeks, the youngsters will take

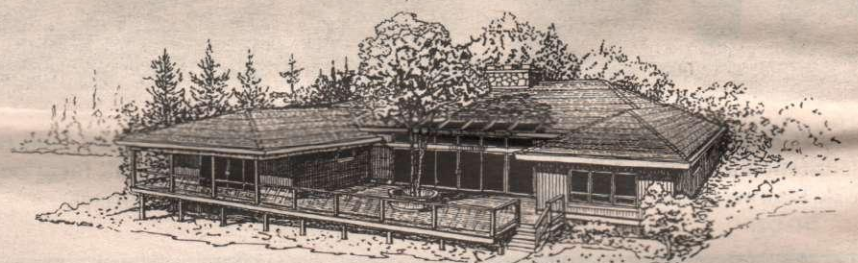
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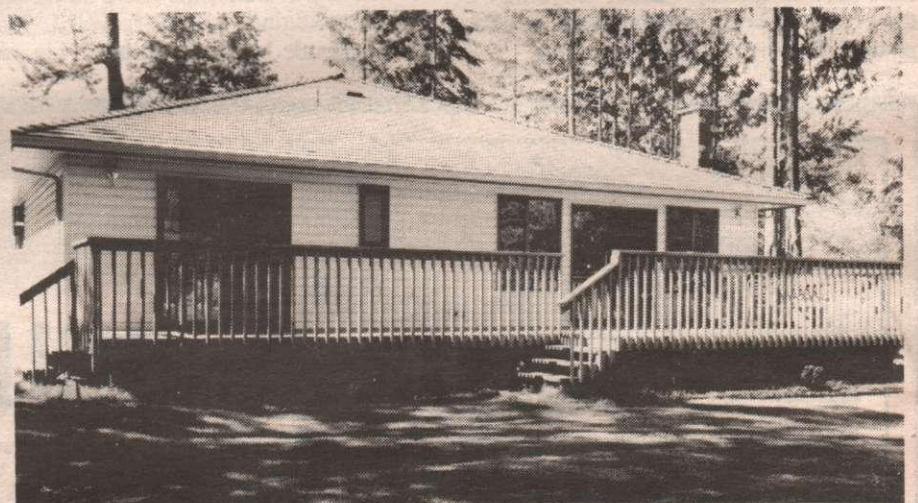
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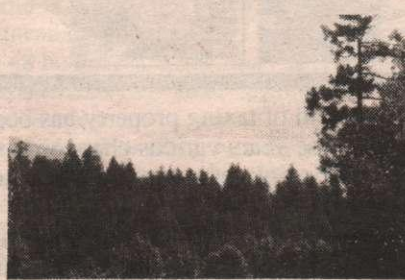
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ISLAND LIVING

To be Frank

RICHARDS



BRITAIN — The call for a change in the system of taxing property has been heard for many years in British Columbia. Over the years various changes have been made in the specifics of the levy but the principle of assessment remains virtually unchanged for many years.

The Brits wanted a change and they came up with the poll tax, about 40 years after a poll tax was abandoned in British Columbia. The property taxes are transferred from residences to the occupants under this system.

Prompting the change was the constant dispute here between massive regional councils and the central government. It was felt in many quarters that rebellious councils were the tail of the administration busily wagging the government dog. The feeling was probably strongest around the administrative dog's hind end.

In addition there was the same concern evident in many quarters here that is heard in the province, that a large household gets a free ride. The household of three or four wage-earning adults pays the same taxes as a single occupant of a like property while drawing on the services to a greater degree.

If you're thinking about changes, don't jump into a poll tax camp! The Tory government that dreamed up the head tax is now valiantly explaining why it was a foolish move in the first place.

Worse, the Tories introduced a tax under one prime minister and a new prime minister has to now correct the failing.

So hostile was the country to the poll tax that the riots of a couple years ago became world news and this winter saw a by-election bounce back sharply on the government. The seat was one of the safest in Britain and the Tories lost it in a protest against the poll tax.

When the tax was first protested the battle cry of the opponents was "Can't pay! Won't pay!"

And they didn't pay!

Those drinking laws

No matter where you go for a drink you're certain to run up against laws that are odd by the side of the laws you normally live by. Like in Yorkshire.

One day, years ago, I learned a new Canadian drink. Maybe it was an old-timer, but it was new to me. Wonderful for any fool with a hangover, I was told. And it is, I am still told.

It's the "Red Eye" — half lager, half tomato juice, with a shot of worcestershire sauce and a little pepper if you want it. Funny thing is that I like it.

If I'm driving and I want a drink I usually have a Red Eye to lubricate the mouth and offer no problems afterwards. I've had it in many parts of Canada, in France (Un Oeuil Route!) and in England. But not always in Yorkshire.

"You can't have less than a half-pint of beer," explained the publican and he refused to serve me, in the village of Wilsden.

Now, other hostilities have been less scrupulous, perhaps. The information I gained in denial of my tipples was that the British government allows no man to take a half-pint glass and to deliberately, and with malice aforethought, criminally manufacture a drink containing less than one half-pint, by volume of beer.

British law, he assured me, lays down the clamps on any man who drinks less than the prescribed quantity of beer, but makes one exception.

The British parliament (in open meeting) assembled, has decreed that if the publican in any public house mix beer and lemonade in equal quantities in a glass, that shall not be a crime.

One has to assume that any member of the underworld who wants a ginger beer shandy would end up in a dungeon beneath the Tower of London, thence to be taken above ground to suffer the severance of his neck under the blow of the appropriate axe.

I think I need a shot of rye!

Reprieved

I wrote of the death of the custard pie. The report was premature. It has proved that the pie lay at death's door, but the door was not opened.

Condemned by the European Community rules on health, the pie was ordered to be maintained at a maximum temperature of eight Centigrade degrees or taken off the market.

You may mess about with a Britisher's beer, but don't you ever criticize his custard pie! Special governmental intervention has ruled that the pies may come back on the market, there to stay but they must be sold the day they are baked.

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Program is searching for outstanding farmer

A national program is searching for an "outstanding young farmer" to represent the Pacific Region in 1991.

The Outstanding Young Farmer Program is a national program operated by the Canada Jaycees.

The objective of the program and its sponsors is to recognize the significant achievements of young farmers and their contributions to our communities. Each year young farmers are selected throughout the region to enter the program and go through a regional selection process.

From eight regions, three honourees are presented with the W.R. Motherwell award at the national competition in recognition of their outstanding achievements. The award is named after Dr. William Richard Motherwell, Minister of Agriculture for Saskatchewan 1905-1918 and for Canada 1921-1930.

Judging criteria is based on progress in

agricultural career, extent of soil, water and energy conservation, crop and livestock production history, and contribution to the well-being of the community, province and nation.

Agricultural organizations, the Ministry of Agriculture, agriculture-related service companies, Jaycee units and individuals are encouraged to submit nominations themselves, and to promote the program.

Any farmer is eligible, provided he/she is between 18 to 39 years of age and derives a minimum two-thirds of his/her income from farming.

To obtain a nomination form or additional information, contact D. Keddy, Pacific Region Chairman, Outstanding Young Farmer Program, No. 219-1665 Nelson St., Vancouver, B.C. V6G 1M4 or collect at (604) 682-1269.

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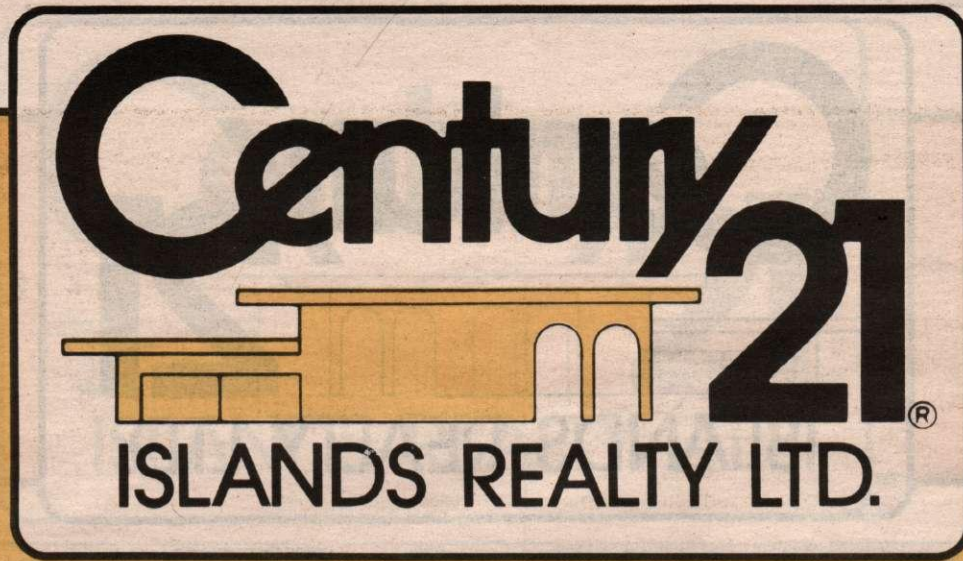
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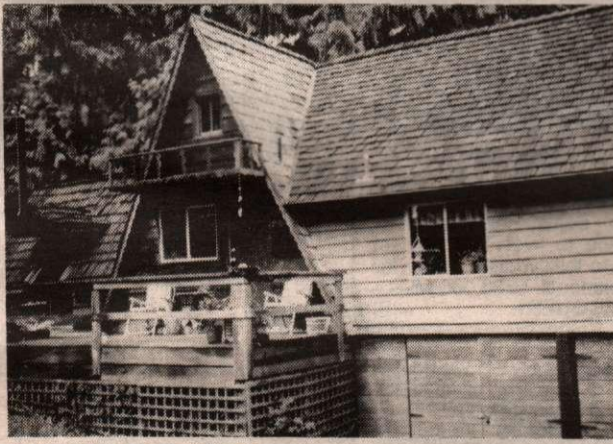
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Selected Properties

THIS WEEK'S FEATURED GULF ISLANDS LISTINGS



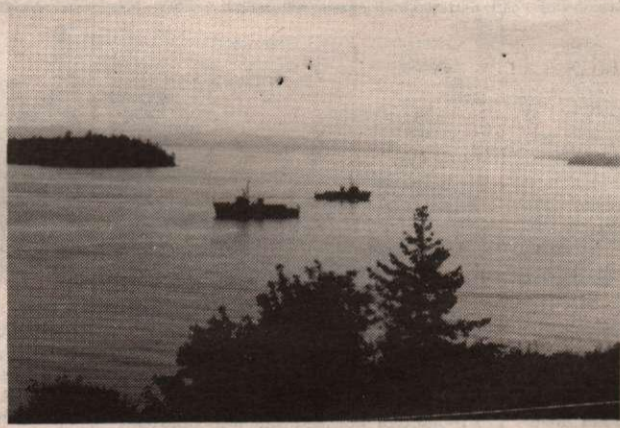
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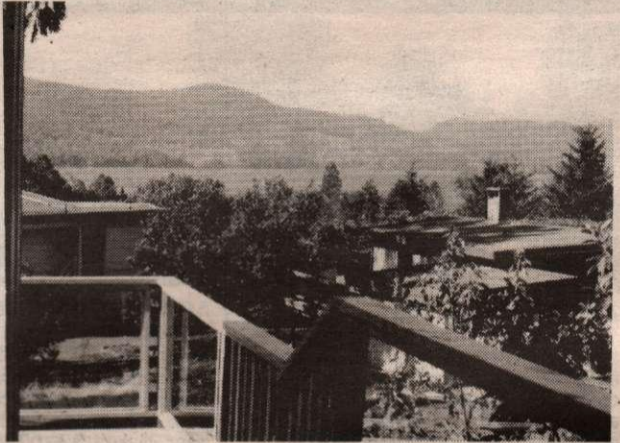
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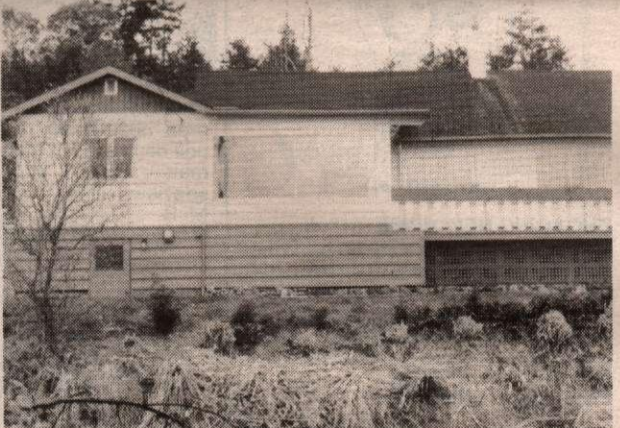
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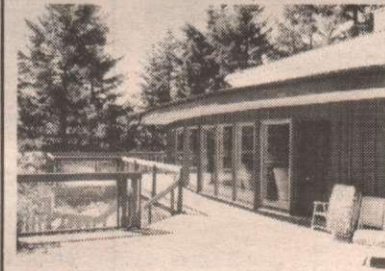
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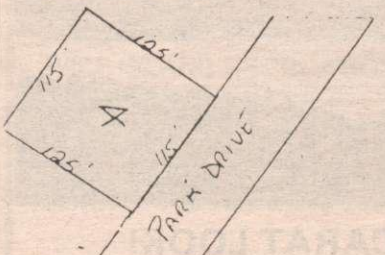
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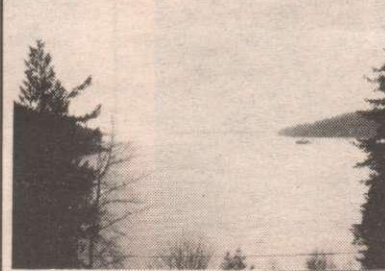
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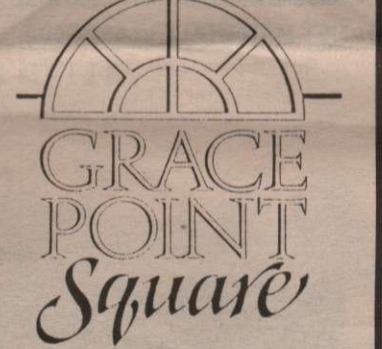
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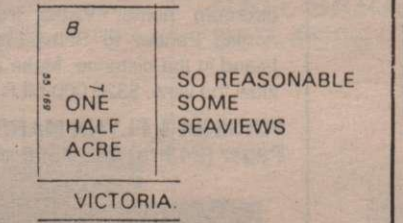
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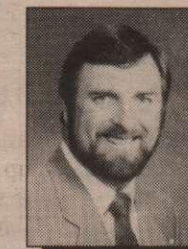
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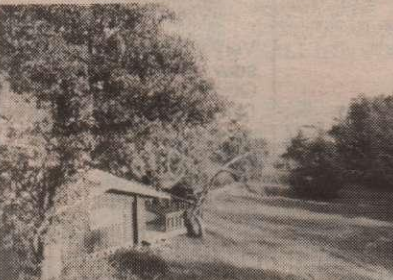
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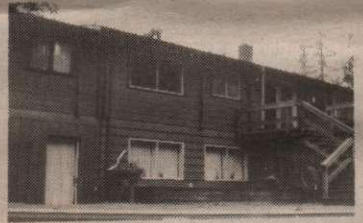
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ISLAND LIVING

When to apply hot and cold to injuries

A common mistake made by a person unfortunate enough to experience a musculoskeletal injury concerns the correct application of cold and heat.

By MICHAEL LAX
Salt Spring chiropractor

Until recently, traditional wisdom was to treat common soft tissue injuries, such as muscle strains or ligament sprains, with heat application. Medical evidence now suggests that cold or ice therapy may be more beneficial than heat when applied to certain kinds of injuries. In some soft tissue

injuries heat is still the preferred therapy.

As a rule of thumb:

• Cold is best to use when the injury is acute, meaning that the injury has occurred within 48 hours. An acute injury is typically characterized by heat, swelling, and usually, severe pain.

The heat and swelling is a direct result of the rapid influx of blood and overabundance of inflammatory cells into the effected area. Although repeated influx of fresh blood into an injury site speeds the healing process, engorgement by stagnant blood and prolonged inflammation of an injured area serves to inhibit tissue repair.

The pain is caused by chemical excitation of millions of nerve endings, in this case pain receptors, in the damaged tissues.

Why cold is best to use for an acute injury is threefold. First, cold application momentarily reduces blood flow into the injured area by briefly causing a reflex closing of the blood vessels. This is fol-

lowed by an automatic opening of the vessels, causing a dramatic influx of fresh blood. Repeated cold application in cases of acute soft tissue injuries is important because it creates a rapid flushing effect whereby old blood is drawn out of the area as new blood is drawn in.

Second, cold application will assist in the control of swelling by dissipating the accumulation of inflammatory cells. Finally, by dissipating the inflammatory cells, cold application removes the chemical irritant exciting the nerve endings. It also temporarily numbs these pain receptors, thus helping to break the pain-spasm cycle.

When using cold therapy, it is generally best to use either a flexible ice pack or a package of frozen peas. Both will mould to the shape of the effected area. The ice pack or bag of peas should be wrapped in a thin towel before contacting the skin.

INJURIES B11

RECYCLE

From Page B1

turned into plastic wood, but they are only being picked up in one place — Markham, Ontario — and they haven't been used for anything yet. Milk cartons are sent to Taiwan, where they are mechanically separated, and the plastic coatings are burned off, creating their own pollution of dioxin laden smoke and toxic ash (which is probably dumped in the Pacific).

Many manufacturers of laundry detergent now claim their packaging is made of recycled material. This isn't something new. The grey boxboard that houses detergent, virtually all breakfast cereals, cake mixes, even Jello Pudding, has always been made from recycled newsprint — that's why it's grey, not brown like cardboard — and although it is recyclable again, very few places accept it.

Plastic garbage bags don't stay exposed to light in landfills for more than a few hours to a few days, and once buried, they won't break down at all. Some bags, utilizing up to 60 per cent corn oil, and made from polyethylene, can break down to carbon and hydrogen molecules in a short period of time.

Polyethylene is by far the "best plastic" because it is made from carbon, hydrogen and ethylene gas, a naturally occurring gas that is a by-product of natural gas production. These bags aren't strong enough for trash and are used exclusively for picking up grass cuttings for municipal composting programs in about 400 towns and cities across North America. The bags break down as quickly as the grass.

Manufacturers of disposable diapers, probably the singly most-expensive, unhealthy and wasteful product ever developed, are also using the words biodegradable and recyclable periodically.

Proctor and Gamble, one of the biggest manufacturers, is doing test recycling projects where soiled diapers are, if you can believe it, hand separated, removing the plastic, and the remaining contents, and then composted. Not a job for the weak of stomach! In towns that have the facilities to compost sludge into topsoil (about nine per cent of North America) disposable diapers are available with the biodegradable plastic shell that truly breaks down, and the diapers are collected and mixed in with municipal sewage.

Environmentalists have far more problems with disposables than their biodegradability. They use up a vast amount of trees which is not healthy in places like B.C. where many mills are closing from wood supply shortages. As well, disposables allow five per cent of our sewage to end up in landfills instead of in sewage treatment facilities. Because babies receive so many inoculations (for mumps, measles, rubella, smallpox, etc.) and some of these are from live viruses, these diseases, through fecal matter, are being re-introduced. Polio has re-appeared in North America after having been all but wiped out years ago and disposables are cited as the reason.

Some cleaning product packaging says 100 per cent phosphate free, but this is far less important than biodegradability, and surprisingly few have this capability. If you look for a powdered laundry detergent that will biodegrade, you will find only two brands on the shelves that make this claim — one found at every grocer on Salt Spring is V.I.P. from Victoria.

While we're discussing cleaning products, you should also be aware of bleaches. Bleaches made from chlorine, which is most of them, destroy the necessary micro-organisms in waste water systems. If you have a septic tank, chlorine bleach is constantly destroying the vital "bugs" that are busy breaking down your own house septate and in a municipal sewage system, the same is true. Using borax, washing soda or hydrogen peroxide are the environmentally acceptable alternatives.

Tide with bleach utilizes powdered hydrogen peroxide, by the way, although it isn't biodegradable. Virtually all household cleaners and body care products like shampoo are not biodegradable.

Manufacturers of disposable diapers, probably the single most-expensive, unhealthy and wasteful product ever developed, are also using the words biodegradable and recyclable periodically.

The recycle logo is used on items like shopping bags and cardboard that are readily recycled — but it also appears on things that should have been printed on recycled paper.

I recently saw an Ontario government publication (on home composting) with the big recycling mobius loop on the back, announcing that the paper was "recyclable" — the only "for sure" in the recycle business — and an obvious faux pas for the Ontario environment ministry who issued the book on virgin stock.

Some cleaning product packaging announces biodegradability. This means, in the most widely accepted definition, that all the compounds will be broken down by micro-organisms to their most simple elements (to undetectable levels) within three to four days. If a product isn't biodegradable, it means that nature has a tough time dealing with it, because it stays in its original form for a long, long time (and sometimes makes matters worse by helping re-introduce heavy metals that had "settled out" or attached themselves to pipe walls, etc.).

Even motor oil biodegrades over a period of many years, but buying products that break down right away is a real plus.

One product that has raised much controversy is biodegradable garbage bags. By adding a small amount of cornstarch to a plastic bag (not replacing plastic — just adding starch — making the bag thicker), manufacturers have found that over a period of years, plastics can break down into smaller pieces. Whoopee!

Environmentalists first pressured the plastics industry to pull this magic act out of their bag of tricks. Once the bags were in the marketplace, they rightfully poo-hooed them, because those bags only break down into smaller pieces when constantly exposed to ultra-violet light (which is more properly known as photo-degradable).



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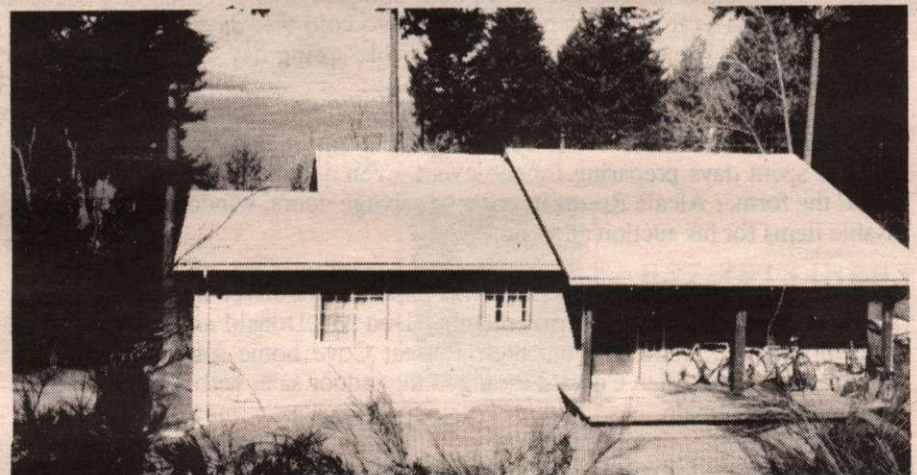
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ISLAND LIVING

Galiano Club names directors

Galiano Island's senior body — the Galiano Club — held its annual meeting recently with about 100 members in attendance.

By ALISTAIR ROSS
Driftwood Contributor

Positive reports describing 11 successful months were presented by president Bill Callaway, treasurer Ron Way, activities director Ella Johnston, waste resource and recycling group representative Deborah MacKecknie, and teen centre organizer Nancy Quist.

The membership voted to continue with hall renovations and raise funds for the development of a teen centre in the basement area underneath the present stage and washrooms. The teens themselves have, over the past year, helped in the excavation under that portion of the hall.

The treasurer announced the club has now been granted a charitable taxation status, so contributions to the hall, the teen centre, or to the club's newest venture, "The Save Mount Galiano Fund" can be claimed against personal income tax.

For the latter venture, a promotion of some Galiano Club directors, the club will act as holder of the funds for purchase, and issue receipts for taxation purposes: \$330,000 is the asking price for the Mount Galiano property (district Lot 9). A deposit of \$3,300 (private, not club funds) is securing the property against any sale for a four-week period in order to give the local fundraisers time to raise the remaining funds.

From the directors elected at the annual meeting, officers for 1991 were decided at a subsequent meeting of the newly elected group. President for 1991 is Bill Callaway; vice-president, Ann Duncan; secretary, Sydney Massie and treasurer Ron Way. The remaining directors' responsibilities are as follows: Robin Allen, liaison with the teen group; Arne Bell, educational

GALIANO ISLAND *Scene*

committee; Susan Friend, kitchen; George Harris, programs and happenings; Deborah MacKecknie, representative to the waste resource and recycling group; Janice Prevedoros, hall bookings; Lony Rockafella, Mount Galiano fundraising; Scott Rudolph, membership; and Fred Wilson, grounds.

Health care centre opening

Galiano's new health care centre will officially open Saturday, April 17, at 2 pm. The building, located on Burrill Road, is now complete and landscaping of the grounds is under way — 125 donated conical-growing cedar trees have been planted bordering the gravelled parking lot.

Donations of rhododendrons, azaleas, and other low-care plants and shrubs are requested for planting in a series of beds around the buildings and will be gratefully received. "Green-thumbed" volunteers are also needed to assist with planting.

At a recent meeting of the new health care executive the following table officers were elected: president, Bill Sashaw; vice president, Harry Stewart; treasurer, Gordon Ranson; secretary, Bea Robson. The other directors are Carla Cuthbertson, Wally Duncan, John Ince, Mimi Wishart and Art Wood.

Publication honoured

Phyllis Harris was pleased recently by a phone call and a new subscription for the "Active Page." The new subscriber was the provincial archives. Harris is doing a fine job as the new owner-editor of Galiano's monthly, it is generally agreed. She is devoted to her new interest and we all benefit from her hard work.

Hall maintenance

A pest control firm from Victoria was

recently contracted to eradicate carpenter ants at the North Galiano Hall. The old building (1927) has withstood the years well, but natural decay occurs. The community association hopes the eradication will help give their heritage building a few more years of useful service to area residents.

Scottish dance workshop

Rosemary Coupe, a Scottish dance instructor from Burnaby will visit Galiano on Saturday, April 20. Coupe will give afternoon classes to local people and their off-island guests at the activity centre. The classes will be followed by a potluck supper in North Galiano and an evening of dancing in the North Galiano Hall.

Now nearing the end of their winter season, the Galiano dancers, who number about 30, are taught at two sessions each week by Monica Roots, ably assisted by her husband, Walter.

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Modern antique sale realizes \$3,500 total

North Galiano's annual sale of modern antiques was a resounding success once again this year. Sandwiched between two cold wet days, the outdoor-indoor auction and sale enjoyed the best possible spring day — bright sunshine from dawn to dusk.

Credit for the success of the auction goes to Norm Russell and his helpers. Russell spent days preparing for the event, even assisting with the demolition job at the former Alcala Resort in order to salvage doors, windows and other reusable items for his auction and sale.

In the hall a table of sterling silver was popular. The silver was donated to the auxiliary by former Islands Trust member Don MacDonald and his wife Joan, who moved to Richmond, from their Retreat Cove home several weeks ago. Miriam Bings and Ellen Coward arranged the indoor sale, with much assistance both male and female.

A very successful bake table, arranged by Carla Cuthbertson and staffed by Madames Cook, Hamilton and Wike, sold out early, realizing over \$250. Outdoor food sales — with Bea Robson and Carolyn Canfield as "sandwich girls," assisted by hot dog specialist Bill Cook, and Joan, Gary, and Bonnie Newstead at the coffee urn — realized another \$184 towards the \$3500-total for the day.

Mentioned above were but a few of the more visible workers who helped make the sale a success, but there were many more — over 30 active that day and countless others who cooked, or donated from their basements and storage sheds — all to make the day a success.



2732 SOUTHEY PT.
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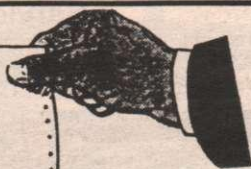
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HOUSES FOR SALE!



ISLAND LIVING

Fisheries announces lingcod restrictions

Federal Department of Fisheries recently introduced restrictions on lingcod catch for sports fishermen.

Catching lingcod in the Strait of Georgia and Johnstone Strait is limited to a season running June 1 to September 30. Minimum size for keepers is 65 centimetres (25.6 inches) and the daily limit is one with a possession limit of two. The annual limit is now 10 per person.

In a information circular on the restrictions, federal fisheries notes: "Anglers are urged to practise care when releasing undersized lingcod alive."

Hooks should be cut if they cannot be removed easily.

In other areas of the coast, sports fishermen can keep three lingcod per day with a possession limit of six.

Restrictions were introduced because of declining lingcod stock in the affected areas. In 1988, sports fishermen caught 66,000 lingcod; the catch dropped to 52,000 in 1989 and to 32,000 in 1990. Part of the decline last year has been attributed to a new minimum size of 52 cm (20.5 in.).

Sports limitations occur alongside closure of commercial lingcod fishing in the Strait of Georgia.

INJURIES

From Page B9

With most acute back injuries, for example, it is best to lie on your back with your knees up and the ice pack under you. The optimal length of time for icing is eight to 15 minutes, depending upon the depth of the injured tissues. Icing beyond this length of time can reverse the beneficial effects of the ice, and tissue repair may even be delayed. It is important to not ice again until the area has had time to completely warm up.

• Heat is best to use when the injury is chronic, and only minimal swelling is present. In these cases it is often most beneficial to alternate heat and cold (10 minutes each), always ending with the

cold. This helps to control unwanted swelling and increase circulation, both of which promote healing. Take care not to apply the heat at too high a temperature or keep it on for too long.

Remember that cold or heat is used as first aid and only as an adjunct to the healing process. After icing seek the care of a health professional to accurately diagnose the injury.

If you suffer from spinal pain it is a signal from your body that something is wrong. Your chiropractor should be consulted as soon as possible to determine the cause of the pain and the best means of eliminating it.



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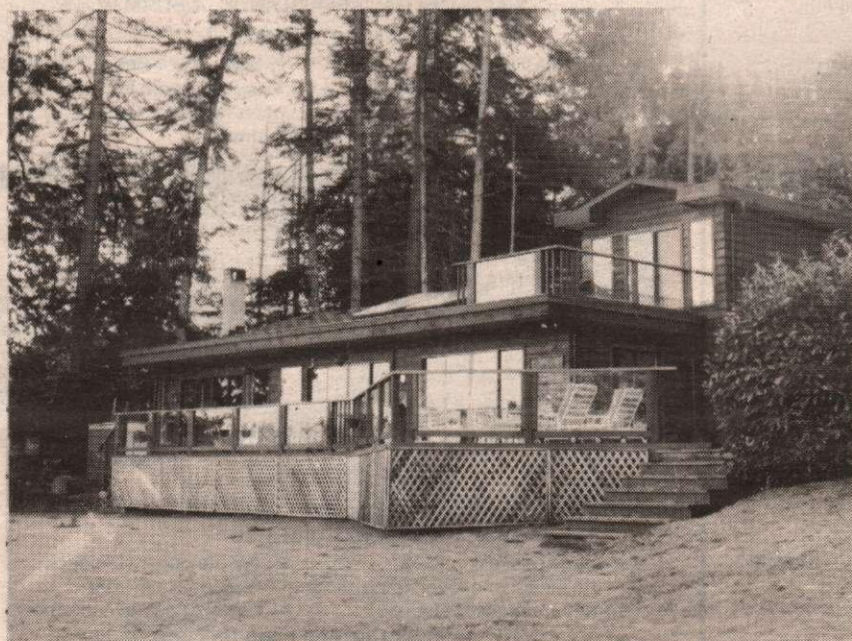
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Value! \$264,500



Contact Ed Davis - Waterfront & Island Specialist
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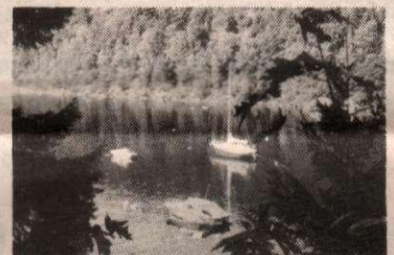
Three bedroom home on quiet road, close to town and golf course, 1800 sq.ft. living space in mint condition. Indoor garage, 16 x 20 and special hobby or home occupation room, 10 x 20. Landscaped lot, quality finishing and appliances. A best buy at \$175,000. Call Jessie.

PRIVATE ISLANDS
Group of two 240 acre & 3 acre not to be sold separately. Lovely bay, protected moorage. Many features. Located in southern Georgia Strait. \$1M - terms negotiable. Call Jessie for complete info.

VIEW ACREAGE
Treed 5 acre with driveway in. Year round creek and pond site. Lots of privacy. \$79,000. Call Jessie.



NEW LISTING!
OCEAN & MOUNTAIN VIEW DELIGHT. Comfortable 3 br, 2 bath log home on landscaped acre with outstanding Trincomali & mountain views. Sunny location with public ocean access nearby. Value - \$179,500. Call Ed.



DUCK BAY OCEANFRONT
Lovely .63 acre oceanfront lot located near the head of the bay. Beautifully treed, level lot with good ocean views. Summer moorage for the boater, exceptional opportunity to design and build your Island Oceanfront home. Fully serviced - Value \$179,500. Call Ed.



SEA FOREVER
Outstanding high bank oceanfront lot with newly renovated small cottage. ideal for weekend retreat, or comfortable living quarters while you build your Island Home. South & west exposure, View, View, View. Act quickly!! \$169,500. Call Ed.



PASTORAL SETTING
Adjoining large farms, 3 bedroom character home on 1.59 acres, piped water, quiet road. \$139,000. Call Jessie.

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Islands are Hot! And this one is a best Value Buy! 200 acres located just off shore from Port Hardy. Giant mussels, protected deep water bay, well treed, a superb investment in future fishing grounds, diving camp, etc. Just \$1750 per acre. \$350,000. Call Ed.

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FULFORD WATERFRONT

~~\$159,000 MLS~~

REDUCED TO \$149,000

The older 2 bdrm cottage would do for temporary accommodation while you build on the gorgeous view site looking S.W. down Fulford Harbour. On the water side of this .67 acre split by the road is a 20 x 30 workshop with double doors and studio/loft above.
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WHAT AN OPPORTUNITY!

To become one of Salt Spring's Restaurateurs. The Ship's Anchor restaurant and hotel in the hub of downtown Ganges is now available. Phone Henri Procter for details. Asking \$128,000 MLS.
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CHARACTER WATERFRONT HOME



This delightful older south facing, well-maintained 3 bdrm waterfront home has porches, patios and paths leading down to the water's edge and deep water year round moorage. There's a separate heated 825 sq.ft. studio/workshop, a garden with a grape arbour/greenhouse, fruit trees and a rose garden. This charming property is within walking distance of Ganges - or you could row! \$329,000 MLS.
CALL DAVID DUKE 653-4538

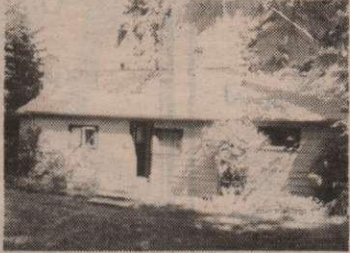
YOU CAN BUY JUST ONE SIDE



But both sides must sell simultaneously. 3 or 4 bdrms, separate laundry room, appliances, fenced garden, shed, piped water, sewer. First time buyers, this may be your chance.

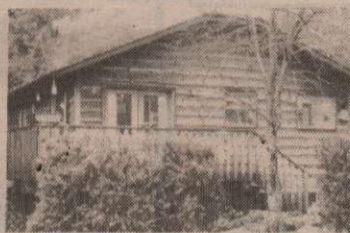
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A WONDERFUL WEEKEND WATERSIDE RETREAT



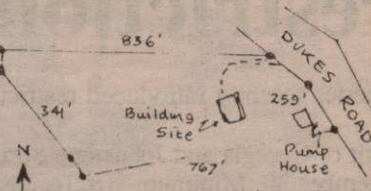
This older well-maintained 2 bedroom cottage is sited almost at the water's edge on Booth Inlet. There are good views down the inlet and wonderful summer sunsets. The land is flat, nicely treed, and very gently sloping to the water. There are a number of useful outbuildings which complete this exceptional retreat property. \$150,000 MLS.
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VIEWS OF MT. BAKER AND OUTER ISLANDS



Can be enjoyed from this comfortable family home. 3 bdrms, a large recreation room, separate dining room, 2 full bathrooms, loads of storage with the bonus of being heat efficient. Come see before spring is sprung! \$155,000 MLS.
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- hydro, water
- driveway in and building site cleared.
.91 acre - \$43,500 MLS
.51 acre - \$37,500 MLS.
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2.61 acres of sunny, private high bank waterfront. This property offers excellent year round moorage, views down Long Harbour over Maracaibo to Prevost Island. The driveway is roughed in and the well has a flow of 3 1/2 G.P.M. This truly is a beautiful property. Asking \$147,000.

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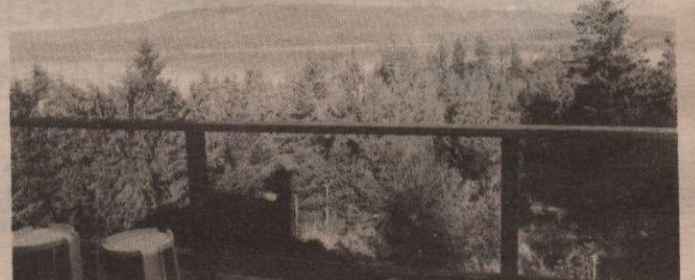
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- big bright family kitchen
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- superb new view deck
- open fireplace, 2 stoves

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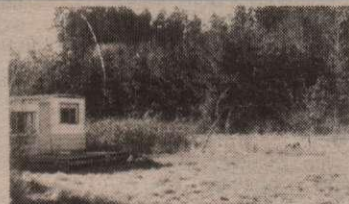


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\$175,000 MLS

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- 3 bedrooms, 2 baths
- family room
- garage/workshop 28' x 24'
- barn/workshop 21' x 28'

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~~\$175,000~~ NOW **\$168,900 MLS**

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- has operated as Bed & Breakfast
- quiet pastoral setting
- close to Ruckle Park

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- separate guest suite
- newly added conservatory

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