

salt spring island
DIGEST

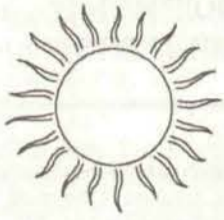
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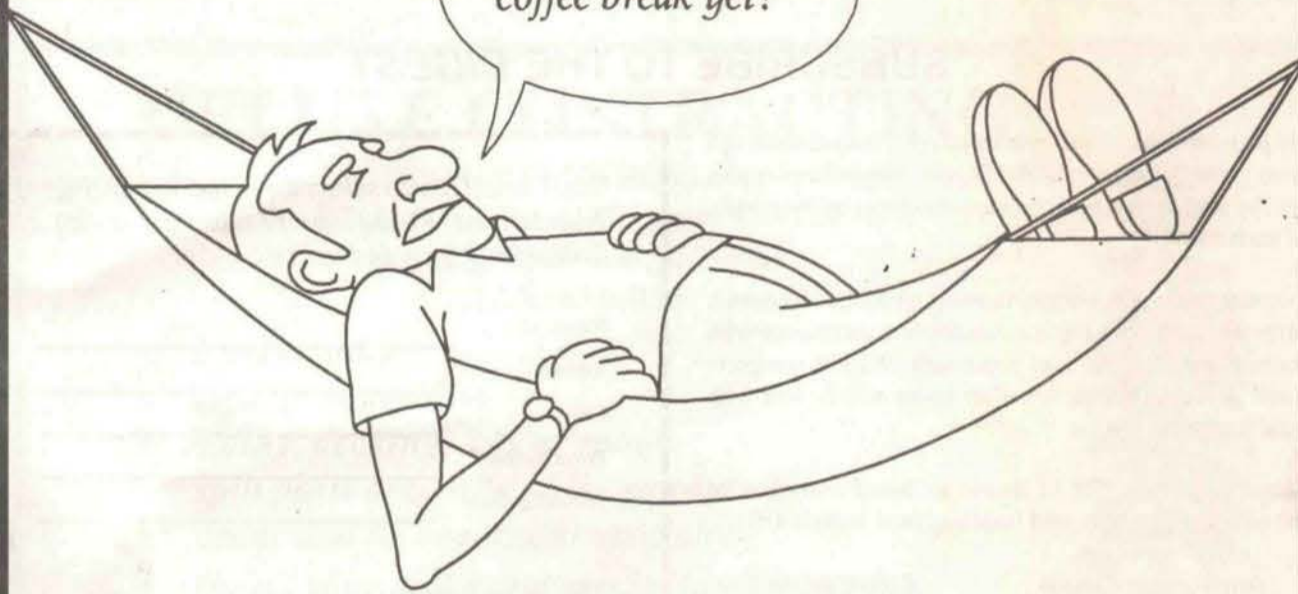
Including
GST

VOLUME #4

Sometime in June, 1991



Is it
coffee break yet?



*A typical summer
day on Salt Spring*

PRODUCED BY:
T.G. AGENCIES LTD.
#202, Upper Ganges Centre
PHONE: 537-4423
FAX: 537-2525

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TOOLS & EQUIPMENT
RECIPES
OFFICE EQUIPMENT
& COMPUTERS

NOTE TO READERS/ADVERTISERS
We cannot accept responsibility
for any errors or omissions

"digest"
v.t. Reduce to convenient form, classify, summarize, think over, arrange in the mind.
(from "The Pocket Oxford Dictionary")

SUBSCRIBE TO THE DIGEST

By popular request, we are now offering annual subscriptions to the Salt Spring Island Digest. Subscribers' copies will be mailed (in a personalized envelope) by the middle of each month.

Because this is only our fourth issue, we will, at the outset, offer the option of having a subscription commence with the next issue, or you may order back issues to complete a set! If requested, these earlier issues will be sent with your first subscription.

Subscription rates (for 12 issues) are based on the cost of the envelope, postage and handling (and include GST):

Anywhere in Canada	\$18.00/dozen
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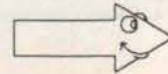
Please complete the order form opposite & mail to S.S. Island Digest, R.R.#3 Crofton Rd., C-45, Ganges, B.C. V0S-1E0 or drop off at our office, Suite 202 in the Upper Ganges Centre (across from the Government Building)

Yes, I would like to subscribe to the Salt Spring Island Digest! Please start the subscription with Volume # _____, _____, and mail to:

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INTRODUCTION

The SS Digest is an information guide produced by Salt Spring Island in tabloid format, using computerized publishing. The purpose of this publication is a combination of products, services and general information to residents of the island.

OBJECTIVE

Because the Digest is not a newspaper, it will not cover issues or events that are of a political, religious, or controversial nature, but will attempt to provide material that is useful or entertaining.

CONTENT

We intend to vary the Digest format monthly and continue to offer a variety of topics appealing to a wide group of readers -- ranging from community news to computers, food to finance, construction tips to much more!

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PROFILE

INTRODUCTION

The *SS Digest* is an information guide produced on Salt Spring Island in tabloid format, using computerized desktop publishing. The purpose of this publication is to offer a combination of products, services and general information to residents of the island.

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CONTENT

We intend to vary the *Digest* format monthly, but will continue to offer a variety of topics appealing to a wide group of readers -- ranging from community services to computers, food to finance, construction tips to cars, AND MUCH MORE!

CONTRIBUTORS:

To achieve a publication which is truly a "community effort", we will solicit submissions from all island residents for any non-advertising material such as articles, fiction features, humour, recipes, helpful hints, and any other topics of general interest. We will gladly accept any contribution which is in keeping with the objectives of the *Digest*.

PAID ADVERTISING

A variety of advertising formats will be offered to businesses catering to islanders, as well as classified sections available to individuals wishing to buy, sell or trade products and services.

FREE COMMUNITY SERVICE

In each issue, space will be reserved for local non-profit service organizations to submit information related to their activities, objectives, and upcoming events.

Susan Monahan & Terry Romeril
T.G. Agencies Ltd.

DELUXE CONTRACTING

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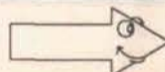
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The Salt Spring Island *DIGEST* conforms to no known rules, standards, or guidelines of the publishing industry, and is not copywrited or protected in any way. We welcome reproduction in whole or in part, in any language, of any material contained herein (they say imitation is the greatest form of flattery).

Please direct all inquiries concerning any aspect of this publication to the appropriate department as listed below:

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- COMPLAINT DEPT.** 537-4423, Loc. 208
Anyone willing to answer the phone
- REPORTERS** 537- or 653-????
S.S.I. Residents
- ASSISTANT TO ALL OF THE ABOVE**
Ardith Walker

DEADLINES FOR SUBMISSIONS

- Official Deadline**
Last working day of each month
- Unofficial Deadline**
The first Wednesday in each month
(unless it's after the first Friday of the month!)
- Salt Spring Time Deadline**
The first Friday in each month
- For Procrastinators Only**
The day after publication

NOTE TO CONTRIBUTORS:
We will attempt to publish all material submitted, but if we run out of space, your contribution may be featured in the next issue. (We will try to operate on a "first come, first serve" basis.)

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The Islander gets a call from his doctor with the results of his blood test.

"I've got bad news and some worse news," says the doctor. "The bad news is that you've only got 24 hours to live."

"Oh no," says the Islander. "That's terrible. How can it get any worse than that?"

"I've been trying to reach you since yesterday".

Island Mother to her Son (who moved to the "Big City")

Dear Son:

I am writing this slow cause I know you are fast.

We don't live where we did when we left. You see in the paper that most car accidents happened 200 miles of home, so we moved. I can't send you the last Islanders that lived here took the number for their next house so that they wouldn't have to address.

This place has a washing machine! But, they had four shirts in it, pulled the chain and haven't seen it. I took the two lids off. I got one hangin on the wall picture in it, and the other in the kitchen, we're chopping block.

It rained here only twice last week: three days the first time, and four days the second time.

About the coat you wanted me to send you; A coat it would be too heavy to send in the mail with buttons, so we cut them off and put them in the pocket.

We are some proud of your Daddy, he has got fifty people under him. He is now cuttin' grass cemetery just down the street.

About your sister; she had a baby this mornin' found out whether it's a boy or girl so I don't know if it's an aunt or an uncle.

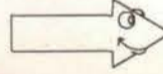
Your Uncle John fell in the whiskey vat. Son, I tried to pull him out but he fought them off and died. They cremated him and he burned for three days.

Three of your friends went off the bridge in the rain. One was driving and the other two were in the car. The driver got out, he rolled down the window and saw the other two drowned; they couldn't get the taillight.

Aunt Mabel is knitting you some socks. I have sent them by now but I told her that you need another foot since she last saw you so she has to knit one.

Not much more news this time. Nothing happened. Love Mom

Contributed by



Island Mother to her Son (who has moved to the "Big City")

Dear Son:

I am writing this slow cause I know you can't read too fast.

We don't live where we did when we left. Your dad read in the paper that most car accidents happened within twenty miles of home, so we moved. I can't send you the address as the last Islanders that lived here took the numbers with them for their next house so that they wouldn't have to change their address.

This place has a washing machine! But, the first day I put four shirts in it, pulled the chain and haven't seen them since. I took the two lids off. I got one hangin on the wall with your picture in it, and the other in the kitchen, we're using it as a chopping block.

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Your Uncle John fell in the whiskey vat. Some men tried to pull him out but he fought them off and drowned. We cremated him and he burned for three days.

Three of your friends went off the bridge in their pick-up. One was driving and the other two were in the back. The driver got out, he rolled down the window and swam to safety. The other two drowned; they couldn't get the tailgate open.

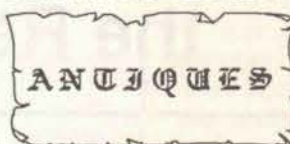
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Not much more news this time. Nothing much has happened. Love Mom

Contributed by Ron Wertman

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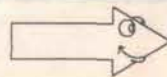


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Riding out the Recession

By: Bruce Foerster
ENGLAND SECURITIES LTD.
Upper Ganges Centre
537-4244

In the tough times of today's economic recession, what's your best investment strategy?

Let's assume you are a recession survivor - your job is secure and you'll continue saving and investing the same portion of your income every month. How can you best invest that income in recession conditions?

You can choose among three basic investment approaches. We'll call them aggressive, defensive, and long term - we'll try to point out the advantages and disadvantages of each.

Aggressive investors go for the most profit by trying to anticipate how the recession might affect various investments, such as stocks, bonds, commodities, real estate and foreign securities. Seeing a recession about to start, they might switch investments from stocks to bonds in order to lock in peak interest rates, and then reap capital gains as bond prices rise in response to a recession-induced decline in interest rates. When they think interest rates and the recession have bottomed out, they may switch from bonds to stocks, hoping to buy low and profit when prices rise with economic recovery. Or they might invest in real estate or commodity futures for the same purpose.

If aggressive investors are exceptionally astute, or lucky, they might become rich in the midst of the recession. Or they might go broke. But one thing is absolutely certain. The greater the potential profit, the greater the risk you must assume.

Consider a few examples. When interest rates hit 12% in 1980, some investors switched to bonds, hoping to

lock in peak interest rates and profit from a rise in bond prices as an anticipated recession dragged down interest rates. Instead, interest rates rose to about 20%, and bond prices fell. That's when some homeowners locked in five-year mortgages, expecting interest to keep going up, perhaps to 25%. Instead they fell. Investors who jumped heavily into the stock market last year expecting a continuing price recovery were hurt when prices fell by an average 13% on 17 out of 20 of the world's largest stock markets. Commodity investors who expected oil prices would explode with the start of war in the Persian Gulf in January got burned when prices instead fell from about \$31 per barrel to \$21. Risky, risky.

Now the opposite: **defensive investors** who at the first hint of a recession abandon stocks for the supposed safety of "cash equivalents": savings accounts, guaranteed investment certificates, short-term government securities and the like. These are excellent places to park your money for a few months, even a year or so. But as long-term investments, they usually offer pretty slim rewards. For any given period of time, in fact, the real rewards of such things as government treasury bills, after allowing for taxes and inflation, can be a loss, eating away at the real value of your savings.

Finally, **long-term investors** take recessions in their stride and stick to their game plan, neither cashing in their investments for the safety of a low-interest deposit account nor rushing out in search of big profits from depressed-priced shares and winding up with big risks. When you start an investment

program that will run 25, 30 or even 40 years, you assume that before you reach the end you'll go through both good times and bad.

The most important element in a long-term investment program is your **plan of asset allocation**, the mix of stocks, bonds and other investments best suited to your circumstances, risk tolerance and investment goals. You may modify your plan over time; gradually shifting, for example, from stocks to bonds as you approach retirement. And you might take advantage of the business cycle to make that shift, selling stocks after a prolonged period of economic growth to get good share prices, and buying bonds at the same time to lock in relatively high interest rates. But basically, investment changes will be driven by changes in your circumstances, not by changes in the business cycle. You'll be in control, instead of the cycle controlling you.

If you want sustained growth of your savings, your best bet is to consistently - through thick and thin - invest a regular amount of your income in a diversified portfolio of solid common stocks. And the most effective, worry free way to do that is to buy units of an investment fund (either a mutual fund or a segregated fund) run by investment managers with an outstanding long-term record. Or, nearing retirement, you might prefer a bond fund for greater short-term security. Or perhaps a balanced fund combining elements of both stocks and bonds. The important thing is to stick to your long-term plan. Ask us about an investment fund designed to meet your needs and objectives. And be prepared to **thumb your nose at the recession.**



Dear Fran
Flanders

Dear Fran:

I am a sixteen year old male student in a about my future career. I love working w and desperately yearn to be an accountant. Dad has always wanted me to be a ballet d. my Mom thinks I should be a truck drive her. How can I make the right choic hurting my parents?

Perplexed

Dear Perplexed:

Suggest to your parents that if you can accounting degree, you will drive truck ends and take dancing lessons in the even way, when you finish your education you three careers to fall back on, and with money you'll be making, you can even do tax planning.

Dear Fran:

We have friends who never had child own two Great Danes. Every time they insist that the dogs sleep on the bed with the guest room. What can we do? After all, v

Not a Kennel

Dear Not a Kennel:

Build a doghouse in the backyard, big er a double bed to fit in.

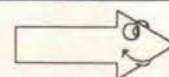
Dear Fran:

Please tell me what to do...every time new man, my best friend steals him away I'm afraid to say anything to her, because want to spoil our friendship.

Timid

Dear Timid:

What friendship?





*Dear Fran
Flanders*

Dear Fran:

I am a sixteen year old male student in a quandary about my future career. I love working with figures and desperately yearn to be an accountant, but my Dad has always wanted me to be a ballet dancer, and my Mom thinks I should be a truck driver just like her. How can I make the right choice without hurting my parents?

Perplexed

Dear Perplexed:

Suggest to your parents that if you can pursue an accounting degree, you will drive truck on weekends and take dancing lessons in the evening. That way, when you finish your education you will have three careers to fall back on, and with all of the money you'll be making, you can even do your own tax planning.

Dear Fran:

We have friends who never had children, but own two Great Danes. Every time they visit, they insist that the dogs sleep on the bed with them in the guest room. What can we do? After all, we're...

Not a Kennel

Dear Not a Kennel:

Build a doghouse in the backyard, big enough for a double bed to fit in.

Dear Fran:

Please tell me what to do...every time I meet a new man, my best friend steals him away from me. I'm afraid to say anything to her, because I don't want to spoil our friendship.

Timid

Dear Timid:

What friendship?

GOING AWAY?

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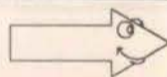
TIP FROM THE TOP

To improve your putting, spend as much time as possible on putts of 4 feet or less. The theory is that if you become good in that range you are basically covering most of the bases. If you hit a good shot to the green you can convert it into a birdie or eagle; if you hit a bad chip on leaving it way short of the hole and make the 4 foot putt you will save par.

To do this when you practice, spread 3 balls in line to the hole roughly 8" apart and putt each one to the hole. What you will find is minimizing backswing for control and then that forces you to accelerate putter to the hole which you will find will transform your putting stroke completely in a more positive fashion making a lot more putts, which will breed nothing but confidence.

The great tradition of golf has been on going for years, however some of the tradition I think is a bit impractical. When playing golf there is an expression "Ready Golf" meaning just that. If you are ready, proceed, however not at the risk of DANGER. Nowadays 4 1/2 - 5 hour rounds are not uncommon which is not necessary -- speed up play and let's all enjoy the game.

Contributed by:
Gordon Fergusson
Golf Pro
S.S.I. Golf & Country Club



SPA WATER CHEMISTRY

I. GENERAL NOTES

1. You must know the size of your Spa in litres as all chemicals are measured in metric.
2. Always pre-mix granular or dry chemicals when Spa water is unheated, add dry chemicals to water, not water to chemicals.
3. Spa water must be circulating during addition of chemicals and run for at least 1/2 hr. after addition.
4. Add small amounts in two or three doses rather than one large application.
5. NEVER use any chemicals other than those specifically manufactured for Spas and Hot tubs.
6. Always use your test kit, never guess, replace test kit reagents every year.
7. Operate your pump at least 4 hours every day to ensure adequate filtration.
8. Store all chemicals in a cool dry area. Keep containers closed and use correct caps.

II. PROTECTION OF EQUIPMENT

Use STAIN AND SCALE CONTROL* to protect metal parts from corrosion (eg. heater) and scale build up.

DOSAGE RATE

Initial fill up - 25 ml./1000 litres of water.

Maintenance dose - 15 ml./1000 litres weekly

* NOTE: All products are Bio-Guard Chemicals. Other companies use different names for similar products eg "Protect"

III. TOTAL ALKALINITY

T.A. is a measurement of the ability of water to resist changes in pH. An acrylic Spa should have a T.A. between 80-120 p.p.m. (parts per million). Use your test kit to determine T.A.

- TO RAISE T.A. use Balance Pac. 100 (20 grams per 1000 litres raises T.A. 10 p.p.m.)
- TO LOWER T.A. use Low N' Slow (acid) over a 4 to 6 day period at rate of 25 g./day. (25 grams of Low n' Slow lowers T.A. 10 p.p.m.)

Once T.A. is corrected it usually stays fairly stable. Addition of fresh water (make-up water) will alter your T.A. so check after addition of fresh water and/or weekly.

IV. pH

pH is the measure of acid or base in water - ideal pH is 7.4 - 7.6

- NOTE: a low pH is acidic
- a high pH is basic

Use your test kit to determine pH and correct pH daily.

- IF pH IS HIGH add Low N' Slow to lower pH.
- IF pH IS LOW add Balance Pac 200 to raise pH. Maximum one time dose of Balance Pac 200 or Low N' Slow is 25 g./1000 litres.
- Always correct total alkalinity before trying to balance pH. pH is a dynamic measurement and can change daily for a number of reasons - check daily.

V. SPA SANITIZATION

Total alkalinity and pH must be adjusted to allow sanitizer to work properly. USE ONLY ONE OF THE FOLLOWING CHEMICALS. DO NOT MIX CHLORINE AND BROMINE.

A. Chlorine (Granular)

- Use 35 g./1000 litres on start up
- Use 15 g./1000 litres daily (usually after bather use)
- Use 50 g./1000 litres for spa shock
- Use test kit to determine Cl availability (between 1.5 - 2 p.p.m.)

OR B. Chlorine (Tablets)

- Use an approved Chlorine Feeder (not free)
- Use 35 g./1000 litres of Granular on start-up
- maintain 1.5 - 2 p.p.m. using test kit

OR C. Bromine - 2 part system

- BIO-BROM (Bromine salt solution) must be Oxy-Brom
- Initial dosage 125 ml./1000 litres
- Maintenance dosage 30 ml./1000 litres per week up losses due to splash out and swimmer drain
- OXY-BROM (produces active Bromine when Bio-Brom)
- Initial treatment 125 g Oxy-Brom/1000 litres
- Daily (usually after bather use) 30 g./1000 litres
- Weekly shock with 125 g./1000 litres
- Use test kit to determine Bromine levels, active to 5.0 p.p.m.

OR D. Bromine (tablets)

- Use an approved Bromine feeder (not free)
- Use test kit to measure Bromine levels active to 5.0 p.p.m.

VI. WATER CLOUDINESS

Caused by tiny particles too small to filter out sanitizer levels are correct use Polysheen to clear

- DOSAGE RATE 10 ml./1000 litres. Do not


VII. FOAMING

Caused by oils and grease in water; usually stop when tub is on high speed, or scum line in corner

- DOSAGE RATE 10 ml./1000 litres.

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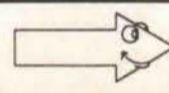
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OR B. Chlorine (Tablets)

- Use an approved Chlorine Feeder (not free floating)
- Use 35 g./1000 litres of Granular on start-up
- maintain 1.5 - 2 p.p.m. using test kit

OR C. Bromine - 2 part system

- BIO-BROM (Bromine salt solution) must be used with Oxy-Brom
- Initial dosage 125 ml./1000 litres
- Maintenance dosage 30 ml/1000 litres per week (to make up losses due to splash out and swimmer drag-out)
- OXY-BROM (produces active Bromine when used with Bio-Brom)
- Initial treatment 125 g Oxy-Brom/1000 litres
- Daily (usually after bather use) 30 g./1000 litres
- Weekly shock with 125 g./1000 litres
- Use test kit to determine Bromine levels, active level of 3.0 to 5.0 p.p.m.

OR D. Bromine (tablets)

- Use an approved Bromine feeder (not free floating)
- Use test kit to measure Bromine levels active level of 3.0 to 5.0 p.p.m.

VI. WATER CLOUDINESS

Caused by tiny particles too small to filter out. If pH and sanitizer levels are correct use Polysheen to clear water.

- DOSAGE RATE 10 ml./1000 litres. Do not exceed.

VII. FOAMING

Caused by oils and grease in water; usually shows as foam when tub is on high speed, or scum line in corners on low speed.

- DOSAGE RATE 10 ml./1000 litres.

WHEN TO CHANGE YOUR WATER

All chemicals added to a Spa remain in the water. They gradually increase a measurement called total dissolved solids. As T.D.S. increases, chemicals become less effective. Drain Spa every 4 months (or sooner if high usage). Clean empty Spa using Spa and Tub cleaner. NEVER USE SOAPS, BATH TUB CLEANERS ETC. Add fresh water and use initial start up procedure.

HOW TO CLEAN YOUR FILTER

- Remove filter at least once a month (more often under high usage)
- Hose off all dirt with garden hose. Do not rub or use high pressure spray
- Soak 24 hours in Strip Qwik (filter cleaner), wash off all chemical and replace.

Good Luck!

*Bob Ellison
Isles West Hot Tubs*

Why do Islanders have T.G.I.F. printed on their running shoes? "Toes go in first"!



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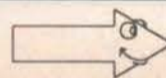
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AS I SEE IT

by Bryan Smith

During April of this year Soombo (she who must be obeyed) and I spent a delightful holiday in Tucson, Arizona. One evening I felt so tired that I decided to make an early night of it and retire to bed. I had put in a 'hard' day of swimming in a gorgeous pool of 85 degrees - reading newspaper, water-coloring, and a two hour piano bash at Foley's snooty restaurant on Broadway. To help the sleep process I began reading an article that was in the local "Arizona Daily Star". It was all about the tough taxes recently imposed by the Ontario Government on smokers. I tried hard to concentrate but it was hopeless.....

..... It is the year 2025. The civil war was still raging between the smokers and non-smokers.

In the dock stood a smoker. He had been captured by the NONS. The Clerk to the court rose to his feet "Ima Addict, you were caught red-handed - correction - orange fingered lighting up in a NONS Pub with the intent of murdering innocent people with your poisonous smoke and foul breath. How do you plead?"

"Not guilty, m'lord" he replied, as he rested his nicotine stained fingers on the

bar rail.

"Don't be a fool, you silly little man" said the Judge, "it would save us all a lot of hassle if you would alter your plea."

"No, m'lord. I plead the fifth amendment and Human Rights."

The Judge sighed. "Is anyone bothering to defend in this case." The defence lawyer hastily stood up. "I think my client would alter his plea, m'lord, if the charge be reduced to manslaughter. He contends that the NONS had the option of leaving the Pub and thus contact would have been averted."

The Judge looked towards the prosecuting counsel. "Do you go along with that?"

The P.C. rose to his feet. "Most certainly not, m'lord. He had deliberately invaded the fresh air of the establishment with the intention of killing off as many NONS as he could with LCS which, as your lordship knows, stands for Lung Cancer Smoke."

The Judge rapped with his gavel. "I find the accused guilty on all charges but before passing sentence - are there any mitigating circumstances in this case?"

The defending counsel cleared his throat. "Thank you, m'lord. If it pleases the court I would like to declare that Mrs. Ima Addict is here and I would like to put her into the witness box."

"So be it" said the Judge and Mrs. Addict stepped into the witness box. "Now, Mrs. Addict" began the D.C. "are you a smoker?"

"No, sir"

"Have you tried to persuade your husband to give up smoking?"

"Constantly, but he keeps on about his Human Rights and can do what he likes in his own home. Nearly all of our friends refuse to visit us and the children are constantly coughing and crying to be let out to play in the fresh air."

"So why don't your leave him?"

"Well, sir, except for his smoking he's a good provider and is hurt that the children complain of his bad breath and won't go near him."


The Judge intervened. "I've heard enough" and he turned to the accused. "I hereby sentence you to a year's detention at a NONS Rehab Center where there are strict measures to cure you of your addiction. For the first week or so you will be escorted to a sealed room with no windows and for four hours endure the companionship and smoke filled air with a group of chain smokers who have been declared hopeless to cure. You won't be allowed to smoke and the addicts will suffer severe penalties if they allow you even one puff. No matter the weather

lunch will always be served in the fresh air outside. In the afternoons you rejoin the addicts and a film is shown. It is called "The Boys" and is all about a script-writer who is dying of lung cancer because of his close association with his fellow co-laborator who is a 3-pack a day man. The film goes on to illustrate the remorse of the chain smoker, who, in effect, is the cause of the subsequent death of his partner.

Following supper you are given the chance of rejoining the addicts or retire to your cell. After perhaps a week or less, and it's entirely up to you, your case will be reviewed. If you request longer periods of fresh air it will be carefully considered. Good bye Mr. Addict, and I hope I never see you again".....

....."Wake up, Boogie". Soombo was hovering over me with a cuppa, as I awoke from a fantastic dream - OR WAS IT??

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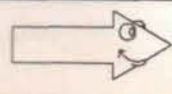


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CANADA'S FINISHING

lunch will always be served in the fresh air outside. In the afternoons you rejoin the addicts and a film is shown. It is called "The Boys" and is all about a script-writer who is dying of lung cancer because of his close association with his fellow collaborator who is a 3-pack a day man. The film goes on to illustrate the remorse of the chain smoker, who, in effect, is the cause of the subsequent death of his partner.

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....."Wake up, Boogie". Soombo was hovering over me with a cuppa, as I awoke from a fantastic dream - OR WAS IT??

A Variation on a "Meal in a Box"

as told by Jim Smith

When the recipe for Macaroni & Cheese appeared in Volume 2 of the Digest, a lengthy discussion ensued amongst a group of friends about how no matter what you did to it, the "instant" version of this old standby always tasted the same. A few days ago, Jim Smith announced that he finally came up with a way of making it taste different. Here it is.

In a casserole dish, combine about 1/4 cup finely chopped onions, a can of tomato soup, 1/2 a can of milk, a bunch of grated cheddar cheese, and a

little cayenne pepper.

Meanwhile, open the "meal in a box" and cook the macaroni noodles according to package directions. When they are tender, add them to the casserole dish.

Add salt & pepper to taste.

And now...the piece de resistance! With scissors or any other sharp instrument, snip open the package of powdered cheese, carry it carefully to the bathroom, and flush it down the toilet!

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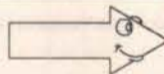
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Who ever said "I'd Rather Be Sailing"?
(definitely not my husband!)

Every time my husband and I went sailing, we had less than ideal conditions, and I couldn't convince him that when wind and weather were right, it was a unique experience that could never be equalled in a power boat. The closest he came to understanding (and to sinking the boat!) was on a short jaunt between Salt Spring and Bedwell Harbour.

When we left Ganges Harbour, the wind was strong and "in our teeth", and since we were feeling slightly injured from having a little too much fun the night before, we decided to motor for awhile instead of beating into the weather for the duration. However, about half way to our destination, the motor coughed a few times, and we noticed that we were frighteningly short on fuel. Since I had only moored under sail a few times when the wind and current were totally predictable, I decided to save our gas for docking, and therefore, up went the main and the jib, and we started tacking our way to Pender.

I could see that my husband was exhilarated by the apparent speed and heel of a close-hauled course, and thought I might be able to convert him yet. I babbled a running commentary on the finer points of sail trim, how to read the telltales, and how to take advantage of gusts to come up closer to the wind. He casually asked how far over the boat could heel safely, and I told him that I'd had water running up the headsail at times. After awhile, "nature called", and I put him in charge of the helm while I went below to use the head.

Suddenly the boat started to heel over further and further, until I was forced to brace my feet against the vanity to keep from sliding off! As quickly as I could, I struggled back into my jeans and staggered at a crazy angle through the cabin to the companionway. As I crawled into the cockpit, my husband sat there with a grin from ear to ear and exclaimed "I've got this sucker doing 8 knots"! Noting our position, I realized that he'd come so far off the wind, we were losing ground instead of gaining, and I shrieked "What are you doing!?" He replied "I'm trying to get water to run up the sail". I suddenly realized that when I'd made that comment, I forgot to mention that it was when I was flying a 170 "deck sweeping" genoa, not a cutaway jib.

Once we resumed course and were back to a more normal heel, he seemed to lose interest. I suppose it's my own fault for dashing his ardor on that occasion, because never again did I see him show as much enthusiasm over the joys of sailing. I guess it's just too tame for some people.

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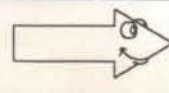
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Just a Beer Parlour?

From the Column "One Man's Opinion" by Gord H...
Times Colonist

The Royal Canadian Legion is looked upon, merely a big name beer parlour. I refute the notion that it not have a personal axe to grind by so saying, in my 40 years of membership in the legion.

The Pacific Command of the legion has 175 battalions, something in excess of 108,000 members and does a lot of good for the community, I give you a list of past activities.

In 1989 the Pacific Command handed out \$200,000 in bursaries, plus a further \$12,000 in special education grants.

Over \$300,000 was given to physical fitness programs of teams in hockey, soccer, Little League, lacrosse, field, etc.

From the annual poppy fund, \$785,000 was donated to ex-service personnel and their dependents.

Sponsorship of over 5,000 cubs, scouts, guides and provision of a full-time provincial service by ex-service personnel and dependents.

In 1989, 158 ladies auxiliaries (with 9,800 members) better than \$3 million and supported many deserving projects, including hospitals, the Red Cross and other projects.

A constant donation program of special equipment, furnishings to hospitals, plus extras such as telephones and buses.

Teams of legion members and ladies auxiliaries regularly visit veterans in hospitals.

Provides \$50,000 per year for support of the medical department of family practice at UBC. Over 200 family doctors have benefited since the inception of this program in 1971. Complementary funding of \$50,000 a year for a geriatric division at UBC.

Gives \$12,000 a year to sponsor school student dance at the Encounters with Canada youth festival.

Provides an annual grant of \$10,000 to send athletes and coaches to a legion-sponsored national camp.

You must admit it is an impressive list of activities that debunks the notion the legion is nothing but a beer parlour.

Printed at the...
Legion Branch

Just a Beer Parlour?

From the Column "One Man's Opinion" by Gord Hunter
Times Colonist

The Royal Canadian Legion is looked upon, by some, as merely a big name beer parlour. I refute the notion and do not have a personal axe to grind by so saying, in that I gave up membership in the legion 40 years ago.

The Pacific Command of the legion has 175 branches with something in excess of 108,000 members and to prove they do a lot of good for the community, I give you a rundown of past activities.

In 1989 the Pacific Command handed out \$200,000 in bur-saries, plus a further \$12,000 in special educational grants.

Over \$300,000 was given to physical fitness - sponsoring of teams in hockey, soccer, Little League, lacrosse, track and field, etc.

From the annual poppy fund, \$785,000 was distributed to ex-service personnel and their dependents.

Sponsorship of over 5,000 cubs, scouts, guides and cadets.

Provision of a full-time provincial service bureau for all ex-service personnel and dependents.

In 1989, 158 ladies auxiliaries (with 9,800 members) raised better than \$3 million and supported many deserving charities, including hospitals, the Red Cross and local branch projects.

A constant donation program of special equipment and furnishings to hospitals, plus extras such as television sets and buses.

Teams of legion members and ladies auxiliary members, regularly visit veterans in hospitals.

Provides \$50,000 per year for support of the department of family practice at UBC. Over 200 family doctors graduated since the inception of this program in 1978. Also, supplementary funding of \$50,000 a year for a community geriatric division at UBC.

Gives \$12,000 a year to sponsor school students' attendance at the Encounters with Canada youth centre in Ot-tawa.

Provides an annual grant of \$10,000 to send young B.C. athletes and coaches to a legion-sponsored national athletic camp.

You must admit it is an impressive list and certainly debunks the notion the legion is nothing but a high-class beer parlour.

Printed at the request of
Stan Wakelyn
Legion Branch 92 Member



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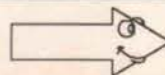
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Painting Tips

By Kevin Marks

Trim - interior (new construction)

After the drywall has been painted one of the next steps is to concentrate on preparing & painting trim.

Preprimed trim

Fill all nail holes with a 'onetime' of 'featherlite' type filling compound. Caulk all gaps between baseboard and walls, door frames and trim with latex caulking. Wipe excess off with a damp rag. (Caulking will give you a neater edge and reduce shadow lines)

Spot prime caulked and filled areas. As a general rule use the wall paint to overcut caulked areas and for spot priming filled and sanded nail holes. Resand when paint is dry and cut in with finishing paint.

Unprimed trim

Follow preparation steps above but prime with alkyd primer. Sand when dry, use wall paint to overcut caulked areas of base. Cut in with finishing paint.

Types of paint for finishing coat

Alkyd paints generally stand up to better wear on trim and base. Use a good quality eggshell of Semi gloss finish.

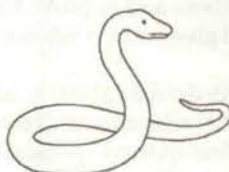


At
Grace
Point
Square

MIXMASTERS



et cetera



Two men are hiking in the woods when one of them is bitten on the derriere by a rattlesnake.

"Wait here," says his friend. "I'll go into town to get a doctor."

He runs ten miles into town and into the doctor's office.

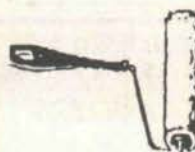
"Quick, doc, my friend has been bitten by a rattlesnake. You've got to help."

"I can't leave," says the doctor. "I've got to deliver a baby. But I'll tell you what to do. Take a knife, cut a little X in each of the puncture wounds. Then suck the poison out and spit it on the ground until it's all gone. That should do it."

The man runs ten miles back to his friend, who is writhing in pain.

"Well," he asks, "what did the doctor say?"

"He says you're gonna die".



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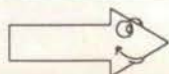
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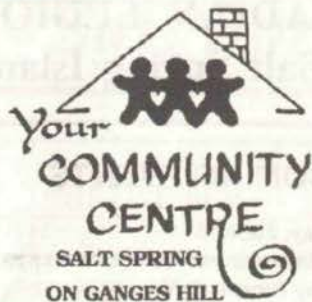


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S.S.I. Community Society

experienced in working with mentally handicapped adults or interested in this field of employment and consider yourself a people person, please contact us.

The family Enhancement Program continues to provide "no fee" counselling/therapy services to Pender, Mayne and Saturna Islands. John Hayashi is replacing Betty Walker who has moved to Kelowna B.C. He has a Masters degree in counselling and is a general practitioner helping clients with emotional crisis, loss, personal development, parenting and relationship difficulties. In addition he has a special interest working in areas of family violence and adult survivors of childhood abuse.

Thank you to all those who expressed interest in volunteering with the youth centre. We have decided to postpone the training to September. People who are interested in becoming involved with young people in this way, please contact Wendy Fields or Susan Krug at 537-9971.

Recycle

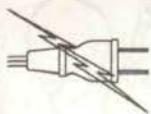
The Salt Spring Island Recycling Depot and drop box is located on the corner of Lower Ganges Road and Park Drive. The drop box accepts newspaper, glass bottles and cans and is operated by Laidlaw through a contract with the CRD. Programs such as baling cardboard, office paper pickup service, composting workshops, tourists' recycle bins and education are co-ordinated by the Community Centre through a grant from the Federal Partners' Fund.

If you would like more information or want to arrange an appointment call John in Victoria at 592-7205. You can also leave a message with the Salt Spring Community Centre 537-9971 or the Health Centres on Pender, Mayne or Saturna Islands.

Residence for the Mentally Handicapped

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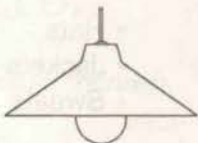
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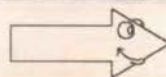
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Branch 92, Salt Spring Island

LEGION DONATIONS

You may have read an article elsewhere in this issue which outlined some of the worthwhile causes supported by Branches of the Royal Canadian Legion. Following is a list of some of the donations made over the years by Salt Spring Branch 92.

- S.S.I. High School Bursary
- Pacific Command Bursary
- Guides & Scouts
- Variety Club Telethon
- Timmy Telethon
- Multiple Sclerosis Society
- S.S.I. Soccer Association
- The Christmas Ship
- C.N.I.B.
- S.S.I. Minor Baseball
- S.S.I. Achievement Centre
- S.S.I. Community Food Bank
- Bessie Dane Hospice

ANNOUNCEMENTS

FRIDAY NIGHT DINNERS will be temporarily suspended for the summer, giving the Ladies' Auxiliary a well deserved rest. The last dinner until fall will be on Friday, June 28th.

ORGANIZED DARTS & SHUFFLEBOARD will not be running during the summer, but the sports facilities are still available to members & guests for their own entertainment & pleasure.

FRIDAY & SATURDAY MEAT DRAWS will continue throughout the summer.

BRANCH REORGANIZATION. The Branch 92 facilities have been remodelled - come in to enjoy our large, comfortable lounge (with dance floor), OR fully equipped games room.

COMING EVENTS

Saturday, June 15
Steak Barbecue (served from 6:00 p.m.)
Music by Parsons & Young

Saturday, June 22
English style Fish & Chips (served from 6:00 p.m.) Music by Parsons & Young

Sunday, June 23
Legion Car Wash to raise funds for the "Power Mower" needed to maintain our grounds. Located at Island Car Wash, Park Drive. Hours 10 am to 4 pm

Saturday, June 29
Official Opening of New Lounge
Steak Barbecue (starting at 6:00 p.m.)
Music by Les Four

Sunday, July 14
Zone Meeting, Cowichan Mid-Island, at 2:00 p.m.

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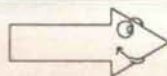
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LOCATION

Drop-in Centre at #102,
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10:00 a.m. to 4:00 p.m.

PHILOSOPHY

To keep seniors independent, as long as possible, in their own environment.

PURPOSE

To give information and personal service to SENIORS

SERVICES

VOLUNTEER DRIVERS

To drive to medical appointments on and off Island, for people who (upon request and after screening) need help to attend these appointments.

SOCIAL SHOPPING

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RESOURCE PERSONS

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REFERRAL ASSISTANCE

To other Agencies

SENIOR BUDDIES

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PEER SUPPORT

Giving personal emotional support to seniors in stressful situations, where listening is the keyword.

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PROGRAMS

A monthly program held every last Wednesday at 2:00 p.m. Guest speakers are invited to talk upon topics or a panel discussion is organized.

A weekly luncheon on Thursdays, starting at 11:30 a.m. to offer people the opportunity to meet, socialize, have lunch for \$2.50; and stay to play a game of cards, etc.

Workshops/Meetings on a regular basis with the different volunteer groups, where feedback is given.

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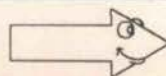
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The Reluctant Gardener

by Walter Davis

I met a rather interesting fellow a few weeks back named Derek Duffy, who writes a "gardening" column for the Island Grower. When I introduced myself I mentioned that I write a "non-gardening" column for the *Digest*. And now, once again, as it is the evening before publishing deadline, the Reluctant Gardener-Writer is wondering just how one can continue to make a "non" column as interesting as those columns where the writers are writing about their passions.

Now its not that I do not enjoy luxuriant gardens or lovely flowing landscapes - I most certainly do. It's not even to do with the fact that I'm somewhat lazy at times. It's just that with all the wonderful things to do and enjoy in life, unless one does have a particular passion for an activity, one should endeavour to produce the maximum result with the least effort. So it shall remain the intention of this writer to appeal primarily to those folks who like to have functional attractive outdoor spaces but who would rather spend their "outdoor" time on the golf course, the yacht, or entertaining friends.

But back to Derek for a moment, who some of you may know better as a singer in the local pubs. Has anyone noticed that there seems to be a whole lot of "Brits" working the landscape trades here these days? Now I understand that Irishmen do not like being called "Brits" but as far as I can tell, Ireland is still in the "British Isles", and besides, Derek did spend much of his life in England.

I've always had a rather prejudiced view of "the English Gardener" as this somewhat obsessed person running about the garden doing a whole lot of silly things for no apparent reason (at least not apparent to me). I've always supposed that this behaviour came about from a time when "gardeners" were wards of the estates on which they were born, and it didn't matter whether their activities were cost-effective or not, they were just "there" anyway. But I'm afraid my views may be undergoing a change, because I think that we have some real talent here. So besides Derek, who is obviously very talented in several areas, and has a good educational background in horticulture, landscape design and construction, I'd like to mention a couple of others.

First is Ian Hayes, who isn't really English either (He's a Scot) but he too survived a number of years in England. He's also not a "gardener". He is a professional arborist - a creature not often seen in these parts. Most of us are familiar with the


"Danger tree expert" or the faller-logger type, or the guy clipping hedges or pruning fruit trees. We may even know a "tree surgeon" or two. Well Ian does all of these things - and more.

One of the things he does particularly well is selective branch thinning. This is the perfect compromise for so many of us who would like to keep the trees, but would also like more sunlight. He'll go to the top of some skinny little tree, where even a squirrel wouldn't go, or stay on the ground and do selective clearing - all for the same very reasonable rate. And for hobbies? - he's a "Bungy Jumper" - honest!

His partner, Steven Mitchell, is a REAL Englishman. His hobby is marathon running (i.e. 26 miles), so if you want cleanup and disposal as well, you'll get a lot of "mileage" out of these guys.

Another Englishman of note is Simon Henson, who isn't a recent import, but rather a familiar face around these parts. Long term Islanders may know him through his former "Garden Rescue" business, as gardener-host of Hastings House, as an artist and sculptor, or seen him helping "do-it-yourselfers" at Gulfstream. He's now combining all of his talents and experience practicing as a Landscape Designer. I haven't seen his work yet but I suspect that it's quite good. What I do know for certain is that you'll get a sensitive and attentive ear and a very pleasant person to work with.

Even with professional training and 20 years experience in the trade myself, I still find it valuable to consult with others. So whether you have a landscape problem to solve or feel it's time to add a little something to enhance your lifestyle, I suggest that you give one of these guys a call. If you have any trouble reaching them give me a call at 537-4346 and I'll pass on their numbers.

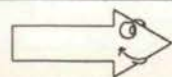


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EXCERPTS from the "Sidney and Islands Review"

FULFORD HARBOUR NEWS Friday, June 13, 1913

The development of the south end of the Island is still proceeding apace, for not only are fresh settlers arriving, but would be buyers continue to come and it is likely that before long all the bargains now in the market will be snapped up. Even as it is, the rise in land values is considerable. This was to be expected, as the district is so conveniently situated with regard to the Deep Cove terminus of the B.C. Electric Railway.

Mr. F.G. Aldous, P.L.S., has just left us for the second time within the last few weeks with a party of surveyors being engaged in subdivision work at Fulford Harbour.

According to present appearances there is every chance that Fulford Harbour will have a long felt want supplied in the shape of a first class hotel for the accommodation of visitors, tourists, and all desirous of enjoying the advantages we have to offer in the shape of boating, bathing, shooting, fishing, and the thousand and one other pleasures of country life and scenery for which we are becoming noted.

At the head of the harbour "The White House" as the new boarding house now nearing completion is called, will also soon be opened and should provide an attraction, as ample accommodation for visitors is assured.

GANGES NOTES Friday, June 20, 1913

The Agricultural Grounds were the scene of two most interesting games on Friday last, when the North Salt Spring cricket and baseball teams met the corresponding South Salt Spring teams. As it is a large ground, there was room for both games to be played simultaneously. The baseball game was very close and there was great excitement among the numerous supporters of the teams. The home team after playing extra time finally won by one point, the score being 16-15. The cricket match was a most enjoyable one, though the North Enders were easy winners chiefly on account of the fine cricket played by Messrs. Lang, Sharp, and Milne. Tea was dispensed by some kind hearted ladies during the afternoon, and the day ended with an impromptu dance at the hall.

PICNIC SOCIAL AT BEAVER POINT June 17, 1915

A very successful picnic social was held at Beaver Point, Salt Spring Island, by Mesdames A. & H. Ruckle on Saturday afternoon, June 12th in aid of the Red Cross Society. The very nice sum of Sixty-Seven Dollars was raised for the use of the Red Cross Society through the sale of luncheons and the various raffles and guessing competitions.

*Contributed by a local historian
(8 3rd Generation S.S. Islander)*

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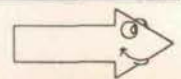
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Salt Spring Stars

by Bronwynn Elko

Lots of social action this month, as Mars and Venus join Jupiter in the sign of Leo. Party, party and lots of fun in the sun. Things are complicated somewhat by the fact that Saturn, party-pooper par excellence, opposes these planets all month as well. This translates into some tricky maneuvers, as we struggle to get things done, overcome obstacles, socially and in our careers. Many of us have been feeling stuck, like we're spinning our wheels, being dragged backwards or just plain frustrated.

All in all, June can be a passionate month, but, if we are reactive instead of reflective in our actions, we may wind up feeling even more thwarted than before. Saturn in this aspect to Venus and Mars implies we are responsible for the relationships we form and to the structures our sexuality creates. Aquarius and Leo get the most from this transit --- for better or worse. Scorpio and Taurus individuals need to watch it---- don't let your feelings get you into a situation you don't want or can't handle.

Lunar eclipse this month on the 26 of June will begin about 6:47 pm and peak at about 8:15 pm. Don't count on being able to see much. The solar eclipse on July 11 should be more spectacular, starting at 10:33 am and peaking around 11:22 am. This series of eclipses is in Capricorn (in June) and Cancer (July), escalating our concerns of home) family, tradition, political structures, or the failure thereof, eroding them and forcing us to face the reality of our situation.

Those born with Saturn in the early degrees of Scorpio (about Nov 53 - Sept. 54) may find this summer a hard taskmaster in terms of career, defining goals, limitations. Put your nose to the grindstone and hang in there. Saturn demands a lot, but in the end we are wiser and more capable of fulfilling our dreams.

Many people ask me just what astrology can do to help them in their relationships. By comparing the planets in each person's chart, the astrologer can help pin areas where special understanding is needed, where secret delights await (yes! you can know the hidden fantasies of your lover) your eager touch. Synastry (relationship astrology) helps define the purpose of our relationships, by revealing the essence and focus of issues likely to arise from the intercourse of the energies expressed.

Keep shining on and happy transits all.

Salt Spring Stars thrives on feedback and questions. Got a problem? Want to know if he/she is right for you? Write me direct:

Bronwynn Elko
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All I need is your complete birth data: Day, year, month, time, and location of your birth.

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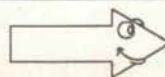
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Daffy Definitions

ACCORDIONATED (ah kor' de on ay tid)
adj. Being able to drive and refold a road map at the same time.

AQUADEXTROUS (ak wa deks' trus)
adj. Possessing the ability to turn the bathtub faucet on and off with your toes.

AQUALIBRIUM (ak wa lib' re um)
n. The point where the stream of drinking fountain water is at its perfect height, thus relieving the drinker from (a) having to suck the nozzle, or (b) squirting himself in the eye.

BURGACIDE (burg' uh side)
n. When a hamburger can't take any more torture and hurls itself through the grill into the coals.

CARPERPETUATION (kar' pur pet u a shun)
n. The act, when vacuuming, of running over a string or a piece of lint at least a dozen times, reaching over and picking it up, examining it, then putting it back down to give the vacuum one more chance.

DISCONFECT (dis kon fekt')
v. To sterilize the piece of candy you dropped on the floor by blowing on it, somehow assuming this will "remove" all the germs.

ECNALUBMA (ek na lub' ma)
n. A rescue vehicle which can only be seen in the rear-view mirror.

ELECELLERATION (el a cel er ay' shun)
n. The mistaken notion that the more you press an elevator button the faster it will arrive.

FRUST (frust)
n. The small line of debris that refuses to be swept onto the dust pan and keeps backing a person across the room until he finally decides to give up and sweep it under the rug.

PETONIC (peh ton' ik)
adj. One who is embarrassed to undress in front of a household pet.

*Contributed by a shy person
who prefers to be anonymous*



QUOTE: "And the second little pig built his house of sticks, thinking that would protect him from the wolf. But the Big Bad Wolf came along and he huffed and he puffed, and he blew the house down".

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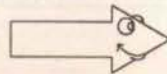
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**Behind the Scenes
at the Movies**

By Alberta Nye-Evans

As I stood in the dimly lit projection booth, the sounds of the equipment thrumming around me, I suddenly and completely knew that I was being possessed! I could feel it creeping over me, unseen, unheard, but definitely felt. Words lodged in my mind unbidden. Whole scenarios flitted across my inner vision, lurking there until such time as they could burst forth without warning.

I had seen and felt the warning signals for some time. The strange looks from people when words and phrases popped into the conversation. My sister, whose home I share, looking askance as I would burst into the room saying something like, "My name is Alberta. Do you see that I am happy today?", then dashing out again. Truth to tell, I believe now that she too is being possessed by the very same insidious thing that I am. As I came into the kitchen the other day I saw her pointing at the sink saying, "Bad sink, bad sink." Recognize any of this?? No? The THING that is possessing us is THE MOVIES!!! After seeing one five times, it becomes a part of you. Whole scenes demand to be played out, re-arranged, and released. Sometimes only a word or two will surface.

Hamlet had a most profound effect on our lives. A melon or a handy bowl can be scooped up at any time alas to become poor Yorick's skull. A blanket hastily taken off the couch or bed quickly becomes the distraught Ophelia's shawl to add a touch of drama to our words. When faced with a plate of spaghetti, we feel compelled to suck up a strand perhaps not quite as charmingly as Meryl Streep. We are working on perfecting that one!

The words fly around us waiting to be plucked out of the air and given voice once more..."Tatonka", "Kicking Bird", etc., etc. We talk to street signs hoping for the response that Steve Martin got! Who knows where this will lead?

We will be very careful not to bring back Spartacus or to get Godfather III, or we may be seen roaring around town in an open chariot with machine guns blazing! Since we do tend to modify these things, it is more likely that we will be in the Justy with the windows down and squirt guns at the ready.

If you should see us, please give us an understanding wave - we could be enacting your favourite movie scene!!

What a wonderful and exciting possession to have!!!!

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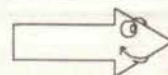
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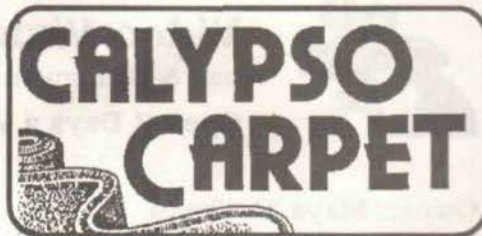
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et cetera



Oh no, it must be tourist season!



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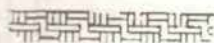
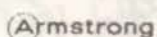
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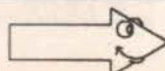
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Crab Bisque

Contributed by Sue Whalley

(Crab supplied by
M.V. Welbury Bay)

- 1 can Cream of Mushroom Soup
- 1 can Cream of Asparagus Soup
- 1 cup light cream
- 1 cup milk
- 1/3 cup dry sherry
- 1 tsp. Worcestershire sauce
- 6 drops Tabasco
- Sprinkle of white pepper
- 1 can drained & crumbled crab meat (or fresh)

Mix all ingredients, heat until steaming hot (not boiling). Serve immediately. Garnish with fresh parsley.

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Not another pig joke!

A tractor salesman is driving up to a farm when he is startled to see the farmer lifting a large pig up to the branch of an apple tree. As the salesman watches in amazement, the pig bites a large apple off the branch, whereupon the farmer gently puts the animal down and picks up another pig, who gobbles up his own apple. This goes on for quite a few pigs, until the salesman can no longer restrain himself.

"Excuse me," he says to the farmer, "but wouldn't it be easier to pick all the apples yourself and let the pigs eat them off the ground?"

"Might be," allows the farmer as he reaches for yet another pig. "But what's the advantage?"

"For one thing," says the salesman, "it would save a lot of time."

"Could be," says the farmer, "but what's time to a pig?"



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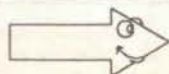
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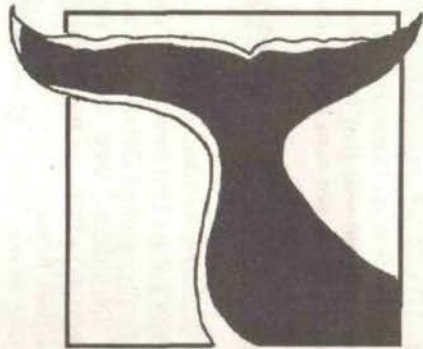
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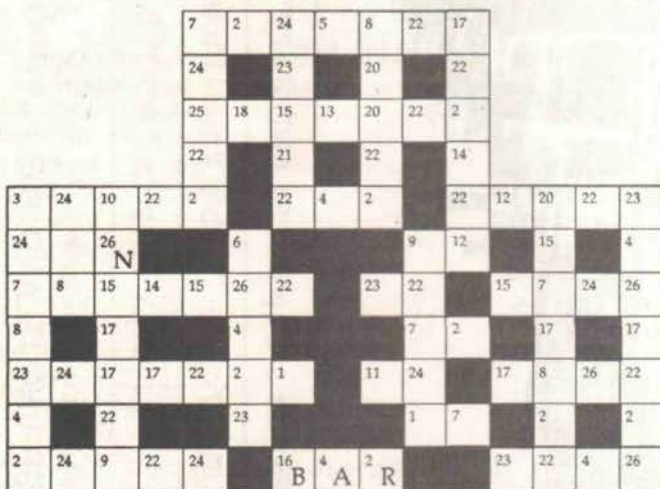
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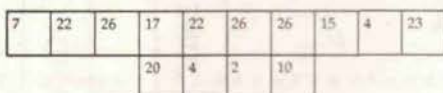
THE EQUALIZER

by Bryan Smith



This is a crossword puzzle without clues. The same letter equals the same number and vice versa, e.g. (as below): B = 18; A = 4; R = 2; N = 26, et al. All the letters of the alphabet have been used. Helpful hints: there are more "e"s than any other letter; a "q" must be followed by a "u". As you complete the puzzle, also fill in the letters of "A favorite spot on S.S.I." You may get the "spot" early on and then refer the letters back to the main puzzle. Have fun, and if you like this type of puzzle, please let me know -- I'm in the book.

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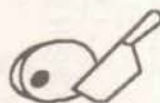
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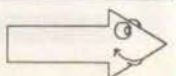
Tee Hee?

Two older gentlemen were sitting on a park bench when suddenly an elderly lady streaked by, quite naked. The first gent turned to his friend and said "What on earth was that"? Replied the second gentleman, "I'm not sure, but what ever it was, it sure needs ironing".

Contributed by Sue Whalley

Two Islanders decided to take a driving trip to Toronto for the first time. They drove for days and finally reached Ontario, but as they neared their destination, they saw a sign that read "TORONTO LEFT", so they turned around and came back home.

Contributed by Don Small



THE MORNING AFTER



If you're feeling a little fragile this morning, take heart. There is an international array of cures - if you can stomach them. The German cure is Bismarck Herring and a cold beer. "The rule is to fight the hangover with whatever you had to drink the night before," said Giseler Starck of Hamburg. "Not more than one beer, because that will send you right off again." The raw herring is pickled and should have been prepared six days in advance, seasoned with onions, pepper, salt and hot pimentos. It is gulped down cold from the fridge.

In Finland, the drinker takes a sauna bath to sweat out his hangover. Swedish sailors tie a piece of raw rolled bacon to a string and dangle it down their throats. This is also used as a sailor's initiation rite. The recommended cure in Spain is coffee with a very few drops of ammonia. If that's too drastic, add a pinch of coarse salt (We don't recommend this one!)

Spaniards also like camomile, jasmine or mint tea with a lot of lemon. The French believe that water - about seven pints over the day - is the best medicine. Or light tea and medicinal herbs. Russians are among those who believe in "a hair of the dog that bit you," known as "opokhmilitsa". Usually it's another glass of Vodka.

The above excerpt was borrowed from "Bob Whittaker's, the Hawaiian Cocktail Book". For Harry's hangover cure...see a trained professional at the Harbour House Hotel.

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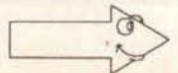
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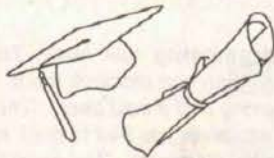
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Hancock, Saul
Hawkes, Jennifer
Heitzmann, Rhonan
Hock, Nick
Hood, Gina
Hutchison, Matt
Jenkins, Ian
Jorgensen, Phyllis
Konig, Tanja

Leavitt, Selena
Little, Deanna
Luker, Kristopher
Mackey, Chris
MacRae, Darren
Magnus, Bradley
Magnus, Duncan
Marcotte, Collette
Matthews, Jason
McClellan, Elizabeth
McGuire, Willie
Montrichard, Virginia
Morris, Clayton
Morris, Sarah
Mullin, Richy
Neff, Kerri
Page, Norman
Patella, Sanatana
Pinchin, Jay
Platts, Shandra
Proctor, Alison
Rasmussen, Demian

Reid, Tom
Rodway, Tammy
Roodenburd, Robbie
Rowe, Sharon
Ruckle, Darren
Sadler, Kella
Sampson, Kimberly-Ann
Sargeant, Glenn
Shoolbraid, Malcolm
Silverberg, Tony
Sonvisen, Signe Annie
Supina, Chris
Tallboy, Adam
Tompson, Justin
Trory, Tanya
Voegeli, Erica
Walde, Kirsty
Wales, Dominic
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Good Luck!

ISLAND CAR WASH



New Spring Hours

Tuesday to Saturday
10:00 a.m. to 5:00 p.m.
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Old Fashioned Hand Washing

Exterior Only \$10.00 Inside & Out \$15.00



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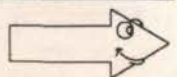
FAX 537-2525

PHONE 537-4423

Salt Spring Island
DIGEST

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Ganges, B.C.

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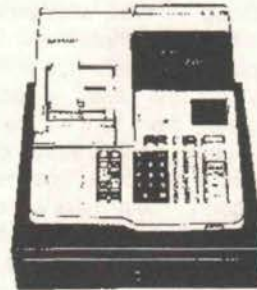
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*So, this is Salt Spring
Looks pretty laid back to me*



*Get me out of this
"big city" suit*



*Now I blend right
in! I'll just save the
suit for job inter-
views*



et cetera

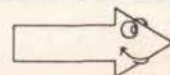
Salt Spring Book & Stationery

120 Hereford Ave. • Ganges

(604) 537-5115

Books • Stationery
Lottery Tickets
Nautical Charts

Open Monday - Saturday
9:30 - 5:30



The Joys(?) of Publishing

When we first decided to get involved in Desktop Publishing, we were told by one of the best in the business that the first thing we should purchase is a huge bottle of aspirin. "How tough can it be?" we thought. Well, after producing four issues of the *Digest*, our respect for others in the industry has deepened.

Our approach to publishing is someone different, in that we don't do any "cut and paste" -- each page is created on the computer screen, then sent to the laser printer to produce camera ready copy. Sounds easy, right? Well, not always. If a logo is involved, it has to be "scanned" then imported into the computer program. The artwork we receive for scanning varies, but the best reproduction originates from crisp black and white originals with lots of contrast -- some colours (particularly red & blue) do not work well, nor do FAX copies. And although the program has the ability to size scans, enlargement will result in a loss of clarity while reduction will improve it. Another limitation is that we can't do a very good job of photographs at all, because there are too many "shades of grey" for the scanner to reproduce -- that is why we are trying to use cartoon type pictures wherever possible.

Of course, articles and advertisements vary in size, and do not come in all at once, so planning completed pages can be quite a challenge. Furthermore, we must bear in mind that our finished publication must be in 8-page increments, so we can't just "throw in" another page or two at the last minute, as much as we'd like to sometimes. When we've finished the entire publication, the individual pages are sent to the printers, who lay them up on a 4-page grid for photography, then run them on a huge sophisticated press, cut, bind and box them, ready for us to pick up two days later. Then we start all over again on the next issue (how do people do this daily, or even weekly?)

What makes it all worthwhile are the Islanders who contribute the content, our loyal advertisers, and our (mostly) appreciative readers, but there are some drawbacks. The toughest part is that despite proofreading a minimum of two times, we still make mistakes (after all, publishers are only human), and mistakes create complaints. Just ask Susan Dicker-Lundy or Carol Simpson if they really enjoy answering the phone right after their publication hits the streets. The expression "you can't please everyone" takes on a whole new meaning in this business!

Does anyone know where we can buy aspirin wholesale?

The Editors

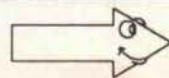
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...in the convertible 2-door Sidekick

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Brian Watson & Terry Romeril
537-2281 or 537-4423

On Vancouver Island: 1859 Island Hwy. in Colwood Dealer 6716

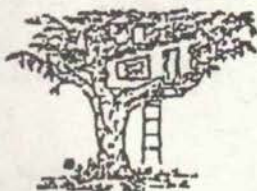
The Vesuvius Inn "plugs into" a continent-wide trivia game

I have never been a game player, and therefore, aside from admiring the technology, I was initially unimpressed by the new NTN Entertainment Network recently installed at the Vesuvius Inn. I was only interested in acquiring sufficient information about it to layup their ad for the June issue of the *Digest*. However, Manager Jim "Bones" Walsh convinced us to stay at least until the first "Countdown" game started so that we could see first hand how the system works. He had already explained that the box-like devices called "Playmakers" (provided free to the tables of Inn customers) are tied in via satellite to NTN in Carlsbad, California, as are similar devices in over 400 pubs across North America. The system allows patrons to participate in a variety of "two-way interactive" games, from trivia to sports, and to be rated against as many as 15,000 other participants across the country, playing at the same time.

It all sounded terribly confusing, but Jim very briefly showed us how to play the "Countdown" trivia game and we figured we may as well give it a try. When the game commenced, we were one of several tables at the Inn participating, and it only took a few questions before we were totally into the game and trying to score higher than the other competitors. How "Countdown" works is this... A trivia question will appear on the monitors placed strategically throughout the pub, and you are given five answers to choose from. You select your answer by keying in the corresponding number on your "Playmaker". The faster you can correctly answer the question, the more points you (or your team) accumulate. At the end of each round of 15 questions, scores are calibrated and the winner's name appears on the screen. Then the results are sent via modem to Carlsbad, and ranked with all the other pubs in the system.

Since we didn't score very well on the first game, of course we had to play a second to see if we could improve our standing. Then a third. By the time we left, we were well and truly hooked on this high tech trivia game.

Although we didn't get an opportunity on that occasion to try any of the other games available, Jim told us that sports fans can, through the NTN system, actually call plays in football, hockey and baseball games, while they are being played. Guess we'll have to brush up on our coaching skills before we can try competing in those leagues!

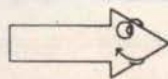


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Ganges, B.C. V0S-1E0

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So, You Think You're Smart?

If you are, you would be playing in the world's largest live trivia contest each night in the Vesuvius Inn. Through the use of our interactive satellite system, you compete for prizes against bar stool brains across North America.

The Whole Thing is Free, So Be Smart & Try It!

(P.S. You don't have to be Einstein to enjoy the challenge)

SPORTS

Match wits with pro coaches and players, predicting the action during live TV football, hockey and baseball games.

TRIVIA

Multiple-choice in nature, international in stature, NTN's live competitions fuel the trivia rage like never before

FEATURING

Played each Tuesday for network prizes, Showdown attracts thousands to compete in this "Cadillac" of trivia games.



VESUVIUS INN NEIGHBOURHOOD PUBLIC HOUSE

The Inn Weekend
Kitchen Entertainment

open from 11:30 am daily

537-2312



☆☆ COMING EVENTS ☆☆

Friday & Saturday nights, June 14 & 15
Charlie Wells

Saturday & Sunday Matinees June 15 & 16
The Barley Brothers

Sunday Afternoon Matinee, June 23
Rattle in the Dash

Vesuvius Inn Open Golf Tournament
Saturday, June 22 at the Golf Club

Long Drive Competition at the Inn
Noon, Sunday, June 23

Friday & Saturday nights, Aug. 5 & 6
Craw Daddy with Derek Duffy