

Vegetarians find there's life after salad



Photos by Graeme Thompson

VEGAN COOKIE: Yes, it's true. Vegetarians can eat sweets. Vicky Shackleton proved this to the satisfaction of the *Driftwood* office with her coconut oatmeal cookies.

Vegetarianism is not a religion for gourmet cooking instructors

By GRAEME THOMPSON
Driftwood Staff

While large numbers of people in various parts of the world suffer from acute malnutrition, North Americans suffer from over-consumption. Heart disease is the number one killer in Canada and the United States and more and more people believe that a diet rich in animal fat — meat, eggs, milk and cheese — is responsible.

But quitting "cold turkey" the habits of a lifetime is not easy unless, of course, you've signed up for a local vegetarian cooking class.

Salt Spring vegetarian gourmets Linda Dares and Randy Hooper are helping people learn to eat less meat by showing them how easy and tasty it is to eat more healthily. They are offering two free cooking classes to introduce the delicious benefits of eating animal-free.

"I don't make it political," Dares said. "Most of the people who come to the classes come because their health has required them to change how they cook and they don't know how to start."

"I don't make a vegetarian lecture. I don't want to proselytize. It's not a religion for me."

Dares may not lecture, but her convictions are strong.

"I became a vegetarian for health reasons," she said. "I started haunting health food stores and reading books. I changed my diet to include whole grains."

"One day, I decided I wouldn't eat any more meat. That was 16 years ago. I've had kids. I've breast-fed. I've never been very sick. None of the children have been very sick."

"I have an 11-year-old who has

never been on antibiotics."

Health is one of the most common reasons people are turning to vegetarianism in the 1990s. The environment, the ethical treatment of animals and the moral question of world hunger are also reasons people turn away from animal foods.

A book by sometime Salt Spring resident John Robbins, *Diet for a New America*, lists an astonishing number of diseases which are

'People think vegetarian food is brown rice and tofu.'

"commonly prevented, consistently improved, and sometimes cured by a low-fat vegetarian diet."

The list includes: strokes; osteoporosis; breast, pancreatic and ovarian cancer; peptic ulcers; kidney stones and gallstones.

Randy Hooper has felt the effects of a poor diet. At the age of 29 he had his gall bladder out because of gallstones. It is not as uncommon as one might think, but even that did not affect his diet.

But Robbins' book did, because of the connection it drew between Central and South American rainforest clearing and cattle farming.

"I lay down and read it from cover to cover," Hooper said. "I thought to myself I cannot call myself an environmentalist and watch them build dams and nuclear power plants and clear tropical rainforest when I can make one

simple change and stop eating meat.

"I can make a decision simply not to drink milk, eat cheese, eat meat," he said. "It is virtually harmless."

Dares said she has a girlfriend who eats vegetarian food for economic reasons.

"She has an awareness of world hunger and eats rice dishes . . . and donates the money she would have spent on meat to really hungry people in the Third World."

Dares and Hooper are not concerned with why people choose to eat vegetarian food or even whether they do all the time, most of the time or some of the time. They just want to show people how easy it is to make the switch.

"People think vegetarian food is brown rice and tofu," Hooper said. "What they miss when they stop eating meat is the richness of the food."

"That's why we teach cooking. We try to make vegetarian cooking just as fabulous as a meat-based diet."

Nobody — well, almost nobody — eats plain meat. People eat pork with apple sauce, lamb with mint sauce, and hamburger with almost anything. Vegetarian food also needs condiments and sauces and a switch to a meatless diet means learning about tofu, tahini, tamari, nutritional yeast, and nuts like cashews and almonds.

Ethnic dishes with their understanding of flavours that properly set off rice, bean and vegetable dishes are common in vegetarian diets. But western food does not have to be forsaken.

GOURMET C4

'Dramatic' changes in diets

One of the signs that vegetarianism is taking hold even in rural communities like Salt Spring Island is that there are so many places to get vegetarian fare. And Salt Spring may even have its own vegetarian delicatessen soon.

Vicky Shackleton has moved to Salt Spring this year just because she feels there is a market for vegetarian food. A New Zealander by birth, she has lived in Canada for 11 years and worked at the Green Door vegetarian restaurant in Ottawa before moving here.

"What I've experienced working in the industry," she said, "is that more and more people are becoming vegetarians because they are looking to their health."

"People I see are just changing their diet dramatically from the meat and potato and two veg."

The Green Door drew not only

DRAMATIC C4



VEGETARIAN CORNUCOPIA: Health food store owner Marjie Ensminger says there is a lot more on offer for vegetarians these days than there was 20 years ago.

'A new way to eat'

Salt Spring Natureworks owner Marjie Ensminger has been a vegetarian for 24 years and has witnessed first-hand the movement toward a healthier, vegetarian diet.

"I think it's great," she said. "Vegetarianism works for a lot of people."

"People come in. They're searching for a new way to eat. They want to change their diet and their lifestyle."

"They want to eat less processed food, more food in its natural state."

Gone are the days when vegetarian was a synonym for hippie. "It's really a wide range of people eating vegetarian now, from all walks of life," she said. "There is no more stereotyping."

"There are older people and younger people. Mostly they are baby-boomers aged 30 to 50."

"It is nice to see older people. It's a pretty drastic change. It opens up a whole new area for them."

Health food stores these days sell more than just brown rice. The

range of whole foods is growing as more people look for fresh organic food, herbs and vitamins.

"Soya has grown," Ensminger said. "All soy products from tofu to soy milk are popular, due largely to people getting off milk."

"We sell a lot of bulk grains," she said, and local organic produce as it is available.

Although Ensminger has been a vegetarian for many years, she is not as strict about her diet now as she once was. "I just wanted to stop eating flesh at the time. It was a statement. There were so many starving people in the world. So much land used to feed cattle."

Her rigid adherence to a non-animal based diet changed when her son was old enough to discover fishing.

"He loved to fish," Ensminger said. "But we always threw it back in. One day we decided not to and it felt OK."

For Ensminger and many others, the creed of vegetarianism has become a lifestyle.

Get away home!

On the Vancouver ferry is the map of the islands, identifying the Gulf Islands as the target for "Gulf Islands Getaway." The poster is lively and attractive.

But how can we enjoy a Gulf Islands Getaway, when we have already got away?

"To," of course, not "from."

Smoking again?

The mind always wanders back into its own recesses.

My mind reminds me of the day I was seeking employment. It was before the war and I was enjoying a completely irresponsible career of finding employment on a temporary basis. Today I can no longer recall the name of my prospective employer.

I went into his office and obediently sat in a chair. I was about 18. I pulled out a pack of cigarettes and asked this fellow who was supposed to be the answer to any casual prayers I might have had, "do you mind if I smoke?"

He was affronted and said so. I lit my cigarette and stood up.

There was no point in continuing the interview, I suggested, if he was about to prove himself an ardent opponent of smoking. I couldn't work in a smokeless atmosphere.

I wonder what I might have been today had I not smoked in my youth!

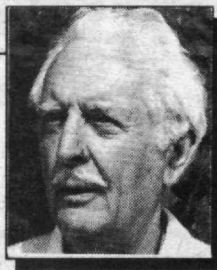
Hear, hear!

I wrote recently of the difficulty of hearing public address announcements in so many public places.

I went to Vancouver on the early-morning ferry one day last week.

to be
FRANK

FRANK RICHARDS



I could hear every word that was said over the vessels speaker system.

In future it is simply "mudbottom palace."

A royal event

It's better than 20 years since I took out a British Columbia second mortgage towards the construction of my house. In those days I was "we" and everything was jointly undertaken.

Today, the very idea of gaining a special mortgage in the amount of \$5,000 seems absurd. It would scarcely do more than buy the taps for the bathroom and kitchen. A score of years ago it represented between 12 and 20 per cent of the total cost involved.

For 20 years I have paid about \$40 a month against this mortgage, whose interest rate was then so low as to merit not buying it out. Until the last year or so.

Last week I received formal notice from the Bank of Montreal that my mortgage was paid up and with that notice came a release form.

The form transferred the property back to me from Her Majesty the Queen.

You know, until I got this letter I never knew I was so close to Queen Elizabeth as to be swapping property.

I am, forthwith, changing the name of my house. It is no longer to be termed "Mudbottom Flats."

Two ends of the same cord

Here am I, putting paid to a mortgage with royal overtones while the prospective new protest group in Quebec is resisting taking an oath of loyalty. I prefer my end of this royal cord.

At this British Columbia extremity the expiration of a minor mortgage is comedy. At the Quebec end of the tenuous cord is the speechless mime that is so essentially French.

Mind you, as long as Canada remains united I don't over much care about the specifics.

Road works

With all this paving going on on Salt Spring Island you'd figure that the election was provincial and not federal. As my welsh forebears might have observed, "That is posh for us!"

Not in October!

Here it was, the end of October and I was whipping out weeds in the garden! it's just that summer came late this year. It didn't miss us after all!



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Take Note

of these dates

- OCT. 1-DEC. 3: Kids Klub, ages 6-11, Community Gospel Chapel, 120 Drake Rd., 3:15-5pm
- OCT. 27: Ernestine White, ITC Reunion Dinner, Alfresco's, 6:30pm.
- OCT. 27: Presentation on "Preparation Crises" for Emergency, Seniors for Seniors Centre, 2pm.
- OCT. 28: Ralph Bell, Billy Graham Assoc., SSE Activity Centre, 7pm.
- OCT. 28: Fulford Hbr. Childcare Society AGM, Tree Frog Daycare 215 Southridge Rd. 7:30pm
- OCT. 28: UNICEF coffee party, 138 Castle X Road, 1-4pm.
- OCT. 28: SSI Weavers & Spinners, social/work day, Mahon Hall, 2:30pm.
- OCT. 28, 30, 31: Clarence Darrow, High School Drama room. 8pm.
- OCT. 29: Halloween Dance, Royal Canadian Legion Br. 92, 8:30pm-12:30.
- OCT. 29: Smorg. Royal Canadian Legion, 6pm Meadon hall, members & guests.
- OCT. 30: Golden Hands, Christmas Bazaar Luncheon, Croftonbrook. 11:30am.
- NOV. 3: Film-Daughters of de Beauvoir, United Church Hall, 8pm.
- NOV. 4: UNICEF coffee party, 150 Chu-An Drive, 10-3pm.
- NOV. 4: SSI Weavers & Spinners, general meeting, Mahon Hall, 2:30pm.
- NOV. 4, 5, 6, 11, 12, 13: Salt Water Moon, High School Drama Rm. 8:30pm.
- NOV. 8: UNICEF coffee party, 186 Roland Rd., 10-3pm.
- NOV. 10: Southern Gulf Islands Health Plan Committee, Lady Minto Board Rm., 8:30am-3pm.
- NOV. 11: SSI Weavers & Spinner, no meeting today due to the holiday.
- NOV. 11-14: Fabric Guild & Friends 6th Annual Christmas show & sale, above the Mobile Market & Barb's Buns, Thurs. 12-5:30pm, Fri. & Sat. 10am-5:30pm, Sun. 11am-4pm.
- NOV. 20: Anglican Parish of SS annual bazaar, Masonic hall, 10am-3pm.
- DEC. 3, 4, 5: Beaver Point Hall, 12th Annual Christmas Art & Craft Fair, Beaver Point Hall, Friday 5-9, Saturday & Sunday 10-5.

EVERY WEDNESDAY

- Seniors & Alzheimers support group, Seniors for Seniors bldg. 11am
- Archery Shooting, SSI Rod & Gun Club, 7pm.
- Playgroup for tots, Ganges United Church, 9:30-11am
- Line Dance, Meaden Hall, Legion, beg. 7-8pm/Int 8-9:30pm.
- Stamp Collectors all ages, Seniors For Seniors, 10am.
- Cancer Support Group meeting, Croftonbrook 10am.-12 noon (every 3rd Wednesday).
- GISS Parents Group, School Library, 7:30pm (2nd Wednesday of the month).

EVERY THURSDAY

- SSI Camera Club, photography classes, 172 Reid Rd. 7-9:30pm.
- Weekly luncheons, Seniors for Seniors, 2 seatings 11:30/12:30.
- Weight Control Hospital Basement 7pm, no charge everyone welcome.
- Yoga with Beverlee Lane, Saltspring Centre, 7:30-9:30pm.

EVERY FRIDAY

- Smiles Cafe, Ganges United Church, 12-1pm.

EVERY MONDAY

- Carpet bowling, lower hall, Central, 1:30pm.
- Story Time, Public Library, 9:30-10am (except holidays).
- "Bandemonium" G.I.S.S. band room, 7pm-9pm.
- French Conv. group, Library Windfall rm. 10am-12 noon (except holidays).
- Free blood pressure clinic, Seniors for Seniors 10-12noon (last Monday each month).
- Yoga with Heather Ferguson, Saltspring Centre, Blackburn Rd., 7-8:30pm.

EVERY TUESDAY

- 22 rifle shooting, SSI Rod & Gun Club, 7pm.
- Archery Lessons, SSI Rod & Gun Club, 4:00-5:30pm.

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Festival of Lights set for December 3

Short days and long nights mark December, but an event scheduled for early in the month will celebrate the symbolism of light.

The fourth annual Festival of Lights will see nearly 1,000 children take to the streets of Gan-

ges December 3 in a parade of "living light," organizers say.

Following the parade, food and drink will be offered in front of the fire hall, and music will be conducted in the park.

Marg Leier and Shelley Wilson said last week that plans are under way for the parade and two other attractions — food and music — for this year's festival.

Launched in 1990, the Festival of Lights has grown from a parade

of eight floats and a group of children, to 28 floats and more than 800 children last year.

Leier said this year's goal is to have more than 1,000 youngsters out for the event. "Children are a symbol of all the light in our community," she said.

The parade will begin at 5:30 p.m. at Rainbow Road and Jackson Avenue and march through the village. At approximately 5:15, the lights will be turned off downtown, to be turned on again building by building as the parade passes by.

Leier and Wilson said last year's parade held up ferry traffic on Ganges Hill, but some of the motorists reported later how impressive was the sight of a darkened village slowly lighting up again.

islanders in song, rather than perform for them. Some musical surprises are also planned, Wilson added.

The entire event, which last year drew between 2,000 and 3,000

people to Ganges, is over by 8 p.m.

Leier pointed out that the Festival of Lights is for islanders, and not a performance put on to draw tourists to the island.

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Dentists offer Hallowe'en advice

Hallowe'en treats can be hard on the teeth, according to the College of Dental Surgeons of B.C., but there ways of minimizing the damage.

Cavities are caused by acids produced when mouth bacteria consumes sugar found in candies, chocolate bars and other Hallowe'en treats. But if the sweets are eaten at mealtimes, the presence of abundant saliva will help clean the teeth and neutralize the acids.

The college says if brushing is not possible after eating, chewing sugarless gum is a beneficial alternative, as it stimulates the flow of saliva and removes residual food particles.

Dried fruit and chewy candy require extra consideration because it remains on the teeth for an extended period, creating a greater risk of decay.

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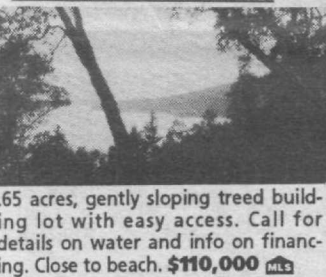
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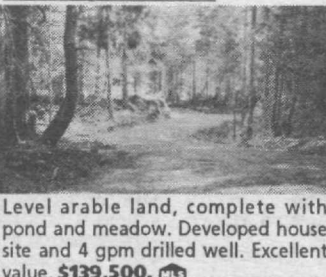


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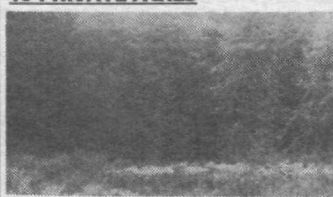
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'Vegetarians live longer'

"You can't really make broad generalizations," says Dr. Peter Bennett about vegetarianism. "Health is what motivates a lot of people to become vegetarian. They get afraid of being sick."

Bennett is a naturopath who opened his practice in the Helios natural health clinic in Ganges two years ago. "I'm trying to promote awareness . . . from a health point of view."

"I don't tell my patients they have to be vegetarian," he said, but adds that he puts his cancer patients on a vegetarian diet. "There's just too much literature to suggest otherwise."

"It's really well known that vegetarians live longer. They have less cancer. They have less heart disease."

"Research is starting to tumble in," he said. "A big study in China recently established the effectiveness of the vegetable-based diet."

He said one of the problems people do not understand with diets based on animals is they bio-concentrate toxins. Fish are a good example of this, both because they filter water constantly — and trap the toxins in their bodies — and because they eat other fish, which have concentrated toxins inside them.

Studies of fish in waters near pulp and paper mills

have confirmed this pattern of bio-concentration. Animals are the same.

Another substance people consume without really thinking about is hydrogenated fat — margarine as opposed to butter. Bennett won't touch them.

"We think they are insidiously toxic and, contrary to what people think, increase the chances of heart disease."

Bennett became a vegetarian in 1975 when he was travelling through Asia. The meat in the markets was covered with flies and that took away his appetite for it. When he came back he moved into an area where people were concerned about their diet, and he found he felt better eating no meat.

But he cautions people from cutting meat from their diet overnight.

"It takes anywhere from three months to a year to make the transition," he said. "In the end they may end up eating fish or eggs a couple of times a week."

"The wonderful thing about vegetarianism is it's right for all the right reasons. It's good for health. It's good for the economy. It's nice to the animals."

"Whatever angle you look at it from, it's the right thing."

GOURMET

From Page C1



NO MEAT: Linda Dares, left, and Randy Hooper became vegetarians at different times and for different reasons. Together they are promoting awareness of the benefits of a meatless diet.

Tofu weiners, burgers and sausages are common. Soy cheese meats pizzas can be vegetarian.

"Hey, it's really easy," Dares said. "Spaghetti sauce without meat. Macaroni and cheese, bean tacos."

"It's a lot easier than it was," she said. "I can go to any restaurant (on the island) and have something."

"You can also get good food at the stores. Tofu isn't all that odd a word any more. They just don't know what to do with it."

In the end, she said, vegetarian awareness boils down to education and example. This is another reason for the cooking classes.

"It's a very personal subject," Hooper said. "We want people to enjoy eating, not feel they're going down a step (in the evolutionary chain by) going veggie. We're opening up a whole new world by eating vegetarian."

Dares and Hooper are offering free classes in the fall and again in the spring. Registration is limited to one per term so that the largest number of people can take part. The first class in basic vegetarian cookery is November 9. A class on "great winter soups" follows December 9.

DRAMATIC

From Page C1

those who were vegetarian by choice, but also those who wanted and needed food that was wheat-free, dairy-free or vegan (completely animal-free).

More and more people are finding they are allergic to substances found in everyday, over-processed

food.

Vegetarian cooking and vegetarian diversity can cater to all the various needs.

"Vegetarianism isn't eating rabbit food," she said. "There is life after salad."

"I stopped eating meat six years

ago. There was no earth-shattering reason. I was not eating a lot of meat anyway. It started to become my lifestyle."

More and more people are making that lifestyle choice — which is a good sign for all vegetarian business to come.

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Old Boys expect victory as long as lights left off

By MALCOLM LEGG
Driftwood Contributor

The arrival of the fall rains did not dampen the enthusiasm of the Salt Spring Old Boys as they rode out the watery weather and remained undefeated for another weekend.

Of course the fact that the lads did not actually play a soccer game may have had some bearing on this result, but only if you want to get picky.

Even so the lads were active, in a sedentary sort of way, as the Old Boys held their first-ever garage sale, an event that was successful even with the horrific weather.

It gave the lads a chance to meet and mingle with the public, catch up on local gossip, make some money for our coffers and even allow the boys to try their luck at salesmanship (we cannot be too

soccer kicks

bad as we have convinced all islanders that we are a soccer team for three years — now that is salesmanship).

Not only were the Old Boys selling wares but they had other booths operating at the same time. For the ladies we had a kissing booth where for only \$1 you could kiss "The Legend" Henry Braak. Unfortunately business was so slow for Henry that by midday he was offering a dollar for anyone to kiss him.

This writer was operating the picture taking where one could have their picture taken with an Old Boy. But it seemed no one would

have their picture taken with us for fear of being laughed at if it appeared in the *Driftwood*.

For the Old Boys the sale provided much needed funds for our operating expenses like balls, pre-game beverages, shorts, half-time beverages, socks, after-game beverages and, of course, road trips.

Speaking of road trips, that is actually why we did not play last Sunday (and the election — right? wrong!) as today (Wednesday) we are travelling to play Juan de Fuca in Victoria in a night game.

We have a good chance to win, unless they turn the lights on. This Sunday we meet the league's numero uno, Victoria Athletics, 10 a.m. at Portlock. This time the deluge won't come out of the sky but rather into our net — would we really want three in a row anyway?

Runners welcome dry weather as cross-country season under way

Cross-country season has started for runners from Salt Spring Track and field club and Gulf Island Secondary School. The dry weather has been welcome for athletes accustomed to mud, rain, and snow.

The first race of the year was on October 9 when the senior girls' team raced at Beacon Hill Park. With Jenny James in first, Zoe Bennett second, Cara Herman sixth, and Lianna Hingston eighth. The girls served notice that they will be among the top teams again.

October 17 saw the team travel to Maple Bay to race the dreaded "Heartbreak Hill," which is part of the Bazett Farm race.

Living and training on Salt Spring is an advantage on hill cour-

ses. Results were as follows: 1983 girls: Rachelle Herman fourth; 1980 boys: Kurtis Buyze third; 1979-78 girls: Jenny James first, Chantelle Huth second; 1979-78 boys: Adrian Hingston second, Daniel Bennett fourth; 1976-77 girls: Zoe Bennett second, Rita Philips third, Lianna Hingston fourth; (plus the first team for juvenile women). 30-40 women: Sandy Morgan fourth; 40-50 women: Rae-Anne Huth first, Catherine Bennett second; 40-50 men: Colin James sixth, Richard Bennett eighth, Charles Hingston tenth; (plus second place team for Masters men); 50-60 men: Stan Peters fifth.

The first major championship

meet was held Sunday in Abbotsford for all B.C. athletes under 15 years of age.

Salt Spring sisters Julia and Jenny James came back with third and first-place medals in the 1982 and 1979 categories, respectively.

Julia did "remarkably well" in her first race of the year and Jenny shocked the hometown fans by coming in ahead of local favourite Amy Teer, a club spokesman said.

On Friday the senior girls travel to Kelowna to defend the B.C. juvenile women's championship which they won last year.

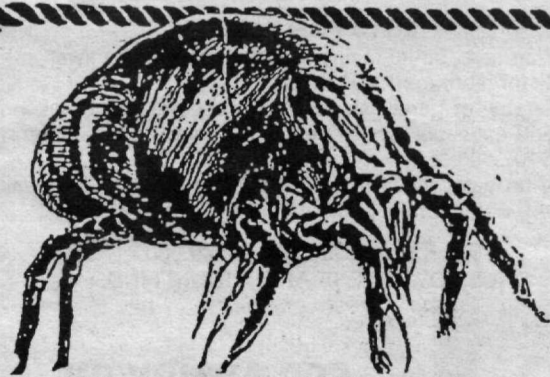
Hospital issues warning over children, fireworks

Thirty-five children have been treated for fireworks injuries in the last three years by B.C. Children's Hospital, which is helping sponsor a campaign whose message is that youngsters can have fun at Hallowe'en without fireworks.

Most of the children treated by the hospital suffered burns to the

face, fingers or hands, and two-thirds of their injuries were serious enough to require significant emergency treatment and follow-up care.

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Hockey by candlelight is one of weekend highlights

By JIM BLACK
Driftwood Contributor

In an ironic twist of fate, while the Toronto Blue Jays were busy winning the second World Series, the Slugs had their Saturday night match versus the Lake Cowichan Whalers called due to darkness.

A small contingent of dedicated Slugs braved the elements to make the journey to Lake Cowichan for the game. The rest of the team seemed to be afflicted with that seasonal flu bug, Blue Jay Fever. Most, however, had fully recovered for the Sunday match. The few who did go on the road to take on the Whalers suited up and were ready to go. We made it as far as the pre-game skate before Mother Nature decided to show all of us who really was in charge.

According to our lone fan, it was the most entertaining match of the year.

After skating around in semi-darkness for a few minutes we were informed the power would be out for some time.

The only thing left for us to do was get changed into our civvies by candlelight and go home. The game wasn't a complete write-off, however. As goaltender Mark Hughes pointed out, this was his first shutout in three years and Deadstop didn't even have enough time to screw up.

The Sunday night game was against the Sidney Blues and according to our lone fan, it was the most entertaining match of the year. While things didn't exactly start off smoothly for the Slugs — the Blues opened the scoring 45 seconds into the game, and made it 2-0 a couple of minutes later — we settled down and started taking the play to the Blues. Despite all our efforts the score was still 2-0 for the Blues at the end of the first period.

But the team persisted and early

slug trail

in the second period Slug defenceman Scott Bergstrom moved in from the point and unloaded a rocket to the top corner, cutting the Blues' lead in half. Five minutes later Slug defenceman Paul Sinclair netted an almost identical goal to tie the match. If not for some exceptional goaltending from the Blues' netminder this game would have seen the Slugs holding a comfortable lead by this point. Not that Slug netminder Mark Hughes had a slow night.

After the Blues took the initial lead Hughes settled down and put in a brilliant performance between the pipes. Time and again he stoned the Blues' attacks. It wasn't until midway through the third period, with the Slugs pressing, that Scott Bergstrom and Slug forward John Procter put on a bone-crushing demonstration of what happens when you don't keep your head up. This in turn allowed a Blues player to skate in on Hughes unimpeded from centre ice. Once the smoke cleared and the bodies were removed from the ice, the score was 3-2.

Still we pressed on, the play going from end to end at a furious pace. Both teams enjoyed a number of good scoring opportunities, only to be stymied by the goalies. Unfortunately for Hughes and the Slugs, the Blues managed to put one more puck behind him — a deflection on which he had no chance. But to their credit, the Slugs never gave up and were in this game to the final buzzer.

Slug notables for the evening — besides Hughes — were the defensive pairing of Paul Sinclair and Scott Bergstrom, both of whom put in a solid two-way performance. Rodney Challborn, normally a mild-mannered defenceman, moved up to the bright lights of left wing and put in a wild and crazy performance along with his centremen Paddy

Akerman and winger Andy Nauman. Last but not least was the forward line of Pete Huser, Todd McIntyre and John Procter, all of whom put in a gritty performance and gave the opposition fits all night long. Procter continued to play well even after getting his bell wrung in his collision with Bergstrom.

But it wasn't until the ride home after the game when John started to howl at the moon that we knew all was not well with his grey matter. Being the caring and responsible bunch of Slugs that we are, we took immediate action when we reached Salt Spring. We took him to the pub and put the bar tab in his name.

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Aikido: defence for non-martial

By GRAEME THOMPSON
Driftwood Staff

Ten or 12 Salt Spring Islanders gather at Fulford Hall Monday and Wednesday evenings to practise aikido.

But unlike other martial arts — and aikido is certainly a martial art — defender and attacker help one another learn each movement.

"The opponent has to cooperate," practitioner Shaun Adams said. "Aikido is a practised sport. It is not fighting. It is another teaching system."

The fundamental principle of aikido is to be so in tune with an opponent that one can sense their intentions and be able to take advantage of their movement.

This has given aikido its name: in Japanese "ai" means to meet, "ki" means spirit, and "do" means the way in a philosophical sense.

"It gets into the more spiritual aspect; there is a meditative factor," Adams said. "Aikido is one of the best techniques for women to learn. It is not as reliant on power."

Serge Bessault is the black belt instructor who takes charge of the assortment of aikido aficionados each week. He has been practising aikido for 20 years.

The first thing to do in aikido class is warm up. The warm-ups are very different from other sports, and include jumping up and down, breathing exercises, pounding oneself all over to get muscle tissue oxygenated. The idea is to get blood flowing and not muscles expanding.

"The movement and the mind you have is very important," Bessault began. "You must feel your energy and the energy of your opponent."

Energy is a key in Aikido, flowing energy, both your own and the opponent's.

One of the characteristic principles of aikido is *marui*, or circular motion.

If an attack launched along a straight line is received with a circular motion, it can be channelled and controlled. Once this technique is mastered it is possible to meet an attack of any force from any direction.

Many of the movements learned in aikido demonstrate this circular motion.

Another constant reference is to the samurai sword.

Based as it is on martial techniques of a particular samurai family over hundreds of years, the sword appears again and again by way of explaining the movements. One basic movement starts with the premise that the opponent is reaching to the left hip to take hold of a sword.

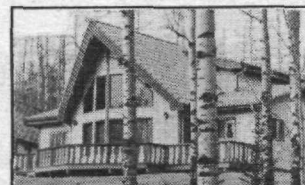
The movement includes reaching out to the wrist, pulling the opponent down and around in a circle, with a guiding hand around the neck, and onto the ground. The

opponent is pinned down with the arm and wrist in a potentially disabling manner.

Graceful and surprisingly powerful but not a cake-walk by any means, aikido may be the answer for the non-martial looking for spiritual and philosophical as well as physical self-defence techniques.

Aikido classes continue in Fulford Hall on Monday and Wednesday evenings between 6 and 7:30 p.m.

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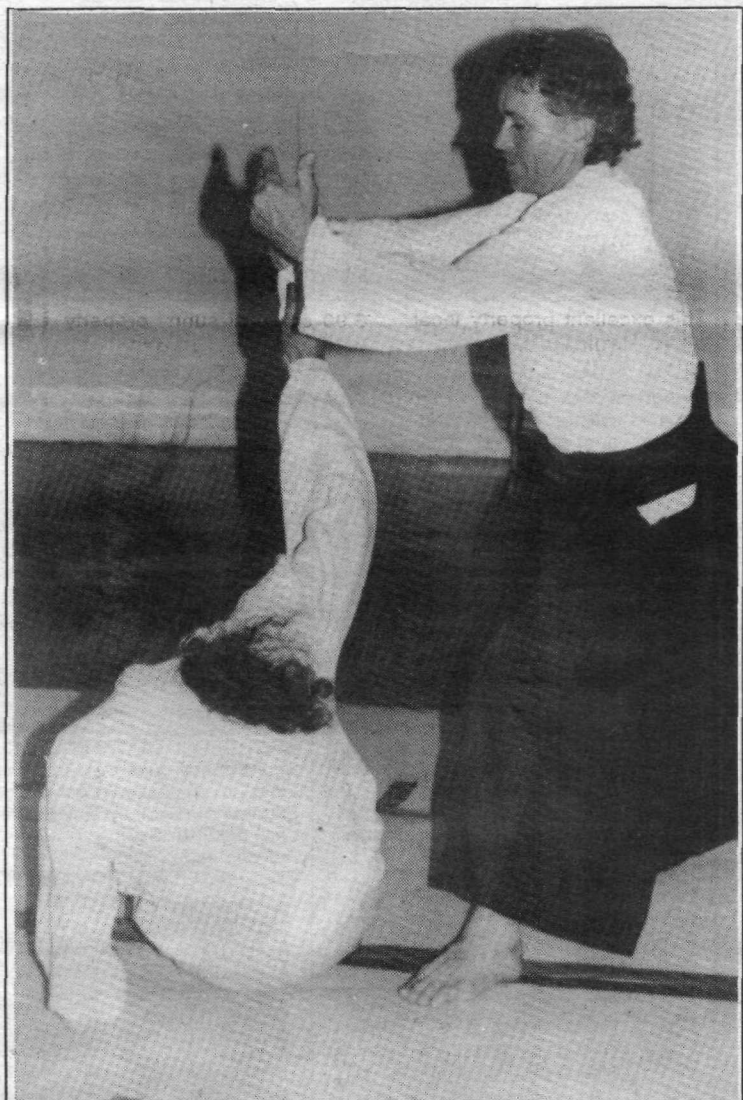
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CONCENTRATION AND FOCUS: Both are equally important in aikido. At top, Shaun Adams, left, deflects the opposing energy of instructor Serge Bessault. Above, Jean-Claude Catry ends up on the mat after instructor Serge Bessault demonstrates a circular defensive technique. Photos by Graeme Thompson

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APPLICATION FOR AMENDMENT OF A PERMIT UNDER THE PROVISIONS OF THE WASTE MANAGEMENT ACT

THIS APPLICATION is to be filed with the Regional Waste Manager at 2569 Kenworth Road, Nanaimo, British Columbia V9T 4P7. "Any person who may be adversely affected by the discharge or storage of the waste may within 30 days from the last date of posting under section 3 (a) or publication, service or display under section 4, write to the manager stating how he is affected."

PREAMBLE - The purpose of this application is: Amend the permit to reflect actual discharge conditions.

I/We Capital Regional District of 524 Yates St., P.O. Box 1000, Victoria, B.C. V8W 2S6 hereby apply for amendment(s) as described below to Permit No. PE-1693 granted on January 30, 1973, last amended April 28, 1981, which authorizes the discharge of effluent from a residential subdivision located at portions of sections 9 and 10, Pender Island B.C., Cowichan District, to Swanson Channel.

AMENDMENTS REQUESTED (described "before" and "after" conditions):

Before:
Appendix No. 01 item (b)

The quantity of effluent which may be discharged is an average daily discharge of 114 cu m/day.

After:
The quantity of effluent which may be discharged is an average daily discharge of 165 cu m/day.

Date this 16 day of September, 1993.

D. James McFarland

Telephone No. (604) 360-3085

A copy of this application was posted at the site in accordance with the Waste Management Regulation on September 17, 1993.

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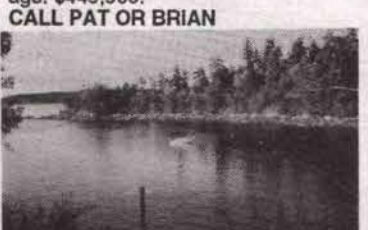
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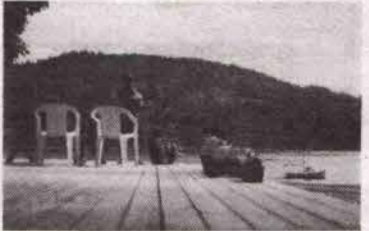
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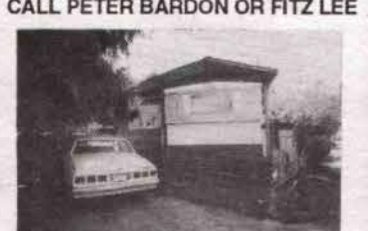
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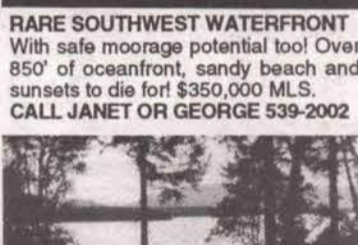
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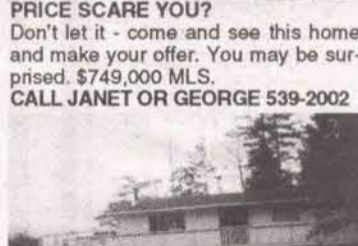
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Watch the orcas and porpoises and gaze south to the San Juan Islands. Almost 1 acre of privacy and sun. Build your dream home. \$139,000. CALL DON PIPER - 539-2121



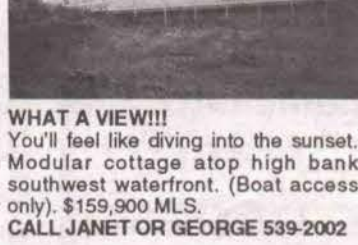
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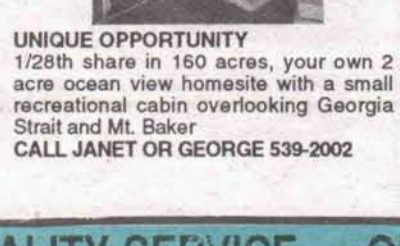
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TROPHY WINNER: A pair of trophies in the peewee division were among the awards collected by six-year-old Heather Stone at the 4-H Club's awards dinner. Father Ted applauds other winners while Heather keeps an eye on her prizes.

Photo by Valorie Lennox

Youngsters recognized at 4-H

Creations in crafts and careful care of creatures were both honoured Friday night as Salt Spring 4-H members held their annual awards night in Fulford Hall.

The children were recognized for their entries in craft competitions, gardening, stamp collecting, and raising and showing rabbits and sheep.

Winners in the sheep club competitions were Jennifer Doucette for champion market lamb, Elisabeth Baker for grand champion breeding ewe and senior showmanship and Heather Stone for peewee showmanship and peewee market lamb.

Baker and Laura Stone were senior winners for public speaking and Heather Stone was the winner in the peewee division.

Hannah Smith earned the trophy for rabbits. Runners-up Gavin and Leslie Hamilton competed with a rabbit that they had found, volunteer leader Ted Stone said.

An important club trophy, given for sportsmanship, was presented to Arla Hillis.

Leader Syd Wigen presented stamp sets to the youngsters who exhibited their stamp collections in the fall fair. Recipients were Bree Eagle, Eddie Carson, Heather Stone, Laura Stone and Karen Stone.

All of the children who participated in the club's quilt project received a photograph of their square, provided by volunteer leader Nancy Wigen. Planned for the coming year are craft sessions conducted by older 4-H members and instruction in weaving from the Salt Spring Spinners and Weavers.

The children presented gifts to project leaders Syd and Nancy Wigen, Ted Stone, Pat Pidlaski, Ted Baker and to leader Leanoir Hearsey.

SOCCER SCORES

Boys
 Under 13:
 SS Strikers 9, Prospect Lake 3
 Under 14:
 Juan de Fuca 4, Rainbow Rentals 0
 Under 15:
 SS Rangers 7, Lakehill 0
 Under 16:
 Prospect Lake 1, SS Spurs 0
 Under 19:
 SS Kicks 5, Gordon Head 2

Girls
 Games cancelled

THIS WEEK

Boys
 Under 13:
 SS Strikers visit Peninsula
 Under 14:
 Rainbow Rentals visit Lakehill
 Under 15:
 SS Rangers visit Cordova Bay
 Under 16:
 SS Spurs host Bays United
 Under 19:
 SS Kicks host Peninsula

Girls
 Under 14:
 SS Thunderettes visit Gorge

Under 19:
 SS Striking Force visit Cordova Bay

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 • 4 bedrooms **ONLY \$175,000** MLS

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Club announces schedule

By BRIAN RADFORD
Driftwood Contributor

Following is the November program for the Trail and Nature Club:
 Tuesday, November 2: Walk in the Duncan area with leader and former club member Galen Loven, now residing in Duncan. Meet at Vesuvius for the 9 am ferry. Hike on Mount Erskine led by Wally Priedolins. Meet at Centennial Park at 10 am.
 Tuesday, November 9: Walk in the Wright Road area will be led by Margaret Spencer. The hike is on the north end and will be led by Mary Tanti and Mary Chu. Hikers

and walkers both meet at Centennial Park at 10 am.
 Tuesday, November 16: Walkers meet at 10 am at Centennial Park for an outing on Channel Ridge with Don and Zella Madsen. Hikers meet at Drummond Park at 10:15 to tackle Tuam with Fiona Flook.
 An evening function will take place Thursday, November 18 at 7:30 pm at the Salt Spring Sailing Club at the foot of Douglas Road off Beddis.
 The Trail and Nature Club at Mont Baker on video, September '93: fabulous views, alpine flowers

and funny people. Club members only.
 Tuesday, November 23: Jim Spencer will lead a walk in Shepherd Hills. Meet at 10 am in Centennial Park. Hikers meet at Drummond Park at 10:15 for an outing in the Beaver Point area with Carin Perugini.
 Tuesday, November 30: Walk in Ruckle Park-Beaver Point area with leader Jean King. Meet at Drummond Park at 10:15.
 Hike is off-island at Mount Finlayson and Goldstream Park, and will be led by Rob Denny. Meet at Vesuvius for the 9 am ferry.

By RUTH HUME
Driftwood Contributor

Here are this week's bowling scores:
 Smurfs: Christian Huser - 25, Jesse Hume - 36, Valerie Harkema - 56.
 Peewees: Jessy Stepaniuk - 72, Julian Hazenboom - 50, Kara Huser - 58, Kimberly Cormack - 69, Braden Dragomir - 106, Stephen Severn - 76, Daniel Draper - 83, Casey Stepaniuk - 88, Suzy McEwen - 38, Tristan Poltorak - 60, Marlo Hume - 45, Amanda Sykes - 84, Jim Severn - 78.
 Bantams: Arla Hillis - 121, Andra Bergsma - 101, Dylan Hume - 120, Tony Sevold - 98, Kim Sykes

down the gutter
 - 109, Miles Hume - 141.
 Juniors: Kylie Coates - 73, Jonah Marshall - 208, Robert Bergsma - 158, Joshua Marshall - 169, Cris Poltorak - 78.
 Circus: Ron Cunningham - 242, Glen Hewitson - 226, Sam Cochrane - 225/234, 656, Bunny Cooper - 222, Ben Cooper - 211, Ken Barnes - 219, Brian Radford - 215.
 Tuesday morning: Jack Godwin - 204, Jim Southern - 251, Goodie

- 233.
 Tuesday afternoon: Conrad Flebbe - 200, Murray Anderson - 224, Nancy White - 202, Reg Winston - 249, Bill Frontin - 251.
 Wednesday afternoon ladies: Kay Magee - 218, Frieda Lux - 203, Golf Ladies: Libby Noble - 206, Josie Aleksich - 214, Maddy Cooper - 210, June Webb - 205.
 Legion: Steve Martens - 308, Jack Andrews - 225, Gary Whitehead - 226, 209, Sharon Sykes - 219, Doug Sykes - 240, 255, 251/746, Paul Kusch - 203, Heather Kusch - 260.
 Friday afternoon: Jim Southern - 294, Gene Graham - 208, Deke Noonan - 212, Anne Isbister - 201.

Scorpions lose 3-2 'heartbreaker' to Brentwood College in zone final

Gulf Islands Secondary School's senior boys soccer squad, the Scorpions, lost a "heart-breaking" game to Brentwood College Thursday.
 The final score of the game at Portlock Park was 3-2, though the close score belies the fact that more game time was spent in the

Brentwood half, coach Doug Pearson reported.
 After scoring on a penalty, Brentwood quickly notched up two more goals, frustrating the Scorpions' attempts to get the ball in the net.
 Midway through the second half, Scorpions' pressure began to

pay off when Chris Jason finally scored.
 Five minutes later, the Scorpions' Malcolm Fiander fired the ball past the goalie to make the score 3-2.
 The offensive continued throughout the game, but to no avail.

Students winners at olympics

Three Gulf Islands Secondary School students were among winners at the University of Victoria's science olympics October 15.
 Gitte Baker, Stan Burns and Chris Magnus were among the top students at the event, in which Grade 11 and 12 students from Vancouver Island and the Gulf Islands participate.

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- Chicken coop and enclosure.

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Norman Rothwell



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VALUE \$169,000

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VALUE \$159,000



Three bedroom home, easy walk to town, excellent sun exposure to enjoy your in-ground pool. Lovely gardens, large living room plus family room. Lots of storage. \$159,000.

BEST VIEW/BEST VALUE



.99 of an acre which has all day sun and only steps away from St. Mary Lake. Large trees at the rear of the property. A two bedroom home with the use of wood throughout, basement with windows for future development. Sun deck, fireplace, single carport, outbuildings and paved driveway. \$169,000.



Views of St. Mary Lake with pastoral setting on each side. A versatile two bedroom home great for entertaining. Large family/kitchen with eating bar and fireplace. Plus a living/dining room. Large ensuite, garage, raised bed garden and loads of storage. This is a great home. \$239,900.



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NORMAN ROTHWELL
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And yet this time removed was summer's time.

The teeming autumn big with rich increase

Bearing the wanton burden of the prime

Like widow'd wombs after their lords decease.

—William Shakespeare.

Each morning I look out the window these autumn days and am greeted with different weather patterns for each day. This is how I decide upon what is best achieved in the garden now.

If it is raining my thoughts turn to seed catalogues for the coming year's plants. It is quite uplifting to

imagine next year's garden, especially when the gloomy weather is here. The beginning of a garden design always comes from walking, observing, and browsing and I like to consider time doing this to be just as productive and well spent

as the time spent digging or weeding.

If like me you spend much of your weeding time thinking then you may already have a rough draft for any changes. I make lots of sketches and notes on scrap paper, and refer to these when formulating a plan or drawing a design.

When thinking about planting for the coming year remember that perennials are best planted during the fall as are trees and shrubs, then they have a head start on the growing season as they will begin to establish themselves before the spring and will probably have a much better chance of combatting pest attack or disease infestation.

Building garden structures such as paths and walls can be undertaken in the fall during the dryer times and the winter weather will help to settle them in. It is also nice to do heavy work when the weather has cooled off, making it a much more comfortable job.

Lawns are a subject that create much discussion in my trade and many people ask me when is the best time to lay or seed a new lawn. The weather is likely to become too cold at night before too long for seed to germinate but providing the weather is reasonably dry a turf (sod) lawn can be laid at any time during fall and early winter.

I must admit that I love this time of year for its vibrancy and freshness. I think of the fall as the crescendo at the end of summer's symphony.

Pender terminal to close for repairs

B.C. Ferries will close the Otter Bay terminal for two days in November while ramp upgrading work is under way.

The closure will take place on a weekend — Saturday, Nov. 27 and Sunday, Nov. 28 — to avoid inconvenience to weekday commuter traffic, the B.C. Ferry Corporation said in a news release last week.

Ferry service will be replaced by water taxi service between Port Washington and Swartz Bay at a schedule that has yet to be determined. Input from passengers is being sought first.

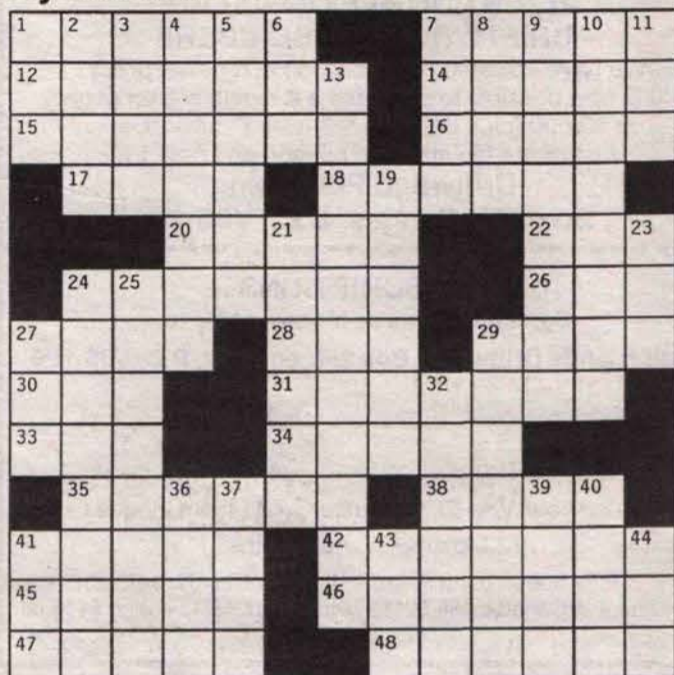
In addition to the closure, a load restriction of 15,000 kg GVW (on two-axle vehicles) will be in effect at Otter Bay from November 15 to December 1.

green THUMB

DEREK DUFFY



Canadian Criss Cross by Walter D. Feener



ACROSS

1. Struck with horror
7. Plays boisterously
12. Three-pronged spear
14. Cognizant
15. Examine by touching
16. Hand-to-hand conflict
17. Bellow
18. Browns bread
20. Remove clothing
22. Confederate soldier
24. Cut into three parts
26. Before
27. — code
28. New Zealand honey eater
29. Troglodyte's abode
30. Golf hole
31. Orate
33. Golf peg
34. Landed estate
35. Most recent style
38. Starch source
41. Amount to
42. Brief summary
45. Rose plant
46. Spanish men
47. Golf club
48. Placid

DOWN

1. High mountain
2. Toothed wheel
3. Hawaiian city
4. Pericles' mistress
5. Commences
6. Vietnamese New Year
7. Incarnation of Vishnu
8. Runs into debt
9. Abuse
10. Save from decay
11. Visualize
13. Forms into a net
19. Choice
21. Desert shrubs
23. Quilting party
24. Sweetheart
25. Said again
27. Perform on stage

29. Museum custodian
32. Trigonometric function
36. Chinese dynasty
37. If not
39. Pierce with a horn
40. Augury
41. Marble players' line
43. Footlike part
44. Compass point

Answers on Page C15



CROWNING MOMENT: Erica Rico, 13, of Salt Spring couldn't leave the Harlem Crowns game Saturday without collecting an autograph from player Herbert Scaife.

Teams raise money with Harlem Crowns' visit

Gulf Islands Secondary School's junior boys basketball team didn't score a victory in Saturday's game against the Harlem Crowns — but they were winners in another way as the entertaining game raised money for the junior boys, junior girls and senior girls basketball and volleyball teams.

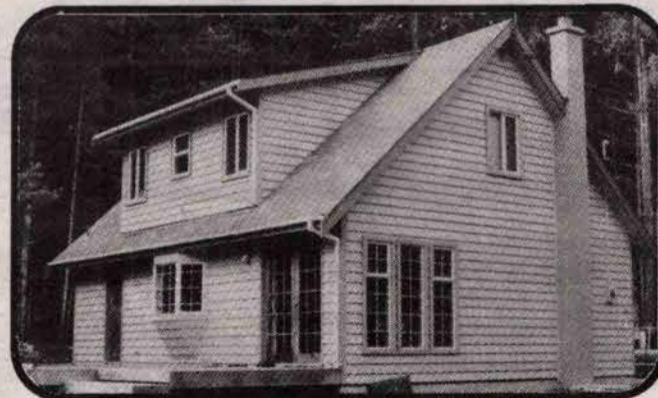
Organized by Myles Wilson and Dave Astil, the exhibition game drew a crowd of almost 300

people to the school gymnasium. "It was a fun night. Lots of families came out," Wilson said.

Door prizes were donated by several Ganges merchants, he said, and a 50-50 draw was also held. More money for the school teams was raised at a student-run concession.

The junior boys played a good game, scoring 70 points to the 78 points racked up by the Crowns, Wilson said.

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THETIS ISLAND
A 4.89 acre low-bank waterfront property



A beautiful west-facing residence on the water's edge in Preedy Harbour.
\$960,000
JOHN CURRAN 537-4698
OR PETER LAMB 537-4859

NEW HOME — SWEEPING VIEWS



- Architect designed, 2500 sq. ft.
- Finely crafted by Budden Construction
- .53 acre property, 180° panorama, privacy
- Neighbourhood of good-quality homes
- Choose your cabinets, carpets, colours
- Excellent value in a new view home \$249,000/NOW \$299,000 (incl. g.s.t.)

JOHN CURRAN 537-4698
OR PETER LAMB 537-4859

MEXICO ON SALT SPRING!



This Mexican-flavoured funky home offers flexibility. The home is totally private and has an attached studio and separate sleeping cabin. Great gardens and a sauna as well. \$222,000.
CALL JEWEL ELDSTROM 537-5737



PRIVATE COTTAGE ON PRIVATE LANE!



This older two bedroom home is conveniently located in the Beddis Road area. 1.55 acres, great gardens, greenhouse and insulated garage. This unique property includes private beach access and has ocean glimpses, too! Offered at \$189,900.
PLEASE CALL JEWEL ELDSTROM 537-5737


3 PRETTY ACRES CLOSE TO GANGES



- Pond, creek, trout
- Property fenced with split rails
- 1060 sq. ft. home — requires siding
- Large foundation for a home or workshop
- Guest cottage potential
- A well is required


\$179,000 \$169,000
CALL PETER LAMB 537-4859
OR JOHN CURRAN 537-4698

A HERITAGE FARM "PONDEROSA"



This is a rare opportunity to buy a property that is part of Salt Spring's history. The home, c.1919, is in excellent condition, having been upgraded in loving fashion over the years. It is superbly sited with glorious ocean views and across the road from a wonderful beach. (What a great place to raise children). The +/- 10 acres of gently rolling land are largely cleared with groves of trees, a creek, fruit and nut trees, 500+ sq. ft. workshop and sheep sheds. "Ponderosa" is very fairly priced at \$349,000.
DONNA REGEN C.G.A.
537-2845 or Pager 1-987-1511

SUNNY ACREAGE - MOUNTAIN VIEW



- South-facing 5 acres with cleared building site
- Easy access off Horel Road
- Excellent well (8 gpm)
- Central location, private


\$129,000 MLS
CALL JOHN CURRAN 537-4698 or PETER LAMB 537-4859

!PANACHE! A CONFIDENT STYLISH MANNER



This architect-designed home has been dramatically conceived to contrast fascinating interior spaces and panoramic views. It could be yours! \$649,000 MLS.
CALL HENRI PROCTER 537-4273

VIEW HOME NEAR BEACH



1800 sq. ft. plus on .86 ac. with 3 bedrooms, super kitchen, main bath has Jacuzzi tub, self contained in-law suite. Plus super views to outer islands. \$275,000 MLS.
CALL SANTY G. FUOCO 537-2773

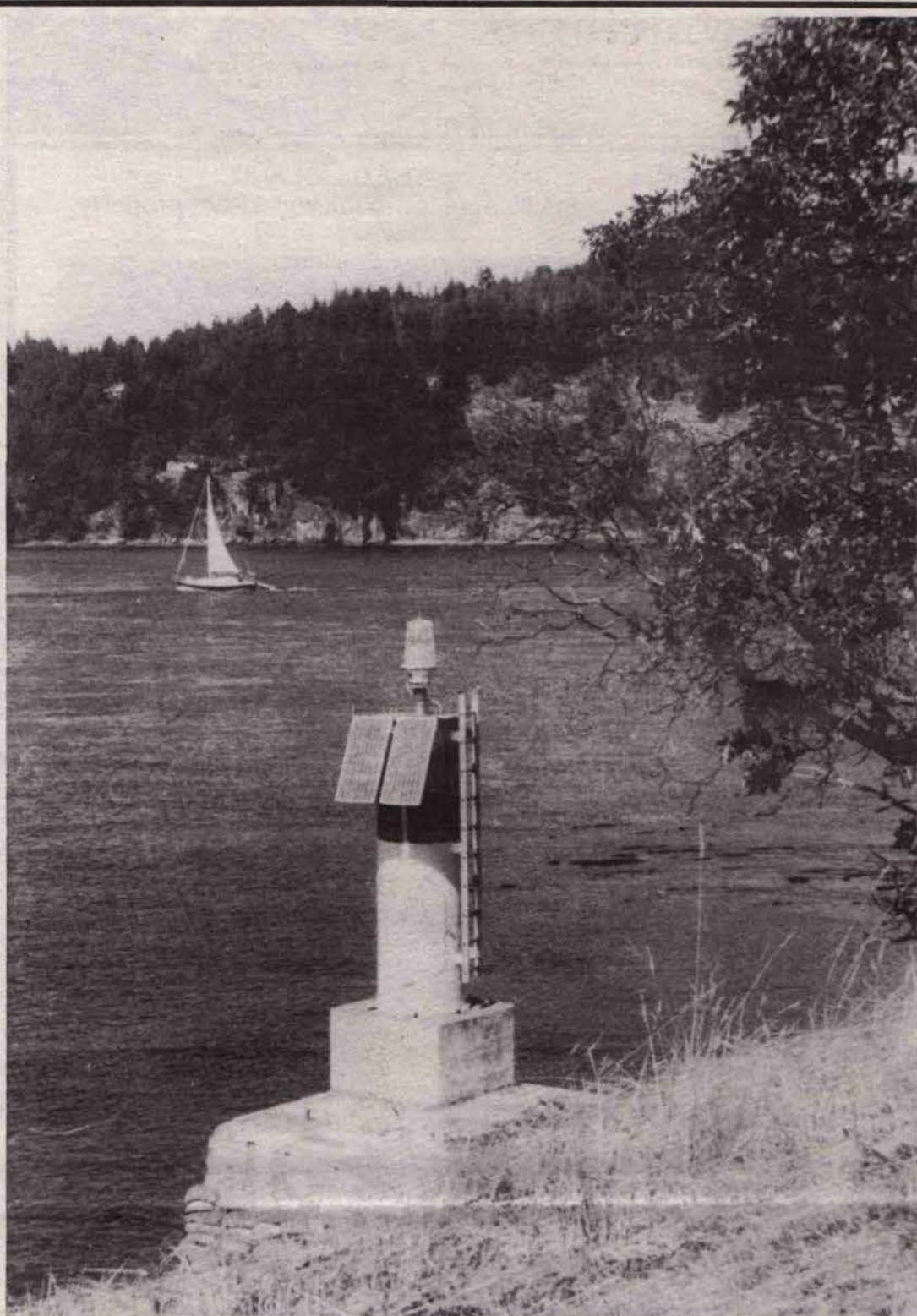
CUSTOM HOME — OCEAN VIEW



This new, 2500 sq. ft. home incorporates a wide range of the highest quality building systems and components and advanced construction techniques. Built to last, this executive home will provide its owners with comfortable, luxurious living as well as justifiable pride of ownership. \$399,000.
TO VIEW THIS EXCEPTIONAL PROPERTY, CALL...
JOHN CURRAN 537-4698
OR PETER LAMB 537-4859



TONI HOLMES 537-2758
SANTY G. FUOCO 537-2773
PETER LAMB 537-4859
HENRI PROCTER 537-4273
DAVID DUKE 653-4538
DONNA REGEN 537-2845
JOHN CURRAN 537-4698
JEWEL ELDSTROM 537-5737



AUTUMN BLUES: Clear skies the last few days have allowed boaters to take advantage of the less crowded, post-summer waters of the Gulf Islands. Here, a sailboat rounds Helen Point on the west side of Active Pass. Photo by Graeme Thompson

50 join tour of properties

By ALISTAIR ROSS
Driftwood Correspondent

A gathering of Galiano property owners and others met at the North Hall on October 17 to learn about FRDA2, the small-scale forestry program. At the invitation of North Galiano's Bea Robson, two foresters from Huock Resource Consultants of Qualicum attended the meeting and offered advice to the well over 50 people in attendance.

All were then treated to a five-hour bus tour of the properties whose owners are associated with the FRDA program. Sponsored jointly by the federal and provincial governments, FRDA is available to anyone who owns a minimum of 25 acres of productive forest land — private, municipal or federal. Woodlot management advice is offered along with financial aid up to a maximum of 90 per cent of actual project costs, with a minimum 10 per cent contribution by the landowner.

The five properties visited on the bus tour were chosen to demonstrate how woodlots can be managed, and to see what local landowners are currently doing to improve their newly acquired forest lands. The first area visited was District Lot 48, where owner Laurie Gaylor has been creating roads, selectively logging, tree planting and falling in selective areas where powder root rot has taken hold. Replanting there will be done with a different species

(red cedar) as root rot is devastating the Douglas fir.

The second stop on the tour was on D.L. 50 nearby, the property of the McNab family.

Here, the young adults of the family have, over the summer months, been limbing and falling weak and crowded trees in order to let more light into their forest preserve and so encourage growth in established trees.

Stop three was on D.L. 42, "Kwomais", just north of Montague Harbour.

Here Bill Paterson, one of the five owners of this area, showed his visitors the section of the forest where the harvesting of mature trees took place last year, and where the milling of this wood was done.

The total area logged is but a small portion of this heavily

wooded forest. Replanting was carried out in some areas last winter with locally grown stock, quite successfully it would appear.

Stop four was at D.L. 46 on the east side of the island. Here Mr. and Mrs. Chegidden have camped all summer, apparently spending most of their daylight hours on part of their acreage cutting down young alder and limbing the 10-year-old replanted firs in order to encourage their upward growth. The remainder of their woodlot has three-year replanted trees, which will be attended to in the near future.

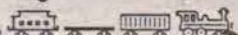
The last stop was on D.L. 80, the holding of Bea Robson, north of the other lots and adjacent to the ecological reserve at Shaw Lake. Most of Mrs. Robson's lot was

GALIANO C15

PRE-SCHOOL ARTS & STORY MAKING • WITH HELEN MAY •

For: 3-5 year olds / At: 183 N. Warbler Rd., Galiano Island
From: 9am-noon on Tues., Wed., & Thurs.
Cost: \$5 per house per child / Enrollment: Max 5 children
Start Date: November 23 / Closing Date: Dec. 23

Art supplies and snack provided. Bring a painting shirt and your favourite story books. Helen May is qualified and experienced. She has worked with and encouraged children in Africa, Brazil & W. Canada.
Please phone 539-5261 after Nov. 1st, to arrange a time to interview her.



1993 GENERAL LOCAL ELECTIONS

Notice of Election by Voting

PUBLIC NOTICE is hereby given that General Voting Day will be held from 8:00 am to 8:00 pm on Saturday, Nov. 20, 1993 to elect persons to serve three-year terms of office from Dec. 1993 to Dec. 1996, either as Local Trustees for the six island groups under the Islands Trust, or as Directors for Salt Spring Island and the Outer Gulf islands, on the CRD Board.

ISLANDS TRUST

GALIANO ISLAND - TWO TRUSTEES to be elected:

Surname	Given Name(s)	Residential Address
Bickerstaff	Jeff	1825 Sasamat St., Vancouver, B.C.
Bosher	Elisabeth	Warbler Rd., Galiano Island, B.C.
Cragg	Diane Elizabeth	481 Porlier Pass Rd., Galiano Is. B.C.
Hillier	Frank	699 Cain Drive, Galiano Island, B.C.
Martin	Glenna	#7 Betty-Ann Drive, Galiano Island, B.C.

MAYNE ISLAND - TWO TRUSTEES to be elected:

Surname	Given Name(s)	Residential Address
Holbrook	Larry	404 Navy Channel Rd., Mayne Is., B.C.
Taiji	Sonja	455 Heck Hill Rd., Mayne Is., B.C.
Tamboline	Rich	240 Georgina Pt., Rd., Mayne Is., B.C.
Vallee	Louis R.	309 Wood Dale Dr., Mayne Is., B.C.

NORTH PENDER ISLAND - TWO TRUSTEES to be elected:

Surname	Given Name(s)	Residential Address
Allison	Bob	5609 Razor Pt., Rd., N. Pender Is., B.C.
Clark	Phil	2709 Anchor Way, Pender Is., B.C.
Ridley	Joy	61 Bosun Way, N. Pender Is., B.C.

SALT SPRING ISLAND - TWO TRUSTEES

ARE ELECTED BY ACCLAMATION:

Surname	Given Name(s)	Residential Address
Andrew	Bob	158 Sunnyside Dr., Fulford Harbour, B.C.
Byrne	Grace Norah	171 Broadwell Rd., Ganges, B.C.

SATURNA ISLAND - TWO TRUSTEES to be elected:

Surname	Given Name(s)	Residential Address
Bregani	Graeme	121 Darkhorse Rd., Satuma Is., B.C.
Ilome	Len	630 Tumbo Channel Rd., Satuma Is., B.C.
Janszen	Harvey Allen	251 E. Point Rd., Satuma Is., B.C.
Money	John Arthur	187 E. Point Rd., Satuma Is., B.C.

SOUTH PENDER IS. - TWO TRUSTEES

ARE ELECTED BY ACCLAMATION:

Surname	Given Name(s)	Residential Address
Jacobson	Ruth Elaine	3702 Capstan Way, N. Pender Is., B.C.
Milsum	Catherine Jennifer	9907 Southlands Dr., S. Pender Island, B.C.

The following constitutes the designated island groups for the purpose of electing local trustees to the Islands Trust:

Galiano Island Group -Galiano, Ballingall, Charles, Gossip, Julia, Lion Islets, Parker, Retreat, Sphinx, Wise, Lot 145 Whaler Bay.

Mayne Island Group -Mayne, Curlew, Georgeson.

North Pender Island Group -North Pender, Boat Islet, Fane, Roe Islet, Lot 31 A & B Colston Cove, Lot 50 Grimmer Bay, Lot 176 Otter Bay, Lot 32 Bedwell Harbour, Arbutus, Brethour, Chads, Coal, Comet, D'Arcy, Forrest, Gooch, Goudge, Hood, Imrie, James, Knapp, Portland, Pym, Rubley, Rum, Sidney, Tortoise Islets.

Salt Spring Island Group -Salt Spring, Acland, Bright, Buriel islet, Channel, Deadman, Goat, Grace, Hall, Hawkins, Idol, Isabella, Jackscrew, Mowgli, Norway, Piers, Prevost, Red Islets, Russell, Secretary, Secret, Sisters-First, Second, Third, Wallace, Lot 73 Long Harbour, Lot 349 Ganges Harbour, Lot 222 Long Harbour, Lot 344 Stuart Channel.

Saturna Island Group -Satuma, Anniversary, Belle Chain Islets, Cabbage, Java Islets, King Islets, Lizard, Pine, Samuel, Trevor Islets, Tumbo, Lot 65 East of Samuel.

South Pender Island Group -South Pender, Blunden Islet, Skull Islet.

CAPITAL REGIONAL DISTRICT

OUTER GULF ISLANDS ELECTORAL AREA -

One Director to be elected:

Surname	Given Name(s)	Residential Address
Campbell	Jacques	102 Quarry Rd., Satuma Island, B.C.
Duerichen	Norbert F.	121 Silvey Road, Galiano Island, B.C.

SALT SPRING ISLAND ELECTORAL AREA -

One Director to be elected:

Surname	Given Name(s)	Residential Address
Atkins	Julia	129 Brookwood Pl. Fulford Hbr., B.C.
Luth	Dietrich	305 Rainbow Rd., Ganges, B.C.

VOTING OPPORTUNITIES

Voting places will be open from 8:00 am to 8:00 pm on Saturday, Nov. 20 to qualified electors of the Capital Regional District at:

OUTER GULF ISLANDS ELECTORAL AREA

Galiano Island School	1290 Sturdies Bay
Mayne Island Agricultural Hall	Fernhill Road
Pender Island School	5714 Canal Road
Saturna Island Community Hall	Saturna Island
North Saanich Municipal Hall (for Piers Island electors)	1620 Mills Road
Bridge School (for non-resident Property Electors)	10400 Leonard Road, Richmond (Steveston), B.C.

SALT SPRING ISLAND ELECTORAL AREA

Salt Spring Elementary School	120 Rainbow Road
Fulford Community Hall	Fulford-Ganges Road
Central Community Hall	Corner Lower Ganges & North End Roads

Advanced Voting Opportunities for those unable to attend a voting place on Nov. 20 because of physical disability, absence from the area, reasons of conscience or because they are election officials, will be available from 8:00 am to 8:00 pm on Wednesday, Nov. 10, and on Wednesday, Nov. 17, at:

- Capital Regional District Offices, 524 Yates Street, Victoria, B.C.
 - School District No. 64 (Gulf Islands) Offices, 154 Lower Ganges Road, Ganges, B.C.
 - Pender Island School, 5714 Canal Road, North Pender Island, B.C.
- Thomas F. Moore
Chief Election Officer

VOTER REGISTRATION

Eligible permanent residents may still produce identification and register as **Resident Electors** at a voting place on Nov. 20 or at the Advance Voting Opportunities on Nov. 10 and 17.

Non-resident property owners, some of whom may still be eligible to register and vote, have until **Friday, Nov. 5**, to provide the necessary signed documentation in order to obtain from the CRD office in Victoria (1-800-663-4425 local 3133) (non resident) a signed certificate, which will allow them to register and vote as (**non resident**) **Property Electors** at a voting place on Nov. 20 or at the Advanced Voting Opportunities on Nov. 10 and 17.

GALIANO: Tour looks at forestry methods

From Page C14

logged and replanted about eight years ago, but it has as well small areas of old forest (trees up to 120 years of age) and some mature trees somewhat younger. She has spent many hours downing small alder and arbutus in her replanted areas.

Some thinning has been done and in places where root rot has taken hold, trees are being cut, the areas roughed out with a bulldozer and replanting with another species contemplated.

Disenfranchised

Galiano landowners not currently living on the island have applied to the Islands Trust and the Capital Regional District for the establishment of a poll on the main-

land for the convenience of off-island landowners. A spokesman for the group quotes their number at 817, against 775 for permanent resident voters. According to the Municipal Act as amended last spring, these folks can vote as non-resident property owners if they apply (apparently there is still time) by phone to Jack Fry of the CRD. However, unless the mainland poll is granted, each of the 817 (provided they are qualified to vote) will have to make their way to Galiano's one and only polling station. Spokesman Gary Thomas states the obvious: "This will involve considerable expense and a 15-hour trip by car and ferry-if a reservation is available".

Establishing a poll in Rich-

mond, he says, would involve an outlay for the day of roughly \$300-"cheap at the price"-compared with the individual costs in money and time for those who intend to make their way to the island to fulfil their democratic duty. He suggests the poll could be for other islanders as well, those six or seven islands which are part of the CRD.

An attempt to get the Islands Trust and the Capital Regional District to establish such a poll for islanders has so far met with no great enthusiasm, according to Thomas. "The motion was proposed by an unknown Trust member, seconded and turned down as too expensive according to Galiano Trust member Diane Cragg," Thomas reports.

And closer to home

Perhaps it is time the CRD and the Islands Trust established a poll on North Galiano as well as South Galiano. There is a poll on North Galiano on election day for federal and provincial elections-why not for our local government?

"Not enough folk up there they say." It seems there is a move afoot in the more populated areas of this island to have it stay that way, setting aside much of North Galiano as a forest preserve. North Galiano residents haven't noticed any tax reductions being applied because of this wilderness declaration. Some would appreciate having a

poll here. What say you, Islands Trust?

Raffle winners

Winners of the Galiano Island Forest Trust summer raffle were chosen at the recently held comedy night featuring the Salt Spring Hysterical Society. A capacity audience filled the South Hall, thoroughly enjoying the fun.

Winner of the painting by Keith Holmes was AlMcEwen; the silver Haida pendant, Dale Lyon; the Matthew Schoenfeld hunting knife, Chris Barlach; and the cord of firewood, John Stewart, a new resident of Burrill Road. All the winners are permanent residents of Galiano.

saturna notes

By GAIL TRAFFORD
Driftwood Correspondent

Islands Trust representatives and the Advisory Planning Commission held a public information meeting Saturday to allow islanders to learn more about the proposed conference centre at Narvaez Bay.

Derrick Woodcock is applying for a zoning change at the site of the present Stone House Farm Bed and Breakfast. He proposes to build a 24-room luxury facility to serve major corporations during training sessions.

Woodcock claims that Saturna is an ideal location for corporate training because its rural setting will keep the participants from undue distraction while offering many healthy, natural outlets for recreation between sessions.

Close to 70 people attended the meeting. John Money, an Islands Trust representative, commented that many good questions were asked. There was a lively discussion of both the pros and cons of the project.

The APC will meet on Thursday to discuss their findings and to recommend whether the proposal should go any further.

Friday evening the Salt Spring Hysterical Society entertained at the Community Hall with the production, *Comedy Night Live*. Neal Macdonald welcomed the troupe to Saturna.

The players had the crowd chuckling through several short skits and monologues. Some of their antics produced a good belly laugh.

Their often irreverent humour managed to poke fun at almost everyone. However, there was no sign of tar and feathers at the ferry dock. Islanders must be a forgiving lot, able to laugh, even at themselves.

This is the last week of daylight savings time so beginning Sunday the days of outdoor work late into the afternoon will stop abruptly. It's time to take stock of the books we've put off reading and to get out those crafts for the Christmas Craft Fair November 27.

Crossword answers

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



Islands Heritage Realty Inc.

TEL: (604) 537-2198 FAX: (604) 537-2196

131 Lower Ganges Rd., Ganges, Salt Spring Island, British Columbia V0S 1E0

Mailing Address: P.O. Box 899, Ganges, Salt Spring Island, B.C. V0S 1E0

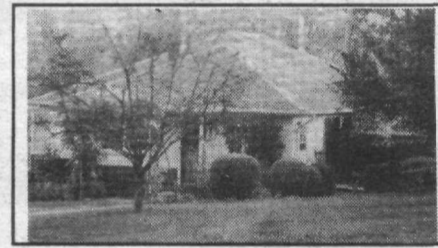
INVEST IN YOUR FUTURE



3 acres, close to Booth Canal, nice and sunny, flat, arable land, nicely treed. Price \$117,000.



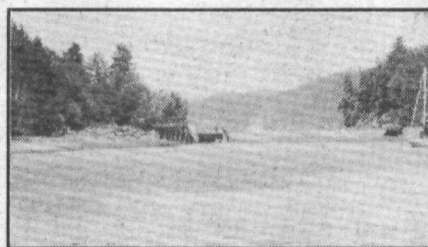
1.29 acres, sea views, driveway in, water, power, cable, oak, arbutus & fir. Price \$169,500.



Waterfront home, 3 bdrm., fruit trees. .84 acre low bank, sheltered bay, small dock, separate garage, outbuildings. Price \$359,000.



1/2 acre lot cleared and treed, next to beach and moorage, price to sell at \$79,000.



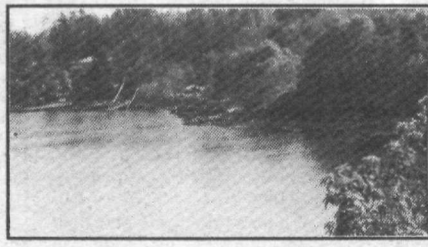
Low bank waterfront in private bay, good beach, water, power, treed, good moorage. Price \$199,000.



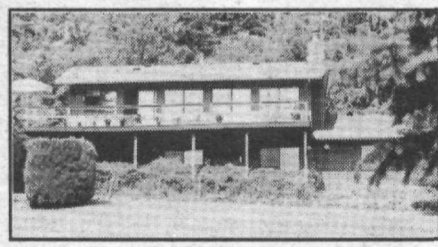
Luxury home, 2300 sq. ft., 3 bedrooms, 2 1/2 baths, family rm., living rm., dining rm., all with views. 1 acre private sea view lot. Price \$419,000.



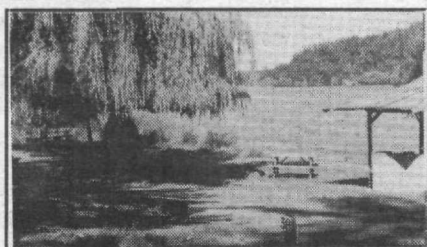
New to market, 12 acres of arable farm land, fenced and cross fenced, pond, wooded area, plus 3 bedroom residence, hot tub. Price \$359,000.



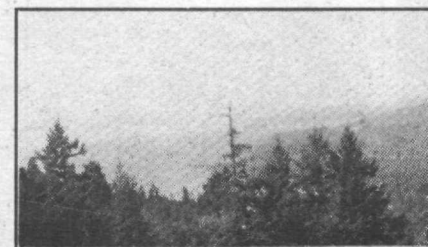
Excellent location, low bank walk-on beach, Salt Spring Island's Welbury Bay, older cottage. Price \$375,000.



Sea view home on large lot, close to Ganges. Large decks, 2 bedrooms up, 2 down, home is totally finished and is immaculate. Price \$239,000.



Lakefront, 2 plus acres, located on St. Mary Lake, beautiful willow trees, great water frontage, sunny cabins, house and office, store, etc. Price \$650,000.



Sea view acreage — 64 acres, wooded, price \$555,000. 68 acres adjoining, also wooded, priced at \$550,000. Great views, close to Ganges, subdividable.



Waterfront acreage, 11 acres, walk-on beach, warm swimming, cottages and older residence or restaurant. Price \$1,395,000.



Derek Topping
537-9796 (res)



Leslie Northey
537-2198 (24 hrs)

YOUR ISLAND CONNECTION

537-2198 (24 hrs)
537-2196 (fax)



Marshall Lindholm
537-2198 (24 hrs)



Mel Topping
537-2426 (res)

NEW OFFICE SPACE NOW OPEN NEXT TO THE DAIRY QUEEN



NRS SALT SPRING REALTY LTD. 537-5515 (24 hrs)



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537-1854



FELICITY GRANT
537-2374



BOB HOWE
653-4542



SOLINUS JOLIFFE
537-9102



BUILDING LOT WITH UNIQUE FEATURES

Arable level sunny lot. .93 acres, Vesuvius area of good homes. Duck Creek winds its way along one side of this delightful property. Municipal water hooked up. Cablevision & hydro to lot line. \$98,000 MLS.



SEASIDE LIVING AT ITS FINEST

Low bank south west facing waterfront. Area of the finest estates. 3.03 acres, fully serviced. Arbutus, oak and fir, arable and level. Harvest your own shellfish. Warm swimming, breathtaking sunsets. \$450,000 MLS. CALL FELICITY ANNE GRANT 537-2374



RARE SALT SPRING ACREAGE

1/4 section Sansum Narrows. Newly listed Lot 31, sw facing 1/4 mile sunny waterfront. 100 old-growth Douglas fir, spectacular views, mid-bank w/ estate potential. Zoned for 8-lot subdivision. Some vendor financing. VIDEO. \$650,000 MLS.



DEEP WATER MOORAGE ON SALT SPRING

South west facing Scott Point. Craftsmanship throughout, 3200 sq. ft., plus 900' 3-level creative studio/workshop/guest cottage. 1400' decking. Scholar's walk to water. Private, sunny, unique. Wood emphasis. \$795,000 MLS.



SUCCESSFUL MARKET ON MAYNE

Successful growing natural produce food market. Books and video material on store available. Price negotiable. Situated on beautiful pastoral Mayne Island, Gulf Islands, B.C., 30 minutes from Salt Spring. Asking \$139,000 MLS. CALL SOLINUS JOLIFFE 537-5515



SMALL PRIVATE HOBBY FARM

Fernwood gem. 2.74 acres professionally landscaped and fenced. The 3 bedroom, 2 bath house is back from the road with a view of neighbouring meadows. A beautiful dream property on the North End. \$265,000 MLS. CALL ROBERT CAMPSALL 537-1015



VESUVIUS/CHANNEL RIDGE AREA

Like living in a park. Towering arbutus, fir and maple dominate this sunny property. One bedroom house and one bedroom artist studio. Warm cork tile floors look and feel good. \$199,000 MLS.



GULF ISLAND WATERFRONT

A Wise investment in your future. They are not making any more waterfront. Sunny level 0.42 acre low bank building/recreation lot. Community water and year-round moorage available. \$89,900 MLS. CALL ROBERT CAMPSALL 537-1015



BEAUTIFUL FOUR BEDROOM ESTATE WITH GLORIOUS VIEWS OVER SANSUM NARROWS

Tudor style home, over 4000 sq. ft. with 3 1/2 bathrooms. Sandstone fireplace, extra large kitchen. Lots of closet space and storage. Double garage and separate carport. Solarium and much, much more. Set on 2.14 private acres. \$460,000 MLS.



AFFORDABLE TOWNHOUSE

Two-bedroom, two bathroom townhouse. Skylights, gas fireplace, built-in vacuum system and three appliances. Only one left at this price. Maintenance-free living at its best. \$154,900 + GST MLS.



VIEWS OVER TRINCOMALI CHANNEL

2-bedroom rancher set on half-acre of park-like grounds. Many fruit trees, ornamental shrubs and flowers. Four appliances including window coverings. Call today for a viewing. \$179,000 MLS. MARION MARKS OR SHELLI ROBERTSON 537-5515 (24 hr. pager)



RESORT IN PRISTINE WILDERNESS

Waterfront resort. Profitable and peaceful. For those who want to live in beautiful natural surroundings and generate your own income. Land, boats, improvements, foreshore rights. Limited time offer. \$295,000 MLS. CALL BOB HOWE 653-4542



HOME OF YOUR DREAMS

Three bedroom home. Excellent neighbourhood. 2300 sq. ft. Two years old. 0.91 acre Quarry Dr. area. Large sun deck, skylights, municipal water. \$259,000 MLS.



FIVE BEDROOM HOUSE

In-law suite in the lower level. 2200 square feet, 1100 main floor, 1100 lower floor. Very close to Ganges on 0.76 acres. Tenants need notice to view. \$179,000 MLS. CALL BOB HOWE 653-4542



MAPLE BAY VIEW HOME

Located in Channel Ridge, this home features 3 bedrooms, 2 full bathrooms, skylights, pine ceilings, large sun deck. All on a very private 1.35 acres. \$329,000 MLS.



AFFORDABLE HOUSING

3 bedroom home on corner lot features hardwood floors, new roof, municipal water and located close to town. \$162,500 MLS.



BEACH HOUSE

Very sunny location, renovated 2 or 3 bedroom home on 1/2 acre level lot across the road from one of Salt Spring's best beaches. Outbuildings galore. \$179,500 MLS. CALL JOHN STEELE 537-4606



TRUE VALUE

Spacious three bedroom house with a bright sw ocean view in the Vesuvius area. large, warm living room, family room, stone fireplace, wood stove, workshop, with a two-car garage. Municipal water. \$289,000 MLS. CALL DON ROBERTSON 653-4347



LOT FOR SALE

Build on a lot with a potentially commanding ocean view in a good residential area. Community water, hydro and cable to the lot line with driveway and building site in place. Well-treed with many large cedars. \$91,000 MLS. CALL DON ROBERTSON 653-4347



THE TOP OF THE HILL!

This 1-bedroom 850 sq. ft. cottage boasts skylights, vaulted ceilings and custom blinds in the living room. This mostly level lot is sunny and well parked out. Great starter! \$129,000.



EASY-CARE RETIREMENT LIVING

2-bed modular home in a planned retirement community. 5 appliances, custom blinds throughout, professionally landscaped with underground watering system, sun deck, patio and private fenced back yard. View today! \$140,000. CALL RUSS CROUSE 537-5515 (24 hr paging)



SUNNY RANCHER ON TWO ACRES

3 bedroom rancher set on two sun drenched acres with pond. Two bathrooms, utility, hot tub, vegetable garden in place. Easy maintenance lawn, cable and community water. Five minutes from town. \$239,000 MLS.



HUNDRED HILLS

.60 acre of level cleared all usable land. Ready to build. In area of fine homes. Community water cable and hydro to lot line. Possible ocean views from second floor. \$110,000 MLS.



KINGFISHER COVE TOWNHOUSE

One level with ocean view townhouse. Good size kitchen, two bedrooms, two bathrooms, gas fireplace. Private end-unit with patio. Maintenance free living. Just a few steps from town. \$178,000 MLS. MARION MARKS OR SHELLI ROBERTSON 537-5515 (24 hr. pager)



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