

SUFFERING

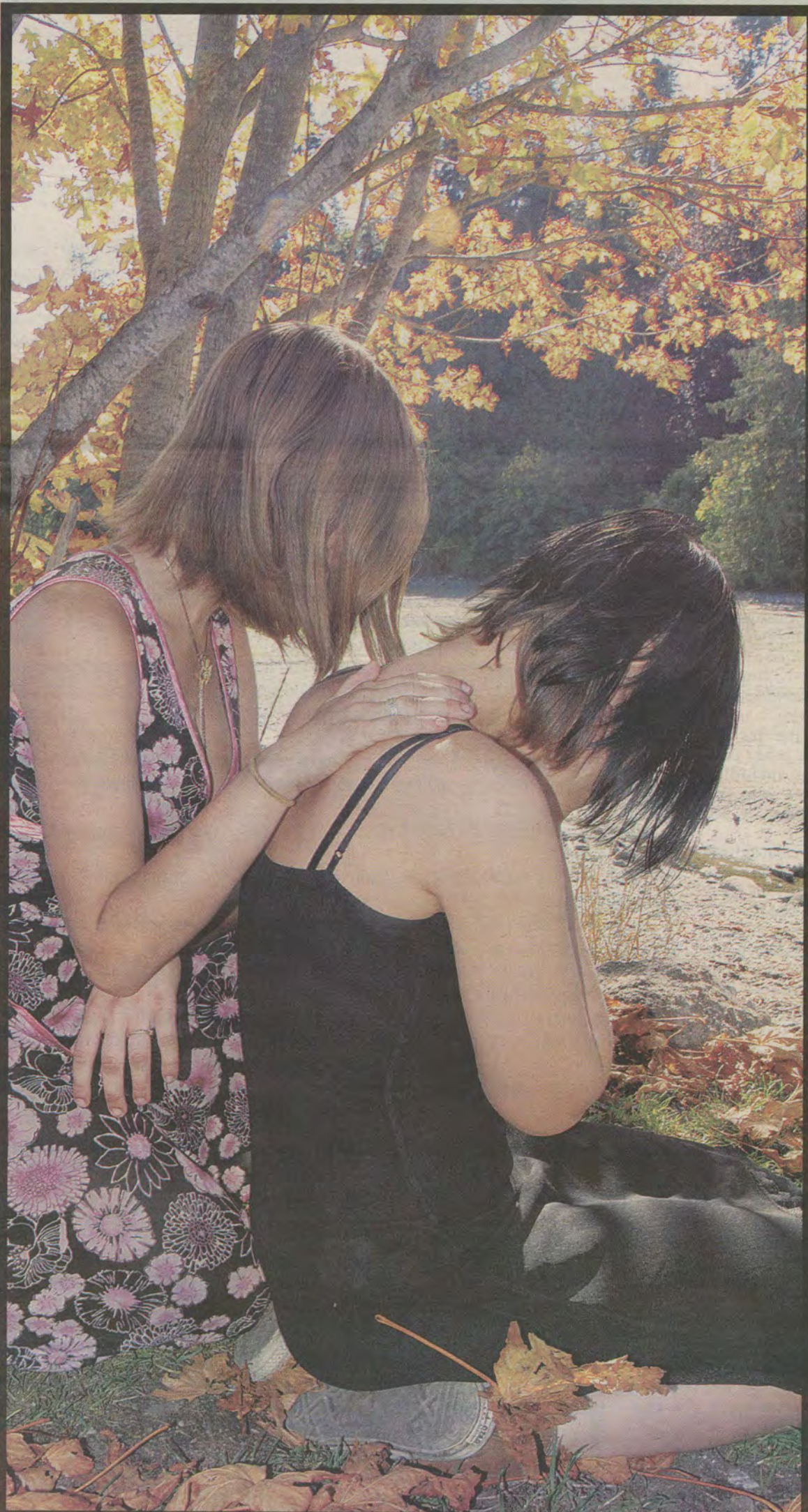
in SILENCE

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MENTAL ILLNESS AWARENESS WEEK

October 5-11, 2008



It's the time to dispel myths and hear from those who've experienced depression

BY GAIL SJUBERG
DRIFTWOOD EDITOR

Following last year's first Suffering in Silence pages, two readers told us they felt a story on what it's like to live with clinical depression — as they do — would be helpful to the community. They said it also might prompt some people to seek help as they have done. When it came time to plan this year's special section, they agreed to share their experiences in a story, as did a third island resident.

Now in their 40s, 50s and 60s, they've been through years of on and off struggles with the illness, trying to find out what works best to help them stay afloat and keep depression at bay.

What became clear through the interviews is that each person must find a highly individualized method to help them first cope and then thrive. That may include use of medication, natural health products, exercise, cognitive therapy and other support.

The situation is not much different from other illnesses that usually require more than a single miracle pill to eliminate the pain or worsening of the condition. It can be a gruelling process of trial and error, and one that demands dedication and perseverance on the part of the patient and doctor to find the key.

All three individuals interviewed have experienced the suicide of a sibling due to depression — something that convinced them they could not inflict that kind of pain on others by doing the same thing themselves. Yet they understand how people with untreated severe depression would want to be delivered from the unrelenting pain through death.

All three have jobs with significant responsibility, have used alcohol at one time or another to self-medicate, have experienced depression's unpredictable anti-thesis — mania — and all finger "outside stressors" as the wild card in the hand of health at any one time.

Because depression still travels with a hefty sidecar of stigma attached to it, the names of those interviewed have been changed. They wish they could talk publicly about their illness with the same freedom as individuals suffering from diabetes or cancer, but they can't.

In addition to their individual stories and a "what if feels like" summary, we were also privileged to meet a freelance writer willing to share her observations and expertise gleaned from working for B.C. Mental Health & Addictions Services in Vancouver.

Cheryl Bell Gadsby, director of adult services at Salt Spring Island Community Services, the non-profit society providing a variety of mental health-oriented programs, also approached the Driftwood to provide an article for Mental Illness Awareness Week.

Resources from the Canadian Mental Health Association, whose Cowichan branch has been involved in efforts to broaden services for Salt Spring residents with help from the Brian Bleskie Memorial Fund and islanders Ernie Wood and Lisa Bleskie, were also used in these pages.

SUFFERING in SILENCE

Grace: 27 years on a journey of learning

Negative self-talk among first hurdles

Ways to recognize and treat depression have come a long way since Grace was hit with her first bout of clinical depression in 1981.

"I saw two doctors here on Salt Spring. One patted me on the knee and told me that if I pretended I was better than I would get better. The other one recommended I get more sleep and gave me tranquilizers — all that did was make it worse."

A third doctor correctly diagnosed her condition as "out of the book" clinical depression, prescribed anti-depressants and referred her to a psychiatrist.

Within a few weeks she was on the road to recovery.

"It was like I was coming out of a deep dark hole . . . the difference was so profound," she recalls about the treatment. "All these things that had been issues weren't issues anymore."

Grace has tried living without medication at various times since then, but has ultimately ended up in a depressed state.

"It seems if you have a tendency towards depression then it keeps happening to you."

In 1998 she was diagnosed as bipolar because she had been alternating between depression and "hypomaniac" episodes for two years. She disagrees with this diagnosis because the only time she became hypomaniac was when she was being treated with anti-depressant medications. At that time she was taken off the anti-depressants and given the mood stabilizer lithium, which she describes as "a horrible drug. I gained 20 pounds and ended up with gout."

Some anti-depressants make people hypomaniac, she explains, which she feels is worse than being depressed.

Grace is among those who can't use Selective Serotonin Re-uptake Inhibitors (SSRIs), generally considered the newer generation of anti-depressants, as they

tend to send her off into a hypomaniac episode.

The anti-depressant drugs may "work for one person but not another," she says.

"The drugs are important to treat a clinical depression, but a person also has to work on the cognitive stuff."

Grace wonders why depression appears headed into "epidemic" status. Her research and personal experience point to the fact that not only are people so stressed and lacking in nutrition from the demands of daily life, but our culture is a virulent breeding ground for negative self-talk.

"The drugs are important to treat a clinical depression, but a person also has to work on the cognitive stuff."

"We're so inundated with images of what we should look like . . . and comparing ourselves to other people . . . it's this negative self-talk. When you have a thought it creates a feeling and our feelings determine our moods."

Grace suggests too many bad thoughts create patterns and even neuropathways in the brain, so it's critical to change one's pattern of negative thinking, which usually requires embarking on some form of cognitive therapy.

"I think a person really needs to explore why this is happening to them."

Several years ago she took a multi-week course based on David Burns' book called 10 Days to Self-Esteem.

"It was the best thing I have ever done [to treat my depression] in the past 27 years," she says.

She believes everyone would benefit from learning the skills in Burns' book.

"When I took the course I thought they should be giving this course to every kid in school."

Something she still hasn't

determined is if a negative thinking pattern kicks off a bout of depression or if it's brain chemistry that creates the negative thoughts.

Grace is certain that alcohol and anti-depressants don't mix, and feels doctors don't stress enough the importance of not drinking while on medication.

"If I had just two drinks I would feel depressed the next day. It wasn't worth the half hour of pleasure."

She has also observed the surprising difference in a friend who was an alcoholic. He had quit drinking for 20 years, but was quite depressed and didn't want to take part in social or family activities during that period. When he finally went on anti-depressants, he suddenly became an enthusiastic participant in family activities.

"He was like a completely different person."

How can friends, co-workers and family members help a person suffering from depression?

"It's hard because when you're depressed you withdraw and you don't want to ask anybody for anything because you feel so poorly about yourself and you're so anti-social."

Gifts of cooked, nutritious food are always nice because some people can't make meals for themselves and might only be eating a bowl of cereal for supper.

She also believes in the benefits of humour and thinks a comedy show or movie can do wonders for a depressed person.

Grace feels she has lots of empathy for other people who suffer, including her late mother, who was severely disabled by her mental illness.

"It was a gift in that it made me finally understand my mother. No wonder she didn't want to get out of bed."

And if treating depression, bipolar disorder, panic or anxiety disorders has improved a hundred-fold since 1981, it's on another planet from the days of shock treatment and the mounds of experimental pills used on her mother back in the late '50s, '60s and '70s.



Living with depression — What's it like from the inside out?

Most of us know that famous people like Rafe Mair, Margaret Trudeau and Princess Diana suffered from depression — and the list of others who've come forward with their stories is long.

British Prime Minister Winston Churchill described his own depression as "the black dog" and if you talk to a dozen people who've experienced depressive illness they will often use terms related to darkness.

Jen, Grace and James told the Driftwood what they've felt like when depression has hit in the past.

Jen says it's an agonizing journey to complete any basic task because your mind loses its ability to function automatically and breaks down each component into separate, seemingly insurmountable parts.

"You have to make a sandwich, so OK, you go to the fridge and you have to get out the meat. Then you have to get the butter, and then the bread . . . You're consciously thinking of each process. It feels like you're slogging through mud . . . there is so much thought going into each action."

At times when she's returned to medication after feeling the effects of depression, she has been keenly aware of when her thought processes become "automatic" again.

"But when you're in it, getting out of bed is huge."

For Grace, "It's so bleak and so painful and you feel like you are such a burden to everybody; you have no hope about the future and you are a complete waste of skin."

"You think everything is permanent and pervasive . . . saying things like, 'I always feel like this.'"

She would wake up early in the morning with a whirling mind full of all kinds of negative thoughts — "constantly mulling over the negative crap" — and couldn't go back to sleep.

She observes that in the case of physical pain, at least pain-killers might provide some relief.

"With this, you can't control it and you can't escape it. Your head is right there with you all the time."

James says: "When big waves of depression come over you, you feel like you're in this big black pit and you're overwhelmed with inertia. There's nothing you can do about it. Your feet are in cement. You can't pick your feet up and climb out of the pit."

Inertia is a powerful foe.

"It's like you're a big flywheel on an engine. A starter usually gets the engine going, but it's like if you had to hand-crank that wheel — you have to get on that wheel and make it turn."

Waves of sadness and melancholy wash over you, he adds.

PAGE B2-3 STORIES BY GAIL SJUBERG



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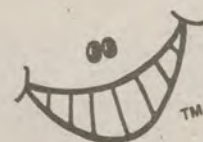
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James: the '1-2 punch' of depression and panic

Finding path back to an even keel no easy feat

James knew something was seriously wrong one day in the spring of 2007 when he was part-way through his work day and realized he couldn't remember half of what he'd done. In a conversation with a co-worker, the woman suddenly seemed to be standing across the room, everything shifted into slow motion and he felt disconnected from reality.

"I'm losing my mind," he thought, as a wave of panic rose in his throat.

He went home and called his doctor's office. Three hours later he walked out with a prescription for Ativan, a powerful anti-anxiety pill and sedative.

In the following week he took a seat on an 18-month medication merry-go-round that included four different anti-depressants in various doses, from the newer Cyprex to the older Prozac, enduring nausea for several weeks at a time, bouts of diarrhea or severe agitation, and trying unsuccessfully to go without any medication for a month.

Only recently could he say

with any confidence that he and his doctor had come up with the right combination of anti-depressant and anti-anxiety medication so that he almost felt "normal" again.

Last year's episode was the second time in his life he had what he calls a "nervous breakdown." Both were triggered by stressful events. What was disturbing about last year's episode is that the events in themselves were not traumatic, he says, there were simply too many difficult, if smaller, things arriving at once that he could not control or deal with. His innate ability to cope had bottomed out.

Looking back, he says, "I think I suffered from depression and anxiety all the way along in my life. I would have days and days of feeling low and then I'd wake up one day and it would be gone."

Anxiety and panic have also been regular and unwelcome visitors.

"I just drank my way through it, and made it pretty well through self-medicating on booze. Then it's easy to blame your bad feelings on being hung over."

But by the early 1990s he decided to seek formal treatment, ending up with

a psychiatrist who agreed he was depressed and prescribed his first batch of anti-depressants. After about six weeks, James had the "kick-start" he needed to stay on a fairly even keel for several years.

"It's like a siren that starts out slow. You just hope it stops before the top of your head blows off."

Suspecting he would always have to find a way to keep depression at bay, he investigated natural remedies and for about five years found solid success with a naturally occurring amino acid and precursor to serotonin called 5HTP.

"It levelled all the peaks and valleys out for me," he says. "Other people I've recommended it to also think it gave them good results."

But around the time of his

2007 "meltdown," he found the effectiveness of the 5HTP seemed to diminish.

He says he experienced increasing bouts of overwhelming melancholy and sadness, even though all the basics in his life — job, family, finances — were stable.

"It was like 'Wow, how can I feel so bad?'"

In recent years, feelings of panic and anxiety have also increased.

"It's a one-two punch. Not everyone who is depressed suffers from panic and anxiety, but a lot of the anti-depressant drugs are conducive to treating the anxiety part of it too."

Of the estimated eight different anti-depressants he's tried over the years, some seem to cause mania.

"It's like your motor starts to rev too fast. I don't do stupid things . . . but I get feeling so elated and all you want to do is keep blabbing. It's just as bad as feeling blue because you know you're winding up the insanity. It's like a siren that starts out slow. You just hope it stops before the top of your head blows off."

Many years ago, his brother committed suicide, when nobody had a hint that it could happen.

"At that stage of things,

nobody talked about depression. If you were having a bad day, people said, 'Get out and do something and it will pass.'

"It was so upsetting to have him die like that and not know why . . . and not even be able to help him. It must have been so painful and he couldn't see when it was going to end. It just gets to seem so hopeless and it's so painful and the only way out you can see is to kill yourself."

James says the contrast between how people view physical and mental pain can be frustrating.

"With physical pain you know someone is coming with the morphine and the stretcher and they're going to fix you up. And they're pulling for life . . . because they know people can see what the problem is. People can't understand this kind of emotional pain [caused by depression]. They can't understand because you don't have a bone sticking out of your leg, and how can they understand that you hurt just the same?"

Unless someone has experienced it themselves, James says, it seems unlikely they will be able to understand it, and that includes general practitioners, who are relied

on to "figure it out" in the absence of easily accessible psychiatric help.

"GPs, for all of their sympathy and trying hard to help you, I don't think they get it either."

James believes that cognitive therapy should be part of any treatment.

"With physical pain you know someone is coming with the morphine and the stretcher and they're going to fix you up."

"Just giving people drugs doesn't fix the problem. It has to go along with some kind of conversation with a psychologist."

James also urges the loved ones of people suffering from depression to try to be as understanding as possible and assure that their support is at hand.

"You can't get mad at someone for not feeling well."

Jen: striving to maintain a fully alive authentic self

Getting treatment for depression without compromising 'zest for life'

Jen came face to face with depression in her late 20s, after a series of major life incidents, including giving birth and the suicide of a sibling.

"It sneaks up on you and you don't even know you're in such a bad state," she explains. "It's very slow and quite deceptive and you're not even aware how far into it you are."

Medication got her back on track then, but she has never used an anti-depressant that didn't have side effects or somehow dull her natural "zest for life" to a disturbing degree.

For a few years she tried natural products and homeopathy, but about two years ago found she had to return to "traditional medicine" and its anti-depressant pharmacy.

She remembers experiencing a definite shift upwards — where her thought processes became blessedly "automatic" after a long period of mental slogging — after taking the pills for a couple of weeks, with the noticeable effect gradually "tapering off."

"Once you start taking anti-depressants it's a cycle that's hard to get out of," she observes. "It almost makes you more susceptible, and the fear of what will happen when you go off the medication is fairly daunting. But certain meds have made me very flat . . . they create a real flatness in my personality."

Last year she changed medication three times trying to find one with minimal side effects and impact on her "authentic" self.

She doesn't enjoy feeling like a guinea pig, finding out which

anti-depressant flavours work — or don't.

But she credits anti-depressants with keeping her afloat.

"If I wasn't on medication, I wouldn't be working," she says. "At least on anti-depressants you can cope and manage and you can deal with things."

But medication isn't a cure-all or a buffer from emotional hurricanes.

"It doesn't take a whole lot to derail me," she admits.

She acknowledges her condition can make it hard for friends

"I continue to look for positive alternatives and information. I'm totally into alternative health . . ."

and family members at times, especially if she swings into a manic phase, where she is inclined to take on more than she can handle or act impulsively.

"Then it feels like I'm a locomotive — out of control — and I have no sense of 'this is not a good idea.'"

Some medications have fostered that more than others, she says, but fortunately one family member acts as a "barometer" and puts up the caution sign for her.

"She tells me if I seem OK or not."

Jen knows exercising more, maintaining nutrition and doing yoga is always helpful, but incorporating that into a busy life isn't easy.

Similarly, she wants to invest more time in learning about depression.

"I continue to look for positive alternatives and information. I'm totally into alternative health . . . but it's time consuming to do the research."

Jen has never been to a psychiatrist but has seen several counsellors over the years, which is a recommended part of treatment for depression.

However, she has been frustrated by establishing a trusting relationship with counsellors and then having them move or quit their practice. That has happened at least three times, she says.

What does she view as a positive part of being afflicted with this not uncommon mental illness?

"I've learned so much about myself and other people, and vulnerability, and because of that I feel extremely compassionate towards people."

It means there's one more person out there with the empathy needed to help others.

"That's what drives me — making me feel passionate and happy and whole — when I can be sincerely helpful to someone else."

She also emphasizes that she's learned to accept that the condition is simply part of her life and she lives with it.

"It doesn't stop me from being optimistic and I'm up for a challenge."



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How to be a good consumer during a mental health crisis

Ensure you're in capable hands when seeking help

BY GAYLE MAVOR
SPECIAL TO THE DRIFTWOOD

It's Mental Illness Awareness Week.

I could write about depression because I've experienced it since I was a teenager, on and off. But you've heard about depression. I think most people now have some sense that it's an illness or a response to the shock/sadness of an out-of-the-ordinary situation — or both — and not someone being sloth-like on purpose.

Depression can be clinical or situational. If it's situational that means you can usually point to some situation that triggered it. Something bad happened to cause it and emotionally you're freaking out. Your parents were killed in a car accident. Your boyfriend/girlfriend dumped you. Your black Lab died unexpectedly. You're totally bummed.

But in a few weeks (well maybe not when it comes to the unfortunate incident with the parental units), you'll get it together and slowly you'll bounce back to functioning as you were before. You may need to see a counsellor and/or you may require anti-depressants for a short time to get better. You may not.

Clinical depression on the other hand tends to be severe and impacts your functioning on a daily basis

— at work, in relationships. It can be the result of a biochemical imbalance in your brain. It tends to re-occur. It can be triggered by trying circumstances in your life (but not necessarily) and like the Energizer bunny just keeps on going and going and going. Typically, it will require medication and therapy to recover from, with some people requiring medication for life.

Research has shown that exercise is excellent for relieving depression. Paying attention to stress levels and eating well (as usual) are smart too.

You'll actually have to make a commitment to yourself to do the work to get better.

It could take years.

I could write about how long it takes to get diagnosed properly when you are having some sort of mental health issue because often you live with symptoms for years and are in denial about what's really going on. You get used to your behaviour and then you don't make the connection between your behaviour and a mental health issue unless it's severe. You lack insight.

You rationalize. In the

case of depression, you think to yourself, I'm just bored. Maybe I'm just really lazy. I don't want to talk to anyone. I'm not answering the phone. The dishes are piling up. I didn't really like the job anyway, that's why I quit. Irritable? You think I'm irritable? Well *&^% you! I don't feel like going out. I'd much rather stay home with the blinds closed every evening in the middle of summer. I'm always tired.

But if you're in denial it won't really matter what I say because depression isn't the only word with staying power that begins with the letter D. Duh!

And maybe your symptoms are a bit weird. Maybe you actually feel unbelievably excellent. You can't seem to stop talking. You have an overwhelming sense of well-being and think you're more capable than you actually are. You're way more irritable than usual. You have one nerve left and everyone is getting on it. You may actually have bipolar disorder (previously called manic depressive illness). Bipolar disorder — switching from highs to lows — can often take years to diagnose accurately. You can be bipolar and still suffer mainly with episodes of depression. Or, you might be hypomanic, a lesser form of mania.

So I ask myself, what could I write that would be of any value to someone else, especially someone who has never set foot in a therapist's office and thinks they never will.

I decided that the most important thing I could say is that you should try and be a good consumer if you're thinking of seeking help with some aspect of your mental health. You should at least ask as many questions of this person who claims to have some ability to assist you as you would when you buy a new cell-phone plan or a wide-screen TV.

You will be faced with doing that, however, when you are least able to do it because typically the idea to seek counselling tends only to come when you're having a wee bit of a crisis.

You don't typically walk into a counsellor's office, shake the person's hand and begin an interview that starts off with you saying to them, "So, tell me about yourself. What education do you have? What type of therapy do you practice? Are you licensed? What does that licence mean exactly? Have you ever been charged with professional misconduct? How many years' experience do you have? Why do you think the type of therapy you practice can help me? How many sessions/years do you think this will take?"

Most people ask more questions of their taxi drivers than they do of their psychiatrists, counsellors, social workers or psychologists, upon first meeting.

Maybe that's partly a result of the fact that it's not easy to get help. It's not impossible but it may cost a lot of money (unless you're referred to a psychiatrist and then B.C. Medical picks



up the tab). You'll actually have to make a commitment to yourself to do the work to get better. It could take years.

So, if you're not feeling well today — depressed, confused, over-the-top manic, you're just not yourself, you think you're hallucinating by hearing voices or seeing things that aren't actually there — and you're thinking of trying to get help from another human being, even one that has a bunch of certificates on their walls, just remember, nobody cares more about you than you do (unless you're suicid-

al) and then probably just about everyone cares more about you than you do. Got friends?

Just do your best to ensure you're putting your precious self into the hands of someone who is, at the very least, not as crazy as you feel.

Gayle Mavor, a freelance writer from Vancouver, worked in 2006/2007 as the patient relations consultant-communications for B.C. Mental Health & Addictions Services in Vancouver and has learned a lot about mental health from the school of "been there, done that."

Tracking down the signs and symptoms of depressive illness

What are the signs?

Some of the signs are:

- feeling worthless, helpless or hopeless
- sleeping more or less than usual
- eating more or less than usual
- difficulty concentrating/making decisions
- loss of interest in taking part in activities
- decreased sex drive
- avoiding other people
- overwhelming feelings of sadness or grief
- feeling unreasonably guilty
- loss of energy, feeling very tired
- thoughts of death or suicide

What causes depression?

There is no one cause of depression, neither is it fully understood. The following factors may make some people more prone than others to react to a loss or failure with a

clinical depression:

- specific, distressing life events
- a biochemical imbalance in the brain
- psychological factors, like a negative or pessimistic view of life.

There may also be a genetic link since people with a family history of depression are more likely to experience it.

How is depression treated?

Depression is the most treatable of mental illnesses. Most people who suffer from depression are helped by the treatment they get, which usually includes medication and/or psychological counselling. Support from family, friends and self-help groups can also make a big difference.

What can friends and family do?

It can be difficult to be with and to help someone who is seriously depressed. Some people who are depressed keep

to themselves, while others may not want to be alone. They may react strongly to the things you say or do. It is important that you let them know that it is okay to talk about their feelings and thoughts. Listen and offer support rather than trying to contradict them or talk them out of it. Let them know you care. Ask them how you can help, and offer to contact their family doctor or a mental health professional. Find out about local self-help groups and attend a meeting with them. Try to be patient and non-judgemental. Most of all, don't do it alone — get other people to provide help and support too.

Do you need more help?

If you or someone you know needs more help, contact a community organization specializing in the field of mental health support.

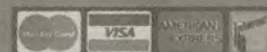
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Mental health awareness: a vital part of our community

Mental Illness Awareness Week gives us a chance to look at some myths regarding mental illness

BY CHERYL BELL-GADSBY
SPECIAL TO THE DRIFTWOOD

• Myth: People with mental illness are intellectually impaired.

Fact: Mental illness is not related to intellectual capability.

• Myth: Mental illness is a sign of personal weakness or lack of will power.

Fact: Having a mental illness has nothing to do with being weak or lacking will power. People with a mental illness cannot "snap out of it" or get better by "trying harder."

• Myth: People with a mental illness are violent and dangerous.

Fact: Studies have shown that a maximum of 4% of the violent acts in our society are committed by persons with a mental illness. This means that 96% of violent acts are committed by those without a mental illness.

Mental illness affects more than six million people across Canada (one in five Canadians). Close to 4,000 Canadians die by suicide each year and suicide is the most common cause of death for young people aged 15-24.

Of the 10 leading causes of disability worldwide, five are mental health disorders, including major depression, schizophrenia, bipolar disorder, substance use and obsessive compulsive disorder.

On Salt Spring Island we have a significant number of community members living with mental health issues, many of them chronic and persistent.

Sometimes individuals living with mental illness live in the shadows. They are both invisible and yet too visible for some people's comfort.

Even though there has been an increase



Cheryl Bell-Gadsby at Community Services

in awareness of mental illness, it seems that the stigma still exists. In fact, the general public attaches many incorrect labels to those with mental health issues.

These individuals are often seen as dangerous and unpredictable or lazy and a burden on society.

Side effects of medication are often responsible for many of the stereotypes of those with mental illness, such as slurring of speech, twitches, awkward gait, unkempt appearance and hygiene issues.

Stigma is often a barrier that prevents people from getting help and treatment. Individuals living with mental illness often internalize the stigma and are reluctant to seek out the help and support they need.

For example, some individuals may with-

draw and isolate after a hospitalization or a major episode in their illness, for fear of rejection.

In a June 27, 2008 Globe & Mail article which was part of a mental health series, a Canadian report on mental illness was quoted as saying, "In no other field, except perhaps leprosy, has there been as much confusion, misdirection and discrimination against the patient as in mental illness... Down through the ages, [the mentally ill] have been estranged by society and cast out to wander in the wilderness. Mental illness, even today, is all too often considered a crime to be punished, a sin to be expiated, a possessing demon to be exorcised, a disgrace to be hushed up, a personality weakness to be deplored or a welfare problem to be handled as cheaply as possible."

Canada is the only western country without a national health-care strategy that deals with mental health issues.

For more than 70 per cent of adults with mental illness, onset occurred when they were younger than 18. Being proactive with early intervention is vital. We know that the earlier people receive help the better the outcome.

Roy Muise, a person living with a mental illness who testified before a Senate committee in Halifax, challenges all of us with these words: "To the people of Canada, I say welcome us into society as full partners. We are not to be feared or pitied. Remember, we are your mothers and fathers, sisters and brothers, your friends, co-workers and children. Join hands and travel together with us on our road to recovery."

At Salt Spring Island Community Services (SSICS), we provide a wide variety of services for those living with mental illness and other mental health issues.

We have a psychiatric nurse who is available by appointment with a doctor's referral. The Yellow Submarine is one of the programs at SSICS that serves indi-

viduals with mental illness.

This program provides individuals and families with leisure, education, employment and peer support opportunities in a stress-free environment.

Even though there has been an increase in awareness of mental illness, it seems that the stigma still exists.

Current research shows that the average Canadian is more aware of mental illness.

However, paradoxically there also seems to be an increase in stigma resulting in more social distancing from people suffering with mental health issues.

It is important for each of us to take responsibility for changing attitudes and behaviours regarding those vulnerable individuals among us who suffer often in silence and isolation.

Let's keep this topic in the forefront: talk to your friends, family and community members, and volunteer in the community for mental health programs and causes.

Our vision is a community in which people have access to services and support in times of need including shelter, food and mental health services with understanding and compassion.

If you are interested in volunteering or donating to SSICS programs, including the Yellow Submarine or the Food Bank, please contact Gloria McEachern at 250-537-9971.

For a complete list of services, visit our website: www.saltspringcommunityservices.ca.

Cheryl Bell-Gadsby is director of adult services at SSICS.

A few fast facts on mental health and mental illness issues

Who is affected?

• Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.

• 20% of Canadians will personally experience a mental illness in their lifetime.

• Mental illness affects people of all ages, educational and income levels, and cultures.

• Approximately 8% of adults will experience major depression at some time in their lives.

• About 1% of Canadians will experience bipolar disorder (or "manic depression").

How common is it?

• Schizophrenia affects 1% of the Canadian population.

• Anxiety disorders affect 5% of the household

population, causing mild to severe impairment.

• Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.

• Suicide is one of the leading causes of death in both men and women from adolescence to middle age.

• The mortality rate due to suicide among men is four times the rate among women.

What causes it?

• A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses.

• Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.

• Stigma or discrimination

attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.

• Mental illnesses can be treated effectively.

What is the economic cost?

• The economic cost of mental illnesses in Canada for the health care system was estimated to be at least \$7.9 billion in 1998 — \$4.7 billion in care, and \$3.2 billion in disability and early death.

• An additional \$6.3 billion was spent on uninsured mental health services and time off work for depression and distress that was not treated by the health care system.

• In 1999, 3.8% of all admissions in general hospitals (1.5 million hospital

days) were due to anxiety disorders, bipolar disorders, schizophrenia, major depression, personality disorders, eating disorders and

suicidal behavior.

Sources: The Report on Mental Illness in Canada, October 2002.

EBIC 1998 (Health Can-

ada 2002), Stephens et al., 2001

Reprinted with permission from the Canadian Mental Health Association website.

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Li Read

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and the end of all our exploring will be to arrive
where we started and know the place for the first time.

-T.S. ELIOT

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the singing bird will come.

-Chinese Proverb

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Lynda Monk, MSW, RSW -
Registered Social Worker and Wellness Coach
www.creativewellnessworks.com

Daily life can become hectic and overwhelming leaving little time to get clear about what really matters most to you. It requires time and space to listen to our intuition and take action in the areas of our life, work and well-being that are calling to us for attention, growth and change. We all want to live a life of purpose and fulfillment. Creative Wellness coaching can help you do this!

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- Do you have a clear and compelling vision for your life, your business, your wellness?

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- reduce feelings of stress and overwhelm
- experience more peace and calm
- become more purpose driven

Coaching is a powerful tool for self discovery, learning, and personal growth. As your coach, I hold three university degrees including a Masters of Social Work and professional coach training through the Coaches Training Institute (CTI). I am a registered social worker, as well as a member of the BC Association of Social Workers and the International Coaches Federation.

I bring ten years of front line social work experience, combined with eight years of entrepreneurial work as a facilitator, trainer, consultant, writer and helper in the areas of work-life balance, holistic stress management, trauma recovery, care for the caregiver, and workplace wellness. I have facilitated training workshops and retreats to thousands of individuals and organizations across Canada. I am excited to bring part of my work closer to home in service to people and organizations in our community.

Call me at 250-653-2085 or email lynda@creativewellnessworks.com to discover how coaching can support you towards what you most want in your life and work! Please feel welcome to visit my new website (launching October 15th) www.creativewellnessworks.com for free resources and information about individual and group coaching programs. To your well-being and success!

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coaching for balanced living



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People & Community

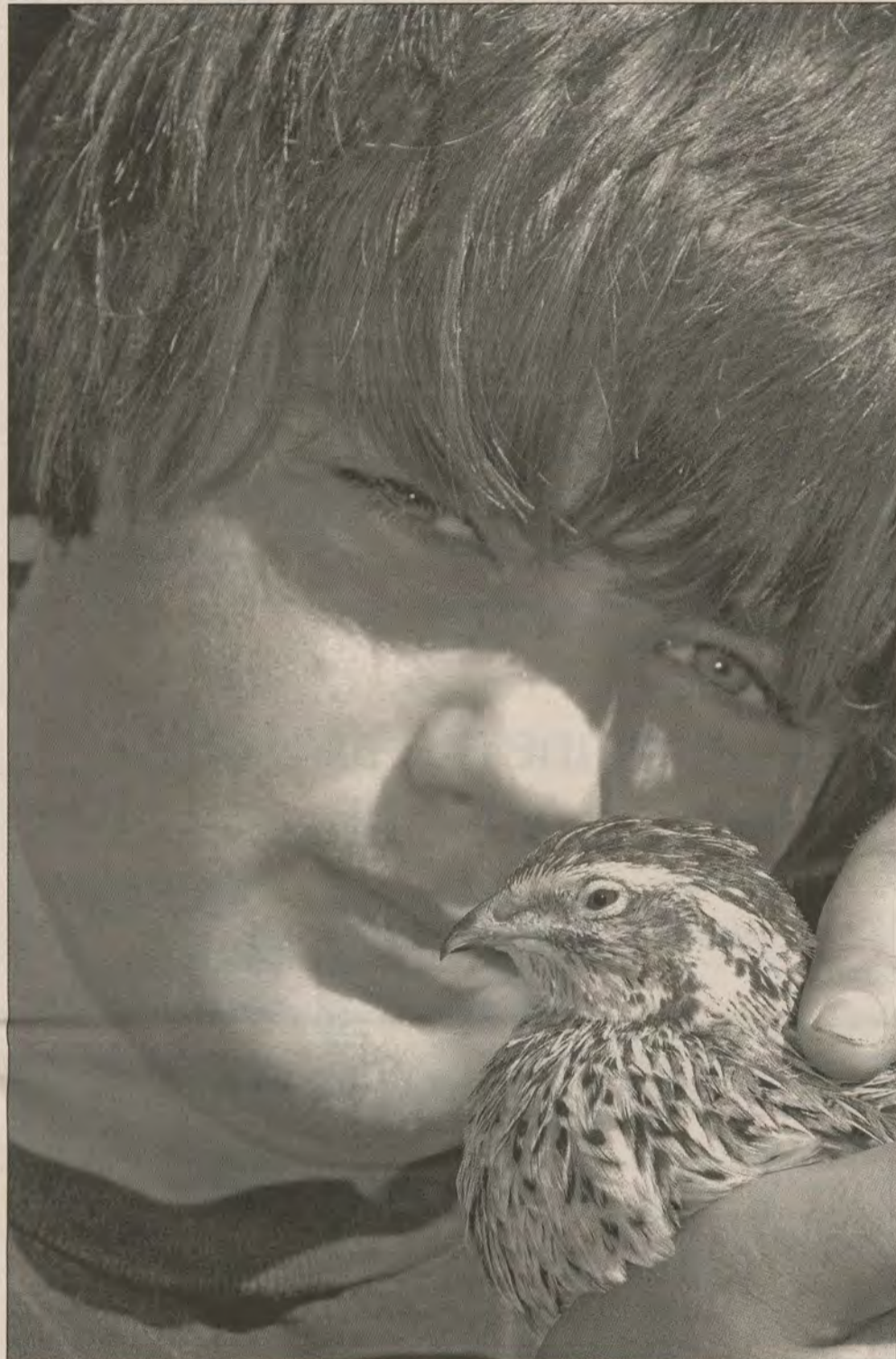


PHOTO BY DERRICK LUNDY

FOR THE BIRDS: Damion Lake hangs out with his Japanese quail as the Salt Spring 4-H Club takes part in the annual apple festival last Sunday.

NATURE

Biologist shares crane passion

UVic researcher presents at Lions Hall Friday

BY DAVID DENNING
SPECIAL TO THE DRIFTWOOD

Krista Roessingh is an enthusiastic biologist on a mission to discover as much as she can about the sandhill crane, a fascinating bird species with populations that breed in remote and undisturbed wetlands of British Columbia.

On Friday, Oct. 3, Roessingh will share her enthusiasm and knowledge in a Salt Spring Island Conservancy-sponsored talk called Sandhill Cranes: The Natural History of Our Coastal B.C. 'Spirit Guardian' Bird.

Roessingh's enthusiasm for biology research is shared by her partner, Ingmar Lee. Lee is a photographer and environmental writer who first collaborated with Roessingh to study culturally modified trees on Vancouver Island's remote Brooks Peninsula as part of their undergraduate biology degrees.

After graduating from the University of Victoria, they packed up cameras, research equipment, and their son, Desmond, and headed to India where Roessingh completed her master's degree studies on elephant migrations.

Now back at UVic, Roessingh has undertaken the challenging task of determining the breeding population levels of Central B.C. coastal sandhill cranes. She is also studying the unique behaviour and habitat requirements of this threatened subspecies.

In a press release, Roessingh writes eloquently about the animal she so doggedly pursues: "Standing about a metre tall, with a wingspan of over 1.5 metres, sandhill cranes are thrilling to watch as they fly, with quick downbeats and slow, arcing upbeats of their wings. Their elegance, beauty and size set them apart from the geese and gulls. They walk on long legs, gracefully picking up their feet and bending down their necks to forage, then up to look sharply around with keen orange eyes."

Adding to her insightful presentation will be photographs and video by her research assistant Lee.

The Oct. 3 presentation takes place at 7 p.m. at Lions Hall. Admission is by donation.

Please join us to celebrate
Roger Brunt's
"The Salt Spring Chronicles"
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Oct. 2nd, Baptist Church, 7 pm-8:30 pm, \$10

2. **Order in the House Workshop:**
Oct. 4th, Harbour House, 9 am-11:30 pm, \$35

50% of all proceeds donated to community sustainability projects.

Contact: Margery Moore at 250-537-4400

COMMUNITY WELLNESS PROGRAMS
Coordinator: Sharon Glover 537-4607

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YOUR HEALTH: Finding Out What You Need to Know
Lesley will help us all understand how our system works re: all the health-related information we have trouble finding! Lots of time for questions & answers!
Free copies of "Health- Related Resources for Seniors on Salt Spring Island" will be available to all who attend.
• at S.S. Seniors Wednesday 22 October at 2:00 p.m.
Lesley is a wonderful speaker - come early!

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30 September - 9 October Book NOW: 1- 800-663-9203

HERBALISM

Clinical herbalist Clift presents detailed course on Salt Spring

Teacher discusses advanced medicine-making techniques

Part-time Salt Spring resident Jasmyne Clift will share her diverse knowledge of herbalism in an eight-month course starting this November.

Clift is the founder of a busy wellness clinic in Vancouver that employs 14 practitioners.

As explained in press material, "being a clinical herbalist means not only knowing plants and how to make medicine, but also knowing how to treat people."

"I believe in a client-centred approach, which means treating the individual where they are now,

not where I think they should be, in relation to their health," said Clift.

Those taking her course will benefit from Clift's work with some of the most well-known herbalists in North America and from running a diverse herbal dispensary.

"But," she adds, "it is also my relationship with the plants and the wisdom they offer that teaches me so much."

The course, which is one weekend long each month, is designed for those who are already working with herbs, and those wanting to complement their present healing modality.

Clift will teach everything from ethical wild crafting, advanced medicine making, anatomy and physiology, botany and Bach flower remedies.

She has assigned experts

in various fields to cover some modules. Dan Jason of Salt Spring Seeds, for example, will teach how to cultivate various species.

"I am excited to offer advanced medicine making, using rare techniques like percolation, intermediary extraction and fluid extraction."

These methods are used to make some of the most potent medicines. There will be a focus on some of the extraordinary herbs we have here in North America like horsetail, (equisetum), red root (ceanothus), yerba mansa (anemopsis) and ocotillo (fouqueria).

For more information about the course and to register, contact Jasmyne Clift at 250-653-2439, or e-mail singmeanimage@yahoo.ca. Space is limited.

Salt Spring FOLK CLUB

08/09 Season Lineup

Oct. 6 Jez Lowe
opening: Qristina & Quinn

Nov. 3 Pan-Canadian New Folk Ensemble
opening: Alan Miceli

Dec. 8 Steve Dawson
opening: Julia Beattie

Feb. 9 Outlaw Social
opening: Peter Prince

Mar. 9 Tom Russell

Mar. 30 GuMBoOT GaLA

www.saltspringfolkclub.ca

08/09 SSFC Season Passes can be purchased by sending a cheque for \$85 to: Salt Spring Folk Club c/o 180 Mobrae Ave SSI, B.C. V8K 1J8

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PEOPLE & COMMUNITY

COMMUNITY EDUCATION

Early registration period ends soon

Time to take advantage of discount rate

BY STANLEY SHAPIRO
SPECIAL TO THE DRIFTWOOD

Next Wednesday, Oct. 8 is the deadline for benefitting from Community Ed's "early registration" discount.

Registrations will be accepted after that date, of course, but why not sign up now? Save \$10 a course and guarantee yourself a place in the class. Well over 100 islanders have done just that and four of this fall's offerings are already "sold out." However, there still is room in a number of other exciting courses scheduled over the next two months.

Starting Oct. 2, (tomorrow) George Laundry, bridge expert extraordinaire, will again be offering his Intermediate Bridge class. A number of other Community Education favourites begin the week of Oct. 6. These include Philip Benson's "one on one" approach to teaching Excel, Word and Power Point, Denis Russell's offering on Internet Investing (yes, we will all invest again) and Jan Steinman's class on The Art and Science of Photography.

Another offering for camera types, Simon Henson's four-Saturday course on Creative Digital Photography, begins on Oct. 18. A few days later, starting Monday, Oct. 20, women interested in writing their memoirs can sign up for Wendy Judith Cutler's four-session course on doing just that.

The one-day offerings tailored to the interests of islanders begin on Friday, Oct. 10 with Usha Rautenbauch's presentation on Pioneer Salt Spring Island School Days. The next day, Dan Jason presents his Saving Seeds program. Also on Saturday, Oct. 11, Ella Topaz joins Cutler in offering a very imaginative program of self-discovery called Journey with Voice and Writing.

And on it goes. There's a Saturday, Oct. 18 course on Consensus Decision Making, jointly offered by the Salt Spring Island Foundation and Community Education, and on Friday, Oct. 24, Toby Fouks' Introductory Internet course.

On Friday, Nov. 7, Fouks offers her Intermediate Internet session while Judy Levine hosts a Bead Jewellery workshop for kids.

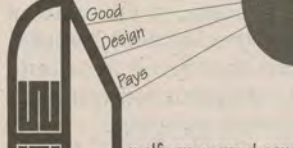
In between, there's a Betty Taylor weekend with a Halloween Day (Fri-

day, Oct. 31) workshop on "Decorating Treats for Goblins" followed the next day by Betty's "Make It and Take It" Christmas Gifts program.

Finally, there's the food! On three successive Saturdays in October, John Ashlie offers exciting cooking classes. Indian Cooking is the subject on Oct. 4 (this weekend!), French Cooking on Oct. 11 and Findhorn Community Cooking on Oct. 18. John is a great cook and these are always fun sessions.

For more on the classes themselves, the instructors teaching them, the location of each course, the fees being charged and how to register, go to www.communityed.com. Or, should you prefer, there are registration binders at Salt Spring Books, the Driftwood, the library, and at the PARC and school board offices.

But don't delay. The first of the October courses, Intermediate Bridge, begins tomorrow. Also, look forward to hearing more about a new Salt Spring Island tradition, Community Ed's Bag-a-Book Sale with book drop offs welcomed at Meaden Hall on Wednesday-Thursday, Oct. 15-16 and the book sale itself on Saturday and Sunday, Oct. 18-19.



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PERSONAL HEALTH

Auto-immune disease sufferers invited to four October sessions

Facilitated by Helen Moon and Elizabeth Courtney

A pilot group for people with long-term auto immune conditions is planned for the month of October.

It will run for four weeks from 3 to 5 p.m. on Thursdays beginning on Oct. 9.

Helen Moon and Elizabeth Courtney both share a long history with ME/CFS, a disease with which up to a million Canadians have been diagnosed — three quarters of them women — yet remains virtually invisible in public awareness.

But according to press material, "even the name remains both obscure and controversial."

ME is myalgic encephalomyelitis, a name which reflects the European understanding that the brain is the primary seat of the disease, with pain its primary manifestation.

"CFS, or chronic fatigue syndrome, has more or less guaranteed the perception that this is not anything much different from what everyone suffers from time to time, and is as likely to be the target of jokes, misperceptions, even ridicule as serious, thoughtful interest.

"Americans call it CFIDS, chronic fatigue immune dysfunction syndrome, which at least has the merit of relating it to other immunosuppressed disorders, such as HIV-AIDS, or MS, yet even their 10 million patients are largely dependent on non-mainstream



Workshop facilitators Elizabeth Courtney and Helen Moon.

health support as research into the disease remains pitifully inadequate and the majority of doctors still very uninformed."

Moon worked as a nurse for 25 years before becoming ill.

She moved to Salt Spring in 1995 and has recently completed a four-year Feldenkrais teacher training course which she has found profoundly helpful in dealing with the constantly shifting symptoms of ME.

The Feldenkrais method focusses on awareness through movement, involving thinking, sensing and imagining as well as moving in a gentle manner which can improve posture, relieve stress and chronic pain, increasing grace, flexibility and creativity. She will conduct the first half of each class.

Courtney trained as a social worker but, she says, the very varied trajectory of her life has as much to do with a creative response to living with greatly reduced energy as any plan of her own.

She has lived on Salt

Spring for three separate periods from 1978, working as a weaver and a writer.

In 1999 she completed an MA in mythology (as a depth psychological investigation of both personal and cultural meaning).

She followed this up with an investigation of the healing power of sacred music, particularly modal music.

She will invite participants to share some of the musical and mythological experiences that have transformed her own journey through deep listening, poetry, story telling and re-imagining the experience and opportunity of illness itself.

The group will be limited to eight participants and will take place at The Yoga Studio, 380 Stark's Road. Admission will be by donation and pre-registration is essential.

Participants should wear comfortable clothing and bring a notebook.

To register, call Elizabeth at 250-653-9954, or for further information call Helen at 250-537-9694.

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PHOTO BY DERRICK LUNDY

GRAND PRIZE WINNERS: Beth and Paul (at right) Weston win tickets to a Canucks game, airfare and accommodation at Windsor Plywood's contractors' fair. They are seen here with Ken Marr (far left) and Mike Stefancik of Windsor Plywood.

SENIORS ACTIVITIES

Room in the wagon for fun excursions

Program aimed at sociable seniors

Community Wellness Programs coordinator Sharon Glover wants to share a good thing among more people.

Now in its third year, Seniors Van Excursions is a popular program, but Glover hopes more people who would benefit from participation aren't missing out.

The excursions see small groups of seniors enjoying special trips on and off island — but mostly off of Salt Spring.

"They go in a very comfortable big station wagon, which was purchased just slightly used by Community Services from two grants, one they received from the Salt Spring Island Foundation for \$10,000 and one from New Horizons from Seniors for \$10,000," said Glover.

The driver and program coordinator accompany people aged 65 or better, "with an aim towards people who need some extra socializing, like if

they are on their own or living away from family, or their family is very busy or if they are not driving, and if they want to meet new people and enjoy new social experiences."

Trips run between Mondays and Thursdays to take advantage of B.C. Ferries fare-free days for senior passengers, with about two excursions each month.

A \$5 fee is charged to defray some of the costs, and participants must pay for any meals or admission fees, if applicable.

They might have a picnic, go kite-flying, to a winery or take tea at the Empress. The group has gone Christmas shopping, to the IMAX theatre in Victoria and even to a casino.

Seniors Van Excursions is a program of Salt Spring Island Community Services.

"We invite people to consider their social wellness by calling for more information to Ruth Volquardsen at 537-5188 and to enjoy a good time.

"We want to make sure as many people as possible access this special service."

TOASTMASTERS

Bowes, Metcalfe repeat speech contest success

Salt Spring takes part in Area 10 competition

BY JAMES FALCON
SPECIAL TO THE DRIFTWOOD

Fredrick (Bud) Bowes and Rowan Metcalfe both placed first and will be going to the Area 10 level contest in Ladysmith this week.

Both have done it before and Metcalfe has taken the Salt Spring club title all the way to the provincial level competition.

Bowes captured the pulse of the evening with his humour speech named "Never practice medicine without a licence!" and Metcalfe delivered her impromptu speech in royal fashion, maintaining the impromptu speech club title for 2008.

A record number of amazing contestants participated in the club area International Humour and Table Topics Speech Contest. In the humour speech contest, Jim McLean placed second and Kathryne Holm placed third.

In Table Topics, Nora Layard placed second and Holm came third.

Many of the contestants and other members will be joining the dynamic duo in Ladysmith to show their support and make sure Team Salt Spring arrives in force with a licence to win.

Regular local Toastmasters meetings continue every Monday at 7 p.m. sharp, downstairs at the Salt Spring United Church.

Guests are always welcome. For more information, contact James Falcon at 250-537-2581.

WOMEN'S HEALTH

Mammogram spots open at mobile unit this week

Free service only a phone call away

The mobile mammography service is operating on Salt Spring this week, with lots of spaces still available for appointments.

As of Monday the Screening Mammography Program of B.C. reported some 100 slots open for women wanting a mammography.

The free service sets up in the provincial building at 343 Lower Ganges Road, from Wednesday, Oct. 1 through Thursday, Oct. 9.

Women must meet various criteria to qualify for the free service, including being B.C. residents between the ages of 40 and 79, although women outside the age group may have a mammogram with a doctor's referral.

Appointments can be scheduled and inquiries made by calling 1-800-663-9203.

A website contact for more information is www.bccancer.bc.ca/breastscreening.

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★ ★ This Week's Horoscope by Michael O'Connor

Aries (Mar 21 - Apr 20)
The notion and prospect of relationship will take a definite turn this week. One way or another, things are deepening. You may get really hot and heavy or perhaps you will get right down to ending the engagement. Some confusion and potential arguments could arise over the matter. With Mercury now retrograde, a clear resolution may take time and produce unexpected results. Review all correspondences to ensure that your communications are clear. You can't please all the people all the time but you can know what you think, feel and say.

Taurus (Apr 20 - May 21)
Intimate relationships are the big theme for many people these days. This is both an expansive and deepening time for you. Your sights are set on the long term and all being well you are determined to learn every step of the way. There is a saying that we don't actually 'have' relationships, rather we 'create' them. This implies every day attention. The next 4-5 weeks are not great for signing important documents, however. Create those more enduring and legal bonds...later like in November perhaps. Otherwise, read the fine print twice!

Gemini (May 21 - Jun 21)
What or more likely who is gaining your attention these days? Is there someone special in your life or is this a cycle of deepening with your significant other(s)? Perhaps it is a place or an occupation that has you all excited. You are in an adventurous mood, but it does require that you acknowledge and overcome fears of change or ending. Embrace the spirit and give to situations with heart and passion. Directing this intention towards investments and other financial interests may well prove to yield positive returns. Yes, with Mercury retrograde, avoid lofty notions and take a take a sober approach.

Cancer (Jun 22 - Jul 22)
Your world is expanding and shaking all at the same time. It seems you are learning new things every day and the pace is quick now. Disruptions of some kind are likely close to home. All being well you are making renovations to create more beauty and stability. Family gatherings and close encounters, especially with parents or other such figures are probable. With Mercury retrograde and amidst people and situations that are bound to stir memories and emotions, expect the unexpected! Be willing to listen well, to the words and the deeper meaning, in a spirit of fairness.

Leo (Jul 23 - Aug 23)
Increasing the quality and scope of your network continues. Innovations, technology and new knowledge figure prominently as well. You feel energetic and enthusiastic to go places and meet people. Many changes are brewing on both inner and outer levels and you are more and more aware of who you are, what you can do and where you are headed. Be open to a variety of angles and approaches. Be willing to push through and beyond outer blocks and resistances. Yet, also be willing to all sides before making final decisions.

Virgo (Aug 24 - Sep 22)
Building and consolidating your overall base continues. You feel ambitious and are in the mood to take some calculated risks. This may well be a very dynamic time for you as long as you have a good clear sense of your direction. Be open to change and also to unusual and or unique people and situations. They are meant to stretch you and make you more flexible. Still, aim for self-reliance. This balance between being open and independent is attainable but will require some concentration.

Libra (Sep 23 - Oct 22)
This is a pioneering time for you. Your focus is sharp and you want to forge ahead and explore new territory, people and possibilities. As previously held notions of security steadily melt away, you are wise to let them go and focus upon new directions. Weaving creativity and innovation is likely. Healing your ego personality is part of the plot. Embracing change in your lifestyle is a golden key in this process.

Scorpio (Oct 23 - Nov 21)
You may feel the urge to rest and retreat now. You want to feel the freedom to entertain new possibilities. To this end you need time and space to contemplate. You may feel confused about who you are and what you truly want. It is probably best to accept and trust that your feelings are valid. The lord works in mysterious ways and sometimes it is best to be still, to watch, listen and receive new inspirations and guidance. This requires a state of passive receptivity — a tricky balance.

Sagittarius (Nov 22 - Dec 21)
Actions speak louder than words but both together can be most effective. Dreams, visions and ideals are dancing in your mind and you are determined to bring them down to earth. Securing a more solid foundation is more than an idea, it is a veritable duty. Make every effort to tune-in and respond with practical measures. Some of your ideas may be ahead of their time. Others, however, may be pie in the sky; push these aside for now.

Capricorn (Dec 22 - Jan 19)
Your power is steadily rising. You are determined to advance your position. Gathering all your credentials and records of past achievement to assist your ambitions is probable and a good idea. This is a great time to approach authority figures to be seen and heard. However, carefully read the fine print in any legal dealings especially. Also, do not lean on the past too much. Be willing to try new angles. This includes sharing your ideas and knowledge with others and requesting feedback.

Aquarius (Jan 20 - Feb 19)
You are in the mood to go big or go home. This may still be the planning and foundational stage yet is still important. Gathering new tools and methods is important. Avoid making premature judgments about people and situations. Be willing to push and forge ahead but be careful not to push others aside or away altogether. Nurture a vision of trust that deep and benevolent powers are ever present and active.

Pisces (Feb 20 - Mar 20)
Gatherings and mergers with others is keeping you busy. This will lead to certain relationships ending while others are changed somehow. At best, misunderstandings, confusions and old resentments will be discarded and/or their energy transformed into more harmonious feelings and attitudes. You do have a say in the matter and this is where your creative intention comes in. Avoid feelings of victimization. Seek to be more understanding that understood and exercise compassion for all being, beginning with you.

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What's On This Week

Wed. October 1

LIVE ENTERTAINMENT

Sacred Sound Choir. Debut concert at Music & Munch. All Saints. 12:10 p.m.
Aaron Ableman. Performs music along with art exhibit at Studio One. 7 p.m.

ACTIVITIES

Stitch Dimension Quilt Guild. Regular meeting at Salt Spring Baptist Church. 7 p.m.
Coloured Pencil Techniques. With Suzanne Prendergast. All levels to advanced. ArtSpring. 9:30 a.m.-4:30 p.m.
Portrait Drawing. ArtSpring. 9 a.m.-noon. Drop-ins welcome. Info: Jose at 250-537-1121.
Drop in Stay & Play. Family Place each Wednesday. 10 a.m. to 1 p.m.
Family Friendly Fitness. Wednesdays at Portlock Park. Meet at Community Gospel. Bring a baby and buggy. 1-2 p.m.

Thurs. October 2

LIVE ENTERTAINMENT

Blues Jam. With Dave Roland and friends every other Thursday at Moby's Pub. 8 p.m.

Thurs. October 2

ACTIVITIES

Yoga Instruction. Pay what you can classes on Thursdays with Kirsten. Core Inn 3rd floor. 6 p.m.
What Lies Buried Beneath Your Stuff? Public talk about the media's impact on consumerism by Alison Roberts. Baptist church 7 p.m.
Kindergym. Mondays and Thursdays at Community Gospel Chapel. 9:30-11:30 a.m. Children 0-4 welcome. Info: 537-2622.

Fri. October 3

LIVE ENTERTAINMENT

Ball Gag n Chain Gang. Moby's Pub. 9 p.m.
Jock. Solo sax, flute and clarinet. El Zocalo. 6 p.m.
Da Fuego. Fiona Kennedy & Steph Rhodes perform at The Local at 9 p.m.

ACTIVITIES

Hip-Hop Dance Classes. With Andrea Rabinovitch. Mahon Hall. Fridays, 6-7 p.m.

Fri. October 3

OTHER ACTIVITIES

Rollerblading. Rollerblading to music at Fulford Hall. Every Friday 7:30-9 p.m.
Sandhill Cranes. The natural history of our coastal B.C. "Spirit Guardian" bird. Krista Roessingh gives presentation at Lions Hall. 7 p.m.
Salt Spring Chronicles. Launch of Roger Brunt's new book at All Saints By-the-Sea. 7 p.m.
SSI Vipassana Weekend Meditation Retreat. Three-day weekend retreat starts today. The Gatehouse. Registration: www.ssvipassana.org.
Nature Adventure Fridays. Fun, games and skills for kids 6-12. Info: Wisdom of the Earth at 250-653-9122.
Yoga Instruction. Pay what you can classes on Fridays with Kirsten. Core Inn 3rd floor. 6 p.m.
Psychic Artistry and Mediumship. Medium Anne Wright and psychic artist Patrick Gamble provide a demonstration. 506 Lower Ganges Rd. 6:30-8:30 p.m. 250-537-2154
Storytime at the Library. Harvest time around the world. Stories, songs and activities for 6 years and under. 1 p.m.

Sat. October 4

LIVE ENTERTAINMENT

Flora Scott Trio. Flora Scott with Ken Lister and Josh Dixon. El Zocalo. 6:30 p.m.

OTHER ACTIVITIES

Yoga Instruction. Pay what you can classes on Saturdays with Kirsten. Core Inn 3rd floor. 10 a.m.
Psychic Workshop. Psychic artist Patrick Gamble and clairvoyant Anne Wright. 9:30 a.m.-4:30 p.m. Registration: Carol at 537-2154 or 538-8272.
Order in the House. Interactive workshop with Alison Roberts of Clutter's Dirty Secret. Harbour House Hotel, 9-11:30 a.m. Register at I-Sea, 250-537-4400.
Creative Water Media. Workshop with Rehona Farrell. Lions Hall. 9:30-4:30 Saturday and Sunday. Registration: Carolyn at 250-537-5114.
Dad 'n' Me. Meet and eat pancakes with dads and kids every Saturday morning. Family Place. 8:30-10:30 a.m.

SUN. OCT. 5, NO ACTIVITIES

Mon. October 6

LIVE ENTERTAINMENT

Jez Lowe. English folk musician. Salt Spring Folk Club. Fulford Hall. 7:30 p.m.

ACTIVITIES

Adult Beginner Band Classes. Mondays starting Oct. 6. Info: 250-537-4654 or islandwinds@telus.net.
Osho Kundalini Moving Meditation. Drop-in. 5:30 p.m. Info: Amrita 250-537-2799.
Beginners' Yoga with Celeste. Mondays 7-8 p.m. 250-537-2444.
Bones for Life. Mondays with Anna Haltetrecht at Cats Pajamas Studio. 4 p.m. Info: 250-537-5681.
Floor Hockey. Fulford Hall. Mondays 7 p.m. All welcome. Info: 250-537-9369.
Eckhart Tolle Practising Presence Group. Drop-in. 7:30 p.m. Info: Amrita 250-537-2799.
Kindergym. Mondays and Thursdays at Community Gospel Chapel. 9:30-11:30 a.m. Children 0-4 welcome. Info: 250-537-2622.
Rugg Huggers. Monday drop-in for babies, siblings and parents. Child-minding & light lunch included. Family Place. 10 a.m. to 1 p.m.

Tues. October 7

LIVE ENTERTAINMENT

Anne-Julie Caron. Percussion & marimba, with accompanist Akiko Tominaga. ArtSpring. 8 p.m. (Pre-concert chat at 7 p.m.)

OTHER ACTIVITIES

Voice Play. Intuitive singing for grown-ups. Six-week session. 6:30-8:30 p.m. Registration: Ella Topaz at 250-653-4261.
Market in the Meadow. Last Tuesday Farmers' Market of the year. United Church Meadow. 10 a.m. to 2 p.m.
Stagecoach Theatre AGM. RSVP to Maxine at 250-538-7494 or maxine.olymyk@yahoo.ca. All Saints church basement.
Toy Library. Free toys to borrow for kids 0-6 at SS Elementary. Tuesdays from 11 a.m. to noon.

Wed. October 8

ACTIVITIES

Great Community Fire Escape Drill. Practice your escape plan. Sirens will sound at 6:30 p.m.
Contemporary Dance Class. Wednesdays with Anna Haltetrecht at Cats Pajamas Studio. 5-6:30 p.m. Info: 250-537-5681.
SSI Historical Society. "Amazing Salt Spring Island Women, Part 1," presented by SSI Archives members. Central Hall. 2 p.m.
Portrait Drawing. ArtSpring. 9 a.m.-noon. Drop-ins welcome. Info: Jose at 250-537-1121.
Drop in Stay & Play. Play and relax with your toddler at Family Place each Wednesday. 10 a.m. to 1 p.m.

THE FRITZ MOVIE THEATRE
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 1 hr 35 min Rating: 14A language
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CINEMA
Burn After Reading — The latest film from the Coen Brothers (Fargo, No Country for Old Men) continues their winning streak of great productions that fall somewhat outside the Hollywood norm. An ousted CIA official's memoir accidentally falls into the hands of two unwise gym employees intent on exploiting their find. Stars Brad Pitt, George Clooney, John Malkovich & Francis McDorman *Coming Next* — **IGOR** An animated feature starring John Cusack as a loveable hunchback. Great fun for the whole family!

CABLE TV
 • **Attention Shaw Cable TV Channel 11 viewers** — The Daily is your source for stories reflecting Salt Spring and southern Vancouver Island people and places. The program is about half an hour in length and repeats continuously during the day and evening with new stories added daily. Salt Spring A&E Report runs next Tuesday and Wednesday night, and see other Salt Spring stories on Thursday night. For further details about community programming, call 250-537-1335.

EXHIBITIONS
 • **Identity** — 23 artists portray themselves at the **ArtSpring gallery** from Fri., Oct. 3 to Sun., Oct. 12. Opening reception on Fri., Oct. 3, 6-8 p.m.
 • **Lorna: Living with Huntington's** — photo exhibit by **Shari Macdonald** runs at **Galleons Lap Atelier & Gallery** from Fri., Oct. 3 to Fri., Oct. 18. Opening reception from 3 to 6 p.m.
 • **Rosamonde Dupuy, AFCA**, presents Portraits of Islanders in the **ArtSpring lobby** through October.
 • **Studio One** presents **Aaron Ableman** original artwork and performance on Wed., Oct. 1 at 7 p.m.
 • **Newly released paintings** from the estate of **LeRoy Jensen**, plus portrait paintings by his daughter **Gabrielle Jensen**, are exhibited at **J. Mitchell Gallery** until Wed., Oct. 8.
 • **Stairs** — new paintings by **Stefanie Denz** runs at **Salt Spring Woodworks**. See also the Visitors sculpture by **Michael Dennis** on the forest trail, and the Sculpture Garden's Family of Man exhibit of monumental cedar and bronze sculpture at the **Hastings House** and **SS Woodworks** through October.
 • The October artist at the **Salt Spring Coffee Company cafe** in Ganges is **Lily Rumi**.
 • **Salt Spring Woodworks** features a sale on handcrafted furniture and furnishings from Oct. 2-31. Fall hours are Friday through Monday, 10 a.m. to 5 p.m.
 • **Grace Sevy** presents a photocollage exhibition at **Ganges Yoga Studio** from August through October.
 • **Joanne Bealy** has a photo portrait show at **Jana's Bake Shop**.
 • **Ken Ketchum** shows his photography at **Island Savings** until December.
 • **Salt Spring Fine Art Tour.** Pick up a self-guided tour map at galleries and other outlets and see the island's finest art.

Amazing Women of Salt Spring (Part 1)
 SS Historical Society presentation
 Wednesday, October 8th at 2pm, Central Hall
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ARBORICULTURE

Island arborist soars to world stage

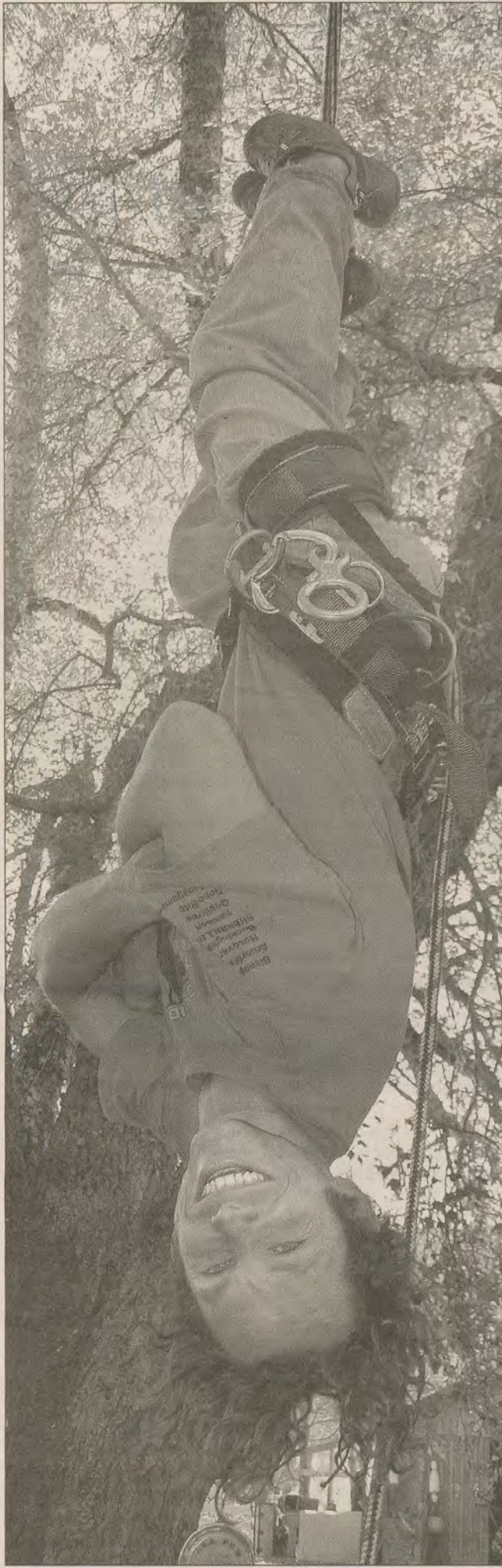


PHOTO BY SEAN MCINTYRE

Salt Spring-based arborist Scott Nyuli has qualified to climb against the world's best in Rhode Island next year.

Scott Nyuli tops the crowd in Pacific Northwest

BY SEAN MCINTYRE
DRIFTWOOD STAFF

It may not be the first discipline that pops to mind when it comes to world championship events, but it turns out arboriculture has a whole lot more to offer than one may think.

Arborists are essentially tasked with the care, pruning and removal of trees. They're the men and women who make sure a precarious limb doesn't come crashing through your kitchen window.

Physical prowess is required to climb into the highest crowns, just as much as a green thumb is needed to diagnose any problems a tree may have.

It was that combination of skill and knowledge at the root of the 2008 Pacific Northwest Arborist Championships held on Sept. 21 in Boise, Idaho.

Based on his performance at the event, Salt Spring's Scott Nyuli has a pretty firm grasp of both. Nyuli finished first out of 25 competitors in one of the world's most competitive regional events. In doing so, he even knocked off the world's 10th-ranked arborist.

"If you can make the top 10 in the world, you're doing really well," he said. "I've been trying for so long, but have always been second or third [in the region]."

The first-place finish means Nyuli has qualified for the World Arborist Championships set to take place in Rhode Island in July 2009.

It's an event Nyuli, 36, has trained for ever since starting out in the field a decade ago.

"I was framing houses and that was enough," he said of his previous career in Saskatchewan. "I took the initiative to go out, travel and put myself out there. Everybody's got their little trick and, if you can pick up one from everybody, the next thing you know you've got a bag of your own."

Nyuli's career has taken him to Europe, New Zealand and Canada's East Coast where he helped clean up

the mess following Hurricane Juan in 2003.

In an interview at his Beddis Road home on Monday, Nyuli demonstrated the techniques, knots and tools of his trade.



SCOTT NYULI

Within a matter of seconds Nyuli had managed to climb half way up one of the highest trees in sight.

More importantly, he was also equally adept at getting back down.

Alongside the saws, ropes and climbing gear fit for a major expedition, Nyuli handed over a small leather sack filled with lead, a tool he uses to string ropes up into a tree's highest branches.

"That's a kangaroo scrotum," he said.

Nyuli has turned his passion for climbing into a small business called Prairie Pro Tree Services. For Nyuli, it's a career that fits well with something he's always enjoyed.

"I've always climbed ever since I was a kid," he added. "I'd climb anything that I can get on top of."

Now he has the chance to become a world champ.

"It's time to start practising," he added.

Salt Spring Island Community Services
268 Fulford-Ganges Rd.
250-537-9971
www.saltspringcommunityservices.ca
COUNSELLING SERVICES ARE FREE

- * **Counselling Services:** Short-Term counselling for adults, youth and families.
- * **Alcohol and Drug Program:** Prevention and treatment service is free and confidential.
- * **Family Place:** See www.saltspringcommunityservices.ca for full schedule.
- * **Let's Do Brunch:** Tuesday, 9:30am - 12:30pm
- * **Food Bank:** Open Tuesday, 11am - 4pm
- * **The Wall:** Indoor Rock Climbing Gym, Contact jalexander@ssics.ca
- * **Recycle Depot:** Open Tuesday - Saturday 10am - 5pm, 349 Rainbow Rd., 250-537-1200.
- * **Seniors Wellness Programs:** Call Sharon Glover at 250-537-4607.
- * **Emergency Mental Health Services:** Available 4 pm to midnight through Emergency Room at Lady Minto Hospital. Call 250-538-4840
- * **24 HR. Crisis Line:** Toll free: 1-866-386-6323. Caller is connected with the Need Crisis Centre in Victoria.
- * **Nobody's Perfect:** Registration at Family Place 250-537-9176.

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- LINDA QUIRING, SALT SPRING SOAPWORKS

ISLAND HISTORY

Amazing Salt Spring women hit the screen at Central Hall

Next historical society meeting toasts local heroines

Do you recognize the names Sylvia Stark, Jane Manson Mouat, Emily Purdy Beddis, Mrs. Stevens, Dr. Eva Sutherland, Simone and Paulette Chanteleu, Kimiko Murakami, Bessie Dane, Gwen Ruckle and Winnie Watmough?

Are you interested in learning about them and many more Salt Spring women from the past?

A public presentation at the Oct. 8 general meeting of the Salt Spring Island Historical Society will focus on some amazing women who lived on Salt Spring Island and were influential in the community.

Since not all such women could be included, the panel presentation is called Amazing Women of Salt Spring Island, Part I.

The presentation will be multi-faceted, with short biographies of influential women in a variety of areas: pioneer life, education, health, business, leadership, agriculture and more.

As panel speakers present information, photos will be projected onto the movie screen.

More photos and text will also be on display tables.

There will be an opportunity for questions after the presentations and coffee and tea will be available.

The session will begin at 2 p.m. at Central Hall. All are welcome.

Arts & Entertainment



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Jez Lowe
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October 6, 2008 Tickets \$15 available at:
 Fulford Hall Acoustic Planet
 Salt Spring Island Salt Spring Books
 Door opens 6:45
 Show starts 7:30 Stuff and Nonsense

FABRIC ART

Quilters, grandmothers unite

Visiting exhibit wows viewers at ArtSpring gallery

BY ELIZABETH NOLAN
 DRIFTWOOD STAFF

A travelling exhibition of textile art benefitting the United Nations' "Grandmothers to Grandmothers" project visited ArtSpring this past weekend, offering a brief glimpse of the wonderful talents of Vancouver Island crafters and a chance to support a worthy cause at the same time.

Entitled *Who Will Plant the Seeds of Hope?*, the exhibition is the result of a partnership between the North Island Quilters for Community Awareness, and the Merville Grand Mothers. Usually working together on large group projects, circumstances inspired the north Vancouver Island women to create individual pieces for donation to the Merville group, who will sell the quilts by auction at the end of the tour.

Most of these art quilts were created from recycled clothing and found fabrics. They are united by sharing a piece of taupe velour, which each artist incorporated in some way. Funds raised through the auction and through the sale of a catalogue book, posters and art cards will go to the Stephen Lewis Foundation to support African grandmothers taking care of children orphaned by HIV/AIDS.

Each art work in the show was created as a visual representation of questions about how life can go on without its adult population, such as "who will plant the maize?" and "who will comfort the children?" The quilters often have addressed areas that are personally meaningful, such as Debra Kozlick's *Who Will Perform the Naming*



PHOTO BY DERRICK LUNDY

Darryl Estes, left, and Janet Marshall stand beside a quilt made by Linda Walton.

Ceremony.

Kozlick is a midwife and the founder of the north island quilters' group. In accompanying material, she describes how she first heard about the African naming ceremony from her grandmother, who delivered babies in the Mississippi Delta in the 1930s. The tradition had been kept in secret by slaves and their descendants.

In a blaze of orange, pink and red fabric, Kozlick depicts a baby held up by a woman's two strong arms. Dull green foliage on either side emerges out from the quilt, giving a sense of protection and secrecy as well as contrasting with the brilliant light. According to Kozlick, the baby is held up to the first morning light while its name is spoken for the very first time.

Who Will Feed the Chickens is an amazing contri-

buton by Linda Walton of Oyster River. Using a variety of materials, including actual chicken feathers, red vinyl and beads, Walton's composition places skinny, scruffy African chickens near the top of the panel, moving down to a thick grouping of progressively larger and more aggressive fowl. In the centre, a content and fat hen is the only one eating, pecking at the precious grains in pearl and jade beading.

Who Will Pick the Maize is another stunning example of the quilters' craft, placing the viewer between two tall rows of corn. Maria Box brings the scene out of the two dimensional; bushy leaves and silk explode in a profusion of growth. Behind tall flower spikes, a baked blue sky suggests a place where rain is unusual.

Ionne McCauley of Qualicum Beach recalled her

childhood at an Ontario dairy farm when constructing *Who Will Herd the Cattle*. A Himba tribeswoman is represented in rusty sheer organza, almost about to disappear, while a tree trunk in fabric printed with a big cats design subtly points to the waiting dangers.

Who Will Plant the Seeds of Hope, the title piece, was presented to Stephen Lewis himself in June but a photographed version was on display. An anonymous artist has created a rainbow of women's faces in profile cut from many different coloured fabrics. Beneath the arch, a tender green shoot springs up.

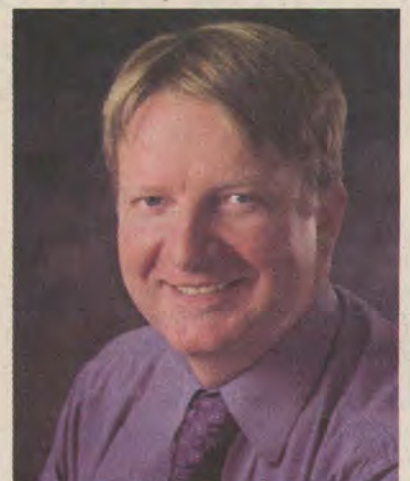
The exhibition moves on to Campbell River next, and will end in Courtenay on Oct. 18. To see the quilts or to enter an auction bid, visit www.tidechange.ca, and go to Merville Grand Mothers under Community Groups.

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LITERATURE

Tell me a story: library staff share childhood favourites

From Charlotte's Web to Rapunzel

Kaz Amaranth, a library volunteer, has been asking some of her fellow volunteers to talk about their favourite story, or the first one that comes to mind. Here are a few responses.

Sheila

When I was little, my father used to tell us a story that comes from a song — **The Big Rock Candy Mountain**. I don't even know the song, he used to make it up as he went along.

The trees were made of something, and the rocks were made of marshmallows. I don't know how it goes to this day, but I loved the story that my father told me.

Jane

Goodnight Moon is one of my favourite books that I would read to my kids. I loved reading it to them: it was a lovely way to say goodbye to the day, almost a blessing. I don't know if it was the illustrations, but it had a kind of soft moonlight quality to it.

You know how moonlight is so different than sunlight, and this book had that kind of gentle illumination of the moon.

Dorothy

I remember my kids in the car, coming home from swimming and Mordecai Richler was telling his story

called **Jacob Two Two and the Hooded Fang**. And we all just sat there and listened. That was something, five kids, sitting in the car, after swimming, listening to the story on the radio. It was a long time ago, 30 years ago.

Audrey

The story I think of is Charlotte's Web. If I had been able to write a children's story, that would be the one. It has everything: pathos, ingenuity, an enemy, a courageous reaction to adversity . . . I haven't read it in 20 years, but it is the first one that comes to mind, if you ask me for a favourite.

Kaz

The first story that comes to mind for me is **Anne of Green Gables**.

My mom read the whole series to me, my sister and brother aloud at night. I remember snuggling up to her, following along on the page as she read, and loving our night-time ritual. I still reread the series from time to time and find new things in it.

When I was in high school in France, I was asked for my favourite Canadian author, and the first one that came to mind was Lucy Maud Montgomery. The whole class laughed at me, because they said, "Isn't that a children's author?" "Well," I said, "she writes great stories."

Tom

A famous kids' book comes to mind — **Barnaby**.

It was a WWII story by a guy named Crockett Johnson.

It's about a boy who had a fairy godfather who was a leprechaun. His parents didn't believe him, of course, but there really was a leprechaun whose name was Mr. O'Malley. They thought that the kid was crazy and they took him to a shrink. It was war time and so there were blackouts.

The fuse blew and Mr. O'Malley put a nickel in the fuse box and the whole place lit up. The father was very embarrassed because he was the air raid warden and their house was the only one lit up when they were all supposed to be dark. There are many stories, this is just one episode that I remember. The whole book is very funny. The illustrations are great too.

Peggy

The first one that comes to mind is **Rapunzel**. I just remember her hair all the way down the tower, from the small window at the top. But I have a special connection to the story of **Cinderella**.

My dad heard it on the radio, and he told it to me and my brothers and sisters, and nieces and nephews. It goes like this:

Do you know the story of Rindercella? She lived feep in the dorest, with her mugly other and the two sad bisters . . .


(Peggy has agreed to tell the whole story at a future Friday Storytime.)



PHOTO BY DERRICK LUNDY

MAKING MUSIC: Heather Black plucks out some tunes on her colourful instrument at the Saturday market in Centennial Park.

October 14
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WHAT'S ON AT ARTSPRING

• Identity — Oct. 3-12, daily 10 a.m. to 5 p.m. Identity is an exhibition of work by 23 Salt Spring artists on the theme of self-portraiture.

The artists participating in "identity" portray their individuality, personality, distinctiveness and uniqueness in this multi-media exhibition. The mix includes sculpture, paintings, photography, mixed media and installation art.

• Lobby art through October is work by Salt Spring painter Rosamonde Dupuy.

• Anne-Julie Caron — Tues., Oct. 7, 8 p.m. Quebec artist Anne-Julie Caron is one of the world's foremost marimbists.

In this stunning concert she performs repertoire, including both classical and contemporary work for marimba, accompanied by rising star pianist Akiko Tominaga. Le Soleil has described her performances this way: "Anne-Julie Caron demonstrates that the expressive possibilities of the marimba can easily equal those of the violin." Pre-concert chat, 7 p.m. Single tickets are \$30.

• Salome — Sat., Oct. 11, 10 a.m. — Live broadcast from New York's Metropoli-

tan Opera. Big screen and great sound in the ArtSpring theatre. Karita Mattila caused a sensation when she sang Salome at the Met for the first time in 2004. She reprises her stunning interpretation of the part, including her unforgettable Dance of the Seven Veils.

• Eye for Colour Reprise — Oct. 17-27, daily 10 a.m. until 5 p.m. Once again the Painters Guild and the Spinners & Weavers Guild join together to create new works.

• Marimba Spiritual — Sat., Oct. 18, 8 p.m. Salt Spring resident Luanne Katz is a percussionist who has performed both with orchestras across the U.S. and extensively as a chamber musician.

The marimba is her special love, and she is joined by three distinguished fellow percussionists from Michigan, Washington State and San Diego to present a special evening of exciting and intimate chamber works for marimba and percussion.

Pre-concert chat 7 p.m. Single tickets are \$25.

• Peter Matthiessen — Tues., Oct. 21, 8 p.m. Internationally celebrated author of The Snow Leopard reads

from his newly published book, Shadow Country, a collection in a single volume of three critically acclaimed novels. The evening is a co-presentation between ArtSpring, Salt Spring Books and Theatre Alive. Admission \$10 at the door.

• Suzie Leblanc — Wed., Oct. 22, 8 p.m. Internationally renowned Quebec soprano Suzie LeBlanc returns to ArtSpring with Toronto pianist Robert Kortgaard. LeBlanc has established an extraordinary career specializing in music of the Baroque and Classical periods. However, her interest has recently widened to include music of the 20th Century.

Her program includes music from Olivier Messiaen, Francis Poulenc and Kurt Weill, in addition to repertoire from Mozart. Pre-concert chat at 7 p.m.

Single tickets are \$30.

• Oy Calcutta! — Sat., Oct. 25, 2 and 7 p.m. Just back from roaring laughter and a standing ovation at the Vancouver Fringe Festival, Stewart Katz and Sue Newman are now eager to thrill Salt Spring audiences with, "Oy Calcutta!" — a singing, dancing, hilarious, feel-good musical comedy, celebrating the magical mayhem of India. It's like Alice In Wonderland meets the Marx Brothers in India! Beautiful dancers, live music, zany characters, comedy and

spirituality all wrapped up in one irresistibly entertaining theatrical experience.

• Don Thompson Quartet — Sun., Oct. 26, 2:30 p.m. Don Thompson is easily the most recognized and talented jazz artist in Canada. He has been awarded one Art of Jazz Award, three Juno Awards, three National Jazz Awards, three Socan and eight Jazz Report Awards plus he has recorded, as leader, co-leader or sideman over 70, yes 70, albums/CDs. A tireless performer and visionary artist on piano, bass, vibraphone, and drums, Don is also a consummate composer and arranger, considered one of Canada's most gifted jazz writers. Garry Oaks Winery tasting at 1:30 p.m. Single tickets: \$25.

• Conservancy Annual Fundraiser — Thurs., Oct. 30, 7 p.m. The Salt Spring Island Conservancy annual fundraiser takes the form of a wonderful evening of fun, food, displays and food for thought. B.C. biologist Bob Peart, long a champion of efforts to promote nature education, gives a talk. The evening also features a showing of Lord of the Ants, a new program produced for NOVA on the work of biologist E.O. Wilson. Doors open at 7 p.m. with displays, raffles and refreshments in the lobby. The main program starts at 7:30. Tickets are \$21.

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BUS SCHEDULE
PAGE A4

Anne-Julie Caron
 ~ marimba ~



A fabulous classical musician from Quebec.

"Anne-Julie Caron demonstrates that the expressive possibilities of the marimba can easily equal those of the violin." — Le Soleil

Tuesday, October 7
8:00 pm

Island Arts Centre Society
ARTSPRING

ArtSpring Ticket Centre
 250-537-2102
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FUNDRAISERS

Cats of Mirikitani film plus food, fun, music on tap for Garden fundraiser

Project update also offered at Oct. 26 event

The Japanese Garden Society is planning a big fundraiser for Sunday, Oct. 26.

The event begins at 4 p.m. at the Fritz Cinema with the wonderful film called The Cats of Mirikitani, described in press material as "a beautifully moving documentary about 80-year-old Jimmy Mirikitani, who survived internment camps and homelessness on the streets of New York city by creating art."

The film depicts an intimate exploration of the lingering wounds of war and the healing powers of friendship and art.

"This is a film not to be missed." The Cats of Mirikitani will be followed

with an evening of food, fun and music at the Harbour House. This will also be a wonderful opportunity to hear what the Japanese Garden Society has been doing over the last year and what's coming up shortly.

The society has been busy working behind the scenes, securing permits and plans, lining up workers and materials and is very excited about the next steps.

"Come help us celebrate." To attend both events, the cost is set at \$35 with all proceeds going to the Japanese Garden Society. Tickets are available at ArtSpring and Salt Spring Books. Tickets for the film only are by donation (suggested \$10) at the door.

The film starts at 4 p.m. at the Fritz with the evening events at the Harbour House beginning at 6.

Spirit of salt spring



SS Lions held an appreciation dinner last Thursday for all those contributing to their new parking lot. Lions Russ Spencer and Carol Fowles (from right) were among those thanking Mark Dodds, John Van Schetsen, Mike Quesnel, Jim Horel, Ward Drummond, Fred Howard and Ron Spencer!

The Spirit of Salt Spring is a regular feature in the Driftwood for local businesses and organizations to publicize charitable donations. First-come, first-served basis as space permits.

Call Peter for details.

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CONCERTS

Celebrated master of marimba broadens local musical horizons

Anne-Julie Caron one of the most talented percussionists of her generation

The size and intimate acoustics of ArtSpring's theatre can lead to sometimes predictable programming: string quartets, piano trios, piano soloists, cellists, violinists, small choirs.

Tuesday, Oct. 7 changes all that as Canada's foremost marimbist Anne-Julie Caron brings a totally new sound to the ArtSpring stage.

"The marimba is a percussion instrument, but then so is the piano," said George Sipos, ArtSpring's executive director, "and yet we love the piano for its essentially lyrical qualities. And here is Le Soleil praising Anne-Julie Caron for showing us that 'the expressive possibilities of the marimba can easily equal those of the violin.'

"Percussion is not just a matter of hitting something with a stick," Sipos continues.

"Like all music, its goal is to open doors to feeling, thought and the expressive landscapes of human experience.

"With Anne-Julie Caron we have an opportunity to hear new sounds crossing the boundaries of what we expect from specific instruments, all of it at the hands of a celebrated master."

Caron is recognized internationally as one of the most talented percussionists of her generation.



Anne-Julie Caron, left, and Akiko Tominaga take the stage at ArtSpring next Tuesday, bringing a "totally new sound" to the arts centre.

She got an early musical start on the piano at age four, but when she reached her teens she swapped piano keys for the keys of the marimba.

It was a wise choice, as the Conservatoire de musique de Québec gave her graduation recital the highest mark ever awarded to a percussionist in the history of Québec conservatories.

Since then she has performed all over the world and won numerous awards, including the Prix d'Europe in 2004 and L'Orchestre Symphonique de Montreal Standard Life Competition in 2005.

At her ArtSpring concert she will be accompanied by Akiko Tominaga, a no less brilliant young pianist who trained at the Curtis Institute and the Royal Conservatory and who is now a doctoral can-

didate at the Université de Montréal.

She too started on the piano at age four and made her solo debut in 1991.

Since then, she has performed at concert halls in the United States, Canada and Europe.

Her solo and chamber performances have been broadcast on Radio-Canada.

"If you've never heard the marimba in a concert setting before," said Sipos, "you couldn't have a better introduction. Like having your first glass of champagne served by Madame Cliquot herself."

Tuesday's concert starts at 8 p.m. with a pre-concert chat at 7 p.m. Tickets (\$30) are available from the ArtSpring Ticket Centre 537-2102, including \$5 EyeGo to the Arts tickets available to high-school students.

THIS WEEK AT EL ZOCALO

Friday, Oct. 3rd, 6:00 pm
Jock plays solo sax, flute and clarinet

Saturday, Oct. 4th, 6:30 pm
The Flora Scott Trio with Ken Lister and Josh Dixon



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BOOK SALE

Community Ed book extravaganza set to run Oct. 18-19 at Meaden Hall

People urged to get book donations together

Island bibliophiles can start gearing up for the second annual Bag-a-Book Sale, which is steering clear of potential snowstorms and running in October.

Despite being jostled by snow last December, the Salt Spring Island Community Education fundraiser was so successful that two days have been scheduled for the 2008 sale at Meaden Hall — on Saturday-Sunday, Oct. 18-19.

"People are already eagerly anticipating the book sale," said event co-chair Judi Francis, "and I've received several calls from people wanting to know when they can bring us their books."

Those wanting to donate books for the sale can bring them to Meaden Hall between the hours of 10 a.m. and 4 p.m. on Wednesday-Thursday, Oct. 15-16.

They should also heed the strict requirements for quality, which Francis points out is key to a successful sale.

Books should be new or gently used, not mouldy or dirty, and no encyclopedias, Reader's Digest books, National Geographic or other magazines will be accepted.

"Last year people really appreciated the quality

of books we had for sale, and we want to ensure we keep those same high standards."

If people want to "pre-sort" their books into fiction and non-fiction categories before dropping them off, that would be appreciated, but it isn't necessary.

Volunteers are needed for two-hour shifts on the two days set aside for accepting and sorting books, and for the two sale days.

People wanting to help out should leave a message at the community education office at 250-537-0037, or send an e-mail to klove@telus.net, indicating their name, phone number, and preferred date and time for volunteering.

The Driftwood newspaper is again co-sponsoring the event, happy to support the cause of lifelong learning.

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ARTS & ENTERTAINMENT

EDUCATION

Province-wide art teachers' conference brings together educators, community

Island's artistic bent makes perfect spot for event

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

An annual, province-wide meeting of arts educators will make Salt Spring its base for 2008, bringing up to 300 visitors to the island Oct. 23-25.

Members of the B.C. Art Teachers Association (BCATA) will be on hand to participate in workshops, listen to keynote speeches by well-known artists and professionals, and to survey Salt Spring's artistic wealth during the event called The Artful Eye.

Johanna Hoskins is an education assistant who works mainly with primary aged students and has participated in the Artists in the Classroom project sponsored by the Salt Spring Arts Council.

As co-chair of the 2008 conference, she's excited by the possibilities for local arts professionals and for bringing new people to the island.

"The reason we wanted to have it here is because Salt Spring is such a richly artistic community and we really wanted to showcase that. There are great programs like at Gulf Islands Secondary School (GISS). We want to really



The Artful Eye poster designed by GISS student Justin Taylor.

involve as many community members as possible, too."

Some of Canada's better known artists are already involved; Robert Bateman will give the opening night keynote address on Thursday, Oct. 23, Ted Harrison is on the slate for Fri-

day morning and Nick Bantock is the speaker for Saturday.

The conference begins at ArtSpring, where participants can snack on locally produced goodies and wine, see the Spinners and Weavers exhibition, and sign up for a studio tour before hearing Bateman's talk at 8 p.m.

Workshops being held at GISS over the course of Friday and Saturday will focus on strategies and techniques to bring into the classroom.

Events have been timed to end early enough on Saturday to allow a visit to the Saturday market in the park.

There will also be a gala dinner and entertainment at Fulford Hall.

Although participants must belong to the BCATA to register, a membership can be purchased at the time of registration.

Hoskins said in addition to teachers, the conference will be equally inspiring to former teachers, artists, gallery owners and students.

Registration can take place up until the mornings of the workshops; details can be found at the conference website at www.artfuleye2008.com.

GISS student Justin Taylor designed the winning entry for the website's logo, featuring a rainbow striped tree gripping an eyeball in its roots.

PUB MUSIC

Blues night and 'ho-tonk' ensemble heat up Moby's

Moby's Pub gets the weekend happening early with another Thursday night Blues Jam with Dave Roland and Friends, followed by the Ball Gag n Chain Gang playing on Friday night.

"Last week was incredible with Steph Rhodes showing up to sing with Gary Preston and Matt Steffich," said

Moby's manager Jim Burrows about the last Blues Jam. "This is turning out to be a fun gig."

Music begins at 8 p.m. On Friday, Oct. 3 at 9 p.m., Moby's hosts the Ball Gag n Chain Gang who played at Moby's years ago.

"They're a Victoria-based 'ho-tonk' band, with ho-

tonk defined on their MySpace site as "a combination of voices, instruments and the good word o' the Tonk, united under the influence of bad habits and good times."

Others have said they play experimental, electro country, punk bluegrass or electro-hillbilly." Ball Gag n

Chain Gang have also been called "the ultimate party band."

The band's five members, including three vocalists, play about a dozen instruments.

A cover charge is in effect for the Friday gig, but not if people come early and have dinner at the pub.

ISLAND STAR VIDEO presents...

Flick Pick



Jason Tudor

Sex and the City: romantic comedy with some depth

Even if you haven't actually watched an episode of the TV show, it's hard not to know about Carrie Bradshaw and her three sassy friends' sexy, glitzy Manhattan adventures in Sex and the City. After a phenomenal six-year run came a movie that amazed Hollywood types by pulling in \$56 million in box office receipts... on opening weekend.

Now, those of you that watched the TV show inevitably watched the movie, so this review is pretty much only useful for a) outside observers of the "SATC" phenomenon and b) SATC lovers who are desperately hoping I give the film good review.

So... is the movie any good? Yes, but it's pretty much an extended episode with higher-than-usual stakes.

While the series ended on a decidedly positive note, not far into the movie we get a host of complications. Carrie's "Mr.

Big" gets cold feet, Miranda's Steve divulges a horrible secret, and Samantha and Smith simply start growing apart. Meanwhile, Charlotte has problems with a baby or something.

Sorry if I forgot about Charlotte's story, but to be fair it's almost an afterthought in the movie. The big stories are Carrie's and Miranda's, and for the most part they're well thought out and have some dramatic heft to them.

The film absolutely continues the latter years of the TV show's turn from frivolous to serious, but there's no escaping its insistence on bathing us with ridiculous consumerism. From Vivian Westwood wedding gowns to \$525 Manolo Blahnik heels, it is easy to see why some critics have called the movie "glamour porn."

This, along with the fact that our culture is still distinctly

frightened of anything vaguely female-centred, has led to Sex and the City garnering all sorts of over-the-top criticism it doesn't deserve. Sure, it's materialistic, and sure, the main characters are often shallow in their behaviour.

But I don't feel it's fair to attack the show, and now the movie, for not being everything at once for women. While the movie obviously plays to its fans by playing up the glamour and glitz, at the same time it has far more of a self-conscious edge than you'd expect.

Sex and the City is really just a romantic comedy, but one with infinitely more depth than anything involving Julia Roberts, Reese Witherspoon, or Kate Hudson. So why is it treated with such disdain? It seems silly to attack Carrie and her friends when they're probably the best mainstream representation of women that we've got.



Linda Koroscil

LET'S EAT

Corn & Shrimp Soup

Using fresh corn and fresh shrimp makes all the difference to the flavour of this marvellous soup.

- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp. olive oil
- 3 ears of corn
- 4 tomatoes
- 1 qt. chicken broth
- 2 jalapeño peppers, seeded and chopped, or 2 chipotle chiles, soaked in hot water for 30 minutes, seeded and chopped
- 2 poblano peppers, charred, peeled, seeded and chopped
- 1 bunch cilantro, chopped
- 1 lb. shrimp, peeled
- 3 tbsp. fresh lime juice
- 1 c. whipping cream salt/pepper

Saute onion and garlic in soup pot. Peel and seed tomatoes. Cut corn from cobs. Add corn, tomatoes, broth and peppers to onions and bring to a boil. Simmer about 20 minutes, add cilantro. Remove soup from heat and purge with a blender. Bring soup back to a simmer and add cream, shrimp and lime juice. Simmer 2 minutes.

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ARTS & ENTERTAINMENT

BOOK REVIEW

True character of local community captured in collection of vignettes

Roger Brunt publishes Salt Spring Chronicles

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

Salt Spring residents can be a colourful bunch; while there's no shortage of eccentricities it's those quirks that are often responsible for making the island a rewarding place to live.

Roger Brunt has been meeting and describing some of our most interesting people for the past 10 years. A collection of his columns introducing such folks, originally appearing in the Driftwood and its Aqua magazine, was recently published together as The Salt Spring Chronicles. This inviting collection can serve as a reference guide to one of the most intriguing subjects possible: our neighbours.

As a freelance writer and teacher with 40 years experience, Brunt's easy skill with words is matched by his affectionate curiosity about fellow humans, animals and the natural world. In 1998 he began writing the Fulford Chronicles, a column that largely described people who worked with the land.

"Salt Spring is a wonderful, wonderful place," Brunt said on the phone after a busy day at apple festival headquarters in Fulford Hall. "On the surface it's just pretty, but when you scratch that surface layer and actually meet the people here, that's what I find so rewarding."

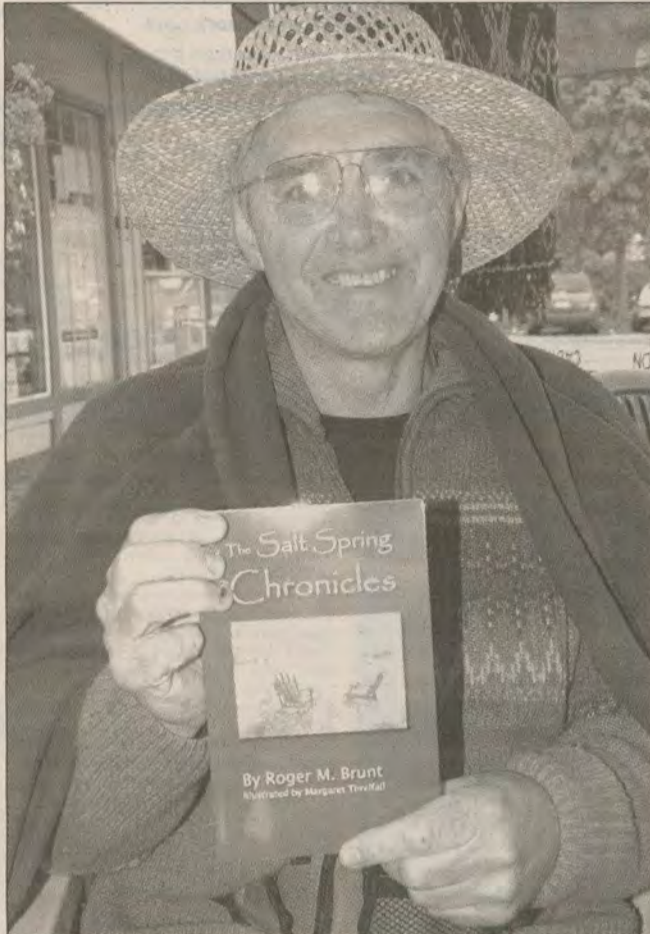
Brunt's stories often centre on someone he's been intrigued by and wants to learn more about; people in turn often recommend other interesting candidates.

"Salt Spring has just a wealth of people to write about — you go down a driveway and there's no telling what might be at the end of it. It could be a teepee or it could be a mansion, or something else."

His stories, Brunt said, are his way of paying tribute to the individuals living here and of ensuring they are remembered. He feels this is especially important since some people — and places — he's described are already gone. Many of his subjects are elderly, and two passed away while the book was being put together.

One of the most important stories to Brunt is the last that appears in the volume. The only story to centre on a place rather than its inhabitants, Swanson's Pond describes over 50 years of memories attached to the man-made water feature for people who grew up here. Shortly after the book's release, the pond was drained by developers, now living on just in memory and Brunt's words.

Thirty-five of some 50 columns and Aqua features were included in the book, most in their original form. Enhanced by delightful illustrations by Margaret Threlfall, the short chapters allow



Roger Brunt with his new book.

PHOTO BY DERRICK LUNDY

a vast variety of characters to emerge. People living and working with animals have always been the central theme, however, as is evident in these selections.

Some of Brunt's own personal favorites centre on animals, such as The Odd Couple. Stranger than fiction, this is the true tale of a bereaved duck and a visiting goose who became fast friends, and then became mutually obsessed with an old mirror in the yard.

"It was as if they were trying to go through the mirror like it was a magic looking glass," Brunt said.

Enduring friendships are both a common theme and an outcome of Brunt's writing, and he now calls the subject of two stories in the book his "very best

friend." The story Henry Otto recounts this friend's hobby of raising and studying all types of songbirds, including experiments to see if canaries or sparrows are smarter. The Naming of Commander Little sets out the psychology of roosters.

Art Falardeau is another person known for keeping birds who became a good friend to Brunt. Falardeau features in two stories; one describes how he came to keep emus and the other discusses his method of attracting solitary bees, "important pollinators of many early-season blossoms and flowers."

Several stories describe working farms. Some, like Bonacres Farm, are owned by Salt Spring old-timers; others such as the Farias Family

Farm and Bullock Lake Farm are run by newcomers who are devoted to a holistic way of life.

One of the treasures of the Salt Spring Chronicles is that whether you are new to the island or have family going back generations, there is something valuable to learn about your neighbours. In many cases the stories will answer questions you were already wondering about, like just how did a trapeze school get built here? And, what is it like to raise turkeys, anyway?

My only suggestion for the book's future editions (and future editions there will surely be) is to include the original dates of publication with each vignette. With so many island traditions passing along with the people who carry them, it would be nice to get a sense of where things fit in our recent history.

Salt Spring Books is hosting a launch event for the book on Friday evening at All Saints Church, beginning at 7 p.m. Brunt promises a lively evening with readings from Salt Spring Chronicles and other sources, and has invited all the people featured in his stories as special guests.

Salt Spring Chronicles is published by the Talus Publishing Group.

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By email to classified@gulfislands.net
By post to Driftwood, 328 Lower Ganges Rd.,
 Salt Spring Island, B.C. V8K 2V3

Payment
 By cash, debit,
 Mastercard or Visa.
 Classifieds are prepaid
 unless you have
 an advertising account.

DEADLINES

Driftwood
 Published WEDNESDAYS
 Display deadline: **Monday 4 pm**
 Word ad deadline: **Tuesday 10 am**

Driftwood WEEKENDER
 Published FRIDAYS
 Display deadline:
Wednesday 10 am
 Word ad deadline:
Wednesday 4 pm

WHAT IT COSTS

3 LINE CLASSIFIEDS
 \$12.95 - additional lines 92¢ ea
 All ads are posted to BCClassified.com
EMPLOYMENT ADS
 3 line rate \$14.96 - additional
 lines 1.25¢ ea
 All ads are posted to
 BCJobNetwork.com and
 BCClassified.com
DISPLAY ADS
 \$10.92 per col. inch

YOUR AD ON-LINE

All ads booked in the Driftwood
 Classifieds appear on-line at
www.bcclassified.com
 Employment ads also listed on line at
www.bcjobnetwork.com
 Auto ads also listed on line at
www.bcautocentral.com
 Over 20,000 on-line ads updated daily

BOOK YOUR AD ON-LINE

Book your classifieds online
 - open 24 hours a day
www.gulfislandsdriftwood.com
 or
bcclassified.com

bcclassified.com



Please check your ad after the first insertion. Should an error appear in an advertisement, Driftwood Publishing Ltd. is only liable for the amount paid for the space occupied by the portion of the advertisement in which the error occurred. Driftwood Publishing Ltd. will accept responsibility for only one incorrect insertion.

FAMILY ANNOUNCEMENTS FAMILY ANNOUNCEMENTS FAMILY ANNOUNCEMENTS FAMILY ANNOUNCEMENTS FAMILY ANNOUNCEMENTS FAMILY ANNOUNCEMENTS

IN MEMORIAM

IN MEMORIAM

ANNIVERSARIES

BIRTHS

BIRTHS

DEATHS

BETH KENNEDY-ROBINSON
 December 28, 1924 -
 September 29, 1998
 We do you too. Love!
 Ken & family

Congratulations on 40 years of marriage!
 Love Family & Friends

Thomas Langdon & Jennifer Akerman are proud to announce the birth of their son **NOLAN WILLIAM LANGDON**. He was born on August 14, 2008 at 1:04 am, weighing 5 lb. 13 oz.
 We would like to thank proud grandparents Pat & Brenda Akerman and Jack & Wanda Langdon for all their support and help throughout this wonderful time. As well we would like to thank the wonderful staff at Victoria General and to our family and friends for making this such a special time for us.

STANLEY AND NEACOL Miller are overjoyed to announce the arrival of Violet Arcadia Miller, born at home into loving arms on September 14, 2008. She was welcomed by new Grandparents Cindy and Eric Booth, and Dan and Laura Miller, Uncle Taylor and Auntie Janice, and first time Great-Grandmother Kay Booth - among many, many others very excited to see her finally arrive. Countless thanks to Terri, Rebecca, Gail and Maggie for an amazing adventure of a day we'll remember for the rest of our lives.

Elizabeth Lee
 Funeral Consultant
 537-1023

DEATHS

DEATHS

WOODRINA DENISE HUGHES
 January 10, 1944 -
 September 24, 2008

In the comfortable setting of her seaside home, with family and dear Ontario friends, Sharon and Sandy Tibbs at her side, Woodrina, (Woody, Woo) passed away. She was predeceased by her natural mother Irene Hughes (nee Strange) at an early age and later by her parents W.W. Hughes and Margaret Hughes (nee McVey) and step-brother John Vance of Fort Frances, ON. She is lovingly remembered by her adoring husband and best friend, Richard Dick of Salt Spring Island, BC; sisters: Sandra (nee Hughes) and Jack Walkey of Vermilion Bay, ON; Tammy Hughes and Daniel Ring of Richmond, BC; nieces and nephews: Jason and Jennifer Walkey and sons Vance and Rhys of Winnipeg, MB; Andrea (nee Walkey) and Clint Weiss and son, Jack of Thunder Bay, ON; Amanda Ring of Richmond, BC; and many, many wonderful friends around North America.

Woodrina's early childhood was spent in Winnipeg, MB. Once she moved with her family to Fort Frances, she attended Robert Moore School. As a graduate of Fort Frances High School, she started her career in the Canadian Navy in Halifax in 1962. She subsequently worked in Ottawa, Bermuda, and Toronto in various government roles. Her professional career culminated as a Canadian Customs Inspector in Fort Frances and the surrounding lake ports. Sand Point Lake was one such special spot for Woodrina as many friends reside there. Woodrina and Richard retired to their dream island retreat on Salt Spring Island in 2004 so that their wish to live on the water would be a reality. As she said, "It is a blessing beyond measure to live near the sea." As part of her island life, she renewed her love of dancing and became a trainer at "Curves" and made friendships that she cherished with the "Curves girls".

Woodrina always had a passion for animals. She was devoted to selecting, training, and caring for numerous pets as companions for herself and Richard, friends and family. We know that her purse always had a corner for the dog cookies.

Woodrina touched the lives of many people wherever she went. With her genuine interest in people and their lives, her generous and caring spirit endeared her to many as a "special mother" to some and as a friend to all. She was a wonderful woman who was able to cross generational boundaries with ease. She was on the leading edge of trends and known to her friends and family for her ability to accessorize an outfit or a room.

At her request, there will be a gathering of friends to remember her on Salt Spring Island and in North West Ontario at dates in the future.

In lieu of flowers, donations can be made to the Canadian Cancer Society for the advancement of research for a cure.

DEATHS

DEATHS

FRANCIS JOHN ("JACK") BARCLAY
 JANUARY 24, 1950 -
 SEPTEMBER 27, 2008
 Gone too soon

Jack was a man of boundless energy and determination who enthusiastically embraced life and all its adventures with a sense of curiosity and wonder. With his unflinching positive spirit and caring manner, he touched many people in his various roles of teacher, paramedic, coach, athlete, sailor and pilot. An avid tennis player, Jack treasured his many friends in the Salt Spring Tennis Association and could often be seen riding to the tennis courts on his motorbike with a racquet in his backpack.

He leaves his loving wife, Sharon Bond, and cherished sons: Keith and David, who will miss him more than words can tell. He also leaves his sisters Patricia (Richard) and Jan (John), brothers Stan, Dan (Charlene) and Russ (Linda), his uncle Clifford Libby, aunt Jessie Weeks, father-in-law and mother-in-law Frank and Norma Bond, sisters-in-law Barb (Ray) and Jan (Lance), many cousins, nephews, nieces and countless friends. Jack was predeceased by his parents John and Kathleen Barclay, his sister, Carol Perry, sister-in-law Carol Goulet and his beloved Grandma Hicks.

Our heartfelt thanks to the many friends, colleagues and students who have shown their support in so many ways over the past two years and also to all the health care workers whose compassionate professionalism meant so much.

In Jack's memory, please consider a random act of kindness and a donation to the charity of your choice. All are welcome to a service of remembrance at the Community Gospel Church on Saturday, October 4 at 2:30 p.m.

May the sea of heaven be smooth and the sun never set.

HAYWARD'S FUNERAL SERVICE

PATRICK BEATTIE
 Licensed Funeral Director
 #22 Merchant Mews
 Box 315, Ganges P.O.
 SSI, V8K 2V9
 Tel: (250) 537-1022
 Fax: (250) 537-2012

IN MEMORIAM

Yvette Ann Gent
 Oct. 23, 1960 - Oct. 6, 1986
 Always feel kind & joyful.
 Forever sadly missed.
 Mum & Dad

COMING EVENTS

COMMUNITY ANNOUNCEMENTS

CRAFT FAIRS
 CALL TO crafts people and artists. Comox Valley Art Gallery invites you to participate in their 34th Christmas Craft Fair. We sell on consignment. FMI Nancy @ 250-338-6211, comoxvalleyartgallery.com

COMING EVENTS

ASTROLOGER MICHAEL O'Connor on Salt Spring October 10 to 12. Reserve now for Personal Readings 1.888.352.2936 or email Michael at sunstarastrlogy@gmail.com

BACARA
 Beddis and Cusheon Lake Area Residents' Assn. Members' Meeting Wednesday, Oct 8 5:30-7pm Place TBA. Please RSVP: 250-537-9299. New members welcome!

SALT SPRING JAZZ & BLUES SOCIETY
 presents
THE BILL EVANS PROJECT
 A concert of the music of Bill Evans featuring Norris Clement with Ian Van Wyk & Laurent Boucher
Tuesday, October 21st
7:30 pm
All Saints-By-The-Sea
 Tickets \$20 at Acoustic Planet or at the door.

KINDERGYM - BEGINS again, Thurs., October 2 and will run every Mon. & Thurs. (except school holidays) from 9:30-11:00am at the Community Gospel Chapel, 147 Vesuvius Bay Rd. We welcome all children, 0-4 yrs old, along with their parents/caregivers, for a wonderful time of play in our indoor park. \$2 donation/family. 537-2622 for more info.

CLASSIFIED HOTLINE
 250-537-9933

COMING EVENTS

"A delightful collection of stories about the characters of Salt Spring."
 Please join us to celebrate Roger Blunt's
"The Salt Spring Chronicles"
FRIDAY, OCTOBER 3
7:00 PM
All Saints by the Sea, upstairs.
Refreshments to follow.

Salt Spring Books
 104 McPhillips Ave 537-2812

COMMUNITY ANNOUNCEMENTS

COMING EVENTS

BINGO
MEADEN HALL
Royal Canadian Legion
7 PM THURSDAY
OCT. 2
Early Birds, 6:30 pm
Sponsored by Ladies Auxiliary
Royal Canadian Legion Br. 92
All proceeds to bursaries for Salt Spring Island Students.

DOUBLE YANG STYLE
Tai Chi classes starting October 5, 8-9am Sundays at Central Hall. First Class free. Telephone Tao at: (250)537-4487.

FOR A complete calendar of coming events check the Driftwood Community Calendar, in our office in the Upper Ganges Centre, 328 Lower Ganges Road, or on our website at www.gulfislands.net. Use the calendar for event planning and to make sure your date doesn't conflict with someone else's.

LOOKING FOR a physical, mental and social work out? Check out the Salty Wheels Square Dance Club every Thursday at Central Hall from 7:30-9:30pm. Visitors welcome. Beginner classes to be announced. For more information call Marilynne Cunningham at 250-537-5356.

COMING EVENTS

COMMUNITY ANNOUNCEMENTS

COMING EVENTS

We are accepting enrolments for 3 & 4-year-olds for the 2008-2009 school year.

Salt Spring Cooperative Preschool
For more information please contact Crystal @ 537-5343

FERNWOOD DOCK Commission needs more members. If interested contact fernwooddock@gmail.com or Richard at Raven Street Cafe.

SCRAPBOOKING AND paper arts workshop. Bring a selection of photos to start/finish a beautiful album plus make a Christmas card. Sunday Oct. 5 from 10 to 4. Cost of \$45 includes lunch, expert instruction, album and stamping kits worth over \$35. Space limited, so book early. Call 250-537-1283 to register.

LOOKING TO expand your agri-tourism business? Attend CFBMC's **Essentials of Successful Agri-Marketing Workshop**, Monday October 6, Best Western Westerly Hotel, Courtenay. Register at: www.farmcentre.com/EventsAnnouncements/MarketingCaravan

COMING EVENTS

COMMUNITY ANNOUNCEMENTS

COMING EVENTS

Wanna show your movie at the Fritz?
MOVIES MADE BY SALT SPRING KIDS 2008 Film Festival
Call for Entries by Sunday, Oct. 5
www.frogstalk.com for details.

Hip Hop
with Andrea Rabinovitch
4 CLASSES ONLY!!!
Fridays, Oct. 3, 10, 17, 24
Mahon Hall 6-7 pm
\$10 adults/\$5 teens
nevrab@telus.net

NEW TO Salt Spring. Flame On Glass Artisan Glass Beads & Jewelry. October Hours Fri, Sat, Sun 1 to 4 or by appointment. 2210 Fulford Ganges Rd 653-4511 www.flameonglass.com

INFORMATION

COMMUNITY ANNOUNCEMENTS

COMING EVENTS

MESSAGE NIGHT
Enjoy a unique experience!!!
International British mediums, Anne Wright & Psychic artist, Patrick Gamble are visiting Salt Spring & will provide a demonstration of psychic artistry combined with mediumship.
Friday, Oct. 3, 6:30 pm
506 Lower-Ganges Road (Masonic Hall)
Suggested Donation \$15
Info: Carol 250-537-2154

YOGA
with Celeste
MON: Seniors • 11-12 noon
Beginners • 7-8 pm
WED: Level 1 • 9-10:30 am
Meditation • 5-6 pm
Mixed levels • 6:30-8 pm
FRI: Level 1 & 2 • 9-10:30 am (alt. with Cordula)
GANGES YOGA STUDIO
250-537-2444
www.gangesyogastudio.com

SANDHILL CRANE presentation by researcher Krista Hoessingh. SSI Conservancy event. Fri., October 3. Lion's Hall, 7pm.

INFORMATION

COMMUNITY ANNOUNCEMENTS

COMING EVENTS

Notice of **SPECIAL GENERAL MEETING**
Mount Belcher Improvement District
10 - Noon
Sat. October 18
at the Sailing Club
152 Douglas Road

PRE-SEASON SALE NOW HAPPENING!
SAVE UP TO 50%
FALL & WINTER OUTERWEAR FOR MEN, WOMEN & KIDS
DON'T BE LEFT OUT IN THE COLD!



135 McPhillips Ave.
250-537-5148

UNITARIAN FELLOWSHIP
Sunday, October 5, 11am at Salt Spring Seniors Centre. Sarah Bateman from SSI Conservancy presents "Stewards in Training", a program introducing children to conservancy practices. Discussion following. www.unitariancongregation.org
VOICE PLAY. Intuitive singing for grown-ups. Six week session starting Tuesday, Oct. 7, 6:30-8:30pm. \$12 x 6 or \$15 drop in. To register call Ella Topaz 653-4261. For Kids Sessions see www.saltspringartsacademy.ca.

INFORMATION

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Advertisers are reminded that Provincial legislation forbids the publication of any advertisement which discriminates against any person because of race, religion, sex, colour, nationality, ancestry or place of origin, or age, unless the condition is justified by a bona fide requirement for the work involved.

IF YOUR Driftwood subscription label has the date highlighted, now is the time to renew!

SCHOOL DISTRICT #64 (Gulf Islands)
A regular meeting of the Board of Education will be held at **Saturna Elementary School/SEEC**
Wednesday, October 8, 2008
at 1:00 p.m.
Public welcome!
To view the agenda for this meeting, please refer to www.sd64.bc.ca/board_meetings.html.

EDUCATION/TRADE SCHOOLS

COMMUNITY ANNOUNCEMENTS

PERSONALS

DATING SERVICE. Long-term/Short-term relationships, free calls! 1-866-512-8367. Exchange voice messages, voice mailboxes 1-866-573-0914. Live adult casual conversations- 1on1 1-866-522-7131. Meet on chat-lines. Local single ladies 1-866-512-9083 (18+).

LOST AND FOUND

BICYCLE FOUND: Cusheon Lake Road. Call 250-537-2943 to claim.

FOUND SUNDAY: Knife at Bader's Beach. 250-537-2434.

TRAVEL

GETAWAYS

FAMILY LOOKING for Salt Spring Home Exchange with Sonoma, CA 2 Bdrm 2 bath w/separate studio home in "Wine Country" - flexible 1 mth up to 1 year. (707)938-1772 beth@treefrogpictures.com

LONG BEACH Ucluelet - Deluxe waterfront cabin. Sleeps 6. Fully equipped with BBQ. September Special BQ. Fall Special 2 nights \$239. 3 nights \$299. Rick: 604-306-0891.

PALM SPRINGS Rancho Las Palmas C.C. 2-3 Bdrm Condos, Winter Rentals, Sales, golf & tennis, 1-760-668-3535 or email: jackmac777@verizon.net www.jmccarthyrealtors.com

TIMESHARE

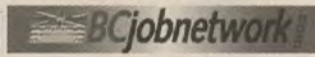
SELL/RENT Your Timeshare Now!!! Maintenance fees too high? Need Cash? Sell your unused timeshare today. No commissions or Broker Fees. Free Consultation. www.sellatimeshare.com 1-866-708-3690

TRAVEL

ALL INCLUSIVE Packages - Book Online at www.canadatravels.com and save more on your vacations. Use code NCA74327 for discount or call us toll-free at 1-800-563-5722.

VACATION SPOTS

TIMESHARE FORECLOSURES Save 60-80% off retail! Best resorts & seasons! Call for free catalogue today! 1-800-597-9347. Browse hundreds of worldwide properties online—www.holidaygroup.com/bcn.



BUSINESS OPPORTUNITIES

ADVERTISE YOUR business in the largest outdoor publication in BC. **THE BC FRESHWATER FISHING REGULATIONS SYNOPSIS 2009/2010 publication** - 435,000 copies, year long presence to outdoors men & women. Call to get in the next annual issue. Contact Annemarie at 1-800-661-6335 ext 744.

WORK AT Home Online - Start a real home-based business. Work when you want. Apply online and start today! www.wfhbc.com.

YOUR PET Store at your door! Join Multi Menu Franchises, free home delivery pet food, marketing included, no royalties, exclusive territories, 153 franchises, your online store, www.multimenu.ca. 1-877-462-0056.

COMPUTERS/INFO SYSTEMS

MOBILE DESKTOP SUPPORT TECHNICIAN. NuTech IT Solutions seeks a FT Mobile Computer Technician to join our teams, based in Campbell River and the Cowichan Valley, in delivering professional mobile computing services onsite to business clients located throughout southern Vancouver Island. The successful candidate will be bondable and have Microsoft certifications or equivalent experience and own reliable transportation with valid driver's license. Interested applicants please contact VP Human Resources at 250-627-3651 or email jobs@nutechitsolutions.com to obtain application by 5pm. Friday, October 10, 2008.

EDUCATION/TRADE SCHOOLS

For free individual tutoring to improve your reading, Writing, and basic math skills

Call 250-537-9717

SALT SPRING LITERACY

HELP WANTED

ACCOUNT REP needed. Any job experience is needed to carry out the job. You must have computer skills and speak English fluently. You will earn up to \$3000 monthly. Email me at rogerlacer1000@gmail.com if interested.

BAKER REQUIRED Fri, Sat & Sun's. Experience preferred. Apply in person with resume to **SALT SPRING COFFEE CO.** Attention Allen.

BCSPCA VOLUNTEERS needed. 20 minutes to 2 hours per week. Help care for and socialize homeless cats and rabbits. All training provided. Happy and positive environment. Please call 250-537-2123.

BUSY CONSTRUCTION company is seeking full time carpenters. Experience in concrete and framing a must. Call Lloyd 250-538-8297.

COMING EVENTS

HOT YOGA
Strengthen, detox, relax & restore. Yoga in a warm room. It's addictive. North End Fitness with Deb Leblanc.
Get more info: debfit.com
info@debfit.com | 250-537-7696

COME ONE! COME ALL!
To the Lady Minto Hospital Auxiliary **ANNUAL CHRISTMAS SALE**
Saturday, November 1st
9 am til 1:30 pm
Meaden Hall, 120 Blain Road
• GREAT GIFTS • JEWELLERY • SWEATERS • CHINA
• BOOKS • TOYS • POTTERY • LINEN & MUCH MORE

JUPITER RANCH • GABRIOLA ISLAND
is pleased to invite you to

THE ART OF PLANNING YOUR BEAUTIFUL AND BOUNTIFUL GARDEN
(Focus on Edible)

Facilitator Sylvie Milman
Instructor: Ulrike Porat
October 4th 2008 9:30-3:30

This is a one-day workshop and the fee is \$45.00. Most of the workshop will be taking place in the studio, however dress for the weather as we will be spending time in the "to be garden". The workshop is limited to 12 participants; you can reserve a seat by calling me at 250-247-2051 with visa or MC. Hope to see you at Jupiter Ranch on October 4th.

SALT SPRING ISLAND HISTORICAL SOCIETY
Amazing Women of Salt Spring Island
October 8, 2008, 2 pm Central Hall



VOLUNTEERS WANTED TO SERVE AS PARC COMMISSIONERS
2 year terms, starting Jan. 2, 2009
Application forms may be picked up or requested from the PARC administration office (Mon. - Fri. 8:30 am to 4:30 pm). Please submit your expression of interest and relevant previous experience, no later than Oct. 24, 2008, to:
PARC, 145 Vesuvius Bay Road, SSI, B.C., V8K 1K3
Fax: 250-537-4456 or email: parc@saltspring.com
Phone: 250-537-4448 for more information

Grants to Individuals or Groups
Available for projects of cultural benefits to the community. Preference to be given to the SSAC members and to events that make use of Mahon Hall. Projects of an innovative nature are encouraged. Professional development grants are also offered.
Information & Grant forms at www.ssartscouncil.com or call Mahon Hall: 537 0899
Deadline November 1, 2008

LEGAL NOTICES

NOTICE TO MURRAY ROBERT CHRISTIE IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE
IN THE MATTER OF THE ESTATE OF ROBERT CHRISTIE, Deceased, late of the City of Nanaimo, in the Province of British Columbia, retired who died on January 10, 2008.
TAKE NOTICE that Moire Georgina Porter and Terry George Porter are applying for Probate of the above Estate in the Supreme Court of British Columbia, at Nanaimo, British Columbia.
Any person having knowledge as to the whereabouts of **MURRAY ROBERT CHRISTIE**, son of the Deceased, are asked to contact the solicitor named below.
CHARLES G. RADCLIFFE
c/o Fabris McIver Hornquist & Radcliffe, Barristers & Solicitors
40 Cavan St., PO Box 778, Nanaimo, BC V9R 5M2
Telephone: (250) 753-6661 Fax: (250) 753-6648
Solicitor for the Executors, Moire Georgina Porter & Terry George Porter
ADDRESS OF REGISTRAR:
Courthouse, 35 Front Street, Nanaimo, BC V9R 5J1

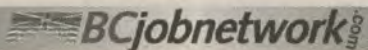
Get Back to Class!
You Could Be Earning More Money
Resident Care Attendant / Home Support Worker
• Resident and Long Term Care • Community and Home Support • Psychiatric Disorders
Residential Care Aid and/or Home Support Worker program graduates may be eligible for reduction of their B.C. student loan through StudentAid BC. See StudentAidBC.ca
CAREER OPPORTUNITIES:
• Care Aide
• Home Support Worker
• Long Term Care-Aide
Funding may be available for student loans, Service Canada & EI qualified applicants
START IN OCTOBER
Call: **310-HIRE**
www.sprott-shaw.com
Sprott-Shaw COMMUNITY COLLEGE
since 1903



DRIFTWOOD CLASSIFIEDS

DEADLINES
TUESDAY 10 AM

classified@gulfislands.net



HELP WANTED	HELP WANTED	HELP WANTED	WORK WANTED	HOME/BUSINESS SERVICES	PETS
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HELP WANTED

DIVECO MARINE is looking for WCB Scuba Divers. Hose gear ticket an asset. 250-334-6598.

DRIVERS WANTED. Silver Shadow Taxi Co. is looking for personable drivers. Day and Night shifts. Class 4 license and abstract required. Contact Jack @ 250-537-5042 after 3pm.

EXCELLENT OPPORTUNITIES. The Denham Automotive Group in Wetaskiwin, Alberta has immediate availability for the following positions: Service Manager; Sales People; Reception; Technicians. We offer competitive wages, moving allowance and benefits. Wetaskiwin is a great family community in a great economy. Our growing family dealerships are in a new environment where customer service and employee satisfaction are #1. Apply in strict confidence to: Bud Williamson at 1-800-463-5838 or fax 780-352-8272 or email to: r-will14@brentridge.dealeremail.com.

EXPERIENCED CLASS One Drivers - Glennco Transport Ltd (Kelowna) has openings for: US qualified, Canadian only, part-time and slip-seat drivers. Paid bi-weekly, company paid extended benefits, satellite dispatch, late model equipment. Visit us @ glenncoetransport.com, or call 1-800-663-4009.

GANGES GARMENT Company requires retail sales staff to work two days a week including Saturdays. Please submit resumes in person to Unit 1104 Grace Point Square, Monday - Saturday 10-5.

HELP! The travel bug has bit our staff! Full and part time positions for wait staff and B&W store staff. Apply with resume. Fulford Inn.

HELP WANTED Holbrook Dyson Logging Ltd. operates a year-round union coastal logging operation offering a full benefits package. We are accepting applications for the following position: Heavy Duty Mechanic. Applicants must be experienced and in good physical condition. Please forward resumes to: Holbrook Dyson Logging Ltd. 113-1720 14th Avenue, Campbell River, BC, V9W 8B9. Fax 250-287-9259.

PART-TIME SECRETARY wanted for busy business. Quick Books an asset but not a necessity. Please call 250-653-4148.

HELP WANTED

INTERESTING SALES and production position at Symmetric Designs. We need an innovative and resourceful individual to assist in various capacities, initially at about 2/3 time, developing to full time. Our work place is pleasant and relaxed but we value diligence and responsibility. Resumes to Symmetric Designs, 125 Knott Place, Salt Spring, V8K 2M4 or fax to 250-537-1998.

JOIN CANADA'S Most Unique home party company and earn great money, part-time or full-time. No money collection or deliveries. No experience needed. Visit www.realstylemadeeasy.com or call 1-866-378-4331.

PARADISE VILLAGE RV Park is located on 12 acres of lakefront in Honeymoon Bay, Lake Cowichan. We have an immediate need for an able-bodied couple or individual to live on-site to manage and maintain the park. A house at the park gate is included in the compensation package as well as a monthly stipend. May appeal to retired or semi-retired. Gardening, basic handyman and small equipment repair skills required. Previous experience in RV park desirable. Interested applicants, email a cover letter and your resume to paradisevillagecaretaker@yahoo.ca

ROCK SALT Restaurant is hiring day-time, year round servers. Flexible days. To apply email rocksalt@shawbiz.ca or stop by the restaurant and fill out an application.

SALTSPRING SOAPWORKS Requires bright, energetic person in our shipping and production dept. for busy fall season. Call Heather at 250-537-2811 for more info.

SLEGG LUMBER now hiring cashiers and yard staff. Apply in person with resume.

VESEVIUS STORE & Cafe is seeking part-time staff, 2 - 6pm. Drop off resume, 735 Vesuvius Bay Rd. No phone calls please.

VOLUNTEER BOOKKEEPER to handle Ssplash accounting. Minimal duties include light monthly activity and year end reporting. Exp. with charities desirable. Contact Wendy at (250) 653-4034.

HELP WANTED

WE ARE looking for a dental receptionist, on Salt Spring Island, fun environment, learning new skills, excellent pay package. No evenings, no weekends. Please call Diane at 250-537-9253.



Website: www.the49th.com
Independent grocery chain located in beautiful central Vancouver Island is seeking an **experienced meat manager** to join our team. Applicants should be creative, organized, and customer focused. Please fax resume along with wage expectations to 250-245-3498 or email to payroll@the49th.com

HOME CARE/SUPPORT

ARE YOU a senior who needs help at home? Experienced live-in caregivers available for senior, disabled or child care. \$1350/month for 40 hours/week. Pacific Live-in Caregivers 250-616-2346 www.pacificcaregivers.com

WORK WANTED

EXPERIENCED PAINTER

Indoor or outdoor, oil or latex. Ref's avail. Call Jerry Porebski 250-537-4584.

GARBAGE GURU

RENO CLEANUP JUNK TO THE DUMP & RECYCLING YARD REFUSE REMOVAL GARBAGE & ESTATE CLEAN UP AND HAULING GARDEN MAINTENANCE & BRUSH REMOVAL FIREWOOD CHOPPING & STACKING WE GET THE JOB DONE! Andrew 538-2011

JOB SQUAD
Call now for estimates on roofing before the big rains!
WCB & Insured
"Serving the Island since 1989"
250-537-5703

LANDSCAPER WITH Diploma, 10 years experience seeking P/T or F/T employment. Design, construction, maintenance exp. Professional and reliable. Susan Ellis 250-537-1763.

NEAT & CLEAN Custom cleaning service, property maintenance. Computer support & sales (MAC or PC). Reasonable rates. Call 250-537-6807.

NOW AVAILABLE: Carpentry reno's and advanced handyman work. Ref's. Call Peter 250-538-1952.

SKILLED CARPENTER and cabinet maker. Small renovations, antique repairs, decks. Reasonable rates. Complete workshop facilities. 250 537-5156.

SUNSET CONTRACTING
Fences, decks, carports, sheds, renovations, and chain saw work. Ref's avail. Call 250-537-2086 or 250-537-6439 (cell).

WORK WANTED

TREE SERVICES

Demolition & Hauling
Felling & bucking trees, clearing land, brush & windfall
ALSO: DEMOLITION & HAULING
Call Gabriel 250-537-7536

PERSONAL SERVICES

ALTERNATIVE HEALTH

REJUVENATE YOUR spirit, RELAX your mind, RENEW your Health with Hypnosis. Call Leah @ 250-538-8718.

HEALING ARTS

ARTHRITIS & Pain healing treatment package. Island Farmhouse Health Studio. 250-653-9898.

MASSAGE (REG. THERAPISTS)

WANT A Weekend Massage? Alan Johnson, RMT open Saturdays, 130 McPhillips. Walk-ins welcome. Appts. recommended. 250-538-7571.

EDUCATION/TUTORING

FLUTE & SAXOPHONE LESSONS

Music theory and reading
Scale development
Learn to improvise
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With Julia Beattie. Winter series starts Oct. 20 and ends Dec 8. Learn one on one in supportive environment. 10 years' experience. 250-537-2533.

RECYCLING

SALT SPRING Island Recycle Depot is located at 349 Rainbow Rd. We are open Tuesday through Saturday, 10am to 5pm. This service is operated by Salt Spring Island Community Services. Please call the Recycle Depot at 537-1200, or Community Services at 537-9971 for information on materials accepted for recycling.

ROOFING & SKYLIGHTS

GREEN ROOFING with clay or slate tiles. BBB-Accredited German Roofer Masters. Call 250-208-4548 for your free estimate.

APPLIANCES

FEED & HAY

DRIFTWOOD BREWING Company, located in central Victoria, has begun production and is seeking farmers in the region who wish to pick up spent grain from the brewery. This high-quality, protein rich feed is excellent for a variety of livestock. Call the brewery at 250.381.2739. Or Jason at 250.888.2515. Email jason@driftwoodbeer.com

LESSONS/TRAINING

WANTED: A FEW GOOD SHEEP for Border Collie training. 2-year old Salt Spring-bred border collie. Had professional sheep-herding training this summer -- now we need to practice! Looking to borrow/ lease 5 or 6 sheep in small field on SSI, few times per week, 30 minutes max. per session. Happy, healthy & well-socialized dog, will not hurt your sheep. Please call Clare @ 250-537-2682

MERCHANDISE FOR SALE

APPLIANCES

ALMOST NEW, 24" electric stove \$80. 250-537-0603.

BUILDING SUPPLIES

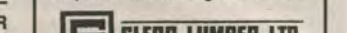
LOCAL SANDSTONE, Quality stone available for walls, fireplaces (mantels, lintels), veneer facing. Special orders upon request. 250-537-6170.

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42" DRAFTING TABLE with chair. Good condition. 250-537-8372.

FREE: 2 desks, one large couch, shelving, assorted weights & bar. Call 250-537-2789.

APPLIANCES

HELP WANTED

RELIEF/OCCASIONAL HOMEMAKERS
RELIEF HOMEMAKERS work a minimum of two days a week, looking after Residents in one of the Houses at Heritage Place for Seniors where up to 12 senior residents enjoy a lifestyle of Independent Living. Homemakers prepare and serve dinner daily and clean one larger or two smaller suites each day. **Hours of Work:** Minimum of TWO days per week 11:00 am-7:00 pm
OCCASIONAL HOMEMAKERS replace Homemakers due to heavier work days, vacation, illness, etc. Hours based on need: minimum of two hours daily/maximum of 5 days a week.
Duties and Qualifications: For further details, please refer to our Website at www.heritageplace.info under the heading "Relief" and "Occasional" Homemaker.
Wages: Start at \$16.00 per hour.
Please submit questions, resumes and employment references, until October 10, 2008 to:
General Manager, Heritage Place for Seniors
#600 - 120 Crofton Road, Salt Spring Island, B.C. V8K 2Y4
Fax: 250-537-8346 Email: manager@heritageplace.info

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FREE ITEMS	FUEL/FIREWOOD	FUEL/FIREWOOD	HEAVY DUTY MACHINERY	MISCELLANEOUS FOR SALE	MISCELLANEOUS WANTED
<p>FREE: LARGE sturdy desk, one 5 shelf, white shelving unit with small glass display shelf. You pick up. 250-527-8565.</p> <p>FREE QUEEN mattress/box spring. Good condition. 250-537-4449.</p> <p>FREE: TWO matching end tables, colonial style. Very good condition. 250-537-2779.</p> <p>I'VE UPGRADED my well working, well pump, 200 ft. PVC pipe & electrical cable. 250-537-4311.</p> <p>VERY USABLE used kitchen cabinets. Call 250-537-8928.</p>	<p>HONEST OL'S FIREWOOD GUARANTEED CORD Cut, Split & delivered Cedar Fence Rails 250-653-4165</p>	<p>KONIG & SON FIREWOOD Serving Salt Spring 25 years Competitive & Reliable FIREWOOD LOGS WANTED 250-537-9531</p>	<p>MOBILE HOMES, two, 12 ft x 48 ft, 6-person bunkhouses, with lvs, suitable for job sites. Asking \$9500 ea., obo. 250-537-7771.</p> <p>MISCELLANEOUS FOR SALE</p> <p>AT LAST! An iron filter that works. IronEater! Fully patented Canada/U.S.A. Removes iron, hardness, sulfur, smell, manganese from well water. Since 1957. Phone 1-800-BIG IRON; www.bigirondrilling.com.</p> <p>BEST WATER, best tanks, best service, best prices. Isles West Water Services, Bob 653-4513.</p>	<p>9" ROCKWELL Beaver table saw with stand & motor, \$150. 9" Craftsman Radial arm saw with stand & motor \$150. 220 V King dust collector on wheels with additional flexible & rigid pipe & blast-gates for connection to woodworking machines \$300. 8" Aluminum step ladder \$60. 20" Aluminum extension ladder \$80. Disc & belt bench sander \$75. Husqvarna 16" electric chain saw \$75. Craftsman 16" Gas chain saw \$100. King 5/8" drill press with motor \$150. Ryobi SS22 gas string trimmer \$95. Elec. garden blower \$40. Gas garden blower/vac \$95. Long extension pruner \$20. 250-537-4901.</p> <p>A FREE Telephone Service - Get your first month free. bad credit, don't sweat it. No deposits. No credit checks. Call Freedom Phone Lines today toll-free 1-866-884-7464.</p> <p>BEAUTIFUL BEIGE leather chair, exc. cond. \$200. Good quality table saw in good cond. \$150. 250-537-1355.</p> <p>BEAUTIFUL WOOD w/glass doors, china hutch \$70. Radial arm saw, \$50. Apples, pears, great garlic, 4 sale. Wanted small pickup, good shape, preferably Chevy \$2-\$4000. 537-1677.</p> <p>CHROMALOX ELECTRIC heater with fan, 220V, 4800 W, \$45. Makita Miter saw, 10" 110V, exc. cond. \$60. Apollo 5 speed bike, immaculate \$65. 250-538-0190.</p> <p>HOT TUB for sale. Large size, 6 person, with lounger. Good cedar skirt, 22 jets, new digital spa pack, new pump, good cover. \$2200 obo. 250-538-8814.</p> <p>HOT TUB for sale: Soft Tub, 4 person, 110V, exc. cond., good cover, recent model, \$1400 obo. 1 year warranty. 250-537-5147.</p> <p>LA-Z-BOY love seat & x-large ottoman. Burgundy tweed, extra cushions. large storage compartment in ottoman \$900. Mirror, 2 ft. x 3 ft., smooth edges, \$45. Call 250-537-1352.</p> <p>MILLER BOBCAT 225 amp welder 8 KW genset, one owner, good cond. \$1000 firm. Also 110 volt stick/tig inverter welder \$400. 250-537-4695.</p> <p>MOVING SALE, everything must go! Living room, bedroom, and outdoor furniture. Kitchen, linens etc. Call 250-537-1799 for more info.</p> <p>NEW LOADED Computer Only \$29.99/month! Everyone's approved. MDG Desktop right to your doorstep from only \$29.99/month: Intel processor, 2 GB RAM, 500 GB HD, 22" LCD flat panel, Windows Vista and loads of software, or 15.4" notebook! In-house financing (*Call for conditions) 1-800-236-2504.</p> <p>SAWMILLS FROM only \$3,495.00 - Convert your logs to valuable lumber with your own Norwood portable band sawmill. Log skidders also available. www.norwoodsawmills.ca/400T - Free information: 1-800-566-6899 Ext:4000T.</p> <p>SHALE SALE. Cheap fill, 12-yd. quantities min. for drainage/driveway base. Prices negot. 250-537-7320.</p> <p>SOLID VINTAGE, Rock Maple bunks with ladder \$125. Small Osburn woodstove \$100, great for shop, barn, garage, etc. Solid wheeled golf travel bag \$75. Ski rack, t-lock \$50. Laundry hamper \$15. Baby recliner \$10. 250-537-4028.</p> <p>THERAPEUTICALLY TRAINED massage practitioner with coverage for most extended health care plans, now available at Skin Sensations Day Spa. Over 10 yrs experience. Available Saturdays and Mondays, book now. Please call 250-537-8807.</p>	<p>HOUSE EXCHANGE, Manhattan, for SSI, beautiful 2 bdrm., 2 bath, luxury apt., high floor, sunny, A/C. June or July 2009. ahunter166@aol.com or 212-593-0624 after Sept. 24. Pix avail.</p> <p>WANTED EVERGREEN products. i.e. Salal, Christmas boughs -cedar, pine, mountain hemlock, etc. 250-334-3299.</p>

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- CHEAP! CHEAP!** Cheap! Sat. Oct. 4 from 8am-1pm. Something for everyone. Can't wait to see ya! 270 Salt Spring Way. 1
- DECK CHAIRS** & misc. household. Moving Sale. Not Before 9am. Sat. Oct. 4. 131 Deer Park Road. 2
- GARAGE SALE**-Sat. Oct.4th 9-3 at 133 Natalie Lane (Stewart Rd. to Hor-el to Natalie). Fund raiser for SS Zen Circle with 20% donation to local charity Copper Kettle. Great stuff: dry cedar kindling, carpet, lamp, weed-eater, water dispenser, mattress cover. Call 250-653-2311 for info. 3
- MARINE SWAP** Meet at Salt Spring Island Sailing Club, 152 Douglas Rd, Sat., Oct. 4. Roped off until 9am. Swap meet ends at 12. 4
- LIONS GARAGE** Sale: Fridays & Saturdays only, 10am - 12pm. Many household items. Note: We no longer offer pickups. We do not accept appliances. Drop-offs accepted only on Fri. & Sat. morning. Please no garbage!! 103 Bonnet Ave. 5
- MULTI-FAMILY SALE** of delightful, useful and quality items in the United Church Meadow 111 Hereford Ave. 9:00 am to Noon on Sat. October 4 6
- MULTI-FAMILY** Sale Saturday Oct 4 10am-2pm. Collectibles, household goods, furniture, fireplace tools, books.280 Southbank 7
- YARD SALE** Sat. Oct. 4. Household stuff, building materials, hardware and windows. 119 Amblewood Drive. 9am-2pm 8

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- CHROMALOX ELECTRIC** heater with fan, 220V, 4800 W, \$45. Makita Miter saw, 10" 110V, exc. cond. \$60. Apollo 5 speed bike, immaculate \$65. 250-538-0190.
- HOT TUB** for sale. Large size, 6 person, with lounger. Good cedar skirt, 22 jets, new digital spa pack, new pump, good cover. \$2200 obo. 250-538-8814.
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- LA-Z-BOY** love seat & x-large ottoman. Burgundy tweed, extra cushions. large storage compartment in ottoman \$900. Mirror, 2 ft. x 3 ft., smooth edges, \$45. Call 250-537-1352.
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- MISCELLANEOUS WANTED**
- LIFT/RECLINER CHAIR** needed for elderly lady. Good condition please. Contact 250-537-0714
- FEED & HAY**
- MISCELLANEOUS WANTED**
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- REAL ESTATE** listings for the Gulf Islands are viewable anywhere in the world with internet access. www.gulfislandsdriftwood.com.
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- APARTMENT/CONDO**
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- COMMERCIAL/INDUSTRIAL**
- 550sq.ft.** office/studio for lease Nov 1 at Merchant Mews nr. Ganges. Lots of light, comp. bthm, wood paneling. Terry, 538-5540 (h), 538-7175 (c).
- 970sf SHOP** for lease avail. Nov 1 at Merchant Mews, nr. Ganges. Insulated, heated, skylights, bathroom. Ideal as warehouse or construction shop. Terry 250-538-5540 (h), 538-7175 (c).
- COMMERCIAL BUILDING** for rent in downtown Ganges. Avail. Nov 1. \$1600/mo. Call Bob 250-537-5807.
- COTTAGES**
- ST. MARY LAKE 2 BDRM** furnished cottages from \$700/mo. N/P, N/S, avail Oct 1- Apr 1. 250-537-2585.
- MOBILE HOMES & PADS**
- RV PAD** with separate wash house, toilet, shower & sink and washer/dryer hookup. Close to Fulford ferry, \$450/mo.(250) 889-0854 or 653-4520.
- HOMES FOR RENT**
- 1 BDRM.** + den, 2 bathrooms, fully furnished, NS, NP within walking distance of all amenities. \$1000 + util. Avail. now. 250-653-4430.
- 2 BDRM.** HERITAGE farmhouse, wood & oil heat, oceanview, across from beach, minutes from Fulford ferry, \$1200/mo. or \$1400 with field. (250) 889-0854 or 653-4520.
- 2 BDRM** house on 3 acres, 5 appl. Wood stove, electric heat. \$1,100.00 plus Hydro. 180 Leisure Lane. 250-537-1983
- 2-BDRM. LARGE** open living space, big windows, private yard w/deck, w/d, quiet area, minutes from Ganges, high-speed avail. NS, small pets considered. \$900.+ utils. Nov. 1st. (250) 537-9293.
- 2 BEDROOM**, Maliview, large living & dining room, large fenced yard, \$1000 + util. Fruit trees & greenhse. Call 250-537-1799.
- 2 BEDROOM** trailer, new flooring, carpet & paint. New stove. Rent includes propane for heating & stove. \$700 per month. No dogs. Call 537-6860. Avail. Oct. 1.
- AVAILABLE EARLY** November 3 bdrm home on 1 acre near Vesuvius. 2000 sqft, 2 baths, appliances, private yard, long term, n/s, small pet, references required. \$1600/mo + utilities. 780-465-6967 or mmx1@hotmail.com
- BEAUTIFUL COUNTRY** home, pets ok, \$1595. And close, 1 bdrm. cottage \$795, on property. Avail. now, long term. Great Star Choice pack included. W/D, 250-390-1736, 537-0750 or 537-7705.

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\$1.88 13.2 oz
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RENTALS	RENTALS	RENTALS	TRANSPORTATION	MARINE	SIMPLY SALTSRING
HOMES FOR RENT BEAUTIFUL, COZY , 2 story, 1 bdrm furn house, garden, artist studio, n/s, n/p, mature, avail Oct 15 - May 15, \$1500 + util, 250-537-4819. COZY 3 BDRM house for long-term rent from Nov 1. \$1200/mo. 1500 sq/ft. and 2 bath w/ some ocean views off Isabella Pt. Rd. N/S. 250-653-4812. EXECUTIVE RANCHER on 40 acres at end of road, w/own private yard. This updated 4 bedroom 2 & 1/2 bath home features 6 appls, woodstove, heat pump, 2 decks (one very large), jetted tubs, a real peaceful location minutes to QB and PV. References a must, no smoking indoors. \$1700/mo + utilities. Possibility for horses (extra). Hilliers. email: rjuda@telus.net. Phone: 250-752-4833 FULLY FURNISHED quiet & private south end 3 BDRM house N/S. Short term Oct 15 to April 15 or portion thereof. Incl's Sat TV and internet. Woodstove, lrg kitchen, hot tub, pool table, 1 outdoor cat to be fed. \$1200. plus hydro. Would consider lower rent for single quiet tenant. References required. G. LeBlanc 103 Bonnet Ave, V8K 2K8 or jaygay@telus.net FURNISHED, ST. Mary Lake view - 2 bdrm 2 bath or 1 bdrm, 1 bath, private serene, patio. Spacious 1100 sq ft, or 800 sq ft, laundry facilities and utilities included. Now through April or May. N/P, N/S 1 - 3, \$850 to \$875 or \$1150 to \$1175. 250-538-0196. LAKEVIEW, CUTE , tiny 1 bdrm apartments with fenced gardens in adult 4-plex. Quiet, non smoking environment. Buddhist values. A simple, sustainable, affordable lifestyle. \$450 - \$495/mo. plus hydro. Long term. Avail Nov 1. 250-537-2294. MODERN, CUSTOM built bachelor cottage on 5 park like acres. Minutes to Ganges, perfect for NS/ NP, single person. \$750/mo util. incl. 537-8938. NEAR GANGES - Lovely, bright, south-facing 3 bedroom, 2 bath home. Large, private lot, semi waterfront, has apple, pear, cherry & walnut trees. Interior 1600 sq/ft, 5 appliances and wood stove. Utilities and water not included. NP, NS, References required. Available Nov 1st. \$1350/mo, long term lease. Call 250-653-9863 after 5pm NOV 1 - MAR 1 Deluxe, sunny, private furnished character home. 2 BDRM/2 bath, sunken LR, den, sun-room. \$1100/mo. 250-653-9418.	HOMES FOR RENT PRIVATE W. View. Nice 30 ft trailer on acreage nr. Ganges, really nice. Queen bed, bath. N/S. N/P. Refs. Long term \$650, hydro 250-653-9898. SUBLET/ROOMMATE needed: Nov 15 to mid-April for house on Weston Lake. \$1050 incl. 250-653-9144. VIEW HOME 2 Bdrm, L/R, Den, 4 appl., wood burning fireplace. New hardwood and carpet. View property. Suits mature single tenant or couple whom would also care-take adjacent property. \$1,200/month. N/S, no pets, internet, satellite TV & hydro separate. References req'd. Call 604-732-5863 OFFICE/RETAIL OFFICE SUBLET, 6mo. Nov 1-Apr30. Work trade, great downtown location. Please call 250-537-1500. SEASONAL ACCOMMODATION ACCOMMODATION INFORMATION for the Gulf Islands is a mouse-click away. www.gulfislands.net. SHARED ACCOMMODATION ROOMMATE WANTED. 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Avail immediately. 250-537-5562. LONG-TERM RENTAL, north end, roomy, furnished/unfurnished, shared kitchen, single, nurse/caregiver preferred. NS, refs. req. 250-537-5784, between 4 - 7pm. WANTED TO RENT 50-YEAR OLD non-smoker, professional, looking for winter rental. Ref's avail. 250-537-6172. FERRY WORKER seeks accommodation, willing to share, NS, non drinker, 250-702-4513. TRANSPORTATION AUTO FINANCING APPROVED AUTO Financing. People with good/challenged credit. New/used, all vehicles at Canada's most reputable dealership. Low rates, online approvals 24/7 www.credit-queen.ca. Joanne 1-866-602-3743 DL 5231	CARS 1995 PLYMOUTH NEON, 4 dr, 4 cyl, Auto, 248kkm, New stereo, Rad & Fuel Pump. Excellent Cond. Great Students car. \$2800 obo Call evenings 250-537-9903 2001 Jeep TJ Sport 4x4. Good condition, manual trans., CD player, cruise, asking \$12,000. 250-537-5734. 2003 TOYOTA Echo, 4 dr. sedan, 5 spd., great fuel economy, 95,000 km., exc. cond., \$9600. Call 250-537-5478. 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<p>2 BDRM 1.5 BTHRM 5 appl furnished 15 Oct - 15 May 09 exec home heat elect gas fireplace garden+ owner is travelling resident cat stay home NS NP \$1500. + util North End 114974</p> <p>3 BDRM 1 BTHRM 4 appl clse to town NS NP \$ 1200. + util Mid Island 114762</p> <p>3 BDRM 1 BTHRM 4 appl wd stv/elect studio as outbuilding NS NP \$ 1375. + util Mid Island 114763</p> <p>LOWER 1 BDRM upper mature tenants new construction shwr only 4 appl NS NP \$ 800. + util Mid Island 98381</p> <p>3 BDRM + LOFT cottage that grew 1 bath wood/elect 4 appl ocean view NS NP \$ 1475. + util South End 114761</p> <p>2 BDRM 2.5 BATH 4 app elect heat partial ocean view mature landscaping NS NP \$ 1700. + util North End 114364</p>	<p>4 BDRM 3 BTHRM 5 appl elect heat ocean view walk to town NS NP \$ 2300. + util Mid Island 114284</p> <p>2 BDRM 1 BTHRM recent reno 4 appl country setting NS NP \$1175. + util Mid Island 114285</p> <p>2 BDRM 1 BTHRM lakeview mth to mth older hme with renos imitations on term avail now 4 appl NS NP \$1000. + util Mid Island 113967</p> <p>2 BDRM 1 BTHRM oceanfront cottage acreage 4 appl imitations on term avail 1 Sept - 30 Jun \$900 + util NS NP South End 88611</p> <p>2 BDRM 2 BTHRM 4 appl elect heat NS NP 2 yrs old avail now acreage NS NP \$1400.+ util Mid Island 86329</p>
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			3		1			
				4	5	3		
2		7	6					
8	4			2		6		
			9	8		4		
9	3	5						
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7	6			5	1			

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9	9	7	6	2	8	1	4	7
4	2	8	1	7	9	5	3	6
1	4	3	8	6	2	7	9	5
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8	6	5	4	9	7	3	2	1
3	5	4	2	8	6	1	9	7
2	1	9	7	3	4	6	8	5
7	8	9	6	5	1	2	4	3

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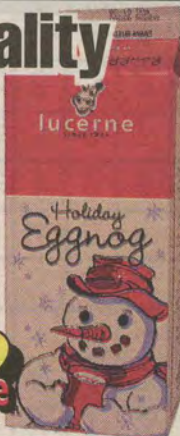
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• What's for Dinner?

ROASTED AUTUMN STEW

Short cuts to cooking for one or two © 2008 with Sarah Lynn

Autumn: Astronomically, it begins with the autumnal equinox (around September 23) in the Northern Hemisphere. However, meteorologists count the entire months of September, October and November in the Northern Hemisphere as autumn. Although the days begin to shorten after the summer solstice, it is usually in September when twilight becomes noticeably shorter and the change more abrupt in comparison with the more lingering days of summer. Autumn (also known as fall in North American English) is one of the four temperate seasons, the transition from summer into winter. In the temperate zones, autumn is the season during which most crops are harvested and deciduous trees lose their leaves. It is also, as noted, the season where days rapidly get shorter and cooler, and precipitation gradually increases. Autumn vegetables boiled, steamed and stewed are part of the season's hearth coziness. They provide colour, bring welcome warmth to our insides and generally elicit a contented feeling of home sweet home. Here is one such example.

Shopping list:

- 1 apple
- Squash
- Onion
- Carrot
- Potatoes
- Garlic
- Olive oil
- 1 orange
- Bouillon sachet
- Vegetable stock
- Apple juice
- Pumpkin pie spice

Preheat oven to 350 degrees. Dice 1 apple, peel and cube 1 squash, dice 1 onion, peel and chop 1 carrot, dice 3 potatoes, and coarsely chop 8 cloves garlic. Place in a shallow pan and top with 1 tablespoon orange zest. Drizzle with olive oil and sprinkle with 1 packet dry bouillon. Bake for 30 minutes. After baking add to a stock pot containing 2 cups vegetable stock, 1 cup apple juice and 2 teaspoons pumpkin pie spice. Bring to a boil and reduce over medium heat for 30 minutes. Add salt and black pepper to taste before serving.

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