



PHOTOS BY DERRICK LUNDY

Salt Spring Islands Trust and Capital Regional District director candidates vie for audience attention at a Nov. 1 all-candidates meeting sponsored by the Driftwood at ArtSpring. A similar Nov. 6 forum, organized by the South Salt Spring Island Property Owners and Residents Association, took place on Nov. 6. (See story, below.)

LOCAL ELECTIONS

Election day in sight after final candidate forum

Contenders stress need for unity

BY SEAN MCINTYRE
DRIFTWOOD STAFF

The old cliché that everything is a little different down Fulford way rang true at a Thursday evening all-candidates forum at Fulford Hall featuring election hopefuls running for positions on Salt Spring's Local Trust Committee (LTC) and for the position of Capital Regional District (CRD) director.

It started off with Norbert Schlenker issuing apologies for comments interpreted by some as belittling volunteer members of the official community plan review focus groups, as well as his jibing of fellow candidate Christine Torgrimson, during the Nov. 1 all-candidates meeting.

Then, Trust candidate Kimberly Lineger invited people in the audience to look to shake hands with their neighbours and introduce themselves as a way to bridge the political divide that exists between so many islanders.

The event, attended by roughly 80 island residents, marked the third time candidates convened in as many weeks to discuss the issues ahead of the local election slated for Saturday, Nov. 15.

In what moderator Ken Lee called "a meeting for those who haven't been up north," candidates touched on affordable housing, greenhouse-gas

emissions, public transportation and, not surprisingly, the state of island governance.

CRD hopeful Garth Hendren wasted little time reaffirming his commitment to fixing what he feels is a "broken [governance] system" by promising to initiate a "review of our governance model" that could see Salt Springers vote on incorporation within 18 months of the election.

Despite a campaign that has

polarized trustee candidates

Schlenker and Lineger against

Torgrimson and incumbent

George Ehring, all rose to the

occasion Thursday evening.

"The reason I did all of this is that, for me, democracy is the most important issue," he told the crowd. "Government for the people, by the people and with the people. At the present time, we don't really have a lot of that. We can't control our tax rate, we can't control development on our island and we can't control the kinds, quantity and quality of ser-

vices on our island."

Incumbent CRD director Gary Holman, who has also agreed to proceed with a study of governance options, responded by listing a selection of coups he has overseen since first elected in 2002.

Holman rattled off a list of accomplishments that included upgrades to seniors facilities, the creation of affordable housing, construction of an indoor pool, a transit system, improvements to emergency preparedness and upgrades to six local water district and sewage plants.

"The progress that this community has made in the past six years can be compared to any other community in the province," he said.

Despite islanders' differences of opinion, he said, these successes prove the system can work.

"I guess we are divided along some lines but, you know, it's the nature of the island," he added. "We are a very passionate group on many sides of various issues and, on a certain level, that's a healthy thing."

Despite a campaign that has polarized trustee candidates Schlenker and Lineger against Torgrimson and incumbent George Ehring, all rose to the occasion Thursday evening, calling for greater understanding and dialogue between island groups and individuals, regardless of who is elected on Saturday, Nov. 15.

CANDIDATES continued on B2

SALT SPRING VOTING DAY

Saturday Nov. 15,
8 a.m. - 8 p.m. at:

- Fernwood Elementary
- Fulford Elementary
- Salt Spring Elementary
- Piers Island Fire Hall
- Anderson Elementary School in Richmond

ADVANCE POLL

Wednesday Nov. 12. 8 a.m. to 8 p.m.

- Ganges Fire Hall
- Mary Winspear Centre, Sidney

WHO CAN VOTE?

You must be:

- 18 years of age
- Canadian citizen
- Have resided in B.C. for the past 6 months and in your voting area for the past 30 days.

NOTE: If you're registering to vote on election day, you must bring two documents proving identity and residency. One document must contain a signature.

If you're a non-resident property elector and unclear about the requirements for voting, call the CRD at 1-800-663-4425, local 3129.

LOCAL ELECTIONS 2008



PHOTO BY DERRICK LUNDY
David Wood, left, moderates an all-candidates meeting held Nov. 1 at ArtSpring.



Unity, working together common themes

CANDIDATES

continued from B1

"If we can ask ourselves 'what I want, what you want and what the common ground is?' it goes a long way to getting us aligned and working together," Torgimson said.

"We need to have that kind of conversation and not prejudge it and set it up along one alternative or another."

Schlenker stated that the OCP review process failed to incorporate input from all sides and he promised to create a more inclusive environment for debate in

island governance.

"I think all ideas need to be heard and if I'm elected trustee I promise to listen," he said.

Though Schlenker said he supports legalizing the rental of secondary suites and cottages on the island, he hesitated when asked by an audience member how he would act to review the island's land-use bylaw and development permit area boundaries.

"I haven't thought about it. I'm not elected, I have no idea about what is involved about revising [development permit areas] and I'll have to learn pretty quickly," he said.

Ehring and Torgimson said one of their top priorities, if elected, will be to legalize the rental of some secondary suites and cottages to address the island's shortage of affordable housing.

"I think that really needs to be addressed," Ehring said. "It provides not just housing for people but an income source."

Lineger emphasized a need for the Islands Trust and CRD to work alongside one another to create a greater variety of housing opportunities for a wide range of island residents.

"Our community needs to diversify," she said.

Lineger added that she seeks to overcome the fear-mongering by some in the community who raise the spectre of the potential demise of the Islands Trust if incorporation is pursued.

"I believe that our community, working with the Trust, can come up with solutions that will allow us to have more authority over local matters on our island and not to the detriment of the Trust. I think that is what partnership and cooperation and coordination is all about," she said.



The spirit of moving forward together.

To move forward, to change our lives, we must change our way of thinking. Change requires a LEADER you can trust to listen and seek ALL voices. Change requires discovering new insights into questions or issues around concepts of governance that are important to our community. We need to tell our story, be our own best experts and build relationships with each other. Governance change is an evolutionary move and it will require thoughtful, inclusive and balanced participation. It will require increasing people's capacity for effective action in pursuit of common goals. This is an opportunity for improvement – to address gaps in our ability to preserve and protect our land while providing services to its people. **Our thoughts today about how we are governed will determine our destiny, and our destiny will determine the legacy we leave to our children.**

Local economy. Sustaining community. Farming. Tourism. Local business.

Our Island economy reflects and helps sustain the unique nature of Salt Spring's people and natural environment. Our thriving and diverse economy should be comprised of small-scale, locally and/or community owned businesses, services and value-added industries, agriculture, as well as low-impact tourism. As Islanders we need to support our farming community to provide organic and value-added agricultural products. As Islanders we need to share a vision of Responsible Rural Tourism that emphasizes "intentional" tourism. As Islanders, we need to promote land use activities that encourage local and individual sustainability for small and home-based businesses. As Trustee, I will work with Islanders to implement a vision for economic sustainability that encompasses respect for the natural environment of Salt Spring while providing opportunities for Islanders to earn a living.

How do we get things back to a spirit of neighbourliness?

Our environmental, social and economic values evoke commonplace experiences that ask us to look at our daily lives. Neighbourliness reminds us to focus on the ordinary things that people do without really thinking, but which make all the difference to our own lives and those around us. It asks us to think carefully about how we foster the circumstances in which people of all ages and diverse backgrounds can contribute to our community in which we all feel at home.

Enforcement of bylaw infractions in and about our community has become so heated that neighbour has been pitted against neighbour. We have developed a "them or us" attitude that has split our neighbourhoods apart. The Islands Trust has sometimes resorted to solving problems in our neighbourhoods through legal action, at great expense to local taxpayers. All means to resolve a problem must be used, including mediation, before engaging in legal action. How often in recent years has mediation been used to solve contentious neighbourhood issues? I believe not enough. We need to think about using mediation more than what it has been in the past. At some point, we need to find common ground, to get back to a spirit of neighbourliness that allows us to work out our differences without the Islands Trust resorting to legal action. Our own tax dollars are being used to divide us.

We need to change things. We cannot continue on in this way if we hope to ensure a healthy and vibrant community for our children. As neighbours, we need to work together to solve our differences – and the time to do it is now!

Fair. Open-minded. Accountable.

I believe the solution to community issues lies in the interaction of opposites. It is important that we look at who we include at the discussion table rather than who we choose to exclude. When our community is entrenched in only thinking about black and white solutions, inevitably someone is excluded.

I firmly believe in the power of individuals to effect change in their community by challenging existing political processes and searching for new opportunities. However, this can only happen if we, as a community, work together despite our differences to find solutions.

As a Trustee, I will bring my openness to new ideas and the courage it takes to broach sensitive community issues. As a Trustee, I will put aside my own point to listen and understand another's perspective. As a returning Trustee, I feel I have much to offer – being fair, open-minded and accountable and I will continue to value the honesty and the integrity of each resident as we work together to honour and preserve our Island home.

Think for yourself in the face of doubt.

If you accept someone else's idea of preserve and protect, local island government or sustainable local economy, you'll have no control over your own destiny. You can only go as far as that view will let you. Do not accept things as they are. Ask "why" and "what if?" Being an individual and thinking for yourself takes courage.

You need to decide the future of Our Community – who you elect on November 15th will determine if we engage in a *Spirit of Moving Forward Together* or remain looking back trapped by the status quo.

Kimberly Lineger for Islands Trust

Submitted by the Kimberly Lineger Campaign 2008. To connect with Kimberly: 538-0042 or learn more: www.votekimberly.net



Preserve and Protect *our land, our people, our community*

ISLANDERS VOTE

Referendums cover major island issues

A primer on what your vote will mean

BY SEAN MCINTYRE
DRIFTWOOD STAFF

In addition to choosing from six candidates vying for positions as Salt Spring's next local Trust committee members and the island's Capital Regional District director, voters will be asked two referendum questions when they head to the polls on Saturday, Nov. 15.

In hopes of giving electors a better sense of what's at stake, the following lays out some of the basics about the questions and what will happen next.

Islands Trust referendum

"Are you in favour of increasing the number of locally elected trustees that sit on the Salt Spring Island Local Trust Committee from two trustees to four trustees?"

The opportunity to add two trustees at the local Trust committee level is the result of the Islands Trust's two-year examination of how to improve political representation within the Trust area.

The Governance Task Force consisted of 13 volunteer trustees who worked to provide an "independent

Should the "yes" vote succeed, Salt Spring's

local Trust committee would include

four members and a chairperson

review of Islands Trust governance options for political representation," according to an Islands Trust-sponsored information event held at ArtSpring on Oct. 29 and now available on the Salt Spring Island Local Trust Committee's website (www.islandstrust.bc.ca/ssireferendum.cfm).

Though the task force recommended the addition of two trustees with full voting powers at both local Trust committee and Trust Council levels, then-Minister of Community Services Ida Chong said the province would not allow Salt Spring to have four votes at the area-wide Trust Council table.

However, addition of two new trustees at the local level should reduce reliance on off-island executive members to break a tie, spread the workload, increase the diversity of perspectives at com-

mittee meetings, increase the quorum and ensure that decision making is still possible if a member must remove themselves in the event of a conflict of interest.

Should the "yes" vote succeed, Salt Spring's local Trust committee would include four locally elected members and a chairperson appointed by the Islands Trust's executive committee. All five members would have the same voting powers at the local level, though the two additional trustees would not have voting rights at the quarterly Trust Council meetings. The two additional trustees would, however, attend the meetings and participate on Trust Council committees (ranging from policy to finance matters).

The two additional trustees would be elected in an early 2009 by-election. Costs for the two new trustees would increase the Islands Trust's annual budget for its Salt Spring operation by \$33,000.

Under the current structure, each of the 13 Local Trust Areas comprising the Islands Trust consists of two locally elected representatives and an off-island chair.

The proposal's opponents say the addition of two new trustees does not go far enough to address the gov-

ernance disparity between Salt Spring and other islands in the Trust. They consider the entire process flawed because the original study never considered incorporation as a potential option.

A "no" vote would result in a continuation of the current structure until such time as another alternative is put forward.

CRD liquid waste referendum

"Are you in favour of the Capital Regional District Board adopting Bylaw No. 3564, 'Salt Spring Island Liquid Waste Disposal Facilities Loan Authorization Bylaw No. 1, 2008' to authorize the borrowing of up to \$2,100,000 for upgrading liquid waste disposal and composting facilities located on Burgoyne Bay Road?"

Salt Spring's Capital Regional District director Gary Holman and members of the Salt Spring Island Liquid Waste Disposal Local Service Committee (SSILWDLSC) maintain that upgrades to the Burgoyne Bay facility are needed if it is to continue processing materials collected from the island's septic tanks and sewage processing plants.

A "yes" vote would allow the CRD to borrow funds

A "yes" vote would allow the CRD to borrow funds and proceed with up to \$1.8 million in upgrades to the facility.

and proceed with up to \$1.8 million in upgrades to the facility.

According to information provided by the CRD, the borrowing will not result in any tax increases since it coincides with the termination of outstanding loans used for previous upgrades to the site and purchase of the land itself.

In the event of a "no" vote, the liquid waste committee would be faced with a decision to proceed with the upgrades by temporarily raising the parcel tax by about \$140 for three years or to direct the CRD to begin hauling raw liquid waste to Vancouver Island for processing and discontinue the local service altogether, resulting in higher disposal costs.

Up to an additional \$300,000 would be bor-

rowed in the event a pilot project looking into the effectiveness of turning the de-watered biosolids created at the Burgoyne Bay facility into compost proves successful.

The CRD and the liquid waste committee intend to host information sessions to update the community and gather public input over the course of the two-year study.

Between Jan. 1, 2007 and May 31, 2007, the Burgoyne Bay site received 336,357 imperial gallons of septage/sludge.

During the same period in 2008, 387,593 imperial gallons were received, or 51,236 gallons more.

A series of CRD reports to the SSILWDLSC outlines myriad problems with the current liquid waste facility and the process leading up to a decision to go to referendum. They can be read online at the CRD website (www.crd.bc.ca) under the SSILWDLSC portion of the Document Library section.

More information about the referendum can be found in CRD ads in this issue of the Driftwood, or on the CRD website in the Salt Spring area (found under Local Services in the Electoral Areas), and then by connecting to the news item about the liquid waste referendum.

collaborative approach. respectful approach.

- Let's build a new form of effective local governance.
- Let's build a long term plan for Fire Prevention Services.
- Let's build a new and improved PARC board.
- Let's build a community vision for our library.
- Let's build a new plan for the homeless.
- Let's bring together our youth, families, seniors, and business people for a healthy and diverse community.
- Let's come together and start the process on Nov. 15th.

It's time for action.

On Nov 15th cast your vote for a leader who will listen, a leader who is optimistic, and a leader who believes in democracy. Vote **Garth**.

Hendren, Garth

Garth Hendren for CRD Director

Submitted by the Garth Hendren Campaign 2008. To connect with Garth phone: 537-1567 or learn more: www.saltspring.org/elections.htm



Preserve and Protect with governance that represents all islanders

LOCAL ELECTIONS 2008

LINEGER: Environment, economy and community

When and why did you move to the island?

In 1991, to give my son a better quality of life and be closer to my sister Jennifer.

Briefly outline your political experience.

Attended my first anti-war (Vietnam) protest in 1969 and continue to participate in public protest on social justice issues from time to time. A majority of my political experience has been behind the scenes as the legislative researcher and standing committee coordinator for the B.C. Chamber of Commerce. Duties included writing briefing notes to be presented to provincial and federal cabinet ministers; co-ordinating consultation between standing committees and relevant provincial and federal ministries and/or their staff; and coordinating member consultation regarding chamber policy development process. Was also a member of the Lower Mainland Treaty Advisory Committee and member of the Minister's Advisory Committee on the Ministry of Education Year 2000 initiative. Most recently, I was an Islands Trust trustee, 2002-2005.

Tell us about pertinent volunteer experience and extra-curricular activities.

My volunteer experience is divided into two categories. The first one is "fun" — like girl guides, fall fair, apple festival, folk club. I try to change these every couple of years so I can have a variety of experiences. The second category I call "socially driven." Unitarian Fellowship, Crime Prevention Association, Police-based Victim Services Association of B.C., Emergency Social Services.

Describe two of your attributes that would make you a good trustee.

Open-minded, fair, good listener.

What will your top three priorities be if you are elected?

1) The land and the environment. Our increased global environmental awareness is impacting how we do things in our lives. It is making us all aware that the land and the people who live on it are all part of something greater. Our land and its people are interconnected so that when we talk about tourism, when we

ISLANDS TRUST CANDIDATE

KIMBERLY
LINEGER



AGE: 45

OCCUPATION: Program coordinator, Salt Spring RCMP Victim Services Program (plus a few other jobs)

YEARS ON SSI: Total: 17 (11 full-time, 6 part-time)

EDUCATION: B.A. Sociology

LAST BOOK READ: "Small is Possible - Life in a Local Economy" by Lyle Estill and "Moral Clarity: A Guide for Grown-up Idealists" by Susan Neiman. (I rarely read one book at a time).

[I'm] open-minded, fair [and a] good listener.

talk about our local economy, and when we talk about the future, we must think about their connection to the environment. The solution to climate change cannot be bought or mandated; local government cannot do the job alone. It must come from collective action to change our individual behaviour — a paradigm shift where we can be our own leaders in protecting our drinking water and natural environment.

As trustee, I will encourage individual responsibility for stewardship and conservation activities that will preserve and protect the island's sensitive ecosystems and ensure that land-use decisions respond to climate change and global warming.

2) Local economy and sustaining community. Our island economy reflects and helps sustain the unique nature of Salt Spring's people and natural environment. Our thriving and diverse economy should be comprised of small-scale, locally and/or community-owned businesses,

services and value-added industries, agriculture, as well as low-impact tourism. As trustee, I will support land-use decisions that promote local and individual self-sufficiency, and implement OCP provisions for home-based business.

I will implement the recommendations in the Salt Spring Area Farm Plan and remove land use barriers so that local farms can build their capacity to supply local food needs, add value to their farm products and diversify farm incomes.

I will work with islanders to develop a tourism plan that encompasses respect for the natural environment of Salt Spring while providing opportunities for islanders to earn a living.

3) Responsible management of the Trust budget. In the present system of local taxation, the buck doesn't stop anywhere. Many groups are responsible for how our tax dollars are spent: the fire district, CRD, Islands Trust, library board, Parks and Recreation Commission, water districts, and in many instances the final decision

about how our tax dollars are spent is made in Victoria. Over the last three years, the Islands Trust budget has increased \$1.8 million dollars with no clear understanding of how your tax dollars have been spent. There needs to be better financial management of our local tax dollars, first to improve responsiveness of services for taxes collected and second to retain more local taxes to meet local needs, wherever possible. As trustee, I will work to create a better balance between Trust-wide and local tax allocation factors to ensure responsible management of the Trust budget.

How would you address Salt Spring's lack of affordable housing?

All islanders have a collective responsibility for land availability, housing options and land use planning to provide a broad range of affordable housing options and choices for everyone from home ownership to rental accommodation. As trustee, my first priority will be creating affordable, year-round housing for permanent residents, starting with implementing provisions for secondary suites and cottages, and secondly, working with non-profit groups, land owners and other levels of government to ensure a timely, transparent and fair land use application process for affordable housing projects.

What is the best way to conduct a study of island governance?

It's a three-part process. First, a literature review of all governance options that have been explored by the Trust, the province and locally, which will include an honest look at what works and doesn't work in the current system.

Second, a community visioning process that explores "what does the ideal local government look like?" using the municipal model outlined in the Islands Trust Act. Can we get the best of both and still be true to the Islands Trust?

Lastly, "How do we get there?" This stage is the "restructure study." The process is predetermined and funded by the province and studies the implications of municipal incorporation/restructure. Here it will be important to determine if we can implement our "ideal model of local government."

X Norbert Schlenker for Islands Trust

INDEPENDENT BALANCED TRUST-WORTHY

I WANT US TO SHARE...

A Salt Spring that is green, not an island only for those with "\$green\$"

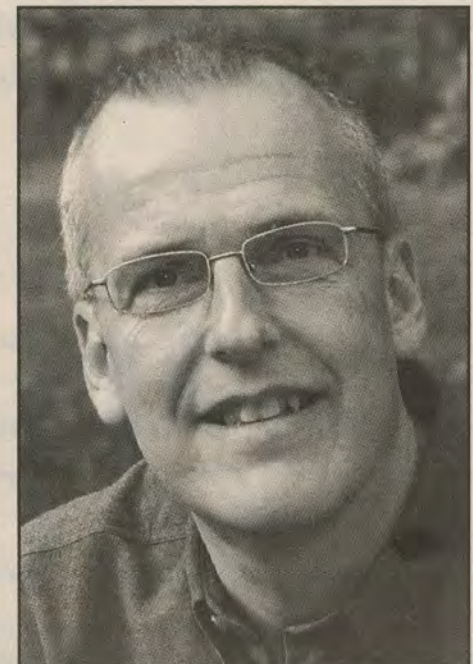
A serious look at all the facts and a balanced debate on how we are governed

Fair, open and honest processes with full community input

Real accountability for how our tax dollars are spent

www.votenorbert.com

For my positions on Trust issues, please visit my website.
If you prefer a printed copy, email or call me at 250-538-1641.

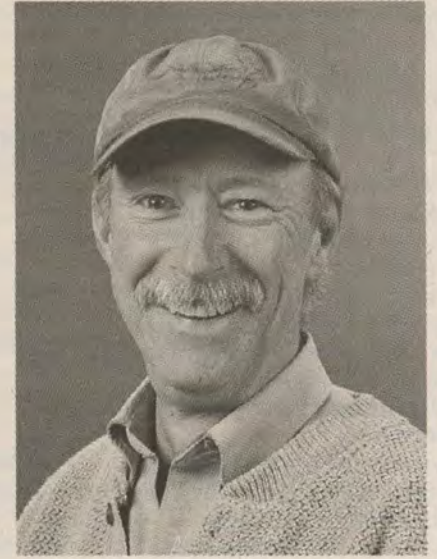


Christine and George are the right people to work together to represent the best interests of our island community.



Christine, an island resident since 1997, has a long history of working with community organizations. She is a provincially-appointed member of the Islands Trust Fund board and founding Chair of the Gulf Islands Alliance. A passionate advocate for Salt Spring Island, Christine is an advisor and startup committee member of the Farmland Trust and served as vice-chair of the OCP focus group on Economic Sustainability, Jobs and Tourism.

George was elected as a trustee for the Islands Trust in 2005. Throughout his first term, he worked with many community groups in a positive and collaborative way to help advance their vision for our island community. George is proud of the accomplishments of the past term, including the OCP (Official Community Plan) review, development of the Area Farm Plan, and working to protect our watersheds.



We're voting for Christine Torgrimson and George Ehring for the Islands Trust. We hope you will, too!

David Denning	Edna M. Gatt	Jean Brouard	May Henderson	Derek Barrio	Harold Page
Briony Penn	Len Wallbank	Larry Starke	Charles Dorworth	Sally John	Pat Massy
Joanne Elizabeth	Carol Grier	Gay Meagley	Ben Goodman	Ilse Leader	Anna Gustafson
Lois Sprague	Joanne Montrichard	Kay Kos	Donna Johnstone	Tom Mitchell	Karen Reiss
Lyle Petch	Manfred Pape	Henri Goebel	Bill Henderson	Tamar Griggs	Donna Cochran
Katharine Atkins	Judy Hurd	Lesley Kimber	John P. Wiebe	Joyce Campbell	Richard Kerr
Rollie Cook	Melanie Thompson	Diana Morris-Knox	Doug Robertson	Ruth Tarasoff	Maureen Bendick
Jon Healey	Sheryl Taylor-Munro	James Mujuru	Phyllis Bolton	Andrea Collins	Gladys Page
Maxine Leichter	Beth Appeldoorn	Bob McKay	Nancy Powell	Howard Fry	Nora Layard
Ghislain De Saint	Bianca Barnes	Alan Robertson	Arlene Ommundsen	George Laundry	Audrey Wild
Venant	Stewart Webb	Luc Gravelle	Tom Wright	Rob Denny	Janice McLean
Rosey Brenan	Judy Tyson	John Lammers	Jenny Barrio	Ronald Bain	Nicola Wheston
Gary Cherneff	Chris Anderson	Phil Vernon	Erna Robertson	Doc Paynter	Don Stevens
Michelle Mech	Nellie Weibel	Roy Travis	Sam Tarasoff	Susan Paynter	Donna Martin
Debbie Burton	Richard Steel	Anne Miller	Lorraine Bell	John Moore	Robin Ferry
Michael Larmour	Stan Peters	Anthony Smith	Trish Faurot	Ashley Hilliard	Bev Bolton
Wendy Herbert	Kimi Hendess	Bill Harrington	Stuart Beattie	Terry Ridings	Anne Macey
Jose Campbell	Betty Ball	Susan Evans	Marion Pape	Brian Hayward	Linda Quiring
Ian Ludtke	Jeremy Winter	Elna Gravelle	Fred Powell	Jonathan Grant	Juliette Laing
Don Jones	Anne Stammer	Tony Pedersen	Robert Bell	Kees Visser	Pat Byrne
Marlene Smith	Michael Robb	Bob Howe	Deborah Miller	Terri Bibby	Jean Gelwicks
Dennice Stambuck	Jane Winter	Karen Pedersen	Sharon Bywater	Sharon Cooke	Julia Grace
Joe Benge	Polly Wilson	Jacqueline Thomas	Ron Hawkins	Judy Fry	Maureen Moore
Jill Sydneysmith	Kathy Page	Doug McMillin	Tom Volquardsen	Helen Ormiston Smith	Murray Reiss
Philip Mason	Mel Sumner	Gail Meyer	Barry Cooke	David Greig	Kris Wilhelmson
Patti Whittaker	Kacey Chee	Rosalie Beach	Irene Wright	Nieke Visser	Robin Annschild
Jill McIvor	Ian Mitchell	Tangachee Goebel	Margaret Fulton	Teresa Hitch	Greg Spendjian
Diana Setterfield	Richard Willmott	Larry Woods	David Bolton	Paul Isserlis	Larry Appleby
Mona Fertig	Frank Moore	Maggie Ziegler	Judi Stevenson	Lauren Klimek	Leslie Wallace
Wally Stambuck	John Humphries	Michael Doyle	Roger Middleton	Jan Steinman	Jacque Stevulak
Bernice Jones	Alexandra Bell	Shasta Coffee	Jim Barber	Carol Wagner	Bob McIvor
Jo Yard	Kathryne Holm	Dave Kerman	Dorothy Cutting	Ronald Wright	Maureen Milburn
Andrea Rankin	Patricia Lockie	Joyce Prothero	Andrea LeBorgne	Tony Threlfall	Jan Slakov
Neil Whittaker	Judy Goodman	Janice Lott	Wendy Hilliard	Ronald Smith	Herb Burnett
George Cooke	Bill Goddu	Kristin Peebles	Michael Butler	Harry Burton	Karl Mech
Sheila Reid	John Prothero	David Kos	Gillian Pilon	Peter Lamb	David Massy
Pam Miskey	Alec Houston	Mark Whitear	Wendy Hilliard	Grace Byrne	Paul Burke
Rosemary Wallbank	Ailsa Pearse	Lorraine Lowry	Peter Ommundsen	Rick Laing	Adrienne Linder
Jennifer Healey	Nancy Braithwaite	Mary Rowles	Kit Stevens	Elizabeth White	Annie Palovcik
Pat Robertson	Donald McLennan	Elaine Potter	Sam Sydneysmith	Janis Gauthier	Ellie Thorburn
Frances Hill	Rita Robertson	Karen Hawbolt	Bristol Foster	Bev Byron	Margaretha Nordine
Lynn Peebles	Peter Levitt	Ted Harrison	Maggie Schubart	Terry Bolton	Samantha Beare
June Mason	Betty Kirk	Meg Buckley	Alan Bibby	Conrad Pilon	John Woodward
Carol Tabbers	Jill Willmott	Eva Pedersen	Pip Moore	David Borrowman	Rita Aptekmann
Deb McGovern	Joanne McKay	Leon Aptekmann	Jim Spencer	Charles Kahn	Karen Hudson
Henry Tabbers	Pat O'Neill	Josie Clement	Michael Wall	Jane Squier	Ron Nordine
Bob Ball	Sheila Harrington	Philip Lake	Charles Breth	Sam Lightman	Tom Koppel
Doreen Cooke	Tina Moore	Ian Beare	Luisa Maffi	Kim Kornbacher	
Mac McCaffrey	Judy McLennan	Gillian Kidd	David Rapport	Michael Levy	
Peter Haase	Barbara McCaffrey	George Taylor	Peter Prince	Bob Wild	
Lee Hurd	Ann Humphries	Bob McWhirter	Kate Leslie	Pat Barclay	

Vote for Christine and George on November 15

8 a.m. to 8 p.m. at Fernwood Elementary, Salt Spring Elementary, or Fulford Elementary Schools.

The Christine Torgrimson Campaign and the George Ehring Campaign have focused consistently on the issues and avoided personal attacks. We all need to work together on this island, even when we disagree.

Paid for by the Christine Torgrimson Campaign and the George Ehring Campaign. Campaign donations welcome. Cheques can be addressed to the Christine Torgrimson Campaign and sent to Terry Bolton, 131 Miles Ave., V8K 2E1, or to the George Ehring Campaign and sent to Roland Cook, 147 Robinson Rd., V8K 1R6.

LOCAL ELECTIONS 2008

EHRING: Keep jobs here; protect neighbourhoods**When and why did you move to the island?**

I moved to Salt Spring in 1991 from Vancouver. Like a typical tourist, I visited the island one weekend, and stayed at Susan Evans' and Ted Harrison's lovely B&B.

Late at night we sat in the hot tub looking at all the stars and fell in love with the island's peaceful, rural environment.

The next morning we went to the real estate office, and three months later we bought a farm in the Fulford Valley. Hooked.

Briefly outline your political experience.

I grew up being a political junkie and became a political activist in high school and at university.

In the 1980s, I was an executive assistant to a member of the Ontario legislature and have managed many campaigns in Ontario and elsewhere in Canada.

In 1993, I co-authored a book about Ontario politics, and for 20 years wrote a regular magazine column about politics and labour in North America. In 2005, I moved out of the political back rooms and was elected to the Salt Spring Island Local Trust Committee.

Tell us about any pertinent volunteer experience and extra-curricular activities.

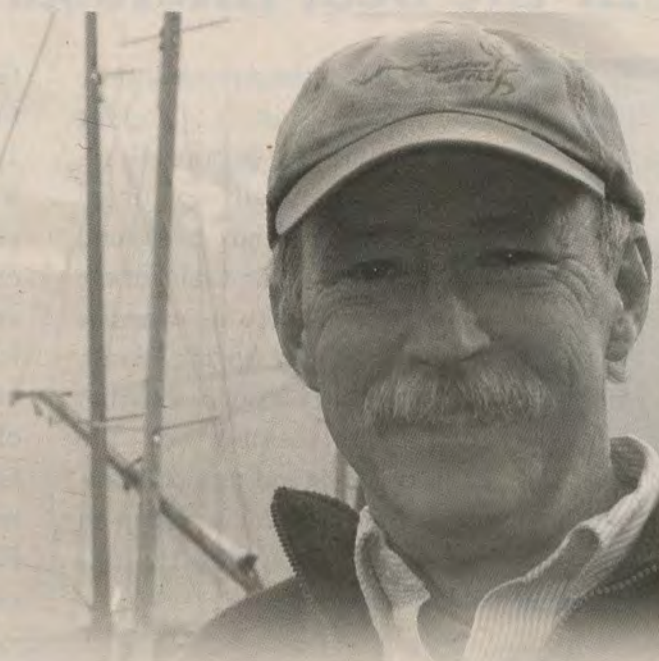
I've been a director of ArtSpring and chair of the program committee for four years, and have been a member of the island's liquid waste committee since the early 1990s, many years as chair.

As a trustee, I sit on a great many committees and work with members of the community on a wide

ISLANDSTRUST CANDIDATE

**GEORGE
EHRING**

AGE: Old enough
OCCUPATION: Trustee
YEARS ON SSI: 17
EDUCATION: Graduate school
LAST BOOK READ: Goodnight Moon (to Francis)
FAVOURITE PLACE ON SSI: Saturday market



As a trustee, I think I've demonstrated an ability to work well with a wide range of community members and groups, listening to concerns and helping work toward their objectives.

range of projects that don't leave me much time for other extra-curricular activities.

Describe two of your attributes that would make you a good trustee.

As a trustee, I think I've demonstrated an ability to work well with a wide range of community members and groups, listening to concerns and helping work toward their objectives.

My years at the Ontario legislature and with the Trust have given

me a good knowledge of how government functions and an ability to work well within government systems.

What will your top three priorities be if you are elected?

It's difficult to limit the discussion to three, in part because it's hard to know what issues will come up from members of the community themselves.

The completion of the second phase of the official community plan (OCP) review and amend-

ment of the land use bylaw (LUB) will be an important priority for the Trust.

Another priority will be to work with the industrial land task force to identify locations for possible industrial lands, in order to keep jobs on the island while protecting neighbourhood interests and environmental values.

I am also committed to continuing to work with a broad range of community groups and government ministries and agencies on

issues of importance to Salt Spring Island.

How would you address Salt Spring's lack of affordable housing?

The new OCP permits the occupancy of suites and cottages for affordable housing.

This may provide our best route to the creation of affordable rental accommodation and we need to work out those details in the LUB as soon as possible. Since the local Trust committee cannot own land and will not build housing units, we have to continue to work with community groups and private developers to encourage the creation of affordable housing, including amending zoning and other restrictions where it makes sense to do so.

What is the best way to conduct a study of island governance?

I support a study of governance options, including the incorporation option, so that islanders can make informed decisions about the future of governance on Salt Spring.

I do not want to presume the outcome of that study.

As much as possible, I would like the study to be conducted by island residents, but I expect that we will want to hire an off-island consultant to assure impartiality and provide the necessary expertise.

When an initial report is complete, we should use a wide range of methods to engage the community in a dialogue about our options, presumably leading to a referendum on governance.

Islanders deserve change. effective change.

Trust Council asked for fair Salt Spring representation at the Local Trust Committee AND at Islands Trust Council. We didn't get it. The Province needs to know that we are not satisfied with the referendum alternative they have given us.

Learn more at: www.islandgov.org
www.saltspring.org/elections.htm

vote NO to 4 trustees



ISLANDERS FOR SELF GOVERNMENT support a local island government

TORGRIMSON: Heal rifts and improve local governance

When and why did you move to the island?

I wanted to live more simply, and my husband-to-be had a cabin here. I loved the quiet, relaxed nature of the place and its people. I came across the official community plan (OCP) when I first visited, and was drawn to a community with such an all-encompassing vision and innovative government.

Briefly outline your political experience.

It must be in my blood. When I was a kid, I loved organizing neighbourhood circuses, and I've been doing similar things ever since — senior class officer in high school, editor of my campus newspaper, co-founder of a monthly newspaper and other publications.

I then helped create leading land-use legislation and co-founded a land trust that has now kept 700 farms and ranches in production and open space. I went on to serve as co-founder, executive director, staff and board member, lobbyist, campaign organizer, trainer and facilitator for dozens of citizen organizations and initiatives. My entire 35-year career has been dedicated to working with people to make the world a better place.

Tell us about any pertinent volunteer experience and extracurricular activities.

I serve as a provincially appointed member of the Islands Trust Fund Board, which advances private land conservation initiatives in the Trust area. I am the founding chair of the Gulf Islands Alliance, a grassroots group of islanders working on issues of common community and conservation concern, particularly related to the Islands Trust "preserve and

ISLANDSTRUST CANDIDATE

CHRISTINE
TORGRIMSON

AGE: 58

OCCUPATION: Communication and strategic planning consultant

YEARS ON SSI: 11+

EDUCATION: B.A. (Journalism), M.A. (Counselling); ongoing training in organizational development and fundraising

LAST BOOK READ: The Future of Life, by E.O. Wilson

FAVOURITE PLACE ON SSI: My flower garden



... I have learned how to listen well to people and help them solve problems, find solutions and bridge their differences to work together effectively.

protect" mandate.

I volunteered extensively during our recent OCP review, and served as vice chair of the focus group on economic sustainability, jobs and tourism. I also played a key role in the start-up of Salt Spring's new farmland trust.

Describe two of your attributes that would make you a good trustee.

Because of my training and long-time experience as a journalist, counselor and facilitator, I have learned how to listen well to people and help them solve problems, find solutions and bridge their differences to work together effectively. I believe this

skill and my land use planning and leadership experience over the years would make me a good trustee.

What will your top three priorities be if you are elected?

1. Complete the review of our OCP. The OCP guides both our community's future and our ongoing decision making. We need to complete the land use bylaw (the portion of the OCP that puts the plan into effect) and the development permit and heritage conservation sections.

2. Clean drinking water: Three of the island's four drinking watersheds are under significant stress — a potential threat to our health. We must implement the Cusheon Lake

and St. Mary Lake watershed management plans, and develop further measures to protect the Weston Lake watershed. We also should investigate further protection of our watersheds, through the development permit area review in the OCP review process.

3. Build bridges in the community around our governance. There is much division and misinformation, as well as legitimate concern about the functions of our unique system and ways to improve it.

We can have a constructive dialogue that will heal rifts in the community and improve local governance. My answer to the final ques-

tion addresses this in further detail below.

How would you address Salt Spring's lack of affordable housing?

This is another priority for me. Our land and housing costs are too high for many people in our community.

We must find ways to provide good, affordable housing for our young people, families, workers and seniors. The Trust and CRD must continue working with advocates to support affordable housing projects. We need to implement our OCP provisions to make suites and cottages available for affordable housing.

And we must bring better resources and thinking to bear to solve the serious homelessness problem on the island.

What is the best way to conduct a study of island governance?

Let's have a fair and thorough process that widely engages the community and attracts various sources of funding support. We can learn from successful efforts in other communities and create a made-on-Salt Spring process. This could complement an overall community strategic planning initiative that is grounded in a clear, strong and widely supported vision for our future. We'll want to look at what's working well and what could work better with our government structure and function. Then let's do some problem-solving about possible ways to improve it, including the incorporation option, and weigh the advantages and disadvantages. We may want to involve outside consulting assistance. The community will thus carefully arrive at conclusions and make thoughtful choices.

Vote for the Trust
Say **YES**



to Four Trustees

The entire Trust area will share in the minor additional costs of additional Trustees, and they can:

- VOTE ON ALL LOCAL TRUST ISSUES
- Broaden and diversify representation on our Local Trust Committee.
- Share the increasing workload of local Trustees.
- Increase Salt Spring's influence at Trust Council by participating in all Council discussions and committees.

For more information please visit the Islands Trust website at:
www.islandstrust.bc.ca/ssireferendum.cfm

This ad is sponsored by Friends of the Trust - 250-653-4940

ELECTION RESULTS

Sunday,
November 16th

gulfislandsdriftwood.com

Driftwood
GULF ISLANDS
YOUR COMMUNITY NEWSPAPER SINCE 1960

Salt Spring Island Referendum: November 15th

For improved local government Vote YES to 4 trustees

Two additional trustees will have full voting rights on the Local Trust Committee where all Salt Spring Island land-use decisions are made.

- strengthens our island government structure
- increases local representation
- better reflects island diversity
- spreads the workload
- reduces the chances of a tied vote
- allows more participation at Trust Council level

On November 15th, you will be asked:

“Are you in favour of increasing the number of locally-elected trustees that sit on the Salt Spring Island Local Trust Committee from two trustees to four trustees. Yes or No?”

VOTE: YES

For further information, see the “Salt Spring Referendum - Frequently Asked Questions” in the Highlights section of the Islands Trust website www.islandstrust.bc.ca or the display at the Islands Trust office.

Sponsored by the “Vote YES to 4 trustees” campaign.
Contact 250-537-4859.

SCHLENKER: A balance between people and place

When and why did you move to the island?

Norah and I navigated the rat race with increasing unease until 1999.

A long-time friendship with Banff School refugees that had moved to Salt Spring brought us for a visit.

The place and the people wove their spell immediately.

Briefly outline your political experience.

Except as a keen observer, absolutely none. It's not hard to tell.

Tell us about any pertinent volunteer experience and extra-curricular activities.

On Salt Spring, I have served on a variety of volunteer boards.

My keen interest in youth and fitness — and a daughter who is an avid swimmer — put me on the board of the summer swim team.

I served on the ArtSpring board for five years and still contribute my time on one committee because it is an outstanding community facility which supports the arts and artists on Salt Spring Island. I was treasurer of the sailing club south of Ganges because I enjoy sailing and I felt an obligation to pitch in at an all-volunteer organization.

I'm also an occasional bridge player, especially popular among those who enjoy playing against much weaker opponents.

Describe two of your attributes that would make you a good trustee.

Land use planning, which forms the bulk of a trustee's responsibility, is an area naturally teeming with conflicts among neighbours.

ISLANDS TRUST CANDIDATE

NORBERT

SCHLENKER

AGE: 51

OCCUPATION: Keeping the blackberries at bay
YEARS ON SSI: 9

EDUCATION: Graduate degree in computer science

LAST BOOK READ: Darwin's Dangerous Idea: Evolutions and the Meaning of Life, by Daniel C. Dennett

FAVOURITE PLACE ON SSI: Curled up on my couch with a good book



today where voters are governed by people who are not and will never be accountable to them. Salt Spring is one of them. We can and must do better.

Third, I will work for financial transparency and equity at the Trust. Expenditures have unaccountably and irresponsibly risen 42 per cent in the last three years alone. Good explanations have not been forthcoming. The taxpayers of Salt Spring are the Trust's cash cow. Trustees should be asking some hard questions because we deserve some real answers.

How would you address Salt Spring's lack of affordable housing?

The new OCP suggests opening the door to secondary suites and cottages. I applaud the incumbent trustees for inserting this into the OCP because I believe it can contribute to lowering the cost of accommodation.

As a trustee, I would also encourage affordable housing projects — not just rentals, but owner-occupied housing as well — because I believe much more needs to be done.

What is the best way to conduct a study of island governance?

The Islands Trust Act allows for a municipal form of government within the Trust. That form is already in use in the Trust area and has been successful. We have no reason to reinvent the wheel or to open the act to amendment.

Let's conduct the study the province requires, put all the facts on the table, let all voices be heard, and let the people decide how they want to govern themselves.

I believe it's important to explore all opportunities for compromise when such con-

licts arise, rather than choosing sides in an "us vs. them" free for all. I encourage

brainstorming and inventive solutions rather than winner take all.

I believe it's important to explore all opportunities for compromise when such conflicts arise, rather than choosing sides in an "us vs. them" free-for-all. I encourage brainstorming and inventive solutions rather than winner take all.

Another attribute — and I realize some voters may believe this not to be positive — is that I do not suffer fools gladly. I'm a careful listener, willing to hear all sides, but I have a low tolerance for nonsense, in particular self-interest in the guise of public interest.

What will your top three priorities be if you are elected?

First, we need a more balanced approach regarding people versus place. The Trust has focussed on place and our community is being hollowed out because of that focus. Business feels unwelcome, a major contributor to our economy — tourism — is subtly discouraged, and critical facilities like the hospital are increasingly short of staff.


Working people have children and those children are entitled to a future on this beautiful island

too. The Trust protects our environment for us, not in spite of us.

Second, we must have an honest look at how we govern ourselves.

It seems like this debate never ends. That's because the Trust — whose policy says they must let islands determine this themselves — won't keep their hands off. They interfered in 2002, they stonewalled for the next three years, and now they have muddied the water with an inadequate reform proposal.

There are few places in the world




RE-ELECT

GARY HOLMAN

CRD DIRECTOR

FOR EFFECTIVE AND EXPERIENCED LEADERSHIP



If you re-elect me, I will continue to work just as hard and effectively on issues that matter to our community, including:

<p>Community Development</p> <ul style="list-style-type: none"> • Additional funding for community housing. • Funding for a new library in Ganges. • Tax support for a crime prevention program. • A Salt Spring economic development strategy. • Funding for improved health care facilities. • Improving CREST emergency communications. • Emergency preparedness for neighborhoods. • A survey of community recreation needs. 	<p>Water and Waste Management</p> <ul style="list-style-type: none"> • A stewardship program for drinking water lakes. • Funding to upgrade North SS and other water districts. • Composting our liquid waste and organics. • Improved recycling for businesses and villages. • Funding for Ganges sewer water reclamation. • A Salt Spring Water Conservation Plan. • A rebate program for water conservation.
<p>Climate Change and the Environment</p> <ul style="list-style-type: none"> • A rebate program for energy retrofits. • Funding for expanded public transit. • Funding for pedestrian/cycling infrastructure. • Feasibility of a Salt Spring energy utility. • Parking management in villages. 	<p>Improved Governance</p> <ul style="list-style-type: none"> • A CRD-Trust "Community Council". • A Strategic Plan for Salt Spring. • Preserving Ganges fire hall for local government and community use.

You can donate to Gary's campaign by sending a cheque payable to Karen Reiss c/o Gary Holman Campaign, 222 Southridge Dr., V8K 1Y9. To help in Gary's campaign or for more information call 250-653-2042.

LOCAL ELECTIONS 2008

HENDREN: Help for the homeless, library renewal

When and why did you move to the island?

I moved to Salt Spring in August of 1989. I am a father of two boys who needed a better education than what they had been receiving in Edmonton. The schools and the vitality of the education system here provided just the right mix of skill and experience that my sons needed.

Briefly outline your political experience.

My first elected office was with School District No. 64. During my last term I acted as vice chair. I also chaired the study on the renewal of the middle school.

Tell us about any pertinent volunteer experience and extra-curricular activities.

My local volunteer experience has been confined to acting as the chair of a number of organizations, including Salt Spring Island Community Services, Council of Continuing Education, the design panel of the Islands Trust and the library. On a provincial basis, I worked in the Canadian Cancer Association's volunteers-with-cancer speakers bureau. On a national basis, I chaired the policy committee of the National Educational Technology Association.

Describe two of your attributes that would make you a good CRD director.

As a task-oriented and ambi-

CRD CANDIDATE

GARTH
HENDREN

AGE: Not provided

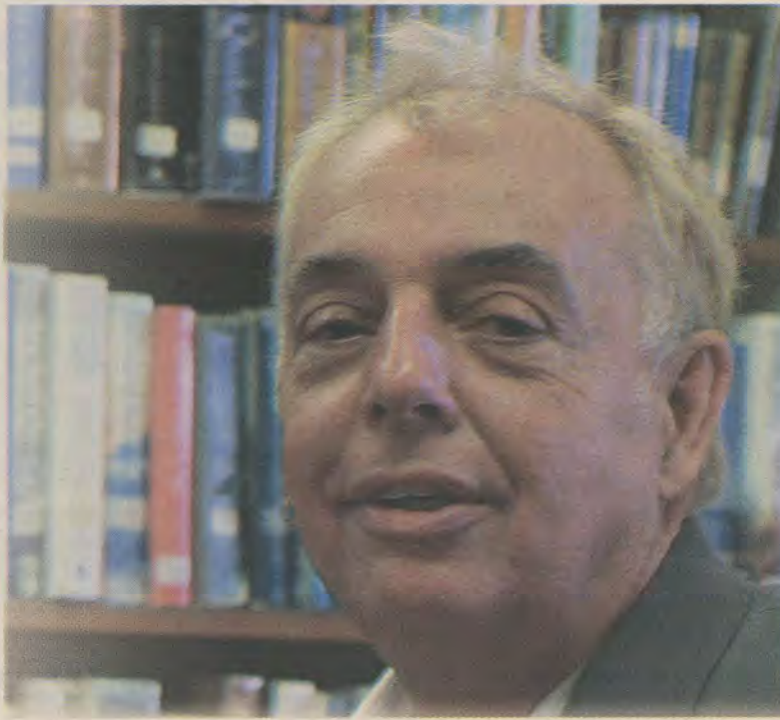
OCCUPATION: Educational and publishing consultant

YEARS ON SSI: 19

EDUCATION: Masters (Technology) from Concordia

LAST BOOK READ: A Distant Mirror: The Calamitous 14th Century, by Barbara Tuchman

FAVOURITE PLACE ON SSI: The number of favourite places on Salt Spring is equal to the rain drops that fall in the old growth forest on Mount Maxwell.



As a task-oriented and ambitious person, I would bring a collaborative approach to the position

tious person, I would bring a collaborative approach to the position of CRD director.

What will your top three priorities be if you are elected?

The top three priorities I would have for my term would be initiating and bringing about a referen-

dum on a study for local government, continued and strengthened support for the homeless who anonymously live among us and the renewal of our beloved Mary Hawkins Memorial Library, potentially the centre of our community.

How would you address Salt**Spring's lack of affordable housing?**

At the present time the lack of affordable housing is contingent on our place in the list of priorities of the Capital Regional District. I would work my hardest to move forward our needs in this area.

At the present time, we are second in the number of homeless

people per-capita, Victoria being the first. This figure is based on an analysis by Salt Spring Island Community Services executive director Rob Grant of information collected during the CRD and GVRD homeless counts in 2007 and 2008. This figure is based on a GVRD count made in 2007 and 2008. This is intolerable.

What is the best way to conduct a study of island governance?

Once the Minister of Community Development has been informed of our desire to conduct a study of island governance, I would set out to establish a local committee composed of representatives of all parts of our community including our families, farmers, educators, business people, retired persons, conservationists, and churches and professional organizations.

This group would be charged with establishing the criteria for the review and locating consultants that could provide the most comprehensive support.

The committee could then produce a fair and representative question that could be put to the electorate in the form of a referendum.

President-elect Obama said in his acceptance speech on Nov. 5, "I will always listen to you, especially when you disagree." If I could have a motto that would be it.

HOLMAN: Ready to work hard on commitments

When and why did you move to the island?

As a younger man, I wanted to "get back to the land" and purchased 10 acres in the Beaver Point area in 1978. I moved to Salt Spring full time in 1989.

Briefly outline your political experience.

Ran unsuccessfully for Islands Trust in 1996. Served as chair of the Advisory Planning Commission 1996-2002.

Elected CRD director in 2002 and again in 2005.

Tell us about any pertinent volunteer experience and extra-curricular activities.

Served on the boards of the SSI Conservancy and The Land Conservancy of B.C. Co-founded the South and West SSI Conservation Partnership (SWSSICP), a group of agencies dedicated to preserving green space in southwest SSI. SWSSICP played a key role in protecting 2,600 acres of land owned by Texada Land Corporation in 2001.

Describe two of your attributes that would make you a good CRD director.

Six years of demonstrated effectiveness on the job, and an ability to work cooperatively with the Trust, CRD committees and non-government groups to achieve community goals.

What will your top three priorities be if you are elected?

CRD CANDIDATE

GARY
HOLMAN

AGE: 59

OCCUPATION: Consulting economist

YEARS ON SSI: 19

EDUCATION: B.A. (UBC), M.A. (SFU)

LAST BOOK READ: Blessed Unrest, by Paul Hawken

FAVOURITE PLACE ON SSI: Ruckle Park



Six years of demonstrated effectiveness on the job, and an ability to work cooperatively with the Trust, CRD committees and non-government groups

I'll work hard on all of the commitments outlined in my ads and brochure. Having said this, the issues which will take much of my time immediately after being elected will be: 1) establishing the CRD-Trust coordinating committee (hopefully with two additional trustees), which will initiate the strategic planning process; 2) affordable housing; 3) implementing water- and energy-saving rebate programs with Salt Spring's Green City \$25,000 cash award.

How would you address Salt Spring's lack of affordable housing?

I'll continue the same strategies that successfully constructed 70 units of community housing since I was first elected in 2002, including Murakami Gardens (low-income families), Braehaven (seniors assisted living) and the SSI Land Bank Society projects (transition housing).

These strategies include: 1) Supporting further applications to the CRD Regional Housing Trust Fund (RHTEF), which has helped establish over 200 units of affordable housing in the region since 2006, including 31 units on SSI. I'll advocate a modest increase in tax support for the RHTEF currently less

than 50 cents per household/month.

2) Supporting funding applications to other senior governments through the CRD director's grant-in-aid and administration budgets.

3) Focus efforts on 20 acres of community-held lands on Drake Road and projects being planned by the SSI Land Bank.

4) Work with the Trust to ensure that legalized suites and cottages are affordable in perpetuity and complement other community goals (compact villages, drinking watersheds and climate change). 5) Work with the Community Services

Society, Copper Kettle and other groups to establish a permanent "in from the cold" facility for the homeless. 6) Secure CRD and Vancouver Island Health Authority funding to build a new residential care facility at Greenwood.

What is the best way to conduct a study of island governance?

I'll support an objective study of governance options, including incorporation, but not a conventional restructuring study on incorporation only. Other options must be examined, such as a CRD-Trust local commission or "community council" com-

prised of members of the local Trust committee and the CRD director. The addition of two trustees would facilitate this option, allowing new trustees to take on additional responsibilities. This community council could help coordinate all CRD functions on SSI, thus effectively broadening representation on the CRD side. The local Trust committee would still be responsible for land use and could not "end run" Trust Council, unlike a municipality.

The study process will be determined by locally elected CRD and Trust officials, as with previous governance studies on SSI.

A citizen steering committee, with professional support, will likely be required. I won't support a process that diverts us from other pressing community priorities.

I'll seek provincial funding for the study, but the province has a vested interest in downloading road and policing costs to local governments, so the terms of reference must be determined by locally elected officials.

The study must examine impacts on the Islands Trust. Upon completion of the study, I won't pursue an option that significantly weakens the Trust.

In the meantime, I urge islanders to vote "yes" to two new trustees to broaden representation and better enable the local Trust committee to fulfill its legislated mandate to coordinate the activities of the CRD and other agencies.

Referendum Notice

Referendum to Borrow \$2.1 Million to Upgrade the Salt Spring Island Liquid Waste Disposal Facility November 15, 2008

The Salt Spring Island Liquid Waste Disposal Local Service Committee has requested the Capital Regional District (CRD) to host a referendum to obtain support for the CRD to borrow up to \$2.1 million dollars to undertake much needed works at the dewatering facility located off Burgoyne Bay Road.

What is the question?

"Are you in favour of the Capital Regional District Board adopting Bylaw No. 3564, 'Salt Spring Island Liquid Waste Disposal Facilities Loan Authorization Bylaw No. 1, 2008' to authorize the borrowing of up to \$2,100,000 for upgrading liquid waste disposal and composting facilities located on Burgoyne Bay Road. Yes or No?"

What is the liquid waste disposal facility and who administers it?

All waste pumped from septic tanks and grease traps and sludge from wastewater treatment plants on Salt Spring is received at a central CRD processing facility off Burgoyne Bay Road. At the facility, about 4.5 million litres (4,500 tonnes) per year of these materials are dewatered to reduce the cost of transport to the CRD Regional solid waste landfill in Victoria. The facility produces about 600 tonnes of dewatered sludge annually that are trucked to Victoria, and roughly 4 million litres of water that is filtered through membranes and discharged to a septic field. Without the facility, all 4,500 tonnes of liquid waste would need to be trucked directly to a similar processing facility in Langford, BC. The CRD has established the Salt Spring Island Liquid Waste Disposal Local Service committee (SSILWC), consisting of Salt Spring residents, to oversee the administration of the service.



Why is the upgrade needed?

The original facility was designed to accommodate approximately half of the volume now received at the site. Many of the components installed in 1997 are not cost effective to operate, requiring considerable manual labour. Other components are nearing the end of their design life, or do not have sufficient capacity to meet the present and anticipated volume increases. As the facility was created from the pilot plant certain components of the original plant are not well suited to the high production facility now required. In order to continue operation, the facility requires a major upgrade.

How much will the upgrade cost?

The cost to upgrade and expand the dewatering facility is \$1.8 million. If composting is implemented, an additional \$300,000 would be borrowed for the total of \$2.1 million dollars.

The question refers to composting. Is this planned for the site?

When the liquid waste disposal service was established in 1993, residents of Salt Spring voted to create the service for the treatment, disposal and co-composting of dewatered sludge with wood waste. The SSILWC has for many years planned to introduce composting in accordance with the wishes of residents, but has been in past unable to financially undertake the process. Although composting has been added as a component of the borrowing, no funds will be expended until the community has had input, and the process has been demonstrated to be acceptable to the community and the environment.

How much will composting cost, and how will the process be implemented?

The committee intends to first evaluate the composting process by a temporary installation. In advance of the demonstration composting process being initiated at the site, the committee has agreed to prepare a working plan for the project and to then present the plan to residents of Salt Spring Island for their input. If the plan is supported, a temporary composting operation will be evaluated over the next two years. Based on the demonstrated acceptability of the compost process and product, the CRD would borrow the remaining funds identified in the borrowing bylaw, amounting to \$300,000, to complete a permanent installation. If the process proves unacceptable, the borrowing for the permanent facility will not proceed.

How much extra will the new borrowing cost taxpayers?

The SSILWC has a financial plan which provides for funding of the additional costs of borrowing from the present capital budget for the service. Over the next few years, as new borrowing cost is added, existing short term debt will be retired, permitting the new project to be funded without need to increase parcel taxes (currently \$42.11 per parcel). Tipping fees (currently \$0.0528 per litre), which are used to recover the cost of operation of the facility, are expected to rise only as needed to offset inflation as it impacts the operation of the facility.

What are the alternatives?

There are limited alternatives to the borrowing of funds to upgrade the Burgoyne facility. Should the referendum fail, the SSILWC would need to temporarily increase the parcel tax in order to fund the capital upgrades required to keep the dewatering facility in operation. Alternatively the Burgoyne dewatering facility would cease to operate, requiring all liquid septage and waste sludge to be batched and trucked to Langford BC at considerably higher annual cost.

For more information, visit www.crd.bc.ca/about/elections/ssireferendum.htm or call 1.800.663.4425 and ask for Operations and Local Services.

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Christin Boyd

Bowen Technique

The Origins of the Bowen Technique
Christin Boyd, Accredited Bowen Technique Practitioner

Bowen Therapeutic Technique was developed by Tom Bowen. He was born and lived near Melbourne, Australia. After leaving school at an early age with an eighth grade education, he became a carpenter like his father. Bowen became known to those around him as very gifted in fixing 'bad backs', and other ailments. He coached young athletes who he kept on the field with his evolving technique. In 1957 he set up a clinic where he worked after completing his day's work at a cement plant. He referred to himself as an osteopath or manual therapist.

Bowen's method was developed through intuition, and through the thousands of patients that he treated. According to an official inquiry, in 1974 he treated over 13,000 patients with a success rate of 80-90 percent. Most patients were only seen

once or twice. This was possible because of the nature of the treatment which involves a few moves followed by periods of rest. Bowen found it was most effective to use a minimum number of moves to bring about the quickest and longest lasting relief.

Bowen found that a huge variety of conditions quickly responded to his therapy including scoliosis, frozen shoulder, neck conditions, sciatica and many other musculoskeletal, respiratory, digestive and gynaecological disorders.

Bowen did not formally teach his technique. He allowed six people, all from chiropractic, osteopathic or massage backgrounds, to observe his work as apprentices. Of those six, Oswald Rentsch and his wife Elaine were the first to teach his technique in 1986. Over 20,000 practitioners have been trained worldwide in over 27 countries. My instructor was taught by the Rentschs. I was very fortunate to attend Advanced training courses with the Rentschs.

TESTIMONIALS:

Such a pleasant, soothing, relaxing experience, and I found it quite powerful in promoting healing. I could really feel it.

Neil Dickie, Salt Spring Island

Last year you treated me for carpal tunnel pain in my left arm and I have had no problems since.

-Eric Goddard, Perth, WA, Australia



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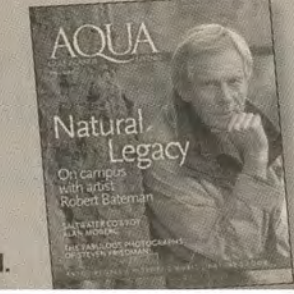
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People & Community

YOUTH ISSUES

Party culture and depression set as two workshop topics for teen girls

Pass it On project activities continue
Nov. 21

BY CAROL GRIER
SPECIAL TO THE DRIFTWOOD

The Pass it On project will host its second two-part free workshop for teen-aged girls on Friday, Nov. 21 from 10 a.m. to 5 p.m. at Lions Hall.

Using experiential exercises, talking circles and other creative, reflective and fun activities, the workshops for 13- to 18-year-olds will explore two important topics. The morning session, from 10 a.m. to 1 p.m., will explore island party safety. The afternoon session will look at depression and its definitions and causes.

Pass it On program coordinator and workshop facilitator Christina Antonick elaborates: "In these two workshops we will begin by creating a safe space for young women to dialogue about island partying, the complexities involved in how and why youth party, as well as the ways in which they support each other to stay safe."

"This will hopefully be the beginning of a rich and powerful, ongoing conversation where young people continue to grow and develop in their critical thinking and ability to articulate what otherwise may be unspoken or unsupported in regards to partying."

Debbie Magnusson, program coordinator and former Gulf Islands Secondary School (GISS) teacher, will be co-facilitating the workshops.

"In the afternoon, the workshop will focus on depression/expression. We



PHOTO BY MEGAN MANNING

Participants in the first Pass It On program take part in a circle discussion at Mahon Hall.

have invited three island women who are professionals in the field of mental health and options for staying healthy in general. When details are finalized, this workshop will be able to help the participants understand the fine line between challenging, yet 'normal' emotions and depression. In addition, we will be engaging in an activity towards finding opportunities for expression and capacities for becoming 'unstuck.'

A mentorship component of Pass it On will follow the Nov. 21 workshops. Teenage girls will have the chance to apply and be interviewed, and successful applicants, will be trained in mentoring skills. These young women will work with adults to prepare and lead a workshop for middle school girls. Then, they will be partnering with younger girls to support their health and safety in the community.

Pass it On is a new program under the auspices

of SWOVA Community Development and Research Society. During SWOVA's Respectful Relationships separate gender classes last year, GISS girls asked for more time to talk together about important issues facing them. As a result, SWOVA developed the Pass it On project.

Pass it On is funded jointly by Status of Women Canada and by proceeds from the BC Civil Forfeiture, Crime Prevention program. A parallel boys' project has received funding and will begin in 2009.

A youth advisory team is helping to organize and promote the free workshops. Transportation is available to those needing a ride and a complimentary lunch will be served. Community members can support this project via Thrifty Smile Cards which can be picked up at the SWOVA office, next to Dagwoods.

For more information, transportation, or to regis-

ter for the workshops, call the SWOVA office at 250-537-1336, e-mail Christina at c.antonick@swova.org or Debbie at magnussonalies@shaw.ca. Registration sign-up sheets are also at the Core Inn, Phoenix High and the GISS main office. The workshops are popular, so reserve your space soon.

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- * **Alcohol and Drug Program:** Prevention and treatment service is free and confidential.
- * **Family Place:** See www.saltspringcommunityservices.ca for fall 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
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PEOPLE & COMMUNITY

LETTER FROM VANUATU

Salt Spring doctor reports in from island rich in culture

Vanuatu road conditions another matter

In July, Salt Spring's Dr. Dan Leavitt, his family and a family friend ventured to Tanna in the island of Vanuatu in the South Pacific, where Leavitt is serving as the only doctor in the community of 30,000 through the Victoria-based ViVa organization.

What follows is the first excerpt from e-mails sent to his patients and friends about the family's experience so far.

First of all I have to thank all of you who have so generously supported us in this endeavour in so many ways.

I know when I was still on Salt Spring I mentioned how great the need was for these people. I have to say that I had no idea whatsoever what an understatement that was.

I have been going to meetings of the ViVa organization for almost eight years and have asked many questions and yet I see now I had only scratched the surface, not even having a context for asking good questions.

Being here is like moving into

the past and yet knowing very well what is possible in the present.

The island is, as you might imagine, a tropical paradise.

The people here have enough food to eat because they are hard working and know how to glean everything from the land.

They are skilled farmers and also have learned to care for cattle and there is fresh organic beef. There is very little refrigeration because the power is not yet completely reliable and these things are expensive, so the meat is butchered and sold the same day.

I doubt there are any standards for the butchering of meat as the shops the meat is sold out of are little market shacks. The meat is tough compared to what we are used to.

The people here are so rich in culture and the bounty of the land, but do not have many things we consider necessities.

Of course this experience is making me question again the meaning in my life of necessity.

There are still babies who suffer from protein malnutrition, but that is because the babies are completely dependent on breastfeeding and if that fails for any reason there is no substitute in their natu-

ral diet. Although they have cows it is not culturally acceptable to milk them and they do not have milk in their diet. I saw a set of twins this week and one of the twins had lost more than three kg from the weight of her sister.

They were both still breastfeeding at 18 months, but the bigger one was able to eat other food and the small one had been sick and couldn't.

We began giving her a milk powder supplement and in three days she gained one kilogram. It was amazing and gratifying to see how simple the solution was. I keep a supply locked up in my office at the hospital to give out to children of this type.

I have had some wonderful and some very scary experiences so far. The wonderful things have been meeting and getting to know the people of Tanna.

They are happy, accepting and hard working people for the most part.

Everywhere we go people wave and will shout good-bye as we pass them by on the road.

The young boys will slap hands with all my children in the back of the truck, giving "high fives" as we pass by (our cruising speed on

Tanna is usually about 30 km/h).

I will really appreciate the roads that I have sometimes complained about when I get home. Some of the roads here are truly frightening even in a 4WD truck.

We went to the north part of the island to visit a dispensary far from the hospital and we had been warned that if it was raining the road would be impassable. I determined that we would simply walk if that occurred. It had not rained for many days in Lenakel and I figured we were safe.

The description of the road made me know that even dry I might not want to risk it with four to five kids in the back. Well, we were driving along the coastal road and I saw a fork to the left that I figured was our road.

There are no signs to give you any idea. There were people walking along the road and we asked them and they indicated that I was right. We started up the road as I had planned, and unfortunately there was then no turning back as the road rose steeply from the coast with only one narrow lane and a cliff on one side. So I proceeded as quickly as I could, not wanting to stall and slide back off the cliff.

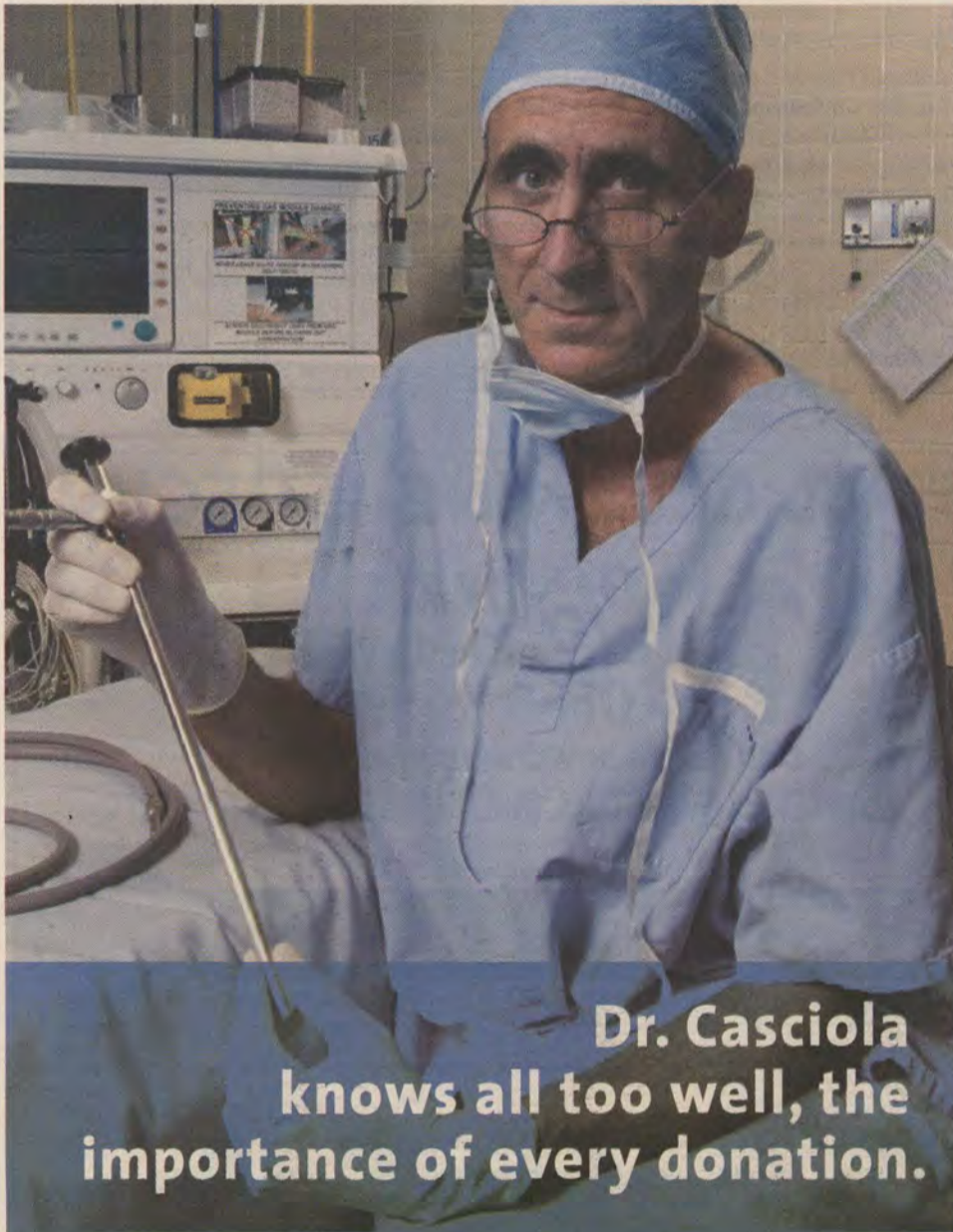
The kids were scared, but we all hung on and prayed. The road became two roads with vegetation in between, but no indication as to which side to choose and no opportunity to get out and look. So I quickly picked one and gunned it. About 50 yards later, still going up very steeply, there was a cross-over point and I thought I had better cross over.

(As we came back down later we saw how lucky we were, as had we had chosen the wrong path the truck would have certainly rolled as the road was impassable with huge ruts). We managed to get a little further into the jungle, still going up, but not as steep, and the earth turned to muddy clay and we found ourselves high-centered and completely stuck.

After an hour and a half we dug ourselves out and turned the truck around, parking it in the jungle to continue on foot.

It was only an hour walk to the dispensary and it probably took half the walk for my pulse to slow and the adrenaline to clear after our near-death drive.

The nurse was very grateful to see me and said it had been raining there and she thought I would not make it.



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PHOTO BY DERRICK LUNDY

POPPY PLACE: Terry Norfolk exchanges Remembrance Day poppies for donations outside of Thrifty Foods in Ganges.

COMMUNITY WELLNESS

Friendly Visitor volunteers needed to bolster program

More seniors in need of service

A long-running Salt Spring program that matches friendly islanders with seniors who would like some extra socializing in their life is in need of a few more volunteers.

The Friendly Visitors program of Community Wellness sees volunteers spend a small amount of time on

a one-on-one basis with seniors who have signed up for the program.

They get together for walks, talks, tea, or to play cards or other games like Scrabble.

Meetings generally run for about an hour.

Male volunteers are especially in demand at the moment, said Community Wellness coordinator Sharon Glover.

The program also has one

specific need — someone to simply read to a quiet individual, she added.

Friendly Visitors is a completely confidential service for people who need to have a bright spot in their week.

It runs in co-operation with Salt Spring Seniors, and information brochures can be found in island doctors' offices and at Seniors.

For more information or to volunteer, call Glover at 250-537-4607.



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<p>Wed. November 12</p> <p>ACTIVITIES</p> <p>Portrait Drawing. SS Painters Guild sessions at ArtSpring from 9 a.m. to noon. Drop-ins welcome. Info: Jose, 250-537-1121.</p> <p>Dance Class. With Robbyn Scott. Antler Ridge Studio, 211 Horel Road. Wednesdays from 5-6:30 p.m. Info: 250-537-4088.</p> <p>Salt Spring Participation in World War I. A PowerPoint presentation at the SS Historical Society. Central Hall. 2 p.m.</p> <p>Advance Poll. For CRD/Trust elections & referenda. Ganges fire hall. 8 a.m. to 8 p.m.</p> <p>Argentine Tango. Third floor at the Core Inn. Every Wednesday at 8 p.m. Beginners welcome!</p> <p>Figure in Motion. Collaborative activity at SS Painters Guild session. ArtSpring 9 a.m. to noon. Register: Carolyn, 250-537-1121.</p> <p>PALS - Parents as Literacy Support. Part of 10-session program for parents & their 4-5-year-old children. SS Elementary. Info: Kathryn Akehurst, 250-537-5548.</p>	<p>Thurs. November 13</p> <p>LIVE ENTERTAINMENT</p> <p>Blues Jam. With Dave Roland and friends every other Thursday at Moby's Pub. 8 p.m.</p> <p>Gemma Luna. A beautiful songstress whose music "invites an open ear and a listening heart." El Zocalo, 6:30 p.m.</p> <p>More Men a la Mode. Fashion show, dinner, live and silent auction. Splash fundraiser. Advance tix at Rainbow Rd. Pool or 250-653-4034 (Wendy).</p> <p>ACTIVITIES</p> <p>Mother Juice. Dance class for moms. Four Thursdays from 10-11:30 a.m. Info: 250-537-4294 or www.saltspringartsacademy.ca</p>	<p>Fri. November 14</p> <p>ACTIVITIES</p> <p>Rollerblading. Rollerblading to music at Fulford Hall. Every Friday 7:30-9 p.m.</p> <p>StoryTime at the Library. Happy 100th to Anne of Green Gables. Stories & activities for kids 7 & under. 1 p.m.</p>	<p>Sat. November 15</p> <p>LIVE ENTERTAINMENT</p> <p>The Sutcliffes. Beatles cover band performs at Moby's Pub. 9 p.m.</p> <p>ACTIVITIES</p> <p>Fabulous Flea Market. Fundraiser for Fulford Hall. 10 a.m. to 2 p.m.</p> <p>Anglican Parish Christmas Bazaar. Baking, crafts, gourmet section, new-to-you, jewellery and lunch. All Saints. 9:30 a.m. to 2 p.m.</p> <p>Local Elections. Vote at Salt Spring Elementary, Fernwood Elementary, Fulford Elementary. 8 a.m. to 8 p.m.</p> <p>Island Arts Centre Society. AGM at ArtSpring. 5 p.m.</p> <p>Dad 'n' Me. Meet and eat pancakes with dads and kids every Saturday morning. Family Place. 8:30-10:30 a.m.</p>	<p>Sun. November 16</p> <p>LIVE ENTERTAINMENT</p> <p>St. Petersburg Quartet. One of the world's leading string quartets plays Beethoven, Shostakovich & Ravel. ArtSpring. 2:30 p.m.</p> <p>ACTIVITIES</p> <p>Badminton. Bring your own shoes and racquets to GISS gym. Sundays. 7:30-9:30 p.m.</p> <p>After-Bioneers. Presentation with videos of keynote speakers Naomi Klein, Alexandra Cousteau and Paul Stamets. Lions Hall. 1:30-4 p.m.</p> <p>Feldenkrais Workshop. With Alice Friedman. Ganges Yoga Studio. 1:30-5 p.m. Info/register: 250-653-4332 or 250-537-2444.</p>	<p>Mon. November 17</p> <p>ACTIVITIES</p> <p>Osho Kundalini Moving Meditation. Drop-in. 5:30 p.m. Info: Amrita, 250-537-2799.</p> <p>Eckhart Tolle Practising Presence Group. Drop-in. 7:30 p.m. Info: Amrita, 250-537-2799.</p> <p>Toastmasters. Group meets Mondays downstairs at the United Church. 7 p.m.</p> <p>Rugg Huggers. Monday drop-in for babies, siblings and parents. Child-minding & light lunch included. Family Place. 10 a.m. to 1 p.m.</p>	<p>Wed. November 19</p> <p>ACTIVITIES</p> <p>Contemporary Dance Class. Wednesdays with Anna Haltrecht at Cats Pajamas Studio. 5-6:30 p.m. Info: 250-537-5681.</p> <p>Argentine Tango. Beginners welcome. Every Wednesday at the Core Inn third floor. 8 p.m. Info: Julianna, 250-537-1818.</p> <p>Life Drawing. SS Painters Guild sessions at ArtSpring from 9 a.m. to noon. Drop-ins welcome. Info: Jose, 250-537-1121.</p> <p>Stitch Dimension Quilt Guild. Mystery quilt night. Baptist Church, 520 Lower Ganges Road (around the back). 7 p.m. Info: ptquilts@telus.net.</p>
<p>Tues. November 18</p> <p>NO ACTIVITIES</p>						



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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. For further details about community programming, call 250-537-1335.

EXHIBITIONS

- Christine Crombie** shows new paintings in the lobby at ArtSpring.
- 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 November.
- A selection of the **Driftwood's Day in the Life 2008** photos are hanging 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.

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WEDNESDAY NOVEMBER 12

5 PM	:00 The Simpsons	C'est la vie	Martha Speaks	Hockey Hall of Fame Induction	CHEK News	Happy Days Hello, Psters	Early News	CTV News at Five	Punjab Times	News	The Tyra Banks Show	My Wife and Kids	King of the Hill Old Glory	KOMO 4 News	The Steve Wilkos Show	Nightly Business	The Hour	KIRO 7 News	Fairly Odd Parents	(4:30) Poker After Dark
	:30 Wheel of Fortune		Maggie & the Beast (35) Arthur			Growing Pains	Global National		Phoenix World News			The King of Queens	The Simpsons	ABC World News		BBC World News		CBS Evening News	SpongeBob SquarePants	Pratt & Taylor
6	:00 News	Le Téléjournal	Bright Sparks	NHL Pre-Game (Live)	News	Dharma & Greg	News	News			CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Drake & Josh	
	:30		Wild at Heart			George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens	Family Guy		KING 5 News				iCarly	Sportsnet Connected
7	:00 Coronation Street	Virginie (N)	Into the Wild Manatees	NHL Hockey - Colorado vs. Vancouver (Live)	El News	Scrubs	Entertainment Tonight	eTalk (N)	Matchmaker	Robson Arms Hero	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	Human Spider	Entertainment Tonight	Malcolm in the Middle	Best Damn Sports Show Period
	:30 Jeopardy	L'Épicerie	Meerkat Manor		The Insider	According to Jim	Ent. Tonight Canada	Access Hollywood	Daughters-In-Law	TMZ	Victims Unit Bad Blood	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition	Wings Over Canada		The Insider	Home Improvement	
8	:00 Little Mosque Sophie	Le match des étoiles	The World's Oldest Boy Band		Knight Rider I Wanna Rock & Roll All Knight (N)	The Practice Sex, Lies and Monkeys	Bones The Con Man in the Meth Lab (N)	Think You Can Dance Top 10 (N)	Vancouver Nights Iranian Pop	America's Next Top Model (N)	The 42nd Annual CMA Awards (N)	America's Next Top Model (N)	Bones The Con Man in the Meth Lab (N)	The 42nd Annual CMA Awards (N)	Knight Rider I Wanna Rock & Roll All Knight (N)	Monarchy: The Royal Family At Work The State Visit (N)	News	Old Christine (N)	Malcolm in the Middle	Hockeycentral
	:30																	Gary Unmarried	Fresh Prince of Bel Air	UFC All Access
9	:00 the fifth estate The Gospel of Green	M pour musique	Zarzuela Concert with Plácido Domingo		True Hollywood Story The Hogan Family (N)	Third Watch Journey to the Himalayas	House Living the Dream	Criminal Minds Memoriam (N)	Sabor Latino	To Be Announced		Stylista Shop It Like It's Hot (N)	House Living the Dream		Life Black Friday		CBC News: The National	Criminal Minds Memoriam (N)	Futurama	The Ultimate Fighter 8
	:30																		Prank Patrol	
10	:00 CBC News: The National	Le Téléjournal		Motoring 2008	The Daily	The Guard Sound of Loneliness (N)	CSI: NY Dead Inside (N)	Hola Que Tal	To Be Announced		Seinfeld The Dog	Q13 News		Law & Order Challenged (N)	Guarding the Queen	Human Spider	CSI: NY Dead Inside (N)	Mystery Hunters	Sportsnet Connected	
	:30			Canadian Athlete	Diya						Seinfeld The Airport							Adrenaline Project		
11	:00 News / (05) The Hour	Le Téléjournal	Montreal International Jazz Festival Dianne Reeves	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier She's the Boss	Family Guy	News	News	Change Your Brain, Change Your Life	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
	:30								CTV News	CTI News	(35) The Tonight	Frasier	King of the Hill	(35) News Nightline	(35) The Tonight			(35) David Letterman	Ghost Trackers	
12 MID	:00 (05) Arrested	La zone		Off the Record	Chelsea Lately (N)	Paid Program	(05) Ent. Tonight	(05) The Daily Show	Jai Fiji	Show With Jay Leno	(05) Jimmy Kimmel Live (N)	That '70s Show	RENO 911! The Wall	(05) Jimmy Kimmel Live (N)	Show With Jay Leno	The Hour	(N)	(35) Late, Late Show	Malcolm in the Middle	The Ultimate Fighter 8
	:30 (35) Hour 22 Mins	(45) Fosse aux lions		Hockey RBC Royal Bank Cup	(35) Late, Late Show	Credo	(35) Poker Den	(35) Colbert Report	Caribbean Beat			South Park	TMZ	(35) Conan O'Brien					Futurama	

THURSDAY NOVEMBER 13

5 PM	:00 The Simpsons	C'est la vie	Martha Speaks	NFL Football - N.Y. Jets vs. New England (Live)	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	News	The Tyra Banks Show	My Wife and Kids	King of the Hill	KOMO 4 News	KING 5 News	Nightly Business	The Hour	KIRO 7 News	Fairly Odd Parents	(4:30) Poker After Dark
	:30 Wheel of Fortune		Maggie & the Beast (35) Arthur			Growing Pains	Global National		Phoenix World News			The King of Queens	The Simpsons	ABC World News		BBC World News		CBS Evening News	SpongeBob SquarePants	Pratt & Taylor
6	:00 News	Le Téléjournal	Kratts' Creatures Working Animals		News	Dharma & Greg	News	News			CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Drake & Josh	
	:30					George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens	Family Guy		KING 5 News				iCarly	Sportsnet Connected
7	:00 Coronation Street	Virginie (N)	The Leading Edge		El News	Scrubs My Drive-By	Entertainment Tonight	eTalk (N)	Matchmaker	Instant Star	Law & Order: S.V.U.	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Baseball: A Whole New Ballgame	The Nature of Things	Entertainment Tonight	H2O: Just Add Water	Martial Arts World
	:30 Jeopardy	Infoman	Big Ideas for Planet		The Insider	According to Jim	Ent. Tonight Canada	Dance Canada (N)	Daughters-In-Law	TMZ	Russian Love Poem	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition			The Insider	Prank Patrol	Combat League
8	:00 The Nature of Things (N)	Enquête	Michael Palin's Hemingway Adventure	SportsCentre	My Name Is Earl (N)	Smallville Abyss (N)	Survivor: Gabon - Earth's Last Eden (N)	CSI: Crime Scene Investigation Say Uncle (N)	What's in Vancouver?	Medium	Ugly Betty Tornado Girl (N)	Smallville Abyss (N)	Kitchen Nightmares Sabatello's (N)	Ugly Betty Tornado Girl (N)	My Name Is Earl (N)		News	Survivor: Gabon - Earth's Last Eden (N)	Malcolm in the Middle	Hockeycentral
	:30				Kath & Kim Jealousy (N)				Kirdaar					Kath & Kim Jealousy (N)				Sabrina Teen Witch	Simply the Best	
9	:00 Doc Zone The Sky's the Limit (N)	Grosse vie Rumeurs (N) C.A. (N)	Art of the Heist	E:60 (N)	"How I Married My Highschool Crush" ★	Supernatural I Know What You Did Last Summer (N)	The Office Billable Hours	Grey's Anatomy These Ties That Bind (N)	Dheeyan Ghar Sadabahr Nagmae	Next Top Model Good Times & Windmills	30 Rock The Aftermath	Supernatural I Know What You Did Last Summer (N)	Kitchen Nightmares Fiesta Sunrise (N)	Grey's Anatomy These Ties That Bind (N)	The Office 30 Rock (N)	Baseball: Home	CBC News: The National	CSI: Crime Scene Investigation Say Uncle (N)	Futurama I, Roommate	Best Damn Sports Show Period
	:30																		Prank Patrol	
10	:00 CBC News: The National	Le Téléjournal	Life and Times Arthur Erickson	Poker Night (Com. '07) Katee Sackhoff.	The Daily	Life on Mars Tuesday's Dead (N)	ER Heal Thyself (N)	Desi Uncle	Eleventh Hour Frozen (N)	Stylista	Seinfeld The Library	Q13 FOX News	Life on Mars Tuesday's Dead (N)	ER Heal Thyself (N)		The Nature of Things	Eleventh Hour Frozen (N)	Mystery Hunters	Sportsnet Connected	
	:30				Diya			Desi Rhythms			Seinfeld The Pick							Adrenaline Project		
11	:00 News / (05) The Hour	Le Téléjournal	Fears Child and Youth Anxiety	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Realty TV	Frasier Shrink Wrap	Family Guy	News	News		CBC News: The National	News	Mystery Hunters	Sportsnet Connected
	:30								CTV News	CTI News	(35) The Tonight	CityNews International	Frasier	King of the Hill	(35) News Nightline	(35) The Tonight	Spain... On the Road Again	(35) David Letterman	Ghost Trackers	
12 MID	:00 (05) Arrested	La zone	Michael Palin's Hemingway Adventure	Off the Record	Chelsea Lately (N)	Paid Program	(05) Ent. Tonight	(05) The Daily Show	Punjabi Vibes	Show With Jay Leno	(05) Jimmy Kimmel Live (N)	That '70s Show	RENO 911! Manbearpig	(05) Jimmy Kimmel Live (N)	Show With Jay Leno	The Hour	(N)	(35) Late, Late Show	Malcolm in the Middle	Pratt & Taylor
	:30 (35) Can. Reflections	(45) Fosse aux lions		Equestrian Canada Cup	(35) Late, Late Show	Credo	(35) E.T. Canada	(35) Colbert Report	Desi Rhythms	(35) Conan O'Brien		South Park	TMZ	(35) Conan O'Brien	Passport to Adventure				Futurama I, Roommate	

FRIDAY NOVEMBER 14

5 PM	:00 The Simpsons	C'est la vie	Martha Speaks	NBA Basketball - Denver vs. Boston (Live)	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	News	The Tyra Banks Show	My Wife and Kids	King of the Hill	KOMO 4 News	KING 5 News	Nightly Business	The Hour	KIRO 7 News	Fairly Odd Parents	(4:30) Poker After Dark
	:30 Wheel of Fortune		Maggie & the Beast (35) Arthur			Growing Pains	Global National		Phoenix World News			The King of Queens	The Simpsons	ABC World News		BBC World News		CBS Evening News	SpongeBob SquarePants	Pratt & Taylor
6	:00 News	Le Téléjournal	Heads Up		News	Dharma & Greg	News	News			CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	The Mighty B!	
	:30		Healing With Animals			George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens	Family Guy		KING 5 News				iCarly	Sportsnet Connected
7	:00 Coronation Street	Du coeur au ventre	Emily of New Moon		El News	Scrubs	Entertainment Tonight	eTalk (N)	Matchmaker	Instant Star	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	the fifth estate The Gospel of Green	Entertainment Tonight	"The Perfect Man" ★★	Best Damn Sports Show Period
	:30 Jeopardy				The Insider	According to Jim	Ent. Tonight Canada	Access Hollywood	Daughters-In-Law	TMZ	Victims Unit Disrobed	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition	KCTS Connects		The Insider	(Com. '05) Hilary Duff.	
8	:00 Air Farce (N)	Paquet voleur	The Royal		Deal or No Deal (N)	Life	Ghost Whisperer Threshold (N)	Supermanny Howart Family (N)	Don't Forget the Lyrics	Crusoe Hour 6: Long Pig (N)	Next Top Model Good Times & Windmills	Hates Chris (N)	Are You Smarter Than a 5th Grader? (N)	Supermanny Howart Family (N)	Deal or No Deal (N)	NOW	News	Ghost Whisperer Threshold (N)	Hockeycentral	
	:30 Rick Mercer Report								CTS Night Club			The Game (N)			Washington Week				UFC All Access	
9	:00 Doctor Who Forest of the Dead (N)	Une heure sur terre	Daiziel and Pascoe	Poker World Series - Main Event	Are You Smarter Than a 5th Grader? (N)	Enigma	Numb3rs Power	Supermanny Marko Family (N)	Here Comes Ajumma	Don't Forget the Lyrics	Crusoe Hour 6: Long Pig (N)	Next Top Model Good Times & Windmills	Don't Forget the Lyrics	Supermanny Marko Family (N)	Deal or No Deal (N)	Bill Moyers' Journal	CBC News: The National	The Price Is Right Salutes the Troops	Smallville	The Ultimate Fighter 8
	:30																			
10	:00 CBC News: The National	Le Téléjournal	"Salesman" ★ (Doc, '68)		The Daily	Numb3rs Charlie Don't Surf (N)	Law & Order	Vitamin	Stargate: SG-1 The Quest (Part 2 of 2)	Lipstick Jungle (N)	Seinfeld The Pen	Q13 FOX News	20/20 (N)	Lipstick Jungle (N)	"Giant" ★★★★★ (Rom, '56) Rock Hudson.	the fifth estate The Gospel of Green	Numb3rs Charlie Don't Surf (N)	Dark Oracle Crushed	Sportsnet Connected	
	:30				Sandesh						Seinfeld The Visa	Wash. Most Wanted						Mystery Hunters		
11	:00 News / (05) The Hour	Le Téléjournal	Ravens and Eagles	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier	Family Guy	News	News		CBC News: The National	News	Mystery Hunters	Sportsnet Connected
	:30								CTV News	CTI News	(35) The Tonight	CityNews International	Frasier	King of the Hill	(35) News Nightline	(35) The Tonight		(35) David Letterman	Ghost Trackers	
12 MID	:00 (05) Arrested	La zone	The Return of Sherlock Holmes	Off the Record	Chelsea Lately (N)	Paid Program	(05) ECW Wrestling	(05) CSI: NY The Dove Commission	Vancouver Masala	Show With Jay Leno	(05) Jimmy Kimmel Live (N)	That '70s Show Pilot	RENO 911! Baghdad 911	(05) Jimmy Kimmel Live (N)	Show With Jay Leno	The Hour	(N)	(35) Late, Late Show	Futurama	The Ultimate Fighter 8
	:30 (35) Kenny vs. Spenny	(45) Fosse aux lions		Equestrian Canada Cup	(35) Late, Late Show	Paid Program			Music Bank	(35) Conan O'Brien		South Park	TMZ	(35) Conan O'Brien					Pinky & the Brain	

STATION	CBC-CBUT	SRC-CBUFT	Knowledge	TSN	CH Victoria	OMNI BC	Global BC	CTV BC	Channel M	A	Citytv	CW-KSTW	FOX-KCPO	ABC-KOMO	NBC-KING	PBS-KCTS	NewsWorld	CBS-KIRO	YTV	Sportsnet
Shaw	2	3	4	5	6	7	8	9	10	12	13	14	15	16	18	19	20	21	22	23
ExpressVu	257	120	268	400	255		251	250	254	256	253		290	288	287	291	502	289	552	407
Starchoice	308	702	354	400	358		336	321		389	359		382	380	379	383	390	381	543	419

SATURDAY NOVEMBER 15

5:00 PM	(4:00) NHL Hockey - Toronto vs. Vancouver (Live)	Studio 12	Fetch! With Ruff Ruffman Heads Up	Boxing Special (N)	CHEK News	Islam 101	Family Guy	First Story	(4:30) Swiat Polskiej	TMZ	Nite Life	Cold Case Committed	Friends	Football Pre-Game (Live) / (05) NCAA Football - Teams TBA (Live)	KING 5 News	The Lawrence Walk Show Farm Show	Antiques Roadshow Arundel	KIRO 7 News	(4:00) "Dennis the Menace Strikes Ag..."	(4:00) Darts World Premier League
6:00		Le Téléjournal Broco show L'espace	Profiles of Nature The Last Jungles in Africa		That News Show (N)	Dharma & Greg	News	News	NTDTV Weekly	Sue Thomas: F.B. Eye	The Murdoch Mysteries	CSI: Miami Permanent Vacation	Two and a Half Men		News	Time Goes By The Picnic	Saturday Report	KIRO 7 Eyewitness News	Adrenaline Project	FSN Pro Football Preview
7:00	NHL Hockey - Colorado vs. Edmonton (Live)	Le moment de vérité	National Geographic Jellyfish Invasion	SportsCentre / (15) Boxing HBO Championsh p - Taylor vs. Lacy (Live)	El News Weekend	Jhanjara	Disasters of the Century Frozen Hell	W-FIVE	Entrepreneurial Leader	The New Canoe	Survivorman	CSI: NY Crime and Misdemeanor	Two and a Half Men		NW Backroads	Vicar of Dibley	Doc Zone The Sky's the Limit	Entertainment This Week	Wolverine and X-Men Transformers Animated	EPL Soccer FA Barclaycard Premiership - Teams TBA
8:00		3600 secondes d'extase	Heartbeat		The Soup Presents	Mirchi TV	Turning Points Comrade Bethune	"Wedding Crashers" *** (Com, '05) Owen Wilson.	Phoenix Gathering	Road to Avonlea The Witch of Avonlea	Less Than Kind	Boston Legal The Greater Good	Cops	Whacked Out Sports	Knights Rider I Wanna Rock & Roll All Knight	Monarch of the Glen	Saturday Report	"Wedding Crashers" *** (Com, '05) Owen Wilson.	Naruto	Blue Dragon
9:00	(4:00) Hockey: After Hours (Live)	Dre Grey... et sa bannière (Partie 2 de 2)	Midsomer Murders Hidden Depths	SportsCentre	Dr. 90210 Reinvention	Foundations	Painkiller Jane Breakdown		Asian Variety Show	Kool Countdown	"Childstar" ** (Com, '04) Don McKellar.	Boston Legal Lincoln	Most Wanted Bad Girls Special Edition (N)	Wheel of Fortune	The Office	New Tricks Ice Cream Wars	Saturday Report		Zatch Bell	The Ultimate Fighter 8
10:00	CBC News: Vancouver	Tellement sport		Morning Light: Making the Cut	True Hollywood Story Oprah Winfrey	48 Hours Mystery Truth on Trial	Kenny vs. Spenny	(15) Post Movie	Vanna Malargal	Comedy Now		CSI: NY Supply and Demand	Q13 FOX News	Monk	Soundstage	Doc Zone The Sky's the Limit	(15) 48 Hours Mystery Truth on Trial	Storm Hawks	Sportsnet Connected	
11:00	Hockey Night in Canada: Replay	"La recrue" ** (Bio, '02) Dennis Quaid.	Mark Isham	SportsCentre	News	Stargate: SG-1 The Torment of Tantalus	News	Civic Vote 2008 (N)	Bubble Gang	Bravo! Fact Presents	Role That Changed	CSI: Miami Stand Your Ground	Mad TV (N)	News	News	Austin City Limits My Morning Jacket	Saturday Report	(15) News	Mystery Hunters	Poker Heads-Up Championship
12:00 MID			New Tricks	NASCAR Auto Racing Nationwide Series	Spike Forester (N) Poker Nations Cup	Paid Program	Jack Van Impe		CTV National News	"Ishq" *** (Dra, '97) Aamir Khan.	"We All Fall Down" * (Dra, '00) Helen Shaver.	Electric Playground	Without a Trace Copy Cat	Spike Forester (N) Chappelle's Show	(05) Northern Exposure	Globe Trekker Greek Islands	the fifth estate	(20) Paid Program	Futurama	Martial Arts UFC Fight Night - Card TBA

SUNDAY NOVEMBER 16

5:00 PM	"The Pacifier" ** (Com, '05) Vin Diesel.	Oniva	(20) Speltz	NFL Football Night (Live) / (15) NFL Football - Dallas vs. Washington (Live)	CHEK News	Tomorrow's World	Family Guy	In Fashion	Spazio Libero	Battlestar Galactica	Reviews on the Run	4Real Liberia - M.L.A	American Chopper	KOMO 4 News	(15) NFL Football - Dallas vs. Washington (Live)	Catherine the Great	Dragons' Den	KIRO 7 News	(4:00) Drake & Josh	(4:30) SN Connected
6:00		Le Téléjournal Découverte	Emily of New Moon A Matter of Dreams		That News Show (N)	In Touch With Dr. Charles Stanley	News	News	"Ishq" *** (Dra, '97) Aamir Khan.	Sue Thomas: F.B. Eye Cold Case	Murdoch Mystery The Rebel and the Prince	Valentine, Inc. The Book of Love	Family Guy	News		Travels to the Edge Rudy Maxa's World	CBC News: Sunday Night	News	"Are We There Yet?" * (Com, '05) Ice Cube.	UFC All Access
7:00	Heartland Sweetheart of the Rodeo (N)	programme spatial	National Geographic Insect Wars		Instant Beauty Pageant Victoria (N)	60 Minutes	Renegade-press.com	Star Wars: Clone (N)	America's Funniest Home Videos	Friends	Friends	In Harm's Way Bike Messenger (N)	King of the Hill	America's Funniest Home Videos		Antiques Roadshow Milwaukee (Hour One)	Hold Me Tight, Let Me Go	60 Minutes	Martial Arts World Combat League	
8:00	The Nature of Things The Suzuki Diaries (N)	Tout le monde en parle	Doc Martin		Ext. Makeover: Home Frisch Family (N)	Waiting for God	The Simpsons	The Amazing Race I'm Like an Angry Cow (N)	Gossip Girl (N)	Valentine, Inc. The Book of Love	Valentine, Inc. She's Gone (N)	The Simpsons	Ext. Makeover: Home Frisch Family (N)	Mike Holmgren	Nature American Eagle (N)		The Amazing Race I'm Like an Angry Cow (N)	(15) SpongeBob Prank Patrol	Boxing Mrdjenovich vs. Scragg - Card TBA	
9:00	Anne Murray: Friends and Legends	New Tricks		NASCAR Now (N)	El Special	Unscripted	Family Guy (N)	Desperate Housewives City on Fire (N)	"Der Garten" (Dra, '82) Elisabeth Bergner.	Cold Case Triple Threat (N)	Easy Money Bella Roma (N)	Easy Money Bella Roma (N)	American Dad (N)	Desperate Housewives City on Fire (N)	Dateline NBC	Masterpiece Contemporary Filth (N)	CBC News: Sunday Night	Cold Case Triple Threat (N)	The Next Star Own a Song	
10:00	CBC News: Sunday Night	(15) Le Téléjournal	Dalziel and Pascoe		The Real Housewives of Orange County	Medicine Woman Extreme Clergy	Brothers & Sisters Going Once... Going Twice (N)	Without a Trace Rewind (N)	I-Watch News	The New Canoe	Role That Changed	Cold Case Saving Patrick Bubley	House Heavy	News	News	Wars	Hold Me Tight, Let Me Go	The Unit Into Hell, Part Two (N) [Part 2 of 2]	Falcon Beach	Sportsnet Connected
11:00	the fifth estate	"L'ange de goudron" (Dra, '01) Catherine Trudeau.	National Geographic Jellyfish Invasion	TSN the Reporters	JR Digs (N)	Credo	(05) Popoff Ministry	(05) CSI: NY Crime and Misdemeanor	"Der Garten" (Dra, '82) Elisabeth Bergner.	"Monkey-bone" ** (Com, '01)	The O.C. The Girlfriend	Without a Trace A Tree Falls	House Role Model	Casey and Wendy Treat	In the Life	Dragons' Den	(05) Judge Judy	(05) Judge Judy	The Ultimate Fighter 8	
12:00 MID	Canadian Reflections			Wild Off Las Vegas	Paid Program	(35) Jack Van Impe								(35) At the Movies						

MONDAY NOVEMBER 17

5:00 PM	The Simpsons	C'est la vie	Martha S (25) Maggie	(4:30) NFL Countdown	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	News	The Tyra Banks Show	My Wife and Kids	King of the Hill	KOMO 4 News	KING 5 News	Nightly Business	The Hour	KIRO 7 News	Fairly Odd Parents	(4:00) NHL Hockey - Vancouver vs. N.Y. Islanders (Live)
6:00	Wheel of Fortune	Le Téléjournal	Taste Buds	NFL Football - Cleveland vs. Buffalo (Live)	News	Dharma & Greg	News	News	Phoenix World News		CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Drake & Josh	Sportsnet Connected
7:00	Coronation Street	Virginie	Life in Cold Blood		El News	Scrubs	Entertainment Tonight	eTalk (N)	Matchmaker	Instant Star	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	The Mama Mia Story	Entertainment Tonight	Malcolm in the Middle	Canucks Connected
8:00	Dragons' Den (N)	L'Auberge du chien noir C'est manifeste	Hockey: A Winter of Discontent		My Name is Earl	Stargate: SG-1 Bloodlines	Prison Break Quiet Riot (N)	Dancing With the Stars	It Will Be Difficult to Love	Terminator Complications (N)	Chuck Chuck Versus the Fat Lady (N)	Gossip Girl (N)	Terminator Complications (N)	Dancing With the Stars	Chuck Chuck Versus the Fat Lady (N)	Antiques Rd. Milwaukee (Hour Two) [Part 2 of 3]	News	The Big Bang Theory (N)	Malcolm in the Middle	vs. N.Y. Islanders
9:00	The Border The Sweep (N)	Hauts/bas de Sophie Un monde d'illusions	The Man Who Shot Chinatown		How I Met Your Mother	One Tree Hill (N)	Heroes It's Coming (N)	Comer Gas (N)	Marimar	Two and a Half Men (N)	Celebrity Fit Club A Star Is Scorned	One Tree Hill (N)	Prison Break Quiet Riot (N)	Heroes It's Coming (N)	American Experience Oswald's Ghost	CBC News: The National	Two and a Half Men (N)	Worst Week The Cake (N)	Futurama My Three Suns	
10:00	CBC News: The National	Le Téléjournal	UEFA League		Boston Legal Kill, Baby, Kill (N)	The Daily Perspective	My Own Enemy The Night Train to Moscow (N)	CSI: Miami Gone Baby Gone (N)	Pinoxy	The Mentalist Seeing Red (N)	Curb Your Enthusiasm	Seinfeld The Movie	Q13 FOX News	Boston Legal Kill, Baby, Kill (N)	My Own Enemy The Night Train to Moscow (N)	P.O.V. In the Family	The Mama Mia Story	CSI: Miami Gone Baby Gone (N)	Mystery Hunters	Sportsnet Connected
11:00	News / (05) The Hour	Le Téléjournal	Ravens and Eagles		News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier	Family Guy	News	News	CBC News: The National	News	Mystery Hunters	CHL Hockey - Teams TBA	
12:00 MID	(05) Arrested	La zone	Hockey: A Winter of Discontent		Off the Record	Chelsea Late Show	Paid Program	(05) Ent. Tonight	(05) The Daily Show	Kurd TV	That '70s Show With Jay Leno	(05) Jimmy Kimmel Live	That '70s Show	RENO 911!	(05) Jimmy Kimmel Live	Show With Jay Leno	Tavis Smiley	The Hour	Malcolm in the Middle	

TUESDAY NOVEMBER 18

5:00 PM	The Simpsons	C'est la vie	Martha Speaks	(4:00) NHL Hockey - Montreal vs. Carolina (Live)	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	News	The Tyra Banks Show	My Wife and Kids	King of the Hill	KOMO 4 News	KING 5 News	Nightly Business	The Hour	KIRO 7 News	Fairly Odd Parents	(4:30) Pokar After Dark
6:00	Wheel of Fortune	Le Téléjournal	Popular Mechanics		News	Dharma & Greg	News	News	Phoenix World News		CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Drake & Josh	Sportsnet Connected
7:00	Coronation Street	Virginie (N)	World of Gardens		El News	Scrubs	Entertainment Tonight	eTalk (N)	Matchmaker	Instant Star	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	Fixing My Brain	Entertainment Tonight	Malcolm in the Middle	Martial Arts World Combat League
8:00	Rick Mercer Report (N)	Providence (N)	The Wonderful World of Albert Kahn		The Biggest Loser (N)	Islam 101	House Emancipation (N)	Without a Trace Rewind (N)	Officina Italiana Qui Si Parla Italiano	Pushing Daisies Oh Oh... It's Magic (N)	Rita Rocks	90210 That Which We Destroy (N)	House Emancipation (N)	Dancing With the Stars	The Biggest Loser (N)	Nova The Bible's Buried Secrets (N)	News	NCIS Cloak (N)	Malcolm in the Middle	Hockeycentral (Live)
9:00	The Tudors (N)	Roxy (N)	The Museum		Boxing HBO Championsh p - Taylor vs. Lacy	Jozi-H	90210 That Which We Destroy (N)	Dancing With the Stars: The Results (N)	Made in Germany euromaxx	Fringe The Equation (N)	Privileged All About Overcompensating (N)	Privileged All About Overcompensating (N)	Fringe The Equation (N)	Dancing With the Stars: The Results (N)	CBC News: The National	The Mentalist Seeing Red (N)	Prank Patrol	Futurama	Best Damn Sports Show Period	
10:00	CBC News: The National	Le Téléjournal	Masterworks Wild Blue Yonder		The Best Years From Here to Eternity	The Daily Search	Kitchen Nightmares Sante Le Brea (N)	Law & Order: Special Victims Unit Wildlife (N)	Schauplatz Europa European Journal	Eli Stone The Humanitarian (N)	Everybody Hates Chris	Seinfeld The Outing	Q13 News	Eli Stone The Humanitarian (N)	Law & Order: Special Victims Unit Wildlife (N)	Independent Lens March Point (N)	Fixing My Brain	Without a Trace Rewind (N)	Mystery Hunters	Sportsnet Connected
11:00	News / (05) The Hour	Le Téléjournal	Homefront		News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier	Family Guy	News	News	Kilowatt Ours	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
12:00 MID	(05) Arrested	La zone	The Wonderful World of Albert Kahn		Off the Record	Chelsea Late Show	Paid Program	(05) Ent. Tonight	(05) The Daily Show	Aina-e-Afghan	That '70s Show With Jay Leno	(05) Jimmy Kimmel Live	That '70s Show	RENO 911! Strong Sister	(05) Jimmy Kimmel Live	Show With Jay Leno	Tavis Smiley	The Hour	Malcolm in the Middle	Pratt & Taylor

INFRASTRUCTURE

Next pathways project collects \$47,500 to date

Work party volunteers and more funds needed

The Partners Creating Pathways group is hard at work on their next project, hot on the heels of the successful campaign of their original path which currently runs along Lower Ganges Road from Wildwood Crescent to Blain Road.

"Build it and they will come" has certainly proven to be true," states a recent press release on the group's progress. "Our new pathway is being used by young and old, cyclists and pedestrians, physical education classes and dog walkers, people going to work/school

and people just out for a leisurely walk. It brings a smile to our faces every time we see someone on the pathway, so we are smiling a lot these days."

The Island Pathways group has partnered once again with the Salt Spring Transportation Commission (SSTC) and the Salt Spring Trail and Nature Club in order to realize their second project, which will include three distinct parts: a pathway down Atkins Road past Meadowbrook to Swanson Road (so islanders will be able to use Swanson and other back roads in order to get to the pool, schools and the Ganges centre); a short pathway on Blain Road from Brae-

haven to Lower Ganges Road; and another short pathway on Crofton Road leading from the hospital, past Heritage Place to the crosswalk on Lower Ganges Road.

The group has been busy since June applying for grants, getting surveys completed and meeting with other stakeholders, and is well on their way to raising the needed funds for the new project.

So far the project has received \$15,000 from the SSTC, \$10,000 from a CRD grant in aid from director Gary Holman, \$5,000 from PARC, \$5,000 from the Salt Spring Island Foundation, \$2,000 from the Legion, \$500 from the Lions Club, and \$10,000 from the B.C.

"It brings a smile to our faces every time we see someone on the pathway . . ."

PATHWAYS PRESS RELEASE

Transmission Corporation, which matches their grant from last year, bringing the total to \$47,500.

Despite "many irons in the fire," the organization hopes to have funding for this project in place by the end of February so that preparations for construction can take place by the end of May, allowing the pathways to be constructed in June.

"Pathways are an idea whose

time has come. Thank you to all our volunteers who worked on the pathway, to all of you using an Island Pathways Smile Card or putting your GVM slips in our box and especially to our funders. We chose the name Partners Creating Pathways carefully."

If you are available to help at pathways' work parties, contact Jean Gelwicks at 250-537-4859.

expert ADVICE

Real Estate

Moving Checklists



JAN MACPHERSON

BUYERS: Before removing all subject conditions measure your new home as required, for draperies, carpeting & future furniture arrangement as you will likely not be inside the house before moving day.

INSURANCE: Be sure to inform your insurance agent of the dates, especially if the house is vacant, to ensure valid coverage & arrange to have the house checked as per requirements of insurance policy.

UTILITIES: Obtain electricity, cablevision, water, sewer & private garbage collection as applicable. It is advisable to book phone/internet WELL AHEAD of moving day to avoid delays.

BANKING: It is handy to set up affiliation or transfer accounts BEFORE moving in order to arrange direct debit for mortgage & utility payments.

SELLERS: If necessary, book professional carpet & house cleaners in advance as time evaporates as the moving van rolls up! Phone me for an excellent cleaner!

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Personal Trainer

How many calories does it take to burn a pound of fat?



SHEENA BULL

It takes 3,500 calories to burn a pound of fat. In other words, you can reduce your body fat by one pound if you reduce your caloric intake either through exercise or food restriction by 3,500 calories. This issue seems to create a lot of confusion among the general public. If you break it down into simple math you can calculate losing a pound a week by reducing your caloric intake (through less food consumption) by 500 calories a day. Multiply 500 calories by 7 days and you end up with a calorie deficit of 3,500 calories. Your body's response to this is to use a pound of fat as a source of calories. The problem is that most people find calorie restriction to be challenging. It is actually easier to add calorie expenditure to the equation, through exercise, as well as restricting your diet. For example, if you were to walk or jog or cycle for 30-45 minutes per day you would burn 250 or more calories a day just from exercising. If you reduced your calories through food restriction by 250 calories a day (this is equal to one chocolate bar) and add the 250 calories that you burned through exercise you are at 250+250=500 calories per day, multiply 500 calories per day x 7 days = 3,500 calories or one pound of fat loss. You can choose the rate of your fat loss using this simple formula. This mathematical model makes it easy to understand how we can slowly experience weight gain and then feel confident about reversing this biological process through proper food consumption and a bit of exercise. Cheers to good health and longevity!

SHEENA BULL

Personal Trainer

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Spa Explained

What can you do to correct unsightly nails?



JUDITH

Pedique is a light-cured material for the restoration and correction of toenails that contain anti-microbial and anti-fungal agents.

This means it will be continuously fighting any bacteria found in or under your toenail. This system is buddied up with an anti-fungal tincture that you take home to continue the healing process.

LCN developed Pedique to be an elastic one-step system which adapts to the toes movements. Pedique's bonding qualities ensure secure adhesion. Pedique is ideally suited for protecting and sealing nail surfaces, leveling grooves and deformations, concealing discoloration and strengthening toenails.

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For more information call Skin Sensations at 250-537-8807.

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250-537-8807

Mechanic



GYLE KEATING

With shorter days and cold wet weather your vehicle's battery and charging system are working hard to keep up with increased demands from your lights, wipers, heater fan and rear defogger. Have your belts, battery and charging system tested before they leave you stranded some cold wet night.

Snow tires are recommended to be installed in sets of four. When the first snow flies, the demand for winter tires is often so heavy that your first choice may not be available. Get your tires now and avoid the rush.

Fall is a good time to have a thorough inspection of all your vehicle systems performed and repairs made, making for safe, worry free driving.

Remember, maintenance is cheaper than breakdown repairs.

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Physiotherapy

Can Physiotherapy Help me with my dizziness/vertigo?



DAN SPIESS BSC(PT)

Yes, Physiotherapy is very effective when treating a condition known as Benign Paroxysmal Positional Vertigo (BPPV). BPPV is a mechanical problem originating in the semicircular canals of the vestibular system.

Small crystals in the canals that are a normal part of the vestibular system come loose and stimulate the nerve endings inappropriately giving rise to a sense of vertigo. This is usually brought about by changing positions of the head or body too quickly. These crystals can be "repositioned" or put back into their normal position through a treatment know as the Epley's Maneuver.

There are many reasons for vertigo therefore one should follow up with their family doctor for a screening examination to make sure the Epley Maneuver is appropriate for them.

Salt Spring
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What's for Dinner?

ROASTED VEGETARIAN NUT LOAF

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

Flaxseed: Flax is one of the oldest fibre crops in the world. The use of flax for the production of linen goes back 5000 years. Even older is the use of flax as food. Ancient records show that flaxseed (Linum usitatissimum, also called linseed) has been consumed by humans since the beginning of civilization. Before 5000 BC, Egyptians carried flaxseed in their medical bags. The ancient Greek, Hippocrates, wrote about using flax for the relief of abdominal pains. In the eighth century AD, King Charlemagne thought flax so important for the health of his subjects that he passed laws requiring its consumption. Increasingly in our time, the growing of flax for seed has spread across Europe, Africa and now to North America. Yet, with all this glorious history, flaxseed remains a mysterious health food ingredient to most of us. It is, again, starting to be recognized in the world of nutrition. In addition to the omega-3 fatty acids and valuable fiber, flaxseed contain a phytoestrogen, a naturally occurring plant estrogen, called lignan. Lignans are touted as having many health-related benefits. A new variety of flax has been bred primarily as a food source and has a more pleasant nutty-buttery flavour than the ancient brown variety and retains a comparable level of the beneficial oil. Thanks to a customer for bringing this vegetarian binder to my attention, I hope you like this protein packed loaf.

- Shopping list:
- 1 small onion
 - Celery
 - Carrots
 - Nuts
 - flaxseed
 - Cooking oil
 - Vegetable bouillon cubes
 - Eggs
 - Medium tofu
 - Sage

Preheat oven to 375°. Chop 1 small onion, dice 1/2 cup celery, grate 1 cup carrot. Heat 2 tablespoons oil; sauté vegetables over medium heat. In a medium bowl combine vegetables with 2 cups ground nuts (almonds are suggested), 1 cup ground flaxseed (or flax seeds ground in a coffee grinder), 2 vegetable bouillon cubes, crushed, 3 eggs lightly beaten, 2 cups medium tofu, (or cottage cheese), 1/2 teaspoon each salt & cracked black pepper & 1/4 teaspoon sage. Put all ingredients into a greased loaf pan. Bake for 45 minutes until firm & slightly brown. Let set for 15 minutes after baking. Serve with your favorite mushroom or onion gravy.

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