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PHOTO BY DERRICK LUNDY

KITTENS: Sofiya Wilkinson, left, and Amelia Niedziela check out each other's face art at the Salt Spring Centre School's annual Winterfest event.

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FOLK CLUB REVIEW

Great vibes make for hit folk night

Steve Dawson, Julia Beattie and the Abbeyfield society

BY MEGHAN HOWCROFT
DRIFTWOOD STAFF

It was round two for me at the Salt Spring Folk Club last Monday night and once again I was impressed by both the quality of the music and the cozy ambience that left me feeling full of our island's community spirit.

The third show in the folk club's 2008/09 line-up, the Steve Dawson performance was much anticipated due to the musician's celebrated work with group Zubot and Dawson, his latest solo endeavours and his work as an award-winning producer.

The evening got off to a good start with opening act Julia Beattie, a musician most recognized from gigs at the Tree House Café. Although Beattie might have been slightly out of sorts with the attentive, all-eyes-on-her ambience that folk club shows provide (being more used to the background noise at the Tree House), her mix of cover tunes and original songs were full of a pure sound.

In the intimate, neighbourly setting, armed only with her acoustic guitar, Beattie provided a lovely mellow rendi-

tion of Blondie's Heart of Glass, which highlighted the different nuances of her voice.

When Steve Dawson took the stage, islanders witnessed a truly multi-talented musician, whose amazing abilities were evident with every instrument he put in his hands. Dawson played alongside bassist Keith Lowe (who was so much fun to watch) and percussionist Jeff Hicks, and the trio filled Fulford Hall with a big, full-bodied sound.

Dawson charmed the audience with his simple vocals and instrumental numbers performed on acoustic guitar, lap steel guitar and the incredible pedal steel guitar, (a complex form of slide guitar with a series of foot pedals and knee levers that raise or lower the pitches of the individual 10 strings).

Playing a few tunes from his latest instrumental album, Telescope, Dawson created dreamy and ethereal sounds on the pedal steel, conjuring up images of a desert at night, or providing a funky, plodding, cow-pokey sound. He continuously threw down seriously evocative and unique sounds, making us stretch our ears and listen in ways we'd never listened before.

The group jazzed up a tune from "a very obscure little record you may have

heard of called Sergeant Pepper's Lonely Heart Club Band" and also provided "a somewhat demented version of an old song from the 1930s by Walter Vincent."

This tune had a fun, country-blues vibe and included a sort of duelling double bass and guitar sequence.

The ease with which Dawson sings and plays such intricate melodies is proof of his wonderful natural talent, as well as his many years of experience on stage.

It was also refreshing to hear a group where the focus was not necessarily on the vocals. Although Dawson has a nice voice, and Hicks provided some beautiful harmonies, the instruments were definitely the stars of the evening.

I remain enchanted with the intensely intimate setting of these folk club gigs, where the band oftentimes speaks or laughs aloud in the middle of a song, making the audience feel like the musicians could be friends and neighbours.

And with the Abbeyfield Housing Society at the "guest table," raising money for seniors on the south end of Salt Spring, we all felt those unique and cozy island vibes almost as strongly as the musical ones.

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"Conversations with Alan Moberg inspired this painting. An island home sung to the sea, raincoat, boots and guitar cradled in the moon. The sweet song of this Canadian treasure accompanied my painting retreat."

Jill

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ISLAND ARTISTS



Lisa Lipsett is seen with some of her work at her island home.

PHOTO BY DERRICK LUNDY

Creative freedom and nature expressed in Lipsett's artwork

Paintings now hanging at Talia Cafe and WinterCraft_

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

Islanders have had several opportunities lately to be introduced to the Natural Paintings of Lisa Lipsett. Showing at WinterCraft and at Café Talia, emotive works mixing acrylic and oil paints bubble with the exuberance of a natural spring.

That energy also characterizes the artist herself, a scientist who has learned to explore a completely different way of understanding than she was trained to.

Most of Lipsett's professional life has been as an environmental educator. In high school, she said, she was very focussed on her path.

"I thought art was flaky — I was a science girl," she laughed, explaining why she never took an art class back then.

Lipsett spent four years teaching an innovative environmental education course in inner city Toronto, but when she left to work on her doctorate, she also learned that changes in the curriculum toward standardization would leave no room for programs like hers in the future.

During a research sojourn in the Muskokas, Lipsett read and followed *The Artist's Way* by Julia Cameron, which led to an entirely new way of thinking.

Influenced also by writers on ecology, Lipsett embraced a theory of the natural world that said, "We are natural; we are the world."

"There is a universe there that is no different

world."

Experimenting with new ways of creating, Lipsett found that painting without adhering to theory or being circumscribed by tradition could lead to a better understanding of how nature works than traditional science had to offer.

Now in workshops and her book, *Creative by Nature*, as well as through her art, Lipsett is helping other people learn creative freedom and its link to nature.

"I thought art was flaky — I was a science girl."

LISA LIPSETT
Salt Spring artist

"The idea is, if you have a body, you can paint. We are self-creating all the time, and the natural world is always creating. We have an instant language to understand how nature works."

Lipsett's paintings at Café Talia reveal the same energy and openness that the artist shares in person.

In thick layers of cream paint, flecked with jewels of deep colour in oil stick, many of the paintings resemble handmade paper embedded with dried flowers.

There is a similar feeling of fibre, texture and actual nature preserved, but on closer inspection Lipsett's art has even more depth.

Beginning with very thick paint stretched between two canvases,

texture over time.

For this series she has also revisited paintings first started some years ago, building up layers of colour and feeling.

With her science background still at heart, Lipsett said she loves to experiment.

In her art workshops, she has students paint without brushes, choose colours with their eyes closed and imagine themselves as other people while painting.

"My whole thing is to help people break out of that thinking space and go to where the hands are and trust that."

This holds true with her own work, as well.

"I don't look at [the paintings] with any kind of critical eye — I just kind of let them do their thing."

However, she noted, "there is a sense of engagement with what needs to be put in and what needs to be taken out."

One example is a large and striking canvas nearly filling the café's back wall, a rich vision of tulips in organgey red emerging from a cream field.

Lipsett explained that along with others on display, the painting was first started four or five years ago, and once had blueish purple areas.

Freedom to experiment, along with a discerning eye, combine for a painting with real feeling.

Already bridging the world between art and environmental education with her book and conference workshops, Lipsett's paintings offer a non-linear entry into a deep relationship with nature. It's a path well worth exploring.

Lipsett's Natural Paintings show at Café Talia

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BOOKS & ARTS

Local illustrator gets lucky break

Artist's debut coincides with double book launch

BY SEAN MCINTYRE
DRIFTWOOD STAFF

The story of a young island illustrator whose pictures are featured in a recently released children's book is proof that it sometimes takes more than good genes to make it in the publishing business.

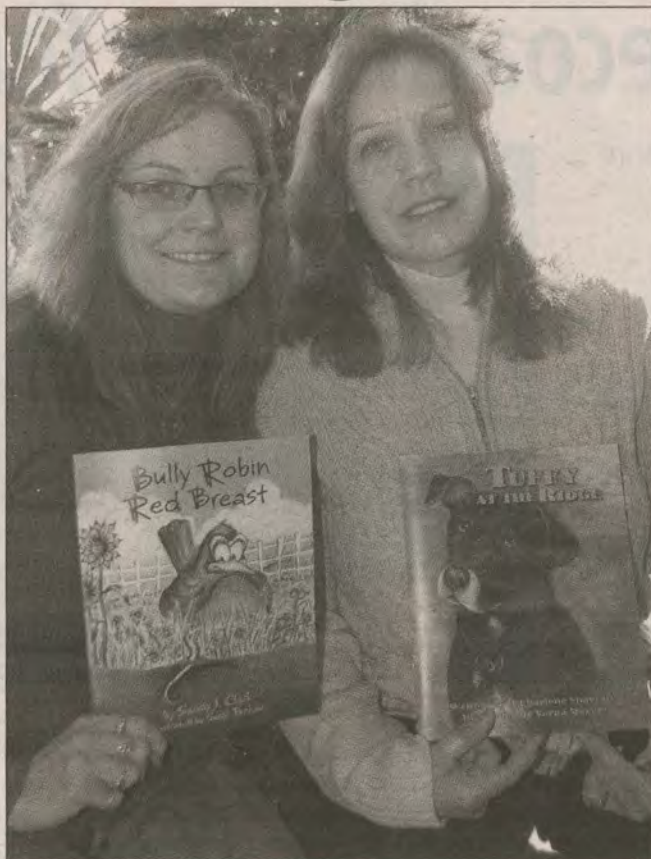
It was the drawings on Sarah Penhale's actual jeans that attracted the attention of her boss Charlene Sharratt at the Harbour House Hotel earlier this year.

Sharratt, also a published children's author, just happened to be on the look-out for someone to illustrate a book written by her sister when she spotted Penhale's creatively customized pants.

"I had no idea [Sarah] could draw until she came into work with this amazing group of drawings," Sharratt said. "I immediately thought of my sister."

Within a few weeks, Penhale was hard at work creating illustrations for *Bully Robin Red Breast*.

The 20-page story, published by Trafford Publish-



Sandy Clark, left, and Charlene Sharratt, with their books.

ing of Victoria, recounts the tale of a worm escaping the clutches of a plump robin.

Author Sandy Clark said the story is based on a poem she wrote after she observed a similar drama play out

while working in Vancouver's Stanley Park. The moral of the story, she added, is that bullies never prosper.

"It started out as a simple little poem and manifested into a charming children's

book that, in the end, would also manifest a long-distance friendship," she wrote in an e-mail.

"I never thought in a million years that I would ever publish my own book and have a phenomenal artist like Sarah share in the joy," she added.

Penhale, who has been drawing since she was old enough to lift a crayon, said getting her illustrations published feels like a surreal experience, especially given that her father is also an accomplished illustrator.

The 19-year-old artist met Clark for the first time on Sunday afternoon during a surprise book launch event at the Golden Island Restaurant.

"It was a surprise, that's for sure," Penhale said.

The Sunday event also marked the launch of Sharratt's latest book, *Tuffy at the Ridge*, which is the Salt Spring author's second book. It is the true story recounting the adventures of a black lab and kitten as they adopt a new lifestyle in Tumbler Ridge, British Columbia.

Both books can be previewed online by visiting www.trafford.com. Copies are available at island bookstores just in time for the holidays.

DANCE

Lobby dance project assembles for 2009's repeat performance

Time commitment required more than experience

Cambridge, Massachusetts dance teacher Danny McCusker returns to Salt Spring from Jan. 3-9, 2009 to lead the second annual Lobby Dance Creation Project.

With the support of Made in B.C., ArtSpring Dance Outreach and Salt Spring Coffee Company, local dancers Robbyn Scott and Anna Haltrecht are spearheading the follow-up to last year's popular Lobby Dance effort.

McCusker creates dances in the New England area and is a full-time Tufts University instructor.

"If you want to be a Lobby Dancer, then this is your chance," said Haltrecht.

The week-long creation runs at Scott's Antler Ridge Dance Studio at 211 Horel Road, off Fulford-Ganges Road.

Cost is \$150. On the weekend, Jan. 3-4, from 1 to 4 p.m., McCusker will begin the creative process.

Times for the following week will be confirmed depending on the dancers' schedules.

"This creation process

is for dancers willing to invest the time and energy and who want to commit to performing four to five times between January and April in ArtSpring's lobby," adds Haltrecht.

Participants with and without dance experience are equally welcome.

Dancers will continue to meet with Scott and Haltrecht for weekly dance class and rehearsals on Wednesdays from 5 to 6:30 p.m. from January to April.

For information, contact Anna Haltrecht at anna@bonesforever.com or 250-537-5681; or Robbyn Scott: robbyn@saltspringcoffee.com; 250-653-4088.

WHAT'S ON
PAGE B10

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- Geoff



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PAGE A4

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ARTS & ENTERTAINMENT

YOUTH ACTIVITIES

StoryKidz and Acting Intensive on Stagecoach roster for 2009

Students urged to explore options for two fun, specialized sessions

BY STAN GARROD
 SPECIAL TO THE DRIFTWOOD

Two courses, one old, one new, will be added to Stagecoach Theatre School's offerings in the new year.

StoryKidz, now in its third year, is a service project that aims to develop cultural awareness and understanding within the local and neighbouring school districts through dramatic story-telling by middle-school students. Secondly, responding to the need for a class for older students, an Acting Intensive Workshop has been added to Stagecoach's February calendar.

StoryKidz

StoryKidz explores contemporary books with geo-political themes from world cultures, focussing on stories giving young peoples' voices to issues and concerns that are not often heard within mainstream media. Last year, participants in StoryKidz explored two novels about children's lives in Afghanistan by noted Canadian author Deborah Ellis. They created a script for a dramatic telling of the challenges and hopes young Afghans experience with the working title of Lavender and Landmines. This year, participants in StoryKidz will continue to work on the Lavender and Landmines script, which has the endorsement of Ellis and her publisher, Scholastic Books, so that it can be presented to local and school audiences in the Gulf Islands and Vancouver Island region.

Under the direction of Dr. Joi Freed-Garrod, students in StoryKidz will learn story crafting and performance arts and will design a presentation that will encourage authentic dialogue about social justice issues through interac-



PHOTO CONTRIBUTED

Emma Tyrchniewicz, left, and Lani Bascom read a script about Afghanistan in a previously held StoryKidz session. The next StoryKidz program begins Jan. 13.

tive discussions with school audiences. StoryKidz classes will run for two hours after school on Tuesdays and Thursdays, beginning on Tuesday, Jan. 13. StoryKidz is intended for students aged 12 and up. Exceptions may apply at the discretion of the instructor. Cost is \$600.

Acting Intensive Workshop

Designed for young actors aged 16 to 19, the Acting Intensive Workshop creates an environment that actors can work in to explore their craft, ask questions, take risks and play! Whether you are an experienced actor or a student of acting, it's vital to continue working and improving your performance skills. This hands-on, participatory class/workshop allows students to learn warm-up techniques, identify essential acting elements and work on prepared text.

Working with Don Keith, Stagecoach Theatre School's artistic director, stu-

dents will explore core acting skills, including creating a character, activating needs, developing spontaneity and focus, and communicating effectively with others on stage. Students will be challenged to discover new ways of thinking, expressing themselves and creating.

An intensive exploration of scripted work, this course focusses on developing the actor's process through the introduction of powerful rehearsal techniques. Script work is a major part of this course.

The workshop will be offered on four Tuesdays in February, and runs from 7-9 p.m. beginning Feb. 3, 2009. Cost of the Acting Intensive Workshop is \$80.

Limited bursaries are available from Stagecoach for both classes. For details and registration, call 250-538-7494 or visit the Stagecoach Theatre School website at http://www.stagecoachtheatre.ca/Theatre_programme.htm.

PULL-OUT TV GUIDE
 PAGE B15

WORKSHOPS

Gift of intuition at solstice workshop

Mother-daughter event led by Tracy Harrison on Dec. 21

With longer, darker days nudging people to look inward, it is the perfect time to get in touch with our intuition and honour its wisdom.

A workshop especially for mothers and daughters is being offered on winter solstice this year. Aunts, grandmothers and other significant women in a young woman's life are also welcome.

Tracy Harrison, an artist and art therapist, will be offering the workshop in her Creative Fire Art Studio on Sunday, Dec. 21, from 9 a.m. to 4 p.m.

"It will be a fun, creative and insightful day for all who attend," she said.

"The day will begin with exciting rounds

of a short skill-building game called Intuition Stones, which I have created."

Workshop participants will learn the sacred art of doll making while sharing stories.

The ancient tale of Baba Yaga will be told; where a young girl is given a doll by her dying mother.

The doll jumps up and down in her pocket when she needs guidance.

Baba Yaga, the old crone in the woods, sets up challenges for the girl, which the doll helps her negotiate.

Harrison has worked extensively in the area of violence against women and believes helping young women listen to their intuition could be the greatest gift we give them.

Contact Tracy Harrison at 250-538-0144 or e-mail tracy@creativefirestudio.org for more information or to register.

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Wendy's band proves music begins at any age

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PHOTO BY DERRICK LUNDY

BOOK

LAUNCH:

Author Monika Ullman, left, is seen with Mona Fertig of Mother Tongue Publishing as The Life and Art of David Marshall is launched at Pegasus Gallery.

ISLAND ARTISTS

Coffee Co. walls host Wulff exhibit

Paintings on view for month of December

After moving to Salt Spring in 2007, Filippa Wulff is holding her first exhibition of paintings at the Salt Spring Coffee Company café in Ganges.

"Like many islanders, Filippa wears many hats and has had a storied life," said Anthony Matthews, who pub-

lizes the café artists series.

"Originally from Copenhagen where she ran a small art gallery, she has been first mate on a trimaran in the Caribbean, has lived in the mountains in Quebec and, importantly, she is a mother."

Wulff says: "My biggest source of inspiration are women in all aspects. To me, their inner beauty outshines what meets the eye."

The paintings in this exhibit are about the spirithood of woman and what they represent, said Matthews.

"A free and complex contour line of a floating female form in a wash of colour, all in Chagall-esque planes of space, are representative of the work."

The exhibit runs for the month of December during café hours at 109 McPhillips Avenue.

PERFORMING ARTS

Salt Spring Idol show pairs performers and artwork for fundraiser

Big Brothers Big Sisters to benefit from Jan. 22 event

Fans of the famous performing-arts "idol" shows will want to get in on the fun for the Salt Spring Idol and Art Show at Gulf Islands Secondary School (GISS) next month.

For those interested in getting into the competition, auditions will be held on Jan. 16, 2009 at GISS.

"There are no age limits, however, no professionals are allowed to enter," states a press release about the event, which is a fundraiser for the Big Brothers Big Sisters program. "The cost to audition is \$5 and music can be dropped off in advance to the Salt Spring RCMP or the GISS office."

The entry fee is to be paid during registration on Jan. 16 at 9 a.m. in the front lobby.

Three judges will choose 15 performers to move onto the competition, which will take place on Jan. 22 at GISS, at 6:30 p.m. (with doors open at 6 p.m.)

After the 15 performances there will be an intermission with snacks and student artwork displayed, which will be for sale.

The audience will submit their votes for the Salt Spring Idol at the beginning of the

intermission. After the break, the top five finalists will be announced.

Those five will then perform another piece and the three judges will determine who the winner is.

Those five will then perform another piece and the three judges will determine who the winner is.

Audition fees, ticket sales (\$10) and funds from any of the artwork sold will go towards the island's Big Brothers Big Sisters program, which can start operating once enough funding has been secured.

Salt Spring RCMP Const. Jenn Burgoyne is spearheading the Big Brothers Big Sisters effort, which pairs older and younger Salt Spring youth in the well-known mentoring program, along with the leadership group at GISS.

Anyone interested in auditioning or purchasing tickets can do so by contacting Jenn Burgoyne at 250-538-7192 (cell), 250 537-5555 (work) or via email at jburgoyne@telus.net.



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JUDITH

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Level one is sanitization. This is the process of making an object clean before disinfecting it by means of hot water detergents, antibacterial soaps and other sanitizers. To sanitize means to reduce the number of microorganisms to a safe level. This does not include bacterial spores and all viruses. Spores are the reproductive element and are more resistant.

Level two is disinfection. This is the process that eliminates many disease producing germs and organisms. This does not eliminate spores and all viruses.

Level three is sterilization. This is the destruction of all forms of bacteria, fungi and viruses.

Estheticians need to be concerned about fungi. Fungi can cause conditions such as Athlete's Foot. Proper sterilization of pedicure implements and foot basin can prevent spread of infection. The use of stainless steel bowls and implements made of hard, non-porous materials impedes the growth of such fungi and bacteria.

At Skin Sensations Day Spa, we practice these forms of cleanliness. We use only stainless steel bowls and implements or disposables. We also sanitize and sterilize every implement that touches the skin.

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ARTS & ENTERTAINMENT

PUB MUSIC

Karaoke, Da Fuega among pub acts

Pub leads up to Christmas with local and Victoria acts

Moby's goes for three in a row with music at the pub on Thursday through Saturday.

On Thursday night Fiona Kennedy and Steph Rhodes perform as Da Fuega, followed by Dave and Nikki hosting the monthly karaoke night on Friday, Dec. 19.

The karaoke bash includes door prizes and definite extra fun.

Then on Saturday, Dec. 20, Moby's presents the ska, reggae, hiphop band Brave New Waves from Victoria.

The \$7 cover charge is waived for diners, as usual.

Looking ahead to the end of the year, Moby's has booked Auntie Kate and the Uncles of Funk for New Year's Eve.

Tickets, at only \$10, are going fast.

The party will include New Year's cheer and party favours at midnight, and a pick-up and drive-home service negotiable with the driver.



WINTER FUN: Young dancers kick up their heels to the sound of children's entertainer Jim Raddysh as people of all ages attend Winterfest at Salt Spring Centre on Saturday.

PHOTO BY DERRICK LUNDY

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for an evening of carolling, spiced apple cider, hot chocolate, roasted chestnuts and good will.

Merry Monday, December 22 at 6:30 pm at Patterson Market parking lot.



BACH ON THE ROCK

J.S. Bach: a man of commitment to family, music and glory of God

On Jan. 6, 2009, J.S. Bach's Christmas Oratorio will be performed at ArtSpring by Bach on the Rock. This is the first of three articles on Bach and his music written by George Ehring, our local classical music expert.

BY GEORGE EHRLING
SPECIAL TO THE DRIFTWOOD

In a letter written to one of his publishers in 1801, Beethoven described Johann Sebastian Bach as "the immortal god of harmony." Later, Brahms wisely advised: "Study Bach. There you will find everything."

Yet the great irony of Bach's music is that by the time he died in 1750, the musical world had passed him by, his works considered too intricate, too incomprehensible, too difficult. Even his most accomplished son referred to him as "the old wig," and his music was scarcely performed in public for 100 years after his death.

Today, of course, Bach is revered as the great architect of music, the composer who built magnificent cathedrals of glorious reverence.

Outside his music, Bach was in many ways an ordinary man struggling to make ends meet for his growing family. He fathered 20 children — with two wives — nine of whom survived childhood, so his domestic needs were considerable.

As a result, Bach changed jobs often, looking for a better deal and new assignments, while always striving to push his own limits as an artist. Early

in his career, enthralled at the prospect of hearing the great organist Dietrich Buxtehude play and hopeful of becoming Buxtehude's successor, Bach walked over 400 kilometres to meet him. When Bach learned that a requirement of taking the job was that he marry Buxtehude's daughter, he walked all the way back.

After years of relatively short-term employment in various courts and churches, writing obsequious letters to members of the aristocracy in hopes they would employ him, Bach landed a job in 1723 as cantor of the St. Thomas School in Leipzig.

Bach remained the final 27 years of his life there, turning out an impressive string of masterpieces, often at a furious pace. He taught hundreds of students, simultaneously instructed orchestral plays and conducted the town music company.

Despite his onerous commitments, Bach was compelled to supplement his salary, and his town band and student choirs performed almost daily for a fee at funerals. Bach was relieved when bad weather caused more deaths, as we know from a letter to a friend in 1730. In it he notes that "when there are rather more funerals than usual, the fees rise in proportion; but when a healthy wind blows, they fall accordingly..."

Initially, at least, at the core of Bach's musical world in Leipzig were the Lutheran church services. Between

June 1724 and March 1725, for example, Bach wrote 40 different cantatas in nearly as many weeks. To the best of our knowledge, Bach wrote over 300 cantatas, of which some 40 per cent are lost.

Not all of these works were for the church. He composed many secular cantatas for various celebrations and ceremonies, and some just for fun. Bach's famous "Coffee Cantata" satirizes the current addiction to coffee, and was performed at Zimmermann's Coffee House, where the town band frequently played. In a way, it's one of music's first commercials.

But despite his concern for the needs of his family and his unwavering commitment to the art of music, it was God to whom Bach was truly devoted. Certainly aware of the magnificence of his own talent, he typically inscribed at the conclusion of his sacred works "S.D.G." — Soli Deo Gloria — to God alone the glory.

"The aim and final end of all music should be none other than the glory of God and the refreshment of the soul," Bach wrote.

And when his Christmas Oratorio was first performed to an audience of 2,000 in the period from Dec. 25, 1734 to Epiphany, Jan. 6, 1735, he assembled six cantatas into one running celebration of the birth of his Lord. At the very beginning, Bach says both to himself and to his congregation, "Serve ye the Highest in glorious chorus."

And so he did.

COMMUNITY Sing-a-long



Join Alan Miceli, Women of Note, Camponella Brass, Arthur Black, The Lost Chords and many more for an evening of music, stories, and carol singing.

Sunday, Dec. 21 7:00 PM

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- * **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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FARMING & FOOD



PHOTO BY K.A. CURTIN

Salt Spring's Mike Lane with heritage breed turkeys he raises at Ruckle Farm.

Turkeys: from farm to plate

Writer follows life and death cycle of Christmas dinner

BY K.A. CURTIN
DRIFTWOOD CONTRIBUTOR

From the moment we enter the field at Ruckle Farm, the turkeys move in on us slowly like zombies in a horror flick. As farmer Mike Lane gives me a quick summary of his flock's family tree, I wonder how the heck he can tell them apart. He points out "the beard" on the older males and the colourations of the feathers.

I had to tell Mike that his turkeys were freaking me out.

"Oh, they like to be close," he says. "They're just curious."

Lane reaches down to one tom and swiftly pulls him up by his feet. The bird is still, calmly blinking in his inverted position, until brought upright again. These are turkeys au naturel: Royal Palm crossed with wild turkey. Lane and several other farmers on Salt Spring are raising heritage birds fed on grain and natural forage like insects and grasses. In the world of poultry, Broad-breasted Whites dominate the genetic food chain, put there by commercial farm breeders desiring a fast-maturing bird and meeting the public's appetite for breasts and cheap meat.

Up until the 1930s, people had turkeys of various strains, which were resilient and well proportioned but took longer to mature, hence the higher cost to raise them. Names like Narragansett, Standard Bronze and Bourbon Red are either in danger of extinction or slowly making headway back via the conscientious efforts of small-scale farmers.

What defines a heritage turkey is hardiness, slow growth rate and natural mating instincts. The Broad-Breasted White needs human help to propagate. Even if they weren't slaughtered within 20 weeks, their lives are short because they grow too fast to develop strong skeletal systems and organs. Unless otherwise noted on the packaging, the turkey you get in the grocery store is, in short, a freak of nature.

The decline of the small turkey farms happened gradually, but when new

more farmers shut down their operations rather than upgrade, opening the field further to commercial operations and reducing the number of heritage turkey breeds being raised. Lyle Young decided to fill the need for a local processing plant by starting Island Farmhouse Poultry Ltd. on his own family-run farm just outside of Duncan. After fighting government red tape and some public discomfort, Young set up an abattoir for both commercial and custom processing. As someone who sees the whole life cycle of poultry, from the farm to the plate, Young has a balanced insight on the practices and concerns of both sectors of the business.

"One of my most important jobs is educating farmers when I see birds come in that are in poor shape or crammed in to crates. The commercial grower breeds genetically similar birds, which makes sense economically but not biologically, but generally they come in healthy."

Sometimes inexperienced farmers will make mistakes like bringing them in with a full belly — very messy at processing time — or get upset when all of their birds don't come back intact because they didn't meet inspection standards. Turkeys are inspected alive when they first come in and again at the evisceration stage.

I'm a vegetarian, but I thought it was important to see what happens to the turkeys from the farm to the processing plant, so Young accommodated my request for a tour. Donned in a large white coat, a hair net, and inappropriate high-heels, I followed him in. It was a custom processing day so turkeys from 15 small farms would be here, including some from Salt Spring. An employee gently hoisted the turkeys by the feet on to a shackle line. Slowly moving in rotation towards the electric stun bath, they behaved like Mike Lane's tom when inverted — no panic whatsoever related to their pending fate. Once made senseless by electric current, a young man with bright red blood saturating his whole front torso slit the carotid. I felt a slight churning in my stomach at first, but being the daughter of a rancher, I gave no indica-

It takes 90 seconds for a bird to bleed out before it is dunked in a bubbling, frothing scald tank which loosens the feathers. Then a "picker" with finger-like projections on the inside tumbles the turkey around. The carcass gets centrifugally sent to another room, ready for "disassembly."

"One of my most important jobs is educating farmers when I see birds come in that are in poor shape or crammed in to crates."

LYLE YOUNG
Island Farmhouse Poultry Ltd.

We entered a room with several workers repeating such tasks as cutting, removing, eviscerating, inspecting, vacuuming the cavity, and finally, tucking in the legs. Very efficient. Ladies in the chilly packing room end the process by bagging and traying the turkeys into whole, utility or ground meat bound for grocery stores; Young's own organically raised turkeys labelled Cowichan Bay Farms go to higher-end restaurants; turkeys heading to Salt Spring end up on family tables for the holiday season.

"Nobody really wants to know about slaughter plants," Young says, noting there's a great disconnect between grocery store food and the actual living, breathing animal.

As fond as Mike Lane is of his turkeys, he knows that he will eventually end up eating one of them. Thus, a durable, healthy bird raised naturally also includes humane processing to complete the circle. These realities encourage the existence of both ends of the spectrum on a local scale — good for the economy, good for the continued operations of small farms, healthier for both people and the heritage breeds



PHOTO BY DERRICK LUNDY

CLOSER LOOK: Octavia Huth checks out some of the artful, hand-crafted jewellery at WinterCraft, now on at Mahon Hall.

3rd Annual Community Christmas Celebration
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 December 21

See a live re-enactment of the Nativity

Community Gospel Chapel
 147 Vesuvius Bay Rd

Don't be religulous!

Despite its inspiring finale, the recent American presidential election campaign carried more than its share of bumper baggage. The walking cartoon from Wasilla, for starters, not to mention the reptilian Republican mobs chanting DRILL, BABY, DRILL!

But for me, the snake's-belt-buckle nadir of the campaign came when a poll revealed that 23 per cent of Texans actually believed that Obama is a terrorist-connected Muslim.

"I've been to the same church — the same Christian church — for almost 20 years," Obama told a crowd in South Carolina, early in the campaign. Still, nearly one in four Texans take it as gospel that he is Saddam-in-disguise, a closet Al Qaedaophile who salaams to Mecca in between day-dreams of 72 nubile virgins mostly waiting just over yonder hill.

Oh, well. No accounting for what people believe, I guess.

Which brings us to the Jesus Thing. I understand why people want to believe in God. Or Allah. Or Buddha, Ganesha, Zeus or Zoroaster. What I don't get is the compulsion to find physical manifestations of one's faith in, say, a cider bottle, an ice cream container or on Wal-Mart shopping bags.

I'm not making those up. A customer at Tanners Hall Pub in Darlington, England recently claimed to see the Son of God on the foil wrapper of his pint of cider. Another believer in Utah beheld the image of Jesus on the side of a three-gallon container of spumoni ice cream. And in Iowa City, a shopper swore he could see both Jesus and Mary silhouetted on the side of his Wal-Mart shopping bag.

The most unlikely visitation? In Monterey, California the image of Mary is said to have appeared in the leg wound of a biker who flipped his Harley and slid 50 feet along the pavement. Mysterious ways indeed. Nurse, check those meds.



Arthur Black

WIT & WHIMSY

Ah, well. 'Tis passing easy to make mock of religious — make that "religulous" — beliefs — as Bill Maher has shown in a movie of that name. But a new study by two University of British Columbia psychologists gives secular support to a notion that the spiritually inclined have always taken as an article of, er, faith. Namely that believing in God (or Allah or The Great Spirit or Your Choice Here) does in fact make the believer a better person — better as in more generous, altruistic and honest.

In one experiment, the psychologists arranged for a group of students to write a test. The students were not monitored by a human overseer, but they were told that "the ghost of a dead student" was known to haunt the room. The "cheating rate" plummeted to near zero. In another study the experimenters placed a large poster showing the face of a celebrity on a wall in a commercial bank's coffee room. They found that the pressure of "just being under the gaze of the eyes of that poster" nearly tripled the contributions to the office coffee kitty.

Proving, they concluded, that people who think they're being watched behave better — even if there's nobody physically there to do the watching.

Makes sense. When I first went to Spain many years ago the country was still under the rule of dictator Generalissimo Francisco Franco. The Spanish people didn't have a lot of luxuries — or even necessities — in those days, but one thing you could count on: every government office, bank, bodega and barbershop featured a large, government-issue portrait of the dour Franco gazing down from the wall.

The shepherd tending his flock.

But we don't have to go all the way to Spain to encounter the Portrait Police. All the classrooms I sat in from kindergarten to high school functioned under the gaze of a young woman in a white dress with a tiara on her head. Queen Elizabeth II, of course. I imagine she was up there on the wall to exert a civilizing influence on the student rabble arrayed before her — with limited success, I'd have to say.

Of course, Liz and Franco didn't have quite the clout of a genuine God or Goddess — they were mere humans, after all. For de facto crowd control, you need actual deities, according to the UBC psychologists. Gods, they point out, are all-seeing and all-powerful. Plus they've got a hammer no mere mortal judge can claim — the ability to impose eternal damnation.

Scary. Not that I'm intimidated, of course. I take my moral guidance from Woody Allen, who said: "I do not believe in an afterlife. Although I am bringing a change of underwear."

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What's On This Week

Wed.
December 17

LIVE ENTERTAINMENT

Carols for Christmastide.
With the Friends of Simply Organichor. All Saints church. 10:10 a.m.
SS Seniors Christmas Party.
Lost Chords choir, Readers Theatre, sing-along and more. SS Seniors. 2 p.m.
School Christmas Concert.
Fulford Elementary. 6:30 p.m.

ACTIVITIES

WinterCraft.
Mahon Hall. 10 a.m.-5 p.m.
Life Drawing.
SS Painters Guild sessions at ArtSpring from 9 a.m. to noon. Drop-ins welcome. Info: Jose, 250-537-1121.
Argentine Tango.
Every Wednesday at the Core Inn third floor. Beginners welcome. 8 p.m. Info: Julianna, 250-537-1818.
SSI Monetary Foundation.
AGM at #8-111 Fulford-Ganges Road. 5 p.m.

Thurs.
December 18

LIVE ENTERTAINMENT

Da Fuega.
Music with Stephanie Rhodes & Fiona Kennedy. Moby's Pub. 9 p.m.

ACTIVITIES

WinterCraft.
Mahon Hall. 10 a.m.-5 p.m.
Save Our Surgery.
Community meeting at Community Gospel Chapel. 7 p.m.

Fri.
December 19

LIVE ENTERTAINMENT

Scrooge Meets the Duke!
Swing Shift and Newman Family Productions present Christmas with Scrooge snippets & Ellington's Jazzy Nutcracker. ArtSpring. 7:30 p.m.
Sacred Sound Choir.
Christmas concert at All Saints. 7:30 p.m.
Karaoke with Dave & Nikki.
Moby's Pub. 9 p.m.

ACTIVITIES

WinterCraft.
Mahon Hall. 10 a.m.-5 p.m.
Rollerblading.
At Fulford Hall. Fridays, 7:30-9 p.m.
StoryTime at the Library.
Tales for long, dark nights. For kids aged 4-7 at the library. 1-2 p.m.

Sat.
December 20

LIVE ENTERTAINMENT

Sacred Sound Choir.
Christmas concert at All Saints. 7:30 p.m.
THAIS.
Metropolitan Opera Live Broadcast. ArtSpring. 9 a.m.
Brave New Waves.
Ska, hip-hop band at Moby's Pub. 9 p.m.
Paul Bram.
Folk-blues performer at El Zocalo. 7 p.m.

ACTIVITIES

WinterCraft.
Mahon Hall. 10 a.m.-5 p.m.
Christmas Market.
In Centennial Park. 10 a.m. to 2 p.m.

Sun.
December 21

LIVE ENTERTAINMENT

Christmas Community Sing-Along.
Carol singing and concert at ArtSpring. 7 p.m.
Fiddlers Hatchery Christmas Concert.
Beaver Point Hall. 3 p.m., followed by potluck.

ACTIVITIES

WinterCraft.
Mahon Hall. 10 a.m.-5 p.m.
Festival of Nine Lessons and Carols.
All Saints church. 4 p.m.
Community Christmas Celebration.
Live nativity, entertainment, animals, snacks, carols. Community Gospel. 6:30-8 p.m.
SS Cheese Farm Open House.
At the farm with singing by Valdy at noon and Cantus at 2 p.m.
Mother-Daughter Intuition Workshop.
At Creative Fire Art Studio. 9 a.m. to 4 p.m. Info:tracy@creativefirestudio.org; 250-538-0144.

Mon.
December 22

ACTIVITIES

Toastmasters.
Group meets Mondays downstairs at the United Church. 7 p.m.

Tues.
December 23

ACTIVITIES

Santa visits the Salt Spring RCMP station.
Hot dogs & hot chocolate 11:30 a.m.-2:30 p.m.

Wed.
December 24

NO ACTIVITIES



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THURSDAY, DEC. 18 @ 9 PM is Da Fuega STEPH RHODES AND FIONA KENNEDY

FRIDAY, DEC. 19 @ 9 PM is Karaoke WITH DAVE AND NIKKI

SATURDAY, DEC. 20 @ 9 PM \$7 cover SKA BAND BRAVE NEW WAVES

Get your New Year's tix for Auntie Kate and the Uncles of Funk. \$10 and they're going fast!

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THE HARBOUR HOUSE on Salt Spring

Please note

The Harbour House Restaurant & Lounge will close at 2:00 pm on Thursday, Dec. 18th

So our staff can celebrate the season.

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EXHIBITIONS

- **WinterCraft show** of fine handmade gifts runs daily at Mahon Hall, 10 a.m. to 5 p.m. until Sun., Dec. 21.
- **Way Leads Onto Way** - Jamie Macaulay exhibition at ArtSpring. Extended through Sun., Dec. 21.
- **Tess Fama** - Musical Painting Series shows in the ArtSpring lobby until Sun., Dec. 21.
- **Various Works by Peter Brown** - painting and sculpture. At ArtSpring daily from Mon., Dec. 15 through Sun., Dec. 21, 10 a.m. to 4 p.m.
- **Filippa Wolf** is the December artist at Salt Spring Coffee Co. Cafe in Ganges.
- **Three Artists-Three Mediums** at Cafe Talia. Lisa Lipsett, paintings; Nathalie Carles, jewellery; Ulrike Benner, Art You Wear through January.
- **Sherren Ann MacLeod** shows watercolours of local places at Island Savings until March.
- **Photography by Megan Manning** is on display at Salt Spring Books.
- **Shari Macdonald** shows new photos at Jana's Bake Shop.
- **Salt Spring Fine Art Tour.** Pick up a self-guided tour map at galleries and other outlets and see the island's finest art.

Community Christmas Dinner

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PHOTO BY DERRICK LUNDY

CHRISTMAS TO COME: Emily Oro and Grandma Christmas tell fortunes at the Salt Spring Centre School's annual Winterfest celebration.

INTERNATIONAL PROJECTS

Islanders dig deep for Zimbabwe well project

Cultural centre aims to stem cholera tide

BY MELANIE FURMAN
SPECIAL TO THE DRIFTWOOD

Zimbabwe's problems are well known: a stale government controlled by greedy generals, outside interests extracting minerals in exchange for weapons, and a crumbled economy providing no social welfare.

And now, a cholera epidemic sweeps through the inner city and rural poor populations.

But what else is happening in Zimbabwe that doesn't make the news?

The rich heritage of sacred music and dance, the people's interdependency with the land and water ways, and the joyful resilience of people surviving despite the long history of oppression.

Out of this bounty, Masango Cultural Center was born.

Masango, situated just outside of the capital city, is a place where Zimbabweans can gather to learn and share in the values that will keep the Zezuru people thriving.

Masango Cultural Centre has three main focuses:

sustainable living, collective leadership, and teaching and celebrating.

The vision for Masango came from Zimbabwe's (and now Salt Spring's as well) James Mujuru.

His understanding that the land we live on, the community that we share the land with, as well as the personal passion to make our lives what we want them to be, is what creates sustainable health and wealth.

Mujuru's experience in various collective leadership and natural building techniques, as well as in the sacred arts of Zimbabwe — he comes from a long line of well-respected musicians that perform in ceremonies — is the foundation he is working from in developing the community centre.

As it stands now, Masango's community centre, guests' quarters, compost toilet and outdoor kitchen, all built from cob and thatch, are complete.

Mujuru is now back in Zimbabwe until the end of January and is taking the project to the next level.

A series of workshops taught both by him and other Zimbabweans is taking place.

These include design-

ing permaculture food and herb gardens, Art of Hosting leadership skills, thatching and cobbing workshops, and mbira making and playing.

And what is now crucial, due to the cholera outbreak, is an appeal to raise \$2,500 to dig two wells at Masango...

And what is now crucial, due to the cholera outbreak, is an appeal to raise \$2,500 to dig two wells at Masango for the outlying communities to obtain clean drinking water from.

We can issue tax deductible receipts via VIDEA for donations over \$50.

If you would like to learn more about what we are doing, and/or support the centre either by donating time, money or resources, contact me at singmeanimage@yahoo.ca or 250-537-0863.

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Shopping list:

- 1 Ham
- Balsamic vinegar
- Corn syrup
- Raspberry seedless jam or raspberry syrup
- Cranberry sauce
- Red wine (optional)
- 1 Orange

FOOD DEMONSTRATION:

This Thursday 1:00 - 5:30
This Friday 12 am - 5:30

What's for Dinner?

CRAN-RASPBERRY BALSAMIC GLAZED HAM

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

Ham: Traditionally, hams can be either dry-cured or wet-cured. The process of curing pork was elevated to an art form and as time has passed, family recipes became closely guarded secrets handed down from generation to generation, becoming family traditions. Traditional wet curing requires immersing the ham in a brine for an extended period, often followed by light smoking. Smoked hams grace many a table during the holidays & the family tradition is furthered by the way the ham is glazed at home. The vastness of this method & the combinations that can be combined are endless. I hope you enjoy this delightful addition to your recipe collection. Hams are found fully cooked, partially cooked, and uncooked. Each can use some of the same cooking methods with slight variations to them. One of the main differences in preparing cooked and uncooked ham is the internal temperature that the ham must reach. Uncooked ham must be cooked until it reaches an internal temperature of 160°F. Fully cooked ham should be heated to an internal temperature of 140°F. There are various methods that can be used to produce a juicy and flavourful ham. You can pick up a handy cooking chart at the demo counter when you try this tasty glaze.

Preheat oven to 325°. Put pan on the lowest rack in the oven. Combine in a small saucepan over low heat, **1 orange** sliced into rounds **1/4 cup balsamic vinegar, 1/4 cup corn syrup, 1/4 cup raspberry seedless jam or raspberry syrup, 1/4 cup cranberry sauce, 1/4 cup red wine (optional)**, bring mixture to a boil then reduce heat to low. Keep glaze warm while baking ham. Score ham by cutting across the skin lightly forming a diamond pattern, and stud with whole cloves or black pepper. Place ham in foil lined pan. Brush glaze over ham, and baste ham every 15 minutes with glaze. During the last 4 minutes of baking, turn on the broiler to caramelize the glaze. Remove from oven, and let stand for 2-3 minutes before serving.

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Shaw	2	3	4	5	6	7	8	9	10	12	13	14	15	16	18	19	20	21	22	23
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Starchoice	308	702	354	400	358		336	321		389	359		382	380	379	383	390	381	543	419

WEDNESDAY DECEMBER 17

5 PM	:00	The Simpsons	C'est ça la vie	Martha / (25) Maggie	NHL Hockey - Calgary vs. Minnesota (Live)	CHEK News	Fresh Prince of Bel Air	Early News	CTV News at Five	Punjab Times	'A' 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	The X's	Pratt & Taylor
	:30	Wheel of Fortune		(35) Arthur			According to Jim	Global National		Phoenix World News			The King of Queens	The Simpsons	ABC World News		BBC World News		CBS Evening News	SpongeBob SquarePants	
6	:00	News	Le Téléjournal	Think Big		News	Dharma & Greg	News	News			CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	The Happy Elf	Canucks TV T.Linden Jersey Retirement
	:30			The Little Reindeer			George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens	Family Guy		KING 5 News					
7	:00	Coronation Street	Mission Antarctique	Into the Wild		EI News	The Daily	Entertainment Tonight	eTalk (N)	Matchmaker	Instant Star	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Back Care Basics: Yoga for the Rest of Us	Disney	Entertainment Tonight	Charlie B. Christmas	Canucks Connected
	:30	Jeopardy	"Les Bagnoules"	Meerkat Man or A New Day	SportsCentre	The Insider	Frasier	Ent. Tonight Canada	Access Hollywood	Daughters-In-Law	TMZ	Victims Unit Legacy	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition			The Insider	Sabrina Teen Witch	NHL Hockey - Edmonton
8	:00	Mr. Bean	*** (Animé, '06)	Indian School		Secret Millionaire (N)	Stargate: SG-1	Bones The Man With the Bone	A Muppets Christmas: Letters to Santa (N)	Vancouver Nights	Pushing Daisies The Norwegians (N)	Friends	Victoria's Secret	Secret Millionaire (N)	Pushing Daisies The Norwegians (N)	A Muppets Christmas: Letters to Santa (N)	Priests in Concert at Armagh Cathedral	News	Old Christine (N)	Monster Warriors	vs. Vancouver (Live)
	:30	Frosty Returns		Indian School								Friends							Gary Unmarried	Fresh Prince of Bel Air	
9	:00	Holiday Festival on Ice (N)		A Child's Christmas in Wales	Boxing HBO Championship - Klitschko vs. Rahman	Holiday With Stars (N)	Third Watch	Bones The Crank in the Shaft	Criminal Minds Normal (N)	Sabor Latino	Private Practice Worlds Apart (N)	Stylista	Stylista The Right Fit (SF) (N)	Bones The Crank in the Shaft	Private Practice Worlds Apart (N)	Life Trapdoor (N)		CBC News: The National	Criminal Minds Normal (N)	Futurama	
	:30		Les Bougon La passion			Nastiest Jobs (N)										Victor Borge 100 Years of	Music and Laughter			Prank Patrol Killer Bees	
10	:00	CBC News: The National	Le Téléjournal	An Indigo Christmas	and De La Hoya vs. Pacquai	True Hollywood Story (N)	Scrubs	Ancestors in the Attic Cenotaph	CSI: NY Forbidden Fruit (N)	Hola Que Tal	Dirty Sexy Money	To Be Announced	Seinfeld The Movie	Q13 News	Dirty Sexy Money The Organ Donor (N)	Law & Order Zero (N)		Disney	CSI: NY Forbidden Fruit (N)	Mystery Hunters	Sportsnet Connected
	:30					Diya							Seinfeld The Race							Adrenaline Project	
11	:00	News / (05) The Hour	Le Téléjournal	Montreal International Jazz Festival Natacha Atlas		News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier Love Bites the Dog	Family Guy	News	News	Roy Orbison and Friends: A Black and White Night	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
	:30									CTV News	CTI News	(35) The Tonight Show With Jay Leno	CityNews International	Frasier	King of the Hill	(35) News Nightline	(35) The Tonight Show With Jay Leno		(35) David Letterman	Ghost Trackers	
12 MID	:00	(05) Arrested	La zone	Indian School	Off the Record	Chelsea Lately	Paid Program	(05) Ent. Tonight	(05) The Daily Show	Jai Fiji	News	(05) Jimmy Kimmel Live	That '70s Show	RENO 911!	(05) Jimmy Kimmel Live	Show With Jay Leno		The Hour	(N)	Malcolm in the Middle	Ultimate Fighter 6
	:30	(35) Hour 22 Mins	Disparition	Indian School	In This Corner	(35) Late, Late Show	The Daily	(35) Late Night Poker	(35) Colbert Report	Caribbean Beat	(35) Conan O'Brien		South Park Ginger Kids	TMZ		(35) Conan O'Brien	Brain Fitness 2		(35) Late, Late Show	Futurama	

THURSDAY DECEMBER 18

5 PM	:00	(4:00) NHL Hockey - Philadelphia vs. Montreal (Live)	C'est ça la vie	(25) Maggie and Beast	NFL Football - Indianapolis vs. Jacksonville (Live)	CHEK News	Fresh Prince of Bel Air	Early News	CTV News at Five	Punjab Times	'A' 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	Jimmy Neutron	(4:30) Poker After Dark
	:30			(35) Arthur			According to Jim	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	A Christmas Carol	Sportsnet Connected
	:30						George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens	Family Guy		KING 5 News					
7	:00	CBC News: Vancouver	Mission Antarctique	How the Gintat Found Her Song		EI News	The Daily	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 Nature of Things The Hobbit Enigma	Entertainment Tonight	A Flintstone Christmas	Best Damn Sports Show Period
	:30	Jeopardy	"Joyeux Noël" ***			The Insider	Frasier	Ent. Tonight Canada	Access Hollywood	Daughters-In-Law	TMZ	Victims Unit Baby Killer	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition	Get Ready for Digital TV		The Insider		
8	:00	Coronation Street	(Dra, '05) Diane Kruger.	A Tudor Feast at Christmas	Curling Continental Cup - Men's Team	Secret Millionaire (N)	Smallville Instinct	Mall Santa	CSI: Miami High Octane	What's in Vancouver? Kirdaar	Million Dollar Password (SP) (N)	Ugly Betty Filing for the Enemy	Smallville Instinct	Secret Millionaire (N)	Ugly Betty Filing for the Enemy	My Name Is Earl	"Expiration Date" ** (Dra, '06) Robert A. Guthrie.	News	Million Dollar Password (SP) (N)	Pinky Brain Snowball	Hockeycentral
	:30	Wheel of Fortune			Competition	Are You Smarter Than a 5th Grader? (N)	Supernatural Metamorphosis	"Bad Santa" ** (Com, '03) Billy Bob Thornton.	CSI: Crime Scene Art Imitates Life	Dheeyan Ghar Sadabahar Naghmae	Private Practice Equal and Opposite	30 Rock The Baby Show	Supernatural Metamorphosis	Are You Smarter Than a 5th Grader? (N)	Grey's Anatomy Brave New World	The Office Crime Aid	(35) Conversation		CSI: Crime Scene Art Imitates Life	Futurama Prank Patrol Giant Rat	Ultimate Fighter 6
9	:00	Wine Confidential	Les Bougon Arts et laites	Art of the Heist		X-Weighted	Scrubs		CSI: NY The Lying Game	Desi Uncle	Eleventh Hour Agro	30 Rock	Seinfeld The Shoes	Q13 FOX News	Private Practice Equal and Opposite	30 Rock	Paperback Dreams	The Nature of Things The Hobbit Enigma	Eleventh Hour Agro	Mystery Hunters	Sportsnet Connected
	:30					Diya				Desi Rhythms	Friends	Seinfeld The Scofflaw			The Office					Adrenaline Project	
10	:00	CBC News: The National	Le Téléjournal	Vertical City		News	It's a New Day	News	News	TV Patrol	News	Realty TV	Frasier	Family Guy	News	News	Magnificent Mind at Any Price	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
	:30		Bonsoir Bernard	Design: E2 Gray to Green						CTV News	CTI News	(35) The Tonight Show With Jay Leno	CityNews International	Frasier Odd Man Out	King of the Hill	(35) News Nightline	(35) The Tonight Show With Jay Leno		(35) David Letterman	Ghost Trackers	
11	:00	News / (05) The Hour	Le Téléjournal	Derome (P) (N)	Wipe Out	News	It's a New Day	News	News	TV Patrol	News	Realty TV	Frasier	Family Guy	News	News	Age With Dr. Daniel Amen	CBC News: The National	(N)	Malcolm in the Middle	Pratt & Taylor
	:30									CTV News	CTI News	(35) The Tonight Show With Jay Leno	CityNews International	That '70s Show	RENO 911!	(05) Jimmy Kimmel Live			(35) Late, Late Show	Futurama	
12 MID	:00	(05) Arrested	La zone	The Casebook of Sherlock Holmes	Off the Record	Chelsea Lately	Paid Program	(05) ECW Wrestling	(05) CSI: NY Dancing With the Fishes	Vancouver Masala	News	(05) Jimmy Kimmel Live	That '70s Show	RENO 911!	(05) Jimmy Kimmel Live	Roadtrip Nation		The Hour	(N)	Pinky & the Brain	Ultimate Fighter 6
	:30	(35) Kenny vs. Spenny	Disparition		IHF Hockey	(35) Late, Late Show	The Daily			Music Bank	(35) Conan O'Brien		South Park	TMZ		(35) Conan O'Brien	Roadtrip Nation		(35) Late, Late Show		

FRIDAY DECEMBER 19

5 PM	:00	The Simpsons	C'est ça la vie	(25) Maggie and Beast	(4:00) IHF Hockey World Junior Championships - Canada vs. Sweden	CHEK News	Fresh Prince of Bel Air	Early News	CTV News at Five	Punjab Times	'A' 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		(35) Arthur			According to Jim	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	SportsCentre	News	Dharma & Greg	News	News			CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Powerpuff G. 'Twas the Fight Before Christmas	Sportsnet Connected
	:30			Time and Place			George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens	Family Guy		KING 5 News					
7	:00	Coronation Street	Mission Antarctique	Hockey: A History A National Obsession	Curling Continental Cup - Men's Team	EI News	The Daily	Entertainment Tonight	eTalk (N)	Matchmaker	Instant Star Lose Yourself	Law & Order: S.V.U.	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Moneytrack	the fifth estate	Entertainment Tonight	"Christmas With the Kranks" ** (Com, '04)	FIS Skiing Alpine - Men's SG
	:30	Jeopardy	All Together Now (P) (N)		The Insider	Frasier	Ent. Tonight Canada	Access Hollywood	Daughters-In-Law	TMZ	Noncompliance	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition	KCTS Connects			The Insider		
8	:00	The Secret of the Nutcracker (N)		The Royal	Competition (Live)	Are You Smarter Than a 5th Grader?	May to December No Place Like Home	90210 Secrets and Lies	Rita MacNeil's Christmas Special (N)	Weekly News Forum	Wife Swap Heene/Martell	Holiday Moments TV & Film Countdown	The Game Mel-odrama	Are You Smarter Than a 5th Grader?	Wife Swap Heene/Martell	Holiday Moments TV & Film Countdown	NOW	News	Ghost Whisperer Ball and Chain (N)	Tim Allen.	Hockeycentral
	:30		Concert Pop, tout en piano Gregory Charles	Daiziel and Pascoe Deadheads		Inside Hollywood Celebrity Alpha-Female	Enigma	Life Trapdoor (N)	"Eight Days to Live" ** (Dra, '06) Kelly Rowan.	Here Comes Ajumma	Don't Forget the Lyrics (N)	Holiday Moments TV & Film Countdown	Everybody Hates Chris The Game	Don't Forget the Lyrics (N)	Superman: The Movie	Cancer Breakthroughs: Head to Toe	Bill Moyers' Journal	CBC News: The National	Numb3rs Tabu	Smallville Fracture	Best Damn Sports Show Period
9	:00	Little Mosque on the East				20/20 (N)	Scrubs	Numb3rs Frenemies (N)	Vitamin	Stargate: SG-1 Bad Guys	Lipstick Jungle	Seinfeld The Old Man	Q13 FOX News	20/20 (N)	Dateline NBC	"In the Heat of the Night" **** (Cri, '67) Sidney Poitier.	the fifth estate	Numb3rs Frenemies (N)	Dark Oracle Marionette	Sportsnet Connected	
	:30					Sandesh						Seinfeld The Kiss Hello								Mystery Hunters	
10	:00	CBC News: The National	Le Téléjournal	Buena Vista Social Club		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 Show With Jay Leno	CityNews International	King of the Hill	(35) News Nightline	(35) The Tonight Show With Jay Leno		(35) David Letterman	Ghost Trackers		
11	:00	News / (05) The Hour	Le Téléjournal			News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier	Family Guy	News	News		CBC News: The National	(N)	Malcolm in the Middle	Pratt & Taylor
	:30									CTV News	CTI News	(35) The Tonight Show With Jay Leno	CityNews International	That '70s Show	RENO 911!	(05) Jimmy Kimmel Live			(35) Late, Late Show	Futurama	
12 MID	:00	(05) Arrested	La zone	The Casebook of Sherlock Holmes	Off the Record	Chelsea Lately	Paid Program	(05) ECW Wrestling	(05) CSI: NY Dancing With the Fishes	Vancouver Masala	News	(05) Jimmy Kimmel Live	That '70s Show	RENO 911!	(05) Jimmy Kimmel Live	Roadtrip Nation		The Hour	(N)	Pinky & the Brain	Ultimate Fighter 6
	:30	(35) Kenny vs. Spenny	Disparition		IHF Hockey	(35) Late, Late Show	The Daily			Music Bank	(35) Conan O'Brien		South Park	TMZ		(35) Conan O'Brien	Roadtrip Nation		(35) Late, Late Show		

STATION	CBC-CBUT	SRC-CBUFT	Knowledge	TSN	CH Victoria	OMNI BC	Global BC	CTV BC	Channel M	A	Citytv	CW-KSTW	FOX-KCQP	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 DECEMBER 20

5:00 PM	(4:00) NHL Hockey - Toronto vs. Pittsburgh (Live)	Martin sur la route Le bonhomme monstre	(3:30) Heads Up Do UFOs Really Exist?	NFL Football - Baltimore vs. Dallas (Live)	CHEK News	Dhoop Chaon	Family Guy	The Hills	(4:30) Swiat Polskiej	TMZ	Nite Life	Cold Case The Letter	Friends	KOMO 4 News	KING 5 News	The Lawrence Welk Show Hawaii	Antiques Rd. Banquet House [Part 1 of 2]	KIRO 7 News	(4:00) "Rudolph the Red Nosed Reindeer"	FSN Pro Football Preview	
6:00 PM		Le Téléjournal Les Boys: La 3e période	Profiles of Nature Life on the Edge		That News Show What Happened?	Dharma & Greg George Lopez	News	News	NTDTV Weekly KCTV This Week	Sue Thomas: F.B. Eye The Holocaust Survivor	The Murdoch Mysteries	CSI: Miami Rock and a Hard Place	Two and a Half Men	News	News	As Time Goes By	Saturday Report	News	Rudolph the Red Nosed Reindeer	FIS Skiing Alpine - Men's SG	
7:00 PM	NHL Hockey - Chicago vs. Vancouver (Live)	"Les Boys III" (Com, '01) Marc Messier.	Prehistoric Hunters Dire Wolf		El News Weekend The Soup	Awaz E Quam Indian Lions	Santa Claus Parade	W-FIVE	Entrepreneurial Leader	The New Canoe	Survivorman	CSI: NY YoungBlood	Two and a Half Men	Wheel of Fortune	NW Backroads	Vicar of Dibley	Christmas Confidential	Entertainment This Week	Holiday: The Christmas That Almost Didn't Happen	EPL Soccer Barclays Premier League - Teams TBA	
8:00 PM			Heartbeat Changing Roles	Curling Continental Cup - 'B' Skins Competition	Behind the Scenes (N)	Mirchi TV	Doc Leader of the Band	"Playing House"	Phoenix Gathering	Road to Avonlea Aunt Hetty's Ordeal	Crusoe Hour 9: Name of the Game (N)	Boston Legal It Girls and Beyond	Cops Wild Chases	Charlie Brown	Crusoe Hour 9: Name of the Game (N)	Monarch of the Glen	Saturday Report	"El" (Com, '03) Will Ferrell.	"National Lampoon's Christmas Vacation 2: Cousin Eddie's Island Adventure"	Ultimate Fighter 6	
9:00 PM	(4:00) Hockey: After Hours (Live)		Midsomer Murders Vixen's Run		Dr. 90210 Regeneration Gap	Foundations	Painkiller Jane Ghost in the Machine		Asian Variety Show	Kool Countdown	"Too Cool for Christmas" (Com, '04) Ryan Mcdonnell.	Boston Legal Dumping Bella	America Most Wanted	"Dr. Seuss' Cat in the Hat" (Fam, '03) Mike Myers.	WWE Tribute to the Troops (N)	New Tricks Congratulations	Saturday Report	Mansbridge One on One	48 Hours Mystery (N)	Dark Oracle	
10:00 PM	CBC News: Vancouver	Le Téléjournal		NFL Films Presents	Inside Hollywood (N)	48 Hours Mystery (N)	Kenny vs. Spenny	Law & Order: Special Victims Unit Wildlife	Vanna Malargal Yalda	Stargate Atlantis		CSI: NY Manhattan Manhunt	Q13 FOX News	Wash. Most Wanted	Law & Order: Special Victims Unit Wildlife	Holly Jolly Pops	Christmas Confidential	48 Hours Mystery (N)		Sportsnet Connected	
11:00 PM	Hockey Night in Canada: Replay	"Le patient anglais" (Rom, '96) Ralph Fiennes.	Montreal Jazz Festival	SportsCentre	News	Stargate: SG-1	News	News		Bravo!Fact Presents	Role That Changed	CSI: Miami Down to the Wire	Mad TV	News	News	Austin City Bloc Party/Ghostland Observatory	Saturday Report	News	Mystery Hunters	Poker Heads-Up Championship	
12:00 MID			The Whistleblowers No Child Left Behind	STIHL Timbersports	Spike Feresten	Paid Program	Jack Van Impe		(.05) Live in the Lot (.35) Diary of...	"Mera Gaon Mera Desh" (Act, '71)	"Bewitched" (Com, '05) Nicole Kidman.	Electric Playground	Without a Trace Risen	Spike Feresten	Chappelle's Show	(.35) Whacked Out		(.35) Insider Weekend	(.05) Paid Program (.35) Paid Program	Futurama Xmas Story	Ultimate Fighter 6

SUNDAY DECEMBER 21

5:00 PM	"I'll Be Home for Christmas" (Fam, '98) Jonathan Taylor Thomas.	Oniva	(20) Spelz	(15) NFL Football - Carolina vs. N.Y. Giants (Live)	CHEK News	Tomorrow's World	Family Guy	In Fashion	Spazio Libero	Battlestar Galactica Six of One	Reviews on the Run	Everybody Hates Chris	American Chopper	KOMO 4 News	(15) NFL Football - Carolina vs. N.Y. Giants (Live)	(4:00) Great Performances	Charles' Other Mistress	KIRO 7 News	(4:00) "Call Me Claus" (Com, '01)	(4:30) SN Connected	
6:00 PM		Le Téléjournal	The Saddle Club		That News Show What Happened?	In Touch With Dr. Charles Stanley	News	News	"Mera Gaon Mera Desh" (Act, '71) Asha Parekh.	Sue Thomas: F.B. Eye The Mentor	The Murdoch Mysteries	The Drew Carey Show	Family Guy	News	Travels to the Edge	CBC News: Sunday Night	News	News	"Jack Frost" (Fam, '98) Michael Keaton.	World Combat League	
7:00 PM	Mickey's Christmas	glace [Partie 2 de 5]	Hyna Queen		Hollywood Mysteries	60 Minutes	16:9 Bigger Picture	Comer Gas Tax Man	The Simpsons	Comer Gas Hurry Hard	America's Funniest Home Videos	Friends	Jericho Walls of Jericho	American Dad	America's Funniest Home Videos	Antiques Roadshow Trash to Treasure	Princesses of the World	60 Minutes		Boxing Mrdjenovich vs. Scragg	
8:00 PM	"National Lampoon's Christmas Vacation" (Com, '89) Chevy Chase.	"Le secret de ma mère" (Dra, '06) Ginette Reno.	Doc Martin The Two of Us		Ext. Makeover: Home Miller Family	Waiting for God	The Simpsons King of the Hill	The Rankin Family Reunion	Password Julie Chen and Phil Keoghan (N)	According to Jim	According to Jim	"Three Amigos!" (Com, '86) Steve Martin.	The Simpsons King of the Hill	Ext. Makeover: Home Miller Family	Nature Christmas in Yellowstone	Charles' Other Mistress	Password Julie Chen and Phil Keoghan (N)	(15) SpongeBob	Mystery Hunters		
9:00 PM		Tout le monde	The Whistleblowers Fit for Purpose	PGA Golf Chevron	"His and Hers Christmas" (Rom, '05) David Sutcliffe.	The Daily	Family Guy	"Would Be Kings" (Dra, '08) Currie Graham.	"Evening Fairytale" (Rom, '07)	Cold Case Wings (N)	According to Jim	According to Jim	American Dad	Ext. Makeover: Home Akers Family	Dateline NBC Prime Suspect: The Final Act	CBC News: Sunday Night	Cold Case Wings (N)	The Next Star The Duet	Ultimate Fighter 6		
10:00 PM	CBC News: Sunday Night	Le Téléjournal	Daziel and Pascoe Deadheads	World Challenge - Final Round	Medicine Woman	Extreme Clergy	ReGenesis	[Part 1 of 2]	Stargate Atlantis	Less Than Kind	Seinfeld The Junior Mint	Q13 FOX News	Housewives We're So Happy You're So Happy	Law & Order: Criminal Intent	Princesses of the World	The Unit Switchblade (N)	Falcon Beach Chemistry Lessons	Sportsnet Connected			
11:00 PM	John McDermott: Sharing Christmas	"Les heures" (Psy, '02) Meryl Streep.	Prehistoric Hunters Dire Wolf	Curling Continental Cup - Men's Skins	JR Digs (N)	Credo	(.05) Popoff Ministry	(.05) CSI: NY YoungBlood	"Evening Fairytale" (Rom, '07)	"Nine Months" (Com, '95) Hugh Grant.	Electric Playground	Without a Trace Gung-Ho	House Daddy's Boy	(.35) Monk	Upfront	Casey and Wendy Treat	In the Life HIV/AIDS	Christmas Confidential	(.05) Judge Judy (.35) Judge Judy	Futurama	Sportsnet Connected
12:00 MID	Canadian Reflections				Wild On	Paid Program	Jack Van Impe						(.35) At the Movies		In the Life	Christmas Confidential	(.05) Judge Judy (.35) Judge Judy	"To Be Announced"			

MONDAY DECEMBER 22

5:00 PM	The Simpsons	Pyramide (N)	(25) Maggie and Beast	(4:30) NFL Countdown	CHEK News	Fresh Prince of Bel Air	Early News	CTV News at Five	Punjab Times	'A' 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	Marlin Mystery	(4:30) Poker After Dark
6:00 PM	Wheel of Fortune	L'Union fait la force (N)	Arthur	NFL Football - Green Bay vs. Chicago (Live)	News	Frasier The Crucible	News	News	Phoenix World News		CityCooks	That '70s Show	The Simpsons	News	News	CBC News: The National	News	News	Rugrats Chanukah	Pratt & Taylor
7:00 PM	Coronation Street	Mission Antartique	Undersea Explorer		Tube Tales	Scrubs My Super Ego	Entertainment Tonight	Comer Gas	Matchmaker	Sue Thomas: F.B. Eye	Law & Order: Special Victims Unit Runaway	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	Prince William & Harry: The Future	Entertainment Tonight The Insider	A Miser Brothers' Christmas	NHL Hockey - Anaheim vs. Vancouver (Live)
8:00 PM	Winnie the Pooh Cmas	Le moment de vérité Spéciale artistes	A History of Britain Nations		My Name Is Earl	Stargate: SG-1 Enigma	House Not Cancer	Shrek the Halls	It Will Be Difficult to Love	Gossip Girl New Haven Can Wait	Greatest Holiday Moments (N)	Gossip Girl New Haven Can Wait	House Not Cancer	Shrek the Halls "Charlie and the	Greatest Holiday Moments (N)	Antiques Roadshow Roadshow Remember	News	The Big Bang Theory How I Met Your Mother	A Year Without Santa	
9:00 PM	The Border Going Dark (SF) (N)	Festival grand rite [Partie 1 de 2]	In Search of the Brontës A Wish For Wings	Madden Nation	Momma's Boys (N)	One Tree Hill Choosing My Own Way of Life	Prison Break The Sunshine State (N)	"Would Be Kings" (Dra, '08) Currie Graham.	[Part 2 of 2]	Marimar	Women of Karoun	Rita Rocks	One Tree Hill Choosing My Own Way of Life	Prison Break The Sunshine State (N)	Chocolate Factory" (Adv, '05) Johnny Depp.	Momma's Boys (N)	Great Performances Dance in America: San Francisco Ballet's Nutcracker	Prince William & Harry: The Future	CSI: Miami Frillas in the Mist	Sportsnet Connected
10:00 PM	CBC News: The National	Le Téléjournal	From Russia, For Love	Poker World Series - Main Event	The Daily	ReGenesis	Perspective		Pinoy	Stargate Atlantis	Operation Herbie: A World of Difference	Seinfeld The Beard	Q13 FOX News	News	News	Kitka and Davka in Concert	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
11:00 PM	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	Kitka and Davka in Concert	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
12:00 MID	(05) Arrested	(.35) Rick Mercer	A History of Britain Nations	Best of Off the Record Can. Sportfishing	Chelsea Late	Paid Program	(.05) Ent. Tonight	(.05) The Daily Show	Kurd TV	News With Jay Leno	(.05) Jimmy Kimmel Live	That '70s Show	RENO 911! SARS	(.05) Jimmy Kimmel Live	News	Tavis Smiley	The Hour	News	Malcolm in the Middle	Pratt & Taylor

TUESDAY DECEMBER 23

5:00 PM	The Simpsons	Pyramide (N)	(25) Maggie and Beast	(4:00) IJHF Hockey	CHEK News	Fresh Prince of Bel Air	Early News	CTV News at Five	Punjab Times	'A' 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	Marlin Mystery	(4:30) Poker After Dark
6:00 PM	Wheel of Fortune	L'Union fait la force (N)	Noddy Saves Christmas	World Junior Championships - Slovakia vs. Canada	News	Frasier The Crucible	News	News	Phoenix World News		CityCooks	That '70s Show	The Simpsons	News	News	CBC News: The National	News	News	Christmas Time	Pratt & Taylor
7:00 PM	Coronation Street	Mission Antartique	World of Gardens	NHL Hockey - Vancouver vs. San Jose (Live)	Tube Tales	Scrubs My Super Ego	Entertainment Tonight	Comer Gas	Matchmaker	Sue Thomas: F.B. Eye	Law & Order: Special Victims Unit Folly	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	Snowdon and Margaret	Entertainment Tonight The Insider	Rudolph the Red Nosed Reindeer	World Combat League
8:00 PM	"Miracle on 34th Street" (Dra, '94) Lord	(.55) La Petite Vie Noël chez les Paré	Sacred Music of the 20th Century		"Christmas Caper" (Com, '07) Shannen Doherty.	Islam 101	House It's a Wonderful Lie	"Stolen Miracle" (Dra, '01) Leslie Hope.	Officina Italiana Qui Si Parla Italiano	"Chasing Christmas" (Com, '05) Tom Arnold.	Privileged	90210 Games People Play	House It's a Wonderful Lie	Dr. Seuss' How the Grinch Stole Christmas	Law & Order: Nova Absolute Zero [Part 1 of 2]	News	A Home for the Holidays (N)	Malcolm in the Middle	Hockeycentral	
9:00 PM	Richard Attenborough	Festival grand rite [Partie 2 de 2]	The Museum	SportsCentre	98	NCIS Requiem			Made in Germany euromaxx	Rediscovered (N)	Privileged All About Appearances	Fringe Power Hungry	Rediscovered (N)	Law & Order: Special Victims Unit Undercover	Nova Absolute Zero [Part 2 of 2]	CBC News: The National	NCIS Requiem	Fries With That? Mystery Hunters	Best Damn Sports Show Period	
10:00 PM	CBC News: The National	Le Téléjournal	Operation Hollywood	Poker World Series - Main Event	Inside Hollywood	The Daily	ReGenesis	Law & Order: Special Victims Unit Authority	Schauplatz Europa European Journal	The Mentalist Ladies in Red	Everybody Hates Chris Friends	Seinfeld The Doorman	Q13 News	The List (N)	Law & Order: Special Victims Unit Authority	Independent Lens (N)	Snowdon and Margaret	The Mentalist Ladies in Red	Martin Mystery Monster Warriors	Sportsnet Connected
11:00 PM	News / (05) The Hour	Le Téléjournal	Chris Woods Billboard	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier	Family Guy Blue Harvest	News	News	P.O.V. Inheritance	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
12:00 MID	(05) Arrested	(.35) Red Green Show	"Chicago" (Mus, '02)	Best of Off the Record FireFit	Chelsea Late	Paid Program	(.05) Ent. Tonight	(.05) The Daily Show	Aina-e-Afghan	News With Jay Leno	(.05) Jimmy Kimmel Live	That '70s Show	RENO 911! SARS	(.05) Jimmy Kimmel Live	News	Tavis Smiley	The Hour	News	Malcolm in the Middle	Pratt & Taylor

CHRISTMAS RECOLLECTION

Best present we never had

BY PAT GOULD
DRIFTWOOD CONTRIBUTOR

My mother took away the presents Santa gave us. I was seven years old, my sister nine.

That act had a profound effect on us then, and still, these many years later. We had been good little girls, had not fought for at least two days, done our chores without grumbling, fed the dog, unasked — in short, everything that Santa required.

It was the dirty '30s. The Depression was in full swing.

We, like the other inhabitants of our prairie village, were poor, the common denominator that knit the community together. Some had less than others. We were the privileged ones, sheltered, clothed and with a proper lunch to eat at school, instead of the congealed porridge consumed furtively by the less fortunate. We were happy kids, my sister and I, unaware that we were poor.

In retrospect I guess our village was a sad place, with its weather-beaten houses, its dirt roads, its one general store which was fine as long as you didn't want anything like fresh vegetables or fruit or meat — except bologna. We occupied one of the less forlorn houses while our father, once prosperous, was employed to look after a well-to-do friend's properties in the area.

As our friend's wealth grew, the soup pot, a fixture on our stove, grew larger and its contents thinner. It was not for us.

Every day two or three or more fellows, all looking shabby and defeated, shuffled up to our door.

They passed through our village on their way to someplace else — anyplace, no place, looking for jobs that didn't exist.

They lived on rumour and not much else, hopping on and off freight trains as easy as fleas hop on and off a dog. In return for performing some face-saving minor chores — these men had pride and pride was all they had — their soup bowl would be filled, along with my mother's homemade bread. My sister and I took

these daily visitors for granted.

Christmas time was just as exciting for children as it is now, with one difference. Our expectations were decidedly lower. Santa deposited a few modest gifts and our stockings were stuffed with treats — Mandarin oranges, a candy cane, maybe a tin whistle or puzzles. Enough. We were overjoyed.

For us the highlight of the season was the Christmas Eve party at the Community Hall. That dreary, forbidding building would be transformed into something splendid. Crepe-paper spirals were festooned over the rafters, and more crepe paper was draped over trestle tables where a feast of casseroles and jelly molds and homemade cookies was laid out.

After the meal the concert would begin. The parson recited something, a skit or two would be presented, carols sung. Then the highlight — Santa arrived to hand out presents (covertly contributed by the parents) to good little boys and girls waiting breathlessly.

My sister and I hugged our mystery packages, impatient to open them. Only one more name to be called out.

But wait! There seemed to be some confusion. One little boy was crying. Another child joined in, to the obvious dismay of those around her. A third lament was added. Clearly, Santa had overlooked these children.

The unhappy parents, known to be amongst the poorest in the village, had obviously not contributed their share, no doubt hoping for a miracle — children on the list who had been unable to attend, a miscalculation, surplus gifts donated — anything.

My mother led the way. In a clear voice she called out that Santa had made a mistake.

The gifts that her two girls were clutching had been meant for someone else.

Whereupon she grabbed our precious packages and thrust mine into the hands

of the crying child nearest to her, my sister's to the sobbing eight-year-old nearby. Then three more people rose to their feet. Amazingly, their kids too "had got presents not intended for them."

We were shepherded out of the hall before we could find our voices — which we did, if incoherently.

Then the highlight —

Santa arrived to hand

out presents (covertly

contributed by the

parents) to good

little boys and girls

waiting breathlessly.

My sister and I were inconsolable.

We stumbled home through the snow, feet numbed with cold, the hot tears that ran down our cheeks threatening to turn to icicles.

Once inside, Mother, looking grim, heated milk on the stove while Father struggled with our boots, coats, toques and scarves, unassisted by his now-sullen daughters.

Mugs of hot cocoa were placed in our reluctant hands. Our mother brought forth two candy bars — a rare treat.

"Here," she said shortly, "You've got candy bars and cocoa. Those children have nothing."

She turned her face away, but not before we saw her tears, which neither of us had seen before.

We drank our cocoa in contemplative silence. Then, my sister, older and wiser, suggested a game of checkers. Later, as we were tucked into our warm double bed, our father kissed us.

"I'm proud of you," he whispered. "Merry Christmas."

I have never forgotten the night our mother gave away our presents. It was the best lesson we ever learned.

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PUBLICATION:
January 28th.
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Tuesday, January 13th

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Chamber News

SALT SPRING ISLAND
CHAMBER OF COMMERCE
MONTHLY NEWSLETTER
DECEMBER 2008

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2008 Visitor Centre Volunteer Lunch Generously sponsored by Chamber Members

The Volunteer Lunch at the Harbour House was a huge success! Thank you everyone for sponsoring our dedicated Volunteers. You did a great job showing your appreciation. The Visitor Centre will be going through some renovations in the new year. We'll let you know when it's done and you can drop by and take a look.

Lunch Sponsors
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Mouat's Trading Co.
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Blue Horse Folk Art
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Barbara DuMoulin, Gail Sibley and Audrey Denton (pictured from left) offer visitors a warm smile down at the tourist information centre in Ganges.

Casa del Mar
Skipping Stone B&B
The Local
I-SEA

SeaChange
Quarrystone House
Honeysuckle Cottage
Yellow Cottage
Bullock Lake Farm
Greenacres Lakeside Resort
Islandtime
Seraphim
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Salt Springs Spa Resort

Chamber news from the President

Christmas is fast approaching and a new year of exciting things is going to happen for the Chamber and the residents of Salt Spring Island!

Soon the details of a "Resident's Card" will be out. This initiative was designed by a past director, Peter McCully. Salt Spring residents will be offered specials by participating merchants and or service suppliers. Watch for further details!

I am very excited to tell you that we are working with TourismBC to establish a Tourism Plan for our Island. We have 24 different aspects of Salt Spring life, from Artists to Farmers to Shop/Business Owners,

working together with the help of TourismBC, to complete this task. Once completed, TourismBC will match us dollar for dollar up to \$50,000 to implement the plan. Our next meeting is scheduled for January 21, 2009. Salt Spring Island is a very special place to live. We have a rural environment with beautiful eco systems, trails, farms, and much more. We have people from diverse backgrounds, including entrepreneurs, musicians and artists. They are all working together to develop a plan that will help us keep what we value, while maintaining an economically vibrant community that will be good for all Islanders.

The Chamber held its AGM on October 16th, 2008 at the Harbour House. The following people are your new board.

Mafalda Hoogerdyk, President
John Cade, VP Business
David Griffiths, VP Tourism
Margery Moore, VP Green Tourism
Anne Ringheim, Treasurer
Tim O'Connor, Director
Steve Hunt, Director
Mike Stefancsik, Director
Jesse Honkanen, Director

I would like to thank the Board of Directors for volunteering their time and energy to promote and foster business growth here on Salt Spring Island.



Holiday Hours

Chamber Office will be closed until January 20th, 2009.

Emails and Voice mails will be checked and replied to. Sorry for any inconvenience.

Visitor Centre
will remain open daily from **11:00 am to 3:00 pm.**
Closed Christmas Day and New Year's Day.

From the Chamber Office

Business Breakfast Club
Our next meeting is **January 21st** from 8 am - 9am at **Harbour House** in the Crofton Room.
Topic to be advised soon. There will be no meeting in December.

Thank you for your patience while the Chamber office goes through staff changes, Board changes and learning curves. It's been great fun getting to know the members and learning the responsibilities of the Chamber of Commerce. We have some new ideas brewing for the new year and look forward to working with you to implement them.

New Members

Are you interested in reaping the benefits of our local Chamber of Commerce? Call Laura at 250-537-4223 or email her at chamber@ssisland.com.

Did You Know...

Salt Spring Dollars and souvenirs are available for purchase in the Visitor Centre. If you're looking for a special Christmas Gift, think about Salt Spring Dollars.

Many Thanks to

Auntie Pesto's and **Café Talia** for hosting the Business Breakfast Club Meetings in October and November;
Harbour House Hotel for hosting the Volunteer Quarterly Meeting on the 27th of November; **Thrifty Foods** for letting us use their meeting room for our monthly Board Meeting in November. Thanks **Steve** for bringing all the goodies! Also thanks for supplying the centerpiece for the Volunteer Appreciation Lunch; **David Griffiths from Mouat's Home Hardware** for donating new indoor and outdoor Christmas lights. And thanks to our **volunteers Jim and Zeke** for putting them up!

Thank you **Andrea** for all your hard work in the chamber office. Good luck in your new endeavour.

Thank You

A huge thank you to our photo contract customers and to both our long term and many new customers on Salt Spring and in Victoria. In 2008 we enjoyed providing all these photographic solutions: commercial products, advertising, promotion, business and personal portraits, pets, ceramic, pottery, woodwork, sculpture, painting, fine art, aerial, interior design, architecture, construction, home interiors, education, adventure and sports, for print, newspaper, magazines, books and websites.

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PHOTO BY AMY GEDDES

WASHER MAN: Retired plumber Bob Ball demos his water-saving toilet invention for the Driftwood on Wednesday. A 40-cent washer, he discovered, creates enough added weight to limit the amount of water his toilet uses to one to two litres per flush. Many toilets can be "retrofitted" this way and Ball urges Salt Spring residents to try this before converting to a low-flush toilet. "There's nothing to it," he says.

7 no-trump bid triumphs

Goings-on more clear for Dec. 8 gathering

BY JILL EVANS
DRIFTWOOD CONTRIBUTOR

It must have been the fog, which came on big cat feet and didn't move on, that kept so many players away on Dec. 1 because there were only three and a half tables at bridge that evening.

But Flo and George Laundry blew it away from their minds and came first, thanks partly to seven no-trump bid and made, when others who held that hand stopped at seven diamonds. There was a tie for second place, when Gillian Mouat and Jennifer Quick had the same score as Irene Hawksworth and Jill Evans.

There was no more fog on Dec. 8 to deter five and a half tables, and particularly not for Blanche Poborsa and Gisela Welsh, who were clear winners. Not far behind were Boodie Arnott and Jacque Stevulak — did Boodie's month in South Africa contribute to their being such hot stuff?

Third place went to the visiting Courtenay couple, Penny and Doug Poole; then there was a tie for fourth between the Patricia Hewett-Bob Morrisette combo and the Flo-Geo Laundry pair.

These friendly duplicate games are held on Monday evenings at Seniors, and new players are welcome and treated kindly. Please call George Laundry at 250-653-9095 or e-mail him at pastorale@shaw.ca for information and/or help.

LETTER FROM VANUATU

'Dokta Dan' visits Erromango

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 an excerpt from an e-mailed letter sent to his patients and friends in October.

My wife Sheira and I have just returned from four nights away on another island called Erromango in Vanuatu. The island is much bigger than the island of Tanna by about three times the land mass. The island is covered with forest and jungle and is quite rugged. Traders in the past came to the island mainly for the trees. There are trees called Kauri which are big like our giant cedars at home, with the biggest needing 10 men to go around its circumference at the base. The wood is very hard and much sought after in world markets for how resistant it is to decay. This island is also even more famous for the Sandalwood tree. Traders, in the past, with their clearcutting nearly wiped out the entire island of both trees. The island forests are now protected by the government and only tracts of reforested land can be cut and sold.

The Vanuatu people have only had independence for 28 years and so there is not much industry yet. At Dillons Bay where we stayed for the first two nights we stayed with a local man who has learned how to cultivate the sandalwood seedlings. He started almost six years ago planting his trees. It was amazing hearing him tell of how he worked through trial and error with the sandalwood seeds, struggling to find the secret to make them grow. He had many failed attempts using different kinds of soil, amounts of moisture and temperature before finally getting a

good crop. Specialists in the forestry industry from New Zealand have come to him to find out how he has done it and are now subsidizing his work. This man is very smart because he has two tracks of land, one planted for the New Zealand company and one for himself and his sons. The sandalwood tree has an essential oil used in incense and is very lucrative.

There is no power on Erromango except for a few generators. On the Dillons Bay side no one uses their generators except in an emergency. So bedtime came fairly early. The island has wide rivers and both settlements we visited are located on rivers. Dillons Bay is set on the west side of the river, so the sunsets were amazing over a very calm ocean. Across the river is the cemetery and monuments to the missionaries that were killed and eaten in the 1800s by the people of Erromango. The population was once very large with seven tribes, each with their own language, customs and tract of land. There are only approximately 2,000-3,000 residents now on the entire island and many believe that it is a curse from God that remains for killing the missionaries. Only one language and one set of customs have been retained, both from the head tribe occupying the Nompung district on the west of the island.

The other six languages and sets of customs have been lost forever. I met a man named John Narvu who was descended from the main tribe and directly from the line of chiefs. He showed us the traditional art he had done with earth paint and bark paper. It was very fascinating to talk to him and he gave me one of his paintings as a gift, which thrilled me.

This was in Ipota, the second village we visited. We had to fly across the island as there are no roads

across the island and only two working trucks, one on each side. We landed on a grass airstrip by the river. At Ipota they rely on rain water for drinking and it had been dry for quite a while so there was almost no water left. Ipota is set between two rivers, but because it is flat the ocean mixes with the river water, making it briny.

They must go far up river to get fresh water. The family we stayed with was so very kind and such a happy, close family. We enjoyed their company very much. There are only about 300-400 people in the village and not much to do for entertainment.

About 20 kilometres to the north along the coast was Cook's Bay, where Captain Cook used to sail to. We saw it from the air — a beautiful large bay with a black sand and river rock beach and a large river flowing to it. The people in Ipota told us that the river there doesn't mix with the salt water and so fresh water is easier to access, but there is no wharf or airport so the community is only 30 to 40 persons. We didn't have the time to take the four-hour walk to Cook's Bay, but walked for an hour and a half along the coast through dense jungle where the path often was completely covered over in vines and vegetation with a tunnel cut through. It felt like moving through a magical forest and I marvelled at them keeping paths like this cleared all over the island. There are people assigned to keep up the paths and everyone takes their machetes with them everywhere. The path was dotted along it with clearings where people had their gardens. Many walk two to four hours every day to work in their gardens.

This trip sure made me appreciate flush toilets that don't require you to use a bucket!

— Dokta Dan

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The Salt Spring Island Sustainability Challenge

LEARN HOW YOU CAN TAKE ACTION!

Eco-Friendly Wrapping

I know most of you don't live in the Metro Vancouver region, and I'm one of you, but they have come out with a pre-Christmas Low Waste Holiday Shopping Campaign that I think is worth sharing with you all.

There is a sharp spike in paper and cardboard boxes thrown out in early January, most of which could be recycled. Avoid the use of shiny foil wrapping paper if you must use Christmas wrap at all, and only send greeting cards made of recycled paper and again, no shiny, glossy or gold foil coatings. Get your kids involved and wrap presents in the comic section of your local newspaper, use only re-useable ribbon and spread the cheer!

More great suggestions:

- Don't buy gifts that are over-packaged or, if that is not an option with the gifts anxiously awaited by your kids, ask the store if you can leave the packaging behind.
- Make or buy cloth gift bags that can be re-used year after year. I buy Christmas tins at the post-Christmas sales to fill with cookies, spiced nuts and candies for presents the following year. I love it when they come back to me filled with goodies three years on.
- If possible, chose solar-powered products to avoid batteries, but if that's unavoidable, invest in re-chargeables.
- Don't leave your cloth shopping bags behind when you Christmas shop.
- Unwrap presents carefully and re-use the Christmas wrap next year.

- If you have the room on your property, buy a live Christmas tree – don't forget to ask the grower for instructions on the best way to care for the tree in the house – and create a grove of Christmases past. Or, if you just don't have the garden space donate the tree to a friend's garden or buy an artificial tree you can use for many years.

- Give the gift of yourself. Create great promise cards on your computer which commits you to such welcome things as a free night of babysitting, a full meal delivered to a busy family, a promise to mow the lawn for an elderly neighbour, a picnic and a day at the beach for your nieces and nephews. I am sure you can come up with super ideas.



MAGGIE CALLOWAY

My family has had a rule in place regarding gift giving for many years: You are only in the gift pool from aunts and uncles if you are too young to have a job. Once a niece or nephew graduates they are out of luck. We started this after we realized it was taking hours for all the presents to be opened and the resulting pile of loot verged on the obscene.

Best idea of all? Gather your family around, decide to limit gifts to one each, and then donate to your local

Christmas bureau enough money to help a family in need. What could be better?

Merry Christmas to you all from me and my tribe: Friskie, Angus, Harley, Toots and Luce.
maggiec@blackpress.ca

LiveSmart Community Heroes

DOROTHY CUTTING



Seventy-seven year old Dorothy Cutting has embarked on many a journey to spread awareness about the dire consequences of greenhouse-gas emissions over the years.

She's driven her hybrid car from coast to coast and even attempted a drive from Salt Spring to the Arctic circle.

For her latest journey, Cutting has left her car in the driveway and taken to her computer to spread the word about climate change in what may well be her most powerful endeavour yet.

What Cutting has done is create a one-stop website — <http://westcoastclimateequity.org> — to keep people informed about the latest news, issues and happenings about climate change.

What started out as an effort to make modest vehicles that would allow people to educate themselves about pressing environmental issues has, within two months, exploded into a world-wide network that reaches more than 10,000 contributors and readers.

"I'm reaching people as far away as Japan, Britain and Hong Kong," she said.

Reaching her audience through West Coast Climate Equity has meant Cutting has had to learn the ins and outs of website design (with help from the folks at Imagine That Graphics), how to edit copy and sift through material with an eye for what's accurate and informative, and put it all together in an easy-to-understand format.

"The website has taken on a life of its own and I'm the one 'behind the curtain.'"

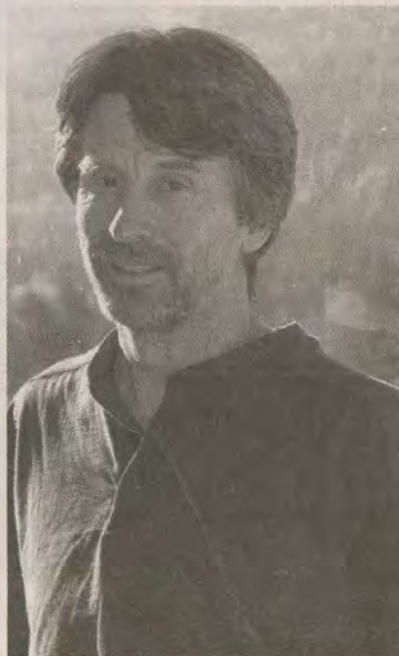
So far, she's doing a pretty good job.

A quick look through the website reveals more than 100 articles on topics including climate change psychology, economic solutions, climate deniers and the Alberta tar sands. There's text, video and a section where readers can leave their comments and feedback.

It's all kept Cutting more than a little busy for the past several months in an effort to fill an informational void that existed when it comes to fighting climate change.

"We all have to do everything we can," she said. "Despair is not an option."

LiveSmart Community Hero MONTHLY WINNER



ANDREW HAIGH - SALT SPRING ISLAND

When Andrew Haigh was working with International Bioremedial Services in central China, "there was so much smog we went for days without seeing the sun," he said.

Seeing China's advanced state of pollution was a wake-up call that fuelled his efforts when he returned home to Canada. Andrew moved to Salt Spring Island from Vancouver with his wife eight and a half years ago, opened Salt Spring Books and has helped to bolster sustainability in a variety of ways.

Most recently, Andrew has: • lobbied the Ministry of Transportation, as chair of the Hedgerow Preservation Society, to keep roadside mowing to a minimum to help maintain the island's rural feel; • built an energy efficient, hemp bale eco-home that is part of the Salt Spring Island Conservancy eco-home tour; • founded the Salt Spring Energy Circles electricity challenge; • rented out kill-a-watt devices to the public via Salt Spring Books to help people measure energy usage within their homes; • been an active member of the Partners Creating Pathways committee; • served as chairman of the APC of the

Islands Trust; • to encourage positive solutions to climate change, he circulated the George Monbiot book "Heat: How to Stop the Planet Burning" free of charge to local businesses; • was a board member of the Earth Festival Society, which managed the Salt Spring Energy Strategy.

As the winner of our monthly LiveSmart BC Community Hero draw Andrew has won \$100 and will be entered in a provincial competition. Three Grand Prize winners will be profiled on the LiveSmart BC website, receiving a \$500 cheque and a framed "I LiveSmart" certificate signed by Premier Gordon Campbell.

Learn how at www.LiveSmartBC.ca



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PEOPLE & COMMUNITY

Non-stop action at Bold Bluff

Cove watch delivers

BY TAMAR GRIGGS

I am in heaven! Last week I found a 20X fixed eye-piece for my spotting scope. The lens had been badly scratched from decades of use and I finally tracked down a suitable one at Camera Traders in Victoria.

I was back into the "business" of watching my beloved cove. I can see every feather of the heron and the colour of its eyes, and I can catch nuances of bird and mammal behaviour that are invisible to the naked eye, or even with binoculars.

So, this morning, wrapped up in Uncle Stanton's WWII down sleeping bag mended with neat little patches of denim by mother and duct tape by me, with a cup of hot ginger tea at my side, and my Shepadoodle dog Daisy curled up on her plush LL Bean cushion beside me at my feet, I sat out in the wee dawn hours to watch the cove awake.

It is like coming to a theatre before the curtain rises when I get up in the dark to watch the night curtains peel away and dawn unfold. What actors will come onto the stage today? What drama will be performed? Every day is different, yet there is a thread that ties the seasons together.

Today, two hooded mergansers flew in, one male

and one female. They hung out on the surface together while three buffleheads flew in, two males and one female. The buffleheads dove immediately, dining on the platter of tiny shore crabs that scurry on the bottom of the cove. The mergansers waited 15 minutes before they dove.

Meanwhile, a great blue heron stood on the vanishing top of a big low-tide rock, the ocean creeping up to its knees, then above its knees to its tail and belly. Still the heron stalked its prey, elegant, alert and graceful. I watched it catch three fish. Two were tiny silver-gold perch that wriggled frantically to escape the sword-like bill before the heron managed to turn them around and swallow them head first. Gulp!

The third was a fat sculpin with a gaping mouth. There was something very weird hanging out of the unhappy fish's mouth and I thought for a moment this might be a catfish with whiskers!

But no, it was a skinny pipe fish that the sculpin was dining on when the heron caught it! Now the heron had two fish in its beak! It kept adjusting the fish, dropping it into the sea and quickly picking it up again. Eventually the sculpin let go of its meal, trying to escape its own destiny, and the heron was able to gulp it down head first, its neck

bulging in a rippling motion as the fish travelled down that dark warm tunnel to be transformed into bird.

Eventually the actors made their exit and the cove appeared empty.

Intermission. But beware. There is never a real intermission in nature. Even when I turn my attention away, something happens. There is always action in nature!

However, today, I relaxed into what seemed to be "intermission," leaned back, petted Miss Daisy affectionately, and sipped a cup of tea. Then I heard a motor and watched a white inboard trimmed in blue chug south in Sansum Narrows close to Vancouver Island. I swung my scope onto it, and having nothing better to watch, I followed it as it progressed.

There was a young woman in the back, wearing a black coat. She had long, straight strawberry hair that hung past her shoulders, and she was bent over concentrating on something. Could she be fishing? No. She had a camera with a telephoto lens, and she kept putting it up to her eyes and taking it down, moving from one side of the boat to the other. What could she possibly be photographing?

The six sea lions with explosive breath had gone. There were no seals on Burial Island. All I could see was the grey ocean with ripples

of waves and a few gulls milling about. The boat kept at a steady pace, neither fast nor slow. It went towards Hope Point.

The young woman went inside and shut the door. A minute later she was out again, lifting her camera to her eyes and taking it down. Twice the boat passed the north side of Burial Island, moving in closer the second time. Then it went along the south shore of the tiny island which looked completely barren to me.

I couldn't see what was capturing her attention.

And then I saw it. There on top of the red and white lighthouse were perched not one but two adult bald eagles! The sunlight shone on their heads for a few seconds, and then vanished as the eagles flew off.

"Well, good for you!" I congratulated her. There was a woman after my own heart. Never in a million years would she have imagined that a woman was watching her with a scope from Bold Bluff.

I resisted the temptation to chase after her in my own boat, and remained seated on the wooden bench at the cove's edge, wrapped up in Uncle Stanton's cozy sleeping bag, with Daisy beside me, smiling from the inside out.

The writer lives at Bold Bluff on Salt Spring.

HEALTH

Bounce Back program aids sufferers of chronic illness with mood, anxiety issues

Helps people reclaim their health

People with chronic physical conditions who suffer from low mood and anxiety can benefit from a new Canadian Mental Health Association (CMHA) program set up through the Cowichan Valley branch.

Bounce Back: Reclaim Your Health offers help through both a special DVD and a guided self-help program to build on the DVD techniques, along with telephone support from a "community coach."

"We're so pleased to introduce Bounce Back because we know it can

really help people living with chronic conditions feel better and get more out of life," said Christina Martens, executive director of CMHA's Cowichan Valley branch.

"It's not uncommon for people with chronic conditions to feel anxious or depressed. Added on top of an existing health condition, these feelings can lead to worsening health, impacts on daily living, and an overall lower quality of life. We see Bounce Back as providing tools to help people 'reclaim their health.'"

Bounce Back is funded by a \$6-million grant from the Ministry of Health Services. The whole program can be completed in several weeks and is done


from the comfort of a person's home. Salt Spring is included in the program's coverage area and people can be hooked up with Bounce Back through referrals from their doctors.

An estimated one in three British Columbian adults suffer from chronic conditions like arthritis, diabetes or heart disease, and about a third of this group are affected by low mood or anxiety problems.

For more information on Bounce Back, people can visit www.bouncebackbc.ca, talk to their doctor or attend an open house and info session at the CMHA's Cowichan Valley branch at 371 Festubert Street in Duncan on Wednesday, Jan. 7, 2009 from 5 to 8 p.m.

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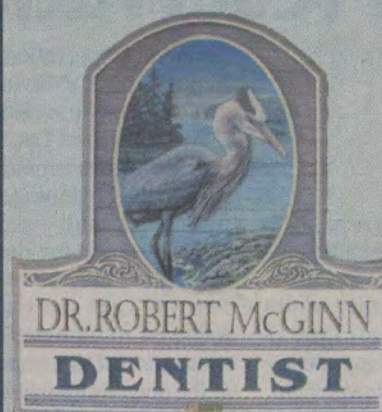


PHOTOS BY DERRICK LUNDY

SPECIAL VISIT: Santa and his jolly helpers landed on Salt Spring via the annual Santa Ship from Bellingham, which arrived at the coast guard dock Saturday night after visiting the other Gulf Islands. He then visited with children, such as Sophia Lam, at left, and handed out presents at Salt Spring Elementary School, before heading up to Greenwoods.

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SOCIAL JUSTICE

**Local group hooks up
with Amnesty project**

Sixty years of human rights awareness marked

Seven islanders learned that small actions can make a big difference when they gathered Dec. 7 to compose letters for the Write for Rights campaign.

A yearly campaign for Amnesty International, it celebrates the declaration of Human Rights, which was first signed in the United Nations on Dec. 10, 1948.

Salt Spring's Wendy Webb started the process by registering the gathering online, receiving an information and media support kit as a result.

Then, by downloading 14 cases from the Amnesty International website, the group sat down to write together on the giant oak table at Margaretha Nordine's home.

"Her granddaughter Maja dropped by unexpectedly and chose to write as well," explains a report about the event. "She wrote to the Iran government about laws that discriminate against women. Maja is 10 and enthusiastically helped out. Everyone sat quietly focussed on the task at hand and with only seven people and two hours produced a total of 26 letters. It

was a very good learning experience for all of us. We had candles, snacks, music and each other."

Participants were Maja and Margaretha Nordine, Wendy Webb, Kathy Gunderson, Gayle Baker, Rinda Lim and Jane Oudenaarden.

Anyone interested in writing can view www.amnesty.ca/writeathon. Donations can also be made on the Amnesty website.



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PEOPLE & COMMUNITY

WATER PROTECTION

Water Preservation Society: long list of achievements

Newly elected board keeps society alive

BY RON HAWKINS
SPECIAL TO THE DRIFTWOOD

What follows is a description of the major achievements of the Water Preservation Society, which was threatened with extinction earlier in the year. However, at the group's Dec. 11 special general membership meeting a new board was elected: Tom Wright, Eileen Wittewaall, Rick Laing, Wayne Taylor and Ron Hall. Additional board members or anyone wishing to help the society in a smaller, specific way are very much encouraged to contact one of the above.

1. Maxwell Lake Minimum Lot Size. In 1978 community interest began to emerge to protect Maxwell Lake from watershed development. Other drinking water lakes were already showing problems as a result of this practice. A proposal gained momentum to increase the minimum lot size around Maxwell Lake from 10 to 30 acres. A proposed bylaw was turned down due to opposition by one of our local trustees, however in 1979 it became law after an island election changed trustees. From this vigorous and well-organized group,

the Water Preservation Society (WPS) took its roots, evolving into a non-profit charitable society in 1981.

2. Watershed Lot Sizes. Had the provincial government acted responsibly in the beginning, Crown-owned watershed lands would never have been released for development to the degree they have. Following the Maxwell Lake success, interest next followed to increase St. Mary Lake minimum lot size from 10 to 20 acres. In the end this initiative was approved (barely) by the Islands Trust, but was subsequently reversed by the provincial minister due to political lobbying. Today, minimum lot size at St. Mary Lake varies by zoning, serious water quality problems exist and the unavoidable need for watershed management planning returned to challenge water consumers.

3. Purchase of Maxwell Lake Watershed. In 1999 Texada Logging Ltd. acquired title to a vast area (more than 10 per cent of the total acreage of Salt Spring) in the southwest, including Maxwell Lake. Texada notified the community they intended to selectively log the vast forest holdings, putting the island into crisis. WPS, together with the North Salt Spring Waterworks District (NSSWD), began quiet negotiations with the president

of Texada to purchase the entire Maxwell watershed and a Canada-wide fundraising campaign was started. Local groups, including the Save Salt Spring Society, Salt Spring Island Conservancy, the Salt Spring Appeal and NSSWD joined with the WPS to raise a total of \$1.2 million to purchase the 270-acre Maxwell watershed now owned by NSSWD.

The [court] appeal failed and today St. Mary Lake remains motorboat free.

4. Protection of Weston Lake. Lands around St. Mary, Cusheon and Weston lakes had already been developed so WPS' goal was to slow down development by promoting greater minimum lot sizes in watersheds via Islands Trust zoning. Weston Lake provided drinking water for Fulford. When a new Fulford elementary school was being planned, WPS successfully urged school trustees to find another site not in the Weston watershed.

5. Electric Motors Only, St. Mary Lake. In the early 1980s, concern

rose over the heavy use of gasoline motorboats on St. Mary Lake. Visible gas and oil slicks were present. Salt Spring's three other drinking water lakes (Cusheon, Weston, Maxwell) were already among 400 lakes in B.C. protected from gasoline motorboat use under the Canada Shipping Act. Following community meetings and support, the province forwarded a local recommendation to the federal government and in 1985 it was approved and gasoline motorboats were prohibited. Locally, resistance erupted from those who had commercial interests on the lake. They argued that the Canada Shipping Act was a safety tool, not an environmental one and the B.C. courts agreed, nullifying the federal decision. In 1987 a ruling from the B.C. Supreme Court on a similar case in the District of Invermere took the opposite position and the St. Mary decision was reversed by the WPS in the B.C. Court of Appeal. Commercial interests again appealed this decision, taking it to the Supreme Court of Canada. The appeal failed and today St. Mary Lake remains motorboat free, a place where less obtrusive recreation prospers.

6. St. Mary Lake Watershed Lands. In 1986, Louis Lindholm, the new owner of Mouat Farm on Sunset Drive,

negotiated an agreement with various government bodies and the WPS whereby, in exchange for increasing densities from 230 parcels at 10 acres each, 577 parcels of smaller size were granted. In exchange, 270 acres of land on the east side of this large area were granted to the WPS to safeguard under covenant for watershed protection. Channel Ridge Properties Ltd. received a guarantee of 216,000 gallons/day/peak demand for a total of 34,800,000 gallons/year and a 20-acre Duck Creek property was given as parkland to PARC.

7. Closing the Dump. During the 1980s, most of Salt Spring's garbage ended up in a large pit off Blackburn Road. It became problematic as it filled, not only because of the smell and acrid clouds of toxic smoke it produced, but also because there was a possibility of leachate from the landfill oozing into streams feeding Cusheon Lake where 200 families drew their drinking water. A committee was formed with input from many interests, including WPS, alternatives were researched and in the end it was agreed upon, with provincial government concurrence, that our garbage should be trucked off island to the Victoria Hartland landfill. The local dump closed.



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