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BENEFIT DANCE

Auntie Kate and Uncles of Funk kick it up for SWOVA on May 9

Saltshakers and Glanville also on fundraising ticket

Popular blues band Auntie Kate and the Uncles of Funk will rock Fulford Hall on Saturday, May 9 for a fundraiser dance to benefit SWOVA's local Respectful Relationships (R+R) program.

School officials, the RCMP, community members and youth themselves find that R+R is making a difference in our community, states a SWOVA press release.

"I think R+R is an amazing program," says a Grade 9 student.

"It helps teens have more self-esteem. R+R was a place where I could go, say what I feel and not be judged. That is difficult to find in high schools . . . I think this program should start at a younger age and should be

offered to everyone . . . I think it's important to have and it should be a part of our core courses in school."

Doors will open at 7:30 p.m. with local guitarist and self-described "ambience driver" Stephen Glanville leading off with a short acoustic set.

The Saltshakers will take the stage next to warm up the crowd for headliner Auntie Kate. A new band comprised of members John Herbert, Bruce Grey, Kevin Vine and Neil Kerrigan, the Saltshakers play a selection of danceable tunes from the past five decades.

Herbert expects an energetic evening.

"We're not called the Saltshakers for nothing," he said.

Sandwiches and baked goods will be available throughout the evening, as well as "mocktails" and other non-alcoholic beverages for modest prices. Entrance is by a suggested donation of \$15.

Auntie Kate's website tells a bit about the band's history.

"She first met longtime musical partner and guitarist, Tom Bowler, as a member of the band Club Mongo. In the late '80s, the pair formed Auntie Kate and the Cheap Suits, which soon took Victoria by storm. Along with bassist Clark Brendan, she and Bowler played a mélange of acoustic blues, Cajun, and R&B against a backdrop of high-voltage outfits, dark glasses, and of course, cheap suits!

"A desire to dig into their funkier roots led to the creation of Auntie Kate and the Uncles of Funk. Auntie Kate and The Uncles of Funk are currently working on a new, as yet untitled, CD.

"As well, an 'Aunthology,' made up of mostly unreleased tracks recorded during the last several years, has now been released."

CDs will be available for purchase at the SWOVA event.

PHOTO BY DERRICK LUNDY

HIGH FASHION:

Models in last Thursday's IODE fashion show, featuring Mouat's Clothing garments, line up outside the Harbour House Hotel prior to the event.

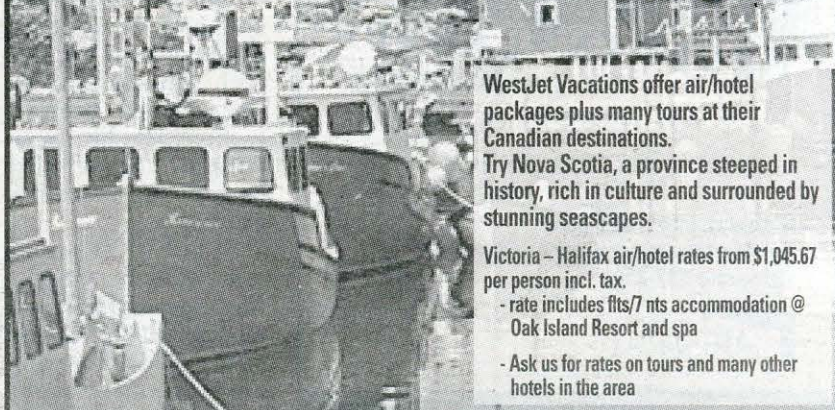
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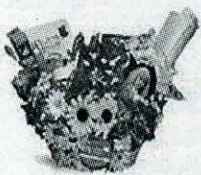
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Saturday, May 2, 3:00 p.m.
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Jim and Laurie Stubbs present a chamber music concert including the music of Ludwig van Beethoven, Max Bruch, the Brazilian composer Francisco Mignone and Jonathan Newmark. Newmark, composer / pianist / world renowned neurologist, will also give a lecture/demonstration of neurological disorders through the music of select composers.

Tickets at the Door \$15 ea.

WHAT'S ON THIS WEEK? PAGE B13



All photos that appear in the paper are now available on-line. gulfislandsdriftwood.com

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ARTS & ENTERTAINMENT

THEATRE REVIEW

Solstice Theatre triumphs with The Importance of Being Earnest

Malcolm Armstrong makes directorial debut

BY CHERIE THIESSEN
DRIFTWOOD CONTRIBUTOR

The lights have been burning late at the Pender Islands' community hall this month as the Solstice Theatre cast and crew prepared for their April 23, 24, 25 production of *The Importance of Being Earnest*.

Its director, well-known maritime artist Malcolm Armstrong, bravely chose the late 19th-century play by Oscar Wilde partially because he knew the play and partially because he wanted a comedy.

"It surprises me in some ways that the play was a success right from the start in 1895 because Oscar Wilde is poking fun at the mannerisms and affectations of the upper classes of that era and the very people he is making fun of would have made up most of the audience."



John Worthing (played by Kim Davis) and Gwendolen Fairfax (Nicole Baker) in a scene from the play.

It was brave because other than directing two short sketches in Solstice's last Showcase production, he was new to directing and had chosen a relatively long play with a large cast of nine.

"My greatest difficulty and challenge was getting the cast together for rehearsals," Armstrong admits. "Most of the actors have day jobs and/or night jobs and other commitments. It was difficult to get them all available at the same time."

He had also chosen a Comedy of Manners, a type of play deriving its comedy from poking fun at the customs and manners of a given society, usually the upper classes. These period pieces, with their attention to style and delivery, are not easy to mount, requiring long hours of research, voice coaching and details like the

costumes, the millinery and even the fine bone china and sterling silver teapot that would have been used in Victorian society.

But the director had a production team of 12 who were up to it and thanks to the expertise of costume designer Mary Ellen Kroetsch — a Shaw Festival veteran — and the flying fingers and hard work of the rest of the costumes' team: Evelyn Dunsmore, Diana Kempe and Pat Crossley, the women looked stylishly at home in their Victorian milieu. Judging from the first performance on Thursday evening, Armstrong's choice of play was vindicated. The audience thoroughly enjoyed watching the antics of Algernon and John, as they strove to win their ladyloves and overcome all obstacles.

Wilde's classic com-

edy, written in the late 19th century, still delights modern audiences in spite of the fact that its satire is largely irrelevant today. It works because the dialogue is so amusing and because each character is timeless.

As Armstrong says, "The script is full of absurdities, contradictions and nonsense which are all delivered as if they were pearls of wisdom."

Examples of this are lines like John's near the play's conclusion: "It's a terrible thing for a man to find out suddenly that all his life he has been speaking nothing but the truth."

Or John's ward, Cecily, exclaiming: "I hope you have not been leading a double life, pretending to be wicked and being really good. That would be hypocrisy."

On opening night, the actors' delight in por-

traying their humorous roles was infectious, adding to our enjoyment. Even characters without lines could convulse us with laughter. Merriman, the country butler played by Peter Jenkinson, was priceless, and even when actors forgot their lines, or poor Algernon, played by Heath Lansdowne — who looked the part to a T — had difficulty cramming muffins into his mouth while delivering his lines, it was all part of the fun.

The rest of the lively cast included the London manservant, portrayed by Andrew Lane, John Worthing by Kim Davis, Lady Bracknell by Trysh Ashby-Rolls, Gwendolen by Nicole Baker, Miss Prism by Wilma Riley and the licentious Rev. Canon Chasuble by Barry Mathias.

As with most of its spring productions, Solstice Theatre will be taking the play to the Theatre B.C. competitions next month. Penders' own indefatigable theatre group, which generally offers two productions a year, has been going strong and delighting audiences for 20 years.

Armstrong, who is full of praise for his whole team, says he has been preparing for this production for a year. He and everyone else's hard work is apparent and no one can say that Penderites don't appreciate it.

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ARTS & ENTERTAINMENT



PHOTO BY DERRICK LUNDY

Students at Stage Coach Theatre School hone their acting and sword-fighting skills for their upcoming performance of Peter Pan. The show runs May 8-9 at ArtSpring.

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CONCERTS

Neil Diamond show hits ArtSpring with a generation-bridging event

Tribute performance delivers look, sound and moves of music icon

From Tin Pan Alley to Hollywood, through the turbulence of the 1960s and into the 21st century, the songs of Neil Diamond continue to attract new fans to go along with the legends of old.

A show such as Jason Scott's Diamond Forever: A Solo Celebration of Neil Diamond is a tribute to the music and talent of the legendary songwriter.

It's at ArtSpring on Monday,

May 4, beginning at 8 p.m.

"Neil Diamond has recorded his music so many times, and changed it so much, that interpreting the music can itself be an art," said Scott, the creator and performance artist for the one-man live stage extravaganza.

"When you look at Neil's 50-year career, you realize the music and the possibilities of that music are unlimited."

The process of interpreting Neil Diamond's harmonious combination of notes is not dissimilar to a symphony conductor interpreting the music

of Beethoven from a score, explains a press release about the event. Certainly Diamond is not just a simple songwriter, but a composer and performer as well. His music has the universality and timelessness that transcends his own personality, and the personalities of anyone performing his music.

Scott's resume includes a career as a Canadian record label-signed recording artist. And in Las Vegas, Scott was the first ever international performer to win the Be a Legend celebrity impersonator competition as Neil Diamond. He

is now on stand-by for cast openings in On Stage Entertainment's world famous show called Legends in Concert.

Scott's tribute performance is described as "an exciting, must-see evening's entertainment that delivers the look, sound and moves of a music icon. The experience has delighted old and new fans, transporting them down memory lane."

"The shows bridge generations," Scott said. "They are structured but spontaneous and fun. The music and show are very interactive."

LIVE MUSIC

South America visits El Zocalo with Sanchez and Chamigos

Saturday night music at Ganges cafe

With Café El Zócalo now the home of Latin music on Salt Spring, it's a perfect spot for Alvaro Sanchez and Chamigos to perform.

The local group plays music from South America at the cafe on Saturday, May 2, beginning at 7 p.m.

Chamigos is a local, authentic Latin band led by Alvaro Sánchez on guitar and voice, accompanied by Dick Miller on bass and José Sánchez on percussion.

Alvaro Sánchez was born in Buenos Aires and settled on Salt Spring in 1990 after travelling extensively in Latin America exploring the different styles of music.

He has been studying guitar with Peter Taschuk for many years.

José Sánchez was born in Cuba and studied percussion in Havana.

His first performance on Salt Spring was in 2001 with the Puentes Brothers and in 2006 he established residence on the island.

José currently plays with the Alex Cuba band. He is also a teacher at

"... this is a great opportunity for the fast-growing Spanish-speaking community on the island to get together ..."

Acoustic Planet music studios.

Miller had played bluegrass and jazz for 20 years before joining Chamigos more than three years ago and has adopted this style of music as his own.

Alvaro will be singing in Spanish and Portuguese so this is a great opportunity for the fast-growing Spanish-speaking community on the island to get together, as well as those who are interested in Latin culture.

Chamigos' repertoire includes songs from Argentina, Brazil, Cuba, Chile and Perú.

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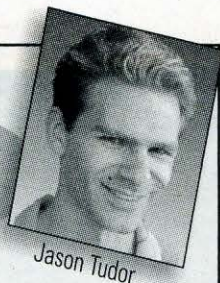
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Flick Pick



Jason Tudor

The Wrestler - best film of 2008

In what might be the cinematic upset of the year, Darren Aronofsky's *The Wrestler* has won the championship of my heart. Without any doubt or debate, this charming yet heartbreaking little work of magic is my pick for the best film of 2008.

Mickey Rourke plays Randy "The Ram" Robinson, a professional wrestler whose best days have long come and gone. In the '80s he was headlining Madison Square Garden, but 20 years later he's a self-described "broken down piece of meat." Now he wrestles in high school gyms to crowds of maybe 200 and can barely make his rent, much less pay for the small pharmacy's worth of steroids and other supplements it takes to keep his body in shape.

When he almost dies of heart failure during a match,

Randy is forced to evaluate his life. He takes a job at a supermarket deli, connects romantically with a single-mom stripper named Pam (Marisa Tomei), and attempts to repair the relationship he has with a daughter he left years and years ago (Evan Rachel Wood). For once, the biggest challenges he faces won't be in the ring.

Much has been made of Rourke's return to the screen, particularly in regards to how the film's story parallels his own troubles since going from rising star to a virtual nobody back in the '80s. His work here is simply wonderful as an aging, thoughtful man whose natural talents as a performer make him a decidedly charming guy in and out of the ring. He and Tomei (who is also dynamite, as usual) were both Oscar nominated.

As good as the actors

are, I think *The Wrestler's* real strength comes from Aronofsky's direction of a smartly subtle script by Robert D. Siegel that is a perfect match of entertaining drama and powerful metaphor.

Certainly the film can be watched simply as a portrait of a fading star, but I couldn't help but see Randy's story as akin to that of the good old USA. Two talented performers, used to the glory days of the 1980s when faked conflicts against faked enemies were perfect outlets for designs of spectacle and grandeur, now face a world that is slowly passing them by.

That *The Wrestler's* redemption angle is played out with such depth makes it — paradoxically — not only obviously tragic but essentially hopeful. This is a film that will make you feel, and think, and feel again.

ARTS & ENTERTAINMENT

ON STAGE

Realist acting method drives new professional theatre co.

Island Theatre makes debut with *If I Were Me*

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

Mort Ransen is one of those Salt Springers whose remarkable professional careers are sometimes overshadowed by their everyday appearance in our lives.

You see them at the coffee shop or the local town meeting, and then all of a sudden you realize "That guy co-wrote *American Woman!*" or "That's the most famous living artist in Canada!"

With Ransen, locals may recognize him from his turn as Prospero in the production of *The Tempest* two summers ago. But he's also the guy who directed an incredible number of iconic National Film Board titles, and the award-winning dramatic film *Margaret's Museum*.

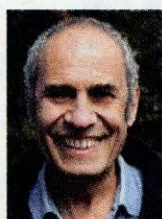
In recent years, Ransen's interests have moved from the cinema to his first love, the theatre.

His 2008 production of *Born Yesterday*, a 1940s political comedy about corrupt officials in Washington, D.C., was both a local hit and the seed that has now germinated into Island Theatre.

Island Theatre, Ransen says, is a newly established actor-centred company that will provide a base for professional actors from the Gulf Islands and Vancouver Island to train and work locally.

The idea came about directly from the *Born Yesterday* experience, where an understanding formed between the cast and their director, Ransen said during a recent interview.

"They [actors Tony Ulc and Jessica Lowery] approached me and said, 'Why don't we do more together? What are your plans?' That intrigued me because I'm at a point in my life now where I



MORT RANSEN

want to do theatre more than films."

One of the reasons the professionals enjoyed the experience so much was a mutual appreciation for a

natural style of acting more typically seen in the movies than on the stage, especially in amateur or small-town settings. Ransen said it has become his mission to bring that style of acting to the West Coast, and thereby convince audiences that theatre is just as fun and exciting as films.

"Sitting in the dark, our hearts beat faster when the actors are in jeopardy; we watch people making love, and we become lustful. We are totally, totally involved. We live vicariously and extend our lives through the actors on the screen.

"In theatre, this doesn't happen if the actors are overacting. We remain detached — it doesn't become as involving or inviting an experience."

Ransen, of course, knows something about acting. His own studies began with the renowned Peggy Fury, whose former pupils include stars like Jeff Goldblum and recent Oscar winner Sean Penn. He also directed Helena Bonham Carter in *Margaret's Museum*, a role for which she received high critical praise and the Genie Award for Best Actress.

Although the natural acting style is becoming prevalent in professional theatre around the world, Ransen said there's still a big gap here on the coast.

"Actors are a special gift to a director because they bring the entire experience of their own lives and their subconscious understanding of human nature

to their role — but this only happens if they've been trained to use themselves and their feelings in their performance."

Salt Spring audiences will have the opportunity to see what Ransen is talking about firsthand with the upcoming premiere of *If I Were Me*, a group of three one-act plays that he wrote over the past year.

Tony Ulc, the male lead in *Born Yesterday* and a key mover in the new company, will again take a starring role. Ulc now makes his home on Salt Spring, though he returns regularly to Toronto for auditions. He will be joined by Erin Ormand and Marek Czuma, professional actors who happen to live in Chemainus and on Galiano, respectively.

The three plays are mostly humorous takes on adult themes: a long-married couple who have lost interest in each other sexually and the effect of an unusual electrician in their lives in *In the Dark*; an exploration of the intrusion of private matters into public space with *Celling*; and a look at aging in *If I Were Me*, the title piece.

With big plans to establish the company as a real centre for actors who make their living on the stage, Ransen hopes that its debut will help move audiences away from the perception that theatre is a culturing event that isn't actually enjoyable.

"There's nothing as exciting as seeing wonderful acting on the stage — I can't emphasize that enough. It's the stuff I'm really involved with.

"I think that all theatre should be fun, and I hope we're going to be able to achieve that with the plays."

If I Were Me will run for seven performances at ArtSpring beginning Thursday, May 21.

See www.artspring.ca for time and ticket details.

New Arrivals...

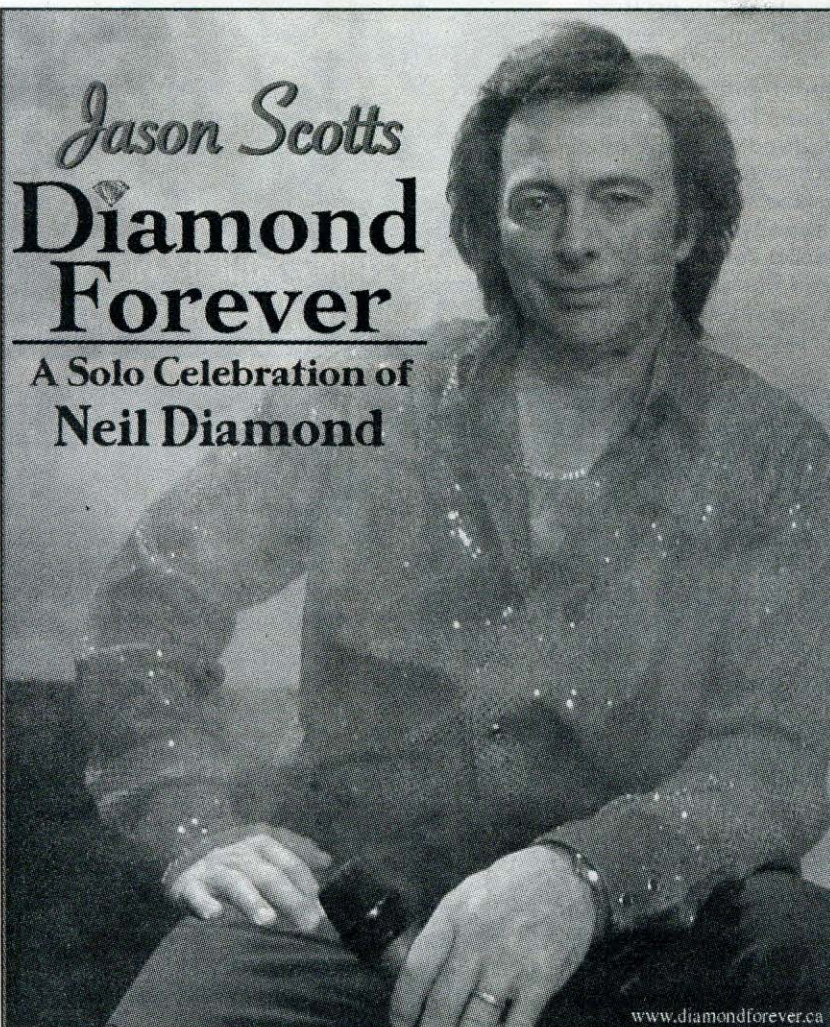
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MUSIC & MUNCH

GISS choirs push vocals for lunchtime recital

For the sixth year, patrons of the Music and Munch recital series will be treated to the exuberant sounds of youthful voices as music director Bruce Smith returns on Wednesday, May 6 with three choirs from Gulf Islands Secondary School.

"These three choirs — jazz, senior and junior — are in a constant state of evolution," states a press release. "The juniors form a developmental choir, learning

the basics of singing together as a group, then advancing to the senior and jazz where, in the words of Smith, 'they push many limits in the vocal arena,' learning to perform intricate a cappella songs in multi-part harmony."

Wednesday's program will vary in content from Thomas Morley's 16th century madrigal *Sing and We Chant It*, sung by the junior choir, to a rendition by the jazz

choir of the Gulf War Song written in response to the first Gulf War and arranged by Moxy Fruvous; and from the jazz choir's special arrangement of *Green-sleeves to I Can See Clearly Now* by the senior choir and soloed by student Rudy Gummesson.

The free performance begins at 12:10 p.m. at All Saints By-the-Sea church and is followed by an optional light lunch prepared by the Anglican Caterers for \$5.50.

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Pages B6-12



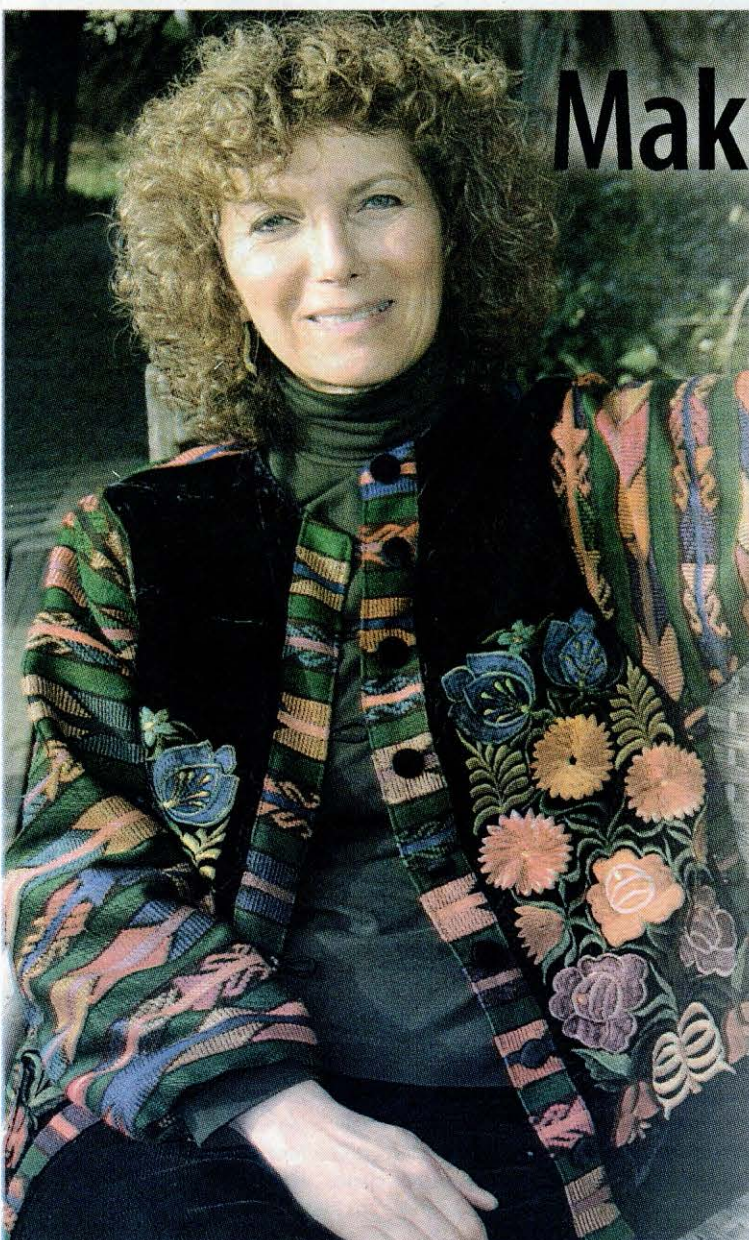
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PAGE B9



Commercial
insurance
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PAGE B11



Making the mid-life transition

Dialogue group promotes
self discovery for mid-life women

STORY AND PHOTOS BY GAYLE MAVOR
DRIFTWOOD CONTRIBUTOR

By now the world has heard of YouTube sensation Susan Boyle. Auditioning for the TV show Britain's Got Talent, the Scottish woman opened her mouth to sing and the voice of an angel came out.

At 47, Boyle is ripe for a mid-life transition. In fact, it might just be that transition — not confidence in her voice — that gave her the courage to audition in the first place.

If Boyle lived on Salt Spring, she might be first in line for a new mid-life dialogue circle for women that Francine Z. Carlin is set to begin here in May. (The Z, by the way, references her maiden name: Zucker.)

"Consider that by the time a woman has reached the age of 45 she's covered a lot of ground," says Carlin.

She may have been married for 20 years; her children are grown and are on their way to living their own lives. She may have worked in the home/or volunteered. She may have been divorced or, sadly, had a spouse die. She may be caring for aging

parents, have overcome serious illness and changed careers many times. Perhaps she's remained single. And, some women are just having their first babies at 40. Regardless of the path, mid-life brings us to a crossroads.

"The changes that women in their 20s or 30s experience don't carry the texture that time brings to life," she says.

A self-described Type-A personality, Carlin moved to North Vancouver and then Salt Spring from Washington, D.C. where she was a leading spokeswoman for the U.S. labour movement. She was charging ahead in "the career she had lived for" and then she turned 40. "Something changed. I just didn't feel like doing it anymore."

What followed was a soul journey leading her to explorations of art, music, participation in group dynamics work, courses at The Omega Institute, (a non-profit personal growth retreat in New York state) and a lot of personal reflection.

She's continued to translate what she learned during that time in many ways but most recently to guide a mid-life transitions dialogue group for female executives in downtown Vancouver. Twice a month for two hours, the female executives met at the

TRANSITIONS continued on B7

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Rocky has lived on the island since 1981. In 2002, Rocky joined Martin Hoogerdyk Certified Financial Planner as his administrative assistant. Armed with the motivation to succeed, Rocky completed her studies and became a Licenced Sales Assistant, enhancing the knowledge of the front office.

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"I very much enjoy meeting new people on a daily basis," says Wendy. "But also greatly value the relationships I have built over the years in this special island community."

Wendy runs Lawnhill Lodge during the summer months and together with husband Sam, co-owns and operates Anderson Appliance Repair and Tait Technical Solutions. They are both avid flyers and boaters and never happier than when they are in the air or on the water exploring the islands.

Both businesses support the Firefighters, GISS and as many island groups as possible.

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-S. Jones, Vancouver, BC

"Since the beginning of my coaching relationship with Leah, the biggest improvement in my life so far has been stress reduction and more balance in my life (which has improved my sleep!).

I like the flexibility of focusing on whatever is happening for me, and I find my Weekly Action Plan achievable."

-M. Mullen, Salt Spring Island, BC

"Leah's coaching style is so much based in listening, that her very presence is a clearing for transformation. She does not bring her own 'stuff' to the conversation, and her process in coaching is gentle, yet firm and grounded in process and experience. I particularly appreciated the resources Leah was willing to share as teaching tools."

-S. Cowan, Salt Spring Island, BC

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Business owner Georgiana Reehl previously ran an upscale restaurant in Calgary called International Cuisine, then started the Maids Personally business. A Salt Spring resident for 18 months, she brings diverse skills and a refined but friendly attitude to her work.

One enthusiastic client describes Georgiana as "a personal concierge akin to an Errand Auntie" whose help allows people to lead a less hectic life and regain some leisure time.

"She is professional, practical, reliable and task focused," the client reports. She makes my home beautiful and my life smoother."

"I pride myself in working hard, doing things right, and I enjoy helping people," is how Georgiana explains her business philosophy. "I try to bring energy, enthusiasm, efficiency and integrity to every thing I do. Most of all, on Salt Spring I really enjoy all the lovely, kind and interesting people I have met that make this island so special. I am a certified aquatic instructor and delight in teaching classes at the Rainbow Road Pool." Her classes are Monday, Wednesday and Friday from 7:15 am - 8 am.



Krista Scotvold and Terry McLees

Account Manager - Investments Commercial Insurance Representative

124 McPhillips Ave., Ganges | 250-537-5587

ISLAND SOLUTIONS FOR YOUR ISLAND BUSINESS

Branch Manager Donna Robinson says: At Island Savings, we build strong, mutually-beneficial relationships with our neighbours here on beautiful Salt Spring Island. We're proud to offer the innovative products and full services of a \$1.6 billion financial institution, with the personal touch and community spirit of our dedicated staff.

Come visit our expert advisors, including Account Manager, Investments Krista Scotvold and Commercial Insurance Representative Terry McLees. We're a full financial and insurance services provider, and we're here to serve you.

Island Savings has been part of the Salt Spring community since 1975. Krista and Terry have been your friends in the community for a combined total of 35 years. We live and work here, raise our families, and volunteer our time to numerous island organizations and events. Let us help you grow and protect your island business. Together, we make it good to be here.



ISLAND SAVINGS
IT'S GOOD TO BE HERE.™

Debra Fitzsimmons, CAIB

OFFICE MANAGER/INSURANCE BROKER

SEAFIRST
INSURANCE BROKERS

1103-115 Fulford-Ganges Rd., 250-537-5527
seafirstinsurance.com



Peace of mind is supported by feelings of security. When you've worked hard to have a home and property, it's nice to know that there are available means to protect what you own.

Debra is a manager and broker for Seafirst Insurance, which offers several types of general insurance, including home, farm, business, marine and AutoPlan. Seafirst is also the driver services office for Salt Spring Island. As a company dedicated to securing a sense of well-being, Seafirst Insurance also actively supports such local initiatives as ArtSpring and the Salt Spring Sailing Club.

Relocating from Prince George three years ago, Debra brings to her position over ten years of experience. The opportunity to manage the office, combined with the lure of the Salt Spring lifestyle and beautiful surroundings, was an opportunity Debra could not pass up!

Heather Howard



FEET FIRST

#5 - 241 Lower Ganges Road
Gulf Clinic Building
250-537-0715



Heather Howard's gentle touch, along with her 32 years of health care experience, brings great benefits to the clients of her foot-focused business, Feet First.

"I get great satisfaction from the gratitude people show for my care in helping them walk in comfort," says Heather, the owner and sole operator of the five-year-old local business.

As a licensed practical nurse and a British Columbia certified foot care nurse, Heather uses her expertise to cater to the specific needs of her clients, who include seniors and diabetics. She also provides professional foot care services to people with thickened nails, callouses, heel fissures and ingrown nails.

"I have been working with the elderly for over 27 years and I saw a need in the community for foot nursing care," said the local business woman, who was born on Salt Spring and married a fellow Islander.

In addition to providing high-quality foot care to island residents, Heather also contributes to cancer charities and to education initiatives for children in underprivileged countries.

Wisdom is 'in the room' when women gather together

TRANSITIONS

continued from B5

the private Terminal City Club.

"At mid life we've lived long enough to reflect on the choices we've made and the paths we've taken," she says. This type of group creates an opportunity to sit back and ask, "What have I learned? How has it served me to move forward and how can I use the rest of my life?"

Carlin envisions the group as a place where women can see themselves through the shared experience of others to explore choices and talk meaningfully about issues that have nothing to do with the doing of life. "It's not a bitch session!"

Typically there's a theme for the 2.5-hour, twice monthly meetings. "What does it mean to be courageous? How will that impact my ability to take risks? What role does forgiveness play in my life?" are just a few examples.

Originally from Buffalo, New York, Carlin began her career working with women as the director of public relations for the YWCA in Buffalo. She has a masters from the University of New York (Buffalo) in the humanities.

Her career then took a slightly different direction within a national, unionized organization as the



Francine Carlin

director of communications for the Association of Flight Attendants, once again working with women. Following that role, she was the leading spokesperson for the Communications Workers of America during three national strikes and then worked for EDS, an HP company, and leading global technology services provider at a time when corporations were undergoing their own transforma-

tion into "learning organizations."

In the mid 1990s, as manager of marketing for EDS, she travelled the country leading experiential courses directed at their managers, helping them to "get out of their heads" and express feelings.

On the personal front, her 13-year marriage ended and she remained single for 14 years until a second marriage and a move to Canada left her wondering what form her next incarnation of work would take.

"All I knew for sure was that career was very important to me," she says.

Taking stock led her to create Business Harmonizer™ a private consulting firm focussed on assisting family-run businesses, which she says describes 85 per cent of businesses in Canada.

Through Business Harmonizer™, she applies organizational learning, emotional intelligence and dialogue to create a safe and respectful environment for achieving a shared understanding of a problem and to enable coworkers to identify barriers, break through them and develop best practices that can be sustained over time.

Typically, Carlin is brought in when family-run businesses run up against an interpersonal problem that is blocking progress such as secession planning when

founders are finding it hard to let go and aren't giving space for the next generation to lead. Siblings may be having issues as co-managers with one of them not carrying their weight. In general, they're grappling with "the elephant in the room" or silent barriers that need to be discussed.

About the mid-life dialogue group she's beginning here in late May, she says, "Relating deeply to self is not selfishness."

Through others' stories we can better understand ourselves. Life is about cycles and women know cycles. I love men, but a community of women provides space for intimacy around life stories. She likes to say "the wisdom is in the room."

Each member must commit to attending each time, be an active participant and hold confidentiality to the highest standard. If you think you're middle aged then you are, she says, but mid-life typically ranges between 40 to 60.

"Not knowing how things are going to turn out is one of the hardest things about transitions," she says. "We want to live in the future rather than the present." She describes the transition created by a change and not the change itself as what's difficult.

"You have to trust that when you made the change you had an

"At mid life we've lived long enough to reflect on the choices we've made and the paths we've taken."

FRANCINE CARLIN
Group facilitator

intention to succeed or discover, and that original intention is your safety net."

How do you know if you're in a mid-life transition?

"You'll just know," she says. "There are signs. You're feeling unchallenged. You might feel bored when that hadn't previously been an issue. You're feeling discontent. You tend to complain a lot. You're angry and you don't know why. You've lost your way. You start blaming the external a lot. You're restless."

"Life," she says, "is just too short to talk about the weather."

To learn more about the mid-life dialogue group, contact Carlin via e-mail at Francine@businessharmonizer.com.

The Dialogue Circle Experience

- A time for non-judgmental and safe sharing of common experiences
- An occasion to broaden your personal vision

- A chance to rediscover your authentic voice
- Through dialogue, deep listening and creative expression, experience more of who you are

- Meets twice a month for two and one-half hours
- Circle limited to 10
- Commitment to regular attendance

Christine Godlonton



DINNER'S READY

250-537-0867

lastbite@telus.net



Christine Godlonton had been living on Salt Spring Island for six years, working at Hastings House Country House Hotel and running a small catering company when she realized that there was no local business that provided ready to go, frozen, tasty meals. From this notion came the idea to expand her catering company Dinner's Ready to include a frozen line of ready to go meals.

Dinner's Ready now provides a range of single serving frozen meals as well as full dinner options with servings of meat, vegetables and starch available for pick-up at Embe Bakery. Special orders can be arranged for delivery to your home or the home of friend.

Christine graduated from the BCIT Chef's Program and has enjoyed working with food ever since. Catering intimate parties in private homes to large weddings and special events, she is able to enjoy the flexibility of her work and the opportunity to meet new people every day. At any time, Christine employes up to 15 people.

Watch for Christine at the Saturday market this summer, where she is launching her new line of cookie dough - Salt Spring Cookie Dough Co. One smart cookie!

Terri Bibby

BIBBY COMMUNICATIONS

www.bibbycommunications.ca

SAORI WEAVING

www.saltspringweaving.com

Ph: 250-537-8813 ~ Toll-Free: 1-866-576-3667

email: terri@bibbycommunications.ca



Terri Bibby designs, develops and maintains websites for local businesses and artisans. Drawing on her extensive background in business, computer consulting and management, Terri understands the critical importance of website marketing. She sees website development as a collaboration with her clients and enjoys the process of making connections with them, understanding their businesses, and finding solutions.

Terri is a part-time administrator with the Salt Spring Island Foundation and volunteers with community organizations such as the Our Island, Our World Film Festival, the SSI Weavers Guild and others.

Terri also offers workshops, classes and retreats in the freestyle SAORI approach to weaving. She works with community groups to provide weaving outreach programs and Peace Weaving.

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Wendy Hartnett

OWNER

ISLAND GOURMET SAFARIS

174 Grantville Street • 250-537-4118
 info@islandgourmetsafaris.com
 www.islandgourmetsafaris.com



For the past 8 years Wendy Hartnett has been taking residents and visitors on unique "culinary and art" tours of Salt Spring. Focusing on the numerous specialty food producers and artists found all over the island, Island Gourmet Safaris offers a delightful way to see this beautiful place in a whole new way. Perfect for people who want to take the time to savour their experience of island life, the Safaris are a popular addition to Salt Spring's recreation repertoire.

This year's safaris are: Out Of Salt Spring, The Art Hunt and Vancouver Island. Wendy is proud to support ArtSpring, the SPCA, and Lady Minto Hospital.

"We are a mosaic of all things beautiful and delicious."

Wendy

Lisa Luft



TICKLED PINK/SOMETHING BLUE PHOTOGRAPHY

341 Bridgman Road
 1-604-839-2789 or 250.653.9847
 www.somethingbluephoto.ca | www.tickledpinkphoto.ca



Lisa is the owner and main photographer for the two portrait businesses, Ticked Pink Photography and Something Blue Photography by Lisa Luft. Ticked Pink focuses on families, portraits and children, while Something Blue is dedicated to photographing weddings and engagement sessions. Working on Salt Spring in the summers and on request throughout the year, Lisa finds the beautiful locations at Salt Spring ideal backdrops for capturing people in relaxing yet stunning environments. With Salt Spring fast becoming a popular and accessible location for destination weddings, Lisa is proud to be part of the thriving Salt Spring business community and one of the many Women in Business on Salt Spring Island.

Judith Humphrys

Skin Sensations DAY SPA & WELLNESS CENTRE

2102 - 115 Grace Point Square 250-537-8807
 spa@ssisland.com • www.skinsensations.com



At Skin Sensations, Judith Humphrys and her team of certified health practitioners and aestheticians have created a peaceful, harmonious oceanside oasis, perfect for enjoying traditional spa treatments and receiving holistic health care. In business on Salt Spring for 12 years, Judith's day spa enjoys a great reputation for all of its aesthetic services: facials, manicures, hydrotherapy treatments, and especially pedicures (called "the best" by happy clients). In addition to these services, her centre offers massage, reflexology, reiki and body piercing.

Judith takes pride in the high quality products Skin Sensations uses and carries. Eminence Organic Skin Care, from Hungary, is natural beauty you can see and feel. Eminence offers a truly exquisite experience with products that are so natural you can see the fresh fruit pulp, seeds and real herbs. The products contain no harsh chemical preservatives. The Spa also features Gehwol foot care products from Germany and Zoya, Chi and OPI nail polishes, which are free of thaluline, formaldehyde and debutyl phthalate. The latest addition to the spa is an infrared light therapy sauna. We offer LED therapy and microdermabrasion and non-surgical facelifts. We have a certified Body Piercer on our staff. Staci brings with her eight years of piercing experience.

Judith and her staff take great pleasure in their work. "We enjoy making people of all ages feel good about themselves," she says. The centre is committed to serving islanders' needs and offers many discounts, including senior foot care, massage and manicure at a very reasonable rate. "Our biggest compliment, is when individuals return for our services time and time again," Judith says.

Skin Sensations supports the SPCA, Rotary Club and Community Services, among many other local charities.

Elizabeth Lee

I can make a difference SAFE RELIABLE HOME CARE

Office: 250-537-1023 or Cell: 250-538-7722



Elizabeth Lee is a fourth-generation islander whose life work is to help others live more comfortably. A founding member of Island Comfort Quilts, Elizabeth has spent the past eight years caring for the elderly.

Acting as a companion in the home or hospital, Elizabeth provides a range of services, including palliative care, meal preparation, shopping and accompaniment to appointments. Her patient and compassionate nature has made her a reliable choice and her excellent rapport with the elderly has made her a favourite one. She is also very conscious of their special needs for safety and well-being.

"My work is very rewarding," says Elizabeth. "I try to make a difference and improve the quality of life for people, and they are happier and calmer."

Laurie Poulsen

lloyd's saltspring island organics™

lloyd's saltspring island organics

610 Rainbow Road 250-537-5799
 info@saltspringislandorganics.com
 www.saltspringislandorganics.com



Having a background that combines business, hair design and a concern for the environment and health, Laurie Poulsen was in a unique position to create a salon-quality line of natural hair products. As Director of Business Development leading a team of five employees, Laurie has combined her skills to bring us "lloyd's saltspring island organics".

"I love my work because I believe I've created something truly beautiful and completely safe for everyone," Laurie explains. "These products are an extension of what's important to me."

The all-natural products are made from the finest ingredients available, making them perfect for anyone to use from babies to adults. They boast a range of attributes, being pH balanced, hypo allergenic, fairly traded, biodegradable and cruelty free.

"In just over one year of business, the lloyd's line is in over 100 stores, across the country. These include specialty stores, grocery and health food stores, the Rocky Mountain Soap Co. chain, and Green Earth Organics

"I also love my work because we've created the lloyd's saltspring island organics society for the well being of children. With a background in charity work and fundraising, this part of the company is very close to my heart." A percentage of all sales of "lloyd's" products goes directly to the society, Laurie notes.

Leah McNinch

SALT SPRING REFUND CENTRE

Country Grocer Mall 250-537-8784



The Bottle Depot has been managed by Leah for eight years, taking in Salt Spring Island's bottles, cartons, plastic and glass. It provides a valuable resource for everyone concerned with keeping the global and local environment healthy.

"All ready-to-drink, alcoholic and non-alcoholic beverage containers, are welcome," says Leah. All milk containers now accepted - no deposit paid or received.

The business has grown steadily as more and more people come to understand that they need to do something as individuals to help the environment.

"I like my job because it's humanitarian - it doesn't take anything away from the environment," she says. "Come in and we'll show you how it's done."

We'll be moving around until the mall renovations are complete. Now we are next to Country Grocer, but in June we're back to the old spot beside Uptown Pizza. Eventually we will have our own building.

The business is also a benefit to 80 various charities, from AIDS Walk to Water for Africa. Hours are Tuesday - Saturday, 9:30 a.m. - 4:30 p.m.

Leah Woods



Choices CLOTHING STORE

107 McPhillips Avenue | 537-1115



Leah Woods is the owner of Choices, an organization with seven employees. For the past 18 years, Choices has been providing services for adults with special needs.

These services include a day program funded by Community Living of B.C. This program provides support for community integration and life skills. Choices also operates a clothing store, which is a job training centre for our clients, enabling them to develop important job skills. "We sell great women's casual and business clothing to suit all ages," says Leah.

"We have some great new spring lines, such as HT Naturals and Spirit. We also have the old favourites: Lois and Ezze Wear, Julia and Eugenia".

Leah's business also supports local charities as well as the Special Olympics.

Passion for food fosters two healthy businesses

On-the-go mom shares essential learning

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

Canadians are set on becoming a whole lot healthier, and will even enjoy doing so, thanks to two island businesses inspired by one woman's passion for food.

Food that is good for you and also tastes good is central to the upcoming launch of Annette Magled's Grains Plus product and responsible for the growing client base at her food coaching business, Salt Spring Food for Life.

Over lattes and biscotti, Magled explained that in her life, food has always had significance. She was brought up in a Jewish family in Israel and Toronto, in a culture that celebrates every important event with a special dish.

"Food is an essential part of that life. It's a part of all celebration, religious or otherwise," Magled said, recalling the hours spent watching her grandmother in her tiny kitchen preparing pita breads, chicken and stews for up to 20 family members.

As a busy wife and mother, Magled's adult life has seen a continuation of her passion combined with the everyday stress of the time constraints everyone feels. As a result, she's become an expert at preparing meals "on the fly" and improvising with what's on hand. Her three daughters have anywhere from four to six activities between them each week, while her husband works full time and also has a singing career. With her own business and volunteer activities thrown in, Magled knows how



Annette Magled.

to feed a family with limited time and still make food that nourishes and tastes good.

"I like to feed people, and I like to feed people good food, because when I eat good food I feel a definite difference between that and what weighs me down," Magled explained.

Her love of cooking for friends and family has led directly to Grains Plus, a product that Magled hopes to launch at Natureworks in June and then outwards into Canada. The mix of whole grains and fresh seeds is a "fibre food topping" that can be added to savoury or sweeter foods, from sal-

ads and stews to rice and quinoa, or yoghurt and muesli. Involving a mix of "superfood" fibres like hemp and flax, Magled has maximized the recipe's ratio so that nutritionally it's almost a complete food for its essential fatty acids, vitamins and minerals.

Besides being tasty — Magled said it's the only way her youngest daughter will eat rice — the topping has proven health benefits within Magled's own family. She first learned the recipe from her mother, who used it to reverse a painful condition called diverticulitis, a blocking of the intestines by undigested food.

Dismayed by her doctor's suggestion of cutting out the blocked portion, and even more by his assertion that there were no preventative measures and that a second operation would likely be necessary in a few years, Magled's mother took a nutritionist's advice instead. Using a Grains Plus-like recipe, she completely solved the problem.

Around four years ago, Magled served her version of the recipe to a friend, who told her, "Annette, you've got to share this."

"I got all excited inside," Magled recalled, "because there's nothing like it. It's unique, it tastes good, it has health benefits. I knew my kids would be looking for something to do, and sales is such a strong component. So it all came together."

In addition to Grains Plus, Magled has added her own stamp to the field of personal coaching. Through Salt Spring Food for Life she combines her skills in the kitchen with her nutritional knowledge to help people change their habits to healthier ones.

Magled entered the field around

two years ago when Deb Leblanc of DEBFIT Lifestyle Fitness Company told her she wanted to concentrate on exercise training with clients and needed someone else "to wear the food hat."

"It was a perfect fit for me, and it was like someone had given me a gift. It involved all the skills I had and she gave me some place to put them."

In her coaching work, Magled said she works on a person-to-person basis, and starts by learning about an individual's relationship with food. After a lot of talking, small changes rather than huge ones are introduced.

"It's not necessarily about how to change, because that can be overwhelming and sets people up for failure. Instead, we just add good things: it could be just drinking one glass of water in the morning, or putting your fork down between bites, or chewing your food more times."



Magled also helps people learn how to shop, how to plan meals and how to make meals when there isn't much in the fridge. Getting creative is her strong suit; where others see unconnected grocery items, she sees ingredients for a meal. At the same time, she provides the tools to make sure the ingredients that are hanging around are likely to be healthy ones acquired through "conscious" shopping.

But perhaps Magled's greatest gift is educating people that food that is good for you actually tastes better — the best reason to eat it.

To learn more about Grains Plus, call Magled at 250-537-6523. For information on food coaching, see <http://www.saltspringfoodforlife.blogspot.com>.

PHOTO BY DERRICK LUNDY

Edie Foster
Sales Manager
SAUNDERS SUBARU
1784 Island Hwy., Victoria
1-888-898-9911

Edie Foster came into the family business at Saunders Subaru when she was 19. She started as a lot person, and for her first five years with the company she washed, moved and transported cars, and assisted the mechanics. She went on to become service manager, assistant sales manager, and now is sales manager at Saunders, a position she's held for the past 14 years.

What's it like working for a family business? "I love it when people think I'm Ruth's much younger sister," says Edie.

Edie's biggest challenge has been people accepting her position as a female sales manager. "Gender should have no reflection on who is the best person for the job," is Edie's philosophy. Her greatest reward is meeting people and helping them make decisions about the largest investment they are likely to make next to buying a home.

Edie enjoys spending time with her husband, her daughter (18) and her son (21), and especially spending time at the family cabin on the ocean, fishing and crabbing. She is also back playing hockey after a 15 year break.



Kim Young, Alison Kerr, Barb Kinneer

Shinobu Verhagen
OWNER - MANAGER - CHEF





250-537-2273 www.ravenstreet.ca

Shinobu Verhagen and her husband have owned and operated Fernwood's Raven Street Market Café since 2001, and recently opened the North Island Coffee Company and Deli wharfside in Fernwood, and adjacent the original homestead. Shinobu also opened the Murata House Bed and Breakfast in 2008, and continues to be active with both the Greenwood's Foundation and Salt Spring Rotary Club.




Since the introduction of a north end bus route last year, Shinobu and I-SEA volunteer Jessica Harkema have also been attempting to install a green bus shelter to complement the service, and hope to complete this project in 2009.

In the fall, Ms Verhagen will be presenting Japan's Ryuzanji Company at Art Spring as they perform Canadian playwright Lee Macdougall's High Life.

Music and culture remain Shinobu's passions, and she continues to play her trumpet with both the Salt Spring Concert Band and Swing Shift, while hosting various musicians every Friday at her Café and continuing to teach Japanese art, language and culture to students on the island.

Shinobu can be reached via e-mail at the Raven Street website www.ravenstreet.ca

MOUAT'S TRADING COMPANY LTD.
106 Fulford-Ganges Road
537-5551

Kim Young has been on the management team of Mouat's for the past seven years, and with the company for a total of 15 years. Mouat's Trading Co. employs over 30 people, and pride themselves in being general merchants, as Kim says "We try to have a little of everything for everyone". Mouat's is active in it's support of many community causes including the Sick Kid's Foundation and the Asthma Society.

Alison Kerr is the friendly voice of Mouat's Trading Co, very often the first person you talk to when you call Mouat's is Alison, having been employed at Mouat's for 20 years as Office Manager. "We pride ourselves on being a Home Hardware store with a twist", says Alison.

Barb Kinneer has worked in every department of Mouat's over her 19 years with the company and currently holds the position of Receiver. Over the years, locals and visitors alike have been able to depend on Mouat's for up-to-date quality products.

Sarah Lynn Smith



COUNTRY GROCER
 Islanders Serving Islanders
 since 1984
 250-537-4144



Anyone who knows me, knows food is in my very being. I have worked in many aspects of the food business over the last 22 years — starting out as a line cook, training as a pastry chef, chocolatier and cake decorator, and then applying that training to become a product developer, recipe designer, food writer and teacher. I devour any book on or about food, absorbing methods old and new. One of my favorite books is a cookbook from the late 1800s called "How to Run a Proper Manor." Discovering new food methods has become my passion. The history of food is so amazing. After taking a few years off to stay at home with my children during their younger years, I re-entered the job force in 2000. The local grocery store (now Country Grocer) was looking to introduce a demonstration department and as I am a people person and the hours worked with my family lifestyle it seemed a perfect fit. As I settled into my new job, my employers encouraged me to be creative. I saw the potential to expand business and I realized, as much as everyone would love to whip up a gourmet meal every night, it is not in the balance sometimes. Seeing a need for quick and easy, without sacrificing flavour, I started creating recipes around products I would demonstrate. This effort has grown to become a collection of over 2,000 recipes. The most asked question is "What made you think to put these foods together?" I think of food combinations at every moment, I write recipes in my head and even when I sleep, I dream of food. I don't think twice about trying something new. History has shown some of the best recipes are made by accident. What makes me feel successful is the response I get from others, especially from those who shy away from the kitchen, who feel empowered to cook... I know that, in some small way, I have made a difference and that someone is smiling with satisfaction at the dish they have made!

Celle Rikwerda-Child

CHARTERED HERBALIST



STARK NATURAL HERBS
 160 Stark's Rd.
 Salt Spring Island, B.C.
 V8K 1M3
 250-537-5758

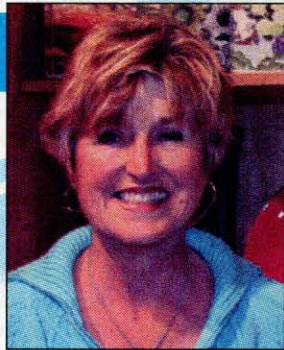


Stark Natural Herbs is a home based company, with a main goal to provide an array of unique luxury botanical skin care products which are starkly natural. Celle, is a second generation Salt Spring Island Herbalist; she has studied extensively over the last 5 years in Aromatherapy and Clinical Herbalism. The line of products was created using no fragrances or harsh chemicals, and the use of natural preservatives and organic ingredients wherever possible. Every product is made using only the finest quality herbs and botanicals, essential oils, exotic butters and oils, fruits and flowers. Custom formulas and scents are also offered. Available at Farm Gate, 160 Stark's Rd, and every Saturday Market in front of the Local.

Linda Koroscil



LOVE MY KITCHEN
 250-537-5882
 140 Fulford-Ganges Road



We're still here and doing well since 1991 supplying the culinary needs to people who love to cook.

At Love My Kitchen shoppers can find name brand products like Le Creuset, Swiss Diamond, Fiestaware, and just to add a bit of fun and whimsy, we search out unique things like fun windchimes and kids animal backpacks.

We have a great location right across the street from the Saturday Market and we're open seven days a week from 9:30 - 5 (ish). Come visit us at 140 Fulford-Ganges Road.

Everything you'd ever need - utensils for life!

Lynn Dawson



HARLANS CHOCOLATES
 100 Lower Ganges Road 250-537-4434



How sweet it is! After one year as the owner of Harlans Chocolates, Lynn comments, "The first year has proved challenging and rewarding. It has been an absolute pleasure serving all the people who pass through our doors. The support of island residents has been wonderful and a key component to a successful first year."

Harlans is the place on Salt Spring for specialty chocolate, confections and gelato. Looking for that perfect gift? Come check out the sweetest place on Salt Spring!

Robin Little



250-537-4774
 robin@rlittlebabe.com



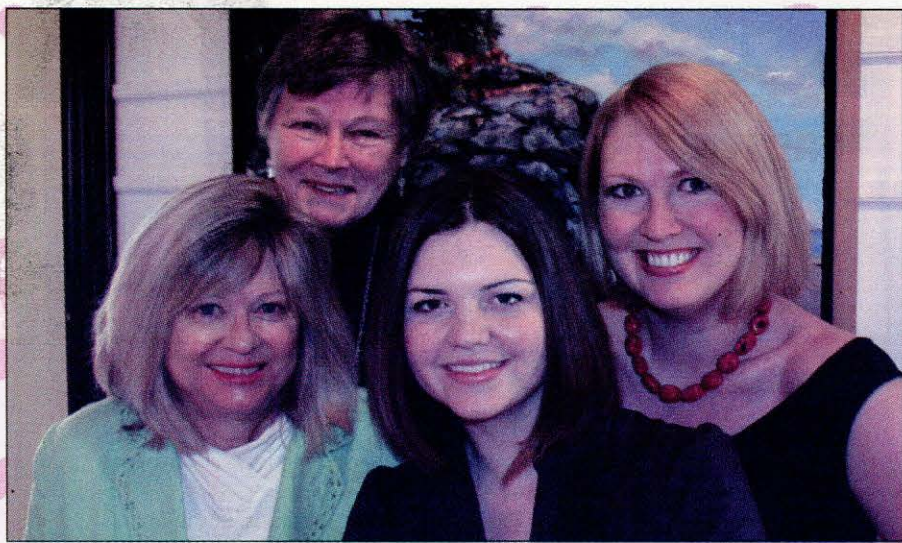
Robin Little knew after she had her third child that a 9-5 job wasn't going to work for her family. Instead, she let her children be her inspiration and created a home-based business that brought together her love for babies and high-quality baby gifts.

With a keen eye for fashion and a desire to help people choose gifts that mothers could really use and appreciate, Robin has put together custom gift boxes with some of her favourite items. Products are chosen with babies' delicate skin in mind, and include organic cotton onesies in colours like chocolate brown or apple green, flexible leather shoes by Jack and Lily, and super soft chenille blankets.

Robin says that r little babe products are those that work equally well for her family and for people everywhere, but she'd like to offer something not usually found on Salt Spring.

"I like to think outside the box and find a niche here on the island. r little babe offers unique and trendy ways to spoil your baby."

Already a popular stop at tradeshow, r little babe products are also sold through the website, www.rlittlebabe.com. For more information, contact Robin at 250-537-4774 or robin@rlittlebabe.com



Carolyn Grayson, Patricia Fraser, Claire Sigvaldason, Kim Dalton

Pegasus has expanded to a second gallery! Opening soon - Pegasus Gallery Framing will offer expert custom framing, the island's only fireproof, secure art storage as well as professional crating and shipping. We're delighted to welcome Kim Dalton as the new framing manager. An accomplished artist in her own right, Kim is well-known on Salt Spring for her flair for design and colour and her vivacious personality. Claire Sigvaldason, who has been an integral part of the gallery for three years is back after maternity leave and is thrilled to lend her skills to both galleries.

Since 1972 art lovers have been coming to the Pegasus Gallery to see the best of Historical and Contemporary fine art and Northwest Coast Native art. Carolyn Grayson and Patricia Fraser love the family feeling at the gallery and look forward to sharing the always changing art treasures with their island friends.

PEGASUS GALLERY

(seaside at Mouat's)
 #1-104 Fulford-Ganges Rd
 250-537-2421



PEGASUS GALLERY FRAMING

(across from Merchant Mews)
 111 Robinson Road
 250-931-2122

www.pegasusgallery.ca

Arletta Byers and Marnie McAughtrie



MOUAT'S CLOTHING CO.
 250-537-5593 or
 1-877-490-5593



Women have played a leading role in the growth of Salt Spring Island and Mouat's Trading Company ever since Jane Mouat mortgaged her farm in 1907 to purchase the business. One hundred and two years later, creative women are still centre stage at Mouat's Clothing, presenting customers with legendary personal service and the best in practical and fashionable clothing for men and women, from edgy Italian designs to kids gumboots.

Manager Marnie McAughtrie and assistant Arletta Byers have put together a team of stylists that know their business and know what will work best for the customer. Membership in our V.I.P. club has become something that's a 'must do' for regular customers. We invite everyone to stop in to the Clothing Company to meet the staff and chat about all that's new and exciting in today's fashion world.

Island Savings Insurance office sees clients as family

Local team creates supportive environment

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

For the women who work in the commercial division of Island Savings Insurance, family comes first.

That's to the benefit of rather than the reverse for their clients: Tanja Akerman and Terry McLees see the local entrepreneurs they support as part of the extended family of the Salt Spring community.

Working together as a team for the past two years, Akerman and McLees have created a supportive environment for business owners that brings the insurance service to a new level.

Akerman's 10 years' experience and McLees' fresh enthusiasm combine to ensure clients' assets are protected against every possible loss or liability while staying within budget.

They work with all types of businesses, including retail outlets, health professionals and non-profit societies.

"One problem is making people realize that they do have exposure to risk," Akerman said of the job's challenges.

"A lot of people don't believe anything can happen to them or their business and they might not get full coverage. Our job is to make sure they have everything they need."

Akerman and McLees feel responsibility to their clients on a year-round basis, not just when a policy is due. They are continually taking new information from current events, industry newsletters



Tanja Akerman and Terry McLees of Island Savings Insurance.

PHOTO BY DERRICK LUNDY

and other sources, and applying it to local businesses.

"It's kind of like making a turkey dinner every day," McLees said.

"You've got things you're juggling, you've got something on the back burner, you've got different tasks you're trying to complete . . . and then you start over again."

As members of the modern workforce, Akerman and McLees find the traditional challenges faced by women a couple of gener-

ations ago have shifted. Now with two-income families being the norm rather than the exception, the challenge is having someone at home to spend time with the kids.

Both McLees and Akerman place the family as the most important area of their lives and Island Savings' support of families is the reason they work there. It was the only place that allowed McLees to carry a mortgage on her own when she became single.

Now back on Salt Spring after several years working as a revenue agent in the United States, she's putting her energy into returning that support back to the institution and the community. With two grown children off on their own, McLees' personal time is spent with a great guy in her life, her horses and working on her cottage.

Akerman works part-time hours to spend more time with her chil-

dren, who are seven and 10. A "sports family" — her son plays ice hockey and her daughter has entered competitive gymnastics — their busy schedule includes two successful home businesses. Akerman also co-organizes the Big Bike charity event for the Heart and Stroke Foundation and sits on the Industrial Task Force, meeting almost every Monday from February to June this year.

"It's kind of like making a turkey dinner every day."

TEERY MCLEES
Island Savings Insurance

Like McLees, Akerman credits Island Savings' support of families for allowing her to balance her work and personal life to her satisfaction.

"I also have a lot of family support with my extended family and my wonderful husband. I do not do it all — I'm not Super Mom."

Living in a small community where people get to know each other in many spheres, the importance that Akerman and McLees place on family also extends to their client base, who benefit from a personalized level of customer service.

"Our clients are amazing," said McLees. "They're adventurous and funny and true. We read about them in the newspaper, see them in the market or the store. They become friends or, in some cases, even family."

Mardon Dary & Kathie Simpson



PURA VIDA OCEANSIDE MASSAGE THERAPY CENTRE
325 Fernwood Road, 250-537-8432



Found directly across the road from the Fernwood dock and offering a fantastic ocean view, the location might be enough to attract clients to the new Pura Vida Oceanside Massage Therapy Centre.

Women in Business members Mardon and Kathie are both registered massage therapists who have trained in a variety of techniques that are integrated specifically for each individual client. Their beautiful, waterfront setting provides a sense of relaxation that is deepened by hydrotherapy techniques: a steam room and infrared sauna enhance healing and relaxation, and are covered under extended healthcare.

"An important part of our business is educating people about their bodies and encouraging active participation in their treatment," Mardon and Kathie say. "Massage therapy is very rewarding and we enjoy helping people recover from injury and stress."

In practice on Salt Spring for 11 years, the therapists of Pura Vida support groups such as the Relay for Life and the Terry Fox run by providing sports massage and advice.

Pura Vida Oceanside Massage Therapy Centre is located at 325 Fernwood Road. Call 250-537-8432 to make an appointment.

Katherine Ellacott

REGIONAL MANAGER – 9 YEARS EXPERIENCE

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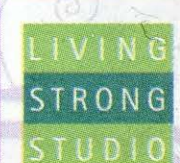


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Sheena Bull



LIVING STRONG STUDIO
120 Hereford Ave., 250-931-5483
team@livingstrongstudios.ca



Being part of a true "feel-good" business has inspired Living Strong Studios founder, Sheena Bull, to create a business that benefits the entire community.

A certified personal trainer, Sheena began her business ten years ago because she was interested in helping individuals who wanted a more structured exercise routine. She also wanted to apply her knowledge of how to use equipment to target muscles in a safe manner.

Now in a 2,500 square foot open studio overlooking Ganges Village, the Living Strong surroundings are matched by the latest high quality equipment. Sheena and four employees continue to expand services, now offering members access to the equipment without necessarily having to hire a trainer.

"Our clients are happy to show up and exercise in order to enjoy the benefits of a healthy body," Sheena says. "Every day we feel like we are helping to create a healthier community, which benefits everyone."

"We love our jobs and our clients and members!"

Living Strong Studios supports high school sports teams, the Terry Fox Run, the big bike for heart and stroke, ladies golf association, school PAC groups and ArtSpring.

Phone 250-931-5483 to make a training appointment.

Brenda Akerman

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I love my work! On Salt Spring it is difficult to find good quality skin care at a reasonable price. I offer quality products backed by a 100% guarantee, I pamper women and help them look and feel great and I offer personalized service. Plus I can offer women a chance for a better lifestyle. It is extremely rewarding for me to be in this business! Over 11 years ago I started my Mary Kay business, partly because I wanted everything in the line, but mostly because I saw an opportunity where I could work at home when I had children. Now that I do have young kids, I get to stay at home with them during the day and have my "girls nights out" pampering others as my "job". Really, it can't get better than that! I believe in everything the company stands for. I love the product and I meet some pretty neat women along the way! The mission of the Mary Kay Ash Charitable Foundation in Canada is to support women living with cancer through the Look Good Feel Better Program (over 50% of the women helping are Mary Kay consultants) and to help end violence against women by providing grants to women's shelters and community outreach programs across Canada. Mary Kay's company philosophy is faith first, family second and career third, which is how I believe life should be lived!

Lynda Monk MSW, RSW

LIFE AND WELLNESS COACH



250-653-2085

www.creativewellnessworks.com



Creative Wellness is a business that has been committed to helping helpers live well and live fully since 2000. Founder and life coach, Lynda Monk, specializes in caring for those who usually do the caring.

Using her skills as a social worker, published writer, and workshop facilitator, Lynda helps professionals and organizations manage occupational stress in meaningful and effective ways. Her passion is for helping clients achieve wellness and fulfillment through healthy lifestyles and healthy workplaces.

"I support professional helpers, healers and leaders to gain clarity of vision and goals; to stay connected to self-care and well-being; and to achieve balance in life and work," Lynda explains.

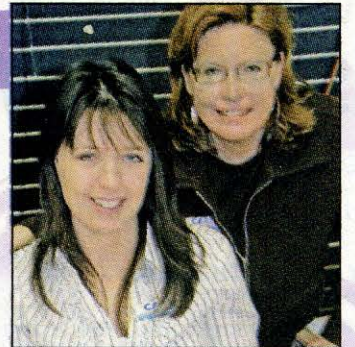
Creative Wellness services include individual and group coaching programs, wellness training workshops, and an online store featuring guided meditations and ebooks, including her recent publication, Life Source Writing: A Reflective Journaling Practice for Self-Discovery, Self-Care, Wellness and Creativity.

Lynda supports SWOVA, the MS Society, and the BC Cancer Agency.

For more information, call 250-653-2085 or visit www.creativewellnessworks.com

Suzanne Archer & Gayle Mavor

An initiative of **ethos**
Career management Group Ltd.



The Career Assistance and Resources for Employment (CARE) office assists clients with career solutions and essential tools to guide them towards their employment and career goals.

All services are offered at no cost which includes one-to-one career counseling, access to computers, internet, telephones, fax machines, and the latest job postings. CARE also provides 24/7 online access to innovative employment workshops and a virtual resource centre.

The office is run by Career Counsellor Suzanne Archer who is helped by Client Advisors Mundy Henbrey and Gayle Mavor. They invite you to come to the office at 105 McPhillips Avenue with your employment and career needs!



Funded in whole or part through the Canada-British Columbia Labour Market Development Agreement

Edith Stevenson



Insurance Advisor
129 Brookwood Place
250-653-2440
edith.stevenson@sunlife.com



Enjoy life. Protect the things that matter. There are certain events in your life that you can't control, but you can plan for. Edith Stevenson's passion is helping people understand personal life and health insurance – knowing that when the income stops, it can be a real life saver to show up with a much needed cheque.

"I know what it is like to have the bread winner die too soon, or be so sick as to not be able to work. Your finances should be the least of your worries."

Life insurance can provide choices for one's family. Critical Illness Insurance and Long Term Care protection can provide you with the funds needed to consider your own care and treatment options. Sometimes being free of financial worry can be as helpful as what doctors and other health care practitioners provide towards recovery.

Sun Life Financial has been a leader in the insurance industry in Canada for over a century. Edith has been helping people with their insurance needs for 23 years. She loves living and working in the south end of Salt Spring, and looks forward to becoming part of the business community here. If it's been a while since you reviewed your financial plans, give Edith a call, at 250-653-2440.

Nancy Holt-Stefancsik

CO-OWNER



166 Rainbow Road
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Annette Magled



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With over 20 years developing recipes from local and organic food, Annette's passion for healthy, delicious food is contagious! Her flair for improvisation in the kitchen and her simple approach to cooking is what makes Annette's cooking classes so enjoyable.

Annette will help you to create personalized recipes, make delicious and nutritious meals in under 30 minutes and create food that is high in taste, low in calories and easy to prepare. An active mother of three and a 'foodie' herself, she is always experimenting with new recipes, exploring different cuisines and spices. You will be able to prepare food you and your family will be excited to eat.

Call Annette and ignite the passion for cooking!

Grains Plus is a sister business to Salt Spring Food For Life. Grains Plus is a fibre food topping which is manufactured on Salt Spring Island.

What has no calories; prevents constipation; may lower the risk of heart disease, obesity and diabetes? The answer is dietary fibre.

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Dr. Libby Barlow, B.A., D.C.



**SALT SPRING
CHIROPRACTIC**

Lancer Building,
323 Lower Ganges Rd.
250-537-4142



Libby has been living on Salt Spring for 15 years and practising here for 14. In that time people of all ages and walks of life have utilized her office and experienced the benefits of chiropractic. She says it is a privilege to cross paths with, and be involved in, so many people's reclaiming of their health. "Far too often," Libby says, "people 'sell themselves short' by attributing a decline in their general well-being to 'getting old' — and this sometimes from those yet in their twenties!" When people return after treatment stating they "haven't felt this good in years," Libby finds it tremendously rewarding and a real testament to the power and effectiveness of chiropractic.

It was this desire to assist people in attaining greater health in a natural and holistic way that drew Libby to the study and practice of chiropractic. Chiropractic, she says, respects and works with, not against the body's own recuperative abilities. There is a tremendous impetus towards health and well-being in each of us. Chiropractic, by virtue of removing interferences from the nervous system, supports this impetus by enabling the body to function optimally.

Samantha Parker

MANAGER

J. MITCHELL GALLERY

3104 Grace Point Square
Salt Spring Island, BC. V8K 2T9
250-537-8822
www.jmitchellgallery.com



J. Mitchell Gallery

Samantha is elated to introduce the new owner of the J. Mitchell Gallery to the community. The existing contemporary artists can be reassured that there will be a smooth transition from Judy Mitchell to the new owner.

Samantha (Sam) Parker has been selected to manage the gallery. The new owner is very pleased that she has decided to accept this position. She comes to the J. Mitchell Gallery with considerable experience. Sam has been associated with the Pegasus Gallery of Canadian Fine Art. She has been raising her family, working and volunteering within this community for nearly 30 years. Her family is well known on Salt Spring for their artistic contributions.

Gillian Needs

CERTIFIED HYPNOTHERAPIST



Gillian Needs is a Certified Hypnotherapist, a member of the Natural Therapists Association of North America and owner of The StressBusters.

Gillian's emphasis is on teaching groups, usually in the workplace. She teaches a quick stress relief technique using Hypnosis and NLP (Neural Linguistics Programming). She is an excellent speaker; her seminars are fun and relaxing.

Gillian says that by using hypnosis for stress relief "we learn how to tap into the power of the mind, we reclaim our personal power, and decrease the use of pills and alcohol. We also treat others with respect in and out of the workplace. When we learn how to relax we experience a reduction in emotional reactions, concentration improves and blood pressure decreases."

Gillian is presently looking for a special residence on Salt Spring Island, and is looking forward to meeting everyone.

What's On This Week

Wed.
April 29

LIVE ENTERTAINMENT

Simply Organic.
Free organic recital at All Saints. Followed by muffin & coffee/tea for \$2. 10:10 a.m.

ACTIVITIES

All-Candidates Meeting.
Saanich-North and the Islands provincial election candidates. ArtSpring. 6-8 p.m.
SSI Golf & Country Club AGM.
At the clubhouse. 5:30 p.m.

Thurs.
April 30

ACTIVITIES

Elders Luncheon.
Potluck lunch with Tsawout First Nation reps at Beaver Point Hall. Doors noon, lunch at 12:30 p.m.; speakers at 1:30.

Tantric Yoga For Women.
Pay what you can Thursdays with Kristin at Core Inn, third floor. 4:30-6 p.m.

Fri.
May 1

LIVE ENTERTAINMENT

Departure.
Jazz trio featuring saxophonist Monik Nordine at Cafe El Zocalo. 7 p.m.

ACTIVITIES

Yoga for Everyone.
Pay what you can Fridays with Kristin at Core Inn, 3rd floor. 4:30-6 p.m.

Sat.
May 2

LIVE ENTERTAINMENT

Salt Spring Chamber Players.
Piano, trumpet and bassoon program featuring Jonathan Newmark with a presentation on composers and their neurological disorders. All Saints. 3 p.m.
Salt Spring Singers. Made in Canada concert, directed by Deb Toole. ArtSpring. 8 p.m.
Salt Spring Arts Academy. Showcase evening of dance, music & video, and fundraiser. Mahon Hall. 6 p.m.
Alvaro Sanchez and Chamigos. Latin trio at Cafe El Zocalo. 7 p.m.

ACTIVITIES

Heiwa Garden Opening. Ribbon-cutting, ceremony, music, children singing and poetry. Peace Park. Noon.
Choices/Community Initiatives Golf Tournament. Fundraising tourney for novice & experts. SSI Golf and Country Club. 10 a.m. tee-off. Sign up: 250-537-2121, or 250-537-1115.
Antique Japanese Silk Kimono Show & Sale. Flow Day Spa. (Above Apple Photo). 11 a.m. to 3 p.m.

Sun.
May 3

LIVE ENTERTAINMENT

Salt Spring Singers. Made in Canada concert. ArtSpring. 2 p.m.
The Barley Brothers. Still alive and un-plugged. Every Sunday at Fulford Inn. 6:30 p.m.

ACTIVITIES

Ruckle Farm Day. Ploughing match, rural skills, animals, food and more. Ruckle Park. 10 a.m. to 3 p.m.

Mon.
May 4

LIVE ENTERTAINMENT

Neil Diamond Tribute Concert. With performer Jason Scott at ArtSpring. 8 p.m.

ACTIVITIES

Creative Vessels Support Group. Fun activities, journaling, art therapy and discussion to help you handle the challenges of the creative process. Arbutus Therapy Centre. 7-9 p.m. Info: 250-537-5833.

Tues.
May 5

LIVE ENTERTAINMENT

Simon Miller Quintet. Jazz group performs at All Saints. 7:30 p.m.


Wed.
May 6

LIVE ENTERTAINMENT

GISS Choirs. At Music & Munch recital at All Saints. 12:10 p.m.



SEE A GREAT PHOTO IN THE DRIFTWOOD?
All photos that appear in the paper are now available on-line.
gulfislandsdriftwood.com



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1 hr 46 min
Rating: 14A

Fri. Sat. 9 pm / Sun. Mon. Tues. 7 pm

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Show and Sale
May 9th 10 to 4 pm

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CINEMA

Monsters vs. Aliens — This latest flic from the DreamWorks Animation team, creators of such hits as Madagascar, Shrek and Kung Fu Panda, pits an unlikely group of mutant heroes (monsters!) against an invasion by the power-crazed alien Gallaxhar. Loads of laughs & plenty of action for everyone to enjoy!

Adventureland — It's the summer of 1987, and James Brennan, an uptight recent college grad, can't wait to embark on his dream tour of Europe. But when his parents announce they can no longer subsidize his trip, James has little choice but to take a lowly job at a local amusement park. Forget about German beer, world-famous museums and cute French girls — James' summer will now be populated by belligerent dads, stuffed pandas and screaming kids high on cotton candy. Lucky for James, what should have been his worst summer ever turns into quite an adventure as he discovers love in the most unlikely place with his captivating co-worker Em (Kristen Stewart of Twilight fame), and learns to loosen up.

The new **Star Trek** film opens next at The Fritz!!! Check the Driftwood for trivia contest & prizes!

CABLE TV

• **Attention Shaw Cable TV Channel 11 viewers** — The Daily is your source for stories reflecting southern Vancouver Island people and places. The program is about half an hour in length and repeats continuously during the day and evening with new stories added daily.

EXHIBITIONS

- **Antique Japanese Silk Kimono Show & Sale** from Penny Berton's collection. At **Flow Day Spa**. (Above Apple Photo in Creekside building). Saturday, May 2, 11 a.m. to 3 p.m.
- **Marika Designs Jewellery.** Local jewellery designers special for Mother's Day. At Calvin's on Monday, May 4, 2-5 p.m.
- Textile artist **Kirsten Chursinoff** shows embroidered and appliqued nests as the featured exhibit at **Knotty Threads Studio** and **Local Artisans Gallery** in Fulford until May 10. Open Thursdays through Mondays, 11 a.m. to 5 p.m.
- **Abstract Works** by **Jamie Callum Macaulay** show at **Talia Cafe** from May 1-31.
- **Strujohemaza Monster Tour** — **Creative Fire Studio** kids' collaborative creation is in the **Mouat's Home Hardware** window through April, then moves to **Morningside Organic Bakery and Cafe** for the month of May.
- **Cody Conner** shows oil paintings at **Island Savings** until the end of May.
- **Shari Macdonald** has new photos hanging at **Jana's Bake Shop**.

Jonathan Newmark, M.D.
and the Salt Spring Chamber Players present a concert program and lecture on composers and their neurological disorders.

All Saints
Sat., May 2, 3 p.m.
A Salt Spring Chamber Players event

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The Salt Spring Island Residents Card is a new way to save and take advantage of special island promotions from member businesses of the Chamber of Commerce.

Check specials online www.residentscard.com

You can also pick up a list of Residents Card Specials at the front counter of the Driftwood.

your island... your card!



ARTS & ENTERTAINMENT

LOCAL WRITERS

Phyllis Smallman's Margarita Nights up for Ellis award

'Fail better' girl learns to like success

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

With the recent nomination of Margarita Nights for the Arthur Ellis Award for best first crime novel, Salt Spring writer Phyllis Smallman should be getting used to success.

The Crime Writers of Canada already awarded the book with the first ever Unchanged Arthur Award in 2007, and it was previously shortlisted for the Debut Dagger by the Crime Writers of the UK.

As Smallman reports, however, her talent for storytelling had to meet with dogged perseverance and a

lucky chance in timing to bring Margarita Nights to bookstore shelves. She had been writing for 15 years and been rejected countless times by publishers before she finally got her break.

"I always liked the quote by Samuel Becket: 'Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.' I'm the fail better girl," Smallman laughed during a Monday interview.

You could say Smallman failed best when she was shortlisted for the Debut Dagger prize. In a contest open to anyone writing in English, Margarita Nights got noticed among 900 entries. That attention helped gain her the book's eventual publication when Louise Penny, another Canadian writer, decided Canada should

have its own version of the prize.

Smallman recalled receiving an e-mail notice around Jan. 15, 2008 that the first Unchanged Arthur Prize for unpublished authors was accepting entries until Jan. 31. Margarita Nights came out the winner. Along with a small cash prize, the real reward was a reading by an agent at Canadian publisher McArthur.

McArthur liked the novel enough to publish it and by summer 2008 Margarita Nights was finding favour with mystery fans and reviewers alike. Smallman was amused to find herself, at age 62, on the New & Hot list at the Chapters bookstore chain. Now she's up for the Crime Writers of Canada's 2008 Arthur Ellis Award for best first novel while Sex in a Sidecar,

the second installment of the series, hits stores this week. Two further titles have been completed and should follow close behind.

Featuring a bartender named Sherri Travis who lives in Jacaranda, Florida, the series combines Smallman's lifelong passion for mysteries with her love of the setting on the Gulf of Mexico. A resident of Ontario until 2007, Smallman calls Salt Spring and southern Florida the two most perfect places she knows. She and her husband decided to move here on a whim during a snowstorm.

Smallman said her fictional heroine has no plans to visit Salt Spring, but a second series set on "Wolf Island" in the works.

Her avid curiosity about the world

should guarantee the writer enough material for many installments to come. She calls herself a version of the nosy neighbour who can't help listening to conversations in restaurants, and she also constantly wonders "what if" in her daily experiences. Those questions then turn into story ideas.

"The truth is that every human is a storyteller," Smallman said. "Each person has his or her own voice, and their own story. Everything the world knows about itself is from the stories we've told, whether it's truth or lies. Storytelling is so strong in each of us, it's like breathing."

Smallman will be in Ottawa June 4 to learn whether Margarita Nights wins its second award.



MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

Get ready to vote.

In the May 12th provincial general election, British Columbia's voters will decide who governs the province for the next four years. Voters will also decide what electoral system will be used for future elections.

New Identification Rules For Voting

Voters must prove their identity and current residential address to receive a ballot or register to vote at the time of voting. Any one of the following identification is acceptable:

- BC drivers licence
- BC identification card
- Certificate of Indian Status

If you don't have any of the above, bring two documents that together prove your identity and current residential address. A list of acceptable types of ID is available at www.elections.bc.ca

Voters without identification can be vouched for by a voter in their electoral district who does have the necessary identification, or a direct family member or someone who has legal authority to make personal care decisions for the voter.

Voting Opportunities

There are many voting opportunities in B.C. Here are some of your options:

Advance Voting Available to all voters. Voters can attend any advance voting location from 8 a.m. to 8 p.m. (local time), Wednesday, May 6 to Saturday, May 9. All advance voting locations are wheelchair accessible. ♿

General Voting Available to all voters. Voters can attend any general voting location from 8 a.m. to 8 p.m. (Pacific time), Tuesday, May 12, 2009.

Other Voting Options If you are going to be away or some other circumstance prevents you from voting at advance voting or general voting, you can vote in any district electoral office from when the election is called on Tuesday, April 14 to 4 p.m. (Pacific time) on Tuesday, May 12. You can also request a vote-by-mail package from your district electoral office or through the Elections BC website at www.elections.bc.ca

Referendum On Electoral Reform

In addition to an election ballot, voters will also receive a ballot to vote in the referendum on electoral reform.

Which electoral system should British Columbia use to elect members to the provincial Legislative Assembly?

The existing electoral system (First-Past-the-Post)

The single transferable vote electoral system (BC-STV) proposed by the Citizen's Assembly on Electoral Reform?

For more information on the referendum on electoral reform, visit the Referendum Information Office website at www.BCreferendum2009.ca Or, call their toll-free information line at **1-800-668-2800** (in Vancouver: 604-775-2800) from 8 a.m. to 5:30 p.m. (Pacific time) Monday to Friday.

Any Questions?

For further information visit Elections BC's website at www.elections.bc.ca or call toll-free **1-800-661-8683**.

Or, contact your district electoral office.
Hours of Operation
Monday - Friday 9 a.m. to 5 p.m.
Saturday 10 a.m. to 4 p.m.

The following persons have been nominated as candidates for Saanich North and the Islands for the May 12, 2009 General Election.

Saanich North and the Islands Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Tom Bradfield Green Party of BC	Anthea McLaughlan 9903 Seventh St, Sidney, BC, V8L 2V8	John Thornburgh 1090 Clayton Rd, North Saanich, BC, V8L 5P6
Murray Robert Coell BC Liberal Party	Susan Mercer 10259 Cleveland Rd, Sidney, BC, V8L 4X9	Kimanda Jarzebiak 203-1110 Government St, Victoria, BC, V8W 1Y2
Gary Holman BC NDP	Sally McAfee PO Box 339, Brentwood Bay, BC, V8M 1R3	

General Voting Places:	Advance Voting Places:	District Electoral Offices:
Brentwood Bay Elem School 7085 Wallace Dr, Central Saanich, BC	ArtSpring Art Centre 100 Jackson Ave, Salt Spring Island, BC	1528 Stellys X Rd Saanichton, BC (250) 544-4421
Capital City Yacht Club 10630 Blue Heron Rd, North Saanich, BC	Saanich Fairgrounds 1528 Stellys X Rd, Central Saanich, BC	
Community Gospel Chapel 147 Vesuvius Bay Rd, Salt Spring Island, BC	Shoal Centre 10030 Resthaven Dr, Sidney, BC	
Deep Cove Elem School 10975 West Saanich Rd, North Saanich, BC		
Fernwood Elem School 150 Fernwood Rd, Salt Spring Island, BC		
Friendship Baptist Church 7820 Central Saanich Rd, Central Saanich, BC		
Fulford Elem School 203 Southridge Dr, Salt Spring Island, BC		
Galiano Lions Hall 992 Burrill Rd, Galiano Island, BC		
Gulf Island Sec School 232 Rainbow Rd, Salt Spring Island, BC		
Holy Trinity Church Hall 1319 Millis Rd, North Saanich, BC		
Keating Elem School 6843 Central Saanich Rd, Central Saanich, BC		
Mary Winspear Centre 2243 Beacon Ave, Sidney, BC		
Mayne Island Agricultural Hall 430 Fernhill Rd, Mayne Island, BC		
Panorama Leisure Centre 1885 Forest Park Dr, North Saanich, BC		
Pender Island Comm School 5714 Canal Rd, North Pender Island, BC		
Saanich Fairgrounds 1528 Stellys X Rd, Central Saanich, BC		
Saanich Peninsula Presbyterian Church 9296 East Saanich Rd, North Saanich, BC		
Saanichton Bible Fellowship 2159 Mt Newton X Rd, Central Saanich, BC		
Saturna Island Rec Centre 104 Harris Rd, Saturna Island, BC		
Shoal Centre 10030 Resthaven Dr, Sidney, BC		
Sidney Pentecostal Church 10364 McDonald Park Rd, North Saanich, BC		

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- CURLY TOES
- POINTED EARS
- FALLEN ARCHES

WHAT DOES THE "T" STAND FOR IN JAMES T. KIRK?

- TIMBITS
- TIMOTHY
- TIBERIOUS

WHICH CAPTAIN OF THE STARSHIP ENTERPRISE DRANK EARL GREY TEA?

- CAPTAIN KIRK
- CAPTAIN JANEWAY
- CAPTAIN PICARD
- CAPTAIN ARCHER
- CAPTAIN PIKE

THE ENTERPRISE WAS POWERED BY:

- DILITHIUM
- PLUTONIUM
- CHROMIUM

DOCTOR MCCOY USED THIS DEVICE IN SICK BAY:

- TRICORDER
- PHASER
- COMMUNICATOR

NAME: _____

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