

THE ISLANDS

EVENTS, ENTERTAINMENT & MORE
FREE CLASSIFIED ADVERTISING
EVERY SECOND FRIDAY

JANUARY 22, 2010

Marketplace

FREE

Volume 4 Issue 8

Your Gulf Island's Free Buy & Sell Magazine In Print & Online

**HEALTH &
WELLNESS:
YOUR INNER
OLYMPIAN!**

**"CRAZY"
CLASSIFIEDS**

**BUTT OUT!
IT'S NATIONAL
QUIT SMOKING WEEK**

**EVENTS
CALENDAR,
HOROSCOPE,
CROSSWORD &
SUDOKU PUZZLE**

National Quit Smoking Week is Jan. 17 to 24... Ready to quit? Check out our 20 Tips to Help You Quit...

**Free Ad Hotline:
537-2905**

**Call Us
Toll Free at:
1-877-537-2905**

Free advertising offer for non-commercial listings only. Visit us online: www.islandsmarketplace.com

WHAT'S INSIDE:

Calendar of Events.....	4
Keeping It Reehl.....	7
Horoscope.....	11
Crazy Classifieds.....	11
Health & Wellness: 20 Tips to Help You Quit Smoking	8
Discovering Your Inner Healthy Olympian.....	9
Saltspring Soliloquies	12
Crossword Puzzle	12
Sudoku Puzzle.....	13
This Is What I Was Thinking	13

GANGES AUTO MARINE 537-9221



Zen Master Wolfgang says:
"New H.S.T.
is nothing but old G.S.T.
on steroids."



SERVICE AND REPAIRS FOR ALL DOMESTIC & IMPORT CARS & LIGHT TRUCKS
#3 - 290 Park Drive Below Dagwoods, behind car wash. Open: Monday - Friday 8am - 5pm

OUR NEXT ISSUE:

FRIDAY, February 5, 2010

Advertising Deadline:

Tuesday, February 2, 2010

Circulation: 1400+ printed

Classified Listings

- ACCOMMODATION2
- ANIMALS & ACCESSORIES....2
- ANTIQUES.....2
- APPLIANCES2
- ARTS & CRAFTS2, 3
- AUTOS FOR SALE 3
- AUTO PARTS & ACCESS. 3
- BIKES3
- BIRTHDAYS.....3
- BOATS & MARINE5
- BUILDING ITEMS.....5
- CHILDREN'S ITEMS.....5
- CHRISTMAS ITEMS6
- CLOTHING.....6
- COLLECTIBLES6
- COMING EVENTS 4, 6
- COMMUNITY SERVICES6
- COMPUTERS & ACCESS.6
- DRIVING SCHOOL10
- ELECTRONICS.....10
- EXERCISE EQUIPMENT10
- FAMILY SERVICES.....10
- FREE STUFF.....10
- FRESH SEAFOOD10
- FURNITURE.....10
- GRAPHIC DESIGN10
- HEALTH & WELLNESS10
- HOME IMPROVEMENT10
- HOROSCOPE.....14
- HOUSEHOLD ITEMS14
- LOST & FOUND`14
- MEDICAL14
- METAL RECYCLING14
- MISC. FOR SALE14
- MOTORCYCLES 14
- MUSICIANS.....14
- MUSICAL INSTRUMENTS ...14
- OFFICE.....14
- POULTRY 14, 15
- PRAYER TOOLS 15
- REAL ESTATE15
- RENTALS 14, 15
- RENTALS WANTED.....15
- RIDESHARE.....15
- SPIRITUAL15
- SPORTING GOODS15
- TRAVEL DEALS15
- WANTED15
- WORK WANTED 15

If you have tuned into any news programs lately, there is no doubt that you have been touched by the destruction and devastation that is occurring in Haiti after the 7 point earthquake hit the caribbean country over a week ago. It is hard to imagine the suffering and hopelessness that these people are enduring. With solemn, empty faces, lost in the rubble of their fallen city, they hope, pray and search for their loved ones. The loss of life is unmeasurable. As the media networks show mass graves, discarded bodies and death without dignity, millions of dollars of financial aid are pouring in from around the world.

It is human nature that makes us ask why did this have to happen and how could it have been prevented? Why does it take so much death and suffering to urge us to share or wealth and want to help our poverty stricken neighbours?

If the aid had come sooner, before the earthquake hit and put towards seismic upgrades in the impoverished country, there would be more miracles than disaster. In these deprived countries, couldn't we at least offer our aid by building safe schools and hospitals?

And if we can give from our hearts and wallets in times of crisis, then why can't we offer help to many in our own communities that live in a state of crisis day to day?

As I write this, I hear that another aftershock just hit Haiti last night. The terror and fear in the minds of the Haitian people must be intolerable. Yet, many of them remain hopeful and faithful, that help will come and their lives will be restored. It is obvious that Haiti will never be the same but we must learn from their suffering how fortunate we are, how we are capable of giving and that there is hope for a brighter future for all of us. ~ Sandi Poystila

ACCOMMODATION

Island Farmhouse B&B and Health Studio: charming B&B rooms & healthy breakfasts; Massage and bio-energy healing also available. Winter rates. 250 653-9898 / 877 537-5912 www.healingandhealth@vpweb.com. 02-08

ANIMALS & ACCESS.

Misc. Horse tack and gear: saddle pads, blankets, lead lines, halters, mini-driving harness, pony driving cart, saddle storage frame helmet, boots and more. To inquire: 250 653-9898. 01-22

ANTIQUES

Glass Medicine Bottles; early 1900's, various sizes and shapes, hundreds, excellent condition, most under \$5 each. 250-931-7777 Saltspring. 02-19

Radio; General Electric, 1930's, working 4 band, 37" tall, original wood, excellent condition. 250-931-7777 Saltspring. 02-19

APPLIANCES

Counter top electric dishwasher excellent condition, hardly used, comes with manual and soap. Dianne 250 653-4254. 02-19

Frigidaire stove, 30 inches wide, good, clean condition, beige older model, works well but oven needs a new element on the bottom. \$100 obo 537-2950. 02-05

APPLIANCES

Wanted: Looking for a 24 inch apartment size stove in good condition asap. Phone: 250 537 9663. 02-05

Kenmore Washer 2007 \$225. Inglis Older dryer Free. Frigidaire Washer 2008 \$450. Frigidaire Dryer 2008 \$275. Excellent working order. Phone: 250-538-8990. 01-22

ARTS & CRAFTS

Prize winning local Border Leicester wool - washed and carded - white and coloured; Very clean raw fleece - grey/brown ; and bulky yarn. Available at Willowcrest Farm, 250 537 4535. 02-19

Wooden Artists Easels, \$20-\$30 each/as is. Phone: 250-537-5931. 0-205

AUSTRALIAN ABORIGINAL ART. Unique collection of Australian Aboriginal Art from Pintubi country in Central Australia. Acrylic paintings on Belgian linen depicting Jukurrpa (Dreaming) stories. Works by Pantjiya Nungurrayi, Nanyuma Napangati, and Miriam Napanganaka. The artists are highly regarded throughout Australia and are also esteemed elders and cultural leaders in their communities. Each painting includes an authenticity certificate issued by Papunya Tula Artists Co-op with the cultural story and artist bio. For viewing please contact Andy at (250) 931-7899 or redochre@shaw.ca. 02-05

Incredible ocean views at the gateway to Salt Spring Island



- Same Great Food plus **Gourmet Muffins** and **Delicious Homemade Soups**
- Salt Spring Organic Coffee
- Breakfast & Lunch menu including **Lito's Daily Entrees**
- Take Home and Heat Menu
- New Art from Crofton Art Group



Visit the Galleria for A Nice Selection of Unique Gift Items for Valentines

LITO'S CAFÉ & GALLERIA

FANTASTIC COFFEE - GREAT FOOD - GIFTS - CARDS - LOCAL ART

1532 Chaplin St, Crofton • www.litoscafe.ca • 250-246-5406

THE ISLANDS Marketplace
FREE LOCAL CLASSIFIED ADVERTISING EVERY SECOND FRIDAY
 WWW.ISLANDSMARKETPLACE.COM

301 Mobrae Avenue, Saltspring Island, BC V8K 1J7

Telephone: 250-537-2905
 Toll Free: 1-877-537-2905
 info@islandsmarketplace.com

Published by:
 Sandi & Andrew Poystila
Sales Assistant/Reps:
 Teresa Forbes, 250-537-2259

Contributing Writers:
 Georgiana Reehl,
 Jim Anderson, Ray Grigg
 Tracey Supina, Leah Hansel

About The Islands Marketplace:

Place your free ad if you are buying or selling non commercial items, by calling our number, emailing us, uploading your ad on our website or dropping your written ad off at Apple Photo. You can also mail it to us via Canada Post. Your ad will run for 3 issues and be coded with a number indicating the month and date that it will stop running. To repeat or delete your ad, please contact us. Ads may be edited for space or omitted for content. We accept no responsibility for errors or omissions. Our goal is to promote recycling and local small business with affordable advertising. We cover our printing, distribution and administration costs with paid business advertising. Press releases, stories and photos are always welcome and greatly encouraged.

The Islands Marketplace reserves the right to revise or reject any advertisement. The Islands Marketplace is not responsible for any errors or omissions and is not liable for any damages resulting therein. Editorial content does not necessarily reflect the opinions of the publisher. All material contained in The Islands Marketplace publication is protected by Canadian copyright law and reproduction in whole or in part is prohibited without the express permission from its publisher. © 2010 The Islands Marketplace.

ARTS & CRAFTS

2010 East Meets West Zodiac Calendar is out. Do you know that Chinese New Year (Year of the Tiger) falls on 14th, Feb. 2010, Valentine's Day. Plan ahead! All coloured zodiac calendar at \$20 each. Zodiac & other letter cards (with envelopes) at \$1.50 each. Studio Ling (250) 537-5784. Also available et cetera & Raven Street Cafe.

100% Canadian Organic Hemp hull for use in stuffing - \$2.50/lb - bulk discounts available. Call Gaurang 250 537-1792 or visit www.destinationom.com.

AUTOS FOR SALE

2005 HONDA CIVIC SI, silver, 2 dr, 5 spd, 4 cyl, 42,000 kms, tint, low pro rims and tires, ground effects. Price \$10,500 obo. Email: thetactmilitia@gmail.com or phone 604-616-5399 or 250-653-4117. 02-19

1989 Trooper 4x4, 4 cyl. good tires with recent new head on motor. Exc. island vehicle. \$2000. 537-8969. 02-19

1967 Chev 4x4 flatdeck, 6 cylinder, standard transmission. \$2500. Call 250-653-9899, no dreamers. 02-19

1994 Burgundy Honda Accord, CD player, great heater, 4 door, 5 speed, power windows, sunroof, 3000,000 kms, \$2000 obo. Call 250-538-7447 or 250-538-0979. 02-19

PRICE REDUCED: 2002 Volkswagen Golf TDI 2 door hatchback, 5 speed standard, dark blue, 220,000km, good tires, satellite radio, new windshield, great shape. \$6,500 obo. Phone: 250-931-1951. 02-19

1991 Honda Accord Ex-r \$1750. Lovingly cared for but well used. 275,000 km. Automatic transmission, 2.2L 4 cylinder 130hp engine, 4 door, charcoal exterior, AM/FM Radio CD Player, Power Windows, Power Steering, Sun Roof, Electric Mirrors, Alloy Wheels, Electric Seats, Intermittent Wipers, Interior Trunk Release, Power Brakes, Rear window defroster. Phone: 250 538-7262. 02-19

1990 Nissan 4x4 pickup, king cab, V6, 5spd, a/c, black, 3.5 inch lift kit, 31 inch mud tires, eagle alloy rims, pioneer cd player and speakers, 209k, boxliner, hitch, lots of new parts, runs great. Phone: 250-681-2677. 02-19

Reduced!! 1992 Honda Accord EXR, 137,000kms, no rust, second owner, clean, reliable. \$2900. 537-9981. 02-05

2000 Hyundai Tiburon, carbon blue, 180,000kms (highway driven), standard, front wheel drive, 2L, 4 cyl, excellent on gas, new snow tires. Great cond. \$5400 obo. 250-537-4190. 02-05

1986 Ford T-Bird for Sale. Sunroof, body in good shape, under 185 km, recent work (winter 2009) \$700. \$1350.00 drives it away! Phone: 250-931-1008. 02-05

AUTOS FOR SALE

1997 Dodge Dakota, 6 cyl., 132,000 kms, ex. shape. box liner, towing package with 5th wheel trailer hitch. \$7950 obo. 537-9773. 01-22

1979 Ford Econoline van. Good working order with some minor glitches. Brand new exhaust. Raised roof, fully camperized ie fridge, stove, oven, hood vents. Located on Pender. Asking \$1000 obo. Email for pics, questions, offers, etc. Phone: 250 538-2206. 02-05

Ar you ready for snow this year? For sale Mazda MPV 4X4 1991 In good working order 217 km on it. We ask 2900 \$ or your best offer. phone 250- 537- 4143 Andrey. 02-05

1972 VW Bug for sale - a fun car to drive or the perfect collectors car. Superb interior, newly recond. engine, body paint with character but no rust. Bonus: oversized tires, roof rack and extra vintage radio. \$4,000 obo. 250 653-9898. 01-22

Toyota Townace van, 1992, 84,000 km, 4WD auto, 2L turbo diesel, RHD drive, 2 sunroofs, captain's chairs, like new, top of line deluxe features. New timebelt, muffler. \$7800 obo. Phone: 250 537-0760. 01-22

Sell your car in The Islands Marketplace... for free.

AUTO PARTS & ACCESS

Four P215/65R15 snow tires including the rims. Good condition; The rims fit Dodge/Plymouth mini-vans. Great Price: \$99.00 Phone: 250-537-1475. 02-05

Fibreglass truck canopy, fits chev long box, raised vanguard canopy has two sleeping bunks. Both Free. Phone: 250 537-0062. 02-05

Tires for sale, 4 -Mud & snow P215/70/R15 1/2 wear, \$125. 2 -225/60/R15 1 year used, \$125. 2-215/70/R15, used 1 year, \$125. 2-215/70/R15 new, mismatched. \$75 each. Please call 537-5482. 01-22

Four winter tires, used for four seasons, 205/70R15, \$250. Thule "Weekender" cargo box, 56" by 36" by 14", \$100. Phone: 250 537-4687. 01-22

Wanted, canopy for 2005 Toyota Tacoma, 6' box, access cab. Ph: 537-7659. 01-22

AUTO PARTS & ACCESS

Michelin winter tires - 185/65 R15 XICE 75% low mileage 4 for \$100. phone 250 537-5272. 01-22

BIKES

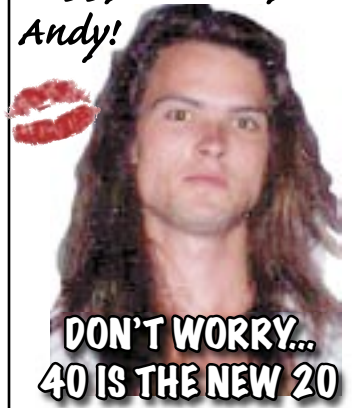
Electric scooter, 2009 model, barely used. \$1500. Call 250-418-5109. 02-19

Here's what our readers are saying...

"Your magazine rocks. I think it's the new classifieds standard on the island. Congratulations and thank you for such a handy community resource and tool." S. Robertson.

BIRTHDAYS

Happy Birthday Andy!



DON'T WORRY... 40 IS THE NEW 20

PRETZEL MOTORS



WE ARE PASSIONATE ABOUT YOUR CAR

319 Rainbow Road
Saltspring Isl. B.C.
V8K 2M4
Tel: 250.537.4331

Saltspring Auto Supply

Visit us for all of your Auto Parts & Supply needs

Open 7 Days A Week:

Mon. to Fri. 7:30am to 6pm
Sat. 8am to 5pm / Sun. 10am to 4pm



- Ladysmith
- BB Auto Supply
- Colwood Langford Auto Supply
- JB Downtown
- JB Precision

Ph: 250-537-5507

106 Jackson Avenue, Saltspring Island,
Fax: 250-537-2810 Email: ssap@jbgroupp.ca

GANGES AUTO MARINE 537-9221



Zen Master Wolfgang says:
"New H.S.T.
is nothing but old G.S.T.
on steroids."



SERVICE AND REPAIRS FOR ALL DOMESTIC & IMPORT CARS & LIGHT TRUCKS
#3 - 290 Park Drive Below Dagwoods, behind car wash. Open: Monday - Friday 8am - 5pm

The Islands Marketplace CALENDAR OF EVENTS

FRIDAY, JANUARY 22

Library StoryTime: It's in the bag! Stories & surprises with Kaz. For children in early grades 1 p.m. at the library.

Rugg Huggers Baby & Parent Drop-In, 10:00-1:00 (includes light lunch) at Family Place, 120 Park Dr. (Behind All Saints Anglican Church). 250-537-9176. familyplace@ssics.ca

Saori Freestyle Weaving Classes 10-Noon. No weaving experience necessary. Contact Terri @ 250-537-8813 (www.saorisaltspring.com).

NOW SHOWING at The Fritz Cinema... SHERLOCK HOLMES and IT'S COMPLICATED. Check out movie times online at www.thefritz.ca or call 537-4656.

Roller Blading at the Fulford Hall on Saltspring from 7:30 to 9pm.

Fierce Light - by Velcrow Ripper. film screening at the Salt Spring Film Festival fundraiser at The Fritz Cinema. 6:30pm

SATURDAY, JANUARY 23

Dad 'n' Me - Meet and eat pancakes with dads and kids at Family Place at 120 Park Drive, Saltspring. 8:30-10:30 a.m. 537-9176.

Fierce Light workshop with filmmaker Velcrow Ripper. Personal Activism. Mahon Hall 1 to 5pm. Register at SS Books.

Auntie Kate and the Uncles of Funk at the Dancing Bean Cafe in Chemainus.

SUNDAY, JANUARY 24

Argentine Practica at the Core Inn, 4:30 - 6:30pm \$5 Beginners Welcome! Info: Karen Pedersen 250.653.4589.

Dances of Universal Peace at the Lions Hall from 7 to 9pm. Songs, dancing from cultures and spiritual traditions.

Jazz Night with QuintEssential at Moby's Oyster Bar & Grill. 7pm to 10pm.

MONDAY, JANUARY 25

Toastmasters Speaking at 7pm in the Crofton Room, Harbour House Hotel. 537-2581. Guests Welcome.

Parent - Child Drop-in, 9:00 - 12:30, at Family Place, 120 Park Dr. (Behind All Saints Anglican Church). 250-537-9176. familyplace@ssics.ca

Saori Freestyle Weaving Classes 1-3PM. No weaving experience necessary. Contact Terri @ 250-537-8813 (www.saorisaltspring.com).

TUESDAY, JANUARY 26

SynergyFit Strength & Balance at Beaver Point Hall 8:30-9:30 a.m. Info: 250-653-4656 trisha@synergyfit.ca

Circuit Training 5:30 - 6:30pm \$10 drop-in, 8 or more people, just \$5. Free for first session. Burn fat, build muscle. Call Val at 250-931-5483 or 250-538-7447. 02-19

Mother Goose - For all Toddlers & Preschool Aged Children (babies in arms are welcome) at Fernwood School from 10-11 am for 8 sessions. Facilitators: Sarah Shugar and Colleen Irwin. Registration at the first session, please come early and be ready to sing at 10:00am. Please email us at familyplace@ssics.ca or call the Family Place @ 250- 537-9176 for info.

Laughter Yoga from 5:30-6:30pm (Until Feb 9th) at United Church (111 Hereford St.) Suggested donation \$10 (Bring a friend to try for \$5) Contact Meaghan at 778 235 4859.

WEDNESDAY, JANUARY 27

Moby's Pint Club. Beer and appy specials! Proceeds to local causes.

SynergyFit Total Body Challenge at Beaver Point Hall 5:30-6:30 p.m. Info: 250-653-4656 trisha@synergyfit.ca

Swing Classes at Mahon Hall - 7pm. Contact-Morley 537-4898 or Julianna 537-1818

Texas Hold-em poker fun at the Local Bar next to the Centennial Park, SSI at 6:30pm.

THURSDAY, JANUARY 28

Bingo at the Meaden Hall, Royal Canadian Legion, 7pm. 120 Blain Road.

Blues Night with Soul Shakedown at Moby's Oyster Bar & Grill. 7pm to 10pm.

Circuit Training Tuesdays and Thursdays from 5:30 - 6:30pm and Saturdays at 10am. \$10 drop-in, 8 or more people, just \$5. Free for first session. Burn fat, build muscle. Call Val at 250-931-5483 or 250-538-7447. 02-19

Join us at THE LOCAL for Local talent for OPEN MIC NIGHT (New faces always Welcome)

Open Mic Night at the Fulford Inn, SSI.

FRIDAY, JANUARY 29

Library StoryTime: Library Lion leads us on a new adventure with stories. For children in early grades and preschoolers. 1:00 at the Library

Burns Night at the Canadian Legion on Saltspring Island, 537-1676.

FRIDAY, JANUARY 29

Roller Blading at the Fulford Hall on Saltspring from 7:30 to 9pm.

Gold Party - bring unwanted and broken jewellery to the United Church from 3-9pm. Also: Sterling Jewellery at wholesale prices

SATURDAY, JANUARY 30

The Coaching Accelerator - a dynamic one-day Coaching Intensive, from 10am-5pm. Call Leah Hansel at 538-8718 for details.

Gold Party - bring unwanted and broken jewellery to the United Church from 10am to 6pm. Sterling Jewellery at wholesale prices

Circuit Training at 10am. \$10 drop-in, 8 or more people, just \$5. Free for first session. Burn fat, build muscle. Call Val at or 250-538-7447. 02-19

Live Music with Donny Brook and the Haymakers at Moby's Bar & Grill. 537-5559.

SUNDAY, JANUARY 31

Argentine Practica at the Core Inn, 4:30 - 6:30pm \$5 Beginners Welcome! Info: Karen Pedersen 250.653.4589

Jazz Night with at Moby's Oyster Bar & Grill. 7pm to 10pm.

Diamond Joe White Family Band at the Dancing Bean Cafe in Chemainus.

MONDAY, FEBRUARY 1

Toastmasters Speaking at 7pm in the Crofton Room, Harbour House Hotel. 537-2581. Guests Welcome.

Salt Spring Scottish Country Dance Club Open House to welcome new members. Please join us at All Saints Church Hall, dancing starts at 6pm. No experience necessary, soft-soled shoes are fine. Need more info - call Judy Heddle 250 5372672.

Parent - Child Drop-in, 9:00 - 12:30, at Family Place, 120 Park Dr. (Behind All Saints Anglican Church). 250-537-9176. familyplace@ssics.ca

Saori Freestyle Weaving Classes 1-3PM. No weaving experience necessary. Contact Terri @ 250-537-8813 (www.saorisaltspring.com).

TUESDAY, FEBRUARY 2

Mother Goose - For all Toddlers & Preschool Aged Children (babies in arms are welcome) at Fernwood School from 10-11 am for 8 sessions. familyplace@ssics.ca 250- 537-9176

TUESDAY, FEBRUARY 2

SynergyFit Strength & Balance at Beaver Point Hall 8:30-9:30 a.m. Info: 250-653-4656 trisha@synergyfit.ca

Laughter Yoga from 5:30-6:30pm (Until Feb 9th) at United Church (111 Hereford St.) Suggested donation \$10 (Bring a friend to try for \$5) Contact Meaghan at 778 235 4859.

WEDNESDAY, FEBRUARY 3

Moby's Pint Club. Beer and appy specials! Proceeds to local causes.

Swing Classes at Mahon Hall - 7pm. Contact-Morley 537-4898 or Julianna 537-1818.

SynergyFit Total Body Challenge at Beaver Point Hall 5:30-6:30 p.m. Info: 250-653-4656 trisha@synergyfit.ca

Texas Hold-em poker fun at the Local Bar next to the Centennial Park, SSI at 6:30pm.

Email events to: info@islandsmarketplace.com

THURSDAY, FEBRUARY 4

Bingo at the Meaden Hall, Royal Canadian Legion, 7pm. 120 Blain Road.

Blues Night with Soul Shakedown at Moby's Oyster Bar & Grill. 7pm to 10pm.

Circuit Training 5:30 - 6:30pm and Saturdays at 10am. \$10 drop-in, 8 or more people, just \$5. Free for first session. Burn fat, build muscle. Call Val at 250-538-7447 02-19

Join us at THE LOCAL in January! Every Thurs. Awesome Local talent for OPEN MIC NIGHT (New faces always Welcome)

Open Mic Night at the Fulford Inn, SSI.

FRIDAY, FEBRUARY 5

Roller Blading at the Fulford Hall on Saltspring from 7:30 to 9pm.

SATURDAY, FEBRUARY 6

Men's breakfast every first Saturday of a month starts at 8 am. Great time to meet others. at 215 Baker Road, Pentecostal church. Or phone 537- 4143.

Mama!Mama's Prenatal Education Classes for 2010 begin today. Details and information can be found on our website at www.mama2mama.ca

UPCOMING EVENTS

Send your free community event info to info@islandsmarketplace.com or call 537-2905 to get included in the next calendar.

**** ALL EVENTS LISTED ABOVE ARE LOCATED ON SALTSPRING ISLAND, UNLESS OTHERWISE NOTED.**

Advertise your event here! Email : info@islandsmarketplace.com for the next edition - February 5

BOATS AND MARINE

17ft. Campion with an early 90's 48 hp evinrude SPL. The boat is very solid, transom is good, Great ocean worthy boat, Set up for fishing. Engine fires and runs fine, good impeller, Tilt assist ram is seized and has been disconnected, cover is a little weather beaten. Comes with hummingbird sounder/finder, one old manual downrigger, a bunch of rod holders, two gas tanks, a good battery and other misc. Items. Needs a clean up from sitting under some trees mainly just maple leaves. also the vinyl covered plywood that the control box is mounted to needs to be replaced. Located in victoria. Asking 650\$ Engine is basically worth that on its own. Please call 250-893-0387 to view or for questions. 02-05

26 ft. Tolly, beautiful, ready to cruise and priced right. The 26 Tollycraft Sedan is the all-time best-selling model, a durable vessel with the features of a much larger boat. Cruise in safety and comfort. Strong and well built. Both comfortable and economical. The dual helm stations and the large interior layout includes a full galley, enclosed head and comfortable accommodations for four. Great condition and maintained annually. TOO MANY FEATURES TO LIST! She has been recently surveyed and all maintenance recommendations completed! \$22000 - Phone: (250) 537-4917. 01-22

Wanted to buy: 3 axle boat trailer for 6 ton, 26 ft. boat with 8ft. beam. 250-751-6141. 02-19

BOATS AND MARINE

Float Dock 15'x8'. Presently used for sailboat \$350. (250) 537 2606. 02-19

BUILDING ITEMS

12 TJI joists 24 feet long, never used. 130 each or your best offer. 250- 537-4143. Andrey. 02-05

CHILDREN'S ITEMS

Graco harmony hi cahir in excellant condition, removeable tray insert height adjustment, safety harness etc 45.00. Phone: 250 537-0745. 02-19

Lovely american girl doll Samantha no longer being made, retired, in meet outfit 150.00 also chatty cathy doll from the 50's in lovelly shape 179.00 with original clothing. Phone: 250-537-0745. 02-19

Ocean Wonders Aquarium, comes with remote control, attaches to crib, soothes baby to sleep with music, lights and water movement. New condition. \$40 obo. Electric bottle warmer. \$10. 537-2950.

Looking for a pogo stick. please call 250-537-7473. 02-05

Pink baby bouncy chair, music and vibrations, folds for travel, comes with carry bag. Excellent condition. \$35 obo. 537-2950.

Call 537-2905 to advertise



Carl Borgstrom
Kitchen Designer
250-538-7133

MOUAT'S

KITCHEN & BATH CENTRE

- Fine Custom Cabinets from MERIT
- Kitchens • Bathrooms • Offices
- Dining Rooms • Entertainment Units

Serving Salt Spring & The Gulf Islands

MOUAT'S TRADING CO. • DOWNTOWN GANGES • SALT SPRING ISLAND



Honda • Mercruiser • Volvo • Yanmar

Marine Parts & Service, Gas & Diesel
Factory Certified Mechanics
Power Boat Haulouts • Hull Repairs
Shipwright Services • Towing • Chase Boat
Mobile Mechanic • Chandlery
• Diving Services

**HARBOURS END
MARINE & EQUIPMENT**

222 Upper Ganges Road
at the head of Ganges Harbour
Phone (250) 537-4202
Fax (250) 537-4029

VHF 16 "Enterprize"
VHF 66A/68 "Harbours End Marine"
www.harboursendmarine.com
harboursend@shaw.ca

"The Gulf Islands' only complete Marine Service Center"

**Competitive Prices, Friendly Staff and
ALL your Building Needs Under One Roof!!**

Mr. Mark Rithaler,
General Manager
S.S.I. Division wel-
comes all old and
new customers of
SLEGG LUMBER
to call him at
537-4978 for
all your building
requirements,
large or small.



Business Hours:
Mon - Friday:
7:00am - 5:00pm
Saturday:
8:30am - 5:00pm

"Why Pay More?"



**Fax:
537-4945**

**Mark Rithaler
537-4978**

CHRISTMAS ITEMS

20 white and 20 silver Christmas tree balls, with hangers. \$15. Outside and indoors Christmas lights, with spare bulbs. \$10. White plastic indoor or outdoor Christmas tree with embedded lights. \$15. 537-4289. 01-22

CLOTHING

Car Coat; 'London Fog', grey, size 44, lined, 70% wool, very warm, almost new. \$85 obo. 250-931-7777 Salt-spring. 02-19

Tuxedo; 'Drapeshire', black, size 42, extra buttons, 4 piece including bow tie, dry cleaned, almost new \$85 obo. 250-931-7777 Salt-spring. 02-19

COLLECTIBLES

Turntable/Radio; 'Fleetwood', 4 speed, 2 band, solid wood cabinet, 38" across, 31" height, 17" depth, excellent condition. 250-931-7777 Salt-spring. 02-19

Huipiles; Guatemalan, 1950's handwoven and embroidered, different villages, various conditions most under \$100. 250-931-7777 Salt-spring. 02-19

Today is a good day to...

Hug your Husband!

COMMUNICATIONS

*Proudly serving Salt Spring Island
for over 25 years!*

ISLAND COMMUNICATIONS LTD.

Your communications specialist

Surveillance Camera Systems

VISIT US FOR



**MOBILE AND
PORTABLE
RADIOS**

We are a proud member of the BC Firechiefs Association

2540 Bowen Road,
Nanaimo, BC V9T 3L3

Phone: 250-758-7301 Fax: 250-758-0294

Email: cercomm@island.net

www.island-communications.com

COLLECTIBLES

Sherlock Holmes complete works. 6 books, 5 comics, 29 old radio show cassettes, VHS "Many faces of S.H. "Great winter read or gift. \$80. 250-537-4934. 01-22

J.R.R. Tolkien - boxed DVD LOTR Trilogy extended versions with special discs, DVD Origin of the Rings, 6 assorted VHS, 3 CD Music scores, 41 books and maps. Great variety, condition, complete. \$300 obo. 250-537-4934. 01-22

COMING EVENTS

Salt Spring Island community Ed Program has new courses for Winter/Spring 2010. Call 537-2716 or visit their website at: www.sscommunityed.org - Check it out, there's something for everyone!

The Salt Spring Chamber Players will be performing on February 21st, 2010 at ArtSpring at 2:30. Music of Albinoni, Tansman and Shubert. Performers include Jim, Laurie and Matt Stubbs and musicians from Victoria.BC. Info: 250-537-9290. 02-19

The Coaching Accelerator - a dynamic one-day Coaching Intensive, on Saturday, January 30, 2010 from 10am-5pm. Call Leah Hansel at 538-8718 for details.

please recycle this paper...

COMMUNICATIONS

COMING EVENTS



• **SAT., JAN. 23** - 8 to 11pm
Live Music w/ **TBA**

• **SUN., JAN. 24** - 7 to 10pm
Jazz with **QuintEssential**

• **THURS. JAN. 28** - 8 to 11pm
Blues Soul Shakedown & friends

• **SAT., JAN. 30** - 8 to 11pm
Donny Brook & The Haymakers

• **SUN., JAN. 31** - 7 to 10pm
Jazz with **TBA**

• **THURS. FEB. 4** - 8 to 11pm
Blues Soul Shakedown & friends

Great Food & Good Times...
Come share in the new
Moby's Experience!

@SSMARINA PH:537-5559

Cowichan Bonsai Club, which has been serving North Cowichan for 8 years has now moved to the Crofton Senior's Centre (located at the base of Joan Avenue off the lower parking lot beside the Crofton Ferry Terminal). Meetings are the second Monday of the month - 7 pm to 9 pm. For more information please call 250-246-9871 or email pinkdragonfly@shaw.ca.

Sustainable Masculinity, A 10 week facilitated men's group starts Jan 12 at the Core Inn, 7-9PM. Come to a series of evenings where men can tell their stories, help each other rebuild their lives in productive ways, develop instinctive awareness, and create more meaningful lives. Topics will include father and son relationships, sex, health, money, anger and authenticity, passion and play. Cost: \$230 - \$325 sliding scale (some scholarships available). Info & Registration: Robert Birch (250) 653-0036, farmboy@uvic.ca

COMPUTER SERVICES

COMING EVENTS

January 25th - Leah Hansel will be interviewing three-time Olympian, mother, author and child advocate, SILKEN LAUMANN on SSI Radio CFSI 107.9 at 2:30pm.

Breast Thermography Clinic, Sponsored by Homeopaths at the Arbutus Therapy Centre, the screening will be done by Medical Thermography International. Wednesday, March 3, 2010 and Thursday, November 4, 2010. For more information or bookings, please contact either Tami Dos Santos or Karin Beviere at the Arbutus Therapy Centre, 537-4728 ext 1or 2. Or book directly with Medical Thermography at 1-866 242-5554.

Are you interested in having Reflexology and Reiki at the Core-Inn? Email me at rooibosherb@live.ca.

Toastmasters of Salt Spring meet every Monday 7PM at the Harbour House Crofton room. Interested quests welcomed. Info:537-6934.

Breast Cancer Support Group. Call Teresa at 537-2259 or Deb at 930-5333.

COMMUNITY SERVICES

Narcotics Anonymous - 250-537-2790.

**Can't find your ad here?
We lost some ads from our
answering machine,
during the storm and
power outages.
Please call again.**



Personal Ads

are happy ads...

Submit yours and spread the joy

COMPUTER SERVICES

Hackin N' Wackin Computer Services



Brien Anderson
Phone: 537-2437
Cell: 538-8271
Email: hackwack@shaw.ca

Computer Sales & Repairs • Evenings & Weekends



Keeping it Reehl

Eggs Benedict

Advice, recipes and stories by Georgiana Reehl

One of my specialties that are very popular are my Eggs Benedict. I thought I would do some research for us and I found some interesting history on them. Did you know that National Eggs Benedict Day is on April 16, in the USA? The origin of this popular breakfast are not truly known, and there are 4 stories of its birth, and all of them originate in North America.

The most quoted one is this one. There was a retired Wall Street broker who claimed that in 1984, while suffering from a bad hangover, he ambled into the Waldorf Hotel and decided to try a cure for his suffering. He ordered buttered toast, poached eggs, crisp bacon and hollandaise sauce. When the illustrious maitre d'hotel, Oscar Tschirky heard about it, he added to the luncheon menu with the addition of a toasted English Muffin and ham in place of the bacon. And the Eggs Benedict was born, so they say.

Hollandaise sauce itself has an interesting history. As early as 1651, Francois Pierre La Varenne describes a sauce similar to Hollandaise sauce in his groundbreaking cookbook *Le Cuisinier François*.

And the sauce using egg yolks and butter appeared in the 19th century.

It is always interesting tracking down the history and the beginnings of foods. Through the ages the effort, care and development of all the dishes we delight in and enjoy today shows the careful heritage and special importance of the foods we prepare for each other.

Here is a recipe for quick Hollandaise and Eggs Benedict, you may enjoy.

Heat up a tablespoon of white wine vinegar and two tablespoons of lemon juice in a small pan. Place them into the bowl of a food processor with 3 large egg yolks and a dash of salt. Mix the ingredients with the food processor.

Then melt 175 g of butter in a pan and very slowly trickle the butter into the food processor with the motor at medium low speed. Watch the sauce emulsify, and if it looks a little thick, add a splash of hot water to loosen it up. If it takes too long, be sure to keep it warm by placing the bowl over a pan of hot water.

Then grill or fry some strip bacon to your taste. I like it soft, but many prefer it crispy and a little overdone. The most common bacon is Canadian Back bacon/Ham.

Poach an egg in lots of boiling water, with a bit of vinegar added to the water. Then toast an English Muffin.

Putting it all together is quite simple and easy. Place the back bacon or strip bacon on the muffin, slide the egg on top and cover it with your hot Hollandaise sauce and serve immediately.

Or, try something different:

Salmon Lox (also known as Pacifica.) Using salmon instead of bacon.

Spinach-Florentine. Tomato with bacon strips.

And, Steak with tomato, poached eggs and Hollandaise. Yum!

So many interesting and delicious options to try. Make sure your food is always served piping hot, and as always prepared with TLC for the special people in your life. Thanks for listening and have a lovely breakfast! Looking forward to seeing you at Valentine's Day Special @ Moby's. ~ Georgiana



RE/MAX

Salt Spring

Independently Owned and Operated

Patrick Akerman

Fourth Generation Salt Spring Islander

131 Lower Ganges Road

Salt Spring Island, BC V8K 2T2

Fax: (250) 537-9980

E-mail: patrickakerman@telus.net

Website: saltspringislandrealestate.com

250-537-6070 cel

250-537-9977 office

Apple Photo

THE QUALITY ONE STOP PHOTO SHOP

- One Hour Photo Finishing
- Wide Selection of Film
- Custom Enlargements
- Passport Photos
- Albums & Frames
- Photocopying
- Laser Printing
- Digital Imaging



537-9917

applephoto@saltspring.com

#6 - 121 McPhillips Ave • Locally Owned & Operated

A Valentine's Evening with

Jenn Beaupre

Special Guest:
Salt Spring's own
Gemma G.

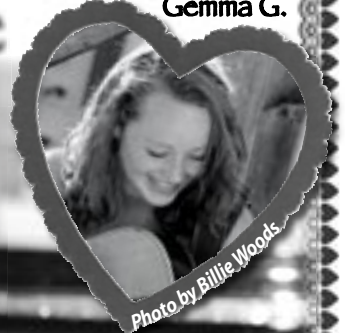


Photo by Billie Woods

"Jenn Beaupre is a young, extremely talented singer/songwriter who captivates her audience every time she performs. She has a radiance about her that speaks volumes and a voice that moves people."

www.jennbeaupre.com



Sunday, February 14 at Artspring
Doors 7:00 PM Show: 7:30 PM

Tickets available at Artspring:
\$15.00 Advance, \$20.00 at the Door

Health & Wellness

• STUDIOS • LIFESTYLE • PRODUCTS & SERVICES • STUDIOS • CLASSES • PRODUCTS & SERVICES

20 Great Tips to Help You Quit!!

1. Believe in yourself. Believe that you can quit. Think about some of the most difficult things you have done in your life and realize that you have the guts and determination to quit smoking. It's up to you.
2. After reading this list, sit down and write your own list, customized to your personality and way of doing things. Create your own plan for quitting.
3. Write down the benefits of quitting: live longer, feel better, for your family, save money, smell better, etc. Put it on paper and read it daily.
4. Ask your family and friends to support your decision to quit. Ask them to be completely supportive and non-judgmental. Let them know ahead of time that you will probably be irritable and even irrational while you withdraw from your smoking habit.
5. Set a quit date. Decide what day you will extinguish your cigarettes forever. Write it down. Plan for it. Prepare your mind for the "first day of the rest of your life". You might even hold a small ceremony when you smoke your last cigarette, or on the morning of the quit date.
6. Talk with your doctor about quitting. Support and guidance from a physician is a proven way to better your chances to quit.
7. Begin an exercise program. Exercise is simply incompatible with smoking. Exercise relieves stress and helps your body recover from years of damage from cigarettes. If necessary, start slow, with a short walk once or twice per day. Build up to 30 to 40 minutes of rigorous activity, 3 or 4 times per week. Consult your physician before beginning any exercise program.
8. Do some deep breathing each day for 3 to 5 minutes. Breathe in through your nose very slowly, hold the breath for a few seconds, and exhale very slowly through your mouth. Try doing your breathing with your eyes closed and go to step 9.
9. Visualize your way to becoming a non-smoker. While doing your deep breathing in step 8, you can close your eyes and begin to imagine yourself as a non-smoker. See yourself enjoying your exercise in step 7. See yourself turning down a cigarette that someone offers you. See yourself throwing all your cigarettes away, and winning a gold medal for doing so. Develop your own creative visualizations. Visualization works.
10. Cut back on cigarettes gradually (if you cut back gradually, be sure to set a quit date on which you WILL quit). Ways to cut back gradually include: plan how many cigarettes you will smoke each day until your quit date, making the number you smoke smaller each day; buy only one pack at a time; change brands so you don't enjoy smoking as much; give your cigarettes to someone else, so that you have to ask for them each time you want to smoke.
11. Quit smoking "cold turkey". Many smokers find that the only way they can truly quit once and for all is to just quit abruptly without trying to slowly taper off. Find the method that works best for you: gradually quitting or cold turkey. If one way doesn't work do the other.
12. Find another smoker who is trying to quit, and help each other with positive words and by lending an ear when quitting becomes difficult. Visit this Bulletin Board and this Chat Room to find a "quit buddy."
13. Have your teeth cleaned. Enjoy the way your teeth look and feel and plan to keep them that way.
14. After you quit, plan to celebrate the milestones in your journey to becoming a non-smoker. After two weeks of being smoke-free, see a movie. After a month, go to a fancy restaurant (be sure to sit in the non-smoking section). After three months, go for a long weekend to a favorite get-away. After six months, buy yourself something frivolous. After a year, have a party for yourself. Invite your family and friends to your "birthday" party and celebrate your new chance at a long, healthy life.
15. Drink lots of water. Water is good for you anyway, and most people don't get enough. It will help flush the nicotine and other chemicals out of your body, plus it can help reduce cravings by fulfilling the "oral desires" that you may have.
16. Learn what triggers your desire for a cigarette, such as stress, the end of a meal, arrival at work, entering a bar, etc. Avoid these triggers or if that's impossible, plan alternative ways to deal with the triggers.
17. Find something to hold in your hand and mouth, to replace cigarettes. Consider carrot sticks, chewing gum or another alternative.
18. Write yourself an inspirational song or poem about quitting, cigarettes, and what it means to you to quit. Read it daily.
19. Keep a picture of your family or someone very important to you with you at all times. On a piece of paper, write the words "I'm quitting for myself and for you (or "them")". Tape your written message to the picture. Whenever you have the urge to smoke, look at the picture and read the message.
20. Whenever you have a craving for a cigarette, instead of lighting up, write down your feelings or whatever is on your mind. Keep this "journal" with you at all times.

Good luck in your efforts to quit smoking. It's worth it!

Article © Copyright Fred Kelley of QuitSmoking.com. Visit the web site at <http://www.quitsmoking.com> for great information and products designed to help you quit smoking.

Finally! High Speed Satellite Internet starting at \$49.99/mo.

systems starting at \$199.00



www.xplornet.com

2540 Bowen Road,
Nanaimo, BC V9T 3L3
Ph: 250-758-7301
Fx: 250-758-0294

Email: cercomm@island.net

www.island-communications.com

**ISLAND
COMMUNICATIONS LTD.**
Your communications specialist

Serving Vancouver Island and the Gulf Islands for over 25 years



158A Fulford Ganges Road,
Salt Spring Island, BC
V8K 2T8

Tel: 250-537-4356

Dr. Andrea Varju

EYE EXAMS, GLASSES, CONTACT LENSES

Health & Wellness

• DAY SPAS • CLASSES • ADVICE & STORIES • STUDIOS • CLASSES • PRODUCTS & SERVICES

Discovering Your Healthy Inner Olympian!



By
**Leah
Hansel**

Leah Hansel, CSFC, CPC, CEH, NLPMP is a Professional Coach and Hypnotherapist on Salt Spring Island. One of Leah's passions is in creating community events with a focus on Health, Wellness and Environmental Sustainability. To become a part of JAGWE, or to find out more about her practice, you can find her at 250-538-8718, via e-mail at SuccessCoach@shaw.ca BLOG at www.BestAbundantLife.com and radio show on CFSI-FM 107.9 at a NEW TIME on Mondays at 1pm.

We all have areas where we can create improvement in when it comes to our Balanced Wellness. For some it is the need to quit smoking, for others, it is the desire to shed excess weight, and yet again, for others, it is the seemingly insurmountable goal of winning an Olympic medal.

Let's begin with smoking – and I am going to go against conventional thought here – and say that smoking is actually very EASY to quit. What? It's true, and I know this from experience! The trick to realizing ANY goal is understanding the underlying positive intention surrounding the unwanted behaviour or emotion and then creating new habits around what will then support this intention without having the detrimental behaviour.

Here's what I mean – most women smoke for emotional reasons (sometimes to satisfy the need for solitude, sometimes to satisfy the need for social contact), and most men smoke due to having too much stress in their lives. With both genders, the underlying positive intention is presenting itself as the need for peace, fun, or calm, whereas the habit could be shifted to any number of activities to feed that need. One can either take up regular meditation practice, learn how to set better boundaries, take up a team sport, or begin a regular exercise regime that allows one to get stress and anxiety out of the body.

All of these activities create a feeling of happiness and contentment within the physiology and psychology of an individual because they raise many different levels of positive hormones within the system, including serotonin. This "Happy Hormone" also feeds the underlying need without the harmful side-effects of the unwanted habit. One can also seek the assistance of a professional in the fields of Counselling, Coaching, Psychotherapy and Hypnotherapy to best support themselves in creating beneficial habits and behaviours in many areas in their life.

Weight loss is also an area that a great portion of our North American society is

constantly focused on. If it so common, why do many fail? There are many reasons that people are unsuccessful in goal attainment, but the number one is that they are unable to stay connected to their desired outcome. The initial steps and stages of any goal are still feeding the excitement and fun areas of our persons, kind of like when you are first falling in love. Once the first wave fades off, then reality sets in and it becomes not as much fun to keep going! Hold yourself accountable and focused to your desired outcome by creating as much fun as you can within the experience, have a buddy that will be on the same path with you, or find a personal trainer or coach to keep you on your path!

Becoming an Olympian is something that most of us never even consider, and although these individuals seem to be super-human in their abilities and achievements, they follow the same set of rules for successful goal attainment! Not only does it take incredible mental focus, visualization, and determination, but it also takes the capacity to trust, have faith, and to rely on others for support when needed.

One Olympian that comes to mind is three-time Olympian, mother, author and child advocate, Silken Laumann. In 1992, Silken came back from a devastating accident only 10 weeks before the Olympic games to win a Bronze medal for Canada! The same principles that she has applied to her Olympic achievements are evident today in her writing and speaking engagements. I will be interviewing Silken on my radio program on CFSI-FM 107.9 on Monday, January 25 at 1:00 pm where Silken will give us a taste of her presentation, "The Courage to Shine". We are very fortunate to have her create time in her exceptionally busy schedule to present at the The Juicy Amazing Goddess Woman event on March 7, 2010!

So, be sure to tune in! Perhaps you will Discover your Inner Olympian, or at least, find the inspiration to stay focused on your Health and Wellness Goals for 2010! Wishing you all Joy and Success this year, Leah.

Quantum North

Energetic Vibration - Restoring the Balance
Voice, Seshem and Quantum Biofeedback

Miss Rasma Bertz

MMax, BSc (Hons), DipNut, CertSCIO, Seshem Master Teacher

email: rasma@quantumnorth.com
www.quantumnorth.com
tel. 250 931-2269

root support... identification... education... harmony...

Valentine's Day Special

Book your Couples Massage
before the 14th of February and receive a
**Complimentary Bottle of Champagne or
Non-alcoholic Sparkling Cider and a Box of
Chocolates when you come in for your massages.**

**Watch for our
Grand Re-Opening
coming soon!!**

Organic Products
250-537-8807

Skin Sensations
Day Spa and
Healing Arts Centre

2102 Grace Pt Square • skinsensations@shaw.ca • www.skinsensations.com

Escape to Romantic Hawaii

Vancouver Departures for 7 nights
Includes air & hotel

KONA
at Sheraton Keanuhou Bay ★★★★★
February 25, 2010 from \$839 per person

HONOLULU
at Miramar at Waikiki ★★★★★ Includes breakfast
February 27, 2010 from \$1129 per person

Other Hotels & Dates Available!
Prices based on double. Taxes extra.

ph: **250.537.5523**
tf: **1.877.274.4168**

Across from the Visitor Centre



UNIGLOBE
Geo Travel
www.Geo.ca

DRIVING SCHOOL

Cornerstone Driving School has new classes starting soon. Call Shirley at 250-538-1733. 05-29

ELECTRONICS

Yamaha SPX 90 multi reverb, \$150. here's an ebay page of listings: http://shop.ebay.com/i.html?_nkwy=yamaha+spx+90. Phone: 250-653-0046. 02-19

DBX Project 1 Compressor Limiter \$175. Here's a listing and review: http://www.sweetwater.com/publications/sweetnotes/sn-summer96/Sum-SN_15.html. Phone: 250-653-0046. 02-19

GARBAGE SERVICES

Salt Spring Garbage Services Ltd
Serving and supporting the community for over 40 years
Garbage dropped off \$3.00 per bag
The only full service home pick up \$3.75 per bag.
 • **Winter Hours start Nov. 16, 2009**
Monday to Friday: 8:00am to 4:00pm
Saturday: 10:00am to 4:00pm
360 Blackburn Road 250-537-2167 ssgarbage@shaw.ca



ELECTRONICS

48" Toshiba HD TV 1080i. Comes with stand. Bought new 6 years ago 2300.00\$...500.00\$ firm. Phone: 537-9996. 02-05

46 inch TOSHIBA TV. Bought 4 years ago(2200\$) 1080i resolution. Comes with stand as well. Excellent picture, very well maintain. 500.00(sacrifice) obo Phone: 250-537-6669. 02-05

Sony PSP with NHL hockey game. Comes with case and charger. Phone: 250-537-4579. 02-05

Pair of black Sony SS-G20 bookshelf speakers \$40. Black Yamaha KX-W282 Natural Sound, Stereo Double Cassette Deck \$50. Black Sony CD player, 5 disc, CDP-C235, High Density Linear Converter, Digital Servo System \$50 (250) 538-1601. 02-05

ELECTRONICS

Sony PlayStation3 - 80gb - 6 games - 2 controllers - \$195. Phone: 653-9925. 01-22

Gulf Island Wireless Hardware - 5.8Mhz - includes antenna, amplifier and power injector, new \$1100.00, asking \$400.00 OBO. Phone: 653-9925. 01-22

Panasonic cordless phones; A two-phone set with built in answering service. Never been used, still in the box. Recent model. \$70 (retail: \$140 new with tax)Phone: 653-4443. 01-22

EXERCISE EQUIPMENT

Two full sized exercise equipment pieces for sale. \$45 each obo. 538-1808. 02-05

FAMILY SERVICES

Child-Centered Supervised Access. Serving Gulf Islands and Victoria. Criminal record check. Supervisor-Geoffrey Anderson, B.A., Lay Counsellor. (250)532-8785 geoffreyanderson@live.com. 02-05p

FREE STUFF

In search of a collapsable table (card table) in good clean condition, reasonably priced. Phone: 250 526-0377. 02-19

Free Queen size sofa. good condition from smoke free home. Neutral yellowish beige colour 250-537-9237. 02-19

Children's costumes wanted for free for child with disability. 653-9556. 02-05

Two single boxsprings. 250 537 4143, Andrey.. 02-05

FREE STUFF

34 marine pile. 45 gal drums. 1 X20 float tube for dock. Boat blocking free. Gordon Ford 250-537-9601. 01-22

The Islands Marketplace offers free ads to non-commercial advertisers, for a duration of 3 issues. Leave a message at 537-2905 with ad description, phone number and category heading; email your ad to freeads@islandsmarketplace.com; upload your ad: www.islandsmarketplace.com; drop it off at our Apple Photo Drop Box or see page 2 for mailing address. Most For Rent and Help wanted ads are considered to be commercial listings. Rates for commercial ads are 20 cents per word or \$7/column inch.

FURNITURE

Steamer Trunk; 1940's, original interior, 4 drawers and hangers, 42"x22"x15", excellent condition. \$85 obo. 250-931-7777 Saltspring. 02-19

Bauhouse (Whole Home) 2 piece sectional medium brown. 3 toss cushions. Excellent condition. \$1200. Call 537-5395. 02-05

Wanted: double futon frame and clean mattress. 537-2950.

All I want for Christmas is a new "old" Lazy-Boy Rocker Chair. Email starwalkegray@netscape.net. 02-08

GRAPHIC DESIGN

Big-Bangdesign.com Print / Websites / signage / LE Giclee prints. 604.873.9417. 04-30p

Islands Marketplace does graphic design. Creative, professional, experienced and affordable. Call 537-2905 or email: info@islandsmarketplace.com

HEALTH & WELLNESS

Circuit Training Tuesdays and Thursdays from 5:30 - 6:30pm and Saturdays at 10am. \$10 drop-in, 8 or more people, just \$5. Free for first session. Burn fat, build muscle. Call Val at 250-931-5483 or 250-538-7447. 02-19

BlueAir 205C Hepasilent Air Purifier - high quality Swedish made suitable for people with allergies, asthma, & other respiratory conditions. Captures 99.97% of 0.1 micron particles, including allergy-provoking pollen grains, dust mites, mold spores, and pet dander particles. Carbon filter removes VOCs. Nearly new. One of the quietest air purifiers on the market. Includes 1 new replacement filter. Retail for \$499 + taxes. Sell for \$385. Phone: (250) 931-7899, redochre@shaw.ca. 02-05

Rife Energy. Personal, professional friendly energy work. 537-2259.

**Today is a good day to...
Use your best china**

HOME IMPROVEMENT

HOME IMPROVEMENT

SOLID CONSTRUCTION
 Island Integrity Island Pride
"30 Years of Professional, Qualified Experience"
 Renovations, Additions, Sunrooms, Custom Construction.
Jim Anderson
 537-0779
Building for a better world... one dream at a time

Maids Personally
 House Cleaning & Welcome Home Services
*"You want it done,
I make it happen!"*
Professional & Bonded
 Phone: 250-537-1517 Email: georgianarehl@shaw.ca

FRESH SEAFOOD

LIVE CRAB
fresh

Gary LeMarchant
- Available all weekend at the Centennial Dock - Free Delivery
VHF Ch. 16
537-6280 / 537-9673
 Ganges, Salt Spring Island, BC

These Classifieds are...

CRAZY!

These classifieds actually ran in a Minneapolis newspaper....

WARNING:

These ads may be offensive to some readers. Sense of humour required.



FREE TO GOOD COUNTRY HOME-3/4 Rottweiler, 1/4 Shepherd, 3 years old, female, spayed, very intelligent, loves to eat five rabbits and kittens, loves to play ball with kids. Call after 5:00 pm. (614) [REDACTED] (12/20).

FREE YORKSHIRE TERRIER. 8-years old. Hateful little bastard. Bites!

NORDIC TRACK \$300 Hardly used, call Chubby.

WEDDING DRESS FOR SALE. Worn once by mistake. Call Stephanie.

FREE PUPPIES: 1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

GEORGIA PEACHES California grown - 89 ¢/lb.

HONDA CIVIC '96 AM/FM/CD, low miles. Good condition. speaks Spanish \$3500 339 [REDACTED]

HAVE VIAGRA. Need woman. Any women between 18 & 80. PO Box 1151, Boise, ID 83701.

FREE PUPPIES.. Mother, AKC German Shepherd. Father, Super Dog. able to leap tall fences in a single bound.

JOINING NUDIST COLONY! Must sell washer and dryer \$300.

FOR SALE BY OWNER: Complete set of Encyclopedia Britannica, 45 volumes. Excellent condition. \$1,000 or best offer No longer needed, Got married last month. Wife knows everything

Single male seeks double-jointed supermodel who owns a brewery and grows her own pot. Access to free concert tickets a plus, as is having open minded twin sister!

FOUND DIRTY WHITE DOG.... Looks like a rat. Been out a while. Better be a big reward.

SOCCER BALL ** signed by either Pele, the former Brazilian soccer player widely renowned by most experts and fans to be the finest player that has ever existed, or by some guy named "Peter". \$75. 901-529 [REDACTED]

COWS: NEVER BRED. Also 1 gay bull for sale...

WANTED: Somebody to go back in time with me. This is not a joke. P.O. Box 322, Oakview, CA 93022. You'll get paid after we get back. Must bring your own weapons. Safety not guaranteed. I have only done this once before

TOMBSTONE: Standard gray. A good buy for someone named Grady 508-375 [REDACTED]

CHINA CABINET, buffet, hutch solid pine, 6.5 tall x 4.5 wide, lighted windows, few cat scratches but cat has been killed. \$700. Call: 435 [REDACTED]

The Islands Marketplace HOROSCOPE

For your daily stars, personal horoscopes & more visit www.patrickarundell.com

Bi-weekly horoscope contributed by Patrick Arundell. Visit his website at www.patrickarundell.com for more great features... see below.

ARIES Mar 21st - Apr 20th

A really sunny and friendly vibe can warm the last phase of January for you. Expect lots of attention and for your popularity to be riding high. Yet despite this, cash and friendship don't make very happy bedfellows, so you may be best to keep these two areas apart. Confidential advice given or taken can prove invaluable. Be open to this now.

TAURUS Apr 21st - May 21st

Stay conscious that your reputation is your license to success. If you have trodden on an important person's toes, the feedback can be felt now. Yet if you understand who holds the power in your relationships, this can be time when your star can be in the ascendant. Impressions really do count. Consider the impact you make and ask if it is good Taurus.

GEMINI May 22nd - Jun 21st

Your enthusiasm can be absolutely awesome this week, and faraway places and faces can truly enchant you. So an ideal time to book or plan a holiday. If you are on the move or go to see a show, band or exhibition, you can have a fabulous time. Just be conscious that one person could be rather jealous of your hot streak and may prove spiteful.

CANCER Jun 22nd - Jul 23rd

Education can be a really important feature these days. And for many of us, there is a need to constantly update our skill set, especially as technology becomes more and more important. You and a friend can help each other, perhaps going on a course together or providing mutual encouragement. In love, things can spice up but also be mysterious!

LEO Jul 24th - Aug 23rd

Meet people in the middle and this can turn out to be a sparkling week. A spirit of compromise really can work wonders. And if you do make any agreements or get chatting to someone new, Saturn can anchor down the more frivolous side of Venus, and see these become lasting and satisfying bonds. Be sincere, and life will reward you handsomely Leo.

VIRGO Aug 24th - Sep 23rd

Okay, the jobs market has been depressed, so I don't say the following lightly, but this can be a week when things turn for you - if finding a job is your main goal. This may be a role where you can combine your powers of concentration and eye for detail with helping others. So service industry roles, retailing, health and caring, can all see you prosper.

LIBRA Sep 24th - Oct 23rd

This is a week to relish. Not only will you feel more outgoing, you can also begin to feel like spending time with others. Romance is particularly well aspected, but you can't sit back and wait for a fantasy admirer to hunt you down, you need to busy yourself with as many buzzy events as possible. A fairer share of domestic chores can lift an existing tie.

SCORPIO Oct 24th - Nov 22nd

The Quarter Moon in your opposite sign of Taurus, right angles the Sun. This gives you an opportunity to confront a painful emotional or family event, which has been causing some sadness. Have the courage to do this, for Venus is going to be very protective of you and will ensure that things can be sorted with less ill will than you may fear or suspect.

SAGITTARIUS Nov 23rd - Dec 21st

All forms of communications can see you do spectacularly well, so a great week to book a refresher course for computing skills or to start a website or personal blog. Yet, there are only so many hours in each day. So, do plan prudently what you want to do with yours. Don't try to do too much. Concentrate your focus and you can be awesome Sagittarius.

CAPRICORN Dec 22nd - Jan 20th

The stars put you in full-on temptation mode, and anything remotely luscious can be a real draw. This can also therefore, be a diet breaker, but just as easily you can find yourself daydreaming about a new, sizzling love interest. Yet however sultry they may be remember that after the initial glow has worn off, they're likely to be fallible, just like us all.

AQUARIUS Jan 21st - Feb 19th

You can be a bit of a magnet, for all sorts of good things, as the Sun in Aquarius combines with Venus. With lucky Jupiter also angling well with the transformative Pluto, the hard work you have invested behind the scenes can start to pay off, and this can see an improvement in your income and self-esteem. Don't let a doubter hold you back.

PISCES Feb 20th - Mar 20th

Life is fluid. Situations, as well as friendships can come and go. But a blast from the past can cheer you this week, when an old friend gets in touch, out of the blue. This person may have changed quite a bit since you last spoke, and you can be pleased to reacquire yourself with them. A great time to plan future and potentially life changing events.

SALTSPRING SOLILOQUIES

Thinking About Human Thought



Jim Anderson is a writer living on Saltspring. He is working on a metamorphosis of the human mind. © 2010 by Jim Anderson, Saltspring Island

Pretty soon now in the lives we lead and the games we play- who wins, and who loses will not matter anymore. Somehow we have to finally recognize that we all... all of us... are on the same team. And Humankind needs a new dream, a new spiritual renaissance, or we will not survive.

I have discovered that there is a hidden and secret foundation that underlies all human logical and rational thought. Without realizing it, all of us insidiously use this hidden platform to reason, order and understand universe. Every one of us. Every man, woman and child. Red, yellow, black, white and brown. It is the same. Always the same. And it has always been that way since the beginning.

From that secret and prehistoric foundation we always...always...absolutely, totally and without fail begin with and focus upon parts and pieces in universe. Everywhere we break universe into bits and pieces..."things", to understand it. Discrete, isolated essence is the central and primary focus. We cannot instinctively understand and know "wholes" in universe. We can only instinctively understand and know the "part." The simple, and discrete part. This is where

we begin. This is where we always start to form reason and order. A universe of objects, particles, events, mass. This is what we see. This is how our logical minds function. And from this primary focus we try to capture perfect enlightenment and understanding of the mysterious "whole" by constructing it piece upon piece.

This, then is the fundamental problem. The capacity to see and know "wholes" directly represents a dimension beyond our absolute fixation upon the "part." It is a dimension which we are now oblivious and ignorant of. This primitive myopia is the real cause of the human condition, the human enigma and the human tragedy in our world. And every human being that has ever walked this earth has formed thought and reason constructed upon this hidden foundation.

From that secret and primitive platform we have created a cosmology radiated completely from the "part." It is a perspective that is therefore always singular. Related to one center, one isolated and discrete locus. There is always one and only one singular answer and solution to any problem. Everything can and must be reduced and represented in

singular, particulate and discrete form. It is a cosmology built upon symbols. Words. Numbers. Names. A universe made real at the center, defined and composed of "elementary particles." This is how we think. This is how universe makes sense to us now.

Always only one dimension and direction can be conceived of at a time. A cosmology centered always upon the "part" is therefore always a linear world. And the more perfectly we can describe and define isolated "things", events, phenomena, forces and particles in universe- in discrete, singular and linear form, the more sense and security there is.

With gargantuan effort we laboriously interrelate, organize and order our universe of discrete parts into a collage of hierarchy, opposition and equality- conformed into laws and organized form where the whole is seen to be the sum of its parts. But it is a fragile and tenuous arrangement that we continuously labor to make invariant, unchanging and eternal. With herculean effort we have built this primitive and fragile order.

But that order is now crumbling around us everywhere. The mortal agony we live and the madness we call civilization torments us simply because the whole is always more, much more than the sum of its

parts. The whole cannot be reached or created from part. It requires thought from a totally new dimension.

Until our minds can evolve into that dimension the mystery of universe will elude us, and we will stumble blindly towards extinction. Human beings will continue to endure unimaginable inhumanity and agony, and we will suffer and die in ignorance.

You and I have to find the way out... find the way into a new dimension with our minds. Then perhaps we will understand and know how to create sublime unity from ignorant chaos. Learn how sperm and egg create life, how the two can miraculously become one. How the universe can be simultaneous, instantaneous and multidimensional beyond our primitive designs of linearity and singularity. How a society can honor and treasure the sanctity and integrity of the individual and still preserve the harmony and freedom of community. And most importantly for our civilization, how human beings can finally live together in harmony, sustainability and peace on this beleaguered planet. Small wonder we live in such challenging times.

Comments, criticism, compliments?
Talk to me: sevenunion77@shaw.ca

The Islands Marketplace CROSSWORD PUZZLE

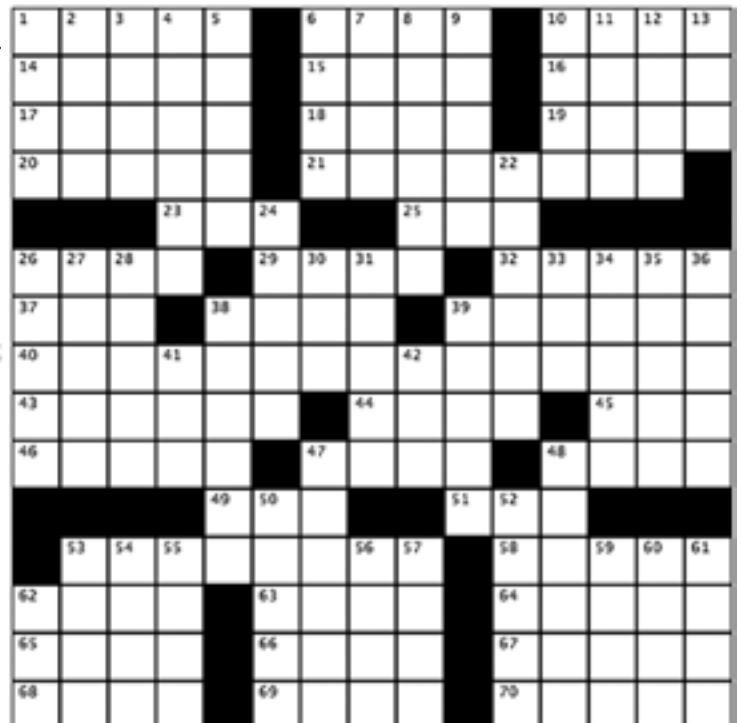
Puzzle answers are on page 14 of this issue.

Across

- 1- Like a marsh; 6- Annoyance; 10- Fishing gear; 14- Legend maker; 15- Composer Schifrin; 16- Goddess and sister of Ares in Greek mythology; 17- Knobby; 18- Affirm solemnly; 19- At hand; 20- Slumbered; 21- Chef's measure; 23- W.W. II Gen. ___ Arnold; 25- Animal park; 26- Declines; 29- Ascend; 32- Bundle of cereal plants; 37- According to; 38- Slammin' Sammy; 39- Sound investment?; 40- Obvious; 43- Effortlessly; 44- South African river; 45- Become an ex-parrot?; 46- Rise to one's feet; 47- Back; 48- Will of "The Waltons"; 49- Cheer for Manolete; 51- Put Down; 53- Pert. to first man; 58- Gross; 62- Large African antelope; 63- Bull; 64- Rich cake; 65- Actress Heche; 66- Flows; 67- Lauder of cosmetics; 68- Nailed obliquely; 69- Blunted blade; 70- Considers;


Down

- 1- Lacking; 2- Earth Day subj.; 3- Type of ranch; 4- Mathematical diagrams; 5- Seaport in the Crimea; 6- Land map; 7- Icicle site; 8- Vulgarly; 9- Trunk; 10- "All The Way To ___", song by REM; 11- Hydrox rival; 12- Zoologist Fossey; 13- Georgia, once: Abbr.; 22- Mail-related; 24- Agent; 26- Alleviates; 27- Sheep cry; 28- Light wood; 30- AOL, e.g.; 31- Medicinal ointment; 33- Riled (up); 34- Eat away; 35- Lofty nest; 36- Lobby of a theater; 38- Rarely; 39- Growl angrily; 41- Fish appendage; 42- Battery size; 47- Get back; 48- Marked with wavy lines; 50- Brit's bottle measure; 52- Behaved; 53- Pisa's river; 54- Unit of force; 55- Canned; 56- "Rule Britannia" composer; 57- Come up short; 59- Commedia dell' ___; 60- Goblet part; 61- Goes out with; 62- Bran source;




Provided by BestCrosswords.com Used with permission.

This is what I was thinking.....



By Tracey Supina

Walking the Stress Away!!



In light of health and wellness for the month of January I decided on bushing the topic of walking. To my friends I am sure you are laughing about now, I am by far the biggest procrastinator for the "walk of death" as I call it. Every time my friends try and make me walk anywhere I am mad....cranky to say the least and they as only true friends can be are happy to make me walk, they laugh and relish in the whole idea that they actually got me out there so I thought I would tell you of a few things that make walking one of the most beneficial forms of exercise both mentally and physically.

Put physical and mental distance between you and the stress-causing environment. (my kids usual follow me but good luck)


When you are stressed your muscles tense up so walking will help you unknot those muscles. (unless you fall down like I usually do)

Take time to enjoy the flowers, the weather, our beautiful SSI surroundings and most people would say the birds chirping. (birds scare me....Alfred Hitchcock need I say more)

Walking wears off the stress related calories I just thought they were calories from eating but hey it actually makes me feel good and allows my brain to OK the dessert that night.

Walking does lower blood pressure that stress and excess weight cause it to rise, I have no pun or joke to this as my Dr. has instructed me to get walking

I will say as hard as it is to get me with my runners on and out on the pavement, I enjoy walking so much that every time I do walk I say.....man this feels great. I encourage the walk.....take a moment and do it....just do it....



The Wine Cellar
WE MAKE WINE FUN AND AFFORDABLE

Harry Gerry

- On Premises Wine and Beer Making
 - Premium Wine and Beer Kits
 - Full selection of wine and beer supplies for home brewing

131 Price Rd **250-931-1963** Hours: Tue. - Sat. 12:30 - 4:30 or by appt.

The Islands Marketplace ☆ SUDOKU ☆

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

sponsored by: answers on page 14

Beach season is almost here!!!...

get started now & your leaner body will appear



Certified Personal Trainer Valri Cunningham can show you how! Call 538-0979 or 538-7447



arvid Chalmers Ltd.
real estate since 1977

Ph: 250*537*7148

★ Email me at: arvid@saltspring.com ★
See my current listings at: www.arvidsaltspring.com

Why Advertise with us?

Our ad rates are super affordable, starting at \$6.30/column inch with a frequency discount

We offer professional graphic design services, with a clean, easy to read layout & friendly service

Islanders read The Islands Marketplace. With hardly any returns, we know our magazine is being read.

We print "The Good News" with Island Stories, Images & Fabulous Features.

We are the only publication that offers FREE classified Ads in the Gulf Islands!

We are Salt Spring's only 100% locally owned & printed publication.

The Islands Marketplace 537-2905

HOROSCOPE

Learn about your lovelife, health, work and wealth in 2010. Have your personal horoscope emailed to you. With over 12 years experience, astrologer Patrick Arundell provides intelligent, accurate and unique insight into the ancient craft of astrology. Visit www.patrickarundell.com for accurate daily and weekly horoscopes, anytime. Check your horoscope online at: www.astrology-enterprises.com.

HOUSE SITTING

Mature, professional woman available to pet/house sit and walk dogs. References available. Rates negotiable. Tel: 250-537-4337.. 02-19

Housesitter available or house swap - Reponsible Calgary home owner wishing to house-sit or house swap for July/Aug. silks@shaw.ca (403)242-6102 Norene. 02-05

LOST & FOUND

Brown wool, gauntlet style mitts were lost. Please call 537-5107 if you have found them. 02-05

Can't find your ad here? We lost some ads from our answering machine, during the storm and power outages. Please try again.

SUDOKU ANSWER

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

CROSSWORD PUZZLE ANSWERS

Answer for this issue's puzzle

Provided by BestCrosswords.com. Used with permission.

1	S	E	D	G	Y	16	P	E	S	T	17	R	O	D	S
2	A	C	U	R	A	18	L	A	L	O	19	E	R	I	S
3	N	O	D	A	L	20	A	V	E	R	21	N	E	A	R
4	S	L	E	P	T	22	T	E	A	S	23	P	O	O	N
5						24	H	A	P	25	Z	O	O		
6	E	B	B	S	26	R	I	S	E	27	S	H	E	A	F
7	A	L	A	28	S	O	S	A	29	S	T	E	R	E	O
8	S	E	L	F	E	X	P	L	A	N	A	T	O	R	Y
9	E	A	S	I	L	Y	30	V	A	A	L	31	D	I	E
10	S	T	A	N	D	32	R	E	A	R	33	G	E	E	R
11						34	O	L	E	35	L	A	Y		
12	A	D	A	M	I	C	A	L	36	C	R	A	S	S	
13	O	R	Y	X	37	T	O	R	O	38	T	O	R	T	E
14	A	N	N	E	39	R	U	N	S	40	E	S	T	E	E
15	T	O	E	D	41	E	P	E	E	42	D	E	E	M	S

Today is a good day to...
Cuddle your Kids!!

MEDICAL

Packages of First Quality Adult briefs, X-Large fits waist size 59" to 64", 16 briefs per package, \$10.00 per package, or I have 2 cases with 4 packages in it for just \$30.00 per case. a total of 84 briefs per case.. Advanced Zoning System as well as odor control, for either male or female. I am in Crofton so I am sorry I can not deliver. Phone: 250-324-3465. 01-22

METAL RECYCLING

Salt Spring Island Metal Recycling

Free Scrap Car Removal

Call for pick-up from Galiano, Mayne, Saturna & Pender



Will pick up.
Loose metal & appliance drop off.
Fridges & freezers
Cash for non-ferrous metals.

538-8335

Call for estimates: 538-7730

440 Rainbow Rd, Salt Spring Island

THIS AD SPACE IS ONLY \$7/ ISSUE

plus GST (that's just \$3.50/ week) Ad size: 1.85" x 1"

CALL 537-2905

MISC. FOR SALE

Portable Electronic Air Cleaner/Ionizer. Ideal for allergies and dust/pollen removal. Two years old. I am moving and no longer have a cat. Paid \$500 sell for \$300. 250-537-5779. 02-19

Small Franklin wood-burning Fireplace/ Stove c/w screen. Perfect condition, a good little heater - \$175. obo. 250-537-5779.. 02-19

Wine/Beer making glass or plastic carboys with air locks. \$12.50. Phone: 250 5372947. 02-05

Older Electric Singer Sewing Machine in wooden cabinet with lots of attachments For Sale as is: \$30. Phone: 250-537-5931. 02-05

Wooden Artists Easels, \$20-\$30 each/as is. Phone: 250-537-5931. 02-05

Snake fence or vertical posts: good quality, heavy cedar split rails. 10 foot lengths. \$1.25 @ foot or \$12.50 each. 50 on hand. Ph: 250-537-5168. 02-05

Pool Table (\$175): 4'X8' size, several cues, rack, scoreboard, snooker and billiard balls, etc. Great fun for the kids! Queen Size Futon Mattress (\$35), clean and cozy. Call: 653-0005. 02-08

New 12 X20 galvanized culvert - \$250; 3 hydroponic flood drain tables with pump - \$100 / lot; 2 Stainless steel prawn traps with app 250 lead line \$50 ea; 100 amp meter box and mast (needs stud) \$50; 36 invisible screen door \$10; 6 Topper floats for dock \$10 ea. Gordon Ford 250 537 9601. 01-22

Wood stove for sale. Old parlor stove; double cook top; front and side loading doors; no cracks; impeccable condition. An art-piece unto itself. Lots of pictures upon request. Not CSA. One of a kind \$200. Phone: 653-4443. 01-22

Reverse osmosis under the counter water purification system. 3 filters and storage tank. In good working order. New membrane. Professionally maintained. Phone: 250-537-4311. 01-22

MOTORCYCLES & ACCESS

Wanted motorcycle 250-600cc size. Phone: 250-653-4352. 02-08

MUSICIANS

Drum lessons, \$25/hour. Call Andy at 537-2950. 02-19

Call to join the Salt Spring Concert Band -- musicians of all ages welcome. No auditions. Contact Dawn Hage, Director, at 537-1888 or dawnhagemusic@hotmail.com. See website for more info: bandemonium.org.

Local Musicians! Get listed Online in The Salt Spring Musicians Directory. It's Free! Go to www.vollent.ca/salt-springmusiciansdirectory or email dvollrath@saltspring.com with your contact info.

MUSICAL INSTRUMENTS

Hartke 3500 Bass Amp and Gallien-Krueger 4x10" Speaker Cabinet. Both in excellent shape. Each \$385. or Both \$750. Serious Inquiries Only. Phone: 250-537-5931. 02-05

Fender Jazz Bass 5-String Black & White, Mint Condition: \$500. Gig Bag Included. Phone: 250-537-5931. 02-05

Digitech RP80 Modeling Guitar Effects Processor Foot Pedal. Classic amp and acoustic guitar modeling and effects on two foot-switches. A pallet of of programmable studio quality effects with built-in expression pedal. Built in drum machine and chromatic tuner. Stereo outputs. Includes AC adaptor and/or AA Batteries New: \$150 Now: \$75 O.B.O Call: 653-0005. 02-08

Bass Amp and Speakers: \$750 both, \$395 separate: Hartke 3500 Bass head, Gallien Krueger speaker cabinet 4x10" Salt-Spring Island 250-537-5931 Serious Inquiries Only. 02-05

OFFICE SERVICES



Custom Orders • Office Products
Regal Catalogues/Sales

et cetera
(Salt Spring Book & Stationery)
162 Robinson Rd.
By appointment Ph./Fax: 537-5115

PERSONALS

Caring, creative, com(passionate) content, warm, independent, adventurous, slim & trim, lovely, youthful woman, 62 - Hike, sing, play, dance, explore, garden, kayak, travel and more - come join me kind-hearted and fun-loving man-friend. Detailed replies plus photo please to drop off box at Apple Photo, #6-121 McPhillips Ave, Ganges, Salt Spring Island, V8K 2T6, under "K" for Kathleen M. 02-19



Don't be lonely this Valentines Day...

Submit your Personal Ad today... it's free.

Call 537-2905

Support the local economy when you advertise with us!

POULTRY

Salt Spring Island Poultry Club. New to the hobby and serious breeders, young and old all welcome. Come and Join us. Questions? Call Pat 250-931-5179.

POULTRY

Small happy bantam barred rock flock for sale. two roos, one small, silver and showy, and one bigger and good for making table bird offspring. the flock contains four 16 month old hens laing loyaly despite the weather, and two or so pullets nearing point of lay. all together asking 70 dollars. Phone: 250 931 8195. 02-05

PRAYER TOOLS

Custom Buddhist/Hindu Rosaries made on Saltspring Island. NEW THIS YEAR handmade on-island Statuary. Visit www.destinationom.com for details or call 250-537-1792.

PRAYER TOOLS

DESTINATION OM



Malas and Statuary

NEW! Meditation Cushions

New in Stock: Hemp Hulls
See our ad under "Arts & Crafts"

Email: destinationom@yahoo.ca
www.destinationom.com

REAL ESTATE

SALT SPRING ISLAND: BEAUTIFUL INCOME GENERATING ACREAGE FOR SALE



Think about it...
9.55 acres on desirable Salt Spring:
**Panoramic view; Beautiful buildings, Organic gardens ++
Plus Enough income to Pay Your Mortgage?**
Call 250 653-9898 for more details.

I wanna sell my family's private island located in the Langkawi region, Malaysia. Phone: +6017-4923174. 02-19

REAL ESTATE WANTED

Couple seeks land to own in exchange for work on farm/home/garden/other. Also in need of shower facilities weekly - exchange cash or Reflexology treatments. email: firephoenix@live.ca (no phone at this time). 02-05

RENTALS

Salt Spring Cabin - 1 bdrm & loft, sunny, newer designer cabin on bus route near Central. NS/NP avail Jan 1. \$900/mon. Markus 537-4579. 02-05

Cozy, one bedroom furnished cabin with electric heat, woodstove fireplace. Lakefront views, park-like grounds in private and quiet forested setting. N.S./ N.P. Avail. Jan -Apr @\$775/month (inclusive). Suits quiet single or couple 537-5977. 02-05

Spacious room in sunny, southend heritage home. Pastoral views, hiking trails, close to mountain and sea. Own phone-line, separate 2pc. bathroom, separate entrance, fir floors, partly furnished, with large closet and ample storage space. Share the kitchen, workshop, washer/dryer and garden. By car, its about 10 minutes to Ganges and 5 mintues to Fulford. Suit employed, healthy living, close to nature and non-smoker. No pets. References? \$500 - includes utilities. Phone: 653-0005 Email: sundog@peterprince.com. 02-05

Clean, cozy, one bedroom cottage, furnished, minutes to Bennett Bay beach, available for monthly rental until end of May 2010. Wood/electric heat. \$700./month. Suit single person or a couple. mayne539@yahoo.ca. Phone: 250-539-3195. 01-22

RENTALS SHARED

Small family looking for a one or 2 bedroom house or cabin. Shaw capability and wood stove preferred. 700-(1000 for inclusive) range. any leads are appreciated, please call. 02-05

REAL ESTATE

RENTALS WANTED

Professional family looking to rent a house (3 beds or more)from May/June 2010 onwards, on a long-term lease. We're a happy, clean lot with an older and very docile labrador. Woodstove would be great as would a garden and the ability to have high speed internet. If you're looking for a dependable family to rent your home, please email Anna at alus@shaw.ca. 02-05

I am hoping to return to salt spring and am seeking an affordable place for me and my kitten. i am currently in receipt of income assistance, so i can pay about \$375-400 for rent. Close to Ganges, Fulford, a bus route or a good hitching road would be ideal. it could be a house-sit, temporary, short-term or long-term, i just need to get back to the island! please call or email me at 250-891-5233 or krisonyx@gmail.com. 02-05

Mature single professional is seeking a cottage/small house for rent in a private setting as a getaway from Vancouver, either a sublet for January and February, or possibly if reasonable a long term rental for part time visits to the island. Phone: 604-266-2923. 02-05

I am wanting to move from Victoria and am looking to rent a house or a room. Beautiful and treed and cozy and free of grossness and lovely would be nice. Vehicle non-existent now. Phone: 250-380-6866. 02-05

RIDESHARE

Would like to car pool for 11 o'clock swim at Rainbow Road Pool. Mon. Tues. Wed. & Friday. Long Harbour area. Call Mike 250-931-0090. 02-05

SPORTING GOODS

Men's ski boots size 10, skis with bindings and poles. 180 cm. Great shape. \$75 obo. 537-2950.

Mens and ladies "shorty" wet suits, Ladies blue size 11/12, mens fits small-medium build. \$65 each. Both in great condition, worn only 3 times each. 537-2950.

SPIRITUAL

"Hold Fast Thy Word"
Airs Sunday mornings
SALT SPRING RADIO
10am - 10:30am CFSI 107.9FM
www.cfsi-fm.com
7:45 - 8am on KARI 550AM dial
www.kari55.com

WANTED

Electric scooter with canopy phone John. 250 931-1134. 02-19

Wanted to buy: 3 axle boat trailer for 6 ton, 26 ft. boat with 8ft. beam. 250-751-6141. 02-19

Children's costumes wanted for free for child with disability. Call 653-9556. 02-05

Couple looking for shower facilities weekly, while we are looking for work and accomodation on the island in exchange for cash paid or Reflexology treatments. Email: firephoenix@live.ca or leave phone number on board at Salt-spring coffee cafe (Ganges) for Tom and Lutqueet to call U. 02-05

Wanted mortorcycle 250-600cc size. Phone: 250-653-4352. 02-08

All I want for Christmas is a new "old" Lazy-Boy Rocker Chair... Email.....starwalkergrey@netscape.net. 02-08

Quality television antenna. Phone: 250-537-2030. 01-22

Punch bag wanted to buy for teen. 250 653-9898. 01-22

WORK WANTED

I'm available for office and house cleaning, yardwork and/or gardening. Excellent references. Please call 250-653-9556. 02-19

Carpenters helper/apprentice looking for work. 4 years experience with 1500 registered hours. Please contact Jesse Burke at 250-930-3737. 02-19

Mature, professional woman available to pet/house sit and walk dogs. References available. Rates negotiable. Tel: 250-537-4337. 02-19

Home and property services. landscaping, fencing, broom and brush removal, rubbish removal, light hauling. well tooled and ready now. Phone: 250-537-7486. 02-05

Student looking for part time work on either friday saturday or sunday can do all days. Phone: 250 537-2578. 01-22

**The next issue is
FEBRUARY 5, 2010
Ad deadline is Tue. Feb. 3.**

REAL ESTATE

Crofton Ocean View Lot - Most of the lots have sold in this 29 lot underground serviced subdivision. Crofton is a seaside community on the east coast of Vancouver Island. Its two lane boat launch provides quick access into Osborne Bay where you can enjoy cruising the Gulf Islands and fishing. Crofton is also close to all amenities and several golf courses. Lot 26 is only a 5 minute walk to the beach, seawalk, marina and the Saltspring Island ferry. You will love the panoramic views of Osborne Bay, Saltspring Island and coastal mountains from your future sundeck. This gently sloping 7241sq ft lot is zoned for a legal suite and is the only lot left with a private backyard. It has been dug down to building grade and is ready for your ocean view dream home. Phone: 250 701 3564. 02-19

 please recycle 

LI'S FEATURED LISTING:

Salt Spring Island: Equestrian 7+ acres, fenced pasture, barn, orchard, pond, a vegetable garden, 5 bed, 4 bath home, wood floors, sunny, private & pastoral. Beautiful!
LiRead.com/1634.htm **\$849,000**



SEA TO SKY
PREMIER
PROPERTIES

LI READ

Corner of Lower Ganges
and Rainbow Roads
(Across fr. Ganges Marina)

250-537-7647

Email: LiRead33@gmail.com • www.LiRead.com



Can't Find The Islands Marketplace?

Get it Delivered...
Just send us a quick email to:
info@islandsmarketplace.com and
have The Islands Marketplace
delivered to your email inbox.. FREE!

*Rainbow Road
Trading Co.*

*New Arrivals
From Rajasthan!*



*Gorgeous tapestry wall hangings
Cotton tablecloths & bedspreads
Cotton pillow covers*

**AND OUR
JANUARY CLEARANCE SALE!**

*124 Lower Ganges Rd. (beside Sears)
Open Daily Mon- Sat 10-5
ph. 537-0057*



**Dave
Phillips**

*"When in
Doubt...*

**BLAST
it out!"**

Bus: 537-2618 Cel: 537-7481

**LAURIE'S
RECYCLING
& WASTE**

Services Inc.

DROP OFF next
to Country Grocer

653-9279



**Containers
Commercial
Large Clean-ups
Metal Recycling**

An island family since 1861

**Open: Mon. to Sat.
8am to 5pm**