

THE ISLANDS **FREE CLASSIFIED ADVERTISING EVERY SECOND FRIDAY**

Marketplace

FREE

Volume 3 Issue 7

JANUARY 23, 2009

**FEATURE STORY:
NEW NORTH END
COFFEE CO. & DELI**

**MOVIE
TRIVIA
CONTEST**

**LEARN ABOUT
RAW FOOD CUISINE**

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



Barrista Dawn Hage welcomes everyone to the new North End Coffee Company on Saltspring Island. January 24 Open House info and story on page 9. Photo by Shinobu Verhagen.

The Island's Only Free Buy and Sell Magazine

Free Ad Hotline:
537-2905

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

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

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at the end of the
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NEXT ISSUE of the ISLANDS MARKETPLACE:

FRIDAY, February 6, 2009

Our Advertising Deadline:

Tuesday, Feb. 3, 2009

Ph: 537-2905 Toll Free: 1-877-537-2905

Circulation this issue: 1000+

Where is it? 250 Prefix Listings:

- | | | |
|--|---------------------|------------------------------|
| 210 - Chemainus | 338 - Courtenay | 655, 656 - Saanich |
| 245 - Ladysmith, Saltair | 390 - Lantzville | 722 - Cedar |
| 246 - Crofton | 468 - Nanoose | 722 - Yellowpoint |
| 247 - Gabriola | 539 - Mayne Island | 737 - Duncan |
| 285 - Quadra Island | 539 - Saturna | 739, 741, 754, 758 - Nanaimo |
| 335 - Union Bay, | 629 - Pender Island | 746 - Cowichan Valley |
| 335 - Denman Isl. | 635 - Terrace | 748 - Duncan |
| 335 - Hornby Isl. | 642 - Sooke | 751 - Wellington |
| | | 752 - Qualicum Beach |
| 479, 213, 385, 387, 514, 686, 885 - Victoria | | 923 - Campbell River |
| 537, 538, 653, 931, 930 - Salt Spring Island | | 935 - Cortes Island |

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NOTICE TO FREE AD LISTERS:
SOME ADS IN THIS ISSUE HAD
TO BE EDITED FOR SPACE.

If you don't see a category which you'd like to list your ad under, please let us know and we'll create a new category listing for you!

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Greetings!

Thanks for picking up this copy of the Islands Marketplace magazine. We are the Gulf Islands only free buy and sell, connecting buyers and sellers since 2006. Despite local rumors circulating around Saltspring Island, the Islands Marketplace is not for sale and we do not have any intention of moving off of the island. We love living here and are eager to make Saltspring our community for years to come. We are pleased with the success of this magazine and the valuable service it has provided to so many islanders. It is our way to do our part for our community and the environment, by offering a free service and keeping used items out of the landfills. When you're done reading it, please pass it on.

2009 is definitely a year for change and hope. With the historical presidential inauguration of Barack Obama, and finally, an end to the mistakes and delusions of George Bush, whose only achievement was providing great material for so many comedians. It is a great day in politics when a member of a previously suppressed minority can rise to the top and become a leader and role model for generations to come. Obama's wisdom and character will be put to the test and the world will be watching his every move. He has an amazing opportunity to change the U.S. and influence the world. It will be wonderful to see the political transformation ahead. Perhaps we can all learn something from this. When it was once believed that a black president could never be possible, is now reality. Anything is possible, if you work hard and never give up on your dreams.

Please support our magazine by advertising your business with us. Call me for details... 250-537-2905 – Sandi Poystila



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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. We will place your ad in your chosen category for 4 issues and will code the ad with a number which indicates the month and date that it will finish running. If you'd like to repeat your ad, please contact us. If you need your ad taken out early, 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 advertising from the businesses who support this magazine and its community service. Press Releases, Stories, photos and comments are always welcome and greatly encouraged.

THE ISLANDS
Marketplace

FREE LOCAL CLASSIFIED ADVERTISING EVERY SECOND FRIDAY

WWW.ISLANDSMARKETPLACE.COM

<p>Publishers: Sandi & Andrew Poystila, info@islandsmarketplace.com</p>	<p>Sales Assistant/Reps: Teresa Forbes, 537-2259 Emily Forbes, 537-5358</p>
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Contributing Writers: Georgiana Reehl and Sheri Cyprus

Tel: 250-537-2905 Toll Free: 1-877-537-2905
301 Mobrae Ave., Saltspring Island, BC V8K 1J7

ANIMALS & PETS

35? gal aquarium by Hagen. 36" w x 12 1/2" d x 18" h. Marina full canopy for top. Heater, air pump, filter, gravel, thermometer, fish nets and more. \$55.00 OBO. Phone: 250-537-1418. 03-06

Wanted - Golden Retriever/Lab cross, 2 years old. Call 250-537-9876. 03-06

Hand made dog kennel, suit 15lb dog. Visually appealing style. \$30. 250-537-4514.

My name is Brutus. I'm a healthy, 5 year old Yorkie/Shih Tzu male weighing 10lb. I would like to find a small, healthy female to have puppies with. Your breed is not as important as your temperament and personality. I want one puppy from the litter to make part of my family. If you're interested, have your people call my people at 250-537-1775. 03-06

Free chickens, - four free chickens for pets or pots. Hens and roosters. must take all. Call 250-537-9677. 02-20

14.2 Bay Arab mare: beautiful flowing movement and conformation - Intelligent and willing and has taken Pirelli level 1 and has great potential. Would be a good trail, dressage or jumping pony plus a terrific brood mare. Sound, easy keeper, bare feet and a wonderful communicator - she is looking for that special person to love. To enquire 250 653-9898. 01-30

The perfect pony - Beautiful 13.2 hh Paso-fino Welsh mare. Calm and friendly, responsive with a soft mouth and great leg yield - a real delight to own and a healthy easy keeper. Lovely jumper, dressage winner, can drive and has done pony club. \$5,500.00 250 653-9898. 01-30

1 free 22yr old registered qh mare, well trained but not sound. could be used for kids pony rides, great with kids. 2 fillies who will be 2 in feb. 1 is double registered 1 is not registered, both excellent blood lines, nice confo. \$800 and \$1300 obo. Email: bswalker@yahoo.ca. 01-30

Female poodle wanted, no older than 4 years. 250-758-1595. 01-02

ANIMALS & PETS

Exotic Reptile or snake cages Acrylic with glass fronts. Feeding Stations & many Extras \$300.00 or exchange for Hunting Rifle & Scope. 250-537-4172. 01-16

Salmon Egg Trays for hatchery banks of 8 or 10 trays. \$30.00 per bank. Phone 250-537-4172. 01-16

Zebra Finches \$10.00 each. Budgies \$10.00 each. Cockatiels \$20.00 each. Phone 250 537 4172. 01-16

ANTIQUES

Antique storage trunk. Wood battens, decorative metal corners and a slightly arched top. 34" w x 22" d x 24" h. Funky, strong and solid trunk. \$60 obo. 250-537-1418. 03-06

1930's General Electric working radio, 4 band, 37 inches tall, original wood. exc. cond. 250-931-7777. Saltspring. 02-20

1950s Fleetwood stereo, 2 band radio, turntable, solid wood, large cabinet. 250-931-7777. 02-20

Hundreds of glass medicine bottles, jars, early 20th century, ex. cond. 250-931-7777. Saltspring. 02-20

1930's movie camera Cine Kodak, Mint cond. 1950s slide projector, 42" screen with tripod. 250-931-7777. Saltspring. 02-20

Antique cow neck stantions from the old "Stevens" farm near Beaver Point Hall. Very funtional and easy to use to hold your animal while the Vet checks it over. \$80 each. Phone: 250-537-4450. 01-16

Antique & vintage lighting - various prices. Antique wood cook stove \$40. Phone: 250-537-7861. 01-16

Beautiful Gramophone. \$550. Phone: 250-537-4450. 01-16

APPLIANCES

Large side x side fridge, white; 30" electric range, white; Maytag dishwasher, white - all in good condition, \$150 each. Phone: 250-537-9629. 03-06

APPLIANCES

New G.E. 21.7 cu. ft. no frost refrigerator with top freezer, Black. Excellent condition, only used 2 1/2 months. Still on warranty. \$1,000.00 new asking \$650.00. Please phone (250) 537-5928. 02-20

Kirby G4 upright commercial vacuum with complete set of attachments, low kilometers. asking \$400.00. Phone: 250-537-2840. 02-20

10 year old stove. Concept II in good working condition. 30" wide. \$125. Call 250-416-0531 or 250-710-1112. 01-16

Top of line Kenmore Whisper tone canister vacuum with all attachments. Working fine. Asking \$100. 1-250-245-3952. 01-16

ARTS & CRAFTS

Posters pictures, photos, cards from Asia and Latin America. Guatemala Huipiles collectible, woven embroidered blouses. 250-931-7777. Saltspring. 02-20

Moving - no room. Approximately 75 bronze art sculptures. 653-4272. 01-16

AUTOS FOR SALE

1990 Toyota 4x4 extended cab, 4 cyl., 5 speed. blue. With canopy. \$4500. Call 537-6469 days or 250-537-2990 eves. 03-06

2005 Pontiac Vibe-PRICED TO SELL - \$12000 Black.Good condition.Only 43,876 K. Manual Transmission. FWD, Includes Leather, Sun roof, Cruise Control, Power Windows, and more. 250-537-1108. 02-20

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The Islands Marketplace CALENDAR OF EVENTS

FRIDAY, JANUARY 23

Robbie Burns Night at the Dancing Bean Cafe in Chemainus. 250-246-5050.

"The Curious Case of Benjamin Button" at the Fritz Movie Theatre, Salt Spring Island. Call 537-4656 or visit www.thefritz.ca.

Rollerblading at the Fulford Hall. 7pm for novices. 7:30pm general.

Storytime at the Library: Celebrate Family Literacy Day. Robert Munsch stories. JOIN the Family Literacy Day Challenge to break the world record for the most children reading with an adult.. For children in early grades and preschoolers. All Welcome! 1 pm to 2 pm. Free.

SATURDAY, JANUARY 24

Dad 'n' Me - Meet and eat pancakes with dads and kids at Family Place on Fulford-Ganges Rd., Salt Spring. 8:30-10:30 a.m. 537-9176.

SUNDAY, JANUARY 25

Live Music "Sultans of String" at the Dancing Bean Cafe in Chemainus. 250-246-5050. www.dancingbean.ca

MONDAY, JANUARY 26

Floor Hockey at the Fulford Hall at 7 p.m. All welcome. Info: 250-537-9369.

Kindergym at the Community Gospel Church on Vesuvius Bay Rd, Salt Spring Island. 9:30am, Indoor play area for parents and tots and up to 3 years. \$2

MONDAY, JANUARY

Rug Huggers - 10:00am -1:00pm, For babies, their parents, and siblings to visit, play and eat lunch at Family Place, 537-9176, Fulford Ganges Road.

TUESDAY, JANUARY 27

Italian cooking classes, Level 1 at Del Vecchio Pasta Fresca 6:30-8pm. 537-8588. Space is limited call today...

WEDNESDAY, JANUARY 28

Tango Dance Class at the Core Inn, third floor. 6:30pm. Info: 250-537-1818

THURSDAY, JANUARY 29

Italian cooking classes, Level 2 at Del Vecchio Pasta Fresca 6:30-8pm. 537-8588. Space is limited call today...

Salt Spring Weavers and Spinners Guild Meetings. Guild Fall Sale Info & Ideas. 10:30-12:00 at ArtSpring. Open to those interested. www.saltspringweaversandspinners.com or Terry - 250-537-8813.

Kindergym at the Community Gospel Church on Vesuvius Bay Rd, Salt Spring Island. 9:30am, Indoor play area for parents and tots and up to 3 years. \$2

FRIDAY, JANUARY 30

Storytime at the Library. Stories & Rhymes for All. Come for favourite tales of princes, princesses, frogs, bears, and cats. Learn some new stories as well and join in the creative activities. For children in early grades and preschoolers. Everyone Welcome! 1 pm to 2 pm. Free.

FRIDAY, JANUARY 30

"Bedtime Stories" at the Fritz Movie Theatre, Salt Spring Island. Call 537-4656 or visit www.thefritz.ca.

Fabulous Folksinger Anne Feeny at the Lions Hall on Bonnet Ave., Salt Spring Island. Tickets are \$15 at Salt Spring Books, Acoustic Planet, Stuff & Nonsense, or at the door. Doors open at 7 pm and the show starts at 7:30.

SATURDAY, JANUARY 31

Dad 'n' Me - Meet and eat pancakes with dads and kids at Family Place on Fulford-Ganges Rd., Salt Spring. 8:30-10:30 a.m. 537-9176.

SUNDAY, FEBRUARY 1

To the One I Love - Clay Workshop from 9:30am to 12:30 at Creative Fire Studio. Make a special Valentines Gift. Open to all ages. No previous art experience is necessary. Cost: Adults \$50.00 Child/Youth \$25.00. All materials are included. Contact Tracy at 250-538-0144.

MONDAY, FEBRUARY 2

Rug Huggers - 10:00am -1:00pm, For babies, their parents, and siblings to visit, play and eat lunch at Family Place, 537-9176, Fulford Ganges Road.

Kindergym at the Community Gospel Church on Vesuvius Bay Rd, Salt Spring. 9:30am, Indoor play area for parents and tots up to 3 years. \$2

MONDAY, FEBRUARY 2

Floor Hockey at the Fulford Hall at 7 p.m. All welcome. Info: 250-537-9369.

WomenWriting Winter 2009 Workshops: "Women Writing Memoir": Join these circles of women writing authentically, deeply and, most importantly, for our selves. Wendy Judith Cutler: 653.4286 (winnie@saltspring.com)

TUESDAY, FEBRUARY 3

Italian cooking classes, Level 1 at Del Vecchio Pasta Fresca 6:30-8pm. 537-8588. Space is limited call today...

Salt Spring Weavers and Spinners Guild Meetings. Spinning - bring a wheel or spindle, 7-9pm at ArtSpring. Open to anyone who is interested. More info at: www.saltspringweaversandspinners.com or Terry Bibby - 250-537-8813.

WEDNESDAY, FEBRUARY 4

Tango Dance Class at the Core Inn, third floor. 6:30pm. Info: 250-537-1818

THURSDAY, FEBRUARY 5

Italian cooking classes, Level 2 at Del Vecchio Pasta Fresca 6:30-8pm. 537-8588. Space is limited call today...

Salt Spring Weavers and Spinners Guild Meetings. Salt Spring Weavers Guild Business Meeting, 10:30-12:00 at ArtSpring. Open to anyone who is interested. More info at: www.saltspringweaversandspinners.com or Terry Bibby - 250-537-8813.

Advertise your event here for FREE! Call 537-2905 or toll free 1-877-537-2905.

Email : info@islandsmarketplace.com for the next edition - February 6 - Online events calendar. at: www.islandsmarketplace.com

The Islands Marketplace CROSSWORD PUZZLE

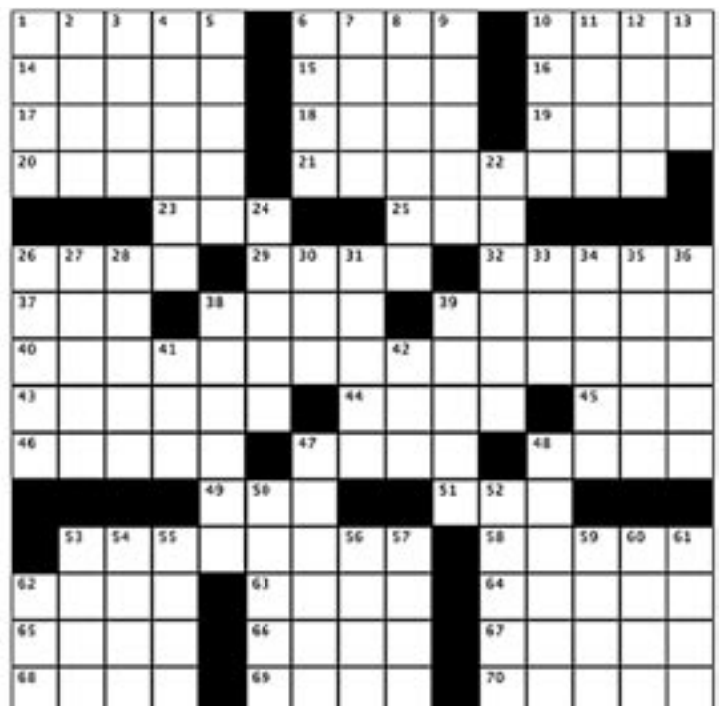
Crossword Puzzle answers are on page 11 of this issue.

Across

1- Refine metal; 6- Carbonized fuel; 10- Archer of myth; 14- Golden Horde member; 15- Anarchist Goldman; 16- Ground; 17- nous; 18- Greek temple; 19- A long time; 20- Interface; 21- Table supports; 23- Viper; 25- Anaconda; 26- Church recess; 29- Perman of "Cheers"; 32- Advert; 37- Plaything; 38- de vivre; 39- Rhododendron kin; 40- Obvious; 43- Sovereignty; 44- Level; 45- Grande; 46- Barbecue leftovers?; 47- Teheran's country; 48- Capital of Calvados, in NW France; 49- Dusk, to Donne; 51- Definite article; 53- Carved female figure used as a column; 58- Alleviate; 62- Overdue; 63- Indifferent; 64- Slip; 65- Draft classification; 66- Catchall abbr.; 67- Twangy; 68- Compact by pounding; 69- Spoils; 70- Chaplin persona;

Down

1- Bouillabaisse, e.g.; 2- Long luxuriant hair; 3- Bluesy James; 4- Immature insects; 5- Kilmer classic; 6- Red coin?; 7- Actor Epps; 8- Simple life form; 9- Cowboy's tool; 10- Airline to Tel Aviv; 11- Latest thing; 12- Change for a five; 13- Radical '60s org.; 22- Man of superior strength; 24- Agent; 26- Confused; 27- They're metered; 28- Slender graceful woman; 30- In; 31- Conger catcher; 33- Chow down; 34- Plants; 35- So spooky as to be frightening; 36- Semisynthetic textile; 38- British island; 39- Concerning; 41- Charge; 42- Actress Gardner; 47- Wholly; 48- Underground room; 50- Artist's support; 52- Lacks; 53- Injectable diazepam, in military lingo; 54- Up and ; 55- Gather, harvest; 56- Golfer Aoki; 57- Dunce; 59- One of the Simpsons; 60- According to the Bible, he was the first man; 61- Quick sharp bark; 62- Destiny;



AUTOS FOR SALE

2004 VW Jetta TDI Loaded, Automatic, Leather, New Tires. Economical 50 mpg! \$17,000. Must sell. 124,000km. 250.538.7888 cell.. 01-30

Auto Project - This would be an interesting and different project. This vehicle was probably converted to a truck in the mid '40 so that it would be eligible for rationed gas during the war. (likely) It does look very cool in my opinion. pictures: http://www.bowland.ca/DB_project.htm. Almost all parts are there and in good condition (for 82 yrs old). 250 653-9812. 02-20

2006 GMC Sierra 1500 standard cab short box, stereo, positrack, 6 cyl, 28mpg, super shape. Local owner. \$11,750. 250-701-5587. 01-16

1989 Ford F150, standard cab, rebuilt motor, 300 cu. in. inline 6, AFI, standard trans., 5 speed with overdrive. ps pv, new ires. \$2500 firm. 250-530-8182. 01-16

1997 GMC Safari Passenger Van, Seats 8, 4.3 li V6 Auto, Blue/Green, 243K, Good Rubber, Exc Cond. Call Paul @ 250-537-9387. 01-30

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

AUTO PARTS & ACCESS.

Round tube steps - get into your truck more easily. suits '80s/'90s import extended cab pickup. Black aluminum, 3 inch diameter, 60 1/2" long. Over \$400 new plus tax. Includes mounting brackets and bolts. \$220. 250-537-4514. 03-06

AUTO PARTS & ACCESS.

Cable Tire Chains. New condition. Easy to use. Specific to tire size (roughly 13 to 17 inches) phone with your tire size. \$50.00. Phone: 653-2060. 02-20

Two Toyo G-02 studless winter tires, size 195/60 R15 88T, good condition. Previously used on a honda, still mounted on rims. \$75 obo. 250-537-7242. 01-23

4 all season, nearly new 13" tires with rims, asking \$300. Phone: 653-9115. 01-16

Custom overhead rack to fit shortbox extra or crew cab pickup truck. \$250. Phone: 250-537-1983. 01-16

ELECTRIC VEHICLES

60 volt Loadmaster City bike, brand new (still in plastic) with helmet and charger. \$1000 firm. 537-2328 after 5pm, until Dec. 12. 01-16

BIKES

Men's ten speed road bike, with rear rack, fenders, and tool bag, \$60. 21 speed mountain bike, specialized stump jumper, \$60. Stationery exercise bike, \$60. 537-4514. 01-30

2006 CANNONDALE Prophet MX - Medium size frame, brand new 2008 RockShox Lyric solo air Forks, Ethirteen chain guide, Maxxis high roller tire (R) Maxxis Minion tire (F), Avid Juicy 3 brakes. excellent condition, asking price \$2000 (OBO). Phone: 250-537-1752. More info at www.pinkbike.com/buy-sell/309281/. 01-16

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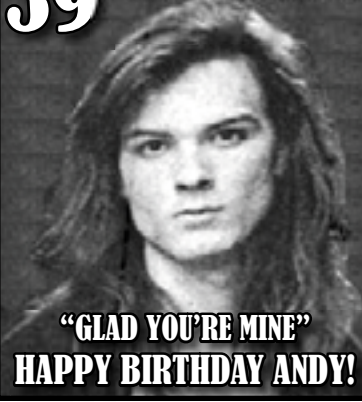
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BOOKS

Non-fiction, assorted hard and soft covers, some collectibles, most \$2. 250-931-7777 Salt Spring. 03-06

Books for a Buck - drop by and see our shelves of used books - trades considered. Monday, Tuesday, Thursday, Friday ... Look for our sign - "et cetera", 162 Robinson Road, 537-5115.

BUILDING ITEMS

Lauzon solid auburn maple 2 1/4" hardwood flooring, select and better grade. 200 sq. ft. \$500.00. 250 653 2352. 02-20

48" black pipe/ducting for venting gas or propane stove exhaust. With black ceiling flange. Simpson by Duavent DVS Direct Vent System. Certified for Canada. Open to offers. Phone: 250-537-1418. 03-06

Cedar T&G, 100 sq. ft., excellent condition. Phone: 653-9115. 01-16

BUILDING ITEMS

50 gal. RAMSEAL for rammed earth walls, in 5 gal. pails @ \$150 each. Heavy underground electric cable, external - 100 feet - 600 V./125 amp. used briefly during construction [never buried; always protected]. Paid \$1000 - best offer. 2 Electrical main panels - used briefly - 200 amp and 125 amp - \$100 each. Assorted wood and materials from construction job. Assorted prices. 250-538-8895 or 537-0608. 01-30

Kitchen Reno - exterior sliding door, in frame, chocolate colour, thermopane, excellent condition - has not been exposed to the elements as it was on an inside wall, 80" x 60" \$250.00. Exterior, thermopane, sliding window, not exposed to the elements as it was also inside 60" x 34", \$100.00. Phone: 250 538 1601. 01-30

Huge commercial stainless steel hood for shop or restaurant ventilation. \$300 obo. Vintage sinks & taps. \$20 & up. Antique door hardware & locks. 250-537-4450. 01-16

Gallons of paint, carpeting and laminate at super cheap blow out prices. Elements Home Design. 537-2344.

BUILDING SERVICES

Roofing Repairs. Snow guards and metal roofing. Call for free estimates. Colin Beamish - 537-0949. 03-06

CAMPING

Porta Potti 335 by Thetford. NEW- never used! With chemicals. 12" w x 14" d x 12" h. Perfect for RVs, boats, camping etc. Cost over \$100 new. \$35.00 OBO. Phone: 250-537-1418. 03-06

CHILDREN'S/BABY ITEMS

Various baby items for sale including playpen, backpack and much more. Call 250-537-1051. 03-06

Large collection of mostly hotwheel cars and connecting tracks in a large car shape tote with wheels! Approximately 75 Cars! \$60.00 for the lot. Also Capsela building toy still in box able to build 22 different projects \$15.00. 250-537-2922 . 01-30

CHILDREN'S/BABY ITEMS

2 solid wood wall mountable baby gates \$25.00. 250-537-2922. 02-20

CLOTHING

New Men's Merrell sandals, size 10 1/2. \$40. New Mens Rockport brown casual shoes, size 10 1/2. \$50. 250-538-5577. 03-06

Black tuxedo, like new, size 40-42, 4 piece. Men's car coat, like new, London Fog, size 44, lined, 70% wool. 250-931-7777. SSI.

Lady's size 6M split sole Jazz/Rubler dance shoes in black. Like new. Tried on once. Still has box. Original price \$60. Asking \$40. OBO. Phone: 250-537-4798. 01-30

COMING EVENTS

WomenWriting Winter 2009 Workshops: Join these circles of women writing authentically, deeply and, most importantly, for our selves. "Women Writing Memoir": Mon. Eves. Feb. 2-23; "Journaling and Journeying Through Transitions: 2 Sats. Feb. 7 & 21; and "Journaling Through Illness Towards Wellness: Sat. Feb. 28. Nurturing, supportive, explorative. Sliding scale. Wendy Judith Cutler: 653.4286 (winnie@saltspring.com). 01-23

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

COMPUTERS & ACCESS.

Flat screen monitor, LED, 17" Samsung. \$70. 250-537-8431. 02-20

Computer and printer. Epson Stylus 660 printer. Works great and has manuals plus 5 new inks plus 2 used inks (worth \$58.00) asking \$25.00 firm. 250-537-9823. 02-20

Dell Dimension XPS, Intel Pentium 4 Processor at 2.8 GHz, Modem, Data Fax Voice, Digital Video Disk, Audio Card, Floppy Drive, Hard Drive, Microsoft Windows XP Home Edition, Graphics card, MS worksuite, Internet Software. 512 MB DDR Ram at 400 MHz. CD-RW/DVD Combination Drive. Dell application back up CD. Too many features to list. Cost over \$3000.00 new. Asking \$450.00. Phone: 250 538-1601. 01-30

BE PREPARED FOR WINTER WEATHER!



- Honda® Generators on sale from \$899
- Honda® Water Pumps from \$499
- Stihl® Chainsaws on sale from \$249.⁹⁵

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Raw Living Food Cuisine: balancing health with flavor

By Jim Maurice

“Interested in taking control of your health and moving in a new direction? Raw living food cuisine is not just a health movement, it is also a growing international consumer trend. Raw living food cuisine is not mainstream enough for most people to have heard about it. I want to share the information I have learned with a wider audience with or without health concerns.

Eating overcooked and refined food compromises digestion, which leads to toxic accumulation and an overburdening of the immune system that eventually impacts a person’s physical, emotional and spiritual well-being. Since digestive enzymes in food are destroyed by heat, cooking foods above 115 degree F (44-45 degree C) completely destroys their enzymatic content, other nutrients, and makes natural oils indigestible. Raw living foods, however, can rebalance and restore optimum nutritional health.

A raw plant-based diet provides improved and calm energy, assists with weight loss, lowers blood pressure and blood sugar levels, clears complexion, helps eliminate allergies, and generally reduces ailments and disease in the body.


I believe in exploring the delicate flavour

blends of raw living food cuisine. However, the health benefits are principal. The basis of raw living food cuisine is optimum health. The challenge of a chef is to bring the cuisine to life with presentation, flavor balancing, and believable originality.

I teach a simple set of steps and skills that anyone can use. You will be able to use recipes from books more effectively, have confidence to make substitutions in recipes and be able to enjoy eating delicious raw food. “ For more information about my upcoming classes on Salt Spring Island, please go to my website at www.rawsomelivingfoods.ca and click on group classes.

“a vibrant life from the food we eat”





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

Tel: 250-537-4356

Dr. Andrea Varju

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Raw Food Cuisine Cooking Classes

Introduction to Raw Food Cuisine

Classes are 2 ½ hours long and participants learn about RAW food preparation, share in the meal and receive copies of the recipes.

Times: Thursday Evenings – 6:00 to 8:30pm

Cost: \$35/\$150 for all 5 classes

FORGET COOKING!	DIVINE DESSERTS
Jan.22nd FULL/Feb.26th	Feb. 12th/March 19th
Eating healthy foods has never been so delicious and easy.	Raw desserts are ideal for anyone who loves sweets but is trying to avoid refined carbohydrates and sugars, dairy products, and unhealthful fats.
LIGHT & HEALTHY LIVING FOODS	FLAVORS OF THE MEDITERRANEAN
Jan. 29th/March 5th	Feb.19th/March 26th
The Living Foods Diet is ideal for recovering from illness, losing weight, building immunity, aiding digestion, and maximizing health & vitality.	Now you can enjoy all your favorites, even hummus and falafel, in the raw.
RAW ITALY	
Feb. 5th/March 12th	
With Raw Italy, simple substitutions allow you to enjoy this classic cuisine.	

‘Host’ a workshop and receive a one-hour free in-home RAW living foods consultation (\$100 value)

Contact JIM MAURICE:
rawsome@shaw.ca
250-537-2048

For more information about our classes visit:
www.rawsomelivingfoods.ca

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1429 Fulford-Ganges Road - Phone: (250) 653-4020

COMPUTERS & ACCESS.

D_Link ADSL Modem. DSL-3001 Works with Telus ADSL service. Comes with phone line filters. \$30. 250-538-5549. 01-30

Cable modem for highspeed cable internet. Motorola SB5101. \$40. Works with Shaw cable internet. 250-538-5549. 01-30

MacBook Pro 17in Laptop. 2.16g Intel Core Duo, 2g memory, 120g HD, OSX 10.5 (CD), iLife, Bluetooth keyboard & mouse, desk stand, Airport Base Station, Apple Remote, shoulder bag, extra charger. \$1500. 250-537-0854. 01-16

COSMETICS

Mary Kay Cosmetics. Home visits. Call Susan at 537-882-5603. 02-06

DANCE ACCESSORIES

Lady's size 6M split sole Jazz/Rubler dance shoes in black. Like new. Tried on once. Still has the shoe box. Original price \$60 before tax. \$40 OBO. 250-537-4798. 01-30

DRIVING SCHOOL

Cornerstone Driving School has upcoming classes. Call Shirley for info 250-538-1733

ELECTRONICS

JVC Stereo cassette (double) deck dolby, synchro-dubbing, plus 50 cassette tapes, 2-EPI speakers, solid wood, mid-sized, made in USA. 250-931-7777, Saltspring.

Bell satellite receiver, Model 9200. 2 dishes, all accessories, 1 year old. \$250 obo. 250-537-8431. 02-20

Nintendo Wii: The system is in full working condition, comes with remote + nunchuk, Metroid Prime 3, Wii zapper, Links cross-bow training, internet channel, and Wii sports. Bundle: \$225.250-537-5301. 01-30

Nikon D80 digital SLR with with DX 18-135 lens. Extra battery, charger and USB cable. Like new condition, \$650 obo. Phone: 250-537-0452. 01-30

Panasonic "TAU" 27" Colour TV (4 years old) Only used in bedroom; excellent condition, great picture. 23 1/2" high x 26 1/2" wide x 19 1/2" deep. Non smoking household & no children. \$150. Phone: 250-538-1601. 01-30

EXERCISE EQUIPMENT

\$700 treadmill for sale for \$200 obo, 537-1167. 01-30

EQUIPMENT

Flaked Ice Machine..produces tons overnight..you disinstall, \$12000:00 or best offer. Phone 250-537-4172. 01-16

FIREWOOD

Wood pellets (stove) I have bought too many pellets, they are taking up to much space in order to keep them dry. I have two skids 50 bags each. I would like to sell 1/2 to a 1/3 of a skid (25 to 30 bags). Ted. Phone: 250 653-9812. 02

FREE STUFF

Dyer in good working condition. 250-653-9475. 03-06

Kitchen Aid electric range, stainless & black, ceramic top, 5yrs old. Excellent working condition except for oven (can use for storage). 250/653-4656. 03-06

Free vegan dry and wet cat food. No longer needed. Please call: 653-9622. 02-20

Free chickens, - four free chickens for pets or pots. Hens and roosters. must take all. Call 250-537-9677. 02-20

I have a few suitcases of different sizes if not for traveling ,better than boxes for storing etc.. Jim 250-537-2135. 01-30

All classified ads for private party (non-commercial) citizens are free in The Islands Marketplace. Leave your ad message at 537-2905 with complete 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. We reserve the right to edit or delete any ads as necessary.

FURNITURE

Steamer Trunk, original interior, 4 drawers, excellent condition. Mattress cover, Obus, eggshell, double 54" wide, 1 year old, excellent cond.. 250-931-7777, Saltspring.

Double bed, Sealy posturpedic, exc. condition. 250-537-2814. 02-20

1930s dining room set, comes with: table, 4 chairs, 12 inch leaf, buffet and hutch. All in great shape. \$1500 firm. Worth over \$3200.00 email me for pictures. Phone: 250-537-9823. 02-20

10 ft. wooden pew with upholstered seat. Very pretty; great condition. \$300 obo. 250-538-8895 or 537-0608.. 01-30

FURNITURE

Sklar Pepler sofa and loveseat. Pink/blue on beige background. Excellent condition. Sofa \$300, loveseat \$200 or \$450 the pair. Phone: (250) 653-4055. 01-02

New TV/Entertainment stand. Wood veneer. 42"x22"x19" \$100. 250-537-2824. 01-30

China hutch 50" w, 80" tall, \$50. 537-1677. 01-16

Comfortable black leather living room chair. \$125 obo. 537-2905.

GARDENING

Moon ray lighting set. Outdoor use for lighting walkways, driveways gardens etc. 110v with everything nessessary. Timer switches, wires, lights etc. Some used and some new. \$50.00 OBO. 250-537-1418.

Broom bush puller, as new. \$110. 250-701-5587. 01-16.

GIFT IDEAS

New on Saltspring!! Butterfly Gifts. Handbags & wallets, beauty accessories, Ornaments, boots, clothing & more. Call Susan, 250-882-5603. 01-30

GRAPHIC DESIGN

www.big-bangdesign.com graphic design services (print / signage / web)

HEALTH & FITNESS

Wheat grass juicer, all stainless steel, as new. \$125.00 250-537-2840. 02-20

Massage bed, an awesome gift. Jade massage bed. Infrared heat, acupressure, chiropractic inversion features. This bed heals and detoxifies and is especially wonderful for people with circulation or back issues. Cost \$2100 us new. In perfect condition, rarely used. \$1500. 250-538-1970. 01-30

Massage table for sale. Portable. Beautiful and light. \$550 firm. 250-537-0855.

HELP WANTED

Pender Island writer/reporter required immediately. Call toll free: 1-877-537-2905.

HOUSECLEANING SERVICES

Details House Cleaning. 250-538-7189. 02-06

HOUSEHOLD ITEMS

Willow basket, beautifully crafted, large. \$100. Meditation cushions, hand upholstered. \$350. 250-537-2814. 02-20

Tablecloths, cotton, lace, some hand crafted, assorted sizes. Large burl clock, gold numbers, 34" tall, 1 AA battery, like new. Picture frames, metal, paper with glass, assorted, smaller sizes. 250-931-7777. Saltspring. 02-20

INSTRUCTION

Looking for piano lessons on Saltspring Island. email: piano_4me@hotmail.com. 03-06

Math 9 tutor wanted. Will hire teen or adult. \$20/hour. Call 250-653-9855. 01-16

INSTRUCTION

Oil Painting Lessons

Learn to paint in a relaxed, cheerful atmosphere.

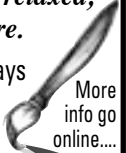
Adult Classes - Saturdays

Teen Classes - Fridays

Private Classes

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www.vernameyer.com



JEWELRY

14 k gold ring (womens)with 3 high quality pearls. 1/4 ounce weight. Very elegant and tasteful ring. Custom designed and made by "Idar" goldsmith in Victoria. Selling for a fraction of its value. \$300 OBO I can email you photos. Phone: 250-537-1418. 03-06

LIVESTOCK

FARMAIDE SERVICES - Will care for your Livestock Big or Small while you are away. 40 Years Experience & Veterinary Skills. Poultry.. Sheep & Lambing.. Cattle & Horses... Dogs..Cats ..& Birds. Reasonable Rates & Caring attitude. Phone Kelly at 250-538-7487. hitower2@shaw.ca. 02-20

2 sannen does, both bred. 1 sannen buck and one sannen/lamancha cross buck. \$450 for all or \$225 per doe and \$75 per buck. Email: bswalker@yahoo.ca. 01-30

Suffolk Ram..\$100. St Croix Ram..\$100.00 Kathadin Ram \$100.00 all pure bred. Bred Romney Ewes..\$125.00 each..Bred Suffolk ewes \$150.00 each. 250-537-4172. 01-16

Tibetan Yak breeding stock. Adult animals and calf orders taken. Phone: 250-537-4450. 01-16

LOST & FOUND

Black rubber garden clogs, size 8-9. Mistakenly taken late Oct. after Sunday morning yoga class at Ganges Studio. Dark green small sized clogs were left in their place. Call 537-4562 to exchange. 01-16

8 ft. dinghy - plywood. Lost from Fulford. Whitish, bluish, greenish, deep draft, note inside reads "return to wharf". Please contact Share in Fulford or leave message 250-537-5711. 01-16

MISC. FOR SALE

Croquet set, 6 mallets and balls, stand with wheels, all wooden, collectible. Duffle bag, "Everest" heavy canvas, 2 wheels, 32" x 12" x 12", green. 250-931-7777. Saltspring. 03-06

1930's Art Deco Money Clip (made by Swank). Owned by famous actor Errol Flynn. Letter of Authenticity included. \$1,000.00. Anyone interested in viewing this money clip can phone: (250) 537-5928. 02-20

Wheat grass juicer, all stainless steel, as new. \$125.00. Ph: 250-537-2840. 02-20

Hackin N' Wackin Computer Services



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

Computer Sales & Repairs • Evenings & Weekends

Open House at North Island Coffee Co. & Deli and Pura Vida Oceanside Massage Therapy

Settled by Jonathan Begg, Henry Sampson and Edward Walker (c. Sampson and Walkers Hook Roads) in 1859; Fernwood (c. Beggsville) is both a heritage rich community and destination locale. Known locally for its amazing sunsets, pristine shoreline, and abundant wildlife; Fernwood is a tranquil, pedestrian and pet friendly paradise for residents, and a very popular day trip for islanders and visitors alike.

We are very pleased to announce that Fernwood is now home to the North Island Coffee Co (Delicatessen) and Pura Vida Oceanside Massage Therapy as well !

Operated by Shinobu Verhagen, the coffee house and deli is a mix of new and old world charm. Serving fresh coffees and teas from 7:00 am, the venue also offers customers a wide variety of soups, sandwiches and salads -- in addition to locally caught wild salmon and tuna provided by the Ropy Fishing Co.

Operated by area resident and registered massage therapist Mardon Dary, Pura Vida provides clients with an opportunity to renew, relax and heal in a peaceful, spa quality, professional

environment that comes complete with the highest standards of training in North America.

Just across the road from the Fernwood Wharf, and overlooking Trincomali Channel with both Wallace and Galiano Islands only a stone's throw away; a community park (complete with eco-friendly bus shelter and information centre) will be completed in the spring of 2009.

With thanks to everyone who helped us to create this wonderful locale, we hope you'll take the opportunity to visit us, and we look forward to seeing you soon. In fact, if you get a chance, you should stop by our open house at 325 Fernwood Road, on the afternoon of Saturday January 24th. 250-931-7207 for info.



Fernwood Dock at the north end of Saltspring island provides a naturally inspiring place to relax and enjoy the scenery and sunsets.

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

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Will pick up. Loose metal & appliance drop off. Sorry, no fridges or freezers

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250-537-0452

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Dave Phillips

"We don't stand behind our work, we stand behind a tree!"



MOVIE TRIVIA CONTEST

Email your answer to this week's movie trivia question to win two free tickets to the Fritz Theatre at Central Hall. See next issue for the winners names, the answer and our next trivia question.

Email: info@islandsmarketplace.com

Trivia Question #7

What is Will Smith's character's real name in "Seven Pounds"?

Answer to Trivia #6

He has a Brown Spot

Winner of Trivia #6

MICHELLE MCBRIDE has won 2 free movie passes

NOW SHOWING

"The Curious Case of Benjamin Button"

Plays Jan. 23 -27
Fri, Sat. Mon. Tue.
at 7pm.
and Sun. 4pm

Call 537-4656 or

Visit us online for Theatre info: www.thefritz.ca



Playing Jan. 30:
"Bedtime Stories"

Fri. Sat. Tues. 7:00
Sun. 4:00 matinee

"Valkyrie"

Sat. Tues. 9:00
Sun. Mon. 7:00

MISC. FOR SALE

Near New 40 Pint Kenmore Heavy Duty Dehumidifier all bells and whistles \$150 paid \$300 new. Old filter queen vacuum, needs some TLC, stills works, \$25.00, Toaster Oven \$10.00, Drip Coffee Machine with a bunch of new unbleached paper coffee filters \$10.00, 250-537-2922. 01-30

2009 East Meets West Zodiac Calendars. Full colour \$20. Part colour/part B&W \$15 each. All proceeds to Unicef Congo relief. Various Zodiac & other design letter cards, \$1.50 each with envelope. Studio Ling (250) 537-5784. Also available at Et Cetera and Raven Street Market Cafe. 01-30

2006 CANNONDALE Prophet MX Medium size frame, brand new 2008 RockShox Lyric solo air Forks, Ethirteen chain guide, Maxxis high roller tire (R) Maxxis Minion tire (F), Avid Juicy 3 brakes, excellent condition, asking price \$2000 (OBO) Phone: 250-537-1752. More info at www.pinkbike.com/buysell/309281/ 01-16

Yurt for sale. 20 foot (314 sq. ft.) Great condition. 2 years old. Used rarely as guest accommodation. Like new. Complete, insulated, anti-rot, fungal, mold treated platform with cement forms included. Move the whole thing in a day. \$18,000 obo. Phone: 250-653-4443. 01-30

Aton solar food dehydrator, redwood and mahogany. Free standing cabinet with 4 trays. Yours for \$60. 653-2067. 01-30

MISC. FOR SALE

Brand New, in a lovely pink box, Hello Kitty Watch with a silver band and large, easy to read numbers: 250 538 1601. 01-30

Fiori Bike \$160. Queen size steel bedframe \$25. Phone: 250-537-2824. 01-30

Near new Barbeque. 40000 BTU with a side burner. Used only a few times. \$125.00. Phone: 250-537-2824 01-30

Gallons of paint, carpeting and laminate at super cheap blow out prices. Elements Home Design. 537-2344.

2009 Diaires and Appointment Books - didn't get one for Christmas? Still a few available - call Dawn at 'et cetera' 537-5115.

MOTORCYCLES

FLH SHOVELHEAD WANTED, running or not. Email: glennium@telus.net. 02-20

Kawasaki KE 100, enduro. Great starter bike. Lots of fun on and off the road. Very low km. Cheep to insure. \$1200 250-537-0452.. 01-30

1979 Z50, Great bike to learn on. \$400.00. Phone: 250 537 4820. 01-02

2003 Suzuki Burgman Scooter, 22,000km great condition \$4300. 537-1408.

MUSICAL INSTRUMENTS

Wanted: Cello stand 250-537-1222. 01-16

MUSICAL INSTRUMENTS

Small guitar and (carrying case ,by hand or on your back)\$110 obo. Regular size Yamaha Guitar and case \$160 obo. Both in excellent condition. No reasonable offer refused. Jim 250-537-2135. 01-30

Electro Harmonix Octave Multiplexer - Older version. Two separate smoothing filters enable you to tailor your sub-octave signal to the exact bass sound you're after. TC Electronics stereo chorus modulation/flanger, The ultimate true stereo chorus, w/ pitch modulation, chorus, or flange. Built-in power supply. Made in Denmark, not the new Asian Nova series. \$220. Line6 DL-4 Delay Modeller / Looper, Tap tempo, models of analogue delays (DM-2 and DMM), Echoplex-1 and -3, various digital delays, rhythmic delays, etc. Boxed, w/ manual and power supply. \$180. Electro Harmonix Octave Multiplexer - Older version. Phone: 250-538-5549.01-30

Custom built 36 string Celtic harp by harp designer/maker Gerhard Wanney in 2002. Made of Peruvian Walnut/Eastern Maple with Sitka Spruce soundboard. Too many features to list. Original price for harp and case was \$6,000. Will sell for \$4,500. firm. Phone: 250-537-4798. 01-30

Dunlop original Crybaby wah-wah pedal. Upgraded with true bypass switch, new inductor, improved pot. \$60. 538-5549. 01-16

MUSICAL INSTRUMENTS

Antique upright Grand Piano in great shape. Metal harp. North American made. Recently tuned. \$1200 obo. Antique Organ in excellent shape. Needs repair to bellows. \$200. Phone: 250-537-7861. 01-16

OFFICE SERVICES



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

OFFICE ITEMS

Two 2 drawer metal filing cabinets in excellent cond. \$20 each. 250-653-4092. 02-20

1 full sized office desk with 2 openings for computer cables. Filing cabinet with 3 drawers, on wheels, fits under the desk and the extension table. Honey colour. Email for pics and sizes. Excellent condition. Asking \$700 for the 3 pieces. Price is firm and I would rather not sell separately. email lgcliff@telus.net. Phone: 250-655-6478. 02-20

POULTRY

Young breeding TomTurkey & 2 Hens. Offers please. 250-653-4386. 03-06

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

Whatever your personal circumstances, you can be convinced that you can do better from this week, and such a winning mentality can work. The only downside is that one long term hope may suddenly stall or a friend or a group of people will prove less reliable than you hope. However, there will be other bright streams coming through for you.

TAURUS Apr 21st - May 21st

Your ruling planet Venus continues to forge a super angle to feisty Mars and the suggestion is that you can balance your energies perfectly - especially in any situation where you're opening yourself up to new ideas or people. Yet you could also find yourself pushed forward as the leader or representative of others. However, travel plans can hit snags.

GEMINI May 22nd - Jun 21st

With your ruling planet in stubborn reversal, a property issue may need careful handling. Shared assets can also be problematic, yet you can find yourself on somewhat of a mission to root out the salient facts. In certain situations this may require you to seek the recourse of the law or at least gain some formal advice. Yet a course can inspire you.

CANCER Jun 22nd - Jul 23rd

Don't put off that important conversation a moment longer. If you're not careful you can isolate yourself. Anyway, once the air is cleared everyone will feel happier. A new business idea can however, give you enormous hope. Just don't sacrifice your usual, cautious instincts. There is no such thing as a quick buck, so do your market research.

LEO Jul 24th - Aug 23rd

Sometimes you can view the necessities of life as being beneath you, keen to delegate them to others. Yet there may be an issue that you need to get to grips with. Once you do, you can find there may be a windfall attached to such a scenario. Your links with others can however go from strength to strength - as long as there is real give and take.

VIRGO Aug 24th - Sep 23rd

Romance can sparkle brightly for you, but with your ruler Mercury continuing to reverse, don't take anyone you like for granted. You need to continue to give of yourself wholeheartedly. If you just want to pick out the "best bits" and avoid spending time on a genuine commitment, someone quite special may slip away from you. Pleasingly, energy can leap.

LIBRA Sep 24th - Oct 23rd

This week's absolutely stunning Solar Eclipse, and its tie to the fortunate Jupiter, gives all your creative and romantic aspirations a huge boost, one that will last for the next six months. However, you do need to be proactive to get the most from this and with Mercury still twisting backwards, overcome your inner doubts or those of your loved ones.

SCORPIO Oct 24th - Nov 22nd

An important piece of information may need marshalling. If you're behind on your personal paper work, it's time to grapple with this. Yet this week can also coincide with a new start in family affairs, although this can require you to be less fearful and more vulnerable. Some Scorpio's may even be thinking of moving or sprucing up a current residency.

SAGITTARIUS Nov 23rd - Dec 21st

Don't take any financial issue for granted. It really is important to carefully read every single word of contracts, or to chase up cash that's owed or is outstanding. Fortunately, your gift for communication will sparkle from now, with your ruling planet Jupiter, giving you special support. If you need to be persuasive, your charm will do wonders.

CAPRICORN Dec 22nd - Jan 20th

There is an astral contra-flow in affect this week, one which suggests that good luck can drop for you, but not in the way you might quite expect. So, if you have more than two irons in the fire, that would be sensible Capricorn, because there may be some surprising twists and turns before this month is out. Remember, fortune favours the brave!

AQUARIUS Jan 21st - Feb 19th

This week can be a launch pad for your unique talents. What you must not expect, is instant results, however by mid-February, the chances are you will be roaring along at a belting pace. Yet to make the most of this, don't follow the pack. This is your first chance in twelve years to benefit from the special powers of Jupiter. Grab it with both hands!

PISCES Feb 20th - Mar 20th

An old friend can get in touch, or you can revise your longer term plans. What only recently you had rejected can now seem attractive or vice versa. This can also be a very important time for knowledge. You may have more experience than you realise, or can have the chance to learn from someone else's. A behind the scenes role is also possible.

POULTRY

Salt Spring Island Poultry Club First Meeting on Wednesday, February 18th at 7:00 at the Farmer's Institute. New to the hobby and serious breeders, young and old all welcome. Come and Join us. Questions? Call Pat 250-931-5179. 02-20

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.

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REAL ESTATE

1,400 sq. ft. house on 6.2 acres in the southend. Built 2002 with 10yr. new home warranty. Extremely private setting and a 1/12 share in an 80 acre park. \$629,000. Email for photos: steffelem@yahoo.ca. Phone: 250 653 2352. 02-20

13 acres, older 3 bedroom home, indoor pool, 60-65 loads of timber, year round creek, secluded, drilled well. 3.5 gal per minute. Located Tlell, Queen Charlotte Islands. \$225,000. 250-701-5587. 01-16

RENTALS

Two bedrm suite in Crofton. Wood/tile floors, 1000 sq. ft., w/d, dishwasher. 2 parking stalls, close to ferry. Non smoking. \$800 / month. Avail. now. 250-416-0056. 03-06

Lovely eco-designed garden flat on organic permaculture farm for rent on Salt Spring Island. Self-contained, open plan, clawfoot tub, kitchenette. Garden space. Long-term lease available. \$795/month + utilities. Please call 250-537-0866. 02-20

2 bedroom house on 1.5 ac with pond and gardens for rent to a professional couple or family with references. \$1200 plus utilities contact: Ed.Paleczny@gmail.com. 02-20

Beautiful 1 bedroom trailer for rent - living room, kitchen w. stove and micro., dining, bathroom. Central location nr. Ganges on horse farm. \$550 plus propane, N/S, Refs. 250 653-9898. 02-20

RENTALS

Sweet self contained studio, close to town, wooden caravan with running water, small kitchen, power and skylights, approx. 350 sq. ft. sunny and clean, ideal for respectful healing practitioner or artist. Not set up for full time living. Avail. Feb. 1st. \$275 inclusive. 250-537-1142. 02-23

Cute bachelor suite on horse acreage centrally located on SSI, Own entry, decks, N/S. Refs. \$650 incl. util. 250 653-9898. 02-20

Great location nr Ganges - Cute 4 bedroom house plus attic, 2 bthm, fireplace, garden, view decks. N/S, Refs \$1600 plus util. 250 653-9898. 02-20

3 bedroom house plus great office/play space. Fireplace, deck, garden. \$1,300 plus utilities. N/S Refs 250 653-9898. 02-20

Clean and dry storage area near Ganges \$200/mo. Garage storage area approx. 300 s.ft. Central area \$250/mo 653-9898. 02-20

Salt Spring Island. Beautiful, 3 bedroom, 1.5 bath, ocean view 1/2 duplex for rent. Newly renovated, large deck and workshop. Rent is \$ 1200 / month. Long term. Please email if interested: info@orangehousestudio.com (250-538-2067). 02-20

Available Immediately (until April 01), Cozy, furnished, lakeside cottage. Suitable for single person. N/S, N/P.Satellite tv. \$700/mo. Phone: (250) 537-5977. 01-30

4 year old, beautiful 4 bedroom home on One Acre Oceanview property available for rent January 1st, 2009. The home is in the Channel Ridge Subdivision. Rent is \$1950 / month. If interested, please reply via email. swanns@telus.net. 250-263-9212. 01-30

Spacious & unique 1 BDRM suite with garden & private entrance, newly renovated, long term. \$780 plus utilities. High speed internet is available. 250-653-4764. 01-16

4 Bedroom Log and Timber frame Ski Chalet for rent on Mt Washington. Sleeps #10 Best views of park. Summer and winter accommodations. Chalet #21 909 Jutlans Terrace. Discount for Islanders Contact Paul Reynolds. Phone: 250 653-4201. 01-16

RENTALS SHARED

Shared accommodation - Beautiful house on horse acreage central location nr. town for active, sharing person \$500 incl. utilities 653-9898.02-20

Sunny furnished room to rent in 2 br. cottage. Gorgeous modern space, wd stove, hrwd flrs, bath/shwr, f/s, w/d, garden, great artesian well-water, big covered deck, south facing with lots of windows, close to ocean and trails, lots of storage. Call for details. N/S, N/P. Available now or for January 1rst. Phone: 250-653-4443. 01-16

RENTALS WANTED

LONG TERM HOME RENTAL - Family of 5 relocating to Salt Spring Island. Great references. Local and California. 2 pets one dog one cat. 3 kids. Need home in Ganges or Fulford or anywhere on the island. Rent to own would be great. Moving in late April early May. Can you help us? Phone: 650-477-0206. 03-06

RENTALS WANTED

Island couple looking for long term rental for Feb. 1. Need 2 bedrooms, house with yard and garden on bus route, close to town. All inclusive. \$700-900. We are clean and quiet with references. Call 250-931-7217. 01-30

VACATION RENTALS

Enjoy the spring early on Saltspring Isl. - heritage house to rent for Feb or Mar. Ocean view, sunroom, fireplace. Incl utilities & WIFI. \$1200/mo. Call 250-537-9169. 01-30

RVS & CAMPERS

\$3000 a great condition travel trailer. Kitchen, bathroom & shower, 5 people can sleep in the unit. Contact with Shinobu 537 2273.

SPORTING GOODS

Hiking shoes, 3 pairs of mens (size 10 1/2). Good cond. "Columbia" Timberland" and "Hi -Tec Waterproof" \$30 each. Call 250-538-5577. 03-06

Cross country skis, boots (size 9-10) and poles. \$60. 250-537-4514. 03-06

Skis \$30 obo. Snowboard and Boots \$45 obo. Golf clubs and bag - Woods, Irons, Putter \$25 obo. Water Skis with boots and towline \$35 obo. No resonable offer refused. Jim 250-537-2135. 01-30

MEC "Wanderer 2" two-men tent with repair kit. Like new. Used only once. Original cost \$300 before tax. Price reduced to \$200. Phone: 250-537-4798. 01-30

Exercise equipment. Elliptical trainer. \$760 new. Selling for \$375 firm. 250 537-0855.

TOOLS

Stanley mitre box with 24" stanley backsaw. Good working condition. Great for cutting accurate mitres without using any power. \$35.00 OBO. Phone: 250-537-1418. 03-06

Radial arm saw on stand. \$50. Compound mitre saw (like new) \$120. New sawsall \$75. 250-537-1677. 01-16

Call 537-2905 to advertise your business here.

TRADES

Is your kitchen or living room dark or dreary? I can change that. Call Zolt Electrical. 250-930-4990 (south End). 03-06

WANTED

Wanted: Used space heater and hot plate. Call 250-538-7189. 03-06

Garden / tool shed wanted. Need to be about 10 x 8, Call 537-2905. 02-20

Retired teachers from Cortes Island looking for short term housesitting opportunities on Saltspring Island. Responsible, long time, rural home owners, to care for your home and pets. 250-935-6905. 02-20

Wanted large firewood log holder for indoors. 537-2922. 02-20

Leather living room chairs - preferably a set of 2 comfy and brown. Wooden Toys. Coffee Table with drawers large enough to store board games. Solid wood queen bed. Solid wood book shelves. 250-537-2922.

7'x9' garage door...with hardware. Phone: 250-537-5836. 01-30

Student flute, silver plated. 653-2067.

Looking for 1 or 2 goats to rent to clear brush, broom and blackberry bushes from property ASAP. Call 653-9622. 01-16

Bmx bike, good quality for skateboard park application. Phone: 250-537-1285. 01-16

Good quality mountain / touring bike suitable for growing 14 year old boy. Phone: 250-537-1285. 01-16

Fenced Pasture sought for 10 ewes. I will maintain Fences, Gates and any Infrastructure will teach landowner how to raise sheep if required. Phone: 250-537-4172. 01-16

WORK WANTED

Gutter cleaning, roof cleaning and repairs. Call for free estimate. 250-931-6248.

We are available to foster your cat in our home for a short or long term period of time. Please call: 653-9622 if interested.

Experienced handyman, carpenter available now. anything to do with your home. Peter. Phone: 250-538-1952. 02-20

CROSSWORD PUZZLE ANSWERS

Answer for this issue's puzzle

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Tru Value Market Southridge Farms

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Saturna General Store

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Denman General Store

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**Our next issue is Friday, February 6
Advertising Deadline is Tuesday, Feb. 3**

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