

THE ISLANDS **FREE CLASSIFIED ADVERTISING** EVERY SECOND FRIDAY FEBRUARY 6, 2009

Marketplace

FREE
Volume 3 Issue 9

**MOBERG & PEEKEEKOOT
CABARET / CONCERT**

**FEATURE:
STICKING TO
A HEALTHY PLAN**

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

**DINNER & A
MOVIE TRIVIA
CONTEST**

Mount Maxwell's Baynes Peak, which reaches an elevation of 1975 feet, is seen in the distance from a Cowichan Valley acreage. Photo by Sandi Poystila.

The Island's Only Free Buy and Sell Magazine

Free Ad Hotline: 537-2905 **Call Us Toll Free: 1-877-537-2905**

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

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NEXT ISSUE of the ISLANDS MARKETPLACE:

FRIDAY, February 20, 2009

Our Advertising Deadline:

Tuesday, Feb. 17, 2009

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

Circulation this issue: 1100+

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 |
| 479, 213, 385, 387, 514, 686, 885 - Victoria | | 752 - Qualicum Beach |
| 537, 538, 653, 931, 930 - Salt Spring Island | | 923 - Campbell River |
| | | 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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Happy Valentines Day

This is one of our best issues yet, with lots of ads, stories, a new Top Ten List, Letters to the Editor and more... even an editorial cartoon. We are very excited to announce our membership with the Saltspring Island Chamber of Commerce. It took a bit of research to realize that the benefits of membership would be a positive step in the growth of our publication and business. We look forward to meeting and working with all of the members in the years to come.

Another positive step we have taken is the purchase of our own hi-tech printer, which will allow us to print more copies, increase our circulation and have more control over the quality of each issue. We have already established another nine locations where the Island Marketplace can be found. See page 12. If you would like the Marketplace available at your business, please let us know and we will include you on our delivery list.

Now with our own full colour digital printer we are excited to be able to offer our "one-stop-shop" graphic design and printing services at very competitive rates. Just give us a call us to find out more.

The popularity of the Fritz Cinema sponsored Movie Trivia Contest has been very successful. We are now thrilled to include The Raven Street Market Cafe as a sponsor, making it the new "Dinner and a Movie" Trivia Contest. See page 13 and send us your trivia answer to win.

Thanks to all my supporters and friends who have recently assured me that 40 is just a number... one which I will be celebrating on Feb. 14...

"And in the end, it's not the years in your life that count. It's the life in your years - Abraham Lincoln" - Sandi

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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

Publishers: Sandi & Andrew Poystila, info@islandsmarketplace.com
Sales Assistant/Reps: Teresa Forbes, 537-2259
Emily Forbes, 537-0421

Contributing Writers: Georgiana Reehl and Sheri Cyrus

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

ANIMALS & PETS

Seeking a loving home for my 2 beautiful horses. Haflinger mare (Bella): very attractive golden chestnut with blond mane and tale, 14 hh, calm and sweet, great family pony. Haflinger x Connemara filly (Sapha): dark bay, born spring 2007, 14-hh, responsive and ready for gentle training for riding and driving. \$3500 and \$1000. phone: 250-537-1477. 03-06

Gorgeous male chihuahua looking for stud opportunities. Call 250-537-1142. 03-06

33 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. \$45 OBO 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. 03-06

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, has taken Pirelli level 1, great potential. Would be a good trail, dressage or jumping pony plus a terrific brood mare. Sound, easy keeper, bare feet - she is looking for that special person to love. To enquire 250 653-9898. 02-06

Beautiful 13.2 hh Pasofino Welsh mare. Calm and friendly, healthy easy keeper. Lovely jumper, dressage winner, can drive and has done pony club. \$5,500.00 250 653-9898. 02-06

ANIMALS & PETS

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. 02-06

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

ANTIQUES

Antique storage trunk. Wood battens and decorative metal corners. 34" w x 22" d

x 24" h. Funky, strong and solid. Would make a great wood box. \$45 OBO. Phone: 250-537-1418. 03-06

1930's General Electric working radio, 4 band, 37 inches tall, original wood. exc. cond. 1950s Fleetwood stereo, 2 band radio, turntable, solid wood, large cabinet. 1930's movie camera Cine Kodak, Mint cond. 1950s slide projector, 42" screen with tripod. Hundreds of glass medicine bottles, jars, early 20th century, ex. cond. 250-931-7777. Salt-spring. 02-20

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

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. 250-537-2840. 02-20

ARTS & CRAFTS

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

Movie Trivia Contest Special Dinner and a Movie



Each correct entry into our Movie Trivia Contests of Feb. 6 and Feb. 20 will be entered into a draw to win a \$40 Gift Certificate for dinner at the Raven Street Cafe in addition to Two Free Movie passes for the Fritz Cinema. See the Movie Trivia Contest Ad on Page 13 of this issue.



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158 Craig Street, Duncan, BC
170 Fulford-Ganges Rd., Salt-spring

The Islands Marketplace CALENDAR OF EVENTS

FRIDAY, FEBRUARY 6

RUGG HUGGERS 10:00 -1:00pm Join us for a relaxed drop-in with your baby, snack is provided and there is child care for toddlers. At Family Place, Fulford Ganges Rd., Saltspring. 537-9176.

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

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

Storytime at the Library. Sing a song, Tell a tale. For young children and preschoolers. Everyone Welcome! 1 pm to 2 pm. Free.

Children's Clay Classes, 10am to 12pm - Expressions from the heart and everything Spring! Tracy at 250-538-0144.

Telus Planned Internet Outage from 9pm until Feb. 8 at 6am.

SATURDAY, FEBRUARY 7

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

Stage Door Cafe by Stagecoach Theatre from 7-9pm at the Lion's Hall, SSI. \$5 at the door includes desserts and beverages. "Menu" items range from \$1-\$5 and that "feeds" the whole table! Tickets at Acoustic Planet, West of the Moon, or at the door.

"The Rounders" from Galiano Island - Live Music at the Saltspring Island Legion, 120 Blain Road. 8:30pm. \$5 non members. Blues, country, rock and jazz. Everyone welcome.

Live music "Loaded" plays at 8pm at the Fulford Inn on Saltspring Island.

WomenWriting Winter 2009 Workshops: "Journaling and Journeying Through Transitions" Wendy Judith Cutler: 653.4286 (winnie@saltspring.com)

Fabric and Used Linen Sale - 11:00 am - 3:00 pm. Fabric in Metres/Pieces/Scrap. Buy a Bag for \$5.00 and fill it with Fabric. Sheets \$2.00 Pillow cases \$1.00. 163 Bayview Rd, No Early Birds. Phone: 250-538-6217.

MONDAY, FEBRUARY 9

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

MONDAY, FEBRUARY 9

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

WomenWriting Winter 2009 Workshops: "Women Writing Memoir" Wendy Judith Cutler: 653.4286 (winnie@saltspring.com)

Kundalini Ecstatic Dance, 7-9 at the Core Inn, 3rd Floor, SSI. Adults only. Info: kaia@globalambient.com / 250-537-1788.

Outlaw Social at the Fulford Hall. Salt Spring Folk Club concert. 7:30 pm

Toastmasters Saltspring Group meets at the United Church on Hereford Ave. 7pm

TUESDAY, FEBRUARY 10

Parent/toddler drop-in at Fernwood School 9:00-12:00 Join us for circle time at 10:00 & gymnastics at 10:30 with Rani. Free. Sponsored by Family Place. 537-9176

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

WEDNESDAY, FEBRUARY 11

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

FAMILY FITNESS at Portlock Park, 10:00 - 11:00. Join other parents for a walk around the track with baby in the stroller while toddlers/children join facilitator for a play in the park or in the portable. Rain or shine!

THURSDAY, FEBRUARY 12

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

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

Salt Spring Weavers and Spinners Guild Ask & Tell Meeting, 10:30-12:00 at ArtSpring. For all interested. www.saltspringweaversandspinnners.com or Terry Bibby - 250-537-8813.

FRIDAY, FEBRUARY 13

Children's Clay Classes, 10am to 12pm - Expressions from the heart and everything Spring! Contact Tracy at 250-538-0144.

FRIDAY, FEBRUARY 13

Storytime at the Library. Stories you can sing: "The Owl and the Pussy Cat" and more For children in early grades and preschoolers. Everyone Welcome! 1 pm to 2 pm. Free.

RUGG HUGGERS 10:00 -1:00pm Join us for a relaxed drop-in with your baby, snack is provided and there is child care for toddlers. At Family Place, Fulford Ganges Rd., Saltspring. 537-9176.

Copper Kettle Annual Fundraiser and Dance at Mahon Hall. Live music by 4 great bands, refreshments, silent auction and much more. Call 537-5863 for more details.

"Defiance" and "Mall Cop" at the Fritz Movie Theatre, Saltspring Island. Call 537-4656 or visit www.thefritz.ca.

SATURDAY, FEBRUARY 14

Happy Valentines Day.

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

HeyBoyHeyGirl Live Music at Moby's Marine Pub, 8pm, Saltspring Island.

Dave Roland and KC Kelly at the Falconshead Grill. Enjoy a fabulous greek menu and delicious live music. At the SSI Golf Course, Lower Ganges, Rd., SSI. 537-1760 details.

MONDAY, FEBRUARY 16

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, SSI. 9:30am, Indoor play for parents and tots up to 3 years. \$2

Toastmasters Saltspring meets downstairs at the United Church, Hereford Ave. 7pm

Kundalini Ecstatic Dance, 7-9 at the Core Inn, 3rd Floor, SSI. Adults only. Info: kaia@globalambient.com / 250-537-1788.

TUESDAY, FEBRUARY 17

Parent/toddler drop-in at Fernwood School 9:00-12:00 Join us for circle time at 10:00 & gymnastics at 10:30 with Rani. Free. Sponsored by Family Place. 537-9176

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

TUESDAY, FEBRUARY 17

Salt Spring Weavers & Spinners Guild. Spinning - bring a wheel or spindle. 7-9pm at ArtSpring. www.saltspringweaversandspinnners.com or Terry Bibby - 250-537-8813.

WEDNESDAY, FEBRUARY 18

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

FAMILY FITNESS at Portlock Park, 10:00 - 11:00. Join other parents for a walk around the track with baby in the stroller while toddlers/children join facilitator for a play in the park or in the portable. Rain or shine!

Our Island, Our World Film Festival Sneak Peak Teaser Night at the Fritz Cinema at Central Hall on Saltspring Island.

THURSDAY, FEBRUARY 19

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

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

Salt Spring Weavers & Spinners Guild Meeting: Bag Handle How To's & Demos 10:30-12:00 at ArtSpring. www.saltspringweaversandspinnners.com or 250-537-8813.

FRIDAY, FEBRUARY 20

Storytime at the Library. Sing a Song, Read a Rhyme, Stories, fun and activities. For children in early grades and preschoolers. Everyone Welcome! 1 pm to 2 pm. Free.

RUGG HUGGERS 10:00 -1:00pm Join us for a relaxed drop-in with your baby, snack and child care for toddlers. At Family Place, Fulford Ganges Rd., Saltspring. 537-9176.

SATURDAY, FEBRUARY 21

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

Ed Peekeekoot and Alan Moberg present a Non-alcohol Cabaret and Dance at the Mahon Hall, Saltspring Island. See story on Page 7.

SS Community Theatre presents "Key for Two" by John Chapman and David Freeman. Mahon Hall. SSI. Feb. 27, 28 & Mar. 6, 7 at 8pm & Mar. 8 at 2pm. Tix \$15 at Salt Spring Books or at the door. Info: 250-537-1798

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

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 20 - Online events calendar. at: www.islandsmarketplace.com

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AUTOS FOR SALE

2008 Award winning Hyundai Accent Sport 3,000km. Immaculate, Great on gas, front wheel drive, beautiful interior, roof racks, cruise control, cd player. Assume remaining 5 year lease at 0% interest. Phone: 250 653-9898. 03-06

1993 Subaru Legacy Wagon in awesome shape. Auto, AWD, ABS, cruise, roof rack. Start first every time no matter what the weather; immaculate in and out. Offers to \$5,000. Phone: 250 653-9898. 03-06

1995 Chev Cavalier, 2 door, auto trans., in good running order. \$2500 obo. Moving - must sell. 250-537-9364. 03-06

1993 BMW 320i, only 22,000 kms, mint condition. \$6900. 250-931-0320. 03-06

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

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. I have attached a web-link a bunch of pictures. http://www.bowland.ca/DB_project.htm. Almost all parts are there and in good condition (for 82 yrs old). Phone: 250 653-9812. 02-20

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, more. 250-537-1108. 02-20

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. 02-06

1997 GMC Safari Pasanger Van, Seats 8, 4.3 li V6 Auto, Blue/Green, 243K, Good Rubber, Exc Cond. Call Paul @ 250-537-9387. 02-06

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

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

BIKES

21 speed mountain bike, specialized stump jumper, \$60. 537-4514. 02-06

BOATS AND MARINE

Grampian 30 Sailboat. 1977 (Last year they were made). 20hp Volvo diesel inboard, Autohelm, Dickenson diesel stove with oven. Lofrans 1000W anchor winch with 200ft chain and Bruce. Self in mast furling main, 140% furling genoa (FURLEX) Cruising spinnaker with sock. 12v fridge. Great single hander! Grampians are excellent value cruising boats. Phone: 250 629 6598. 03-20

Authentic Italian

Distinctly Saltspring

PASTA



FRESCA

101-149 Fulford-Ganges Rd, Salt Spring Island, BC
Opening 9:30am to 6:30pm Monday to Saturday

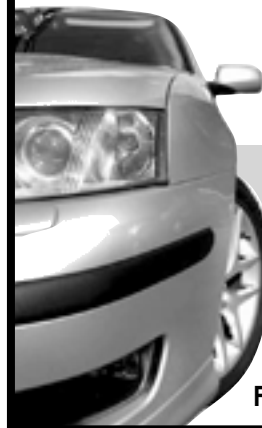
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106 Jackson Avenue, Saltspring Island,
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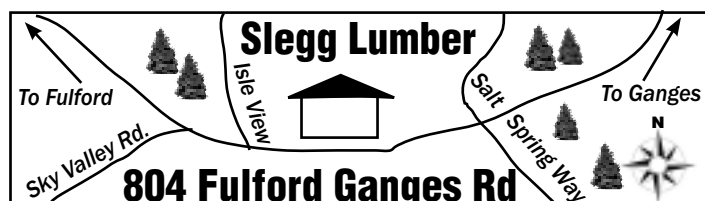
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BOOKS

Non-fiction, assorted hard and soft covers, some collectibles, most \$1. 250-931-7777 Saltspring. 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

Woodstove, 20" high, 20" wide, 18" deep. shop or cabin, 14" plate steel comes with 10 ft. stove pipe and all fittings. \$110. 250-537-4514. 03-06

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

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

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. Call 250-538-8895 or 537-0608.

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. 02-06

BUILDING SERVICES

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

CHILDREN'S/BABY ITEMS/TOYS

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

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

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 . 02-06

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. Saltspring.

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. 02-06

COLLECTIBLES

Old times signed hockey stick, Both teams, example: Lanny Macdonald, Tiger Williams, Bobby Hall. Offers. \$1500. 250-537-1263. 03-06

COMING EVENTS

Copper Kettle Community Partnership Fundraiser and benefit dance with 4 great bands: Soul Shakedown, Kelly Burk, Jake and the Snakes and Loaded plus an all star mystery female vocal group. Friday, Feb. 13 at the Mahon Hall, Saltspring Island. Contact 537-5863 for more details.

COMING EVENTS

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. Call Pat 250-931-5179. 02-06

Celebration of the accomplishments and contributions made by Gary, Peter & George. They stepped up to the challenge of public office and leadership for our island community and we want to thank them. FEBRUARY 21, at 7.30 - 10.00 pm at the Lions Club Hall. It's a potluck dessert party- please bring one to share, and a suggested donation of \$10 p/p to cover expenses (including gifts). Cash bar.

Non-A Cabaret (non-alcoholic) Concert & Dance With Alan Moberg and Ed Peekeekoot at Mahon Hall on Saturday, February 21. Doors at 7:30 Tix \$15. Under 12, \$5 Acoustic Planet & Alan. Catering and Non-A drinks available from Ashlie's Pantry. 02-06

30th Anniversary Celebration of Saltspring Island Daycare Event at the Community Gospel Hall with the talented "Bobs and Lolo", childrens performers. Feb 28 at 11am. Food concessions, face painting, silent auction and presentation. Door prizes and more. Tickets available at Fables Cottage, West of the Moon and Acoustic Planet Music, \$10 in advance, \$12 at the door. Call 250-537-2114 for more details. Watch the next issue of The Islands Marketplace for complete details. Visit www.bobsandlolo.com. email: ssidc@saltspring.com

WomenWriting Winter 2009 Workshops: Join these circles of women writing authentically, deeply and, most importantly, for our selves. "Women Writing Memoir": Mon. Eves. "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

Our Island Our World Film Festival. Weekend of March 6 to 10th with fabulous films, like "Milk" and "Doubt". Saltspring Island. Watch the Islands Marketplace for info

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Alan Moberg and Ed Peekeekoot Bringing the Joy of Music (without the alcohol)

By Annie Palovcik

Only a year ago, Alan Moberg and Ed Peekeekoot were headliners at the Salt Spring Folk Club. And what a year it has been for these two superb musicians.

Alan Moberg was inducted into the BC Country Music Hall of Fame; he performed live on BC Global TV. Ed Peekeekoot performed at the ceremonies for the Aboriginal People's Choice Music Awards at the 6,000 seat MTS Centre in Winnipeg, filmed live for TV, with a CD nominated for Best Country CD.

Meanwhile, they have played at many events throughout the province, often as solo performers, sometimes teaming up. Recently they returned from the Cariboo, where they played to sold out houses in Williams Lake, 108 Mile House and 70 Mile House.

A recent magazine article described the "tsunami of appreciation" that always takes place when Moberg performs. His latest CD, REMEMBER ME was #2 on the Folk/Roots/Blues chart at CHLY Nanaimo in December. Ed has been called "the 8th wonder of the music world" by the host of a syndicated radio show. He will perform in a concert as part of a Special filmed live by APTN TV in Whitehorse on National Aboriginal Day in June. Alan performed on both BC Global TV and CFJC Kamloops in the past year.

And now something brand new! A "Non-A (non-alcoholic) Cabaret: Concert & Dance", to be held at Mahon Hall, February 21. With catering and non-A drinks by John of Ashlie's Pantry. Please bring a food bank donation if you can.



Ed Peekeekoot and Alan Moberg perform together to many sold out houses, promoting their uplifting songs and toe-tapping rhythms.

These two singers have chosen uplifting songs for these times, and tunes from Ed's new CD "DANCE TONIGHT!" The event encourages the joy of music without alcohol. The power of music and dance help us to return to the simpler pleasures, shared with others.

With guitar, fiddle, banjo, and Native flute, Ed has been playing as a solo performer for dances up and down Vancouver Island. He provides additional accompaniment and rhythm electronically. There's lots of hope and lots of rhythm in many of Alan's original songs, but he also loves the old soft rock of the 60's and 70's, songs by Elvis Presley and Roy Orbison.

Ed plays Jimmy Rodgers and Chuck Berry and hot old fiddle tunes from the Prairie dances of his youth. Together they get toes tapping. Soon we're all celebrating. Ed says "At the end of the night, I'm a happy guy if you've got a big smile on your face and your feet hurt from dancing."

Come early as seating is limited to provide dance space. Tickets at Acoustic Planet and from Alan himself, are \$15, under 12-\$5. Doors open at 7:30 p.m. for an 8:00 p.m. show.

More on their music at www.alanmoberg.com and www.peekeekoot.ca. or contact Annie Palovcik, anniep@saltspring.com / 250-537-9571.

You are cordially invited to attend the
**Saltspring Island Detachment
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Saturday, March 7, 2009 at the Fulford Hall



Refreshments at 5pm Dinner at 6pm
Grand March and Dance to follow
Black Tie/Formal Tickets \$75.00 each



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The Rounders
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Saturday, Feb. 7, 8:30pm

In the Legion Lounge, 120 Blain Rd. 537-5822
\$5 non members members and guests

COMING EVENTS

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

COMPUTERS & ACCESS.

Flat screen monitor, LED, 17" Samsung. \$70. 250-537-8431. 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. 02-06

Call 537-2905 to advertise your business here.

COMPUTERS & ACCESS.

D_Link ADSL Modem. DSL-3001 Works with Telus ADSL service. Comes with phone line filters. \$30. Cable modem for highspeed cable internet. Motorola SB5101. \$40. Works with Shaw cable internet. Phone: 250-538-5549. 02-06

COSMETICS

Mary Kay Cosmetics. Home visits. Call Susan at 250-882-5603. 02-20

DANCE ACCESSORIES

A perfect Christmas gift for a budding dancer. 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. Asking \$40 OBO. Phone: 250-537-4798. 02-06

ELECTRONICS

Two Starchoice receivers, one recording. 537-1263. 03-06

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 crossbow training, internet channel, and Wii sports. Bundle: \$225. 250-537-5301. 02-06

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. 02-06

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. 250-538-1601. 02-06

EXERCISE EQUIPMENT

\$700 treadmill for sale for \$200 obo, 537-1167. 02-06

FIREWOOD

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FREE STUFF

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. 02-06

please recycle

FURNITURE

Steamer Trunk, original interior, 4 drawers, excellent condition. Mattress cover, Obus, eggshell, double 54" wide, 1 year old, excellent condition. 250-931-7777, Saltspring. 03-06

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 for pics. theswagg@gmail.com 250-537-9823. 02-20

10 ft. wooden pew with upholstered seat. Very pretty; great condition. \$300 obo. 250-538-8895 or 537-0608.. 02-06

New TV/Entertainment stand. Wood veneer. 42"x22"x19" \$100. 250-537-2824. 02-06

Comfortable black leather living room chair. \$125 obo. Photo at www.islandsmarketplace.com/onlineads.html 537-2905.

GARAGE SALE

Fabric and Used Linen Sale - 11:00 am - 3:00 pm. Fabric in Metres/Pieces/Scrap. Buy a Bag for \$5.00 and fill it with Fabric. Sheets \$2.00 Pillow cases \$1.00. 163 Bayview Rd, No Early Birds. Phone: 250-538-6217.

GARDENING

Moon ray outdoor lighting set. For lighting walkways, driveways gardens etc. 110v with everything necessary. Timer switches, wires, lights etc. Some new and some used. \$30 OBO. Phone: 250-537-1418. 03-06

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3. Upload your ad using our easy online adsite at: www.islandsmarketplace.com/adupload



4. Drop your ad off to Apple Photo on McPhillips Ave. Saltspring Island in our dropbox (3rd box down on the left.)



5. Snail-mail your ad to 301 Mobrae Ave., Saltspring Island, V8K 1J7

Sticking to Your Healthy Eating Plan

By Sheri Cyprus

SAY NO TO THE YO-YO

It's the beginning of February and you may be struggling to keep your New Year's resolutions about food – many of us are. It's important to allow yourself to make mistakes and keep going in your resolve to eat better, but one thing you should never do is resort to yo-yo dieting. Restricting calories too severely and eating unbalanced or "fad" diets just leads to the yo-yo effect of going up and down in weight. The body's metabolism, or food burning system, usually gets totally thrown off.

Regular exercise and eating smaller meals or snacks every few hours regulates metabolism. Skipping breakfast is one of the worst things you can do metabolism-wise, so if you're not really a breakfast person it's worth figuring out a few healthy breakfast options you will eat. It may be as simple as some plain non-fat yogurt with fruit you add plus a piece of toast.

DON'T FORGET THE MAGIC FORMULA

The only real magic formula for controlling your weight is balancing the energy consumed with the energy released – in other words, eating vs. exercise. When you keep track of what you eat and count your daily calories and fat grams, you can see approximately how many calories it takes for you to maintain your weight. Many experts recommend reducing that daily amount by 500 calories to lose weight at a healthy rate.

Women should never eat less than 1200 – 1500 calories a day and men shouldn't consume under 1800 – 2100 calories daily. The exact amount of calories each person needs to maintain, gain or lose weight will also depend on the amount of energy expended through exercise.

REMEMBER IT'S ABOUT WELLNESS

Whether you need to maintain, gain or lose weight, remember that sticking to a healthy, balanced eating plan is about your total wellness. You need to feel your best and not just look your best. Wellness is about balance and you just can't have a balanced life without a balanced way of eating that's right for you.

Meditation or deep breathing may help you get in touch with your feelings before you make the choice to veer off your eating plan. If you do waver off your chosen food path from time to time, take it in your stride and then get back on track right away.

GET TO THE "WHY" AND TRASH THE TRIGGERS

Know why you want to eat something other than what you planned. Ask yourself the tough questions and force yourself to come up with the answers. Am I feeling emotional? Am I actually thirsty? Do I just think I deserve a treat? Self dialogue is important or you may easily find yourself engaging in mindless eating that later you'd wish you hadn't given into.

Give yourself some relief by keeping your trigger foods out of the house. If you can't eat something in a reasonable portion size, eliminate it now – you may add it again when you learn how to eat it reasonably.

In the meantime, try plain rice cakes or carrot sticks. When you don't have your trigger foods, you give yourself the chance to learn that you probably don't need them as much as you thought!

TAKE THE TRANSITION POSITION

Thinking of sticking to your healthy eating plan as a process in which you're allowed to make mistakes may actually help keep you on your plan. For example, if you tell yourself you're transitioning into eating better by acknowledging your good efforts each day rather than your slip ups, you may stop the horrible "cheating on your diet" guilt that can just lead you into abandoning the idea of healthy eating altogether.

Talk yourself through your food decisions and if you decide to go off your plan, make sure you're still committed to it and will go back on it. Also, make two "must do" observations: 1. Know how many extra calories and fat you've chosen to consume and 2: Understand that your weight loss goals may take longer. After a while of making such thoughtful informed choices, you may find yourself sticking to your healthy eating plan better than you ever have!

Sheri Cyprus is a full time writer and copywriter. She has a degree in English and communications, plus a background in marketing. Sheri can be reached for creative or corporate writing projects at shericypus@gmail.com.

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<p style="text-align: center;">LIGHT & HEALTHY LIVING FOODS</p> <p style="text-align: center;">Jan. 29th/March 5th</p> <p style="text-align: center;">The Living Foods Diet is ideal for recovering from illness, losing weight, building immunity, aiding digestion, and maximizing health & vitality.</p>	<p style="text-align: center;">FLAVORS OF THE MEDITERRANEAN</p> <p style="text-align: center;">Feb.19th/March 26th</p> <p style="text-align: center;">Now you can enjoy all your favorites, even hummus and falafel, in the raw.</p>
<p style="text-align: center;">RAW ITALY</p> <p style="text-align: center;">Feb. 5th/March 12th</p> <p style="text-align: center;">With Raw Italy, simple substitutions allow you to enjoy this classic cuisine.</p>	<p style="text-align: center;">Contact JIM MAURICE: rawsome@shaw.ca 250-537-2048</p>

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TOP 10

Here's some Top 0 places to meet that "special someone"

1. Favorite coffee shop, under the Plum Tree at the Treehouse Patio in Ganges.
2. In the lineup or on board the BC Ferries.
3. Common interest, music or art group, perhaps at a local community ed course.
4. Night club, dance hall, local legion or benefit concert.
5. Friends house or get together.
6. Park, kids playground, favorite beach or dog walking path.
7. Online dating website or chat room.
8. Exercise class, yoga or at the local gym.
9. Grocery shopping, sampling or produce areas, or even in the lineup.
10. In the hot tub at the community pool.

* TIP: The key to meeting people is to overcome the fear of being the first to say hi, then introduce yourself, and show an interest in the other person first.

(Tip is taken from autor Dale Carnegie's "How to make friends and impress people")

THERE'S ONLY ONE THING SCARIER THAN FRIDAY THE 13TH...

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The Islands Marketplace LETTERS

EMAIL YOUR LETTERS TO:
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Dear Editor,

I want to congratulate you on that article regarding N.Y's R's. It's one of the best I've read on the subject!! It's very succinct, with some practical, do-able, and highly effective suggestions. I'd like to organize a group of friends and work on this together in the very near future. Thanks to you for running the article, and Sheri for your inspirations of wisdom.

Also, have you seen Gail Sibley yet in the Chamber, about putting copies of the mag. in the Visitor's Centre? I believe she is willing to do so. She'll be back in about a week's time.

May your New Year be rich with adventures, especially the inner ones!

Mataji

Dear Mataji,

Thank you very much for your letter with your feedback and suggestions. Our writer Sheri Cyprus is thrilled that you enjoyed her article and flattered that you would consider organizing a group in favour of the subject of sticking to New Year's Resolutions. It is a great idea to have as much support from our peers as we can. Please read her story in this issue, which again covers the topic.

I have spoken to Gail Sibley at the local Chamber of Commerce and she has agreed to offer The Islands Marketplace at the Visitor's Centre.

It is wonderful to know that you are enjoying our publication and that we can offer it in more destinations. We are planning lots of new and exciting features in 2009 and look forward to more letters, ideas and feedback from our readers.

Sandi Poystila, Editor, The Islands Marketplace

Dear Editor:

Here are some observations from the Mall in Washington, D.C. on January 20th, 2009 with the Salt Spring contingents Laura Roveda and Erin Porter...

They have come from all over the world and at 7 a.m. the Mall is almost full. It is bitter cold and windy but the sun is coming out and 1.8 million people are joyously waiting for the page to turn and for Barack Obama to be our President. We have a woman who runs a prayer group behind me, a small child shivering on our right and people leading songs to keep us stamping our feet to stay warm while we wait. Across the mall our cousin is with a group with special congressional tickets who have been turned away from their area. Some are getting pretty grumpy when one half of the group sings "Yes, We Can" and the opposite group responds "Get in that gate!" Some never hear the oath of office, many cannot see anything but the dome of the Capitol and the mood is upbeat, cheerful, helpful, respectful, polite. At the end of the day there is not one fight, not one arrest, no pockets picked as 1.8 million people trudge miles on foot and President Obama and our elegant First Lady go to 10 balls and home to The White House with friends waiting!

For 8 long and painful years America was turned upside down in a bog of deceit, greed, war and torture and now we have been turned right side up with our faces to the sun.

Leezee Porter

Living Strong Studio realizes dreams

Sheena Bull has been a personal trainer on Salt Spring Island for ten years. She has made a successful business out of doing what she loves and doing it well. Not one to become complacent, Sheena is expanding her business to realise her dream of opening a membership gym. Sheena's fitness studio, Living Strong Studio, will be opening its doors to new members this month. Members will have access to brand new, leading-edge equipment, some of which is the first to have been bought in BC! Living Strong is going to limit the number of memberships made available in order to be able to offer a more personalised experience for clients. There will always be a certified personal trainer on site to ensure that members are getting the most out of their exercises and to explain how to use the equipment. And, if you would like a really exclusive experience, you will be able to book private, personal training session during the hours that the gym is closed to members or you can train with a personal trainer during open hours.

Sheena ensures her team participates in ongoing learning while she, herself, continues to expand her knowledge with continued education. She specialises in a kind of body work called Muscle Activation Technique (MAT), which helps her clients to avoid injury during work outs by identifying weaknesses and targeting them by activating the weakened muscles. Not always a pleasant experience (her clients will agree!), the benefits are immediately noticeable. This has been very helpful with both athletes and amateurs alike.

The team at Living Strong is passionate about health and know that physical fitness goes a long way to achieving and maintaining optimum well-being. Our interests range from ensuring our elderly clients' continued enjoyment of life, to the strength and healthy self esteem of our teens. All ages are welcome here and we hope to foster a respectful environment where people can be comfortable, regardless of their age or level of fitness.

The gym will be open from 5 am till 8 pm on weekdays and from 8 am to 3 pm on Saturday. Select hours will be reserved for private sessions and details can be found on the studio's website: www.livingstrongstudios.ca. Fees and contact details can also be found here.

The Living Strong team will be hosting two open houses in the upcoming weeks to welcome new members. On February 15th from 1 pm to 3 pm and on February 22nd from 2 till 4, our doors will be open to anyone interested in seeing this new development in our community first hand. Visitors will find a first class fitness facility with the best equipment, private showers, friendly staff and a wonderful atmosphere.

Health is our passion and our mission is to uphold, and help others realise, our motto: Live long, live strong.

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Pharmasave Uptown

See more on page 14

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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, sizes. 250-931-7777. Saltspring. 02-20

INSTRUCTION

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

JEWELRY

Great Valentines Gift. 14 k gold ring (women's) with 3 high quality pearls. 1/4 once weight. Very elegant and tasteful ring. Custom designed and made by "Idar" goldsmith in Victoria. Selling for a fraction of its value. I can email photos if you like. \$285 OBO. Phone: 250-537-1418. 03-06

LIVESTOCK

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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. 02-06

MISC. FOR SALE

Yurt for sale!! 20' (314 sq./ft) with platform. Includes highest quality vinyl/canvas cover and liner, 7' high walls, polycarbonate dome, pine rafters and posts, etc. Excellent condition. 2 1/2 years old. Barely used at all. \$17,000. Phone: 653-4443. 03-06

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. Phone: 250-537-2840. 02-20

Brand New, in a lovely pink box, Hello Kitty Watch with a silver band and large, easy to read numbers. Perfect for a Christmas present. \$50. Phone: 250 538 1601. 02-06

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. 02-06

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. 02-06

Aton solar food dehydrator, redwood and mahogany. Free standing cabinet with 4 trays. Yours for \$60. 653-2067. 02-06

Fiori Bike \$160. Queen size steel bedframe \$25. Phone: 250-537-2824. 02-06

Near new Barbeque. 40000 BTU with a side burner. Used only a few times. \$125.00. Phone: 250-537-2824 02-06

2009 Diaries 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. Cheap to insure. \$1200 250-537-0452.. 02-06

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.

The Islands Marketplace CROSSWORD PUZZLE

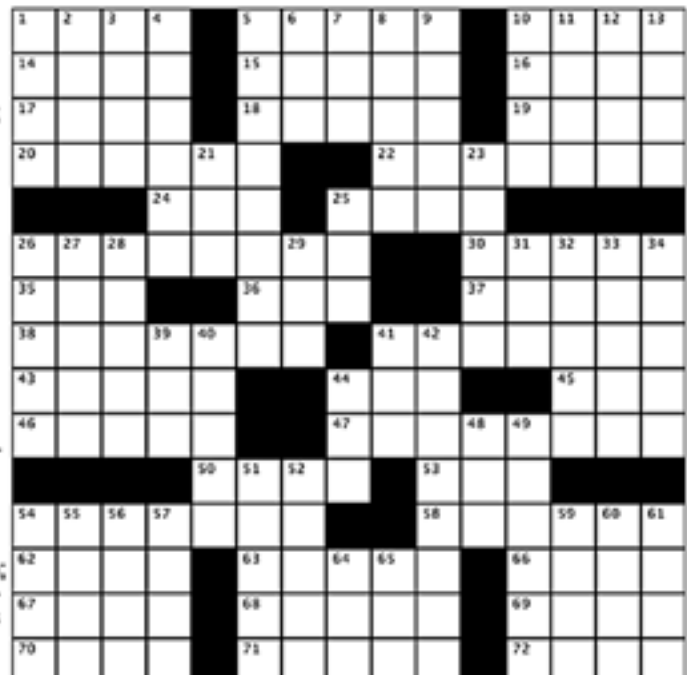
Crossword Puzzle answers are on page 15 of this issue.

Across

1- Mariners can sail on seven of these; 5- Chews; 10- Airline to Tel Aviv; 14- Engrave with acid; 15- Marshal; 16- Fizzy drink; 17- Sicilian spewer; 18- Glossy fabric; 19- Bellicose deity; 20- Indian village; 22- Fashionable; 24- Babylonian title; 25- Surrender; 26- Occurring throughout a city; 30- Words of denial; 35- John in England; 36- Grown elver; 37- Expression peculiar to a language; 38- Unconscious; 41- Spicy; 43- Skinflint; 44- Island of Denmark; 45- Long period of time; 46- Scapegoat; 47- Toward the back; 50- Et ____ (and other men); 53- ____ de France; 54- Dark pigment in skin; 58- Strikes; 62- ____, poor Yorick; 63- Religion founded in Iran; 66- San ____, Italy; 67- The ____ the limit; 68- Diciembre follower; 69- Raised platform; 70- Student's hurdle; 71- Russian revolutionary leader; 72- Other, in Oaxaca;

Down

1- Ooze; 2- Famous last words; 3- Skin disorder; 4- Run-down; 5- It flickered, to make Ingrid mad.; 6- Heston's org.; 7- Illustrative craft; 8- Forgo; 9- Church council; 10- Birthright seller; 11- Petty of "Tank Girl"; 12- Summer coolers; 13- Whip; 21- Kareem, once; 23- Photo finish?; 25- Animation unit; 26- Small cluster; 27- Ancient region of Asia Minor; 28- Browned sliced bread; 29- Actress Ruby; 31- Name of a feudal Japanese clan; 32- Fungal infection; 33- Engine; 34- Correct; 39- Basketball Hall of Famer Unseld; 40- Of Nordic stock; 41- Monetary unit of Burma; 42- Gash; 44- Law enforcement agency; 48- Dutch carrier; 49- Eccentric person; 51- Defamation; 52- Mindlessly stupid; 54- Pole; 55- Sommer of film; 56- Puts down; 57- Kind of prof.; 59- Milk source; 60- Islamic chieftain; 61- Nothing special; 64- Female fowl; 65- Shipping magnate Onassis;



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MUSICIANS

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

MUSICAL INSTRUMENTS

Hofner Jazzica special blonde archtop guitar. 1991. mint condition. \$1000. Pearl drum kit, all inclusive, stool, sticks, bags, etc. \$700. 250-539-5072. Saturna. 03-06

Yamaha Acoustic Guitar for sale \$375. Cut-away design with pickup and 3-band equalizer. Nice sounding/playing instrument. Phone: 250 537-5931. 03-06

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. 02-06

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. Adds fat bass tones to your guitar sound. Really fattens up your tone. 250-538-5549. 02-06


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. Phone: 250-538-5549. 02-06

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. Also a great looper pedal. Boxed, w/ manual and power supply. \$180. Phone: 250-538-5549. 02-06

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. Adds fat bass tones. 250-538-5549.02-06

Custom built 36 string Celtic harp by harp designer/maker Gerhard Wanney in 2002. Made of Peruvian Walnut/Eastern Maple with Sitka Spruce soundboard. Loveland sharpening levers. Beautiful warm and clear tone. Comes with tuning wrench, extra set of strings and a custom padded carrying case. Perfect for serious harpist or harp student. Pictures on request. Origin price for harp and case was \$6,000. Will sell for \$4,500. firm. Phone: 250-537-4798. 02-06

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OFFICE ITEMS

Wooden corner Desk/table with matching Filing Cabinet on wheels. Desk has height adjustability. Both in great condition, beautiful orange'ish brown color.\$100.00 for the set. Phone: 653-4443. 03-20

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

I 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

PERSONAL

I saw you, you glanced at me, I stared at you, you flirted with me. Can we meet for a coffee? Sat. Feb. 14, 10am at the Roasting Company. 02-20

Come Celebrate 40 with me.... Sat. Feb. 14 - Falconshead, Moby's... and mucho more!

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

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

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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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 and a \$40 gift certificate for dinner at the Raven Street Cafe. See next issue for the winners names, the answer and our next trivia question.
Email: info@islandsmarketplace.com

Trivia Question #8	In "Bedtime Stories" what is the hero's name?
Answer to Trivia #7	Edward Thomas (Ben Thomas is his brother's name)
Winner of Trivia #7	NOBODY has won 2 free movie passes

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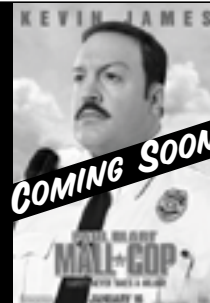
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Rock Salt Restaurant
Falconshead Grill Vesuvius Store
Uptown Pizza Friends Fitness
Morningside Bakery
Raven Street Market
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SSI Roasting Co. SS Natureworks
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Tru Value Grocery
Southridge Farms

Mayne Island:

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Saturna General Store

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Denman General Store

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REAL ESTATE

Property right on the lake near Mt. Washington Too many features to list. Very well Priced at \$299k. Info. 250 653-9898. 03-06

1,400 sq. ft. house on 6.2 acres in the southend. Built 2002 with 10yr. new home warranty. Extremely private setting and a 1/2 share in an 80 acre park. \$629,000. Email for photos: steffelem@yahoo.ca. Phone: 250-653-2352. 02-20

RENTALS

Long term 3 or 4 bedroom house nr. Ganges, N/S, Refs, fireplace, garden, W/D. Available now, 15th or March 1st. 3 bdm - \$1300/4 bedroom \$1450 plus util. or - large 1 bedroom or 2 bedroom near Ganges ADSL, W/D, garden. 1 bdm \$750/ 2 bdm \$950 plus utilities. Cute bachelor suite on acreage nr Ganges N/S, Refs,\$650. Beautiful 4 bedroom on view acreage nr. Ganges, wd. floors, fireplace, garden, W/D. N/S, Refs, \$2,200 plus util. Beautiful 800sf.cottage with washroom for office, massage, studio use. Nr Ganges, parking, Wireless. \$550 Also 100sf. building nr. Ganges for storage use. \$125.250 653-9898. 03-06

Two bedroom guest cottage for rent. close to town. \$1000 month, utilities included. references required. 250-537-1263. 03-06

Two bedroom suite in Crofton. Wood/tile floors, 1000 sq. ft., w/d, dishwasher. 2 parking stalls, close to ferry. Non smoking. \$800 /mo. Avail. now. Call 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

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

RENTALS

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. 02-06

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

Salt Spring Island. 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. 02-06

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

Room in shared house, Saltspring Island. Walking distance to town. High speed internet. \$425 + utilities. No Pets. Call to pager. Phone: 250-538-9088 Email: nbeach@telus.net. 03-06

RENTALS WANTED

24 Female relocating from Kelowna to Salt Spring. Non smoker. Looking for 1bdm suite with garden space, private entrance, close to shopping/bus route. Ideally \$700/Inc Util. Would like to get a cat possibly but not necessary. Willing to pay for 2-3 months upfront. 1-250-448-8694. 03-06

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? 650-477-0206. 03-06

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. 02-06

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. 02-06

RVS & CAMPERS

1970's companion trailer. 2500gww.14 ft.wide 8.5feet high. side curtain. \$1000. Location: North Pender Island. 250-727-6441. 03-20

2006 Denali 5th Wheel 28ft, Fully loaded. Large slideout. Only 15km on highway. Like New. mint condition. Pender Island. \$21,000 Photos provided. 250-539-5370. 03-06

SPIRITUAL

Mayne Island writer's recent book: "The New Evangelisation of Catholics - In A New Language" Written for ordinary Catholics, and others, in everyday language. No theological jargon! Describes in simple language how the church needs to be evangelized. Phone: 250-539-5370. 02-20

SPORTING GOODS

Brand new Soloman snowboard, never used, no bindings. 450-159. \$250 obo. 250-537-7633. 03-06

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. 02-06

MEC "Wanderer 2" two-men tent with repair kit. Like new. Used only once. Original cost \$300 before tax. Price reduced to \$200. 250-537-4798. 02-06

TOOLS

Stanley mitre saw with 24" backsaw. Good working condition. Great for cutting accurate mitres without using any power. \$35 OBO. Phone: 250-537-1418. 03-06

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

Used Electrolux vacuum cleaner in good working condition. Call 250-537-2259.

Wanted Shed/Out-building. We are looking to add a small work area to our tiny place. hoping to find a free standing structure, any stage of completion/assembly would be helpful. Phone: 250.653.9886. 03-06

Wanted - anything funky, freaky, eclectic or crazy that may or may not be of significant value. Historical items also. Call 537-2905.

Theatre enthusiasts wanted! Salt Spring Community Theatre is always looking for new members. No experience necessary. Actors, directors, stage crew, lighting, sound, makeup, etc. Call Ann Stewart 537-9250, or email ann.stewart@telus.net. 03-06

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

Garden / tool shed wanted. Need to be about 10 x 8, and easy to move and install. 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

WANTED

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. 02-06

7'x9' garage door...with hardware. Phone: 250-537-5836. 02-06

Student flute, silver plated. 653-2067. 02-06

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. 03-06

We are available to foster your cat in our home for a short or long term period of time. 653-9622 if interested. 02-20

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

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CROSSWORD PUZZLE ANSWERS
Answer for this issue's puzzle

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The Islands Marketplace
HOROSCOPE

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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

Mars likes us to puff our chests out, and show what we can do. And it can be ego giving. Now of course, there's nothing wrong with a healthy ego, it's when it becomes bloated that the problems begin. Yet this fiery planet has now moved into the most democratic part of your 'scope. Don't sacrifice your individuality, but do work closely with others.

TAURUS Apr 21st - May 21st

Noticed any difference in an intimate relationship recently? Has the love of your life started to become more attentive and caring? No? Perhaps it's you who's changed, and you want a little more attention and TLC. Just don't become too demanding. Yet if you want to change or apply for jobs, a confident persona will do you no harm at all.

GEMINI May 22nd - Jun 21st

It really wouldn't be any surprise if you found yourself travelling this week, either for leisure pursuits, training or work. You may even be hatching ambitious plans to go further afield. However, nearer to home, your world and horizons can be expanded just as impressively through a new language or social networking with someone far away.

CANCER Jun 22nd - Jul 23rd

This can be a superb month for business prospects, a time for balancing your canny knack for organisation and making the most of your resources or using your diplomatic negotiating skills. However, where you share assets may require a light touch. A partner may have different attitudes to you. If they do, a tense argument could follow Cancer.

LEO Jul 24th - Aug 23rd

Not every Leo has the obvious confidence to hold court with their royal subjects, and if sometimes you wish you had a little more self-belief, this week can help you to demonstrate it. However, the Full Moon, in your sign, cautions you not to see things only from your own perspective, for even the most harmonious of ties can be upset by a lack of fairness.

VIRGO Aug 24th - Sep 23rd

Whatever your situation, more vitality would almost certainly give you an added ability to cope with life's stresses and strains, and this week Mars can be restorative. However, if you've been labouring under a trying, but even minor ailment, this is the perfect time to sort this out. At work, don't believe everything you're told by an insincere colleague.

LIBRA Sep 24th - Oct 23rd

Have you enjoyed some pleasant exchanges? There is more of this to come, for the rest of this month can be a very sociable, lively and potentially romantic time. And you can also find yourself keen to put on a more glamorous front. If staying trim motivates you, the move of Mars can be health bringing, but time management is important too Libra.

SCORPIO Oct 24th - Nov 22nd

Practical changes at home – such as getting cavity wall or loft insulation fitted, or adding more space can be things you actively consider. Yet before you get too busy in your abode, consider your outside commitments and obligations. You may find your normal routines are upset by external pressures. Also avoid those who affect your peace of mind.

SAGITTARIUS Nov 23rd - Dec 21st

Communications can be like an open book to you this year, but the role of your ruler Jupiter in this, though largely positive, can also have a downside and that can come from ignoring important details, the viewpoints of others or by rushing major decisions. This week particularly, you could come up short around these. Slow down Archer!

CAPRICORN Dec 22nd - Jan 20th

With your ruler Saturn locked in direct opposition with Uranus, a matter of principle, even a legal issue, can resonate. Yet the Full Moon suggests that if finances are concerned, some kind of compromise may need to be struck. If you feel you're "in the right", this may be hard to countenance but it may at least give you some breathing space.

AQUARIUS Jan 21st - Feb 19th

There is a balancing act that you need to achieve Aquarius. On one hand you should not stop being the "one off" you are, yet on the other it would actually be helpful to you to be mindful that not everyone has the confidence, wit or willpower to be as independent as you and could easily feel threatened. Yet romantically you can attract new admirers.

PISCES Feb 20th - Mar 20th

If you feel like you're in some kind of vice like situation, one where it seems hard to figure where you can break out, knowledge is the key. For whatever stage in life, the more informed you become the more you can make clear headed decisions. This may seem like you have to sacrifice something in order to gain something new, but it may be worth it.

Upcoming Features

Feb. 20 - Recycling & Environment
 March 6 - Marketplace Q & A
 March 20 - The Pender Pages
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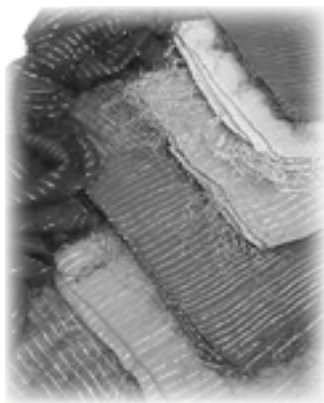
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