

THE ISLANDS

EVENTS, ENTERTAINMENT & MORE  
FREE CLASSIFIED ADVERTISING  
EVERY SECOND FRIDAY

MARCH 5, 2010

# Marketplace

**FREE**

Volume 4 Issue 11

**KIDS COLOURING  
CONTEST**

**EVENTS  
HOROSCOPE,  
CROSSWORD &  
SUDOKU PUZZLE**

**CELEBRATING  
INTERNATIONAL  
WOMEN'S DAY**

**HEALTH &  
WELLNESS**

Sue Newman and Luc Blanchett perform in Caroline Gold's award winning play "Howard and Mimi", on Salt Spring Island, March 12 and 13 at ArtSpring Theatre. More details on page 2.

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**OUR NEXT ISSUE:**  
**FRIDAY, MARCH 19, 2010**  
**Advertising Deadline:**  
**Tuesday, March 16, 2010**  
 Circulation: 1500+ printed

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 Salt Spring Literacy,  
 537 9717  
 125a McPhillips Avenue.

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# Canadian Premiere of Howard and Mimi, by British playwright Caroline Gold

Caroline Gold is a TV and Radio comedy writer who has had numerous BBC commissions. She has worked in most media including Journalism and Performance. Most well known recently as an award winning critically acclaimed new playwright. Her latest play Howard and Mimi in it's first production won The Fringe Report Award for BEST PLAY 2006.

"Thoroughly wonderful and performed with absolute charm" BBC RADIO.

"Gold's script sparkles with well turned wit" THE SCOTSMAN.

"Caroline Gold's gorgeous script, with its sparkling dialogue and thoughtful plotting, is a magical theatrical delight" FRINGE REPORT

"Talented playwright Caroline Gold. Each of her plays found acclaim on the Edinburgh Fringe this year and last. Not serious and serious at the same time, her plays probe the spaces between real life and imagined personae" THEATREWORLD MAGAZINE.

"Warm, funny, and purrrrrfectly balanced comedy" THE LIST.

Director, Lynda Jensen has been charming Howard and Mimi off the pages into life, in her beautiful ocean side studio. Howard the boisterous and eager hound is doing his best understand and make friends with Mimi, the fabulous feline whose space he is forced to invade! They are the human embodiments of the animals they are!

Luc Blanchett is Howard and Sue Newman is Mimi. This production, by The Academy Presents..... is a fundraiser for the Salt Spring Arts Academy. All proceeds from the play go to build and maintain a bursary fund for students at the Academy.

Artspring March 12 and 13 at 8pm and March 14 at 2:30 pm. Please come out and support local theatre and by extension subsidized local arts programming for youth!

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## ANIMALS & ACCESS

17 1/2" Barnsby all purpose saddle. all leather c/w leathers and stirrups. Bridle, girths, brushes, saddle pads, etc. \$1200 obo. 537-5482. 04-02

Awesome, loving, long haired chihuahua boy looking for an ideal extended family / individual for occasional visits.. his person is on a 6 week business trip in march /april and so a good place and family (preferably with a small girl dog !) would be wonderful. 250-538-1970 thank you!. 03-19

2 Cockatiels for sale. 1 male, 1 female. cage included. male. is 10 and female is 3, asking \$250. call 250-537-4579. 03-05

## ANTIQUES

1880s victorian buffet, solid oak, beveled mirrors, excellent craftsmanship \$1500. wood cookstove with warming oven, early 1900s, in working cond \$950. Phone: 250-538-7048

1930s art deco buffet, maple, excellent cond. \$325. Call 537-4278. 03-05

Glass Medicine Bottles; early 1900's, various sizes and shapes, hundreds, excellent condition, most under \$5 each. 1930's Radio; General Electric, working 4 band, 75 watts. Standing floor model. All original. Exc. condition. 250-931-7777 Saltspring. 03-19

## APPLIANCES

Jenn Air Self-cleaning Bake and Convection Wall Oven, Black, comes with electrical panel box, 27" across, 28" tall, 24" deep, model W146-C, comes with user manual. \$125 obo. Phone: 250 537 1972. 03-05

Maytag dehumidifier 45 pt capacity. VG condition. \$125.00. Phone: 250-537-4374. 03-05

## ARTS & CRAFTS

10 Artists wanted to auction their work for Haiti. Call 537-9981. 03-19

### About The Islands Marketplace:

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

**ARTS & CRAFTS**

Glass Studio Supplies - 120-130 sq.f of Fischer and Desag antique glass \$400, 85-90 sq.f of Bullseye fusible glass \$350, 12 lbs of Moretti rods \$75 - Various other shop supplies. Phone: 250-539-5004. 03-05

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

**AUTOS FOR SALE**

1988 Grand Marquis. Black with red interior, all power. Good condition, no rust, near new tires. \$800 firm. 537-5482. 04-02

2005 Honda Civic Hybrid for sale (low mileage) - \$14000; 44,000 miles (71,000 kms) Sedan, Automatic, blue. Front-wheel drive, Fuel Type Hybrid-Electric. Vehicle imported 3 years ago from US by Bombardier Executive. Has been giving me almost 100 kms with each 6 liters of gas. Vehicle mechanical inspection done on Feb 6, 2010. All documents available. Very clean interior. No problems except for cabin air filter needs to be replaced and battery will require future attention. Phone: 250-537-0629. 04-02

1991 Jeep Cherokee 4x4, 4 door, white, auto, Trailer package, great tires, alloy rims. Runs good, could use some work, great island vehicle. \$800 obo. 537-2950. 04-02

1998 Honda CRV, AWD, 4cyl, auto, key less entry, CD player, A/C, cruise, comes with roof racks plus roof box, fuel efficient, clean inside and out \$6200 Phone 250-653-4102.. 04-02

1992 Toyota Camry, automatic, 4 door, sedan. Sunroof. \$2000 538-0246. 03-19

**AUTOS FOR SALE**

1997 Dodge Dakota SLT Sport Truck, auto, kingcab, V-6, magnum engine, towing pkg with 5th wheel hitch and brake equalizer, 131,000 km, 2 -wheel drive, power locks, brakes, steer, box liner, immaculate condition, reliable, \$7300 OBO call 250-537-9773. 03-19

1989 Trooper 4X4, 4 cyl, good tires, recent new head on motor, Exc. running condition \$1,600 OBO 250-537-9309. 03-19

1995 Isuzu Trooper standard 5 speed 4 wheel drive in great condition. one owner no accidents, \$3900 phone 250-653-0017. 03-19

2004 Chevrolet Cavalier VL Silver 4dr, New Brakes automatic, air, after-market alarm, keyless entry, cruise control and with below average mileage.(110000km) \$4000. Phone: 250-932-2006. 03-05

2003 Toyota Corolla Sedan, Auto. Transmission, Dealer Serviced, Great Mileage, Excellant Condition, 75,000 kms, \$8,200. 250-653-4365. 03-05

1992 Chrysler Acclaim 4 dr. sedan 4 cyl. low km.175000 car has been in garage for 6 years runs well, good on gas. clean, only \$950. 250 538-1789 matthew.. 03-05

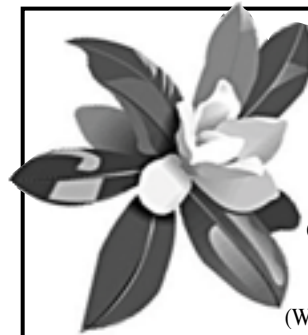
**AUTO PARTS & ACCESS.**

1989 LeBaron convertible. \$200. 250-537-9169. 04-02

155 piece mechanical socket set. brand new. \$125. Phone: 250-538-7048. 04-02

Wanted: Bush box, Mac & Blo style, for Toyota pickup. Call Dave Phillips at 537-7481. 03-05

Used snow tires, P215 70R15, 1 pair used, \$50. 2 singles, new \$35 each. 250-537-5482. 04-02



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# The Islands Marketplace CALENDAR OF EVENTS

## FRIDAY, MARCH 5

Island Escapades Outdoor Adventures with Climbing Gym, Mt. Washington Ski and Kayak Trips for youth and International Students. Call 537-2553 or visit [www.islandescapades.com](http://www.islandescapades.com)

Creative Fire Studio March Break Classes - Tracy Harrison of Creative Fire Studio will be offering clay hand-building classes for children 7 years and up. Classes start at 10 am and end at 12 noon. [www.creativefirestudio.org](http://www.creativefirestudio.org) or (250-538-0144)

All-Ages Dance at the Farmer's Institute, Juicy Amazing Goddess Women's Event. 5:30 - 11. See page 9 for details.

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

StoryTime at the Library: Ready for spring. Stories, activities and fun for early grade & pre-school children. 1-2 PM at the library.

DJ Hotness at Moby's Bar & Grill. 8pm

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

## SATURDAY, MARCH 6

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

Juicy Amazing Goddess Women's Event at the Farmer's Institute on Rainbow Road, from 10am to 4pm. See page 9 of this issue for details.

Live Music with Sunyata at Moby's Oyster Bar & Grill. 7pm to 10pm.

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

Neighbourhood Night from 8 to 11 p.m. at the Raven Street Cafe. 321 Fernwood Road. 250-537-2273.

## SUNDAY, MARCH 7

Juicy Amazing Goddess Women's Event at the Farmer's Institute on Rainbow Road, from 10am to 4pm. See page 9 of this issue for details.

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

Silken Laumann and The Courage to Shine" at the Farmer's Institute, doors at 5pm, presentation at 7pm. see page 9

Beaver Point Hall - Annual General Meeting @ 2:00pm in the hall

## SUNDAY, MARCH 7

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

## MONDAY, MARCH 8

International Women's Day

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

Community Potluck at the United Church at 5:30pm. See page 9 for details

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

ArtFully Off in All Directions - An exhibition of visual art by Salt Spring school children. at ArtSpring Theatre March 8 - 19

## TUESDAY, MARCH 9

Circuit Training from 5:30 - 6:30pm \$10 drop-in, 8 or more people, just \$5. Free for first time. Call Val at 250-538-7447.

## WEDNESDAY, MARCH 10

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

Nature at the library: Fresh water creatures. There's a pond in the library! Join us for hands-on experiences with fresh water life. Presenter: David Denning, Salt Spring Conservancy. For ages 10 and under. 1-2 pm at the Library

SynergyFit Class at Beaver Point Hall 5:30-6:30 pm. Certified personal trainer. Drop-ins welcome. Info: 250-653-4656 [trisha@synergyfit.ca](mailto:trisha@synergyfit.ca).

## THURSDAY, MARCH 11

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

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

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

## FRIDAY, MARCH 12

Island Escapades Outdoor Adventures with Climbing Gym, Mt. Washington Ski and Kayak Trips for youth and International Students. Call 537-2553 or visit [www.islandescapades.com](http://www.islandescapades.com).

Live Theatre - Howard and Mimi - Artspring March 12 and 13 at 8pm and March 14 at 2:30 pm. See story on pg. 2

Creative Fire Studio March Break Classes - Tracy Harrison of Creative Fire Studio will be offering clay hand-building classes for children 7 years and up. Classes start at 10 am and end at 12 noon. [www.creativefirestudio.org](http://www.creativefirestudio.org) or (250-538-0144)

## FRIDAY, MARCH 12

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

StoryTime at the Library: Nature at the library: Marine life. Learning and activities about salt water life. Presenter: David Denning, Salt Spring Conservancy. Ages 10 and under. 1-2 pm at the Library.

Live Music with Da Fuego at Moby's Oyster Bar & Grill. 8pm to 11pm.

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

## SATURDAY, MARCH 13

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

Salt Spring Island Craft Bazaar "Not your average Craft Fair" from 11:00am to 7:00pm at Mahon Hall.

Live Music with Planet Music at Moby's Oyster Bar & Grill. 8pm to 11pm.

Carmen - Met Opera Live in HD, 10 a.m. The encore presentation of one of the most popular operas of all time, Carmen At ArtSpring Theatre. 537-2102.

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

Neighbourhood Night from 8 to 11 p.m. at the Raven Street Cafe. 321 Fernwood Road. 250-537-2273.

## SUNDAY, MARCH 14

Daylight Savings Time - Turn your clock one hour ahead.

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

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

## MONDAY, MARCH 15

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

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

## TUESDAY, MARCH 16

Circuit Training from 5:30 - 6:30pm \$10 drop-in, 8 or more people, just \$5. Free for first time. Call Val at 250-538-7447.

## WEDNESDAY, MARCH 17

Moby's St. Patrick's Day BASH!! Beer and appy specials!

## WEDNESDAY, MARCH 17

Alan Moberg! a new radio show hosted by our one and only Alan Moberg, at noon. Listen in on cfsi-fm 107.9, or on internet at [www.cfsi-fm.com](http://www.cfsi-fm.com)

Nature at the library: More fun and learning about nature on Salt Spring Island. Presenter: Salt Spring Conservancy. For ages 10 and under. 1-2 pm at the Library

## THURSDAY, MARCH 18

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

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

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

Nature at the library: Fresh water creatures There's a pond in the library! Join us for hands-on experiences with fresh water life. Presenter: David Denning, Salt Spring Conservancy. For ages 10 and under. 1-2 pm at the Library

## FRIDAY, MARCH 19

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

The Islands Marketplace is out - Pick your copy up today or visit: [www.islandsmarketplace.com/issue.pdf](http://www.islandsmarketplace.com/issue.pdf)

Nature at the library: Mammals that love water Puppet animals tell their own stories, fact and fiction with help from the Conservancy's Jean Gelwicks, For ages 10 and under. 1-2 pm at the Library

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

## SATURDAY, MARCH 20

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

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

Rawsome Night Out - 5-course Italian meal with raw cocktails starting at 7PM. \$35 per person. Reservations required - 250-537-2048

Neighbourhood Night from 8 to 11 p.m. at the Raven Street Cafe.

## UPCOMING EVENTS

Send your free community event info to [info@islandsmarketplace.com](mailto:info@islandsmarketplace.com) or call 537-2905 to get included in the next calendar.

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

Advertise your event here! Email : [info@islandsmarketplace.com](mailto:info@islandsmarketplace.com) for the next edition - March 19

**AUTO PARTS & ACCESS.**

GMC Jimmy 1987 4X4, new engine from a 92', clutch needs work but drives but cannot be insured until it receives a vehicle inspection. a v.i. can be done by most mechanic shops. Phone: 250-537-1403. 04-02

Free, middle bench seat for VW Van, Galiano. 250-539-5004. 03-05

**BIKES**

BMX Skatepark trick bike for sale, Swivel front wheel, stand bars on back, near new condition. Bought for \$392. Asking \$300. Rythm (250) 931-7193. 04-02

18 speed touring bike, complete with rack, panniers, etc. Suitable for touring, commuting, groceries, etc. \$140. Call Phil at 537-4514. 03-19

Electric scooter only 2 years old, works like new! \$850. Phone: 250-526-0377. 03-05

I have a mountain bike and want to motorize it, does anyone know where i can get one built for me? On salt spring or close by? Phone: 250-537-0424. 03-05

**Thank You! To our advertisers and readers!**

**BOATS AND MARINE**

I have a 45 foot 1950 wood trawler. The Mobro, I am willing to give to the right person a good vessel free. I don't want this boat stripped and left on the shoreline. Please Email and describe why you deserve this boat and if you can afford to maintain it and pay for the transfer of the title. I will decide who gets this wonderful vessel if any one. Thank you. Email: johnroe006@gmail.com. 04-02


NIMBUS Seafarer f/b kayak. \$1200. Call 250-653-4190. 03-19

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35 HP Johnson outboard motor with controls, new and spare propeller and fuel tank. \$750 OBO. Phone: 250-537-4882. 03-05

Looking for a cheap kicker. 30-50hp outboard under \$500. has to be reliable. Phone: 250-526-0377. 03-05



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## BOATS AND MARINE

All wood ocean kayak, red, beautiful condition, comes with bilge pump. 17 feet long. 2 feet max width at seat. 2 compartments. Includes bilge pump. \$550.00 South End. Phone: 250-653-4373. 03-05

I have 10 pages of boating gear and sailing books hard cover, mostly for sailboats some new and used parts. If you are building a boat there is some good value here. Two Garhauer double T track 12' lengths, with Genoa control cars and end stops. Anchors, fenders, waterpump, port-o-potti, rope etc. I want to sell altogether. \$2000.00 Clearing out basement. Phone: 250-537-9593. 03-05

Looking for free water craft, or canoe. So i can go fishing on st mary lake. Thank you Matt. Phone: 250 537 0424. 03-05

Seeking additions to discoveryisland.ca photos, videos, information, historical documents, letters or anything new and old you feel may add to discoveryisland.ca about Discovery Island off Victoria, BC. Email: info@discoveryisland.ca. Phone: 250-370-1092. 03-05

## COMMUNICATIONS

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## BUILDING ITEMS

5 sheets of tempered glass, approx. 34"x76". \$15 per sheet or \$65 for all. Vintage doors, one with crystal knobs. 250-537-5482. 04-02

Automatic garage door, steel, fully insulated, Clopay brand, 10 ft wide by 7 ft high, with all hardware. Liftmaster security plus door opener and remote operating system. Perfect working condition, 3 years old. Already dismantled and ready for removal. Installation instruction manual included. Cost was \$1100 plus, asking \$500. Phone: (250) 653-9177. 03-19

Lumber - clear cedar, small dim. approx. 3000 bd. ft. - \$2.25 - \$3.25 bd. ft. less for large quantities. Maple, approx. 2000 bd. ft. various sizes and shapes, figured (birdseye & spalted) \$2.25-\$3.25 bd. ft. Call 250-526-2772. Byron Rd. 03-05

## COMMUNICATIONS

## BUILDING ITEMS

Brand New White Window, made by Nap, 34" x 69" tall, small cosmetic mark therefore selling at below half price, asking \$195. Glides open from side to side. Argon filled, Energy Star. Phone: 250 537-1972. 03-05

## CHILDREN'S ITEMS

Even flo high chair, in good condition, \$45. Toddler bed, good condition. includes mattress pad, \$55. Cotton diapers, price negotiable. Call 250-931-1122. 03-19.

## CLOTHING

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

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

## COLLECTIBLES

\$\$\$ Automobilia collector and historian seeks old and recent license plates, chauffeur badges, TB vet key tags, driver's licenses, automobile clubs and other grille badges, old photos showing BC cars and plates etc... Specializing in BC, Yukon and NWT but rest of Canada and worldwide welcome. Thank you! Phone: 250-629-6464. 03-05

Turntable/Radio; 'Fleetwood', 1950's, 4 speed, 2 band, large, solid wood cabinet, 38" across, 31" height, 17" depth, excellent condition. 250-931-7777 Saltspring. 02-19

Huipiles (heavy cotton, wool pullover blouses); Guatemalan, handwoven and embroidered, different villages, various conditions most under \$100. 250-931-7777 Saltspring. 02-19

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## COMPUTER SERVICES

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- SAT., MAR. 6– 8 to 11pm  
Live Music w/ **Sunyata**
- SUN., MAR. 7– 7 to 10pm  
Jazz w/ **Preston + Bonkowski**
- THURS. MAR. 11 – 8 to 11pm  
Blues **Soul Shakedown & friends**
- FRI, MAR. 12 – 8 to 11pm  
Live Music with **Da Fueva**
- SAT., MAR. 13 – 8 to 11pm  
LIVE MUSIC w/ **Planet Music**
- SUN., MAR. 14 – 7 to 10pm  
JAZZ/FOLK w/ **John Charowskyo**
- WED., MAR. 17 – 8pm  
**ST. PATRICK'S DAY BASH!**

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Fabulous Fleamarket, Sat. March 27th, 10am to 2pm at Fulford Hall. Table rental: 8ft - \$20. 4 ft: \$10. Delicious home made food available. Further information and bookings please call 537-5482. 04-02

Alan Moberg! a new radio show hosted by our one and only Alan Moberg, begins March 17 and every Wednesday at noon. Listen in on cfsi-fm 107.9, or on internet at [www.cfsi-fm.com](http://www.cfsi-fm.com)

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

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

# Health & Wellness

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## Quantum Biofeedback - Not Just for Humans

Jennifer came to me with abdominal cramps, and profound gas. She had gained a lot of weight and was fatigued all the time. She asked for a food intolerance test, and suspected chronic fatigue. It became clear quite early in the QB assessment that a real issue was high fungal overgrowth, particularly *Candida albicans*, causing gut dysbiosis, and affecting her immune system, hormone and enzyme pathways. The assessment suggested boosting bowel flora and energy nutrients, and an 8 week anti-candida diet. It also provided information detailing other foods that should be avoided. When Jennifer returned 4 weeks later, the change was obvious. Jennifer's gut discomfort had lessened, her weight and energy levels were returning to normal. Her immune system was strong enough to carry out a mild QB therapy detox of the residual toxins and fungus.

Chimo is normally a happy, independent cat with loads of energy. He presented with 'harsh' fur, weepy eyes and a need to sleep all the time. He refused to eat, and was drinking more water than normal. Having moved into a new home, he had just started to explore outside and hunt, but was really frightened by the canine neighbours. The QB test showed that he had ingested something that his system identified as a poison; his liver, lymph and intestines were showing energy blockages, and anxiety/betrayal emotions were very high. QB therapy was used to clear the energy stagnation of the major detox organs, and to specifically identify and detox the poison (pesticide via a rat). To help with the transition to the new home, emotional balancing and some feel good therapies were chosen. Within 24 hours, Chimo ate food and went out to get a thank you present of a mouse. He gained confidence and learned to ignore the dogs, and his fur went back to feeling silky.

Quantum Biofeedback is done face to face for humans and using a fur sample for animals. All sessions are 2 hours, and cost \$80 for


humans and \$50 for pets. For more information, please see the advert on this page or email [rasma@quantumnorth.com](mailto:rasma@quantumnorth.com)



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- Van Excursions for Seniors

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**Sharon Glover at 250 - 537 - 4607**

# The Spontaneous Generosity Ritual!

By Leah Hansel



**L**ike many people over the course of the last couple of weeks, I have been avidly watching the 2010 Olympics in Vancouver and Whistler. Right from the Opening Ceremonies through to now, it has been an unbelievable ride of emotions, with these amazing athletes showing the world how they got there, and with the fervour and pride of the Canadian people coming together in ways never experienced before! It has been exciting and life-changing and I am very grateful to live where I live and to be able to access the gift of this International Event!

And, even as I also write this, preparing for my next event here on Salt Spring next weekend, I am watching the unfolding of the after-effects of the 8.8 Earthquake that hit Chile this morning. Not only is there a massive amount of devastation from this earthquake, but there is also a Tsunami warning in effect for the entire Pacific basin region.

Knowing that I am and we are all connected as humans on this physical plain, and knowing that it only takes one person to create change and make a difference in the world is what drives me consistently to do what I do. All the efforts over the course of the last six months in bringing The Juicy Amazing Goddess Woman Event (JAGWE) to fruition haven't always been easy and doing something like this takes an incredible amount of patience (and a whole lot of help!) - but what keeps me focused is thinking about everyone in my local community and communities across this planet that

are poor, struggling, barely making it, not getting enough food, not getting nearly enough emotional and spiritual support, and definitely not living to the full expression of their being.

I think about those that have literally no place to live and no possible way to even afford the high cost of living on the West Coast. I think about the completely decimated country of Haiti, and now Chile, and all the surrounding people's that were affected by the Earthquake that hit that region in January. I think about anyone who experiences any kind of abuse in their lives and those that are driven to the point of committing criminal and murderous acts because of the frustration and inequality they are subjected to on a daily basis. I think about child slavery and human trafficking and above all else I think about the potential we ALL HAVE to create positive change for ourselves and others in the world.

So - Here's the challenge for you beginning TODAY! Choose to call this whatever you need to to stay inspired, dedicated and focused on the challenge at any given moment, but here it is:

Starting RIGHT NOW, do one completely selfless, overly generous and utterly unexpected ACTION OF KINDNESS for someone else without any expectation of anything in return. Some call this Pay it Forward, some call this Random Acts of Kindness, I would like to call this the Spontaneous Generosity Ritual!

You may or may not be an Olympic Athlete, but you are someone with the capability to give in an Olympic-Hearted way. Even if you don't think you have anything to offer, you DO. Even if nothing comes to mind or pulls you in a certain direction at first, it WILL.

Let TODAY be the day that you decide to create positive change, one spontaneous inspired moment at a time.

Be sure to join us from March 5-8, 2010 at The Juicy Amazing Goddess Woman Event where we will be honouring and celebrating International Women's Day together! This is a Local Event, organized by a Local Salt Springer and Proceeds will benefit local community organizations and services in the health and welfare of women, children and families, including SWOVA, Salt Spring Community Services, IWAV, MamaIMama, Copper Kettle, The Food Bank and more! Silken Laumann's presentation on Sunday March 7th, which has been reduced to \$30.00/person will also benefit the Canadian Haitian Relief Coalition, which includes The Canadian Red Cross Society, UNICEF Canada, OXFAM Canada, Save the Children Canada and World Vision Canada. JAGWE is open to everyone in the community; Men, Women, Youth and Children of all ages! Getting your ticket could be your first Spontaneous Generosity Ritual!

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

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# Celebrating International Women's Day with Silken Laumann

It's not every day that we get to experience the elation, inspiration and sense of connected community that the Olympics brings to our existence, nor is it every day that we get to meet an Olympian and help a whole community of people at the same time.

On March 7th, 2010, you have the opportunity to not only be inspired, but help the earthquake-devastated countries of Haiti and Chile when you join us for an exceptional and truly inspiring evening with Three-Time Olympian, Mother, Author and Child-Advocate Silken Laumann!

Silken will be presenting her keynote address "The Courage to Shine"

Silken Laumann knows about living life well. The equation to living well encompasses all aspects of excellence.

Excellence in mind, body and spirit. We can't meet our full potential in our jobs, in our relationships and in our communities without a commitment to invest in all aspects of living well. Silken takes her audience on her journey to live well, a journey that brought her to the Olympic playing field, drove her to start her own charity focussed on healthy active kids, and has fuelled her lifelong commitment to mental, spiritual and physical health.

Silken inspires her audience to explore their own potential and have the courage to dream big, challenge their limiting beliefs and charter their own course to a life well lived! Silken's presentation will be followed by a question and answer period as well as the opportunity to view her Olympic medals and learn more about her celebrated published work, Child's Play.

Be Inspired, Enjoy an Exceptional evening Conversation, Relax with Friends and Neighbours in your community, and perhaps even Discover your Inner Olympian while helping the people of Haiti!

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## The Juicy Amazing Goddess Woman Event, March 5-8, at the Farmer's Institute

Three-Time Olympian, Mother,  
Author and Child-Advocate

**Silken Laumann!**

presenting her keynote address

"The Courage to Shine"

**Sunday, March 7, 2010**

at The Island Farmers' Institute,  
351 Rainbow Rd, Salt Spring Isl, BC

Doors Open at 5:00pm

Presentation at 7:00pm

Admission: \$30.00

Proceeds will benefit the Canadian Haitian Relief Coalition which includes The Canadian Red Cross Society, UNICEF Canada, OXFAM Canada, Save the Children Canada and World Vision Canada



Limited Tickets in Advance ONLY at SS Books or order online at: [www.BestAbundantLife.com/Events.html](http://www.BestAbundantLife.com/Events.html)

Any questions can be directed to Leah Hansel at 250-538-8718 or [SuccessCoach@shaw.ca](mailto:SuccessCoach@shaw.ca)



## The Juicy Amazing Goddess Woman Event!

**MARCH 5-8, 2010**

**THE ISLAND FARMERS' INSTITUTE, SSI, BC**

This event is open to  
Men, Women, and Children of All Ages!

A Weekend Day Pass is \$8.00 which includes the Friday night Family Dance, access to all Day Workshops and Presentations and FREE Childcare!

### ••• WEEKEND SCHEDULE •••

#### FRIDAY, MARCH 5TH, 2010

**NIGHT:** All Ages Toonie DJ'd Family Dance -  
5:30pm \$2.00 at the door, Farmer's Institute

#### SAT. & SUN., MARCH 6TH & 7TH, 2010

**DAYS:** 10am-4pm - \$8.00/Weekend Pass or \$5.00/Day

*Fantastic Workshops include these local ladies:*

Robbyn Scott, Lisa Lipsett, Karen McMullen, Emma-Louise Elsey, Lynda Monk, Sarah Atkinson, Kaia Mitchell, Linda Ermineskin & Shelley Lawson.

**NIGHT:** Sat., March 6th, 2010 - 5:30pm-11:00pm - \$5.00

This exceptional night of Women's Stories, Music, Dance, Comedy & Theatre will include these Fabulous and Fantastic Ladies! Susan Cogan, Toko-Pa Turner, DVOT Dance Troupe, Sue Newman, Sally Sunshine, Island Woman Against Violence, Barb Slater, Astara Soleil, Naomi Jason, Andrea Ernst, and MORE!

**NIGHT:** Sun., March 7th, 2010 - 5:00pm - \$30.00

Inspirational Evening Presentation with Three-Time Olympian Silken Laumann! This evening is a Fundraiser for The Canadian Haitian Relief Coalition.

#### MONDAY, MARCH 8TH, 2010 -

**NIGHT:** - International Women's Day!  
Begins at 5:30pm at the United Church - FREE!

We will join together with The Raging Grannies, SWOVA's Lynda Laushway, Women of Note and Barb Slater in collective song, voice, intention and vigil walk as we honour women through our lineage. This evening of celebration is FREE for the community and we welcome you to bring a dish or two to share at the Community Potluck!

The entire weekend is a Fundraiser for Local Community Organizations! Come and enjoy a great weekend with your neighbours and help those in need!

TICKETS AVAILABLE AT SALT SPRING BOOKS OR ONLINE AT  
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## DRIVING SCHOOL

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

## ELECTRONICS

4 Wii Games - Super Monkey Ball \$10; Sonic and the Secret Rings \$15; Prince of Persia \$10; Mario and Sonic at the Olympic Games(2008) \$20; ask for Lukas. 250 537 4579. 04-02

Bluetooth Headphones - used once. Priced at 70\$, sell for 40\$.. LG Neon - pink - used - Rogers cell phone plan 40\$/month including taxes, 2500 texts, free local and incoming after 5pm. Rogers mobile internet stick - used once. Rogers laptop plan 25\$/month. Phone: 250 526 -0174. 03-19

Toshiba 36inch TV with stand. Excellent picture.\$350 phone 537 0021. 03-05

Starchoice satellite receiver box. DSR400 \$50. phone 537 0021. 03-05

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Recumbent stationery exercise bike, like new. \$75. 250-537-9873. 04-02

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Working Treadmill. No longer use it. Collecting dust. Must go \$75 obo. Phone: 250-537-6981. 03-05

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Wooden kitchen table with leaf and 4 chairs. \$125. 250-653-4190. 03-19

Wanted: Community Theatre needs 2 french doors without glass for upcoming production of Who's Under Where? 537-0675. 03-05

Antique European oak dining table and 4 chairs. This is a small dining set. Excellent condition. Approximately 28.25" wide x 46" long x 3' high. Chair seat height is 19" and seat back height is 42.25" high. \$400.00. Please call or email for photos: swan57@telus.net. 250 538-1601. 03-19

1930s art deco buffet, maple, excellent condition. \$325. Call 537-4278. 03-05

King size Box Spring. Never used. \$150. Phone 537 0021. 03-05

# The Islands Marketplace HOROSCOPE

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Bi-weekly horoscope contributed by Patrick Arundell. Visit his website at [www.patrickarundell.com](http://www.patrickarundell.com) for more great features... see below.

### ARIES Mar 21st - Apr 20th

An issue which has been hidden can come to the surface. Yet what you learn can be reassuring, not necessarily because it's easy to digest, but because there can be a sense of relief that at least you know where you stand. With Venus travelling into your sign and your ruler Mars starting to move forwards, you can feel ready to bounce back strongly.

### TAURUS Apr 21st - May 21st

You can feel much more hopeful. Discussions about a journey or holiday can move from speculative to full-on action. Family niggles can fade and any lack of personal motivation can be replaced by new found drive. Yet you can also feel nostalgic. A reunion can be discussed or you can search on-line for old buddies, or an old romantic partner.

### GEMINI May 22nd - Jun 21st

Jolly Jupiter urges your ruling planet Mercury along, and people can be keen to seek you out to share any knowledge that you have. If you are applying for roles in teaching or training, the prospects are promising. But you also can thrive on a business or management course. Socially, friends you've not seen recently can become more important once more.

### CANCER Jun 22nd - Jul 23rd

If you have been weighing up the pros and cons of buying yourself a new car, this can be an excellent week to go out and snaffle your choice. Yet though there may be a local dealer who can provide this, you may find yourself going further afield. You may also import unusual consumer goods from overseas. A student exchange can be discussed.

### LEO Jul 24th - Aug 23rd

Finally, after months of astral hand-wringing the influential Mars does an about turn in your sign, and as he does, tightens a great link with Saturn. This alteration suggests that where there is application and perspiration, there will be results. With Venus moving too this week, a holiday can be mooted which can help revive or strengthen a love tie.

### VIRGO Aug 24th - Sep 23rd

Are you holding on to something from your past which is stopping you from moving forwards? That's not to say you should discount it but if you feel you're overwhelmed by this, talk to someone professionally. If you have been letting a problem fester, try a new strategy. It may do you a lot of good. Someone's generosity can also thrill you this week.

### LIBRA Sep 24th - Oct 23rd

Your ruler, the svelte Venus, moves into one of the most dazzling of sectors this week, sure to turn your love hopes back onto full, after what has been, potentially, a time of more practical considerations and some tensions. These are not quite at an end, so don't overburden yourself with responsibilities. Make time to have some fun and frivolity Libra.

### SCORPIO Oct 24th - Nov 22nd

Each zodiac sign has influential planets, yours are Mars and Pluto. Mars ends a long backward drag, one which may have resulted in some tricky encounters at work, or with people from a different generation from you. With a little bit of give and take on both sides, things can however, start to improve but don't see compromise as a sign of weakness.

### SAGITTARIUS Nov 23rd - Dec 21st

There are still some things to do to shore up the foundations of your existence, at home or family wise, but none the less you can start to feel much more cheerful and outgoing. Venus is going to add a new, glowing dimension, and give you extra confidence around your personal appearance. You can also feel less bogged down by recent considerations.

### CAPRICORN Dec 22nd - Jan 20th

Many Capricorns can be ambitious, but not necessarily seeking traditional status symbols. Yet if comfort at home is important to you, and has been neglected, or is in need of a spring spruce up, it's a good time to get to it. If you have been very frustrated with the slowness of a property transaction or sale, here too things can start to speed up.

### AQUARIUS Jan 21st - Feb 19th

If it's felt as if the whole world has been ganging up on you since before the end of last year, Mars has probably had something to do with it. Especially if you have other Aquarian influences, beyond the Sun. Now your determination to stand up for what you believe in and not to buckle to trends or who's in vogue will stand you in excellent stead.

### PISCES Feb 20th - Mar 20th

Mercury pulls up alongside the lucky Jupiter, in your zodiac sign. This is going to give your personal communication a more fluid characteristic, and you can find yourself talking about everything under the Sun and with great confidence and no little wit. If you work with the public or in sales, you'll be on top form. New projects can gain traction Pisces.



*This is what I was thinking...*



By Tracey Supina

# Take a Walk in My Shoes: Introducing... Paul Large

I had the pleasure of finding out what makes this man tick. The son of co-founder Rob Large. Paul started in the business begging his father to work in the store. From after school to weekends living and learning everything he could about this family business. Some would say he caught the buying selling bug of the grocery business.

He worked his way from this to night supervisor of grocery by 16, then moved to learn produce. His goal to understand the family business inside out. He then moved off island to work in several stores of the Country Grocer family learning everything and anything he could about his family's business. He moved back 1995 to assist in buying, advertising then off to try his own luck at a business in 1999.

This single father two, Clinton who is fifteen lives with his Mom and Kiana who is 12 lives with Paul full time, he gets her up, they have breakfast together then makes lunch and sends her off to school and then off he goes to Country Grocer Salt Spring Island. Paul has always said " my kids keep me grounded "



he works relentlessly from his father's chair in his office where the history of many decisions were made. You will also find him stocking shelves, the great thing is his attention to Salt Spring Island community. This is the main reason Paul finds Salt Spring Island his home and why he came back to the family business fall of

2007 giving up own consulting business and a senior position of a national supermarket chain. This to him was an easy decision coming home and coming back to ensure Country Grocer stayed in the family and stay thriving on Salt Spring.

Paul's main focus as I quote him " at no time can we forget our roots" leads us into the newly renovated Country Grocer. He has a vision of what he wants right from the design to keep as much of Salt Spring as we can not big city, from the soft colours, easy lines and wider isles, a comfortable place. He described it as "the meeting place". From the high efficient lighting, power smart idea's he says we will expand more but consume less, thus decreasing our carbon foot print. He feels we still have a long way to go, but with this true vision I feel we will get there sooner than later. I am excited to see the renovation completed, I am excited to feel the community gather in their " meeting place to plan, catch up, to exchange dinner idea's perhaps all around this is a great time to reno our community grocery store. Cheers....Tracey

## FURNITURE

Estate Sale - All items 2yrs old - Navy Blue Sofa \$440, Navy Recliner \$260, 5-Piece table set \$240, Box Spring and Mattress \$300, Magazine stand \$100, Lamp \$30, Walker w/basket \$40. Phone: 250-538-8427. 03-05

Metal queen size bed frame: FREE. Phone: 250-653-9233. 03-05

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

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

## HELP WANTED

Someone is needed to cut my lawn for the season. Must have own equipment. 537-4110. 04-02

Childcare for 3 year old francophone boy; a bilingual family situation will be ideal; mom works; to cover 1 possibly 2 shifts per week. Must pass CRC. please send resume, experience, referenced to P.O. Box 831, Saltspring Island, B.C. V8K 2W3. 03-05

## HOME IMPROVEMENT

To those people that I have house painted, many thanks. To those people that would like to have their house painted, inside or out, reasonable rates, please phone Keith, eves at 537-9169 or Teresa days, cell: 737-7688. 03-05P

## HELP WANTED

## HELP WANTED



## OFFICE ADMINISTRATOR

**The non-profit Centre for Child Honouring requires a half-time office administrator for its Salt Spring Island office.**

The office administrator will be resourceful and able to work effectively in a team situation. 20 hours per week; 6-month contract - work schedule and salary to be determined.

NOTE: Only permanent residents of Salt Spring Island need apply.

Responsibilities include:

- General office set-up and operation;
- Work with Volunteer Coordinator and volunteer team;
- Coordination of community events at the Centre.

The successful candidate will:

- provide his/her own laptop computer, and have experience with both Word and Excel;
- be a resourceful self-starter inspired by and aligned with Child Honouring principles and values.

Please send your resume to hr@effectivehr.ca. Applications MUST quote CACCH-PR in the subject line. We thank all applicants, however only those selected for interview will be contacted.

**Application deadline is March 12, 2010.**

## Here's what our readers are saying...

Thank-you for our ad in the Marketplace!! It looks fab!!! And once again, thanks to you and your husband for your amazing community mindedness!! And thank-you for producing such a useful magazine, it is loved by everyone I know! Rachel

# SALTSPRING SOLILOQUIES

## Community

By Jim Anderson

Almost unnoticed behind the mass of Vancouver Island, sheltered in the straight, lie fragments of the North American continent scattered in profusion. Among this carelessly strewn chain of misty green spangled jewels lies Saltspring Island. A tiny dot on the globe. An infinitesimal speck in the universe. The place we call home.

For centuries, travelers, voyagers and dreamers have wandered here. And they still do. Streaming to and from the ferry terminals, the float plane docks and the marinas a constant and ever changing mass of humanity invades this sleepy little island community day after day. This island refuge over the years has meant so many things to so many different people. But most of all it is somehow a special place. A sanctuary. A healing place.

It is difficult to say why. Perhaps it is the secluded and safe isolation. Perhaps it is the majestic and unforgettable blend of seashore, natural beauty and peaceful quietude. Perhaps it is the carefree, casual and expansive freedom from the pressurized, dehumanized and frenetic congestion that has overwhelmed urban life elsewhere.

Perhaps.

All I know is that our lives are somehow transformed and elevated simply because we live here. Sure, we have our problems. Everyone here has a different opinion on just about everything. Acquiescent, malleable and conventional people do not venture across oceans to pioneer and settle isolated, strange lands. Islanders are always contrary, individualistic and hard to contain. And it is not perfect here. There are the haunting social terrors of addiction, abuse, mental anguish and breakdown. We still have disease and crime. People still rip you off, or steal from you. And every flaw, weakness and inhumanity festering in our civilization everywhere has its vestige and trace here. But somehow all these negatives are not quite as stark and shattering. Something else somehow factors into the equation.

And I think that late one dark, icy night a few winters ago it finally became clear to me what that special thing is that we have here. My son was due at a hockey practice over in the arena at Fuller Lake, and I was hurrying to catch the inevitable ferry along Vesuvius Bay Road. It was past 7 in the dark and too late I realized that there was black ice on the turn. The



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

wheels locked and we careened off the road into the ditch. Wham!

Luckily we were both unhurt, but the car was badly damaged. After sending my son home with a friend, I stayed at the scene awaiting the tow truck. And it was there, standing beside my crumpled car in the ditch with my flashers on in the dark, that it happened.

Not one car that passed me failed to stop, roll down the window and ask; "You OK?" "Need some help?" "Anything we can do?" Every car. It was a revelation. EVERY CAR.

It's no secret that we live in a world that is daily growing colder. No matter where you turn one simple human life is becoming more unimportant and inconsequential.

Read the papers. Listen to the news. Where do you really fit in? Where are YOU important in the overall scheme of things?

Huge and powerful multinational conglomerates. New World Order. Economic restructuring and restraint. World financial market instability. Genetic engineering. Government bureaucracy and cutbacks. Social disintegration. Family meltdown. Profit. Taxes. Productivity. Efficiency experts. Downsizing. Genocide

Who really cares about you? More and more it seems that the answer is nobody. Nobody cares. Except here.

Here on Saltspring we still care for each other. Damned if I know how it has survived. Damned if I know why. But late one wintry night I found out. We do.

They call it community. Across the waters it has become a rare and priceless commodity. Maybe no one has realized that it is the glue that holds our whole civilization together. Perhaps most of all it is why they all still journey here to Saltspring. To be part of that caring, that sense of community.

Our troubled, torn world needs to find that sense of community. And we need to find it soon. If we are to survive as a species all of us have to reach beyond all this madness and desperation that haunts us everywhere today and find the common threads that will turn brutality and inhumanity into community.

All of us do live on an island. Island Earth. It begins with you. It begins with me. How we care for each other. The simple truth is that no one will care for us unless we begin to truly care for each other. The idea of a world community truly begins when each of us know with deep, steadfast and unwavering conviction that we will either live together, or die apart.

And that we care. We really do.

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

# The Islands Marketplace CROSSWORD PUZZLE

Puzzle answers are on page 14 of this issue.

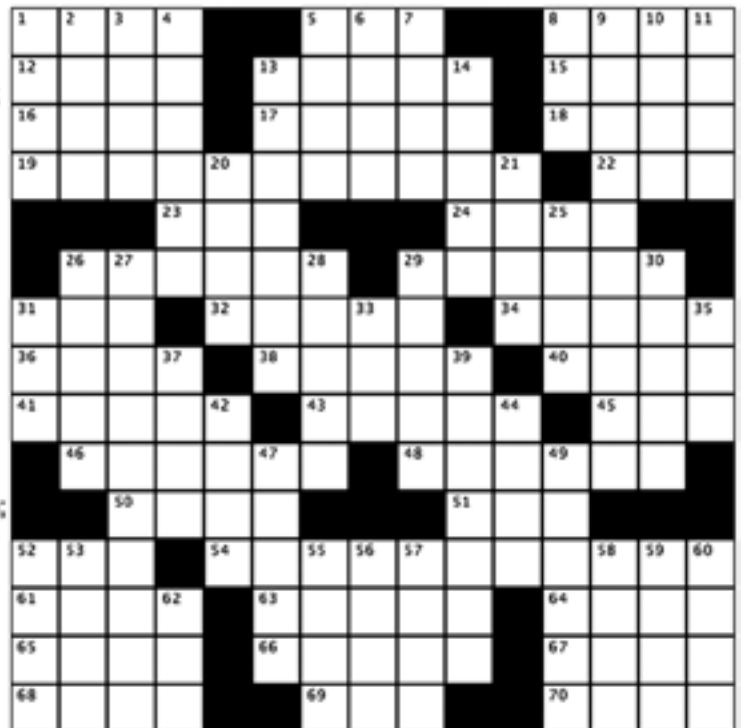
### Across

Provided by BestCrosswords.com. Used with permission.

- 1- Exchange for money; 5- Not neg.; 8- Impersonator; 12- Portico;
- 13- Actress Anouk; 15- Cave dwellers; 16- Pitfall; 17- Mass of eggs;
- 18- Part of Q.E.D.; 19- Everlasting; 22- Actor Gulager; 23- Alway;
- 24- Make reference to; 26- Pale yellow liquid; 29- Prima ballerina;
- 31- Junior; 32- Conger catcher; 34- Israeli desert; 36- Collective word for intellectual pursuits; 38- Brother of Moses; 40- Beget; 41- Move stealthily; 43- Subatomic particle; 45- Fail to tell the truth; 46- The Muse of astronomy; 48- Stir to action; 50- Ages; 51- Author Fleming; 52- T.G.I.F. part; 54- Hasty conviction with little evidence; 61- Locale; 63- Farewell; 64- Zeno's home; 65- Some are pale; 66- Gives up; 67- Half of zwei; 68- Auto pioneer; 69- Charge; 70- Abstruse;

### Down

- 1- Grounded fleet; 2- French 101 verb; 3- Rich soil; 4- Little flap; 5- Hollow cylinder; 6- Actor Epps; 7- In stitches; 8- Actor Vigoda; 9- Partly gilded; 10- Bibliography abbr.; 11- Queue after Q; 13- Greek goddess of justice; 14- Make into law; 20- Able was \_\_\_\_; 21- Hero; 25- Evens the score; 26- Horn-shaped bone; 27- Concerned; 28- South American ruminant; 29- Uneven; 30- Causing goose bumps; 31- Airline to Oslo; 33- Before; 35- Flight formation; 37- River to the Moselle; 39- Corrupting; 42- Knot in wood; 44- Final Four org.; 47- Sir \_\_\_\_ Newton was an English mathematician; 49- Truly; 52- Golfer Aoki; 53- Work the soil; 55- Brain wave; 56- Covers; 57- Smell; 58- Netman Nastase; 59- Branta sandvicensis; 60- Breathe convulsively; 62- Pothook shape;



**MISC. FOR SALE**

Coded door lock system (Kind Cobra by Schlage). 250-931-0093. 04-02

Sun-Mar compact toiet, electric. Never used, easy to install. New price: over \$1200, Asking \$950. Call 537-0612. 04-02

**MOTORCYCLES**

1990 Yamaha 50cc motorbike. \$700. 537-2231. 03-19

2007 Honda Ruckus. 6000 km. Well maintained. \$2200 firm. Phone: 250 538 2206. 03-19

Four Honda Twinstar 185 Collector bikes .Three 1979 and one 1978 , One retored but not running .Two with papers , Two parts bikes Extra engines . Two new sets of mufflers . new gas tank . Selling all together.\$1000. 250-537-9593. 03-05

Electric scooter only 2 years old, works like new! \$850. 250-526-0377. 03-05

**MUSIC LESSONS**

Drum kit lessons, \$20. Call Andy Poystila at 537-2950. 02-19

**MUSICIANS**

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


**MUSICAL INSTRUMENTS**

Takininee acoustic guitar, G-series, \$350. Epiphone acoustic guitar, \$350. Ibinez geo electric guitar, \$300. Children's electric guitar with built-in speaker amp, \$80. Shane, 537-4241. 04-02

**OFFICE ITEMS**

2 drawer black metal filing cabinet, mint condition. \$20. Old oak office desk, 34" deep x 58" wide x 31" high, \$100. Office desk, 5 ft long x 30" deep x 30" high. \$100. Call 250-537-4655. 04-02


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Magnificent eco-retreat property and turnkey business for sale in the Caribbean/Costa Rica. Huge price reduction - must sell. \$650K, all inclusive. A new life opportunity in tropical paradise. 250-537-1142. Email: [wild\\_art@telus.net](mailto:wild_art@telus.net). 03-19

**RENTALS**

4 BDRM / 3 Bath House avail Apr 15 / May 1 for long term. Sunny. bright with hardwood & tile. Built 2006, economical heat pump for htg & cooling, located near town, on bus route by Golf Course. Suitable for family, B & B, or as artist gallery / studio. NS / NP \$1800 / month. Phone: 2505374579. 04-02

Two bdrm. oceanview bungallo. great walking area,beach access across road.Electric and wood heat.8 min. drive to town. No dogs, n/s.long term . \$1100.plus util.per mnth. April 1st. 537-1968. 03-19

Room for rent on beautiful Saturna Isle. Waterfront property close to ferry, stores, etc... High-speed Internet, power, woodstove & laundry facilities included. Semi-vegetarian preferred. Extra room available for arts, music or making your own living room, etc... \$400.00/month. Phone: 250-539-2617. 04-02

**DID YOU GO TO THE GAMES?**

Send us your photos and stories to [Info@islandsmarketplace.com](mailto:Info@islandsmarketplace.com) to be included in our next issue.... March 19, 2010


☆ **SUDOKU** ☆

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

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Did you sell your stuff in the  
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**537-2905** to  
delete your ad.



## SUDOKU ANSWER

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

## CROSSWORD PUZZLE ANSWERS

Answer for this issue's puzzle

Provided by BestCrosswords.com Used with permission.

1	S	E	L	L	11	P	O	S	13	A	P	E	R			
12	S	T	O	A	14	A	I	M	E	16	B	A	T	S		
17	T	R	A	P	19	S	P	A	W	N	21	E	R	A	T	
22	S	E	M	P	24	I	T	E	R	N	A	L	26	C	L	U
27	E	E	R	29	C	I	T	E	31							
32	C	I	T	R	A	L	34	E	T	O	I	L	E	36		
37	S	O	N	39	E	E	L	E	R	41	N	E	G	E	V	
42	A	R	T	S	44	A	A	R	O	N	46	S	I	R	E	
47	S	N	E	A	K	49	M	E	S	O	N	51	L	I	E	
52	U	R	A	N	I	A	54	E	X	C	I	T	E	56		
57	E	R	A	S	59	I	A	N	61							
62	I	T	S	64	R	A	I	L	R	O	A	D	I	N	G	
65	S	I	T	E	67	A	D	I	E	69	E	L	E	A		
70	A	L	E	S	72	C	E	D	E	S	74	E	I	N	S	
75	O	L	D	S	77	A	S	K	79	D	E	E	P			

## RENTALS

Beautiful new 3 bedroom, 2 bath, in town. New appliances with washer/dryer. \$1550/ month plus utilities. Call 250-508-6453. 03-19

## RENTALS WANTED

Seeking long term rental for April 1st with gardening option, woodstove, natural drinking water, close to or in forest, washer/dryer. We are a mature couple with a newborn, employed full time, eco conscious, holistic practitioners, reliable, respectful and handy. Mitchell and Cedar, resonant.touch@gmail.com. Phone: 250-538-1837. 04-02

Non drinking, non druggee, non partying, beginning-to-be-really-stressed-out single mom of two (one is autistic) would like to have a discussion with a landlord who has 1) a nice place to rent AND 2) a grasp on the reality of the cost of living on this island for a single parent family. Ultimately seeking a suitable family dwelling for a reasonable price. Let's chat. 250-653-9835. 03-19

25 year old female seeking 1 or 2 bedroom suite to rent for March 1st. Preferably close to Ganges or Vesuvius. Small garden space would be nice. I have a 4 yr old son who stays with me every other week. Employed with no pets. Phone: 1-250-930-3300. 03-05

Home Exchange wanted. Enjoy 2-4 weeks this July or August in North Vancouver home near mountain biking/hiking trails (Blueridge). 1100 sq/ft. 2 bedroom with decks/patio and private treed backyard. Professional couple with small dog wish to exchange for home on Salt Spring. Phone: 604-987-9579. 03-05

## RENTALS WANTED

Established island woman, quiet, employed, healthy lifestyle, seeks private, affordable long-term dwelling by end of March or sooner. Full rental, or caretaking situation ok. N/S, N/D, no pets. Excellent references. Phone: 250-653-4084. 03-05

Retired and active senior lady would like to rent a condo, apt, suite, or small house in Ganges area, preferably in town or on bus route. Daughter and son-in-law also moving to SSI. Phone: 250-871-7878. 03-05

## RVS & CAMPERS

small travel trailer needed for x-Canada trip this May. Must be road worthy. rent? buy? please contact Joy by email at rodnjoy@ymail.com. Phone: 780-984-1149. 03-19

2008 Jayco Jayflight 30' travel trailer, bunkhouse model with queen bed in front, four bunks in back. Full bathroom, excellent condition. No leaks. Like a hotel room on wheels. \$19,500. Call 653-9541. 03-05

2 way fridge, Norcold, 7.3 cu. ft. never used. New \$1800 + tax. Small trim damage \$1100 obo. 250-526-2772. Byron Rd. 03-05

1976 Vanguard camper. Made in Canada for Canadian weather. Vanguard is the queen of campers! 11 1/2 feet long. Complete with shower & toilet, 4 burners & oven, 3 way fridge, 2 sinks, large water container & 2 propane tanks. Sleeps at least 6. Has been barely used (2 weeks). Needs at least a 5/8 ton pick-up. Does not leak. Has never been in an accident. Email: Ladywolf89@shaw.ca. 03-05

1979 16ft triple e travel trailer sleeps 5 3way fridge, furnace, sink, toilet, no leaks, well maintained. Phone: 250 381-8358 or email: wpetri@me.com. 03-05

## SPIRITUAL

### "Hold Fast Thy Word"

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Mount Washington 6pak ski pass, \$315.00. (250)537-8358. 04-02

## SPORTING GOODS

REDUCED!! Men's ski boots size 10, skis with bindings and poles. 180 cm. Great shape. \$60 obo. Ladies "shorty" wet suit, blue size 11/12, \$45. in great condition. 537-2950.

## TOOLS

Jobmate 6" tabletop BANDSAW excellent condition! \$50.00 Phone: Peter @ 250 324-2616 Crofton. 03-19

Small Engine Repair tools and repair manuals. Mercotronic 9800 Engine Analyzer, Quick Silver multi tester, Magna Power Meter model 871. Oxo/acetalyne tanks . Many more tools. I want to sell all together \$1500. Phone: 250 537-9593. 03-05

## WANTED

Wanted: Cat gym/condo. Clean and in good condition. Features a scratch post. Free? to a good home or reasonably priced. Please call 537-4562. 03-19

Six foot wide cabinet/hutch required. Please call Tanya at 537-2231. 03-19

WTD: camping foams wanted. Old Poly camping foams wanted for pick send Email Pls: dangaudet9@gmail.com

Wanted: Community Theatre needs 2 french doors without glass for upcoming production of Who's Under Where? 537-0675. 03-05

Wanted: Bush box, Mac & Blo style, for Toyota pickup. Call Dave Phillips at 537-7481. 03-05

Looking for free water craft, or canoe. So I can go fishing on st mary lake. Thank you Matt. Phone: 250 537-0424. 03-05.

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

## WORK WANTED

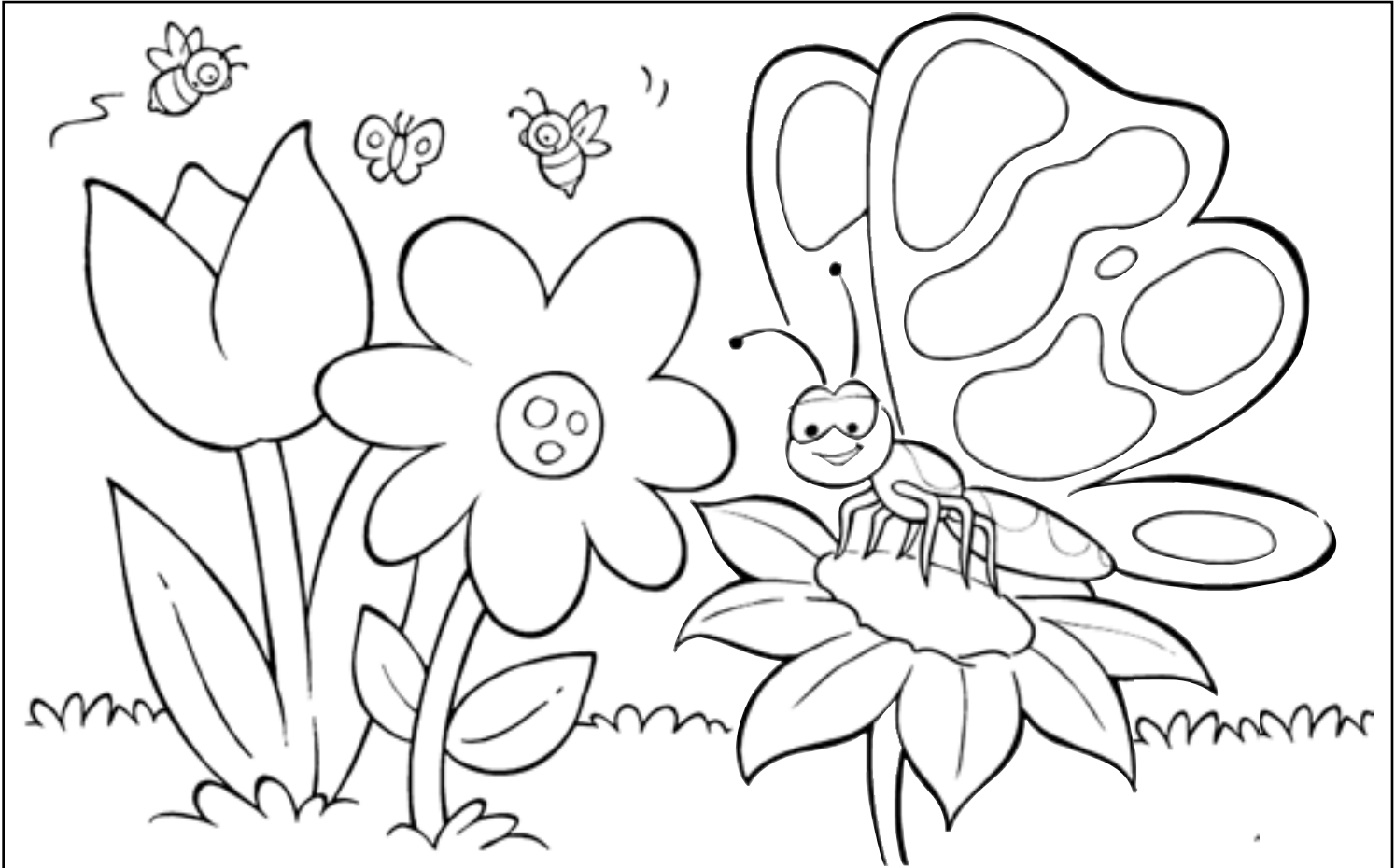
Experienced, responsible driver available for deliveries, etc. Several years on Salt Spring and Galiano. Excellent driving record, includes abstracts, ICBC history, etc. Bondable, Detailed resume and references upon request. Presently employed driving part time (delivered) on S.S.I. Phone 250-931-7777.

Garden and yard help, especially for seniors. \$15/hour. Call 250-931-7193. 04-02

House cleaning available now. Excellent Salt spring Island references. \$12/hour. Call 537-0239. 03-19

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