

THE ISLANDS **FREE CLASSIFIED ADVERTISING** EVERY SECOND FRIDAY JANUARY 9, 2009 **Marketplace** **FREE** Volume 3 Issue 7

**FEATURE STORY:
NEW YEAR'S
RESOLUTIONS**

**FREE CLASSIFIED
ADVERTISING**

**CROSSWORD,
HOROSCOPE,
EVENTS CALENDAR**

**MOVIE TRIVIA
CONTEST**

ASK GEORGIANA

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Snow and ice embrace an old tractor in the Fulford Valley. Photo by Kelly Bruce

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NEXT ISSUE of the ISLANDS MARKETPLACE:**FRIDAY, January 23, 2009****Our Advertising Deadline:****Tuesday, Jan. 20, 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 - Nanosee	722 - Yellowpoint
247 - Gabriola	539 - Mayne Island	737 - Duncan
285 - Quadra Island	539 - Saturna	739, 741, 754, 758 - Nanaimo
335 - Union Bay,	629 - Pender Island	746 - Cowichan Valley
335 - Denman Isl.	635 - Terrace	748 - Duncan
335 - Hornby Isl.	642 - Sooke	751 - Wellington
		752 - Qualicum Beach
479, 213, 385, 387, 514, 686, 885 - Victoria		923 - Campbell River
537, 538, 653, 931 - Salt Spring Island		935 - Cortes Island

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

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

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Happy New Year!

Another year is here and it seems most of Salt Spring Island has survived the holidays and most of the snowstorm. The winter weather has definitely caused some unfortunate problems, such as cancelled travel plans, car accidents, getting "snowed in" and the structural damage caused to homeowners and the businesses at Grace Point Square.

In my opinion there is a silver lining behind every dark cloud and I guess in this case, we can all look forward to a welcome spring in the months to come. Luckily, for me, I did manage to get some spring bulbs in the ground on Dec. 20 - the day just before the snow came!!

The first 2009 issue of The Islands Marketplace was supposed to come out on January 2 but we decided to postpone it for one week. The flu bug hit and we needed a bit of a break.. Our sincere apologies for any inconveniences caused by our delay.

Now that we are back we are pleased to bring you some fresh classifieds ads, a great story by Sheri Cyprus about making and keeping resolutions, a new movie trivia contest (which you should all enter), a new household advice column by Georgiana Reehl plus our regular features of the crossword puzzle, horoscope and calendar of events.

As always we are very thankful to our paid business advertisers who make this publication possible. Without them, we would not be able to print, publish and distribute the Islands Marketplace. Please be sure to tell them you saw their ad here.

Please enjoy this issue and we look forward to a new year of providing the free ad service to our island communities. – Sandi Poystila

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SINCE 1964**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
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301 Mobrae Ave., Saltspring Island, BC V8K 1J7

ANIMALS & PETS

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

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

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

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

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

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

Lost female pearl cockatiel named Baiely Nov 15th on Atkins road very friendly and her mate misses her too. Contact Kelly 250-537-2167 wk or hm 250-931-4446. 01-02

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

ANTIQUES

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

ANTIQUES

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

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

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

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

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

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

APPLIANCES

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

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

Kenmore upright freezer, two years old with a locking door, 8 cubic feet. On sale now at Sears for \$499.00 plus taxes. Asking \$400. We can deliver to you. Phone: 250-538-1601. 01-02

Kitchen reno - selling all white appliances. Frigidare side x side fridge/freezer, ice & water dispenser, frost free, tempered glass & adjustable shelves, adjustable rollers. Caloric slide in electric range. Sharp Carousel "sensor cooking" full size microwave. All 3 items for \$1000.00, or we will sell them separately. Phone: 250-538-1601. 01-02

APPLIANCES

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

Kenmore Washer and Dryer, \$125. for the set. Phone: 250-748-8841. 01-02

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

ARTS & CRAFTS

Poster pictures, photos, cards from Asia and Latin America. Guatemala Huipiles collectible, woven embroider blouses. 250-931-777. 02-20

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

AUTOS FOR SALE

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, and more. 5371108. 02-20

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



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The Islands Marketplace CALENDAR OF EVENTS

FRIDAY, JANUARY 9

"Australia" at the Fritz Movie Theatre, Saltspring Island. Call 537-4656 or visit www.thefritz.ca.

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

Storytime at the Library. Meet the author - Margriet Ruurs, children's author reads from 'Emma's Eggs' and 'A Pacific Alphabet' - Don't miss this special opportunity to meet the author. For children in early grades and preschoolers. Everyone Welcome! 1 pm to 2 pm. Free.

SATURDAY, JANUARY 10

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.

Live Music "Jazz Diva Emily Braden" is just back from New York and brings her trio in for a night of hot licks at the Dancing Bean Cafe in Chemainus, 7pm. Info: 250-246-5050. www.dancingbean.ca

SUNDAY, JANUARY 11

Bio-Energy Healing Clinic at the Lions Hall, Saltspring Island. Nirmal Dryden 250-537-4408 or Sarah Jane Giddy 250-653-9512 for info.

MONDAY, JANUARY 12

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

MONDAY, JANUARY 12

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

TUESDAY, JANUARY 13

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

WEDNESDAY, JANUARY 14

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

THURSDAY, JANUARY 15

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

FRIDAY, JANUARY 16

"Yes Man" and "Seven Pounds" at the Fritz Movie Theatre, Saltspring Island. Call 537-4656 or visit www.thefritz.ca.

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

SATURDAY, JANUARY 17

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

SATURDAY, JANUARY 17

YOU FANCY YOURSELF, Written and performed by Maja Ardal This one-woman tour de force by Toronto actress Maja Ardal depicts the life of a young girl in 1950s Glasgow. 8pm at ArtSpring Theatre, Salt Spring Island.

Live Music "SAJE" at the Dancing Bean Cafe in Chemainus, 7pm. They got completely snowed in and had to cancel their last show so this time they are chomping at the bit to get their gypsy infused world beat to you. Info: 250-246-5050. www.dancingbean.ca

Randy Bachman & Band at The Port Theatre, 125 Front St., Nanaimo. Showtime 8:00pm - Tickets at: 250-754-8550 www.porttheatre.com . www.randybachman.com

SUNDAY, JANUARY 18

YOU FANCY YOURSELF, Written and performed by Maja Ardal This one-woman tour de force by Toronto actress Maja Ardal depicts the life of a young girl in 1950s Glasgow. 8pm at ArtSpring Theatre, Salt Spring Island.

MONDAY, JANUARY 19

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

MONDAY, JANUARY 19

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

TUESDAY, JANUARY 20

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

WEDNESDAY, JANUARY 21

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

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

THURSDAY, JANUARY 22

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

Blues Jam at Moby's Pub with Dave Roland and friends. 8 pm

GISS Music concert at ArtSpring. 7:30 pm

FRIDAY, JANUARY 23

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

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

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

Email : info@islandsmarketplace.com for the next edition - JANUARY 23 - Online events calendar. at: www.islandsmarketplace.com

The Islands Marketplace CROSSWORD PUZZLE

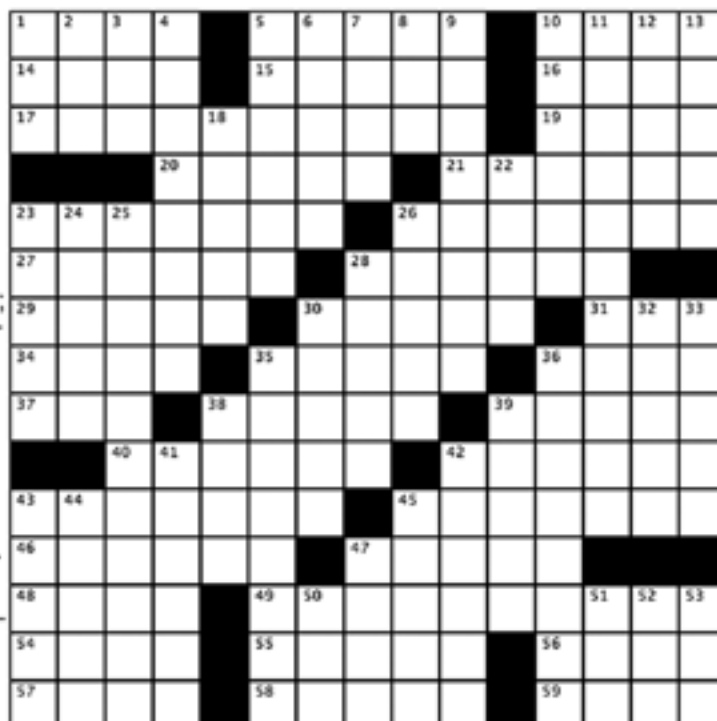
Crossword Puzzle answers are on page 15 of this issue.

Across

1- Painter Chagall; 5- Graceful birds; 10- Prejudice; 14- Hydrox rival; 15- Choreographer Alvin; 16- Chip in; 17- Act of imbibing; 19- It's a thought; 20- Conductor Georg; 21- Drop a security from an exchange; 23- Demolish; 26- Snappy comebacks; 27- Unfair lender; 28- Seam where two bones are fused; 29- Grew less; 30- Japanese gateway; 31- Tax pro; 34- Lofty; 35- Pale reddish purple; 36- Celestial body; 37- Actor Erwin; 38- Ultimate; 39- Bluffer's ploy; 40- Chinese island; 42- Mescal; 43- Endurance; 45- U.S. Army officer; 46- Write down; 47- Street urchin; 48- Not a dup.; 49- Paving material; 54- Siouan speaker; 55- Like Wrigley Field's walls; 56- Pro follower; 57- Studies; 58- Slender boat; 59- Absent;

Down

1- Miss Piggy's query; 2- Human limb; 3- Yank's foe; 4- Scoundrel; 5- Mariner; 6- Piquant; 7- Et ____ (and other men); 8- Classical beginning; 9- Connective; 10- Dude who springs you from the can; 11- Aimlessness; 12- Bikini blast; 13- Chairs; 18- Made a hole; 22- Sewing case; 23- Songs for two; 24- Convocation of witches; 25- Partial dislocation; 26- Bucolic; 28- Gannet; 30- Fungal infection of the skin or nails; 32- Stickum; 33- Whirling; 35- Living in the open water; 36- Farewell; 38- accomplish; 39- Museum piece; 41- Likenesses; 42- Scented ointment; 43- Headband; 44- Rich cake; 45- Walk-on role; 47- Broad smile; 50- Actress Gardner; 51- Black bird; 52- ____ standstill; 53- Spring month;



AUTOS FOR SALE

2006 GMC Sierra 1500 standard cab short box, stereo, positrack, 6 cyl, 28mpg, super shape. Local owner. \$11,750. 250-7015587. 01-16

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

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

2001 GRAND CARAVAN SPORT, 115000kms. Green. Extra set of wheels & trims. Centre console. New transmission. \$8,000. Phone: 250-537-0721. Email: HarveyLaura@shaw.ca. 01-02

Turquoise 93' Ford Festiva- auto, 193,690 km - runs well- \$1500. 250-537-5680. 01-02

2006 GMC Sierra half ton, under warranty. Excellent condition. \$11,500. 537-9234. 01-02

1997 Plymouth Grand Voyager 130,000 km, light iris colour, original owner. too many features to list. Excellent condition inside and out. \$5,500 (250) 653-4842 or email vchenard@gmail.com. 01-02

87 T-Bird LX. Superb condition, in, out and mechanically. Loaded. Too many features to list. Wired for hands free phone. Moving must sell \$8,000. Phone 250-537-5578. 01-02

AUTOS FOR SALE

1990 Blue Toyota 4x4 extended cab. 4 cyl., 5 spd with canopy. \$4500. 250-537-6469 days or 250-537-2990 eves.

Sell your car here.. for free. call 537-2905

AUTO PARTS & ACCESS.

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

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

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

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

Four tires on rims: 2 snow, 2 all-season, 195/70R 14, nearly new, \$200 for all 4. Fiberglass canopy, fits import truck, long box, \$150. 250 537-1909. 01-02

Fuel saver power boost chip for ford 6 ltr. diesel. This chip has econo tow, 60 hp 100 hp and engine auto check. \$500 new and will sell for \$295. 250-537-9823. 01-02

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

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BIKES

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

BOOKS

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.

please recycle

AUTO REPAIRS

BUILDING ITEMS

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

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

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

BUILDING ITEMS

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

NEW in box- Pelican PC600 Premium Whole House water filter system, Carbon series, with multi-stage filtration process for clean contaminant free water. Too many features to list. Paid over \$1000, including taxes, shipping and duty. \$800 obo. 250-538-8895 or 537-0608.

Kitchen reno - selling raised panel cabinets, some stained glass upper cabinets. Two larger upper corner cabinets with stained glass and lazy susans. Microwave cabinet. Bar cabinet with mini sink and taps. Phone: 250-538-1601. 01-02

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

BUILDING SERVICES

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

CHILDREN'S ITEMS

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. Perfect for Christmas. Also Capsela building toy still in box able to build 22 different projects \$15.00. 250-537-2922. 01-30

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

BUILDING SERVICES

CLOTHING

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 box. Original price \$60. Asking \$40. OBO. Phone: 250-537-4798. 01-30

Two pairs of good quality maternity pants. Size 14 with expandable waist band. One black, one blue jeans. \$5/pair. 537-2905.

COMING EVENTS

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

Bio-Energy Healing Clinic 6.30 - 8.30 pm starting Sun. 11th Jan. and ending Thurs.15th Jan. at the Lion's Hall, 103 Bonnet Ave, SSI. This healing method is highly successful internationally for addressing a wide variety of health issues such as stress, chronic pain, depression, heart, back and sinus problems to name a few. Donations are appreciated at the end of the 5th session. For info/appt call Nirmal Dryden 250 537-4408 or Sarah Jane Giddy 250 653-9512.

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

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Making and Keeping Healthy Resolutions in 2009

By Sheri Cyprus

Focus Your Resolution

Making New Year's resolutions can feel uplifting. A fresh new year means a fresh new start on goals. The trouble comes when we either want to transform our entire lives at once or we choose a goal we're not ready for. Many of us work relentlessly on achieving our New Year's resolutions only to abandon them before spring's first crocuses arrive.

Pick one important goal as your New Year's resolution. If you accomplish it, you're free to make and keep another goal and keep on to achieve all your dreams. By focusing on starting and finishing one goal at a time, you empower yourself and are more likely to be able to finish what you start.

Once you identify the one health goal that you want to accomplish more than anything this year, whether it's quitting smoking, losing a certain amount of weight or not eating refined carbs, analyze your choice. Ask yourself these two questions: "Is this the most important goal for me this year?" "Do I want it enough to focus my efforts on achieving it, no matter how tough things get?"

Plan for Success

If you answer "yes" to the above two questions, the next step is to word the resolution in terms of "This year I will _____ by _____." In the blanks, add the exact goal and achievement date in writing and place it where you can see it every day. Don't write: This year I will lose weight by the end of the year, but rather: This year I will lose ten pounds by March 1. If you want to lose twenty pounds, start with the sub goal of ten and when you achieve that, plan for the next ten.

If your goal is quitting smoking, you may have to plan for it differently. You can make your first achievement checking out your options, for example. This will at least start you moving in the right direction if you give yourself a time limit such as: This year I will research the various options to my quitting smoking and I will decide on the best one by January 25, 2009. Again, keep the goal where you can see it and when

you've achieved that objective replace it with the next one.

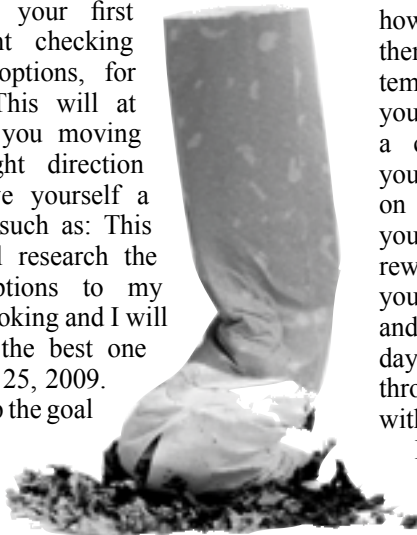
On the back of each goal, write a "What I will do when I get tempted to fail" list. No one knows you better than you, so figure out what your trouble areas will be and how you'll deal with them. When you feel tempted to cheat on your food plan or grab a cigarette, look at your list and refocus on your goal. Maybe you can list non-food rewards for sticking to your allotted calories and exercise for the day or for making it through another day without a cigarette.

Don't Give Up

Be creative and write down

ideas on the back of your goal for keeping you on track. Some days you're probably going to feel like giving up, but if you make an important resolution you really want to start with and then make a workable plan that includes ideas to get you through the rough spots, you're more likely to follow through. It may be helpful to make a "Why I want to achieve this goal" list. Reminding yourself of why you're changing your behaviour, how far you've come and what you'll get by your goal's end date can keep you motivated and determined. No matter what, don't give up!

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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COMPUTERS & ACCESS.

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

Dell Dimension XPS, Intel Pentium 4 Processor at 2.8 GHz, Modem, Data Fax Voice, Digital Video Disk, Audio Card, Floppy Drive, Hard Drive, Microsoft Windows XP Home Edition, Graphics card, MS worksuite, Internet Software. 512 MB DDR Ram at 400 MHz. CD-RW/DVD Combination Drive. Dell application back up CD. Sound Blaster Audigy certified sound card with DVD audio. 3.5" floppy drive. 80 GB 7200 RPM Ultra ATA Hard Drive, Dell Picture Studio Image Expert Standard, Paint Shop, MusicMatch. Cost over \$3000.00 new. Asking \$450.00. Phone: 250 538-1601. 01-30

COMPUTERS & ACCESS.

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

COMPUTERS & ACCESS.

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

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

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

COSMETICS

Mary Kay Cosmetics. Home visits. Call Susan at 537- 01-16

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. 01-30

ELECTRONICS

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. Phone: 250-537-5301. 01-30

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

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

Stereo speakers. 537-9809. 01-02

EXERCISE EQUIPMENT

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

EQUIPMENT

Flaked Ice Machine..produces tons overnight..you disinstall..\$12000.00 or best offer. Phone 250-537-4172. 01-16

FIREWOOD

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

FREE STUFF

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

Free Washer and Dryer Set! In good working order. Call 250-537-2900.. 01-02

All classified ads for private party (non-commercial) citizens are free in The Islands Marketplace. Leave your ad message at 537-2905 with complete ad description, phone number and category heading; email your ad to freeads@islandsmarketplace.com ; upload your ad: www.islandsmarketplace.com; drop it off at our Apple Photo Drop Box or see page 2 for mailing address.

FURNITURE

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

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

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

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

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

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

Antique tables starting at \$150. Antique chairs starting at \$30. Phone: 250-537-7861. 01-02

Single bed -wooden headboard and footboard, box spring but no mattress, \$75. Maple Dresser with large mirror -6 drawers, solid wood, some inlay \$75. Teak dining table round with leaf and 6 upholstered chairs with arms \$150. 537-0772. 01-02

Black leather living room chair. \$125 obo. 250-537-2905.

Glass topped, wrought iron, inside/outside table; Antique stool, Antique dresser on wheels with large drawers; Pine and oak magazine stands, office swivel chair. Also Brand new Papasan chair, \$80. 537-9809. 01-02

Single Bed set with mattress and frame, good shape \$25. 250-748-8841. 01-02

GARDENING

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

GIFT IDEAS

New on Saltspring!! Butterfly Gifts. Handbags & wallets, beauty accessories, Ornaments, boots, clothing & more. Call Susan, 250-882-5603. 12-19. 01-30

GRAPHIC DESIGN

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HEALTH & FITNESS

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

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

Massage table for sale. Portable.Beautiful and light. \$550 firm. 250-537-0855. 01-16

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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. See next issue for the winners names, the answer and our next trivia question.
Email: info@islandsmarketplace.com

Trivia Question #6	In Madagascar 2, what is the sign that Mellman the giraffe has "Witch-doctor's Disease"?
Answer to Trivia #5	Dominic Greene
Winner of Trivia #5	NOBODY has won 2 free movie passes

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"Seven Pounds"

Fri. Sat. Tues. 9:15
Sun. Mon. 7:00

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Learn about your lovelife, health, work and wealth in 2009. Have your personal horoscope emailed to you. With over 12 years experience, astrologer Patrick Arundell provide intelligent, accurate and unique insight into the ancient craft of astrology. Visit www.patrickarundell.com for accurate daily and weekly horoscopes, anytime. Check your horoscope online at: www.astrology-enterprises.com.

HOUSEHOLD ITEMS

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

Vertical breadmaker, \$20; horizontal breadmaker, \$25. Foodslicer, \$30. Hoover windtunnel vacuum, almost new, \$80. 250-537-1332. 01-02

New set of matching clay pots, wood spice rack, unique cat bowls, lamps, unique clothes, beautiful large glass lid Corolle oven casserole baking dish, others to match. New old style ringer clocks, cute pictures, old dragon drum, chinese tea set, white with blue dragons, plates to match. Large microwave glass turner plate, rug hooking kit, cup, goblet, pottery, Navaho one cup teapot, beautiful great chinese bowls, (were very expensive), green handle utensils in basket holder, for drawer, 2 new chinese cups with warmer tops & strainer. 537-9809.

Willow basket, beautifully crafted, large. \$100. Meditation cushions, hand upholstered. \$350. 250-537-2814. 02-20 01-02

INSTRUCTION

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

LIVESTOCK

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

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

LIVESTOCK

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

Nubian Goats for Sale or Hire to clear underbrush; organically raised does; castrated bucks for clearing invasive plant species like broom and blackberries and reducing forest fire hazard. Goat herd and shepherd for hire to clear underbrush and invasive plant species like Scotch Broom and Blackberries; reduces the forest fire hazard. Willing to move herd, dogs and camper trailer anywhere in BC or Alberta if the price is right. 250-539-2546. mathiasclearsky@yahoo.com. 01-02

LOST & FOUND

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

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

MISC. FOR SALE

1930's Art Deco Money Clip(made by Swank). Owned by famous actor Errol Flynn. Letter of Authenticity included. \$1,000.00 Interested in viewing this? phone: (250) 537-5928. 02-23

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

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

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. Available at Et Cetera and Raven Street Market Cafe. 01-30

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

MISC. FOR SALE

Jotul Wood Cook Stove. The Mellenium Cook Stove 404. This is a rare, unique, compact, fully functional cook stove. Use it as a heater or cook and bake while you heat your space. 32" high x 26" wide x 20" deep. Up to 24,000 total BTUs. 1232 cu inch baking oven. 2-3 cooking surfaces. Black enamel finish. Excellent stove for a cabin or smaller space. In great condition. \$550.00 OBO. 250-537-1418

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

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

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. 250 538 1601. 01-30



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MISC. FOR SALE

Fiori Bike \$160. Queen size steel bed-frame \$25. 250-537-2824. 01-30

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

Large corner shelving set, strong, sturdy and great for storage or studio, very easy to screw together. \$50. 250-748-8841. 01-02

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

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

MOTORCYCLES

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

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

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

2003 Suzuki Burgman Scooter, 22.000km great condition \$4300. 537-1408.

MUSICIANS

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MUSICAL INSTRUMENTS

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

Electro Harmonix Octave Multiplexer - Older version. Two separate smoothing filters enable you to tailor your sub-octave signal to the exact bass sound you're after. Adds fat bass tones to your guitar sound. 250-538-5549. 01-30

MUSICAL INSTRUMENTS

TC Electronics stereo chorus modulation/flanger, w/ pitch modulation, chorus, or flange. Built-in power supply. Made in Denmark, not the new Asian Nova series. \$220. Phone: 250-538-5549. 01-30

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 & power supply. \$180. 538-5549. 01-30

MUSICAL INSTRUMENTS

Custom built 36 string Celtic harp by harp designer/maker Gerhard Wanney in 2002. too many features to list. Origin price for harp and case was \$6,000. Will sell for \$4,500. firm. 250-537-4798. 01-30

Wanted: Cello stand 37-1222. 01-16

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

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

Yamaha electric piano. Good condition. \$100. 537-9603. 01-02

Roland XP-50 workstation 65 voice 4x Expansion in very good working order 400\$ or your best offer. 250-537-4143. 01-02

Fender Bassman 100 Bass Combo amplifier. 100 watts into 10" Eminence speaker. Great shape, lots of power in a small package. 537-5931. 01-02


OFFICE ITEMS

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

OFFICE ITEMS

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. Exc. cond. Asking \$700 for the 3 pieces. Price is firm and I would rather not sell separately. email lgcliff@telus.net. 250-655-6478. 02-20

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

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

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

Even the most carefully prepared social plan can have a tendency to go awry this week, so check everyone has got exactly the same understanding of the arrangements - whether in terms of the time, venue and date. However, you can find certain friendships really inspiring and one person can cheer you, whatever's going on, and especially in your romantic life.

TAURUS Apr 21st - May 21st

It can seem that someone is keen to block you. This could be particularly exasperating because you really can have the bit between your teeth. Documents can also be delayed in the post, interviews cancelled or moved. Yet positively, an open mind can propel you towards new and illuminating people. Indeed, this might even be one special person Taurus!

GEMINI May 22nd - Jun 21st

Industrial disputes affecting docks, airports and the railways often break out when your ruler, Mercury, begins its backward odyssey, as it does now. So if you're on the move, you need to be mindful of staying in touch with news and travel reports. However, as long as contractual arrangements are clear, this can be an excellent week for business ties.

CANCER Jun 22nd - Jul 23rd

If you're looking for romance, remember the path of true love never runs completely smoothly. A date can be cancelled and you can fear the worst, but just maybe Cancer, this person is being sincere when they tell you that the babysitter hasn't shown, or they've had to work late. Think positively, and see where fate leads you on this journey.

LEO Jul 24th - Aug 23rd

A blend of determination and charm can be your springboard to better things around any tangible desires. However, as ever, the ebb and flow of human interaction has the potential for missed messages or misunderstandings. Slow everything down. The more care you take, the more you can negate this tricky potential and embrace fine possibilities.

VIRGO Aug 24th - Sep 23rd

Your ruler Mercury can be a mischief-maker this week. You can try to do someone a good turn and they can take it the wrong way, or your offer to be more flexible at work can be seen as a chance to exploit your goodwill, by an unscrupulous employer. And yet those that appreciate your desire to be co-operative and helpful can appreciate it hugely Virgo.

LIBRA Sep 24th - Oct 23rd

A plan or project that you're super optimistic about, may start to tread water and the reasons can be beyond your control, which can be tiresome and frustrating. Try not to buy into this too much Libra, this is a period of wonderful opportunity, it just may be that you'll need to modify your approach, before the door of opportunity truly springs open.

SCORPIO Oct 24th - Nov 22nd

The Sun's superb angle to Uranus can help you to think in a broader and more enlightened way - about a number of strands in your life. This may mean letting go of a little bit of security, and rightly this may make you anxious. Whether you stick or twist, is down to you. However, despite bright hopes for family life, crossed wires are still possible here.

SAGITTARIUS Nov 23rd - Dec 21st

You may be putting a lot of faith in a neighbour or sibling, and all the signs are that you've been right to do so. The problem is that their circumstances may suddenly change, and that can create a blip in your situation. Equally some technical kit or software could prove unreliable, or an evening class can be cancelled. Expect sudden about turns now.

CAPRICORN Dec 22nd - Jan 20th

You can be quite ingenious, perhaps finding new solutions to long standing problems. If you want to get fitter, cycling can seem appealing or you can save money on fuel and walk to work. Financially, and even if you have concerns right now, you can have a sense that things can get better. However, some kind of immediate delay is possible around a payout.

AQUARIUS Jan 21st - Feb 19th

It's full steam ahead for you this week Aquarius, or is it? Jupiter entering your sign has given you enormous optimism but it can be a case of one step forwards and two steps back. And anyway, some confidential or behind the scenes issues may need clearing before you can embrace the future. Bide your time, this can yet be a sensational year for you.

PISCES Feb 20th - Mar 20th

There's nothing like assumptions and a lack of communication to cause furrowed brows. Your best bet this week is that however much the contrary seems to be true, think the best of people until you have hard and fast evidence that someone's let you down. Once you start believing your concerns, things can get seriously stressful, for all concerned.

REAL ESTATE

Commercial Real Estate for sale - 700+ sq ft finished space Unit 17 Merchant Mews. 3 piece washroom, display showroom, production space. \$198,000 plus gst. Call 250-537-1408. 01-02

RENTALS

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

2 bdrm. suite in Crofton avail. Jan. 15. Wood/tile floors, 1000 sq. ft., w/d, dishwasher, 2 parking stalls, close to ferry. \$800 / month. Non smokers. Call 250-416-0056. 02-23

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

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

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

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

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

Salt Spring Island. Beautiful, 3 bed, 1.5 bath, ocean view 1/2 duplex for rent. Newly renovated, large deck, workshop. \$1200 / mo. Long term. Email if interested: info@orangehousstudio.com. 02-20

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

RENTALS

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

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 Jutlands Terrace. Discount for Islanders Contact Paul Reynolds. 250 653-4201. 01-16

RENTALS SHARED

Shared accommodation - Beautiful house on horse acreage central location nr. town for active, sharing person \$500 incl. utilities 653-9898. 02-20

Sunny furnished room to rent in 2 br. cottage. in south end. Too many features to list. Female preferred. N/S, N/P. Available now. Phone: 250-653-4443. 01-16

RENTALS WANTED

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

Long time islander, non smoker, non drinker, low income with great references and one cared for little cat seeks one medium sized bachelor suite anywhere but south end. Skye 537-9809. 01-02

VACATION RENTALS

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

RVS & CAMPERS

\$3000 a great condition travel trailer. Kitchen, bathroom & shower, 5 people can sleep in the unit. Shinobu 537 2273. 01-16

SPORTING GOODS

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. Jim 250-537-2135.

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.

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

TOOLS

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

WANTED

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

2 comfy brown Leather living room chairs - Wooden Toys. Coffee Table with drawers large enough to store board games. Solid wood queen bed. Solid wood book shelves. 250-537-2922. 01-30

WANTED

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

Student flute, silver plated. 653-2067.

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

WORK WANTED

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

Personal Assistant for hire. I am an efficient, educated, multi-skilled, competent perfectionist ready to do your: errands, research, laundry, typing and editing, cooking, banking, transcribing, groceries, pet-care, dishes, driving, hauling, phone calls, organizing, scheduling, etc. Pay negotiable. Phone: 653-4443. 02-20

Hard working experienced zen house cleaner. Reliable, focussed, thorough, eco-friendly. References. Jen. 250-538-1870.

Mature, reliable, easygoing, compassionate, experienced and multitasked local Caregiver/Companion has an opening for another elderly, disabled, or injured client on a part-time basis. Reasonable rates and friendly demeanor. Refs on request. Phone: 250-537-1657. 01-30

House cleaner looking for work. environmental products. Reliable, experienced. Kristin 653-4102. 01-02

CROSSWORD PUZZLE ANSWERS

Answer for this issue's puzzle

Provided by BestCrosswords.com Used with permission.



Ask Georgiana

In each issue Georgiana offers great advice to make life a little easier...



Prosperous New Year!!!

I had a chance to appreciate how breath-taking Salt Spring Island is blanketed in snow the Sunday before Christmas. Everything looked like a picture post-card. Where else can you go and shop four days before Christmas with hardly anyone around other than down town Ganges. Kudos to the snow plowers - job well done. And to all who opened up shop and those who battled the snow drifts and braved the weather. Thanks for all the smiles and the undampened Christmas spirit. Felt like an old fashioned Christmas here on Saltspring.

HOUSEHOLD TIPS:

Fireplace ashes: Cleaning the fireplace can be a messy job, particularly with those dusty wood ashes. Use a plant mister to dampen the ashes before you sweep them out, it will keep them from flying all about your room.

Party ice cubes: If you are planning a party and are stocking up ice cubes in the fridge, put them into a brown paper bag and then into the freezer, they won't clump up and stick together.

Georgiana Reehl has been a chef for over 30 years in Europe, Britain, the US and now Canada; She ran a trendy International Restaurant in Calgary and now caters for the Lions Club. She owns a well established cleaning business, "Maids Personally". Contact Georgiana at 537-1517 or email: maidspersonally@shaw.ca.

Maids Personally Call: 537-1517
Email your questions to: info@islandsmarketplace.com

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