

THE ISLANDS **FREE CLASSIFIED ADVERTISING** EVERY SECOND FRIDAY JANUARY 18, 2008 **Marketplace** **FREE** Volume 2 • Issue 8

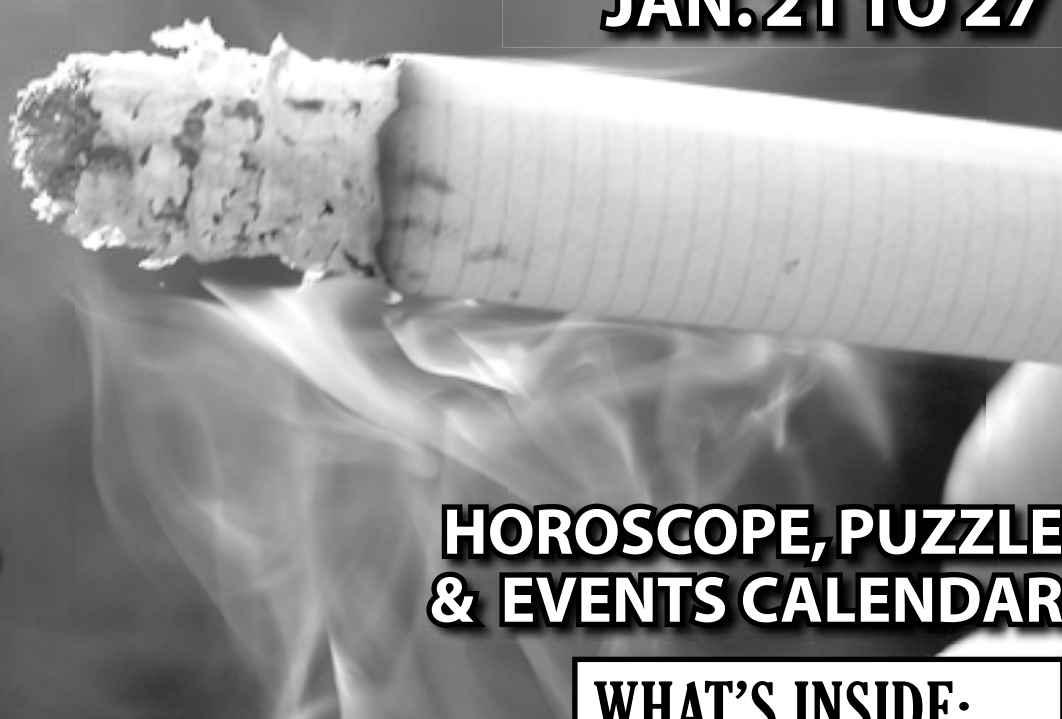
**FREE CLASSIFIED
ADVERTISING**

**NATIONAL QUIT
SMOKING WEEK:
JAN. 21 TO 27**

**TOP TEN
FACTS ON
RECYCLING**

**WHY
WHEATGRASS?**

**HOROSCOPE, PUZZLE
& EVENTS CALENDAR**



If you smoke, make 2008 the year to quit smoking and commit to breathing healthy.

The Island's Only Free Buy and Sell Magazine

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

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

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Serving Saltspring Island since 2003 - 100% locally owned & operated ~ Email: info@contourmedia.com ~ Tel: 537-2905

NEXT ISSUE of the ISLANDS MARKETPLACE:

FRIDAY, February 1, 2008

Our Advertising Deadline:

Tuesday, Jan. 29, 2008

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

Circulation this issue: 750+

Where is it? 250 Prefix Listings:

210 - Chemainus	338 - Courtenay	655 - Saanich
245 - Ladysmith	378 - Merritt	737 - Duncan
246 - Crofton	390 - Lantzville	739, 741, 754, 758 - Nanaimo
247 - Gabriola	468 - Nanoose	746 - Cowichan Valley
253 - Vancouver	539 - Mayne Island	748 - Duncan
285 - Quadra Island	539 - Saturna	751 - Wellington
335 - Union Bay,	629 - Pender Island	752 - Qualicum Beach
335 - Denman Isl.	635 - Terrace	923 - Campbell River
335 - Hornby Isl.	642 - Sooke	935 - Cortes Island

479, 213, 385, 387, 514, 686, 885 - Victoria

537, 538, 653 - Salt Spring Island

Alphabetical Classified Listings

- **ANIMALS & PETS**
- **ANTIQUES**
- **APPLIANCES**
- **AUTOS FOR SALE**
- **AUTO PARTS & ACCESS.**
- **AUTO REPAIRS**
- **AUTO/TRUCK RENTALS**
- **BOATS & MARINE**
- **BUILDING ITEMS**
- **BUSINESS OPPORTUNITIES**
- **CARETAKING**
- **CHILDREN/BABY ITEMS**
- **COMING EVENTS**
- **COMMUNITY SERVICES**
- **COMPUTERS**
- **COMPUTER SERVICES**
- **ELECTRONICS**
- **EQUIPMENT**
- **EXERCISE EQUIPMENT**
- **FAMILY RESOURCES**
- **FARM PRODUCTS**
- **FREE ITEMS**
- **FURNITURE**
- **HEALTH & FITNESS**
- **HELP WANTED**
- **HOME IMPROVEMENT**
- **JEWELLERY**
- **LANDSCAPING**
- **LIVESTOCK**
- **MISC. FOR SALE**
- **MOTORCYCLES**
- **MUSICAL INSTRUMENTS**
- **MUSICIANS**
- **OFFICE SERVICES**
- **PRAYER TOOLS**
- **REAL ESTATE**
- **REAL ESTATE WANTED**
- **RECYCLING**
- **RENTALS**
- **RENTALS SHARED ACCOM.**
- **RENTALS WANTED**
- **RVS**
- **SIGNS**
- **SPORTING GOODS**
- **WANTED**
- **WORK WANTED**

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

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Greetings

Thanks for picking up this issue of the Islands Marketplace. There are lots of new ads to be found. particularly I have noticed an increase in the rental section. With many people feeling that now is a good time to start preparing ourselves for the coming spring, we are looking at "junking" things out and having garage sales, tidying up the yard and planning for gardening and home improvement projects. While it may be easy to just "throw it away" think twice about how this affects the environment and your wallet. Instead of paying the garbage fee, turn your trash into another person's treasure and sell it in a garage sale or list your free ad in The Islands Marketplace. So many happy people have made an extra \$10 or \$20 here and there without having the cost of advertising to take away their profit. When we recycle our used items we help the environment... Read some recently found recycling facts on page 10 of this issue.

With the change of year many people are focusing on improving their health and getting fit or losing weight. This is an excellent goal to work towards, as we only have one body and we must do what we can to take good care of it. See our Health & Fitness section on page 9 to find out about Oriana's new and exciting teen and children's belly dancing classes. Here too, Jim Maurice of Saltspring Island Wheatgrass has provided some excellent information about the amazing health benefits associated with all natural Wheatgrass. And don't forget to visit Friends Fitness on Kings Road to check out their amazing indoor gym...guys and gals will love the clean spacious room and helpful, friendly staff.

This coming week is national quit smoking week and there is no better way to increase your life expectancy than to "butt out". Quitting smoking will make a significant difference to your bank account and will also reduce your life insurance premiums. I encourage each and every smoker to give it a try. Turn to page 15 for some useful tips for getting started.

I am sad to report that our popular Pender Pages which was created last fall has taken a break until another rep is found on Pender Island. We hope that the islanders on Pender will continue to use the magazine and call our toll free number to place their ads. See page 16 for a list of where to pick the magazine up on Pender Island.

And last but not least Happy Birthday to my daughter and husband, who make my life extra special. – Sandi Poystila

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. Stories, photos and comments are always welcome and greatly encouraged.

THE ISLANDS
Marketplace
FREE LOCAL CLASSIFIED ADVERTISING EVERY SECOND FRIDAY

WWW.ISLANDSMARKETPLACE.COM

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301 Mobrae Ave., Saltspring Island, BC V8K 1J7

ANIMALS & PETS

Beautiful bay 11 year old 14.2 Arab with great confirmation and a large flowing movement. Good for dressage, jumping and trails. Pirelli 1st level trained. She is smart and willing and looking for a loving home and work to do. She could also throw wonderful foals. Great feet and health. Shots etc all up to date. 653-9898. 02-29

ANTIQUES

Gramophone cabinet only with shelves, Large oak desk, Oak wind up gramophone with 78 speed records. Small ornate brass plate, candy store National cash register. Small ornamental parlor woodstove. 2 piece antique cedar cupboard. Maple hoozier 2 piece. Antique rocking chair, small oak stand with shelf. 629-3848. 02-01

Full solid Mahogany nursing/rocking chair, back pierced, back and legs inlaid, new woven seat. \$155. Inlaid lamp table, 18.5" x 12.25", 19 inches high. \$105. 537-5482. 02-01

Antique table chairs, buffet, wardrobe, dresser, and much more. 537-4450. 01-18.

APPLIANCES

Deluxe juice extractor - Greenstar - twin gear, model # GS1000, used only 6x, purchased at Natureworks in Ganges on 04-04-06. Paid \$800, asking \$500. Call 537-1379 eves. 02-15

Kitchenaid Energy saver dishwasher, good condition. \$75. 537-0844. 01-18

AUTOS FOR SALE

2004-Polaris 700, 4x4, 88 hours, garage kept, you wont be disappointed asking \$8450. obo. 250-923-3422. 02-29

1992 Suzuki Mini-Truck my two best ones left, super gas saver very unique perfect for salt spring. 660cc 3 cylinder motor very low kms. Email for more info pics. phone: 250-732-3717. 02-29

1993 Geo Metro for parts. Needs ball joints and clutch, body is in great shape. Just needs clutch. Includes Pioneer car stereo with CD player, radio & speakers. \$300. 537-1060. 02-29

2003 Echo Toyota, 2 door sedan, manual transmission, excellent condition inside or out, 98000 kms great on gas, 8,500.00. 653-9280. 02-29

2005 AWD SUBARU OUTBACK WAGON with 85,000km. Great condition in and out. Light silver/beige exterior. Power package, heated seats, cd player, roof rack, wood detailing, rubber mats, rear dog guard. \$23,900 653-9898. 02-29

2008 AWD SUBARU OUTBACK WAGON with 13,000km. Showroom condition. Colour: silver/beige. Power package, heated seats, 6 cd player, roof rack. \$29,900 Great price and no GST. 653-9898. 02-29

1992 SUBARU LEGACY WAGON with 192,000km. Great condition throughout, no rust and mechanically well maintained. Colour: white white blue/grey decal and blue/grey interior. Manual shift, front wheel drive, power package, roof rack. New timing belt, tires, and more. \$6,000. A reliable car that looks great. 653-9898. 02-29

PRETZEL MOTORS



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

WE ARE PASSIONATE ABOUT YOUR CAR

Featured Non-Profit Organization:

Pot Luck Dinner

• Fun • Music • Great Food



**Lion's Hall 103 Bonnet Ave.
from 4-7pm
Saturday, January 19, 2008**

sponsored by
**The Copper Kettle
Community Partnership**



Call 537-5863 for details.

Teddy Bear's Take-Out

Remember to order our Take-Out when you visit the Local Pub



- Fish & Chips
- Burgers & Fries
- Kids Menu • Ice Cream
- Eat in or Take Out

Hours:
Mon. to Sat.
11am to 6pm
Closed
Sundays

Ganges Tea Company

Purveyors of Specialty Tea Since 1999

We are pleased in providing Salt Spring with Specially Selected Teas and Accessories and with more than 100 teas from the top 6% of the world's tea production to choose from. We hope we may please the most discerning of our customers. Come and pay us a visit today.

Visit us for Specialty Teas & Gifts
Store Hours: 10am to 5pm

The Islands Marketplace CALENDAR OF EVENTS

FRIDAY, JANUARY 18

Rugg Huggers 11.00am at Family Place. Lunch will be available by Thrifty Foods and Barb's Bakery & Bistro. Babies and toddlers welcome.

Friday morning yoga with Angie Jenkins, music by Yashwant from 9 am to 10am at the Gatehouse, 190 Reynolds Rd. Call 653-0028 for info.

"Sweeney Todd" and "The Kite Runner" at the Fritz Movie Theatre, Saltspring Island. Call 537-4656 or visit www.thefritz.ca for times and details. Now to Jan. 22

Teen's Belly Dance Classes at the Gatehouse, 190 Reynolds Road. Costumes, make-up and fun. Call 653-0028 for info.

Story Time at the Library, 1:00 - 2:00 pm Rain & Snow = Winter Weather. Stories & activities with Clare Cullen, the story lady. For ages 4 - 6

Rollerblading at the Fulford hall. 7 - 7:30 for novices and little people. 7:30 - 9pm general skating.

2008 will mark the third year for The Vancouver Island Short Film Festival. The Festival continues celebrate the best works by Vancouver Island Filmmakers. Jan 18th - Jan. 19th, 2008. 7pm at the Malaspina University College theatre. Contact the Arts Council at admin@nanaimoartscouncil.ca or 250-729-3947 for more information.

Aiko Jazz Quartet at the Dancing Bean in Chemainus - The venue with the menu. www.dancingbean.ca Good Music Good Food Good Vibes!

Children's New and Exciting Belly Dance Classes - get your body moving in costumes and tribal make-up. 3-4:00pm. Call 653-0028 for info.

SATURDAY, JANUARY 19

Dad'n'Me Pancake Breakfast, at Family Place, SSI 8am - 10:30am. 537-9176.

Copper Kettle Community Partnership Potluck Dinner - with great food, live music & more. Call 537-5863 for info.

Flora Scott Trio at the Cafe El Zocalo, SSI from 7-10pm. 537-9911 for info.

LIVE RADIO THEATRE - ALL NEW!, 8:00pm at ArtSpring Theatre. Travel back to the glory days of live-to-air radio drama. Jan Rabson re-creates the studio atmosphere of early radio, with live actors and sound effects, and even live radio commercials in an evening of authentic 1940s and 1950s radio plays.

Coco Love Alcorn at the Dancing Bean in Chemainus - The venue with the menu. www.dancingbean.ca, www.cocolovealcorn.com

SATURDAY, JANUARY 19

Burns Night with the Pender Highlanders Pipe Band—a lavish dinner, all the usual trimmings, entertainment, live Celtic music, and a silent auction • Anglican Church Hall • Bar opens 6:00 pm Dinner at 7:00. Tickets: \$30 on sale now at Casual Pender, Pender Bakery, Talisman Books

SUNDAY, JANUARY 20

LIVE RADIO THEATRE - ALL NEW!, 8:00pm at ArtSpring Theatre. Travel back to the glory days of live-to-air radio drama. Jan Rabson re-creates the studio atmosphere of early radio, with live actors and sound effects, and even live radio commercials in an evening of authentic 1940s and 1950s radio plays.

Live music with Tess and Buck at the Fulford Inn. Come down to the south end for a good time.

Nationalism in Music with George Ehring at ArtSpring, SSI at 7pm. Come and discover European composers and their inspirations throughout the countries of Russia, Italy, France, England and Spain among others.

TUESDAY, JANUARY 22

OPEN MASTER CLASS with Zach Brock & Morgan Childs. 10am-12pm at ArtSpring. Zach Brock is a jazz musician with a background as a classical violinist. Morgan Childs is a jazz drummer who appeared at ArtSpring in September as part of the Amanda Tosoff Quartet. They will work with music students from GISS on jazz technique and improvisation. The public is welcome to attend this masterclass. The event is free.

WEDNESDAY, JANUARY 23

Free play for all under 6, 10.00am at Family Place - Open parent child drop-in. Come and relax, play with our toys and have a nice cup of tea while your children play and you visit with friends.

Barry Valentine hosts the free organ recital "Simply Organic" at the All Saints church at 10:15 Park Drive.

SSI Power Squadron Boating Course begins. Call 537-5262 or 537-1195

Open stage with Stephanie Rhodes at Shipstones at 8pm.

THURSDAY, JANUARY 24

Kindergym at the Community Gospel Centre, Vesuvius Bay Rd., 9:30 am. Parents & littles ones under 3 share time and play together.

THURSDAY, JANUARY 24

Open Mike at Fulford Inn Pub, SSI.

FRIDAY, JANUARY 25

Yoga with Angie Jenkins, music by Yashwant from 9 am to 10am at the Gatehouse, 190 Reynolds Rd. Call 653-0028 for info.

FRIDAY, JANUARY 25

Rollerblading at the Fulford hall. 7 - 7:30 for novices and little people. 7:30 - 9 general skating.

Teen's Belly Dance Classes at the Gatehouse, 190 Reynolds Road. Costumes, make-up and fun. Call 653-0028 for info.

Rugg Huggers 11.00am at Family Place. Lunch will be available by Thrifty Foods and Barb's Buns. Babies and toddlers welcome.

Story Time at the Library, 1-2:00pm. It's Only Natural!. Stories, facts & hands-on activities. Special guest from The Salt Spring Conservancy, For ages 6 - 9.

Burns Night at the SSI Legion Meadon Hall on Blain Road with pipe and drum bands and the Scottish Country Dancers. Doors open at 6, dinner at 7:15. Call 537-1676 for info.

Children's New and Exciting Belly Dance Classes - get your body moving in costumes and tribal make-up. 3-4:00pm. Call 653-0028.

Band TBA at 8:00pm at the Dancing Bean in Chemainus. The venue with the menu. www.dancingbean.ca

SATURDAY, JANUARY 26

"String Beasts" at 8:00pm at the Dancing Bean Cafe in Chemainus. The venue with the menu. www.dancingbean.ca

SUNDAY, JANUARY 27

"FLORA SCOTT TRIO" from 6-9pm at the Salt Spring Inn, Sunday Dinner Jazz. Call for details - 537-9339

MUSIC INTIMA - Since 1992, their performances have sparkled with insight, youthfulness and a vibrant musicality. As a self-directed vocal chamber ensemble, the 12 singers rehearse and perform without a conductor. In performance, they engage the audience with a freshness & spontaneity all their own. 2:30pm at ArtSpring

CFSI SSI Radio Public Meeting regarding the proposed Mt. Erskine Transmission Tower Site. 7:30pm at the Ganges United Church. All welcome.

MONDAY, JANUARY 28

Kindergym at the Community Gospel Centre, Vesuvius Bay Rd., 9:30 am. Great opportunity for moms and littles ones under 3 share time and play together.

Saltspring Folk Club present Alan Moberg and Ed Peekeekoot with opening act: Lisa Maxx at the Fulford Hall on Salt Spring Island. doors open at 6:45 show starts at 7:30pm. Soups, suppers & sweets by Fiddlehead Catering.

Nationalism in Music with George Ehring at ArtSpring, SSI at 7pm. Come and discover European composers and their inspirations throughout the countries of Russia, Italy, France, England and Spain among others.

TUESDAY, JANUARY 29

Scandinavian Jazz Powerhouse ATOMIC at All Saints by the Sea. Tickets at ArtSpring & Acoustic Planet Music.

POETRY READING Agnes Walsh, Lorri Nielson Glenn, Chris Smart 7:30pm at ArtSpring. 537-2102 for info.

THURSDAY, JANUARY 31

Kindergym at the Community Gospel Centre, Vesuvius Bay Rd., 9:30 am. Great opportunity for moms and littles ones under 3 share time and play together.

Public Open House for the SSI Protected Areas Planning Project at the Lions Club, 103 Bonnet Ave, from 2 to 8pm. For info call 250-751-3206. BC Parks.

Open Mike at Fulford Inn Pub, SSI.

FRIDAY, FEBRUARY 1

Friday morning yoga with Angie Jenkins, music by Yashwant from 9 am to 10am at the Gatehouse, 190 Reynolds Rd. Call 653-0028 for info.

Story Time at the SSI Library, 1:00 - 2:00 pm. Celebrate Chinese New Year. Gung Hay Fat Choy! Stories & activities with Clare Cullen, the story lady. For ages 4 to 6.

Teen's Belly Dance Classes at the Gatehouse, 190 Reynolds Road. Costumes, make-up and fun. Call 653-0028 for info.

Children's New and Exciting Belly Dance Classes - get your body moving in costumes and tribal make-up. 3-4:00pm. Call 653-0028 for info.

ONGOING EVENTS:

Email us your event listing. See below.

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

Email us your event info for the next edition - Visit our website to see our online events calendar.

AUTOS FOR SALE

1986 Toyota window van, good running condition, some rust. \$2100. 537-1909. 02-29

1972 VW Bug - colour orange. Great project potential for vintage plates. Interior in fantastic condition plus comes with extra authentic radio. Manual shift, oversized tires. New second engine, running boards and battery. Some fixable body rust. Roof rack included. Runs great: a reliable car for day to day use or vintage project. \$4,500. 653-9898. 02-29

2008 AWD SUBARU OUTBACK WAGON: 7,000km Showroom condition. Beautiful Silver/Beige exterior. Power package, heated seats, 6 cd player, roof rack. Save on the GST as well as the great price. 653-9898. 02-29

Price Reduced - 1998 Chrysler Mini Van LXI Town and Country. Fully loaded. 3.8L, V6, automatic. White Pearl exterior. Leather interior, Infinity sound system, alarm, new Michelin tires, regularly serviced and well maintained. \$4000. 653-4560. 02-15

1998 Porsche Boxster, mint condition, black on black, Tiptronic, automatic. Sports package, full power, recent major tune-up, new tires, low miles - 56k. \$23,500. 250-758-3354. 02-15

AUTOS FOR SALE

Price Reduced - 1997 Burgundy Chevy Astro van, 4.3 Vortec, engine has 80,000kms. Automatic transmission has 90,000 kms. New tires, new brakes, recent systems fluid flush. Regularly serviced and well maintained. \$4000. 653-4565. 02-15

1985 Toyota Corolla hatchback. Standard, 4 door. \$1,000obo. 653-4945. 02-29

1990 Chev S10, shortbox 4x4, extended cab, large V6, island pickup, averaging 13,000 km/year. Owner bought new truck is motivated to sell at \$3500. 537-1379 eves. 02-15

1994 Chevy Lumina Van. Red with grey interior. 7 passenger or remove seats to carry cargo. 185,000 km. Inspection report available. \$3,800 OBO. Call 537-8726 for a great buy. 02-15

1987 Grumman Aluminum step van, 292ci 6 cyl. mtr., 4 spd, propane fuel, excel maintained, everything works perfect, needs nothing - good tires (duals) rollup door, 20ft box. \$4800obo-- 12qw@canada.com. 02-01

1989 Ford 15 passenger van. Certified every 6 months. Reliable. Propane. Asking \$3500. 537-2571. 02-01

AUTOS FOR SALE

1993 All Wheel Drive, 8 passenger Safari van. Excellent vehicle. New transmission. \$4500. 537-2571. 02-01

1991 Ford F150 fullsize pick-up. 6 cyl. 5 speed. 244,489 km. Has extra load rear springs so it is ready to haul big loads. Good tires. New battery. Camper tie down belly bar. Engine and drive train in good shape. Out of province plates, will need brake work for safety, otherwise this truck is in good shape and great to drive. 250-618-1037 leave message. pattharmony@yahoo.ca \$3300. 01-18

AUTOS FOR SALE

1973 VW Van - Retro Classic - Immaculate Shape - 4 Speed Manual Transmission, Original Tartan Upholstery. Recently: New Michelin Tires, Brakes: Master Cylinder, Front Disk Brakes, Carb. rebuilt. \$5,000 obo. Serious Offers Only. Call 537-5392. 01-18

1991 Plymouth Voyager, 6cyl, auto, 270Km, new transmission, new tires, runs well good clean car \$1200. Call 537-8718. 01-18

1981 GMC pickup 4x4, 3/4 ton, \$1500. 537-4450. 01-18

More autos for sale on page 6...

AUTO/TRUCK RENTALS

AUTO/TRUCK RENTALS

U-Haul Truck & Trailer Rentals and Second Hand Goods



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

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Fax: 537-4945

Mark Rithaler 537-4978

AUTOS FOR SALE

1989 Chevy Sprint, ex. gas mileage, good condition, standard. \$1200. 653-9937. 02-29

1993 Pontiac Grand AM. V6 Automatic. New tires, heater core, alternator. Has electrical problem, and needs front brakes. \$800 OBO. phone 250-653-9604. 01-18

1997 Plymouth Grand Voyager, AWD, 270 K, 3.8V6, Auto, Air Con, Electric windows locks, PS, PB, Cruise, 7 passenger, Captains Chairs, Grey leather interior, Theft alarm, Maroon with dark trim, Outside temp indicator, Compass, Hidden hitch, New brakes & tires, No accidents "A nice clean car" \$4295.00 Call 537-8718 or 1 604 530-1272. 01-18

2001 Chev 2500 express, 5.7L, 150,000 km, tow pack, h.d. susp new tires, brakes, alt, 10 ft bed, no windows in cargo. good cont. van. dave 250-538-6280. 01-18

1998 Subaru Legacy L AWD Wagon, 144k, dk. green on gray, auto, a/c, pwr. windows, locks, steering & brakes, tilt & cruise, am/fm/cassette, newer brakes/tires, service up to date at Saunders, be ready for winter, great condition \$11,000.00 OBO. phone: 653-9925. 01-18

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

AUTO PARTS & ACCESS.

Nerf bars round black 3" aluminum, mounting width of 60 1/2 inches. Came off 1993 Mazda extra cab, excellent condition includes mounting brackets and bolts. \$220. Phil at 537-4514.

AUTO PARTS & ACCESS.

8 ft. headache rack, \$80. 8 ft. canopy, cheap, \$40. 6'6" club cab canopy with metal letter rack, \$110 obo. Call 537-0695. 02-29.

10'x20' auto, boat or RV storage. 2" steel frame with easily repairable, but ripped tarp. Will supply extra 20'x40' tarp. \$195. Crofton - 416-0536. 01-18

1984 Nissan pick up, c/w flat deck, new alternator, water pump, front brakes. Give it a valve grind and drive it, or use it for parts vehicle. Extra mounted tires, and other spare parts. \$650. 537-4278. 02-15

Tires. 4-165R15 FIT OLDER VOLVO/vw. 4-205R50/15. 1-33/12.50/15new. 2-185/60/14 snows on rabbit wheels. 2-255/70/15 on chev white spokes. all tires 60-70% \$300 for all or \$35 ea. 537-1983. 01-18

Fiberglass roof pouch cart top carrier. Canopy for club cab. 537-0695.

Support The Islands Marketplace Free Classified Ad Magazine when you advertise your business here.

Call 537-2905 or toll free: 1-877-537-2905

BIRTHDAYS

Amanda
Happy 5th Birthday



Love Mom and Dad

BOATS & MARINE

PRICE REDUCED - 1967 48' Steel Sedan Trawler, 8V 71 Jimmy, Borg Warner Gear. Great Live-Aboard \$20,000 OBO 250-537-4171. 03-14

2006 Mercury 25 HP 4 stroke Long Shaft Outboard Motor, Electronic Fuel Injection. NEW, never used \$3600.00. Chemainus. phone: 250 246 4552. 02-29

21 foot bilgekeel sailboat, solid core fiberglass construction, classic kingfisher design. Includes dinghy, fishfinder, bronze fittings, stereo hookup and all running lights, 8hp johnson longshaft outboard motor, alcohol stove, full set of sails, lifejackets, portapotty head, 2 anchors and many extras. \$6k obo. Moored @ Centennial wharf. Call Julia at 537-1657 to view boat and survey papers. phone: 537-1657. 02-29

BOATS & MARINE

Waylander modulus plastic row-boat/tender. 7 feet long, comes with oars and lifejackets, \$240. Phil at 537-4514. 01-18

Vintage double ender cruiser, 1929, 31ft gillnetter. Merriwake. Won best pocket cruiser in 1999 heritage boat festival. 1990 diesel and much more. \$16,000. Photos and details at ayrestom@hotmail.com. 01-18

BUILDING ITEMS

Marble shower base and fiberglass shower base, fiberglass shower enclosures, 220 construction heater. Best offers on all items. Visit 401 Robinson Road or call 537-0695.

White bathroom sink, vanity and bath tub wanted. 537-2905.

BUSINESS OPPORTUNITIES

Small cafe for sale. 538-0996 or cell: 537-6471 after hours. 01-18

CARETAKERS

Salt Spring Island couple seeks long term caretaking position. Estate or seasonal home. Does not have to be on Salt Spring, can be outer gulf islands as well. Extensive experience in landscaping and groundskeeping, carpentry, housekeeping, mechanics and boat operation. References upon request. Call 250-653-9604 or email tammuz@telus.net. 02-29

On Salt Spring Is. Mature experienced, responsible couple looking for year round caretaker position. Accomms required, salary to be negotiated. 1-519-842-2722. 02-15



Call us at
629-3005

Driftwood Auto Service

- Competitively Priced Full Service Garage - including licensed inspection facility
- Tire, Battery & Auto Parts Sales
- Automotive Care Products and Vacuum
- Full Laundry Facilities & shower open 24 hours
- Fishing Licences & Gear
- DVD Rentals



Driftwood Mall,
Bedwell Harbour Road,
Pender Island, BC

Open 7 am to 7 pm



Great coffee so come on down and meet us!

CHILDREN'S/BABY ITEMS

Infant car seat, good condition. Blue with brown and white plaid. \$ 50.00 obo. 250-653-4823. 02-15

CLOTHING

Mens Blundstone slip on boots, worn once or twice indoors, like new, US/ Can size 10 wide, dark brown leather \$100.00. phone: 653-9925. 01-18

COMING EVENTS

January 18, CANTOS E COLORE - Patricia and Leslie Corry present a unique concert experience at Artspring at 3 p.m. Beautiful classical songs and arias sung to projections of exquisite art--a feast for the eyes and ears! Salt Spring artist Leslie will provide colour and atmosphere with dramatic backdrops and projections of her stunning work. Soprano Patricia, an opera vocalist and diva in Germany for 10 years, will sing glorious arias by Puccini, Donizetti and Catalani and songs by Rachmaninov, R. Strauss and Kurt Weill. She will be accompanied by the inimitable Chris Kodaly and other special guests. See and hear movement, colour, melodies and drama as the two sisters collaborate on this unique project. Artspring Box Office, 537-2102. www.artspring.ca for info. & tickets.

COMING EVENTS

January 19 - Burns Night with the Pender Highlanders Pipe Band—a lavish dinner, all the usual trimmings, entertainment, live Celtic music, and a silent auction • Anglican Church Hall • Bar opens 6:00 pm Dinner at 7:00. Tickets: \$30 on sale now at Casual Pender, Pender Bakery, Talisman Books • ON PENDER ISLAND

Symphonic Swing. Salt Spring Concert Band features local cellist, Rylan Gajek, playing 'Allegro Appassionata'. Swing Shift will play romantic standards, featuring vocals by Sue Newman. Fri., Feb 8 at Artspring, 8pm.

COMMUNITY SERVICES

WELCOME TO SALTSRING. Are you new to Saltspring, a new parent or getting married? Call the Saltspring Representative to come and visit you with local community information, free gifts and information. Celebrating 78 years and proud to be a 100 % Canadian owned company. Call Marlie at 537-5261 or register on the website at www.welcomewagon.ca.

COMPUTERS & ACCESS.

G.I. High-Speed wireless hardware package, two years old, orig. cost \$1100.00, works great but no longer needed \$550.00. phone: 653-9925. 01-18

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EDUCATION

I am seriously looking for someone to teach me how to weave. I currently live on Pender Island, but am willing to "commute" to lessons if I have to. I have no loom yet. phone: 250-516-9709. 02-01

ELECTRONICS

Electrohome circa 1966 AM/FM radio, dual record and tape player. Plays 78 and 33 records. Beautiful, medium brown, solid teak, excellent condition. \$500 obo. 538-1643. 01-18.

COMPUTER SERVICES

ELECTRONICS

Four foot brush mower, 3 point TTO, ugly but good. Suitable for small tractor. \$250. Seven foot spring tooth harrow, 3 point, \$375. Ford single bottom plow and disk, \$350. 653-9465. 02-01

EXERCISE EQUIPMENT

Wanted - 2 Suzanne Somers thigh masters. 537-1060. 02-29

Exercise Bike - good condition. \$25. 537-5843. 02-15

Exercise machine, Stepmaster, good working order. \$40. 537-9102. 02-01

COMPUTER SERVICES

EXERCISE EQUIPMENT

Friends Fitness has amazing exercise equipment available for your use when you join as a member. Treadmills, bikes, weight resistance and more. Call 538-0006 for info.

FAMILY RESOURCES

Child Care Resource and Referral: Looking for child care? Taking care of children? Call for free referrals and consultations. Sooke/Westshore 250 642-5152 or 250 391-8653 Victoria & the South Gulf Islands 250 382-7000 or 1-800-750-1868, www.islandfamilyinfo.ca

FREE STUFF

Sklar Peppler Sofa & Loveseat. Great condition. No rips, tears or stains. Includes accent pillows. You MUST pick it up. Must be gone before Jan 30th. Comes from pet-free home. call 629-3583 or e-mail K@pendercp.com. 02-29

Professional makeup artist - New image collage graduate interested in making you shine this year. Call to book your free makeover appt. Offer ends soon. Sarah J. Sanchez. 538-8347. 02-29

FREE STUFF

Outer shell of a river kayak, fiberglass, needs work. 537-5843. 02-15

Box racks for a full-size Ford pick-up truck, short box. 537-5843. 02-15

Cabinet - approx. 5' high & 4.5' wide Glass doors upper and lower with three drawers lower. 250-537-2488. 02-15

FURNITURE

Black Leather Seating Robotic Massage Recliner, 29" (W) X 47" (D) X 44" (H) **New condition** Relax and massage your tired muscles in the comfort of your own home! This massage chair retails for \$2,999 plus tax new. This one bought from the Brick's, just a few months old, comes with a 5 year construction and all mechanisms warranty!!! Black leather, fully reclining. No stains, tears or holes. Excellent condition! \$2300. (Save hundreds of \$\$) **Price is Firm** 250-537-6621. 01-18

Black couch in good clean condition, good for rec room. \$100 obo. 537-2297. 01-18

Ikea 2 seat sofa, very good frame, worn fabric. \$50 obo. 537-9102. 02-01

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The Islands Marketplace CROSSWORD PUZZLE

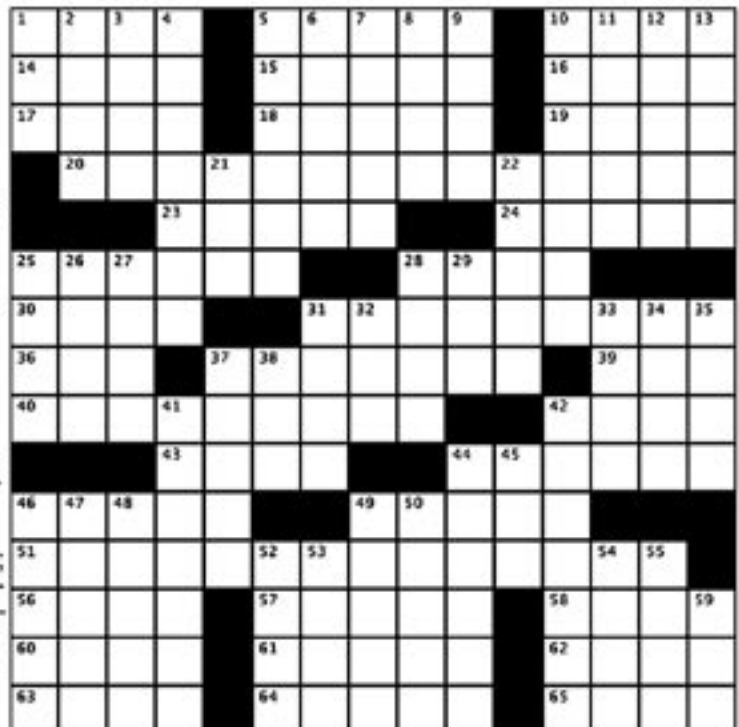
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Across

1- Coil; 5- Drawing room; 10- Portfolio; 14- Boundary, WWE wrestler; 15- In play; 16- Predictive sign; 17- Paradise; 18- Captures; 19- Put down; 20- Indulge in sentiment; 23- Brother of Moses; 24- Covered on the inside; 25- Filth; 28- Cabbagelike plant; 30- Tirade; 31- Tangible; 36- Tropical cuckoo bird; 37- State of being acid; 39- Hawaiian food; 40- Relieves; 42- Twining stem; 43- Spouse; 44- Vestiges; 46- Take as one's own; 49- Herring type; 51- Person who advocates segregation; 56- Wall covering slab for a kitchen or bathroom; 57- From the beginning; Lat.; 58- Large mop; 60- Locks up; 61- Yacht; 62- Currency unit in Western Samoa; 63- Repose; 64- Raw hides; 65- Watched intently;

Down

1- Shelter; 2- Probability; 3- Double curve; 4- Long tapering flag; 5- Literary ridicule; 6- Budget alternative; 7- Compare; 8- Cooking appliance; 9- Resting place; 10- Coal miner; 11- At full speed; 12- Grasp; 13- Finished; 21- Graffiti; 22- Metallic mixture; 25- Metric unit of mass; 26- Title bestowed upon the wife of a raja; 27- Single entity; 28- Singer Kristofferson; 29- Appropriate; 31- Quote; 32- Form of poem, often used to praise something; 33- Heroic; 34- First-class; 35- Falsehoods; 37- Playing marble; 38- Jazzman; 41- Loan; 42- Fine sheer fabric; 44- Soldiers; 45- Hurried; 46- Up and about; 47- Thaw before takeoff; 48- Leers at; 49- Simple seat; 50- Hinge; 52- Breathe convulsively; 53- Competent; 54- Swing to and fro; 55- Story, often rooted in folklore; 59- Foul;



Crossword Puzzle answers are on page 14 of this issue.

FURNITURE

Double bed, good condition. Queen size futon and mattress, good condition. Kitchen table with chairs. Overhead dining room Tiffany lamp, stained glass. All reasonable offers accepted. 629-3848. 02-01

HEALTH & FITNESS

SWIM MEMBERSHIPS AT THE SUMMERSIDE POOL - Enjoy swimming on your own time! Salt water, UV filtered adult pool. Open 7 days a week 6am. to 9pm. New reduced rates for 3 / 6 month or 1 year packages. Memberships also include access to our private fitness room. Or come and get energized with our \$6 Drop in Aquafit Classes. Every Mon/ Wed /Fri 9:30 -10:30 am. or join our low impact walking Aquafit classes every Mon/Wed 10:30-11:30am. For more info. Call Julie at: 537-9433. 02-29

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NEW: Teen's Belly Dance Classes.
Learn to move your body like a goddess! Hot music!
Dress up in costumes & tribal make-up. Fridays, 1:30-2:30pm.

NEW: Children's Belly Dance Classes.
Dress up in costumes & tribal make-up.
Fridays, 3:00-4:00pm

Call Oriana 653-0028 for more info.

All Classes held at the Gatehouse, 190 Reynold's Rd.\$10/drop-in

Why Wheatgrass? So many advantages:

By Jim Maurice

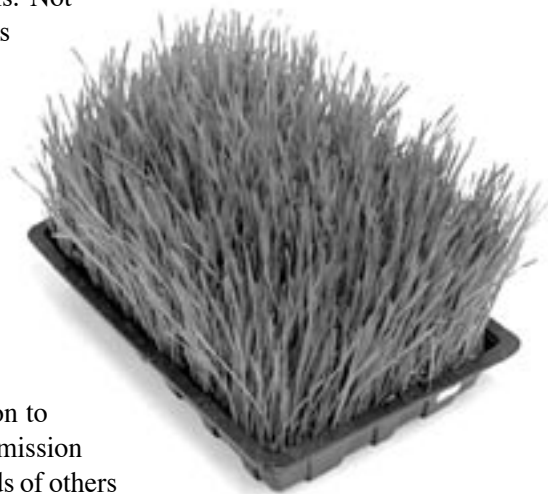
Wheatgrass juice is perhaps the most powerful and safest healing aid there is. Not because it can attack and destroy bacteria or malignant cells, but because it has the ability to strengthen the whole body by supporting the immune system. It is full of enzymes that aid in digestion and metabolizing foods, promoting healthy intestinal flora and neutralizing and digesting toxins in the cells. As the chlorophyll molecule is structurally similar to hemoglobin, wheatgrass juice may help blood flow, digestion and general detoxification of the body.

When Ann Wigmore developed colon cancer and faced the loss of both legs after a traffic accident, her doctors recommended amputation. But Wigmore refused and set out to heal herself naturally. She discarded her traditional diet for a diet made of raw vegetables, grains, seeds and greens and she applied wild weeds and greens to her feet.

As Wigmore recovered from her wounds, she realized that she had stumbled on to something valuable. Wigmore believed that wheatgrass had contributed to the remission of her cancer and recovery from gangrene. Ann Wigmore went on to help thousands of others to regain their health.

Wheatgrass juice is a complete food, containing all of the known vitamins and nutrients, including calcium, sodium, potassium magnesium and a wide variety of trace minerals. It is high in protein and contains all 8 essential Amino Acids. As well as protein, Beta carotene, Vitamin E, Vitamin C, Phosphorus, Magnesium, Calcium, Iron, and Potassium, wheatgrass juice contains Vitamin B12, a vital nutrient absent in other vegetables.

The average dosage of wheatgrass is a fresh squeezed 30ml (1 oz) shot once daily or for more therapeutic benefits a higher dose up to 60 - 120 ml (2-4 oz) taken 1-3 times per day on an empty stomach and before meals. It should be noted that consumers with a poor diet might experience nausea on high dosages of wheatgrass.



Regular ingestion of wheatgrass juice can:

- improve the digestive system
- cleanse the liver
- help make menopause more manageable
- help with skin problems

- detoxify the blood and liver and remove toxic metals
- strengthen the immune system
- promote general wellbeing

*For more info
an contact Jim at
Salt Spring Island
Wheatgrass
- 537-2048*

TOP 10

Here's Some Facts About Recycling in BC...

1. To create one kilogram of consumer goods, manufacturers create five kilograms of waste.
2. More than 20% of the garbage thrown out by the average BC household is packaging.
3. Canadians take home more than 55 million plastic bags each week.
4. Cardboard boxes can contain up to 100% recycled fibres.
5. Aluminum takes about 500 years to break down in a landfill.
6. About 40,000 trees are cut down each day just to produce the newsprint for Canada's daily papers
7. Most plastic containers have a code on the bottom which tells you what type of plastic it is.
8. If laid end to end, all the glass bottles collected in recycling programs would circle the equator four times.
9. It takes one million years for a glass bottle to break down in a landfill.
10. Most of the steel cans collected in BC are recycled in the Pacific Northwest region.

HELP WANTED

Urgently needed childcare for 4 year old girl, preferable in my home, some early mornings starting at 6:15am and most weekends. Maliview area. Reliable vehicle and license required. 537-2297. 02-29.

HELP WANTED:

The Islands Marketplace is seeking a part time commissioned sales rep for The outer Gulf Islands. Please call for details.

Also required: GISS Student for bi-weekly Pender Island delivery of The Islands Marketplace. Call toll free 1-877-537-2905 for info.

HOME IMPROVEMENT

Painting and Power Washing services. Eco-friendly detergents. All areas and surfaces. Interior and exterior painting and finishing. Experienced and reliable. Please call 653-4560 or 538-7222. 03-14

HOROSCOPE

Learn about your lovelife, health, work and wealth in 2008. Have your personal horoscope emailed to you. With over 12 years experience, astrologer Patrick Arundell provides intelligent, accurate and unique insight into the ancient craft of astrology. www.astrology-enterprises.com.

LIVESTOCK

I have a small herd of Nigerian Goats that I purchased a few years ago from Mayne Island that I am now needing to find a home for. Must go to caring home. Two breeding does, one buck, one fixed male. Both does produce beautiful kids. Goats currently located just outside Victoria, BC. phone: 250-474-7236. 01-18

MISC. FOR SALE

Single pine bed with mattress like new \$100; single frame, box spring and mattress \$40; queen headboards - fabric covered \$10, decorative wood \$20; 42" round light wood kitchen table \$60; Ikea bent wood chairs \$40 ea; round maple kitchen table with insert and matching chairs \$150; kids games table for pool/pingpong/games \$60; small side tables \$10, 2 bedside tables \$15 ea; rectangular oak and glass coffee table \$40; 2 wood bedside tables \$15 ea.; NEC Windows 95 laptop with disk - works great \$75, 2 fish tanks - 20 gal with accessories \$100, 50 gal \$150; small drafting arm machine \$40. Prices obo. 653-9898. 02-29

Wood burning stove, two burner with ability to heat water, coil not available but easy to install. Steel inner firebox with white enameled exterior in excellent condition. Suitable for a cabin, workshop or small area to provide heat and minimal cooking facilities. Approx. 30 inches tall, 14 inches wide and 27 inches long. Handles for top plates included. Contact t.n.gray@shaw.ca

MISC. FOR SALE

Hot tub for sale, soft tub brand. good condition, light weight lifts easily onto any deck or hard to reach area. 110 volts ac. price \$1600.00 free delivery. 538-8244. 01-18

For sale: Office chair, brown, swivel, \$10.00; Rocking chair, wood, \$40.00; Ladder, aluminum, 5 step, \$10.00. 537-8449. 02-29

Moving sale: furniture, queen sized pine headboard, futon, large solid wood bookshelf, kitchen table & chairs, overhead Tiffany stained glass dining light, antique cedar cupboard, Maple 2 piece Hoosier, antique rocking chair, small oak stand with shelf, gramophone cabinet. Small ornamental iron woodstove, small ornate national cash register, circa 1907. Best offer. 629-3848. 01-18

351 Windsor motor, good compression, food grade metal barrels, 3 way fridges, propane and electric, Marble shower base and fiberglass shower base, fiberglass shower enclosures, hepa air filter, window model air conditioner, dehumidifiers, 220 construction heater, King size brass headboard, glass cooler, bar fridge, bar lights, mirrors. Best offers on all items. Visit Norm at 401 Robinson Road or call 537-0695.

MUSICAL INSTRUMENTS

New 3/4 sized guitar with carrying case. Sounds great \$125. 653-9898. 02-29

please recycle

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OR DROP IT OFF IN OUR DROP BOX AT APPLE PHOTO, MCPHILLIPS AVE, SALT SPRING ISLAND.


MUSICAL INSTRUMENTS

Peavey 3 way PA, subs, mids, horns, black window speakers. Peavey Mark 2 series. Garnet 500 7 channel mixing board with enforcer power amp. \$1250 obo. 537-9402. 01-18

MUSICIANS

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

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REAL ESTATE

Investment Property for Sale, \$430,000.cdn strategically located close to new mall in Duncan, it is commercially zoned (C3) allowing many uses. The building can easily be turned into a commercial venture, or can be residential until buyer is ready to develop. The property size is .42 acre cleared and fenced. The rancher home with sitting tennant is 2/3 bd.2 baths, large living room, dining room, kitchen and double garage. phone: 604-929-2880. 01-04

LANDSCAPE

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- Gravel - 6 Types
- Soil - 3 types
- Stone
- Ocean Soil
- Fine Sand
- Steer Manure
- Sandstone
- River Stone
- Cedar Rounds
- Cedar Fence Rails
- Flag Stone
- Lawn Turf
- Garden Posts
- Black Slate Stone
- Firewood
- Pearle Stone

REAL ESTATE

HOME IN DOWNTOWN GANGES! Upgraded home w/ manicured gardens, ponds, fruit trees, paved driveway, fenced. Attached single garage, workshop, office & greenhouse. Duplex Zoning. \$449,000. 537-0052. d1b3@mac.com. 02-29

This ocean view duplex will be finished mid October, 2007 and has 2,184 sq. ft. of finished living space and 200 amp service in each unit. Within walking distance to the beach, school, shops, pub, pool, park, Saltspring Island ferry, the new sea walk, and the Government wharf with a boat launch, It's a short drive to golf courses, marinas and the city of Duncan. 1608: \$282,000 1610: \$279,000. <http://www.bytheowner.com/64813>. phone: 250 746 6951.01-18

Beautiful Lake Cowichan Home for Sale. phone: 250-749-4065. 01-18

REAL ESTATE

1350 sq. ft mobile on pad in quiet park overlooking Quenall Lake in Yellowpoint. 3 bedrooms, 1.5 baths, woodstove,new appliances, french doors leading to deck with hottub. Pad rent \$250/month. NO PETS ALLOWED IN PARK! \$87900obo. phone: 245-7706. 01-18

House for sale, 2835 sq-foot house, 3 bedroom 1-1/2 baths, unfinished basement, close to schools and hospital, in a quiet neighborhood, on residential water. asking \$425,000. phone: 1(250) 245-1435. 01-18

Custom built 5yr old, 3br, 2.5 bath home plus studio on 0.52 acres overlooking Cusheon Lake. Still under New Home Warranty. Please see our listing at www.bytheowner.com/537-9541 or call Keith and Tina at 537-9541 for more information or to view. 01-18

If you wait too long to plant your tree, where will you hang your hammock?



Randy Cunningham, Consultant, Investors Group

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REAL ESTATE WANTED

Seeking very interesting & unique SS home on acreage. 3+ bedrooms, great kitchen, high ceilings, fruit trees. Deer fencing, generator, green house, hot tub are pluses. phone: 250-825-0170. 02-15

Seeking high quality Salt Spring home directly on ocean with gardens (hopefully vegetable and flower), very sunny, not isolated, great kitchen, fruit trees, 3 or more bedrooms, high ceilings. Deer fencing, AGA, hot tub, guest cottage, solarium, sky lights, great baths would be pluses. Should be a home that friends and family can enjoy. Replies from home owners only please. phone: 250-825-0170. 01-18

RENTALS

Furnished room for rent by day or weekly. 5 mins. from Ganges, Badgers Beach, boat launch and Mt. Erskine hiking trails. Available now to right tenant. Call 537-0784. 02-29

Two bedroom home for rent on Pender Island. Ocean view, close to Driftwood Centre, \$875. month. 250-537-4723. 02-15

RENTALS

Quiet self contained room for rent. Separate entry, close to Ganges. Suits single person. n/s, n/p, utilities included. References required. \$450/month. 537-4723. 02-15

Seeking community-minded, non-smoking individual, couple, or small family to rent 700 sqft 2 br cottage on cooperatively-owned Permaculture farm. Easy walk/bike to Ganges, large deck, covered carport, wood stove. Possible work-trade, garden area, and laundry privileges. \$850 plus sewer, electricity, & optional high-speed internet. Long-term co-op membership and co-ownership possible. Call Jan or Carol at 537-2024. www.EcoReality.org. 02-15

North end, sea view, 1 bedroom with den. Electric heat, 5 appliances, no pets, no smoking, long term, month to month lease. References required and post dated cheques. \$1000 per month + utilities. Available Feb. 1st. Call 537-2356. 02-15

For Rent: 400 square ft. clean, dry space. Suitable for office, studio, storage. Beaver Point area. \$350.00 Call 653-2374. 02-01

RENTALS

Saltspring Island - Temporary Accommodation available. Daily, weekly, monthly includes utilities. Ocean view. Quiet house, close to town. References required. ND/NP, page 1-800-691-9366 & leave number or 537-1151. 01-18

RENTALS WANTED

Mature working couple looking for long term 2 bdrm housing on salt spring, preferably close to town, we are long time islanders and have great references. 653-4823. 02-15

Local Working Couple with adult daughter require long term accommodation on Salt Spring. 2 bdrm min. or workable loft/den/basement. Excellent local rental references, more than willing to maintain/upkeep/improve property inside and out. Email sylayne1@telus.net or Call 537-5392. 02-15

2 bedroom place to rent on Saltspring. Professional couple with 1 cat and baby on the way. References available. reasonable rent. longterm. avail. January. 1-604-740-4814. 02-01

RVS

1974 Taurus Travel Trailer 21 Feet - "Hunter's Special or In-Law Suite." Retro but in good shape, NO LEAKS, Has been occupied this fall on SSI. Range with oven, Fridge, Hot Water Tank, Pressurised Water Tank, Shower w/small tub. Lots of storage. In a local park on SSI, you move. Ready to tow away. Reduced for quick sale \$600. 537-5392. 02-15

1979 Scamper Skipper Model 8S truck camper. Slips into a truck bed and will fit an import smaller truck or a full size. Propane stove, sink, lights, table/benches that fold down to a comfy berth and one smaller berth above. Lots of storage space. 8 feet long with a slight overhang above the cab (upper berth). Although I have 4 screw jacks that can be used for storage, or for an import size truck, you will need a pair of cable jacks (can be rented cheaply) to load it on a full size truck. Exterior has its share of dings and dents but is solid overall. Very comfy cozy camper. it is easy to carry and is large enough to enjoy. price \$360. 250-618-1037 leave message. paththoharmony@yahoo.ca. 01-04

The Islands Marketplace HOROSCOPE

For your daily stars,
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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

We'd all like to think the best of people, but if you let your guard down this week and approach things too casually or informally, you could be misread by someone influential. In love, there can also be misunderstandings. But if you discover a lot about your needs and those of a partner at least a more authentic atmosphere will evolve.

TAURUS Apr 21st - May 21st

The person you're attracted the most to at the start of this week, could be someone who challenges your usual expectations - as far as love is concerned. But whilst this can excite you, in terms of basic compatibility, you could be poles apart. Yet long-term plans can flourish in the second part of this week and Mercury helps to build your ambitions.

GEMINI May 22nd - Jun 21st

If you're one of those kind of Twins who likes to have plans firmly established way before the event, this week can see you start to plan your holiday for later this year. If you've hopes to grow your knowledge base, you can find yourself checking out professional courses and long distance learning opportunities. A job may tantalise, but will it happen?

CANCER Jun 22nd - Jul 23rd

The rest of January can be important for your resources and you could be introduced to a new financial advisor or product during this time. Just remember that people are not always sincere, and it should be a case of Buyer Beware. Fortunately, a helpful angle in the second half of this week suggests initial discussions can be productive.

LEO Jul 24th - Aug 23rd

Relationships are just like any area of life, sometimes they require a fresh approach to avoid things becoming staid an overly predictable. The good news is that the move of Mercury can help you to sharpen-up your appreciation of a partner's point of view. This will see you take different views less personally, and help you to meet in the middle.

VIRGO Aug 24th - Sep 23rd

Your specialisation is the detail of things. Now, if you're a bit forgetful at times, this may make you wryly smile, but the fact is that all those nitty-gritty issues that most of us struggle around, you manage with aplomb. If time constraints have meant that a few basics in your world have drifted, now it's time to get back on top of them.

LIBRA Sep 24th - Oct 23rd

A more sociable and outgoing you can start to emerge, from the start of this week. You could even find yourself having some flirty banter, particularly with someone you work with, or get to know in an everyday situation. The bus queue? Yes, that's the type of thing! Yet at work, you can find yourself tasked to do something diligently behind the scenes.

SCORPIO Oct 24th - Nov 22nd

A planetary battle between your two ruling planets that's raged since the year began recedes. Cash or shared issues can be less corrosive or you can start to enjoy the fruits of your labours. An evening class, learning a hobby can also appeal, but you will need to make a space for this at home or by the end of the month, domestic life can crowd in.

SAGITTARIUS Nov 23rd - Dec 21st

Sultry Venus continues to draw so much goodness your way. Your word power is also enhanced and this can help you to woo someone new. Just don't expect someone close to be particularly impressed with your wandering eye. Or will your current beau cause a few ripples? A weak tie can soon fade if family and friends are unimpressed.

CAPRICORN Dec 22nd - Jan 20th

The feeling that you've not been in the picture, that has clouded the first part of this year, now starts to melt away. This is still an excellent time to assert new hopes and plans, but with the Quarter Moon it'll be important to hold with your beliefs - even if events test your resolve. Cash? Never an easy month, but now you can start to sort things.

AQUARIUS Jan 21st - Feb 19th

You're mental energy revives at the start of this week, but this can also see you spending money with abandon, well, nearly! If you've a love target, you may indulge them, but how would you feel if your advances were spurned? The good news is that a project that's trodden water can pick up momentum. Confidential discussions also go well.

PISCES Feb 20th - Mar 20th

The last three years has emphasised your need to be a free spirit or to break free of limiting ties. Yet if you're introduced to a new partners' folks this week, it'd be better to play safe. Getting to know people slowly is a safer option than trying to make a big impression. Yet such a new tie, or in a professional context, could end up enduring.

RVS

8 ft. Okanagan camper with 3 way fridge, working stove, jacks, no leaks. Call Norm at 537-0695 or visit 401 Robinson Road. 01-04

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32 foot Kingsley 5th wheel RV, 1993 deluxe model by Gulf Stream, excellent condition, super slide, high ceiling in bedroom. On Salt Spring Island, price of \$17,000 includes allowance for relocating it on island and external cleaning/winterizing. phone: 250-537-5931. 01-04

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RECYCLING

RECYCLING

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Upcoming issues of The Islands Marketplace...

Watch for stories and features on home improvement, gardening, automotive and marine in our spring issues. Contact us if you have something you'd like to publish

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Reader's Survey

In our efforts to serve you better in 2008, we'd like your input on The Islands Marketplace Free Classified Ad Magazine.

What do you like best/least about The Islands Marketplace?

What would you like to see/read for editorial content in future editions?

Would you like to see a "Letters to the Editor" section?

Where do you pick up your copy of The Islands Marketplace?

Is the layout and design easy or difficult to read?

Do you think The Islands Marketplace promotes local business and tourism to off-island shoppers? Do you think it helps our local economy?

Last summer we featured a Ganges Village Map which many tourists enjoyed using. What other features might appeal to our island visitors?

Has The Islands Marketplace helped you buy, sell or trade something?
Do you read our Horoscope, and if so, what do you think?

Do you do the crossword puzzle?
Have you visited our website recently?
Do you support or belong to a non-profit group that would benefit from free advertising? If so, which organization is it:

Any other comments:

Please mail or drop off your survey to The Islands Marketplace at 301 Mobrae Ave., Salt Spring Island, BC V8K 1J7, or clip out and drop off this form to our drop box at Apple Photo, McPhillips Ave, Ganges or email us your comments to info@islandsmarketplace.com

The Islands Marketplace wants to hear YOUR voice in the community.

SIGNS

Large digital signs, banners, magnetic signs and sandwich boards, printed on durable adhesive or double sided vinyl material. Call Sandi at 537-2905 for prices.

SPORTING GOODS

Windsurfer board, long, good for beginners, with mast, boom and sail etc. \$100. Phil at 537-4514.

WANTED

Wanted - 2 Suzanne Somers thigh masters. 537-1060. 02-29

Passionate sailor, needs free boat. phone: 294-3986. 02-01

I am seriously looking for someone to teach me how to weave. I currently live on Pender Island, but am willing to "commute" to lessons if I have to. I have no loom yet. phone: 250-516-9709. 02-01

Young collector wishes to purchase old coins and paper money. Phone 653-9465. 02-01

The Core Inn Youth Group desperately need new pool table. Please call Liz at 537-5651 with any offers. 01-18

Elliptical Trainer (like the Free spirit) for cheap or free! Please call 537-8829. 01-18

Wanted: CPAP machine in good condition. Ph: 250-537-0052. 01-18

**NEXT ISSUE:
FEB. 1, 2008**

WANTED

Household furniture and accessories, in good shape. Prefer 3/4 bed. New to area, need everything. Cell: 857-7728. 01-04

Bathroom vanity, sink, tub, and fixtures required. Preferably in white. Phone 537-2905.

WORK WANTED

Construction, carpentry, roofing, dry-wall, painting or tiling services available. Call Ron at 653-9735. 02-01


Experienced house keeper/caregiver open to new clients and work opportunities. Reliable and meticulous. Wage determined by client's mean. 653-4131. 02-29

Professional, reliable painter available. Reasonable rates. References. 537-0784. 02-29

Production worker. sewing, finishing, packaging etc. \$15/hr. with own vehicle. 537-8480. 02-01

ChildCare. Need a nanny? Experience and some education. Available to work Sunday, and also Monday Mornings. Will look after your child/children with/without special needs, physical/mental. Own reliable car and can provide drivers abstract. phone: 537-8792. 02-01

Excellent Painter. Call Gordon 538-8541. 01-18

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

CROSSWORD PUZZLE ANSWERS

Answer for this issue's puzzle
Provided by BestCrosswords.com Used with permission.

1	L	2	O	3	O	4	P	5	S	6	A	7	L	8	O	9	N	10	C	11	A	12	S	13	E	
14	E	15	D	16	G	17	E	18	A	19	L	20	I	21	V	22	E	23	24	25	26	27	28	29	30	
31	E	32	D	33	E	34	N	35	T	36	A	37	K	38	E	39	S	40	L	41	A	42	I	43	D	
44	S	45	E	46	N	47	T	48	I	49	M	50	E	51	N	52	T	53	A	54	L	55	I	56	Z	E
57	A	58	A	59	A	60	R	61	O	62	N	63	L	64	I	65	N	66	E	67	68	69	70	71	72	73
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91	R	92	A	93	N	94	T	95	C	96	O	97	R	98	P	99	O	100	R	101	102	103	104	105	106	107
108	A	109	N	110	I	111	A	112	C	113	I	114	D	115	I	116	T	117	118	119	120	P	121	O	122	I
123	M	124	I	125	T	126	I	127	G	128	A	129	T	130	E	131	S	132	B	133	134	135	136	137	138	139
140	M	141	A	142	T	143	E	144	T	145	R	146	A	147	C	148	E	149	S	150	151	152	153	154	155	156
157	A	158	D	159	O	160	P	161	T	162	S	163	P	164	R	165	A	166	T	167	168	169	170	171	172	173
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229	R	230	E	231	S	232	P	233	E	234	L	235	T	236	S	237	E	238	239	240	241	242	243	244	245	246

Learn how to "butt out"

With National Quit Smoking Week coming up here are some tips I found online to motivate you, if you are prepared to try to quit.

Prepare Yourself:

- Decide positively that you want to quit. Try to avoid negative thoughts about how difficult it might be.
- List all the reasons you want to quit. Every night before going to bed, repeat one of the reasons 10 times.
- Develop strong personal reasons in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting for a light, etc.
- Begin to condition yourself physically: Start a modest exercise program; drink more fluids; get plenty of rest; and avoid fatigue.
- Set a target date for quitting - perhaps a special day such as your birthday, your anniversary, or National Quit Smoking Week. If you smoke heavily at work, quit during your vacation so that you're already committed to quitting when you return. Make the date sacred, and don't let anything change it. This will make it easy for you to keep track of the day you became a nonsmoker and to celebrate that date every year.

Know What to Expect:

- Have realistic expectations - quitting isn't easy, but it's not impossible either. More than 3 million Americans quit every year.
- Understand that withdrawal symptoms are temporary. They usually last only 1-2 weeks.
- Know that most relapses occur in the first week after quitting, when withdrawal symptoms are strongest and your body is still dependent on nicotine. Be aware that this will be your hardest time, and use all your personal resources - willpower, family, friends to get you through this critical period successfully.



- Know that most other relapses occur in the first 3 months after quitting, with situational triggers - such as a particularly stressful event - occur unexpectedly. These are the times when people reach for cigarettes automatically, because they associate smoking with relaxing. This is the kind of situation that's hard to prepare yourself for until it happens, so it's especially important to recognize it if it does happen. Remember that smoking is a habit, but a habit you can break.
- Realize that most successful ex-smokers quit for good only after several attempts. You may be one of those who can quit your first try. But if you're not, don't give up. Try again.

Get Help from Others:

- Bet a friend you can quit on your target date. Put your cigarette money aside for every day, and forfeit it if you smoke. (But if you do smoke, don't give up. Simply strengthen your resolve and try again.)
- Ask your spouse or a friend to quit with you.
- Tell your family and friends that you're quitting and when. They can be an important source of support, both before and after you quit.

WAYS TO QUIT:

- Switch brands. Switch to a brand you find distasteful. Change to a brand that's low in tar and nicotine a couple of weeks before your target date. This will help change your smoking behavior.

Cut down the number of cigarettes you smoke

- Smoke only half of each cigarette.
- Each day, postpone lighting your first cigarette 1 hour.
- Decide you'll smoke only during odd or even hours of the day.
- Decide beforehand how many cigarettes you'll smoke during the day. For each additional cigarette, give a dollar to your favorite charity.
- Change your eating habits to help you cut down. For example, drink milk, which many people consider incompatible with smoking. End meals or snacks with something that won't lead to a cigarette.
- Reach for a glass of juice instead of a cigarette for a "pick-me-up."
- Remember: Cutting down can help you quit, but it's not a substitute for quitting. If you're down to about seven cigarettes a day, it's time to set your target date and get ready to stick to it.

Don't Smoke "Automatically"

- Smoke only those cigarettes you really want. Catch yourself before you light up a cigarette out of pure habit.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day, and the sight and smell of stale butts will be very unpleasant.
- Make yourself aware of each cigarette by using the opposite hand or putting cigarettes in an unfamiliar location or a different pocket to break the automatic reach.
- If you light up many times during the day without even thinking about it, try to look in a mirror each time you put a match to your cigarette - you may decide you don't need it.

Make smoking inconvenient & unpleasant

- Stop buying cigarettes by the carton. Wait until one pack is empty before you buy another.
- Stop carrying cigarettes with you at home and at work. Make them difficult to get to.
- Smoke only under circumstances that aren't especially pleasurable for you. If you like to smoke with others, smoke alone. Turn your chair toward an empty corner and focus only on the cigarette you are smoking and its many negative effects.
- Collect all your cigarette butts in one large glass container as a visual reminder of the filth smoking represents.

**JANUARY 21 – 27, 2008
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Raven Street Market
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The Fulford Inn
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SS Natureworks
The Book Exchange

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The Corner Store
Mayne Island:
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Saturna Island:

Saturna
General Store

Denman Island:

Denman
General Store

N. Pender Island:

Southridge Farms
Island View
Paper Works
Dockside Realty
Medicine Beach
Market
Driftwood Auto
Centre

Crofton:

Lito's Cafe
Java Bay Cafe
Galletto Market

Chemainus:

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