

THE ISLANDS

Marketplace

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FREE CLASSIFIED ADVERTISING
EVERY SECOND FRIDAY

JULY 10, 2009

FREE

Volume 3 Issue 20

THE CROFTON CORNER

**FEATURE:
SECRET ALIENS
AMONG US**

SUMMER CONTEST

SALTSPRING DINING GUIDE

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

The Tuesday Farmers Market at the United Church meadow on Salt Spring Island offers something for everyone, including these beautiful flowers displayed here by market vendor Bonnie Curran. S. Peystila photo

The Gulf Island's Free Buy and Sell Magazine

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Okay, where'd it go? The sunshine, that is... has Mother Nature been spoiling us with her embracing warmth?

At least the weather was wonderful on my recent trip up north. Celebrating my friends 40th birthday, a group of us women (a.k.a. goddesses) enjoyed a full day of kayaking on Quadra Island. The best part was that the kayak company gave us 25% off as part of their "staycation" incentive. What a great idea! It is a good way to keep local money in circulation while allowing residents to enjoy their "backyard bounty."

In this summer's "Bucket List" contest the Islands Marketplace challenges our readers to try new experiences... things that they've always wanted to do, but have never gotten around to doing. Let's keep our local dollars here while we become a tourist in our own town and get out to experience everything that Salt Spring has to offer. We spend too much time working hard and not enough time hardly working....

This summer, my bucket list includes kayaking (did it!); wine-tasting-tour (next weekend); camping at Ruckle Park, an overnight trip to Wallace Island and the big one... skydiving (knees are currently shaking). So email The Islands Marketplace, with your summer "staycation" or "bucket list" experiences. Remember what Jack said "All work and no play makes Jack a dull boy."

Enjoy! – Sandi

Phone Number Prefixes:

210 - Chemainus, 246 - Crofton
 245 - Ladysmith, Saltair
 539 - Mayne & Saturna Island
 629 - Pender Island
 722 - Cedar & Yellowpoint
 737 - Duncan
 739, 741, 754, 758 - Nanaimo
 746 - Cowichan Valley
 748 - Duncan
 479, 213, 385, 387, 514, 590,
 686, 885 - Victoria
 537, 538, 653, 931, 930 - Salt Spring

ANTIQUES

Sewing machine, Seamstress Rotary A. Electric motor is working. Open to offers. See photos at <http://www.salt-springgail.com/Sewing.html>. Phone: 250-257-5021. 07-24

Four matching clawfoot tub feet. \$60. 250-537-4655. 08-21

SSI Antiques & Collectibles Show & Sale. Ancient, Vintage, Retro. Jewellery, paintings, glassware, beads, etc. Last Saturday(s), July thru September. United Church, Ganges. Info 250-931-7777. 06-26

APPLIANCES

Stove top cooker, unused, \$95. 250-538-1789. 08-07

Bissell carpet cleaner with upholstery attachment. \$30. Crofton. 250-710-5048. 08-07

Kenmore washer/dryer combination. 5 yrs old. exc condition. \$600 obo. 250-537-6934. 08-07

Maytag fridge (3yo), 30"x68"x29" asking \$550. Frigidaire Upright Freezer, Heavy Duty Commercial freezer appx. 32"x66"x39", asking \$450. Both in good working order. 537-9879. 08-07

APPLIANCES

Brand new GE Ice Maker (mounts inside freezer) - \$90. Still in Box. 20 minutes to install. Email: mokydon@gmail.com. Victoria 250-590-6122. 07-24

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About The Islands Marketplace:

Place your free ad if you are buying or selling non commercial items, by calling our number, emailing us, uploading your ad on our website or dropping your written ad off at Apple Photo. You can also mail it to us via Canada Post. Your ad will run for 4 issues and be coded with a number indicating the month and date that it will stop running. To repeat or delete your ad, please contact us. Ads may be edited for space or omitted for content. We accept no responsibility for errors or omissions. Our goal is to promote recycling and local small business with affordable advertising. We cover our printing, distribution and administration costs with paid business advertising. Press releases, stories, photos and comments are always welcome and greatly encouraged.

ARTS & CRAFTS

Weaving Loom - 36" Floor Leclerc 4 shaft Counterbalance "Fanny" model c/w Bench and many accessories including instructions. Present value over \$3000. Estate sale price \$695. Call 250-537-5779.. 08-21

100% Canadian Organic Hemp hull for use in stuffing - \$2.50/lb - bulk discounts available. Call Brian 250 537 1792 or visit www.destinationom.com. 06-26

AUTOS FOR SALE

Dodge Tradesman, 1978, camperized with fridge, stove and furnace. Everything works. \$750 obo. Call for Sylvia. 08-21

1994 Ford Explorer and 19?? Yamaha 350(?) bike-not sure of size. Will swap for boat of equal value or just bike for wood chipper oev. or what have you. Rick @ 537-0725. 08-21

1992 Mazda protege se, good island runner, 5 speed, cheap on fuel....\$750.00. Phone: 250-537-0745. 08-21

1995 Plymouth Neon: 4 door, 4cyl., auto, 248,000 km, new stereo, rad & fuel pump. excellent condition in & out. great students car. \$2000 obo Phone: 250-537-9903. 08-21

1990 Toyota 4Runner 4x4 SR5 V6 Automatic, 4 door, Red, One Owner, Full Service History at Metro Toyota Victoria, excellent condition, privacy glass, power window in tailgate, no rust, lots of chrome, 25K on engine rebuild, 300K, needs nothing. excellent daily driver in all weather, one vehicle too many - open to offers. Phone: 250-653-2301. 08-21

1979 Ford Econoline. 351 Windsor. New exhaust. Raised roof. Fully camperized. Table, bed, fridge, stove, oven, hoods. Asking \$900 obo. Phone: 250 538-2205. 08-21

Ford van 3/4 ton, full size 250, partially camperized, low mileage engine, dual tanks, all season radial on spoke rims. Good shape, some rust. \$1500. 250-537-5317. 07-24

AUTO REPAIRS

AUTOS FOR SALE

1990 Honda Civic 4dr Wagon. Automatic transmission 1.5l fuel efficient peppy engine. Taupe in colour with light brown interior. This car has 15" wheels and a new engine less than 50,000km ago. Great island car not a beater. Asking \$2500. 250-537-2015.. 08-21

1998 Mazda Protege: 4-door, red, manual transmission, very good condition i.e. one owner & regular maintenance, 116,000 km, radio & tape-player, roof rack & "quick chains", \$4,000. Richard Willmott @ 250-537-8343. Phone: 250-537-8343. 08-07

1988 Pontiac Firefly. Excellent tires, excellent motor, drives like a dream on & off island. Needs some cosmetic fixing up. First \$150 takes it! Phone: 250-931-1008. 08-07

1995 F250 4X4 Diesel Ext Cab, 5 spd new clutch, clean interior. Lots of options must see at \$4000 Call Bruce 661-6343 Phone: 250-661-6343. 08-07

1996 Dodge ram 1500 Magnum V6 2x4 auto with O/D 189000 kms, transmission needs work, and some cosmetic work also. Runs and drives fine, comes with new windshield (needs to be put in) No rust, recent shocks and brakes. Timing chain replaced at 175000 km. offers on \$900. 250-537-4554. 08-07

1996 Ford Explorer, blue, auto, V6, 4wdr, a/c, etc. Must sell. \$2995 obo. 537-6415. 07-24

1992 Toyota Celica, 250,000kms, runs fine. \$2800 negotiable. 538-8393 07-24

1999 Chev Malibu, white, grey interior, 4 door, 130,000kms, auto, p/w, a/c, good tires, works great, drives like a dream. \$3500. 537-9735. 07-24

1991 Subaru Loyale, rusty but sound. All receipts available. \$1,000 firm. 537-5793. 07-24

1993 Toyota Camry LE V6. Loaded with options inc leather, sunroof, ABS, Cruise, AC, CD, new all seasons. Priced to sell quick \$2500. Phone 250-537-2286 or email thambrook@telus.net. 07-24

AUTO REPAIRS

AUTOS FOR SALE

1990 Honda Accord: auto, power windows etc. Nice shape. Good reliable island car. \$1700. Phone: 250-653-0094. 07-24

1986 Chevy S-10 pickup, good running order, brown exterior. New parts, diamond plating in the truckbed. Big stereo with Cd, Am/Fm. \$1000. 537-9107. 07-10

2003 Chevy Blazer LS, Midnight blue, 6 cyl., 4x4, automatic. Has just over 100,000 kms, p/w, p/d, a/c, cd player, tow package. Excellent condition. tinted windows. Call 250-653-2046. 07-10

AUTO SUPPLIES

AUTOS FOR SALE

1983 Toyota short-box 4x4 \$1,500 with brand new tires, \$1000 without. Call Seth @ (250) 653-2435. 07-10

1965 Handi-Van GMC. Project. \$1000 O.B.O. Call Seth @ (250) 653-2435. 07-10

1994 Ford Explorer. 4 door, 4X4, looks good, runs well. \$1400. Phone: 537-0725. 07-10

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The Islands Marketplace CALENDAR OF EVENTS

FRIDAY, JULY 10

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

LIVE MUSIC outside on Shipstone's Patio at 7:30pm

Live music with Sunyata at the Treehouse Café in the heart of Ganges.

Arthur Black's new audio book "Planet Salt Spring" Book launch at 7pm at ArtSpring.

Stretch to Mozart at Ganges Yoga studio. Everyday stretches for the every (day) body With Catherine Bennett from 11 to 12 noon.

Tango Dance practica, from 8- 10pm at the Core Inn. Third Floor. Call Keith for details. 537-1544.

Live music with Harry Warner and friends at SS Vineyards from 2-4pm, 151 Lee Rd.

Rooster Dollarhide Auction Events at the Fulford Inn, 2pm. Bring your stuff to sell. Email us at: dollarhideauctions@live.com.

SATURDAY, JULY 11

Lady Minto Hospital Foundation Golf tournament and dinner. Prizes, silent auction and more. Have fun and support our hospital. Call 250-538-4845 to register or visit: www.ladymintofoundation.com

Live music with Sunyata at the Treehouse Café in the heart of Ganges.

African Dance Party at the Beaver Point Hall at 8:30pm with Wontanara Drum & Dance.

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.

Crofton Market, Local Artisans, vendors, crafts, jewelry, baking and more. 9am to 2pm. Beside the Ferry Terminal!

SSI Antiques & Collectibles Show & Sale. Ancient, Vintage, Retro. Jewellery, paintings, glassware, beads, etc. United Church, Ganges. 10am - 4pm. Info: 250-931-7777

SUNDAY, JULY 12

Live music with Stephanie Rhodes at the Treehouse Café in the heart of Ganges.

Ballroom Dancing on Saltspring with Victoria Ballroom Dance Society certified instructor. Starting July 19 - call Kathy at 250-537-5058 or email weisfam@ssisland.com

Barley Bros. Live Music at the Fulford Inn.

MONDAY, JULY 13

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

Meditation Groups - Osho Kundalini Moving Meditation from 5:30 to 6:30pm and The Eckhard Tolle Practicing presence group at 7:30pm Drop-in. Call Amrita - 537-2799.

Eckhart Tolle - Practising Presence Group from 7:30 - 9:00 pm. Drop in group. Call Amrita at 250 537-2799 for details.

Osho Kundalini Meditation from 5:30 - 6:30 pm. Drop in. Call Amrita at 250 537-2799.

MONDAY, JULY 13

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

Live music with Patrick Bealy at the Treehouse Café in the heart of Ganges.

Kundalini Dance Session - Transformational Ecstatic Dance from 7 - 9pm at the Core Inn, 3rd Floor, 134 McPhillips Ave, Ganges, SSI. kaia@globalambient.com

TUESDAY, JULY 14

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

Farmer's Market in the Meadow on Hereford Avenue. Organic, fresh, locally grown produce. 10 am til 2pm

Blues night with Gene Grooms at the Harbour House Hotel. 7:30pm

Open Mic Night at the Treehouse Cafe with David Jaquest.

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

WEDNESDAY, JULY 15

Outdoor exercise class on saltspring. 6am meet an Benjamin Moore and More. Call Coralee at 250-931-4443or see you there.

Music, Dance and Sound Yoga - Alain Besson's last concert on Saltspring with special guest Fabienne Huygen at 8pm at ArtSpring. Tickets at ArtSpring.

Follow That Reader: summer reading club at the Library. New adventures in reading, activities, and prizes for readers each week. 6-12 years. 1-2 PM at the library, McPhillips Ave, Saltspring.

FAMILY FITNESS at Portlock Park, 10:00 - 11:00. Walk around the track with baby in the stroller while kids join facilitator for a play in the park or in the portable. Rain or shine!

THURSDAY, JULY 16

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

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

ArtSpring Treasure Fair, silent auction and cash and carry from 10am to 5pm. Jackson Ave.

Asian Home Decor Sale at Mayne Island Agricultural Hall, 430 Fernhill Rd., 11-6pm. www.kebeandfast.com

Alan Gerber Boogie Woogie Outdoor Chicago Blues Show at Art Spring Patio at 7:30pm. New album "Queen of Hearts". His gospel fusion style supported by his expert musicianship on piano, guitar and fiddle captivates the listener from beginning to end. His highly entertaining one man show is driven by his incredibly generous energy, eccentric stage antics and love for the people. www.alangerber.com

FRIDAY, JULY 17

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

FRIDAY, JULY 17

Live Music with Planet Music at the Treehouse Cafe, under the plum tree, in the heart of Ganges. www.treehousecafe.ca

Stretch to Mozart at Ganges Yoga studio. Everyday stretches for the every (day) body With Catherine Bennett from 11 to 12 noon.

Tango Dance practica, from 8- 10pm at the Core Inn. Third Floor. Call Keith for details. 537-1544.

Runaway Moon and Graffiti Theatre presents The Labyrinth, a retelling of the myth of Theseus and the Minotaur, 7pm at the United Church Meadow on Hereford Ave.

ArtSpring Treasure Fair, silent auction and cash and carry from 10am to 5pm. Jackson Avenue.

SATURDAY, JULY 18

ArtSpring Treasure Fair, Live Auction Event at 8pm. 100 Jackson Avenue.

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 with Tom Hooper at the Treehouse Cafe, under the plum tree, in the heart of Ganges. www.treehousecafe.ca

Runaway Moon and Graffiti Theatre present The Labyrinth, a retelling of the myth of Theseus and the Minotaur, 2 and 7pm at the United Church Meadow on Hereford Ave.

Crofton Market, Local Artisans, vendors, crafts, jewelry, baking and more. 9am to 2pm. Beside the Ferry Terminal!

SUNDAY, JULY 19

10th Annual Fiddle Camp Instructors Showcase Concert at 7:30pm at ArtSpring. 537-2102.

Live Music with Peter Prince at the Treehouse Cafe, under the plum tree, in the heart of Ganges. www.treehousecafe.ca

Ballroom Dancing on Saltspring with Victoria Ballroom Dance Society certified instructor. Starting July 19 - call Kathy at 250-537-5058 or email weisfam@ssisland.com

Runaway Moon and Graffiti Theatre present The Labyrinth, a retelling of the myth of Theseus and the Minotaur, 2 and 7pm at the United Church Meadow on Hereford Ave.

Live Jazz Music with Sue Newman at Moby's Oyster Bar.

Barley Bros. Live Music at the Fulford Inn.

MONDAY, JULY 20

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

Meditation Groups - Osho Kundalini Moving Meditation from 5:30 to 6:30pm and The Eckhard Tolle Practicing presence group at 7:30pm Drop-in. Call Amrita - 537-2799.

Eckhart Tolle - Practising Presence Group from 7:30 - 9:00 pm. Drop in group. Call Amrita at 250 537-2799 for details.

MONDAY, JULY 20

Osho Kundalini Meditation from 5:30 - 6:30 pm. Drop in. Call Amrita at 250 537-2799.

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

Kundalini Dance Session - Transformational Ecstatic Dance from 7 - 9pm at the Core Inn, 3rd Floor, 134 McPhillips Ave, Ganges, SSI. kaia@globalambient.com

TUESDAY, JULY 21

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

Farmer's Market in the Meadow on Hereford Avenue. Organic, fresh, locally grown produce. 10 am til 2pm

Blues night with Gene Grooms at the Harbour House Hotel. 7:30pm

Open mic Night at the Treehouse Cafe with David Jaquest.

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

WEDNESDAY, JULY 22

Outdoor exercise class on saltspring. 6am meet an Benjamin Moore and More. Call Coralee at 250-931-4443or see you there.

Live Music with Fiddleworks at the Treehouse Cafe, under the plum tree, in the heart of Ganges. www.treehousecafe.ca

Song Writing Workshop with Valdy - Join Canadian folk icon Valdy for a delightful 2 day workshop. Learn to write and edit original materials. Song writing, structure, Editing, dissecting, analysing and fine-tuning will inspire and rejuvenate the process. Local: (250) 335-1224. Toll Free: 1-888-335-1221. www.artsdnman.com

Follow That Reader: summer reading club at the Library. New adventures in reading, activities, and prizes for readers each week. 6-12 years. 1-2 PM at the library, McPhillips Ave, Saltspring.

FAMILY FITNESS at Portlock Park, 10:00 - 11:00. Walk around the track with baby in the stroller while kids join facilitator for a play in the park or in the portable. Rain or shine!

THURSDAY, JULY 23

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

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

Song Writing Workshop with Valdy - Join Canadian folk icon Valdy for a delightful 2 day workshop. Song writing, structure, Editing, dissecting, analysing and fine-tuning will inspire and rejuvenate the process. Local: (250) 335-1224. Toll Free: 1-888-335-1221. www.artsdnman.com

UPCOMING EVENTS:

Email us your event listing. See below. Our next issue is Friday JULY 24. The deadline is Tuesday, July 21.

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

Advertise your event here for FREE! Call 537-2905 or toll free 1-877-537-2905. Email : info@islandsmarketplace.com for the next edition - July 24

AUTOS FOR SALE

1971 MGB Convertible, Exterior Orange, Interior Black/brown vinyl. Only 96000 original miles of which about 1200 on a rebuilt engine. This Classic car is in Excellent condition with maintenance and servicing up to date. (Records available) Over \$15,000 in servicing done by licenced mechanics. Manual transmission, new soft top, new paint, new brakes, new clutch. No rust. White wall tires, spoke hubs. Includes tonneau and full car cover. Asking \$ 6,900 obo. (van_oeveren@telus.net) 250-537-2888. 07-10

1993 Chevroley Cheyenne, In excellent condition, step side, double set of rims, new battery and brakelines. \$5500 OBO. Phone: 250-537-9629. 07-10

2008 Royal Blue Honda Fit nonsmoking car really really clean. Only has 16000 km automatic. Asking \$18,000 gets great gas mileage cost about \$30 to fill tank. I need bigger vehicle. Kelly. Phone: 250-931-4446. 07-10

Sell your car in The Islands Market place... for free.

COLLECTOR CARS

1978 Mercedes 450sl convertible. Has collector plates, great like new soft top and optional hard top included. Tan interior, metallic brown exterior. Asking \$9500. Phone 250-537-2015. 08-21

AUTO PARTS & ACCESS

Set of early Toyota Landcruiser seats, good condition. Asking \$100 all. 250-653-2354. 08-07

5L. Top coat auto paint, electron blue, comes with clear coat and thinners. valued @ 1000, asking \$500. Call Seth @ (250) 653-2435. 07-10

BICYCLES

18 speed touring bike, comes with rack & panniers (carrying bags), suitable for traveling, commuting (groceries, etc.) \$180. Call 250-537-4514. 08-07

Two bicycles. Raleigh Matterhorn black mountain bike..multiple gears. \$60. Pro Tour 3 - speed.. colour is red w/chrome fenders.. \$50. Both are in need of tune ups and air. Will take \$100 for both.. cash please. Lance. 537-0710. 08-07

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Has the sun finally set on the Crofton Mill?

The Crofton mill was recently seen with only two stacks producing smog and pollution. S. Poystila photo

By Sandi Poystila

The once booming pulp and paper industry is slowing down to a dull roar. After years of production and change, the west coast mills are shutting down, one by one.

On a recent visit to Campbell River, the closure of the Catalyst owned Elk Falls Mill was very noticeable. The air was free of the undeniable stench of toxins and pollution. The ocean breezes were refreshing and enjoyable.

The closure in Campbell River had a definite negative impact on the economy. The oceanside route going into town seemed like a giant garage sale, with cars, boats, motorhomes and numerous homes all for sale along the road. Behind the bargains and deals, lives were being hit hard as families are trying to navigate through the financial uncertainties.

Is this the price to pay for clean air? Is this what is going to happen to Crofton, I wondered.

The Crofton mill's website states

"The unprecedented layoffs within the salaried workforce reflect the severity of recent demand declines and the likelihood that curtailed production will not restart in the short term.

The severance of 42 employees will be completed over the next few months as the business continues to streamline its corporate structure and support functions. Staff layoffs will take effect June 8, 2009.

"This is an exceptionally difficult time in the industry and current market conditions cannot support the current staffing level," said Richard Garneau, president and chief executive officer."

The inevitable shut down of the mill is most likely welcome news for supporters of the 2004 Clean Air Concert. With performances by Neil Young, Barenaked Ladies, Randy Bachman, and Tal Bachman, the concert raised \$50,000 for an environmental impact study of the pulp mill in Crofton.

The independent study was commissioned by the Crofton Airshed Citi-

zens Group, which claims government standards for pulp-and-paper emissions are insufficient.

Despite all the lobbying, studies and concerns, it is clear that our natural resources can no longer handle our abuse and misuse. One way or another all of us are going to have to radically change our lifestyles and endure drastic readjustments to our way of life, and our economics. It is a frightening thing to have the economic stability of our lives and our families shattered. For better or worse all of us are in the same boat, we will have to help each other see beyond these dark times.

Once the smog has settled, we may be losing jobs, but we will be saving our planet, and preserving a future for our children and grandchildren.

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COMING EVENTS

Barbara Marie Slater of Soul Food and co. will be hosting a UBUNTU! Community/family sing. All Saints by the Sea on June 28th, from 3 through 4:30, with all proceeds donated to the Copper Kettle. No experience necessary, all ages and levels are welcome.

Upcoming Event?
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Children's Summer Clay Camps at Creative Fire Studio from July 13 to 17th from 10 to 12am each day and August 3 to 7. Contact Tracy Harrison, Creative Fire Art Studio, 1375 Beddis Road. 250-538-0144. www.creativefirestudio.com

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"Secret Aliens Among Us"

By Jim Anderson

As a society we appear to be obsessed with aliens. Spacecraft probes flung out into deep space carry plaques and messages in 55 languages. "Greetings from Earth." "Here we are...stop by anytime." Arrays of parabolic dishes and sophisticated antennae listen day and night for any signals from deep space. There are television programs, videos and movies about space travel; boldly discovering other worlds, and "contact" with new, bizarre and incredible life forms. Alien abductions, invasions and autopsies. Secret government Blue Books and conspiracies. It is a tidal wave of alien fixation. It is more than a simple curiosity, fascination and fear of that which is strange, foreign and shocking.

Perhaps in a desperately troubled world we secretly hope "they" will be able to give us answers to the overwhelming problems that we seem to have no hope of resolving here on earth. World-wide pollution. Social disintegration. Sickness. Disease. Aging. Global inhumanity. Spiritual bankruptcy. Perhaps "they" might know the secrets to the eternal enigmas of "What we were created for", and "What universe really means...and Why?" Encounter with aliens might be the salvation for our entire troubled and disintegrating world. Who is to say? It may be.

But are we really ready? If it were to happen tomorrow, would we be able to listen and absorb what they had to say? Would we be ready for whatever unimaginable new ideas and thoughts they may bring with

them? Could we reach out and meet them halfway? I don't think so.

Listen:

There are already secret aliens here among us, right now. Millions of years before our ancestors left the trees and the caves they were living here in an alien world interwoven, surrounded and immersed in a waterfall of sound. Instead of a world of air, light, reflection, refraction, color and brightness, their world comes alive with frequency, amplitude, wavelength, echoes and vibration. Their amazing acoustic abilities illuminate a universe and a living existence we can only dream about. We may think we are similar, but in truth they are from a world totally different than ours. I refer of course to the Cetaceans. The dolphins, the porpoises and the whales.

We know so precious little of what is really happening in that huge mind that has evolved for eons in an environment so radically different than ours? Some believe that with their sophisticated echolocation abilities they possess the ability, by "sounding" internal organs, to directly sense emotions, mind states and moods of others. They may somehow communicate directly in images, or mind pictures. Whole pods may instantaneously experience "as one" information and responses from sound imaging or echolocation... a living example of the human concept of "It takes a village." No one knows for sure. The simple truth is that we still have no idea what they are thinking.

Why?



This baby humpback whale narrowly missed the prop from this sailboat. Current laws state that all marine vessels must keep 100 metres away from whales and other marine mammals and must slow their speed to 30 knots. Photo by Michelle Hueller. www.michellehueller.com

Establishing true communication with this alien species would require an altruistic interest, a deep concern for them...trying to understand and comprehend universe through their eyes. Meeting them half way.

But, the sad truth is, we are more interested in selfishly using them, and in "training" them to serve our purposes. We have established a rudimentary sign language with them. Hand signals. And basically, it works. They understand and do what we want. They perform tricks and entertain in aquariums for profit. They carry ordinance and weapons for us in strategic defense projects. We try to understand their amazing acoustic communication only enough to develop a "natural sonar" to better equip our submarines and ships. It is a sad tale.

But, there is a functioning alien mind there. And it is not from deep space or some extraterrestrial space civilization. It is right here under our noses. Constant worldwide increases in ocean traffic, and military and scientific experiments and research are creating intolerable underwater noise that is slowly de-

stroying their world of natural, pure sound. These are creatures that have existed on this planet for possibly 100 million years. Are we really so primitive and selfish as to drive them to extinction just because they don't fit into our human world of language, technology and economics? Surely there is something vital we can learn from them...before it is too late?

We must somehow stop using these mystical creatures of the deep for our own short-sighted and selfish purposes. Here on "Spaceship Earth" you and I have to find the way to stop the disintegration of our civilization and to see universe from the higher ground of a universal consciousness where all life is sacred. And there isn't a lot of time left. It has been a long time coming. But we may be a long time gone into silence.

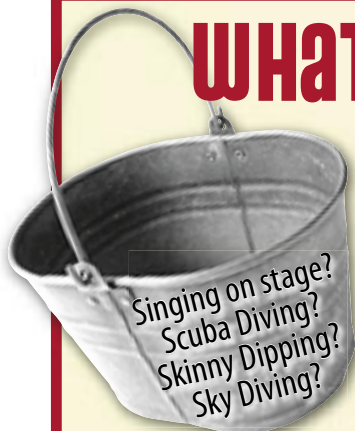
Perhaps the cetaceans will miss us?

No...Probably not.

Jim Anderson is a writer living on Saltspring. He is working on a metamorphosis of the human mind.

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SPICY FOODS: DELICIOUS AND GOOD FOR YOU ...

Almost all my life I have been cooking for people. My mother was an excellent cook and she passed on exotic recipes and delicious dishes that she loved to prepare for my Dad and our family. I have inherited this love of cooking and have been cooking for restaurant customers, friends and family ever since.

And most of all I love to cook spicy food. Through the years spicy foods have become more and more popular, as we all have become more international and have been exposed to hot and spicy foods from Asia, the Middle East and Latin countries. More and more of us are learning to love these foods. Spices are like an aphrodisiac. Our hearts beat faster, our eyes tear, our noses run and we sweat. (Enjoyably so). Spices make us feel alive, our metabolism and energy levels increase and we feel uplifted, particularly in our bland lives, or in the doldrums of winter. (Heats up the innards)

But what I find most exhilarating is that the curries and the hot dishes I prepare are also very healthy for us. Jalapeno peppers have three times more vitamin C than oranges, with antioxidants and other good things like Niacin. The active ingredient in hot chilli peppers is called capsaicin. Studies have shown that it improves circulation, relieves pain and, fights cancer. And, when the tongue burns and we feel the pain of hot, spicy peppers the body is kind of tricked into releasing "endorphins" that make us feel good and help us heal. Other spices that give us hot food like Garlic, Ginger, Curcumin and Turmeric have been known for centuries for their beneficial circulatory, systemic and infection fighting properties.

So spicy foods are not only simply invigorating and delicious, they are amazingly good for you too.

Here is one of my favourite recipes,

SPICY LENTIL SOUP

3 cups red lentils and 6 cups of water	5 whole cloves
1/4 cup vegetable oil	1 small can tomato paste
(1 tablespoon bacon fat-optional)	1 cinnamon stick
1 medium yellow onion finely chopped	3 tablespoons curry powder
1 medium tomato (soft) finely chopped	1/4 cup chopped cilantro
5 cloves of garlic minced	1/2 teaspoon salt


Rinse the lentils in a deep sauce pan and rinse with cold water until its clear, place on heat and boil for 5 to 7 minute. Place the oil in a pan on high, once hot add the cinnamon, cloves and onions - stir in the beginning and once again when the onions are brown (nearly black). Add the tomatoes and curry powder - keep stirring to a soft paste texture. Turn the heat down and pour the lentils into it and stir. Top with chopped cilantro. Add a little more water if required (Not to much other wise you will lose the taste of the curry) Bon appétit'

May be enjoyed with chapatti or naan also - it can be served over basmati rice complemented with papa Dum.

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. She owns a well established cleaning business, "Maids Personally". Contact Georgiana at 537-1517 or email: maidspersonally@shaw.ca.

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If you are walking down Hereford Ave. over the next week, you may see something very exciting happening in the church meadow. Graffiti Theatre is hosting a community workshop with Runaway Moon, a puppet theatre company from the Interior of B.C. Members of the community will be training and collaborating with the company to create a retelling of the story of Theseus and the Minotaur entitled "The Labyrinth" a spectacle that will include puppets, masks, music and dance in the beautiful outdoor setting of the meadow. Community members that would like to be part of the performance should come to the meadow on Tuesday the 14th, if they are able to attend the next few evening rehearsals, they can be part of the performances over the weekend. The performances will be on Friday the 17th, Saturday the 18th at 1pm and 7pm, and Sunday the 19th at 1pm and 7pm. Don't miss it!

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The photo on page 9 was taken by Vancouver Island photographer, Michelle Hueller.

Michelle moved to British Columbia in the mid 70s from Ontario. Being fortunate enough to live in various parts of the province has enabled her to witness an array of wildlife in their natural habitats. A naturalist at heart with a tremendous love for animals and nature inspires her photography. Michelle is an award winning graphic designer and photographer who lives on Vancouver Island. Her work has appeared in various tourist publications, newspapers and internet newsletters.

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The Islands Marketplace CROSSWORD PUZZLE

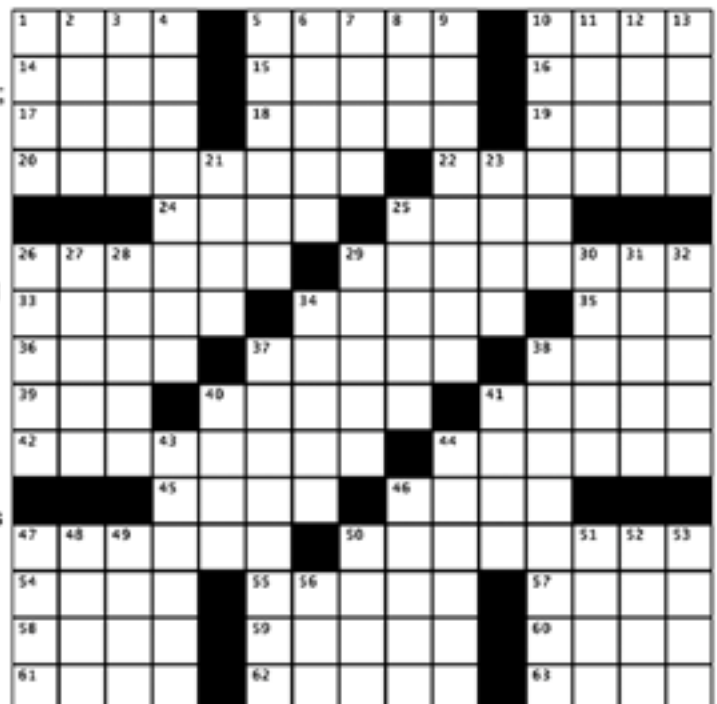
Puzzle answers are on page 15 of this issue.

Across

1- Slant; 5- Grave robber; 10- Exchange; 14- Soccer legend; 15- Artery that feeds the trunk; 16- German Mister; 17- Signs; 18- Fold; 19- "All The Way To ____", song by REM; 20- Nares; 22- Before this time; 24- Numerous; 25- Again; 26- Four-sided figure; 29- Using with skill; 33- Quick and active; 34- Large and dense; 35- Bleat of a sheep; 36- 3:00; 37- Falls short; 38- Overlay with wood; 39- Part of RSVP; 40- In play; 41- Blaze; 42- Electrify; 44- Stage plays; 45- Give an edge to; 46- Goes out with; 47- Rise; 50- Longevity of an individual; 54- Converse; 55- Dicembre follower; 57- Othello villain; 58- Joan of art; 59- One in a cab, say; 60- Blind part; 61- At any time; 62- Sudden convulsion; 63- Nothing more than;

Down

1- Whirl; 2- Game of chance; 3- Lodge members; 4- Westernmost; 5- Openmouthed; 6- Christmas foliage; 7- Minerals; 8- "Respect for Acting" author Hagen; 9- Tardiness; 10- Astute; 11- "Pure Guava" band; 12- Pisa's river; 13- Bow; 21- Social standing; 23- Be dependent; 25- Bridal path; 26- Corpulent; 27- Central nervous system; 28- Cotton thread used for hosiery; 29- Forgo; 30- Steel girder; 31- Currency unit in Nigeria; 32- Strong winds; 34- Corn; 37- Fragments; 38- Biased attitude; 40- Stravinsky ballet; 41- At liberty; 43- Daniel Webster, e.g.; 44- Disfigure; 46- Fathers; 47- Apex, pinnacle; 48- Switchblade; 49- Attention; 50- Moon of Jupiter; 51- "____ Rider" starred Clint Eastwood; 52- Culture medium; 53- Brief letter, paper money; 56- Pinch;



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Whole Home®/MD 'Bristol' 10' Sq. Sun Shelter - Brand new from Sears, steel frame, taupe burnished powder-coat paint finish, brown polyester canopy, 8'10" height at peak, 2 zippered openings, corner side shelves, tiebacks, polyester canopies, mosquito netting, assembly required. \$230. call 250-537-9433. 07-24

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King sized bed with frame like new \$500. X-Country Ski Exercise Machine \$50. Phone: 537.5944. 08-07

Wine making equipment. Glass carboys with air locks. primary fermenter, tubing, bottle capper. 250-537-2947. 07-10

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2008 Ducati Monster 695 Matte Black, one owner, Only 250 km. \$8000.00. Phone: 250-537-4256. 07-24

2006 Suzuki-Marauder GZ250 - Black and chrome, Extras include Sissy bar and six pack rack, bag supports and saddlebags, Beautiful bike, mint condition, barely broken in. Kept in the garage. Tucked in on rainy days. Less than a year on the road. Bought after doing the VI Safety course last August. 3975kms Asking \$3800.00. Located on Salt Spring Island. Viewing arrangements in Sidney are possible for a serious buyer. 250-537-2056. 07-24

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MUSICAL INSTRUMENTS

Baycrest upright, wood piano. Great for beginners. \$500 obo. 250-537-1674. 08-21

1976 oo-21 martin guitar w/original hardshell case-spruce top rosewood back and sides-nice parlour size guitar- \$2000. 250-538-1877. 08-07

Electro-Harmonix Q-Tron -- in box w/ AC adapter. Original classic big box EHX envelope filter / auto wah. Has a Switchable Boost and Filter Mix mode. Increased frequency response -- good for guitar, bass, keyboards... Does the Bootsy Collins / Flea MuTron sound as well as classic auto wah more like Jerry Garcia. True Bypass too (stock). Phone: 250-538-5549. 07-10

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2 drawer metal file cabinet, \$40. 250-537-4655. 08-21

Steel filing cabinet with 2 drawers, \$45. 250-538-1808. 7-10

PERSONAL

A very nice attractive, slender, free spirited Saltspring Island lady, warm brown eyes, a youthful 62, hopes this ad might entice a sincere warm-hearted man friend and soul (play) mate too long "home alone" who would like to join me on beautiful outdoor adventures. For quiet cuddly evenings, in the garden, on the dance floor? I am gentle-natured, independent, fun-loving, often spontaneous, open-minded, loyal, sensitive, creative, spiritually & healthy lifestyle focussed and have many interests including a passion for animals, nature's wonders, the arts & music, and growing friendships. If you are intrigued (& brave... shy is ok!) please deliver/send a detailed response (photo a plus) including address & ph # to: Milly G. c/o Community Drop off box, Apply Photo, #6 - 121 McPhillips Ave., Ganges, SSI, BC, V8K 2T6. 08-07

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PERSONAL

Looking for one or two gold panner/prospectors for company when I go up to my gold claim on the Fraser river north of Lytton. Must have experience and a sense of adventure...must have an rv/campervan and resources. This not a get rich quick operation. I am looking for people for company with a shared interest in the land of bear cougar and rattle snakes and of course the lure of gold. I want to go there for a couple of weeks come end of July and then for an extended period come Sept at low water. serious replies only...info at mickeyminer@hotmail.com. Phone: 250-537-6371. 07-24

POULTRY

Free healthy rooster looking for a loving home. Call Chris. 250-537-1495. 08-21

Wanted five young laying chickens. Call Chris. Phone: 2505371495. 08-21

Two free Cochins chickens. 1 black hen and 1 partridge rooster, beautiful and free. 250-537-1471. 08-07

Young purebred Ameraucana roosters beautiful markings. Phone: 250-653-4386. 07-24

Wanting to trade beautiful 1 yr old pure Australope rooster for a new same age and healthy different breed from my hens. 250-931-4446. 07-10

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Live in town. Immaculate 3 bedroom (1600 square foot) house in area of fine homes. \$545,000. Built in 2003. Contact: 538-7845. 07-24

Salt Spring Island Restaurant & Dining Directory

FAMILY RESTAURANTS

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Bocado's Bistro	538-1622
Bruce's Kitchen	931-3399
Calvins Bistro	538-5551
Dagwoods	537-9323
Falconshead Grill	537-1760
Fulford Inn (take out pizza)	653-4432
Harbour House	537-4700
Marketplace Cafe	537-9911
Oystercatcher Seafood, Steak	537-5041
Ravenstreet Wood Fired	537-2273
Rock Salt	653-4833
Salt Spring Inn	537-9339
Seaside Restaurant	537-2249
Teddy Bears Take Out	537-4062
Treehouse (live music)	537-5379

FINE DINING

Hastings House Gourmet	537-2362
House Piccolo (European)	537-1844

PUB FARE

Moby's Pub (waterfront)	537-5559
Shipstones (waterfront)	537-5041

INTERNATIONAL

Arigado Sushi - Japanese	538-1881
Admirals Sushi - Japanese	537-5088
Mexican Cafe	537-5747
Golden Island - Chinese	537-2535
Pasta Fresca - Italian	537-8588
Pomodoro's - Pizza/Greek	537-5660
SS Noodle Bar & Curry House	537-1234
Uptown Pizza - Italian	537-5552

BAKERY/CAFE

Barb's Bakery & Bistro	537-4491
Embe Bakery	537-5611
Isla Mondo	931-2024
Jana's Bake Shop	537-0029
Morningside Bakery	653-4414
Rendezvous Cafe	537-8400
Salt Spring Coffee Co.	537-0825
TJ Beans Coffee	537-1216
Cafe Talia	931-4441

Call for hours, location, prices & menu details. Many are licensed, family oriented with take out available.

REAL ESTATE

MAYNE ISLAND \$279,000. Spacious, solid home, 2 suites, with income potential or 2 family ownership. Good water; walk to ferry; cable/internet. New metal roof, gutters, wood stove. Agents welcome. Recently appraised at \$300,000. Dawne - 250-539-3195 or email - mayne539@yahoo.ca. 08-07

Galiano island 159 acres of beautiful forests certified organic gardens next to 321 acre Dionisio Provincial park. 100 acres is common land. My 2 acres of that has water and hydro. A 37ft 5th wheel clean, bright, spacious, located on property is for sale separately. blueberry paradise! 604 738 2781. 07-24

Commercial Unit #17 at Merchant Mews, Upper Ganges Rd, SSI. Beautiful show room and office space, 3 bay windows, 3 piece washroom. Contact Duart Campbell 250-537-1408. 07-24

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Country property sought for small three generation family. Space required for well behaved animals and horse. Therapy and creative pursuit friendly. Excellent references. Phone: 250 748 0344. 07-10

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1 Bedroom In-House Suite with separate entrance: 1 bedroom, 1 living/kitchenette combo room, 1 private bathroom w/shower. View of Ganges Harbour. Quiet Location. Minutes from town. Suits quiet, mature single person, NS. Smaller quiet dog OK. Includes utils, wireless. Refs required. Available 1st July. \$600 p/mo. Phone: 250.537.5944. 08-07

One bedroom apartment. Very nice. All new bath and kitchen. Close to lake and ocean. \$850. Call David at 800-842-0814. 07-10

RENTALS SHARED

Large loft bdrm in quiet shared house on 3 acres. Includes private balcony, walk-in closet, internet, phone, laundry, parking, utilities, shared kitchen - \$600/mo. 5 min. drive to Ganges & Long Harbour ferry. Avail. now. NS/NP. References, post-dated cheques required. Must love dogs. 604-255-3703 or orange_smoothie7@hotmail.com. 08-07

RENTALS WANTED

Employed responsible islanders looking for long term rental - 2 bedrooms. something rustic that allows pets. \$1000 or under. Excellent references. Please call 250-537-0421. 08-21

I will be relocating to Salt Spring Island at the end of August/09, and I am looking for a furnished 1 bedroom or bachelor suite, close to bus routes if possible. \$650 max. Email: kathymaksi@seznam.cz. 08-07

Studio space near Ganges needed needed for a regular day once a week, suitable for massage practitioner with own table. Must have privacy, washroom. Will pay \$200 a month. Long-time islander with excellent local references. Phone: 250-538-7827. 07-24

I am a student returning to Salt Spring and am looking for a summer trailer to live in, condition is not a big deal at all and am willing to spend up to 1000\$ if needed. Phone: 2505388970. 07-24

Established islander seeks housing. 2+ bedrooms. Landlord must be pet friendly. N/S, N/D. Very private individual. Excellent references. Reliable, responsible, honest. Able to do repairs or maintenance. 250-931-2661. 07-10

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

The recent Eclipse sought to teach you that some things are worth preserving, whilst others may be ripe for change. This obvious contrast may lead to some uncomfortable pressures, but if you go with the process you can gain and grow through it. The trick is learning to articulate your thoughts more succinctly and the sky can help you to do so now.

TAURUS Apr 21st - May 21st

Set up that important conversation towards the start of this week, when something is more likely to stick. Mars moves from your sign now, but this and the presence of the sly Venus will serve to embolden your desire to boost your coffers. That more sensual side of your nature is also turned to max by this, and even a stumbling tie can be revived.

GEMINI May 22nd - Jun 21st

If life has felt a bit of a huff and puff of late, you're about to spark back into normal service... with your sociable, more outgoing and energised qualities coming back to the fore. This is also a week when you can show a lot of imagination, and so if a project has been stumbling, now it can start to power forwards, and this can see you feeling more secure.

CANCER Jun 22nd - Jul 23rd

Your values can seem in stark contrast to someone else's and this can become a trend in the weeks to come. Ok, you can take this in your stride, after all you appreciate that not everyone is like you. No, the problem here is that it can be someone you've got on with so well in the past who surprises you, by starting to move away in their outlook.

LEO Jul 24th - Aug 23rd

If you're very clear about future hopes, plans can gain traction this week. Yet the suggestion for many Leo's is that more consideration may be needed. So, if you find yourself picking over the finer details of things, don't fret, it'll be next week when you can really start to shape up exactly what you want. This may even include a complete U-turn.

VIRGO Aug 24th - Sep 23rd

Your zodiac sign has had a lodger these last two years, namely the stern Saturn. Now although he can be grouchy the chances are he has paid his rent on time and kept his room tidy. The Sun calls by and cheers up the old thing and this, or a friend, can help you to view your circumstances in a more positive light. Big changes are ahead, especially at work.

LIBRA Sep 24th - Oct 23rd

Mars motors into the Independent Republic of Gemini. So, how might this alteration shape up for you? Well, the chances are you will get a taste for travel, to broaden your horizons, perhaps even look to take a course or sign up for an Open University degree. But you may also want to break free of any restrictions, but just try not to be too hasty.

SCORPIO Oct 24th - Nov 22nd

You can be a sign of strong likes and dislikes. Few Scorpio's are lukewarm, but this passionate approach can also be your best suit. The news now, is that you're about to have your faculties in this regard topped up anew. This may bring some of your already held feelings more readily into the open or it can see someone magnetic enter your world soon.

SAGITTARIUS Nov 23rd - Dec 21st

The rest of July can be an awesome time for your love life - especially if you're single, with a big opportunity to connect to someone new emerging. But this can also be an important time for all sorts of relationships. If you feel hemmed in, in any of yours, don't project its faults onto a partner, show leadership about how things can be turned around.

CAPRICORN Dec 22nd - Jan 20th

One of the key elements of your nature is that you like to achieve results. Whether at work, in the garden or domestically, this can see you well organised and on top of things... Well, that's the theory, because if any element of your world has slipped behind due to other recent distractions, this week can be an opportune time to put things right.

AQUARIUS Jan 21st - Feb 19th

A lot of activity has centred on home and practical areas, but a change of emphasis occurs that you will definitely welcome, as Mars chases the glam and stylish Venus, into the most energised and sociable of sectors. By the week's end you can find yourself viewing life in a brand new and much more positive light, and love looks truly promising too!

PISCES Feb 20th - Mar 20th

When things get a bit stressful or people put demands upon you, you have a natural love of cocooning yourself away, be this in your home, in hobbies or your most comfy routines, and you can yearn for this now. This can be especially so if the pace of life has seemed unrelenting. You're not being unsociable mind, and may invite someone around.

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