

MAY 15, 2009

Volume 3 Issue 16

RECREATION & ADVENTURE PARADISE

WORLD PREMIERE **PRODUCTION** FIWERE ME"

HOROSCOPE & CROSSWORD

Actors Tony Ulc, Erin Ormond and Marek Czuma rehearse for upcoming Island Theatre production of "If I Were Me". See page 7.

Photo by Sandi Poystila

The Gulf Island's Free Buy and Sell Magazine

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THEATRE REVIEW **PETER PAN**

CROFTON

SALTSPRING SOLILOOUIES

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FRIDAY, May 29, 2009 **Advertising Deadline:**

Tuesday, May 26, 2009

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Circulation: 2000+ printed

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Wow! This issue is jam packed with lots of great stuff. Will there be any room left to include the Free Classified

Island events are really picking up with lots of live theatre, fundraisers, sports events, Gallery Tours, Art Studio openings, and live music. This weekend the Treehouse Cafe in Ganges kicks off it's new season of music under the stars. The Round Salt Spring Sailing Race is happening and of course the famed Saturday Market is alive and well with new vendors and more food and fun than ever.

Check out our Recreation and Adventure section in this issue. There is just so much to do, you'll have to extend your visit or come back again to take it all in. If you live here already, be a "tourist in your own town" and try some of the island experiences that our visitors enjoy.

The Crofton Corner is a new feature page in The Islands Marketplace. This small oceanside town is not to be overlooked as the Gateway to the Gulf Islands. It too has amazing recreational activities and a historic old town charm that we are eager to uncover in our upcoming issues.

Be sure to read The Islands Marketplace every second Friday as the magazine grows with more features and stories, and of course the Gulf Islands Classified Ads.

Enjoy this issue ~ see ya in the zodiac! - Sandi Poystila.

Analynn shows us the fresh live crab you can get from The Wellbury Bay Too at the Centennial Dock in the heart of Ganges.

Applaud Tomorrow's Stars Todav!



Showcase & Fundraiser for the Mary & Harry Williamson Scholarship for Performing Arts

Sunday, 30 May - MAHON HALL Silent Auction at 7pm, Show at 8pm **Tickets at Salt Spring Books**

Salt Spring Saturday Market on You Tube www.youtube.com search "ssisaturdaymarket"

Featured Non-Profit Organization:



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, 686, 885 - Victoria 537, 538, 653, 931, 930 - Salt Spring

WWW.ISLANDSMARKETPLACE.COM

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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.

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ANIMALS & PETS

Cockatiels & Budgies for Sale.. Healthy birds. Zebra Finches & Bengal Finches for sale some cages... some cages. Phone: 250-538-7487. 06-26

Dog gate for a small car/ hatchback. Located on Pender. \$40. Phone: (250) 538 - 2206. 06-12

Five Cockatiels for sale. With large cage. \$500. 537-1069. 06-12

Sweet and talented 13.2 dunn Pasofino/Welsh mare - dressage winner and neat jumper to 2' 8", Pony Clubbed for 4 years. \$4,500. Beautiful 14.2 Polish Arab bay mare \$2,700. Both ponies are 13 years old, healthy. To great homes only. Call for photos etc. Ž50 653-9898. 06-12

Multi-poo Yorkee cross puppies, very cute. well socialized, make excellent family pets. 1 female and 2 males. First shots, vet checked and ready to go. \$500 each. 250-537-4498. 05-29

ANTIQUES

SSI Antique & Collectible show & sale. Heart of Ganges. Last Saturdays, May thru September. Limited space. Tables still available. Phone 250-931-7777. 06-26

Children's roll top desk [oak] 85+yrs.\$100 or best offer. Phone: 250 653-4254. 06-26

Leather vintage football helmet. Reach 33. Fine condition. Asking \$400. Linda 250-245-3952. 06-12

1940's completely restored Coca Cola Cooler in working condition! Top hinging lids...bottles sit in chilled ice water. Original Labels on the lid, Regular \$.05 Kingsize \$.08 Great for a party, display, or collector! Prices varies from on-line research...no reasonable offer refused! 250-537-2838. 05-29

APPLIANCES

Countertop oven, as new. Black & Decker "Infrawave -speed cooking" Bake, roast, broil, reheat, toast with excellent results and save electricity. 250-537-1427. 06-26

Dehumidifier. We have moved and just don't need it anymore. Works great!! Located on Pender. \$100. Phone: (250) 538-2206.06-12

Kenmore washer/dryer set. 5 years old. Excellent condition. \$600 or best offer. 537-6934. 06-12

Wanted- urgently looking for free or inexpensive upright freezer in working condition. Will pick up. 250-537-9396. 05-29

Portable dishwasher (front load) Galaxy (Sears) purchased 2003. Very clean. Rarely used. \$150 Phone: 250-653-9600. 05-15



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Ice Cream Fish & Chips Burgers & Fries Enjoy our Take-Out Kids Menu at the Local Pub Eat in or **Hours:** Take Out Mon. to Sat. 11am to 6pm Sun. 12 - 5pm 537-4062

The Islands Marketplace CALENDAR OF EVENTS

FRIDAY, MAY 15

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

Saltspring Fiddle Fest. 8:00 PM Opening Concert at Artspring theatre (100 Jackson Ave, Ganges); tickets \$15 / \$10 available at the box office 250-537-2102. This is a show you don't want to miss!! Performances by Daniel Lapp, Calvin Cairns, Zav RT, Miriam Sonstenes, the BC Fiddle Orchestra, Twisted String, and the Valley Youth Fiddlers.

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

Wilderness Adventure and Primitive Skills for kids from 10am-3pm. Wisdom of the Earth 653-9122 or email instinct@saltspring.com

SATURDAY, MAY 16

Skyler Warehouse Sale at ArtSpring all weekend from 10am to 5pm. 50-70% off. www.skyler.ca

Live Music at the Treehouse Cafe, under the plum tree in the heart of Ganges.

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.

Rainbow Road Indoor Pool One Year Celebration Party - Live Music, Tours, Demos starting at 10:30am with free swim from 1:30 to 5:30 and cake cutting at 2pm.

Salt Spring Fiddle Festival - Performances by fiddle groups from across BC in Centennial Park Band Shell. Ganges 10am until 4pm Community BARN Dance at Fulford Hall 7:00-10:30 PM \$5 admission, full concession.

The Annual Round Salt Spring Sailing Race departs from Ganges Harbour at 10am.

Challenge Cup Soccer Tournament. Visit island fields to watch the action all weekend.

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

Cortes Island Annual Oyster Fest... mmmm

SUNDAY. MAY 17

Val Cunningham's Soccer Boot Camp, 4:30 to 8:30 pm at the Living Strong Studio. One on one personal training. Call 538-0979.

Fiddle Fest Workshop Offerings all day at the Fulford Hall.

Barley Bros. Live Music at the Fulford Inn.

Saltspring Vineyards presents Harry Warner live. 653-9463. Open 12 to 5pm.

MONDAY, MAY 18

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

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

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

TUESDAY, MAY 19

Parent/toddler drop-in at Fernwood School Circle time at 10:00 & gymnastics at 10:30 Free. Sponsored by Family Place. 537-9176.

Open Stage at the Treehouse Cafe.

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

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

WEDNESDAY, MAY 20

Outdoor exercise class, 6am meet an Benjamin Moore and More. Call Coralee at 250-931-4443 for more info or see you there.

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, MAY 21

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

Island Theatre presents "f I Were Me" and other plays at ArtSpring Theatre. Written and directed by Mort Ransen. 8pm. 2 for 1 opening night. Call 537-2102 for tickets.

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

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

FRIDAY, MAY 22

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

StoryTime at the Library en français - L'heure du conte avec Kaz. The third in our new series of special event for French speaking.1pm Children and parents.

Island Theatre presents "f I Were Me" and other plays at ArtSpring Theatre. See page 7 for info. 8pm. Call 537-2102 for tickets.

Fernwood Elementary School Annual Fun Fair at 3:30pm. Food, games, prizes and fun for the whole family.

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

Wilderness Adventure and Primitive Skills for kids from 10am-3pm. Wisdom of the Earth 653-9122 or email instinct@saltspring.com

SATURDAY, MAY 23

Island Theatre presents "f I Were Me" and other plays at ArtSpring Theatre. See page 7 for info. 8pm. Call 537-2102 for tickets.

Saltspring Island Saturday Market in the Park Harry Manx Live at Fulford Hall at 8pm. www. harrymanx.com

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

SUNDAY, MAY 24

Annual Bob Dylan Birthday Party at Galiano Island Community Hall. Potluck at 5:30pm, sow at 7pm. Info: Tom Hennessy 250-529-2930. GALIANO ISLAND

Saltspring Co-op Preschool Spring Carnival at the Farmer's Institute on Rainbow Road. Fun for the whole family, live music, games, food and more. see ad on page 2.

Arvid Chalmers Live at ArtSpring - They're Dead & Gong Show, 8pm. Tickets 537-2102.

Val Cunningham's Soccer Boot Camp. 4:30 to 8:30 pm at the Living Strong Studio. One on one personal training. Call 538-0979.

Barley Bros. Live Music at the Fulford Inn.

:knut - a world unity project concert funraiser, May 24 at the All Saints by the Sea. By donation. 6:30pm. Details - 250-539-2171.

MONDAY, MAY 25

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.

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

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

TUESDAY, MAY 26

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

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

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

Deadline for the next issue of The Islands Marketplace. Get your ads in now!!!

WEDNESDAY, MAY 27

Fitness in the fresh air. New outdoor exercise class on saltspring. 6am meet an Benjamin Moore and More. Call Coralee 250-931-4443

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. MAY 28

Italian cooking classes, Level 2 at Del Vecchio Pasta Fresca 6:30-8pm. 537-8588. May 29

Island Theatre presents "f I Were Me" and other plays at ArtSpring Theatre. See page 7 for info. 8pm. Call 537-2102 for tickets.

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

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

FRIDAY, MAY 29

StoryTime at the Library - Into the Garden: More adventures with the natural world. Stories, activities and fun for early grade & pre-school children. 1-2 PM at the library

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

Canadian Cancer Society's Relay for Life Annual Fundraising Event for Salt Spring Island at Portlock Park.

Island Theatre presents "f I Were Me" and other plays at ArtSpring Theatre. See page 7 for info. 8pm. Call 537-2102 for tickets.

StoryTime at the Library - Fire! Fire!: stories of fire safety, rescue & bravery with special guests from Saltspring Fire & Rescue. 1pm

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

Wilderness Adventure and Primitive Skills for kids from 10am-3pm. Wisdom of the Earth 653-9122 or email instinct@saltspring.com

SATURDAY, MAY 30

Island Theatre presents "f I Were Me" and other plays at ArtSpring Theatre. See page 7 for info. 8pm. Call 537-2102 for tickets.

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

Mary & Harry Williamson Scholarship Fundraiser at Mahon Hall. Volunteers are required to keep this GISS scholarship going. Please call Dawn at 537-5115 or Jill at 537 0675 for info.

Ladysmith's Maritime Festival.

SUNDAY. MAY 31

Island Theatre presents "f I Were Me" and other plays at ArtSpring Theatre. See page 7 for info. 2pm. Call 537-2102 for tickets.

Salt Spring Island Poultry Club Swap at noon at the Farmers Institute. Everyone welcome to buy, sell or trade eggs, chicks, hens, roosters, ducks, Bring cages to take home your new treasure. Pat 250-931-5179.

Val Cunningham's Soccer Boot Camp, 4:30 to 8:30 pm at Living Strong Studio. 538-0979.

Barley Bros. Live Music at the Fulford Inn.

MONDAY, JUNE 1

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.

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

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

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

APPLIANCES

Wall oven, Jenn Air Convection with black door, the box is 24.5" across and the door is 26.5" across, great for an inexpensive reno, asking \$100 obo. Phone: 250-537-1972. 05-15

ARTS & CRAFTS

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

Moving - no room. Approx. 75 bronze art sculptures. 653-4272. 06-12

AUTO DETAILING

Wellness on Wheels - car detailing coming to your house to clean your cars, campers and boats too. Call or email Sabine at 653-9785 or sabine@saltspring.com. 05-29p

AUTOS FOR SALE

1993 Nissan NX, 2 door, new stereo, battery, 197,000 kms. Minor body damage, asking \$1950. 250-701-3090.06-26

1976 GMC cube van. 12 ft long camperized fridge stove furnace bathroom sleeps four, low mileage double back doors, good for tradesman \$4800 obo. 250 5374260. 06-26

AUTOS FOR SALE

For Sale 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 veichle. Kelly. Phone: 250-931-4446

1971 MGB orange/red. has 96,000 original miles on the cclock of which are about 1200 on a new engine. It has a new soft top, new seats and new paint. No rust. Car is being used year round so it is well maintained. \$7,500 obo. 250-537-2888. 06-12

1982 VW Westfalia van, low mileage, exc. condition. Rebuilt motor. \$5000. 250-537-8969. 06-12

1989 Grummon aluminum van, 22 ft. long, 292 cu. in. 6 cyl GMC motor on propane. Excellent shape. needs nothing. \$3500. 12qw@canada.com

2003 Volkswagon Jetta Diesel wagon. Amazing economy, Excellent condition, Good value, \$16,900, call 250 537 5967 or 250 537 0277. 06-12

2005 Nissan Titan - \$23,000.00 Everything you need is on it. 85,000 km. It has had regular maintenance. 250 537

1986 Toyota diesel P/U long box, reg. cab, good paint, body and frame. Good tires. Needs injection pump. \$1900. Email:12qw@canada.com. 06-12





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Mark Rithaler 537-4978

Fax:

AUTOS FOR SALE

1973 VW Van - a blast from the past, ready for your tlc. exterior in good shape (yellow/white)fairly recent paint, newer michelin tires, needs sliding side door fixed, original tartan seats, 4 speed, reliable and runs good, interior open cargo area ready for your customization. \$2000obo. Phone: 250-653-0093. 05-29

2008 Hyundai Elantra Sport - Immaculate - use only 3 month and laid away for the winter. Silver exterior/black interior; underbody rust coated/protected, scotch guarded interior, exterior body protector treatment; roof rack, GPS, cd player, too many features to list. Paid 28,000 - offers to \$23,000 or take over the lease (currently \$148.75 bi weekly). 250 653-9898. 06-12

Chevrolet Tahoe Z71 4x4, 126,000km, fully loaded with leather, power, sunroof, Bose speakers, 6 CD player. Beautifully maintained, new tires in 2008. Asking \$15,500. Phone: 250-653-2420. 05-29

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BIKES

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110 King Rd, near Beaver Pt Hall ph# 250-653-9161 email: monkeywrenchbikes@gmail.com

BOATS & MARINE

AUTOS FOR SALE

Honda CRV-EX 1998 AWD Auto. Great condition for age. Dark Green. All the extras inc. Tow (2size), Roofrack, Cruise, A/C, Bugshield, Trim, Repair Manual. New bearings, radiator, rotors/pads, ball joints, windshield, exhaust. \$10,000. Can gift letter. Phone 250-538-1653. 05-15

AUTO PARTS & ACCESS

Thule Summit surf/ski roof top carrier with racks. Currently on a Subaru Loyale. Good shape with locks and keys. \$200. Phone: 538-1711. 06-26

Thule roof top carrier. 11 cu ft. One year old, like new. Been on my Outback, but will fit any roof rack. \$250 Located on Pender. Phone: (250) 538 - 2206. 06-12

GMC 305 V8 Engine - I need a 305 V8 for a 1995 GMC half ton pick-up truck. Phone: 653-4454. 05-01

BEAUTY SUPPLIES

Selling brand new mint condition manicure table and pedicure chair. Only used for 2 months. Manicure Table with Marble Top and Pedicure Chair with Stool. Both are black and white. Very modern. Paid \$1200.00. Only asking \$700 OBO. Please call Kat at 250-930-3300. 06-26

BOATS AND MARINE

Quality "lightspeed" kayak as new, wheels included. \$1500 obo, well below cost. View at 782 Vesuvius bay Rd. (by ferry) 250-537-2052, cell: 250-538-7208. 06-26

Landing Barge-BRAND NEW-custom built 13.5 ft hull, Hand crafted. Double Hull construction- 3/4" and 5/8" plywood. Suitable for landing barge/working boat and/or liveaboard hull \$1000.00. Phone: 250-629-6204. 06 - 26



"The Gulf Islands' only complete Marine Service Center"

BOATS & MARINE

1995 ZODIAC POLARIS SEAMASTER. 12"6" and Trailer. Customized. Rated for 6 persons. Padded bench seat with storage. GPS Map 76S Receiver. Honda Motor 40FA with less than a 100 hrs. (Current market value \$8000). Dual gas tanks, 50 litres. Always stored under cover. Excellent Condition. \$9500 obo .250-537-9631. 06-26

StarCraft 14'3" X 5'7", Lapstrake Fiberglass Old school and very cool boat -includes good trailer/no motor. Will run a 50hp \$500. 250-539-8255 (cell). 250-629-6085. 06-26

Kayak - kayook single with two hatches/covers. Made of durable plastic, this kayak can withstand hard use. \$1000 firm. Phone: 250 537-5977, 06-12

Zodiac Polaris Seamaster, 12"6"and boat trailer.Customized, honda motor bf 40a with less than a 100 hrs. gps map 76s receiver, excellent condition. \$10,500 OBO. 250-537-9631. 06-12

Bayliner 3818 (38ft. 1988 model). Excellent condition. Twin diesel Hino 175's. Sleeps 6 in three cabins. Two heads (includes bath). New: teak and holly flooring; drapes; upholstery; New Aquapro 10ft 2in RIB. \$95,000. Call 250-537-1117. 05-29

23 x 8 Sangster Chinook model Sedan cruiser built in 1972. Construction molded fiberglass hull and decks with wooden stringers plywood bulkheads and floors. Powered by a Mercruiser inboard / outboard Ford 302 V8 188 HP. Engine has full instrumentation including vacuum gage. New Dual batteries. Electric hydraulic trim tabs. Lots of features. Includes Home Built dual axel trailer \$400. Can be seen at Thieves Bay Marina at dock C21, Pender Island. Asking \$5,000.obo. Dave at 250-629-3844 or email dave schissler@hotmail.com. 05-29

18ft "Y Flyer" wooden day-sailor, like a Laser 2 but heavier. comes with trailor, all rigging and 3 sails in really good condition. needs some woodwork and TLC but ready to sail today. \$1000 OBO. Phone: 250-537-5304, 05-29

Wee Wasko is for sale- 23 ft. cabin cruiser.Standing headroom, V berth, lots of windows, 18 hp. recently rebuilt diesel. GPS, VHF, cabin heater, windshield wipers, all safty equipment to comply with CCG regs. Best of all 1 lt. of diesel a hour @ 6 Knots. Perfect little all year fishing or island cruising boat. \$10,500. 250-537-0091 rachel. bob@shaw.ca. 05-29

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BUILDING ITEMS

Maple burls, some are still on the tree trunk. Large sizes, quality and prices negotiable and vary depending on your needs. 250-537-1418. 06-26

1 pair of single glazed wood windows, \$15. 4" x 4"6" in 8' frame, 2 single glazed alum. windows 6'x3'6" \$15. 4'x4' galvanized farm gate, \$60. Matching toilet and 1 piece basin/ marble vanity top, \$25 each. Please call 537-5482. 05-29

Windows, Builder's Special. Beautiful top of the line PELLAS, white metal and vinyl, double-hung, 6 of 53.5 x 55.5, 1 of 63 x 47.5, 1 of 69 x 55, \$450 each. Also 4 matching NAP windows, white vinyl gliders. 68.9 x 34 across.\$220 each. All brand-new in packages. Not using due to cancelled reno. Phone: 250 537-1972. 05-15

Drain Rock fabric, black felt, 13ft wide roll, less than 1/2 price, at 14cents a square foot. 250-537-1972. 05-15

BUILDING SERVICES

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

CAMPING

Sleeping bag duo by Woods, never used. 1.3m Thinsulate Liteloft with hood and sack, 34" x78", 0c to -5c and 2. Fleece bag 33"x75" with sack. 250-537-1427. 06-26

Coleman portable on demand water heater. Great for showers when camping. check it out on-line at Canadian Tire - where I bought it. never used. \$250. Phone: 250-537-0700. 06-12

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"If I Were Me" I'd go to ArtSpring

You may have seen this catchy phrase around town lately, and what it means is that a new theatre company is preparing to shine at their upcoming World Premiere production of "If I Were Me."

The new professional regional theatre company, called "Island Theatre" ("This is IT!") was started with actors Tony Ulc and Jessica Lowry, of last year's hit comedy "Born Yesterday." Acclaimed feature filmmaker, Mort Ransen is the Artistic Director of the non-profit company and has written and directed this group of three one-act plays.

Accompanying Ulc on stage is actors Marek Czuma and Erin Ormand, who will all play multiple roles. This concept will no doubt challenge the actors unique abilities and highlight their talents in character portrayal. The production includes adult content and has some coarse language, which may be offensive to some audience members.

The first of the three plays, "In The Dark", is about a couple's loss of sexual passion and the intrusion in their lives of an electrician, who may or may not be God. The second play is a comedy about the use of cell phones and the third, is a humorous take on a father-son relationship.

With many people involved in bringing these stories to life, Bill Adams will design the set. He is the same designer who devised the set for "Born Yesterday" an elaborate multi-storey construction that could be assembled on stage by the actors in one minute and ten seconds.

Salt Spring island resident since 1991, Rachel Jacobson is known on Salt Spring for her production of "Fiddler on the Roof." Rachel will be producing "If I Were Me", along with Amanda Hogg from Nanaimo. Rachel attended the Banff School of Fine Arts where she studied Musical Theatre. She has acted in

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many plays and productions since moving to Salt spring, including several productions of "Christmas with Scrooge" Newman Productions and "Salt Spring Blues" and "Death Knocks" and "Death Knocks Yetta Gen" with Sid Filkow.

"Theatre Production involves overseeing and coordinating every aspect of the play - including arranging transportation, publicity, rehearsals, to planning the cast party, and everything else in between," she says.

With two weekends of shows, beginning with a Two for One Opening Night on Thursday, May 21 and finishing with a Sunday Matinee on May 31st, there will be no reason to miss this World Premiere Production of Island talent at its best. Call the Artspring Box office at 537-2102 to get your seats today!

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BC Ferries regularly sailing to
Salt Spring Island.

Pioneered in the mid-1800s by farmers and foresty workers, Crofton grew in size and significance when miner Hentry Croft bought the townsite in 1902. Later, in 1956 the pulp and paper mill opened, offeringd a good future for millworkers and their families.

The central location with a variety of services close by, makes it easy to see why Crofton is a great place to be.

Recreational activities here include camping, golfing, hik-



The Old School House Museum in the centre of historic Crofton, BC

ing, fishing, boating, or taking a pulp and paper mill tour to see how newsprint is made.

In many small towns almost everyone knows each other and is eager to lend a hand to care for their neighbours. This is no exception in friendly Crofton.

The community works together to promote their local arts & business at the Saturday Market in the town center's park. In the summer, outdoor evening movies provide excellent family entertainment. Visitors can learn about Crofton's history at the Old School House Museum where there is a wonderful gift shop and public washrooms.

Crofton has public transit and a brand new Elementary School, which also doubles as a new community centre.

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derful dinner specials for his restaurant guests.

Crofton by the Sea Bed and Breakfast is the place to go for a relaxing massage and pampering

If you are waiting for the Saltspring Island Ferry, visit Gaylene at the Ocean Soul Book Caffé for a coffee and stroll across Joan Avenue to see if Crofton Antiques has that special something you've been hoping to find.

Give Mitch Stone a call to purchase some of her Watkins Natural Care products.

The Happy Denturist offers a lift to and from the ferry if you are needing an appointment with him. And you can't beat the gas prices and convenience of the Crofton Auto Service. Friendly help along the road is always easy to find here.

Send us your stories and news items for our next issue of "The Crofton Corner" to: info@islandsmarketplace.com.



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Monday Meditation Groups -Kundalini Moving Meditation from 5:30 to 6:30pm and The Eckhart Tolle Practicing presence at 7:30pm Dropin. Call Amrita for info - 537-2799.

Salt Spring Island Poultry Club is having a Poultry Swap on Sunday, May 31 at noon til 2:00 at the Farmers Institute. Everyone welcome to buy, sell or trade eggs, chicks, hens, roosters, ducks, quail... or poultry related items. Bring cages to take home your new treasure. Questions? Pat 250-931-5179.

June 5 - Saltspring Island Conservancy AGM - The Secret Seashore: Intertidal Life on Salt Spring by David Denning at 7pm at the Lion's Hall on Bonnett Ave.

June 6 - Saltspring Island Conservancy Beach Walk with David Denning at 10am. Call SSIC office to reserve. 538-0318 or email: ssiconservancy@ saltspring.com

New Radio Program "Hold Fast Thy Word" Airs Sunday mornings from 7:45 to 8am on KARI 550AM dial. bible Reading and encouragement.

Fitness in the fresh air. Outdoor exercise class on saltspring.6am mon,wed & fri.meet an Benjamin Moore and More. Call Coralee at 250-931-4443 for more info or see you there.

The Bliss of Manifestation and Open Mind with Lama Mark Webber: a retreat on the seamless integration of ancient meditations, creativity & natural inquiry! July 10th to August 2nd, 2009 at Crystal Mountain Retreat & Study Centre, Galiano Island, BC. To register Email janemortifee@telus.net or phone 604 266 6866. Info: www. crystalmountain.org

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Narcotics Anonymous 250-537-2790.

COMPUTERS & ACCESS.

ADSI Modern/wireles all-in-one 4 part router, works with Telus. \$50. 537-2608, 05-15

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For Sale or Trade: 6 month old computer for your working motorhome, motorcycle, or vehicle. HP pavillion a6552f PC , windows vista 64-bit, 640GB hard drive, 4096MB system memory, intel core 2 quad processor Q6600. DVD burner - lightscribe direct disc labelling, NVIDIA GeForce 9500GS graphics card, 17" LG flatron widescreen monitor. Phone: 250-538-8385. 06-26

Linksys wireless modem. New in box, never been used. \$25. Phone: (250) 538 - 2206. Email: thelastrecidivist@yahoo.ca. 06-12

2008 Acer laptop. Dual processor. 1.73Ghz. 2.0 Gias of Ram. \$1800.00 new. Asking \$950.00 or trade for AC port. generator. Phone: 250-537-6837. 06-12

Computer instruction - installing software, digital cameras, email protocols, and more. Basic to Intermediate. Call Andrew - 537-2905. 05-01

DRIVING SCHOOL

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

EDUCATION

Spanish classes starting soon, South end. intermediate. every Tuesday. \$120 for 8 weeks. Limited space. Reqister at 653-2067 - Evelyn. 06-12

ELECTRONICS

VHS movies! 25 for \$25! assorted genres: horror, comedy, action. Phone: 250-538-8385. 06-12

Samsung SyncMaster 920 NW monitor. Never used.\$180. Phone: 250-538-1769. 05-29

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FURNITURE

Love seat hide-a-bed, grey tweed, \$100 or best offer. 537-6934. 06-12

2 steel loft beds originally from the Brick. Built in desk and room for drawers, bed or loveseat underneath. Bed with desk for sale only, mattress not included (twin size). \$225 each or \$400 for the pair. I can deliver within reason. 250-538-0304 . 06-12

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Complete dining room set. early 40's buffet, hutch, table and 4 chairs, 12 inch table leaf. \$1500 firm. This set was appraised over \$3000. 5 - 10 years ago. Phone: 250-537-9823. 05-

Wooden pedestal table, 40" in diameter, drop-leaf on both sides. Wonderful for small spaces. \$50. Phone: 250-538-1769. 05-29

Beautiful 'Donato' Leather/vinyl loveseat. One year old. Espresso colored. New.\$1049. Sell for \$800. See it on Sears website. Phone: 250-538-1769. 05-29

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

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altspring Island is definitely an adventure lovers paradise and this is why so many people flock here to visit in the summer months. Many return again and again, and the fortunate ones eventually settle here. It is easy to say that we have it all. Majestic mountains and lakes, gorgeous beaches and expansive ocean settings, all with a mild, warm climate that allows us to enjoy our surroundings.

No matter what your budget may be, large or small you will find fun and adventure at every turn. Whether you are 50, 15 or even 5 there is something for everyone.

Family recreation can include a visit to the Bigfoot Organic Herb Farm where Sasquatches lurk, a gournet dinner or lunch cruise with Chef Kelly on his cabin cruiser or sailboat. The island offers easy to moderate hiking trails and oceanside access parks. Visit the Saturday Market for fresh produce and locally made arts and crafts, then take a break at the nearby playground. Centennial park has handy public washrooms, picnic tables and often live music or entertainment.

Salt Spring Island is kayaking heaven, where you can always find a kayak to rent and a tour to enjoy. Island Escapades offers courses and moonlit guided paddles. Andale Kayaking provides guided tours to Wallace Marine Park on the North end and the Salt Spring Adventure Co. has gourmet lunch paddles, just to name a few.

Older adventurers can explore the island with fun scooter rentals

that will zoom you around Ganges centre and beyond. Wine tasting Tours are also on the top of the "to do" list here.

The Salt Spring Vineyards welcomes visitors daily to their beautiful setting for a truly fun experience. Award-winning hand-crafted wines, made from island grapes are tasted with local foods with warm hospitality. Whites, reds, rosés, a stunning sparkler and their famous blackberry dessert wine are available. Sip while browsing in the gift boutique. Picnic items and wine by the glass can be purchased to enjoy by the pond, often with live music, always with pleasure.

A stay in one of the 2 lovely bed and breakfast suites overlooking the vineyards makes a great base from which to explore the island and a unique getaway.

Salt Spring Vineyards is open weekends off season and daily from June 19 from 11am to 4pm. Visit our website for details and photos saltspringvineywards.com

Not for the faint of heart is a scenic flight around the Gulf Islands with St. Clair and his crew at Salt Spring Air. This is an awesome way to see why the Gulf Islands are loved by so many.

Convenience is close by at the Salt Spring Marina Outdoor Adventure Centre - your one-stop-shop for recreation variety. At the head of Ganges Harbour is Moby's Pub, Oceans Alive Dive Centre, Kayak and Bike Rentals, Whale Watching Zodiak Tours and Scooter Rentals.

Oceans Alive SCUBA center offers packages for beginners or



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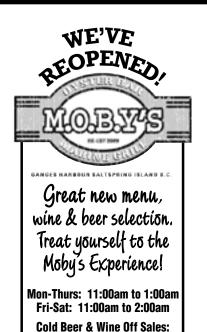
Sailing charters depart regularly from the Salt Spring Marina dock aboard the classic gaff-rigged yawl, L'Orenda with captain Don Mellor. Completely safe and very enjoyable, sailing is great for all ages.

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* See ad on back page for info.



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HOUSE SWAP

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HOUSEHOLD ITEMS

Blinds - 2 inch soft white aluminum slats, inside window mounted. Various sizes. Were in Showhome. \$15-\$100 Call Mary in Ladysmith. Phone: 1-250-245-8760. 05-29

HOUSEHOLD ITEMS

2 designer kitchen floor mats, 18" x 30" and matching 6 cork placements 11"x16" all "Olive Frais" design. 2 Mexican handwoven wool rugs, dark blue and mid brown stylized bird design on pale cream background, small 34" x 61", large 80" x 62". 2 wool rugs (Hall runners), soft colours, each 26" x 11 feet long. 250-537-1427. 06-26

INSTRUCTION

I am looking for someone on the island that gives singing lessons. It is something I'd love to try with a professional. Call or email me if you have any information. Phone: 250.537.9669. 06-26

One on One Computer Instruction your home or ours. Beginner to advanced instruction. From Photoshop & digital camera use to websites and email etiquette, call Andrew today. Affordable rates and convenient times. 537-2905. 05-01

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Suffolk ewes for sale, some yearling maiden ewes at foot..\$100.00 each. 250-538-7487. 06-12

Romney X Suffolk Fat Ram Lambs.. ready for Pasture finishing..only two left..\$100 ea. 250-538-7487. 06-12

LOST & FOUND

Lost? Find yourself with :knut - a world unity project concert funraiser, May 24 at the All Saints by the Sea. By donation. 6:30pm. Call :knut for details - 250-539-2171. 06-12

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StageCoach Theatre's Peter Pan: Youthful Imagination and Creative Expression Explored



Peter Pan, Tinkerbell and the children embarked on an imaginative journey through Neverland in Stagecoach Theatre School's Fantastic year-end production of Peter Pan, last weekend.

Under the direction of Don Keith and Sue Newman, Stagecoach's version of James Barrie's timeless classic brilliantly focussed on the inner landscape of the child's imaginary world.

The play involved nearly all the students in Stagecoach Theatre School's classes, and offered the belief that such familiar yet elusive figures as Peter Pan and Wendy exist in the minds and imaginations of all children.

On the ArtSpring stage, the characters sprung to life through various modes of expression including words, music and movement. An important feature of the production was that anyone could be Peter Pan, not just one person as the star of the show. The students took on various roles in the production, offering many an opportunity to be "Wendy". "Tinkerbell", "Peter Pan" or another. Everyone had a chance to shine in the spotlight and that they did, to the delight and squeals of a fascinated audience.

Talented young actors expressing their individual character portrayals brought laughter and cheers from the audience at every performance. The youngest actors from Junior Theatre class sparkled in their role as the mermaids from Neverland. The Saturday matinee was full of bright eyed youngsters engaged in the story, and more

babes in the room than at a regular Rugg Huggers group.

Stagecoach Theatre school has done a fabulous job this year, setting out to ensure that participants in Peter Pan will have learned as much about theatre, acting and stagecraft as possible. The play has showcased the strengths of the acting ensembles that have been developed in all the classes since they began last September.

The cast enthusiastically embraced the rich and varied experiences of the production. "The energy level, the passion, and the commitment has been "overwhelmingly wonderful to experience." noted co-director Don Keith.

Students have come to understand that it takes an entire "team," both on and off the stage, to mount an effective and successful production. They realize that role of all the players behind the scenes is just as dynamic as that of the actors who appear on the stage.

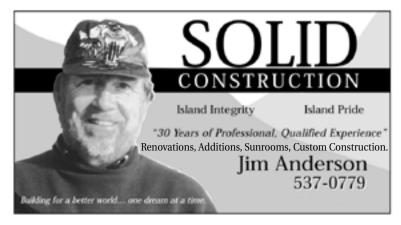
Peter Pan also featured the skilled technical and managerial parts played by the hard-working graduates of Stagecoach's first-ever Stagecraft classes, taught by ArtSpring technical director Marv Coulthard.

To everyone involved, at every part, congratulations on your wonderful efforts in promoting and supporting our youth with your time, talents and energy.

For more information on Stagecoach Theatre School please visit their website at: www.stagecoachtheatre.com. Classes for next year begin in the fall.



Salt Spring Island's budding young theatrical artists of all ages took the stage at Stagecoach Theatre School's original year-end production of Peter Pan.



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SALTSPRING SOLILOQUIES

"Adrift in the 50s"

Here in the reverie of middle age, when I look back across the shadows and forgotten corners of my life into the indistinct and hazy years of my youth, all I can hear is music. The chords, the lyrics, the rhythm weaving in and around the memories, somehow connecting all the disjointed, awkward moments of raw and aching adolescence into unforgettable, golden rhapsody.

And I suppose that the truth is, more than anything else, it held my life together. Back then, we seemed to be always moving. Another town, another neighborhood, another school. Seems like I'd just begin to get settled and easy with a group of friends and then us kids would be swept away again into the maelstrom of another **By Jim Anderson**

wrenching re-location. But through it

all, I can remember now how those magnificent melodies wove all that heartache, sadness and chaos into a seamless refrain of simple happiness. In fact, to remember where I was or what year it was, or what was happening in my life, the only way it all makes sense is if I remember what songs were playing on the radio.

And it seemed all so simple. It was in the air. There wasn't any complicated or expensive technology. There wasn't programmed music, or huge media conglomerates. It was wild, fresh and new. Groups and songs were popping up everywhere. One hit wonders. It was outrageous. It was spontaneous. It was magic.

Jim Anderson is a writer living on Saltspring. He is working on a metamorphosis of the human mind. © 2005 by Jim Anderson, Saltspring Island

And it was free. It was a small crystal radio set. And all I had to do was connect the wires to a radiator, or something metal to ground it and the air around me came alive with song. I can remember late at night in my room near Lake Erie laying there in the moonlight with those fabulous sounds pouring down all over me. Little Richard, Tommy Edwards, Conway Twitty, The Big Bopper, Little Anthony and the Imperials and more... so much, much more. And the intense agonies of youth just drifted away. And I became part of something larger and universal. And all the broken, fragmented and separate pieces of my life and the unspoken pain of youth were lost in a symphony of orchestral wonder.

I don't know how it happens. Somehow music blends together

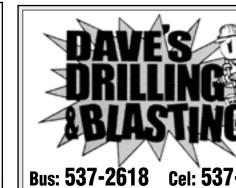
sound and silence into something perfect. Audience and performer, time and space, and dancing partners somehow become one. Union. All the pieces, all the dissevered and isolated parts somehow begin to fuse together and the universe speaks and joins everything into perfect harmony. Somehow those songs closed the circle and connected past, present and future for me, like they somehow did for an entire generation.

And they still do. Sitting here now, like so many years ago, I can play them all again and it all comes back. The people. The places. But most of all, the feeling... good God... the feeling. Captured. Not on video, but in the backroads of my mind. Just for me. Just for you. Just forever.

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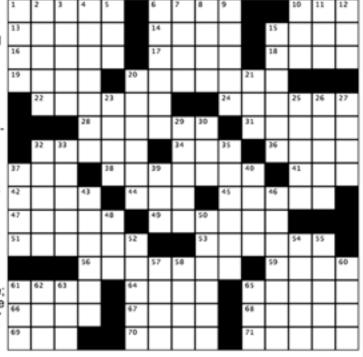
The Islands Marketplace CROSSWORD PUZZLE

Puzzle answers are on page 15 of this issue.

 Israeli desert; 6- Canadian gas brand; 10- Rocky pinnacle; 13-Chou ___; 14- Change direction; 15- Extinct flightless bird; 16- Mall unit; 17- Architect Saarinen; 18- Whirlpool; 19- Ladies of Sp.; 20-Collection of weaponry; 22- Morals; 24- Egyptian god; 28- Idle; 31-View; 32- Squelched; 34- Superlative suffix; 36- Record with a VCR; 37- Head covering; 38- Outlast; 41- Cow chew; 42- Throw; 44- Compass pt.; 45- Vision; 47- More aloof; 49- Prolific inventor, 51- Wrestling hold; 53- Monosaccharide; 56- Public disgrace; 59-Eldest son of Noah; 61- Agree; 64- Wanting; 65- Subway tumer; 66-Busy as ____; 67- Hungarian sheepdog; 68- Metal pin; 69-Marseilles Mrs.; 70- This, in Tijuana; 71- Without ___ in th

Down

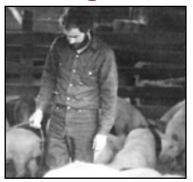
 Capone's nemesis; 2nous; 3- Brag; 4- Hearing distance; 5-Contend; 6- Extremely; 7- Goes out with; 8- Shrivelled, without moisture; 9- Home of the Black Bears; 10- Director Browning; 11 Unmatched; 12- Siegfried's partner; 15- Misdemeanor; 20- One berry in a cluster; 21- Buffoon; 23- Langston Hughes poem; 25-Arrive at; 26- Two cents, so to speak; 27- Bird feed; 29- Stitched; 30- Legal ending; 32- Gravy, for one; 33- The cruelest month?; 35-Pendent ornament; 37- Lower jaw; 39- Lao-___; 40- Civil disturbance; 43- Person with a flat, say; 46- Possessing knowledge; 48- Fabled bird; 50- Greek island in the Aegean Sea; 52- One of the two equal sections of a cone; 54- The Hindu Destroyer; 55- Conger catcher, 57- Entre ; 58- Dunce; 60- Allot; 61- Cram; 62- Big Blue; 63- Yellow and black insect; 65- Madrid Mrs.;



Island Resident: The Story of Laurie Hedger









Laurie Hedger.

Having on Salt Spring.

Tending the pigs on the farm.

'Cat-skinnin' near Cowichan.

By Shelley Day

Sixty eight years ago, Agnes and Allan Hedger became the proud parents of their firstborn son, Laurie. Little did they know that he would start his first feat as an entrepreneur at a very early age. His grandparents awarded Laurie with his own calf at the age of five. Later after Salty's first calf "Buttons" was born, he began selling milk to locals on the school bus route. If you've had the pleasure of meeting Laurie, you could probably picture him with a big smile on his face, as he jingled the change in his pocket, for a job well done! His next venture was his participation on the raccoon-bounty. Fifty cents for each tail, so off he went with his dog Pete to cash in on this opportunity.

The boy never backed away from hard work. As a matter of fact he enjoyed it

(and still does!) Laurie spent a lot of his upbringing at his grandparent's, John and Amy Whimms. He would help John with the haying and milking and would often be seen with Big John heading to town via horse and buggy to pick up supplies.

At the age of 16, Laurie went logging, working as a hook-tender along with his father, Allan, a tall, strong handsome man who seemed to have a beautiful rapport with everyone he came in contact with. Allan also demonstrated strong work ethics, which you cannot deny, rubbed off on his son. "A chip off the old block" rings true for this father and son!

Around the age of 18, Laurie bought his first cat and became a self learned cat skinner which lead him to his present business "Hedgehog Bulldozing" He was a natural operator from the start and impressed his

employers with his talents at such a young age.

Laurie, a wonderful provider, father and grandfather, with an amazing sense of humour and bright outlook on life, now manages Laurie's Recycling and Waste. Twenty years ago after farming and bulldozing, he saw the need for a waste service. "People were burying their garbage or dumping it on the roadside", he said. Always wanting to serve his community he bought a packer and rented the space beside Country Grocer, which is still in full operation today. When he realized how many people were dumping their recycling as trash, he purchased a recycling truck to help preserve the landfill at Hartland on Vancouver Island. Today Laurie employs seven workers and continues to serve his community with conscientiousness, concern and care.



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MUSICAL INSTRUMENTS

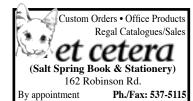
Yamaha PSR - 292 keyboard for sale. Plays and records. Features over 600 voices, including DJ. Touch response. Has a stereo-sampled piano voice and dynamic filtering, also built in lessons. c/w book. Fun! \$200 firm. Phone: 250-538-1769. 05-29

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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. 06-12

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- Chlorine bleach a toxic compound that irritates the respiratory system
- Petroleum distillatates oil-based resources found in furniture and floor polishes that can effect the nervous system and lead to neurological and behavioural problems.

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Now for your little pets....

Pine oil based products can cause health problems, even death, for cats. It is the phenols that are toxic. So read those cleaning labels and keep all phenol based products out of your house if you own a cat or kitten.

Also if you have cats in particular stay away from pest sprays because anyone who has a cat knows that they love to chase bugs. All a bug needs to do is crawl through the wet spray, get chomped on by the cat and ingest the poison. Please don't learn this the hard way.

Stay away from those chlorine bleach based toilet bowl cleaners too, since our four legged critters and pets will often drink from the toilet because the water is always cool in the bowl

And, ALWAYS label your homemade cleaning products and keep them away from children.

Despite the rain, Spring is finally here! YAHOO!! - Georgiana

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.

Maids Personally Call: 537-1517

Email Georgiana at maidspersonally@shaw.ca

Nettle is Fine Fettle

By Rainbow May

The nettles are up! The nettles are up! I have heard this jubilant

cry from many beaming faces in the last few weeks...Everyone in the know has their own favorite way of finding and preparing this wondrous plant and we all know that when we eat it, drink it, juice it, dry it, pickle it or even

wash our hair with it we feel REALLY good. It is a sure sign of spring here in our Southern Gulf Islands. A welcome tonic filled with green vitality to restore us to health and vibrancy after those long cold gray winter days. It pours forth its blessings as food, fiber and medicine and has proven itself for centuries especially in Scotland and England where it has been called upon for everything from making bed sheets to beer. Nettles aka stinging nettles aka Urtica Dioica has to be one of the most nutrient filled plants I have ever come across. With its deep green, sometimes purplish leaves it is a great source of iron, calcium magnesium, potassium, vitamin C, as well as many trace minerals. A 100 gms of cooked nettles provide you with 2900 mg of Calcium and 41mg of Iron. WOW. It truly is one of nature's superfoods. Harvest the new tender growth or just the tops of them when they get a bit older. Look for them in cool shady moist areas. But what about that sting you say?? Well be careful when you harvest it, use gloves for sure although I must admit I really like getting a few stings...just a few every year.. Yellow dock often grown near nettles, and the leaves can be chewed up and put on the stings, there is an old rhyme that goes:

Nettle in Dock out Dock Rub Nettle Out!

Use nettles as you would spinach in a soup or just steam them on their own. Add a bit of butter or flaxseed

oil and a pinch of cayenne. Just last week I made Nettle spanakopita! You can run nettles through your juicer

> if you really want to know what an inner zing is! For years I have used Nettles as a final rinse for my hair and wonder if that has anything to do with the fact that I no gray hair even at 50.

I always bring nettle tea to my friends who have just given birth, not only does it help replenish nutrients and build the blood back up

but it also is known for increasing mother's milk. Nettles are a natural diuretic and fresh nettles contain a lot of Vitamin K so it can help arrest excessive bleeding. It is a great plant for women at all stages of life, for its calcium and iron and for men too it can help reduce an enlarged prostrate. For those on blood thinners they may want to be cautious as nettles can have the same action.

Not only is this a master plant in the food and vitamin department but one can make cloth from its fibers. I had a friend years ago that carried a small hand spinner and was always spinning nettle. Gandhi would be In the 1600's in Scotland you could sleep in nettle sheets! Now there is a project!

. In England they have a whole week called be nice to Nettles week. You can go to the website and take a nettle quiz and after completing it I discovered that I was a nicely nettley!! It is fun and informantive: www. nettles.org.uk Dry some nettles too to use in teas for the rest of the year They have a very rich taste and are great on their own or mix them with a bit of peppermint or lemon balm. And soon I am sure I will run into you and hear the nettles are up! The nettles are up!! If you want to learn more about herbs and using local plants for food and medicine check out my website "www.livinglightwellness.com"

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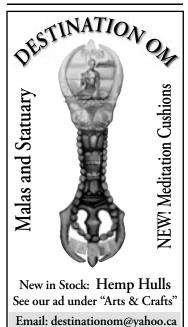
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The best condo location on the island easy walk to GVM ,Ganges and much more. mature trees, beautiful landscaping. A detached house stands alone at the end of the private cul de sac. 2 bedrooms, den, 2 bathrooms. Hardwood floors, fireplace, central vac, professionally decorated, updated kitchen with top line stainless steel appliances garburator, Maxwell lake water filtered for drinking. garage lots of storage and parking. Low condo fees. owner moving to Ontario. \$395,000 537-9634. 06-12

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2 bedroom house on 1.5 ac lot with pond, private yard and gardens, close to Ganges, new kitchen and bath (incl. washer, fridge, stove) for rent to professional couple or family with references. \$1200 plus utilities. contact Ed.Paleczny@gmail.com. 05-15

Mayne island 1 bedroom house on private 1 acre for rent 600+utl. Phone: 2507092148. 05-15

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RENTALS SHARED

Share Ganges townhome with me (fab mid 40's woman). Newly reno'd Irg. furnished bedroom with walk thro closet and bathroom. Wireless internet included. 500\$ plus 1/3 hydro. Catherine 537-1959. 05-15

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3 Little Dogs, 1 Person, looking for a good place to call home, always rent is on time, good tenant. Phone: 250-538-1903. 06-12

Looking for clean, inexpensive or free accommodation for the nights of May 10-16 in or around Ganges. I will be on the island volunteering for the week and need a quiet place to sleep and cook meals. 604.215.1580. 05-15

Looking to rent vacation home on Salt Spring Island for small family group Aug 8-15th 2009. We are non-smoking, no pets, environmentally friendly. Phone Melissa @ (604)882-6807. References available. 05-29

Long term rental wanted for working couple with references. Close to Ganges, bright, garden space preferred. Looking to move April 15, May 1 or June 1. Willing to pay up to \$700 incl. Call 250-221-0241. 05-15

The Islands Marketplace HOROSCOPE

personal horoscopes & more visit www.patrickarundell.com

Bi-weekly horoscope contributed by Patrick Arundell. Visit his website at www.patrickarundell for more great features... see below.

ARIES Mar 21st - Apr 20th

All matters financial need a firm touch. People may try to fob you off with excuses but you're unlikely to be impressed. Persistence is often more important than force so garner your diplomacy and keep chipping away. This scenario may be linked with work, but now that Saturn is travelling forwards again at least you will feel less inhibited.

TAURUS Apr 21st - May 21st

Those recollections which have been so vivid are still to the fore, but equally in terms of your next moves you can find yourself changing your mind with the wind. But if this does happen, don't be too hard on yourself. Sometimes it is necessary to pause, take a deep breath and get our bearings before moving forwards again and so it is here Taurus.

GEMINI May 22nd - Jun 21st

If you spend too much time burning the Midnight Oil, you could find yourself feeling disorientated and in turn, this can lead to burnout. Fortunately, as the week draws to a close, you can start to pick up energy. However, this is not a good period to spend time with negative types of people. You'll more easily soak up bad vibes, so stick to those you can trust.

CANCER Jun 22nd - Jul 23rd

Even if an event has been pencilled in your diary for a while, this doesn't mean that an outside issue can't affect it. But equally you may find yourself being invited to something else with a clash of dates occurring. This could see you needing to let someone down gently. Teamwork may also not come easily at work. Weaknesses in this area can be exposed.

LEO Jul 24th - Aug 23rd

Distractions are possible. Someone senior may prove trying to deal with. There may include demands for extra training or to do inconvenient overtime. If you're looking for a job, this may require relocation which can prove costly and upset the family's equilibrium. And yet some of the financial obstacles of recent months can seem less weighty.

VIRGO Aug 24th - Sep 23rd

The one thing that Saturn has given you in the last two years is added self-discipline, but then maybe it seemed you had little choice. Perhaps now however, you can appreciate what a bonus this has been. Use your attention to detail to scan documents of a legal kind. Someone may not be dishonest as much as sloppy, and you need to be alert to this.

LIBRA Sep 24th - Oct 23rd

For your daily stars,

Business matters could require an enormous slice of patience. Yet keep up the charm offensive Libra. You are at your best when you know the prize is worth fighting for and your Cardinal powers of determination will help to keep you in the race. Just don't let a rival see that you're flustered. Most importantly, some inner anxieties can at last start to fade.

SCORPIO Oct 24th - Nov 22nd

You may find yourself going over old ground - especially in a relationship. Issues that had previously been discussed may require revision. Yet don't view the circumstances only from your own perspective. If you do, the role of Chiron can see you do harm to your cause, for any win which comes at the loss of your honour will ultimately prove shallow.

SAGITTARIUS Nov 23rd - Dec 21st

There can be a lot of opportunities for playful and entertaining pursuits Archer but another part of your situation is demanding that you keep your nose to the grindstone. If you take your eye off what is important on a daily basis, you will soon attract criticism and opposition. This week therefore, balancing fun with practicalities is going to be the key.

CAPRICORN Dec 22nd - Jan 20th

A perceptible shift in your outlook can occur — for the better. But that doesn't mean that a perfect week is in store. Plans to meet with others may have a habit of coming apart at the seams, and sometimes at the last moment. Try not to let anyone's unreliability affect your confidence — especially if a date is cancelled. Love can be a bit on and off.

AQUARIUS Jan 21st - Feb 19th

Family harmony may be tempered by some simmering tensions - perhaps you're willing to talk issues through and others are not. This may even impact on a proposed gathering of the clan. Yet with Saturn ending a very long backward drag, your long term financial picture can seem less onerous and by the autumn, things can stabilise substantially.

PISCES Feb 20th - Mar 20th

If relationships have proved to be a tough hoe, the chances are you will feel less unsettled now. Yet this may require you to let go of someone or a partner's faults. Because you can be sacrificing, this may not prove to be a problem Pisces. Even so, there is a limit to your tolerance. An old domestic appliance may prove unreliable and require repair or renewal.

• Love ~ Romance 2009 • Health ~ Fitness 2009 • Work ~ Wealth 2009 • Myths and Legends • Leisure ~ Pleasure 2009

RENTALS WANTED

Looking to start renting June 1 or ? Short term to long term (1 month - 4 months or flexible or rent to own?). Looking to enjoy the beauty and privacy of Salt Spring Island. Preferred house can be somewhat wheelchair friendly. Email: berg@stevestonviews.com. 05-15

Mature Mid-twenties lady looking for roommates or 1 bedroom/bachelor suite. Roommates must be peaceful and respectful people, no drama queens/king, Extra points for artists and musicians. I will have a very well behaved toddler half of the time. Closer to Ganges or a bus route is ideal, and I am looking to pay no more than 650.00\$ a month, so if you think you are interested in finding a place with us or have one already please let me know and email me @ ifollowgoldfish@hotmail.com. 06-12

RVS & CAMPERS

5th Wheel trailer hitch, used 6 weeks. \$200. 250-653-4992. 06-26

2002 BT Cruiser like new,46,000 miles V-10 ford engine,p/w,c/c,a/c,cd player, tilt steering, leather seats,TV, 3 burner range w/oven,hood& fan, generator, awning, hitch, microwave, 2 door fridge/freezer,slide-out full size bathroom, \$37,000.obo. Phone: 250 -537-9309. 06-26

2006 30 foot Pioneer Trailer. Two large slide-outs. Bunk beds in the rear and Queen bedroom in the front. This trailer is loaded and in immaculate condition. \$27000 obo. 250-537-8422.

24ft. bt crusier by Gulfstream, 2002 V-10 ford engine. slide out generator, tv dvd, awning, hitch microwave 2 door frig/freezer, 4 piece bathroom, 46,000 miles \$37,000 more information 250-703-0229. 250-537-9309. 06-12

RVS & CAMPERS

Boler trailer for sale. \$4500.00. We are the second set of owners. It has Brand new high density foam cushions and coverings that cost us \$1100.00. 250 537 0881. 06-12

30 ft. 5th wheel with 14 ft. slider. Fridge, freezer, gas stove and oven. Microwave, double sink, dining nook. Queen size bed frame. sofa bed, 3 pc. bath. am/fm CD surround. \$11,000. Call 653-4598. 05-29

Older Vangard Camper in excellent condition inside and out! Bright light wood interior, New four burner propane stove with oven, 55watt Solar Panel with regulator and 12v battery, New aluminum steps, curtains etc. Everything works, clean and ready to go for the summer! \$2000.00 o.b.o. Call 250-537-2838.05-29

SPIRITUAL

Reiki attunements by donation. 537-4240. 05-15

"Hold Fast Thy Word" Airs Sunday mornings

7:45 - 8am on KARI 550AM dial

Two locals reading the bible www.kari55.com

SPORTING GOODS

Rock climbing gear, barely used, Arc Teryx harness (m) and chalk bag. Made in Italy. Asolo women shoes 5-6, comes in tough canvas Ortovox backpack. All for \$50. 537-2608. 05-15

Adams Carry Bag - MRH metal woods, with graphite shafts. #4,5&6 irons, lob wedge. 50 Titleist balls. Complete - \$160.00 Bob @ 250 537-4017. 05-15

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Soloman IV 148 snowboard. Burton bindings, pair Soloman boots, ladies size 6. Roxy snowboard paints, Soloman Banfire jacket. Sims and Burton gloves, paid of goggles. Soloman speedster roller blades. All new condition. \$500 obo. 653-4256 or email: erinbrianasitarski@gmail.com. 05-29

TOOLS

Portable generator, 2000 watt Homelite generator, 5hp Briggs and Stratton engine. a little old but runs and works well. Recent carb clean and tune up. It has one full 15 amp circuit with two plug ins. \$150.00 obo. Phone: 250-537-1418. 06-26

Commercial rockwell 48 inch belt and disc sander \$850, rockwell floor shaper and router \$250, industrial chain mortising machine \$750, shopsmith(five tools in one)\$550, rockwell floor drill press \$150, Beaver jointer 4inch \$200. Phone: 250-537-4260. 06-26

VOLUNTEERS

Volunteers needed for the Salt Spring Fiddle Fest. Please contact christie@fiddleworks.ca to volunteer on the May 15 weekend.

Volunteers required for the Mary Williamson Scholarship Fundraiser. Call Dawn at 537-5115 or Jill at 537-0675.

WANTED

Wanted, Younger person with website making skills to teach older person to build, publish and maitain website. Terry 250-537-9820. 06-12

Electric Range - apartment size, older 24". Phone: 250-538-5521. 06-26

newer, used...in good condition stove/ oven for sale. Contact 537-5923 or leave a message at 537-2259. 06-26

Wanted: free working fridge or freezer. Phone: 250-538-8385. 06-12

WANTED

Looking for a Strong Tractor with bucket, running or fixable... appearance not relevant. Also - Tubular frame for Greenhouse...can repair if necessary.. the bigger the better. Phone: 250-538-7487, 06-12

backfill, for driveway, prefer, gravel or shale. 1-250-931-7199. 06-12

urgently looking for free or inexpensive upright freezer in working condition. will pick up. 250-537-9396. 05-29

I am looking for feathers for crafts that are 4 inches or smaller. Peacock, guinea fowl, pheasant, rooster - anything you have! Even old boas would be great. I'm happy to come and pick them up and pay a reasonable fee (but can be convinced to accept them for free). Thank you! Phone: 250-221-0241. 05-15

WORK WANTED

Companion work, experienced, educated and loving nature. Also palliative care. Call 250-931-5551. 06-26

I am a 15 year old student desperate for summer hours and/or weekend hours. I have experience in high paced, efficient work in restaurant environment but am open to virtually any work given some instruction. Call or email Justin Reynolds. Email preferable. bluegreenjustin@hotmail.com. Phone: 250-931-7788. 06-26

I am looking for a private space, live in land, human (reasonably eccentric), home and/or animal care taking position that starts in July or sometime after. I have experience in gardening, cleaning, animal care, disability home support, organization, talking your ear off (also being quiet) and more. I have fabulous island references and an exuberance for life that is contagious. Phone: 250-516-2256. 05-29

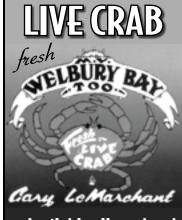
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CROSSWORD PUZZLE ANSWERS Answer for this issue's puzzle





The 'Round Salt Spring Race kicks off this weekend with sailors coming from all over to participate. Visit www.saltspringsailing.ca for info.



- Available all weekend at the Centennial Dock - Free Delivery

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Have A Safe and **Happy Victoria Day** Long Weekend!

Next issue: Fri., May 29 **Deadline: Tue. May 26**

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