SECTION B Community Real Estate

Your weekly guide to Gulf Islands Properties

Compliments of:

Longtime island resident celebrates 100th birthday

On January 3, 1893, Queen Victoria reigned, the motorized carriage was an eccentric toy and a penny could buy a large bag of sugar-candies. Five monarchs later, Bettie Greer is celebrating her 100th birthday surrounded by family and friends at her North Beach property she has enjoyed since

> By GRAEME THOMPSON Driftwood Staff Writer

Almost a New Year's baby, Bettie Greer was born near Woodstock, Ontario, the youngest of seven children. The large stone house where she lived as a child is still standing today.

Her strongest, early memories are of her time during the First World War as a nurse's aid in Britain, Greer was in the Volunteer Aid Detachment at the military hospital in Woolwich, east of Lon-

For her work, Greer received a medal and was invited to dine at Buckingham Palace. This week, King George V's grand-daughter, Queen Elizabeth II, congratulated Greer on her centenary.

Greer also received birthday greetings from the governorgeneral, the lieutenant-governor, the prime minister, the premier and M.P. Lynn Hunter, among others. Friends' and relatives' greetings from all over North America covered tables, mantles and counters in the house as well.

Greer's daughter Betsy Lane, and local resident and nephew, Lin Beattie, who grew up with the Greers, remember Bettie Greer best

'My mother has always been an ice-skater," Lane said. "The River Speed (near Woodstock) was always frozen over and the kids would skate on it."

After returning to Vancouver from the First World War, Greer was instrumental in starting the Connaught Skating Club, Beattie said. When the Greers moved to Powell River in 1949, Bettie started a skating club there. Even in retirement on Salt Spring after 1973, Greer was still an avid member of the nearest skating club in

In 1980, the Canadian Figure Skating Association (B.C. Section) presented Bettie Greer with an award for outstanding service to figure-skating. This year, the Chemainus Club is honouring her by instituting a Bettie Greer Dance Trophy for dance competition in skating.

Greer's main interest in figureskating for more than 80 years was dancing: waltzes, tangos, fox-trots and more. When she was younger, Lane said, there were no competitions like there are now. Ice-skaters got together and put on ice-carnivals, much like the Ice Capades,

In the 1930s and 1940s, most winters would see Greer and her Connaught Club friends at the Denman Auditorium downtown Vancouver, Beattie said. When that burned down in 1936, they moved to the P.N.E. Forum in Hastings

The shows would involve intricate dancing formations and movements across the ice. Elaborate costumes were designed and made by members. One yellowing photo in the family album shows Greer in an elegant feathered costume for her own canary dance.

Greer still gets Christmas cards from people she taught to skate, her daughter said. Some in turn have become skating instructors, she said. A group from Powell River and one from Chemainus came over despite the weather to wish Greer a happy birthday.

1992 soaked by average precipitation says Aston

Salt Spring was dampened by an average amount of precipitation in 1992, according to local weather observer Robert Aston.

The Douglas Road resident, who has provided the Driftwood with weather data for the past 16 years, said he recorded 986 millimetres (38.82 inches) of precipitation in 1992, including 29.4 centimetres (11.6 ins.) of snow which fell in December.

The 10 year average of precipitation from 1983-1992 was 945.6 mm (37.23 ins.) including 41.4 cm (16.3 ins.) of snow, and the 1981-90 average was 954.2 mm (37.57 ins.) with 39.37 cm (15.5 ins.) of snow. The 1979-1988 average was 979.1 mm (38.55 ins.) with 36.57 cm (14.4 ins.) of snow.

Aston notes precipitation caused by snowfall is officially recorded at a 10 to 1 ratio, although measurement of most Gulf Islands snow would be more accurately deciphered on a 7 to 1

Monthly precipitation totals for 1992 as recorded by Aston are:

January, 286.2 mm (11.27 ins.); February, 121.1 mm (4.77 ins.); March, 25 mm (.99 ins.); April, 81 mm (3.21 ins.); May, 116 mm (.46 ins.); June, 41.6 mm (1.64 ins.); July, 61.2 mm (2.41 ins.); August, 31.4 mm (1.24 ins.); September, 26.4 mm (1.04 ins.); October, 82.3 mm (3.24 ins.); November, 123.1 mm (4.85 ins); December, 94 mm (3.7 ins.)

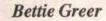


Photo by Graeme Thompson

Community B2 Crossword Green Thumb Home Design

Horoscope

Outer Gulf Islands B11

Steps for turning resolutions into reality

First of Two Parts

Coming up with resolutions is not difficult. Putting them into action — and sticking with them —

> By BRUCE ELKIN Driftwood Contributor

My personal coaching clients tell me they set goals, wrote out plans, and tried to live up to their resolutions. But, often, they found themselves ignoring their resolve, even doing things to hinder their

Then they gave up in disgust, or quietly drifted back into their familiar, but ineffective habits. But that's not what they really wanted. They did want to reach goals, fulfil

reality. So, every New Year's, they once again resolved to be success-

Sound familiar? For most of us it is a recurring pattern. But we don't need to keep repeating this pattern year after year. There is hope. The skills outlined here are not magic formula, but they have helped many turn resolutions into

There are two keys to this process. First, you need to see resolutions as results you want to create, rather than problems to solve. In problem-solving the focus is on the negative - on things you don't like and don't want. Second, you need to take action to make them go away. Focusing on the negative feels bad and is hard to

But creating — bringing into being what you truly want - is much easier to sustain. It feels good even when it's difficult or frustrating, and it generates energy rather than drains it.

We think if we had no problems we would be happy. Not so! If things are too certain, we become bored. If we have no challenges, we invent them.

Think about golf. Why take a simple task like putting a small ball in a hole and make it difficult? Why not just walk around the course, drop the ball neatly into each hole and go home? Golf is enjoyable precisely because it is uncertain and challenging.

So is creating! Human beings thrive on challenge, we can create changing, uncertain circumstances. And, it is only by creating the results we truly want that we become fully human and achieve real and lasting success. So the first key in creating success is shifting your orientation from problem solving to creating.

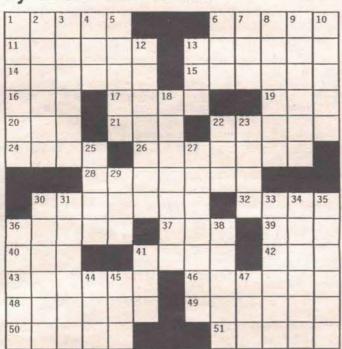
The second key is practice. Insight and desire alone, do not lead to success. You have to practice creating what you want. While practice may not make you perfect, it will definitely make you better. And the road to success always runs through better.

Each of the following principles is a skill you can practice. The more you practice the more you will learn and the better you will get at

ODE ATTRICE DO

community

Canadian Criss Cross by Walter D. Feener



ACROSS

- 1. Holds out
- 6. Ridicules
- 11. Singing bird 13. Immoderate
- partisan 14. French fashion
- designer 15. Home of the
- Senators 16. Danube city
- Likewise
- 19. Where Elko is: abbr.
- 20. Plant juice
- 21. Half ton weight
- 22. Poplar tree
- Threesome 26. Sweetened
- drinks 28. Throw into
- confusion
- 30. Popular epigram
- 32. Jezebel's
- husband 36. Heavenly
- bliss
- 37. Computer language
- Tokyo formerly
- 40. Volatile computer
- memory 41. Burden of
- proof 42. Actress Myrna
- 43. Cossack chief
- 46. Ancient Greek vouths
- 48. Legislative

assembly 49. Ladd and Keaton

- Lying
- facedown 51. Cross swords

DOWN

- 1. Grasshopper 2. Square hewn
- stone
- Shrimp dish
- Soft metal Move secretly
- Black
- Wear away
- Small kite
- Spur wheels
- Barrel part
- 12. Oval
- 13. Animal
- garden 18. Pouch for a
- kilt 22. Uraeus
- symbol
- 23. Second in a series

- 25. Aroma
- 27. Toned down Climbing vine
- 30. Inferior
- racehorse
- 31. Italian cheese
- 33. Montana
- capital
- 34. Sun-dried bricks
- 35. Engagingly youthful
- Comprehend
- 38. Savory jelly 41. Single unit
- 44. Adult male
- Consumed
- food
- 47. Actor
- Holbrook

Crossword answers found on Page B4



SALT SPRING COMMUNITY SOCIETY NEWS

268 Fulford-Ganges Rd. 537-9971

- * 24 HR. CRISIS LINE: Dial 0 and ask for ZENITH 2262 (no charge). Caller is connected with the Need Crisis Centre in Victoria.
- FOOD BANK: Emergency food provided Mon.-Fri /1-3pm.
- *COUNSELLING SERVICES: (free) Crisis and short-term counselling provided by Community Workers.
- *ALCOHOL & DRUG PROGRAM: Prevention & treatment service is free and confidential.
- *ALTERNATIVES (Alcohol & Drug Advisory) COMMITTEE: Meet on the third Wednesday of every month, 3:30pm at the Centre. The group welcomes public input in addressing substance abuse issues in our community. Call the Community Centre for more information.
- *YOUTH CENTRE: For further information call 537-9938.
- * VOLUNTEERS NEEDED FOR: -Office & Food Bank -Youth Centre. Call the Centre for more information.

Balmy winter thing of the past

What a difference one year makes! As islanders dig out of a heavy snowfall this week, they can look back on their gloating last year when there was only one snowfall. That was very short and occurred just days before Halloween.

Last year's balmy weather had islanders talking about what kind of weather there will be this winter. The Christmas issue of "Weather News," published by Environment Canada, outlines what a typical winter should be like in different parts of B.C.

In Vancouver and the South Coast region, a normal winter means the temperature will sink below freezing for 36 days between December and February. On five of these days, the temperature will remain below zero all day. Snow will fall on 12 days with a total snowfall of about 50 centimetres, most of which will be in January. So much for predictions.

A normal Southern Interior winter means temperatures will fall below zero almost every day and remain below zero 29 days between December and February. A total of about 80 centimetres of snow will fall on about 20 days, mostly in December.

In the North and Central Interior, temperatures will not rise above zero for 55 days in a normal winter. About 150 centimetres of snow will fall on 45 days, mostly in January.

 Environment Canada defines a blizzard as a snowstorm lasting more than three hours with a temperature less than minus-12 degrees Centigrade, wind speed greater than 40 kilometres per hour and visibility less than one kilometre.



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JAN. 7: SSI Weavers & Spinners Guild, bus. meeting, Mahon Hall, 2:30pm. JAN 7: Improv Dance Group, Central Hall, 5:30-7:30pm

JAN. 8: Ladies Auxiliary, Legion Br. 92, roast beef dinner, Meaden Hall, 6pm. JAN. 11: Opening Night Band Practice, High School, band rm., 7pm. JAN. 12: SSI Historical Society, Jan. meeting, Central Hall, 2:30pm.

JAN . 14: Radio Course. JAN. 14: SSI Weavers & Spinners Guild, spinning: cellulose fibresMahon Hall, 2:30pm. JAN 15: Ladies Auxiliary, Legion Br. 92, turkey dinner, Meaden hall, 6pm.

To have your event listed here FREE!

Just drop it off to the Driftwood office by noon Friday. PLEASE PRINT CLEARLY-Just the date, time, place and event.

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Preparing for power outages saves problems

Winter power failures are a fact of life for thousands of Canadians. In most parts of the country, there is the possibility that an ice storm, blizzard, or prolonged cold spell will temporarily knock out the electricity in your community.

A power outage — it if happens in sub-zero temperatures - can turn a minor inconvenience into an emergency if your home or workplace is without heat for a prolonged period. People can become severely chilled, water pipes and other plumbing can freeze and walls and foundations crack.

The following is some advice from Emergency Preparedness Canada (EPC), the federal government organization responsible for promoting preparedness for emergencies of all kinds:

Advance precautions for winter power failures

If a storm during a cold spell is predicted, lay in a supply of food and other necessities. Chances are, if the power is out, grocery stores,

gas stations and other local services will also be closed.

Have flashlights, lanterns, candles and matches or other emergency lighting stored in a handy place. Make sure you have fresh batteries for flashlights and radios.

If you have a wood-burning stove or fireplace, keep a good supply of fuel on hand.

Make sure any emergency heater, stove, or gas barbecue you use is certified by the Canadian Standards Association. Ensure stoves are vented properly and used in a well-ventilated location.

If there is a power failure

Check to see whether your home is the only one affected. If so, notify your local electric supply authority.

Turn off lights and appliances that were functioning when the power went off to avoid damage by a surge of electricity when the power comes back on.

Turn on your battery-powered radio for local information about a widespread power failure. Most radio stations have back-up power

Don't panic. Even in very cold weather, a building with closed doors and windows will retain some heat for several hours.

If you have a standby heating unit, turn it on before the building gets too cold. If the unit must be vented to the same chimney flue as the furnace, switch the furnace off before disconnecting the furnace

As soon as the building begins to cool off, put on a hat, extra socks and mittens. Add extra outer wear or a pair of coveralls as insulation.

Do not drink alcohol. It will not warm you up. In the bitter cold, it lowers body temperature. Never use a charcoal barbecue indoors.

If it is too cold to stay in the house and you decide to leave, or are ordered to evacuate, protect the building by taking the following precautions:

Turn off the water main where it enters the house. Protect the valve,

> UNDERCOVER: Salt Spring Island took on a

> fairyland look last week

as several successive snowfalls coated trees,

shrubs and stumps with

an icy white covering. The snow remains this

week as cold tempera-

tures contiue to plague

Driftwood photo by Derrick Lundy

the island.

inlet pipe and meter or pump with blankets or insulation material;

Open all water taps in the house, including the drain on the water heater, and flush toilets several

Check operating manual for dishwasher, washing machine and other appliances using water for draining or frost-protection instruc-

Horizontal water supply lines that might not drain when valves open should be air-blown with a tire pump.

After the power is back on

Replace the furnace flue (if you removed it) and turn off the fuel to hours.

the standby heating unit.

Turn on the water supply. Close the lowest valves first and allow air to escape from the upper taps.

Make sure the hot water heater is filled with water before turning on the power.

Warm the building slightly above normal temperature for a few hours to allow it to dry thoroughly.

If the power has been off for a long time, check food in refrigerators, freezers and cupboards for signs of spoilage. If the freezer has been kept closed, food should stay frozen for 24 to 48

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MEL TOPPING 537-2426



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community

ARIES (March 21 to April 19): The Blues are in evidence everywhere: the post-holiday blues; the Polar Bear Swim blues; the Billie Holiday record you got for Christmas. It's time for some cheery colour to burn away those blues. Go out and buy bright-red woollen underwear; dye your spouse's hair green; eat stuffed yellow peppers all week. Finances will improve with an unexpected payment of a long-writtenoff bad debt. Splurge on the phone bill.

TAURUS (April 20 to May 20): Christmas is over. Now you have to find storage space for all those swans-a-singing, drummers-drumming and partridges in pear trees, which could be extremely difficult given that you already have one granny-suite on the property and are not zoned for more development. Revenue Canada will want to know if you will make any money selling swans, geese or partridges. The animal control officer will want to know if they are liable to disturb the peace or bite passers-by.

* horoscope *

GEMINI (May 21 to June 20): Breaking, shattering and other forms of violent destruction are in the air this week for Geminis. Your spouse may leave after the stress of visiting relatives, or the ugly vase from the office staff may fall inexplicably from its perch. Do not try putting Humpty or anything else back together again. If you can't fix what ain't broke, you cannot fix what is broken either. 1993 starts with new beginnings.

CANCER (June 21 to July 22): Pat has gone back to Patland, leaving you watching World Wrestling with the inlaws, feasting on holiday pizza. Epiphany has been squelched by the Coors Light-soaked wet blanket antics of relatives once again. But life improves soon. Unexpected growth in mutual fund yields financial benefits which soften family woes. Unexpected growth in the family also brings joy and happiness to all involved, though it is unclear at this point exactly who is involved.

LEO (July 23 to Aug. 22): An innocent enough book, a Billy Graham t.v. special or even a telephone conversation may move you to tears. Red-rimmed eyes are suspect at this time of year - you can't blame the hay - and Salt Spring rumour mill can be cruel to emotion-wrought weepers. Driving skills also come under close scrutiny. Try really scaring the heck out of 'em - performing ice- capped doughnuts in downtown Ganges with the newest vehicle will certainly make them take notice.

VIRGO (Aug. 23 to Sept.22): Change of scenery is needed. If the white outside the window doesn't melt to green soon, try eliminating mashed potatoes and icing sugar from your diet. So when was the last time you had a vacation? (A trip to Duncan does not count.) Threaten to take a trip on your own if you can't drum up support (and money) from a less than enthusiastic spouse.

LIBRA (Sept. 23 to Oct. 22): Can it be possible that you have already broken and stomped on all New Year's resolutions? Is it true that after carefully and thoughtfully listing hopes for 1993, you've already tossed them into the drawer for 1994? Postseason quiet is especially enjoyable this week. Lock the doors and pull the blinds. Post a "No Vacancy" sign at the end of the driveway to deter relatives who may suddenly discover the island.

SCORPIO (Oct. 23 to Nov. 21): What goes around, comes around. Negativity regarding others' snowbound driving skills may result in serious icv mishap. Piety can be a dangerous characteristic. Try insulting yourself three times a day for the next month. On the positive side, a look into the unknown may re-affirm the mystery of life in a way that smoking that green stuff will never match.

SAGITTARIUS (Nov.22 to Dec.21): Give yourself a "B" grade for how you handled the recent winter season. Clogging up Ganges hill with repeated attempts to scale it with your lightweight vehicle one day and forgetting to replenish Fido's food stock aside, your coping efforts were admirable. Analyze your positive behaviour over a bowl of pretzels and a six-pack. It could assist with solving more serious

CAPRICORN (Dec.22 to Jan.19): Old goats will enjoy birthdays more than usual this year, possibly because everyone forgets about them, or the gifts are bang-on for a change. Jokes about people's uncontrollable weight gain, choice of sexual pursuits or pet's names will surely decrease popularity and birthday gift quality. Bestow positive, life-affirming images on friends and others.

AQUARIUS (Jan.20 to Feb.18): Financial problems will continue to give you bad dreams this month. Soft-hearted Aquarians with deadbeat boy/girlfriends should close the bank permanently. Others will have to pursue the almighty worm and get to work earlier, weather permitting, of course. Threats to cut electrical service at home may require action. Use weather as excuse for not making hydro payments

PISCES (Feb.19 to March 20): Plunging in the Polar Bear Swim proves lucrative when off-island advertising agency catches wind of your antics. You should receive related phone call this week. Consider spicing up the message on your answering machine so hot shots don't think they're dealing with a total country bumpkin.

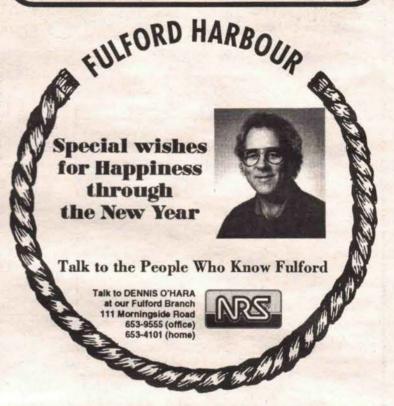
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Dangerous cargo sailings set for outer island routes

People travelling by ferry through the southern Gulf Islands next Wednesday, January 13, could be affected by dangerous cargo sailings

taking place that day.

The 5:30 a.m. sailing from Swartz Bay to Otter, Village and Sturdies bays will be cancelled.

Instead, the Queen of Cumberland will leave Swartz Bay with a dangerous cargo load at 5 a.m., stopping at Otter and Village bays before resuming normal service with the 6:45 a.m. sailing from Sturdies Bay.

Travellers on the 11 a.m. sailing from Saturna Island bound for Swartz Bay will have to transfer at Village Bay while the Tachek picks up dangerous cargo there.

The B.C. Ferry Corporation notes this proposed schedule is subject to change. A ferries office should be contacted for more information.

Answers

Crossword

AFFORDABLE HOME — BEAUTIFUL 1.1 ACRE

- 3 B.R. MOBILE WITH ATTACHED GARAGE
- SPACIOUS MASTER B.R. ADDITION
- LARGE SUN DECK PAVED DRIVE & PARKING
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- WATERFRONT LIVING WALK TO GANGES
- LARGE 2 LEV. ON .63 AC. W/F
- SEP. 3 RM. "SUITE" (down)
 "CLOSE-UP" HARBOUR VIEW
- NEW \$259,000 CALL GARY
- HOME BUSINESS POTENTIAL CLOSE TO TOWN
- 1500 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. to ME 70 sq. ft. COTTAGE 1080 sq. to ME 70 sq. ft. COTTAGE 070 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE 1080 sq. ft. to ME 70 sq. ft. COTTAGE REDUCED TO \$219,000 CALL GARY

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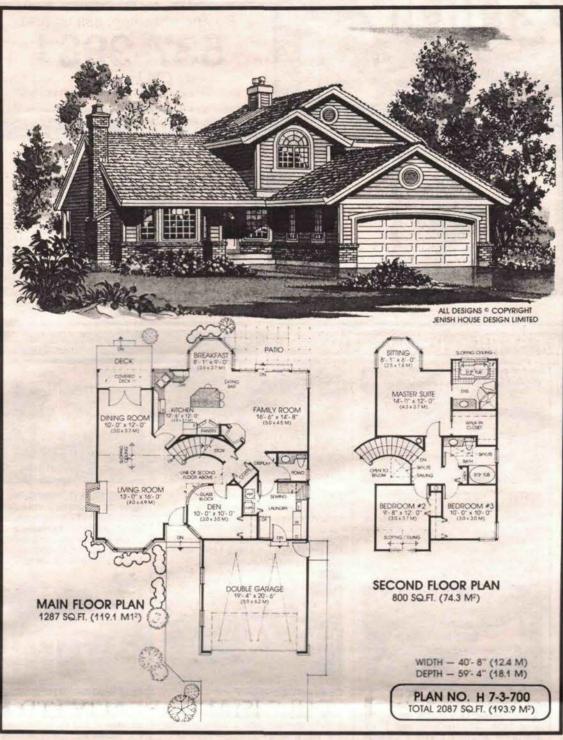
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> Gulf Islands Driftwood

community



Simple roof line featured

The designer of this traditional two-storey building has shown how you can have an elaborate floor plan without a complicated roof line.

The entrance takes you directly into the living room which eliminates the foyer, but expands the living room by over three feet. Vaulted ceilings increase the feeling of spaciousness in both the living and dining room. Gracious french doors off the formal dining area lead to the rear deck.



Adjacent to the living room is a modern den with a large window to the front of the home and a feature glass block interior window allowing for extra light, yet privacy from the rest of the home. A bonus closet could be changed into book shelves or even a small

The family area is located at the rear of the home. Here, a gourmet kitchen includes a pantry, and oversized eating bar. A beautiful bayed breakfast nook lets in plenty of natural light along with a full wall of glass into the family room.

Off the double garage, a laundry room large enough to accommodate an ironing board features a corner sewing table.

Curved stairs lead up to the bedroom level where bedrooms two and three share an unusually luxurious main bathroom with skylight and soaker tub.

The master suite includes a bayed sitting area, walk-in closet and four piece en suite with separate shower and soaker tub.

A simple roof line always cuts down construction costs allowing for extra floor plan features.

Plans for design No. H-7-3-700 are available for \$363 (set of three) and \$31 for each additional copy. Saver sets are available for \$410 (set of five) and \$487 (set of eight). B.C. residents add six per cent provincial sales tax. Also add seven dollars postage and handling within B.C. or \$9.50 outside of B.C. Please add seven per cent GST to both the plan prices and postage charges.

Make all cheques and money orders payable to 'Home Plan of the Week" and mail to Home Plan of the Week c/o Gulf Islands Driftwood, 336 Columbia Street, New Westminster B.C., V3L 1A6.

WCELRF catalogue

Efforts to conserve private land are being catalogued by the West Coast Environmental Law Research Foundation.

A recent foundation newsletter explained preparation of a manual of "currently available legal tools for the preservation of private property, ranging from outright purchase to leases to covenants" is underway. Also included will be a list of organizations involved in protecting private land.

Representatives from such organizations are invited to contact WCELRF and describe their group and its past and current efforts and experiences with private land preservation.

Correspondence should be directed to the attention of Barbara Findlay at 1001-207 West Hastings Street, Vancouver, B.C., V6B 1H7. A contact person and phone number should be included.

The WCELRF manual is set for publication in May. Project funding has been provided by the Real Estate Foundation of B.C

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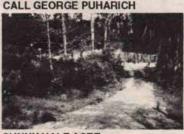
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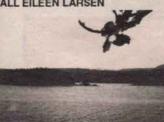
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CREATING AND ACTIVATING RESOLUTIONS

From Page B1

producing results that truly matter

Principles for turning resolutions into lasting results

1. Do what you live! Create a clear vision of what you most want. Creators focus on what they do want, and take action to bring it into

For example, a creator turns "I wish I could lose weight" into "I choose a lean, well-toned and at-tractive body." Instead of "quitting smoking" a creator chooses clean, healthy lungs and high oxygen uptake. Creating is about bringing into being what you want.

It's fine to start with general concept like "success" but to actually create it you have to specify the kind and quality of success you really want. You do so by focusing your desires into a clear, compelling vision of what it would look like if you got it.

Vision concentrates effort, generates energy and produces power. Which has more power? "A new car" or "a candy-apple red, 1993 Mazda RX-7 convertible, with beige leather seats and an Alpine CD system"?

Vision comes from picturing what you truly want with enough detail so you'd recognize it if you

It helps to envision what you picture in positive terms, as if you'd already created it.

"I weigh 135 pounds. I look great, I feel terrific and people compliment me," or "I live in a cozy, solar powered cabin, on the ski

This is not positive thinking or

affirmation because you are not telling yourself you will get it. You are simply picturing it the way you do want it to be. Later you formally choose it, and take action to support your choice.

It is important to note that vision does not have to be realistic. It only has to be what you truly want. You, like the Wright Brothers, won't know if it's realistic or even possible until you try it. So go for what you really want. You can set realistic goals and benchmarks later, but let your aspirations soar when making up your vision. Grounding that vision in reality is the next step.

2. Accurately and objectively assess current reality. Vision not rooted in reality is just fantasy. As well as knowing what you want to create, you must also know where you are starting. You need to know your destination and your starting point. If you want to go to Victoria and think you are in Vancouver but are really in Nanaimo, you'll probably have difficulty getting there. Creators carefully assess and objectively describe where they are starting from.

Sounds easy, but many of us misrepresent reality to ourselves. Instead of objectively describing reality we judge it. We say, "everything is wrong," when in reality a small part of our life might not be working. Or we say "everything is great," when it really isn't.

We distort, exaggerate, leave out what we don't like and add what we do. Then we act on our judgments instead of reality. But, by not telling the truth about reality

- by making it better or worse than it is — we reduce a useful tension between it and our vision and decrease the likelihood of creating results we want.

3. Set up structural tension. Robert Fritz, author of The Path of Least Resistance, points out that when you hold a clear picture in your mind of where you want to go, and an accurate, objective picture of your current reality, there will be a discrepancy between them. That discrepancy, says Fritz, sets up a "structural tension" and generates energy you can use to move from where you are to where you most want to be.

Imagine a rubber band stretched between "vision" and "current reality." The tension in the rubber band wants to resolve, and there are only two ways it can. You can let go of vision, letting reality prevail.

Or you can change reality, moving it toward your vision.

The key is making choices and taking actions that support that vision. By choosing in favour of vision, the tendency is for the tension to resolve - and reality to change - in the direction of what you want. Structural tension is the core of the creating process.

More steps next week.



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If you like wood as well as open airy spaces, this 2 bedroom home will suit you. Hot tub, indoor garden, and tons of rock gardens make this a truly unique home on over 2 acres. \$99,000. CALL DON PIPER

Coinage collected for disease

"A penny for your thoughts" is the theme for a January campaign to raise money and awareness for the Alzheimer Society of B.C.

People with dormant collections of pennies and other coins that never make it to the bank in neat rolls are being asked to bring their loose cash to local branches of the Canadian Imperial Bank of Com-

CIBC branches are being called "memory banks" for this occasion, since Alzheimer's Disease attacks an individual's memory skills.

Alzheimer's affects an estimated 34,000 British Columbians and 300,000 Canadians, robbing them of their memories, dignity, health and eventually their lives. January is Alzheimer's Awareness Month.

The Canadian Bankers Association estimates literally millions of pennies are taken out of circulation yearly by Canadians who simply toss them into their drawers or jars and forget about them. Alzheimer's Society members urge people to dig up and take their penny collection to the nearest CIBC branch.

"The good news to all of those penny hoarders is they do not need to count them," says society president Jack Jefferson. "The CIBC branches will do that and credit the Alzheimer's account." Alzheimer's disease is a brain disorder which causes loss of memory and serious mental deterioration. It is not normal aging.

Symptoms begin almost imperceptibly with slight memory loss and a little impairment in reasoning ability. As the disease progresses there is increased memory loss, altered perceptual ability and progressive difficulty in com-munication frequently leading to a continuous repetition of words, questions and gestures.

Restlessness, irritability, confusion, night awakening and disorientation as to the time and place become common. Abilities to perform normal hygienic practices such as bathing, brushing teeth, shaving or grooming become impaired.

Eventually the victim will experience loss of coordination, with slow shuffling steps and slumped postures. Problems with rigidity, balance, bladder and bowel control may occur in the final stages of the disease.

The Alzheimer Society of B.C. is committed to funding research into the causes and cure of the disease. It also provides an important support network for families and caregivers of Alzheimer's patients throughout B.C.

Contributions of coins or larger sums may be made at the Canadian Imperial Bank of Commerce during the month of January.



green THUMB

DEREK DUFFY

Of birth and life and death am I, To juxtapose life's symmetry, Walk on me, sleep upon my

Plant life beneath my flesh, Which is the crust of all that

The bread that feeds my children,

But leave me sleep through winters long and slow,

So I might replenish my bones and blood,

That I will nourish all that soon will grow.

Song of the Soil, Leanora Wilkinson.

This is the weather that I have been expecting during the last few weeks, and even though I tried as all gardeners will, I still found myself a touch unprepared for it, not tidying up pots and flats around the greenhouse, and leaving cane in the ground where perennials once

If you still have snow on ornamental shrubs, trees and hedges, keep a careful eye on them and maybe shake the snow off to relieve stress on frozen branches.

Hedges that have been cut tapering out towards the ground will probably be okay as the snow tends to slide off, although it can also splay out the centre stems of the hedge leaving a large hole with broken branches, susceptible to disease or pest infestation.

this will leave them susceptible to cat attacks. It is therefore wise to hang it out of cats' climbing or jumping range.

The snow also insulates quite well, so it is never a good idea to remove it from around plants, especially slightly tender ones. If the recent snowfalls have already broken or damaged branches then it is safer to leave them until better (warmer) weather is here before you trim and tidy them up.

Snow that is still on glasshouse roofs should be gently removed as it will cut down the already small amount of sunlight coming through. It can also severely bend or twist plastic roofs.

As the cold harsh weather increases you will not be able to do much outdoors at all, so it is good to prepare the greenhouse for new seedlings by making sure you have the right supplies. (Next week I will be talking about seed germination and cuttings.)

HOMEWARD BOUND: Syd Wigen is a regular at the polar bear swim at Vesuvius Bay. He heads back to warm clothes after testing the five-degree-Centigrade waters.

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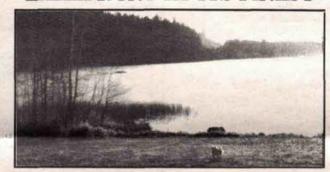
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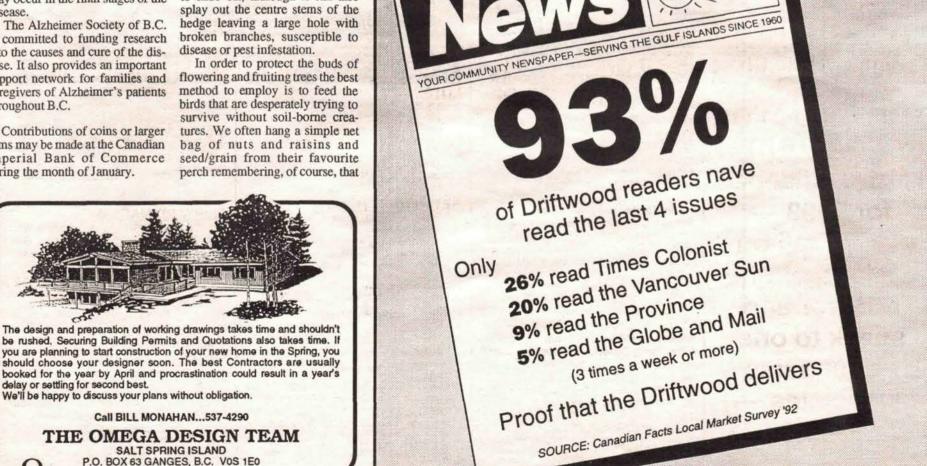


Manicured lawns gently sloping to a small sand beach, a large one storey home sited to look over the 9 hole pitch & putt, orchard and, of cours, the lake. A separate double carport and workshop are situated in the woods. An ideal retirement property listed at \$376,000 MLS.

> **Enquiries** to Dennis O'Hara 653-9555 (office) 653-4101 (home)

> > FORECAST





${f community}$

New manual details marine weather hazards

Sea bound islanders wanting to become weather experts should pick up a copy of Environment Canada's Marine Weather Hazards Manual.

recently-published The ringbound book describes the process of marine weather forecasting and numerous factors demanding consideration before setting sail on the West Coast.

Winter and summer storms in all their variety are thoroughly analyzed and accompanied by several diagrams. Readers will learn about winter's "Arctic outbreaks" and the "Lee troughs" of summer seasons.

intricacies The thunderstorms, wind patterns, air pressure and friction effects are described in detail, while assis-

Seventy-eight species of birds were identified in Galiano's sixth annual Boxing Day bird count.

> By ALISTAIR ROSS Driftwood Correspondent

Bearing in mind that some of the 5,200 birds reported may have been sighted by more than one of the 60 islanders participating in the 16 count areas, the total was a very impressive one, if somewhat lower than the record count of 1991.

Higher this year was the number of predator species reported seen. Among these were eagles, Cooper's hawks, sharp shinned hawks, peregrine falcons and red tailed hawks. Eighty-two eagles were reported.

The count on sea birds was much the same as last year except for loons and grebes which appear to be less plentiful. Steller's jays seen here last summer and fall for the first time in some years, were included in this year's Boxing Day count as was a rare Savannah Spar-

The count of small birds continued to be high, with kinglets up in number from last year.

The 60 bird counters were located over the length and breadth of the island. For the first time a sea count was included with Rene Zich in his kayak reporting birds seen as he travelled the waters of Active Pass and Trincomali Channel from Montague Harbour to Sturdies

Organizers of the count were pleased with the results of their fellow islanders' observations, and thankful for the willing help they received from them.

Christmas concert

The Galiano Singers, under the capable direction of Ann Duncan, performed two pre-Christmas concerts in the South Galiano hall just before Christmas. Elizabeth Bosher was accompanist for the

A snow warning dogged the first performance (Friday, December 18), but it was full house for the second concert on Sunday evening, December 20. The choristers, dressed in black and white with red accent ties, sang as well as they looked, literally filling the stage of the hall with their numbers and the

GALIANO B11

tance in reading clouds and fog is also provided.

Conditions particular to certain areas along the B.C. coast are also outlined in the Marine Weather Hazards Manual. Dangers of strong winds created by northwest winds funnelling through Trincomali Channel, or westerly winds blowing through Satellite Channel out of the Cowichan Valley are examples of local hazards noted in the

Popular nautical myths like mariners get the most out of En-

"every seventh wave is the biggest" are dispelled, while practical advice on operating a vessel in high seas is dispensed.

Environment Canada says "the manual is designed to help all vironment Canada's marine weather forecasts. It is not intended to be a textbook on marine meteorology but rather a clear, practical introduction to the local marine weather hazards on the West Coast."

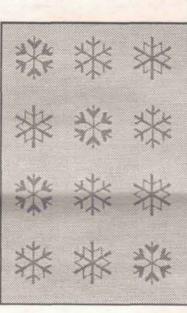
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an important part of our team:

RIFIWOOD DEALERS

This week's

Feature Dealer







KANAKA COFFEE SHOP

Wendy Dukes works hard to make Kanaka a happy place. "People come here for a laugh". She especially commends young people who come and donate so much to Save the Children tins with their change. Saying she is "more than just a waitress", this fervent Canuck fan also sells copies of the Driftwood each week.

And you can pick up your Driftwood each week at the following:

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et cetera, Hereford Ave, 537-5115

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Harbour Low Cost, Fulford Ganges Rd., 537-2460

Kanaka Restaurant Harbour Bldg., 537-5041

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Mobile Market, McPhillips Rd., 537-5154

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Parkside News, Gasoline Alley, 537-2812

Pharmasave Drug Store, Fulford Ganges/Lower Ganges 537-5534

Salty Shop Harbour Bldg., 537-5551

SS Natureworks Fulford Ganges Rd., 537-2325

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GULF ISLANDS



outer gulf islands

Christmas and New Year's Day have come and gone surrounded in white. Islanders have tucked in and kept the fires burning and the oil lamps primed, waiting for the power to go out.

> By GAIL TRAFFORD Driftwood Correspondent

But three cheers for B.C. Hydro, except for a short outage and a few "blips," the power stayed on.

Recycling

At the beginning of a new year many of us resolve to clean out the closets. Some local organizations are willing to help with this project.

The Lions Club is collecting used hearing aids. Call Norm Littlewood at 539-5281 for more details.

The Sunday School collects used eyeglasses for the Christian Blind Mission International. They are sorted and sent to the Third World for distribution through free medical clinics. Eyeglasses may be dropped of at the library.

Used postage stamps may also be left at the library for the Sunday School, Trim to leave a one centimetre border of the envelope sur-

New year to recycle goods

notes from saturna

rounding the stamps. These are sent to the Canadian Bible Society to provide Christian literature for those less fortunate.

Lois King, director of our local recycling centre, encourages readers to bring in any used car and truck batteries. More are needed to make a full load for pick up.

Used magazines are accepted for a nominal donation. They are offered free to anyone needing reading material. Come down during operating hours and make your selection.

Telephone books will be accepted at the recycling centre as soon as the new books become available. Cardboard, glass and paper are always welcome.

Hazardous waste such as household batteries, paint, solvent and prescription medication,

should be set aside for February 5 and 6 when they will be accepted at the Hartland Landfill. Gene Carpentier may be making arrangements for a special pick-up for these dates.

Used automobile oil must be accepted by any institution which sells new oil. Return your used oil to the store where you purchase your new oil.

Lois King offers a special word of thanks to all the recycling volunteers for their efforts which make this service possible. More workers are always needed. Come and recycle some of your spare time at the centre.

Needs discussed

Doris Ackerman reports that a meeting of social, educational, and health representatives was held to discuss the needs of Saturna residents.

Funding is available through the Salt Spring Island Community Society and the group brainstormed to assess local needs.

Some of the ideas discussed included a gathering place for women with small children, access to knowledge of child development, a meeting place for teens and a preteen summer program.

The need for access to the crisis line, a convalescent home for intermediate care after hospital release, a safe house, and increased counselling hours were also discussed.

In order to access the crisis line there must be local workers available to respond. A training initiative is needed to prepare locals for peer counselling, and mental health intervention.

Doris Ackerman would welcome ideas from the general population about needs or solutions. Call her at 539-2126.

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GALIANO

From Page B10

larger area of the auditorium itself with their song.

Interspersed between the choir's selections of familiar carols and Christmas songs were solo numbers by young Galiano pianists, the pupils of music teacher Barbara Landmark. Landmark's solo performance of Chopin's Waltz in D flat major was truly lovely, and well received by her audience.

Among the young pianists heard were Sarah Quist, Nionyu Shonushet, Stephanie King, Cedar Bowers and Jonagh Fairbrother.

A highlight of the program was several pieces sung by the newly-formed Galiano School Choir under the capable direction of Gloria Olson and with Barbara Landmark as accompanist. The children of the choir sang well and exhibited a great deal of enthusiasm in doing so, charming all who heard them.

The two concerts raised over \$600 towards the purchase of badly needed new chairs for the South Galiano Hall.

In speaking about this project to her audience, choir director Duncan announced the Galiano Club was seeking "seat angels" — those who would contribute the funds to purchase a chair. A dedication plaque will be affixed to the back of any chair so donated. Would-be "chair angels" should contact Bill Callaway at 539-2515.

And a white New Year

December 18 and 19 on Galiano was timely but it had mostly melted away by Christmas Day. On December 25 snowdrops and

winter jasmine bloomed in the garden, an area which had been neglected for some weeks due to extensive preparations around the house for our holiday visitors.

But Monday December 28 was a different kind of day. A day to remind you that this was still December after all. About 10 inches of snow fell here that day, about as much as fell anywhere on the island — and a lot for our

seafront location.

The strong winds which caused

the Queen of Tsawwassen to avoid Sturdies Bay that day were not problematic here, although there was some drifting of snow. The south and eastern shoreline of the island appeared to get the full force of the winds and much drifting of snow occurred there.

On New Year's Day a number of North Galiano folk hiked to Coon Bay for a picnic — we left the polar bear swimming to those on other islands. At Coon Bay the treetops were bare (unlike the west side of the island where the snow still clung Christmas card-like to the branches). Here too, the snow on the ground was blown into ridges behind the larger trees and the picnic tables.

Some of these ridges came complete with overhanging crests, just like the weathered sandstone rocks which are to be found on the rocky points which jut out into Porlier Pass.

A young eagle flew from a tree on Dionisio Point as we approached, not wishing to share his private domain with picnicking humans. The gulls were not so particular, clinging to their rocky isles and totally ignoring the intruders.

Only one set of footprints had preceded us to the park in the five days since the heavy snowfall, but the spell was broken and before we left a 4x4 arrived down the road we had travelled. Its tracks made our route home just a little easier. Those tiring strides through the snow could now be just a bit shorter, and the raising of heavy boots with every step just a little less high. The truck's tracks were not unwelcome to us footsloggers.

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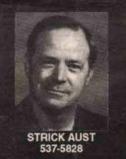
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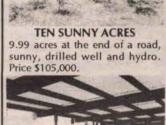
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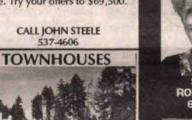
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