

FALL FIX-UP

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SECTION

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TV GUIDE

Surviving a lifestyle renovation



Garth Herbert in one of his recently completed island kitchens. Below, the "before" and "during" reno photos, all taken by Derrick Lundy.

Hardest part of making major changes is living through it

BY SEAN MCINTYRE
DRIFTWOOD STAFF

There's a new morning routine in my household. It begins the same old way by getting out of bed and trudging over to the washroom, but that's when things start to change.

With no sink, stove or fridge, breakfast has become a piece of fruit and a trip to a local bakery.

Before leaving for the day, it's also become a custom to cover everything up with sheets so the dust and paint from the day's happenings don't refinish the few possessions that remain in the home.

Luckily, it's not a big deal since all those possessions were crammed into the living room when work moved to the kitchen.

These days, when I want something to eat I merely have to reach under the sofa to get the cutlery and step outside into nature's refrigerator. When I get back from doing the dishes

in my bathtub, out comes the computer or a book, all carefully stored under the kitchen table, which happens to be right beside the sofa.

Life is a whole lot simpler now that I've got three rooms in one — it's just too bad I'm not three feet tall.

Most people will have a similar tale of living through a renovation. For the most part, the hardships of living life in a home-turned-refugee camp is easier to handle when there's a light at the end of the tunnel, or at least when the light fixtures are back in place.

Andrew Storey arrives early each morning to lay out the renovation timeline. Getting these daily or weekly updates from a contractor helps stabilize the nerves when the walls are coming down all around us.

Storey's worked on many a home renovation since he devoted himself to the trade eight years ago. Despite the temporary inconvenience for the residents, he said, home upgrades remain

as popular as ever on Salt Spring.

"Renovations are basic to update people's spaces and to make them appear new," he said. "New wiring, new plumbing and energy-efficient appliances are the big things right now."

Because they were so often hidden away in older homes, kitchens are now proving a major source of renovation projects.

"The way trends are going, people are looking to do their kitchens because that part of the house is becoming more the centre of the home," he said. "They want to open them up and let the light in."

According to figures from the Appraisal Institute of Canada, kitchen renovations offer a 72 per cent return on investment to renovators intent on adding value to their homes. Bathrooms follow at 68 per cent return, making it the second-most cost-efficient renovation target for practical-minded renovators.

RENOVATION continued on B2



FALL FIX-UP

PHOTO BY SEAN MCINTYRE

Andrew Storey says kitchens and bathrooms are among the most popular and rewarding renovation requests on the island.



Timing is another reno consideration

RENOVATION

continued from B1

Lower down on the list are base-ment finishing and heating system upgrades, coming in at 49 and 48 per cent payback.

When looking at a renovation project, it's important to consider factors other than resale value. Higher energy efficiency will lower long-term energy costs and a safer home could result in lower insurance costs, Storey added.

A good place to start before you embark on your dream renovation project is the Canada Mortgage and Housing Corporation (CMHC).

The CMHC divides renovations into three categories: lifestyle, retrofit, and maintenance and repair.

Whether it be improving your com-

fort level, strengthening the home's energy efficiency or protecting your investment, the rewards of renovating can result in a higher market value, more space, improved safety, a healthier living environment and the simple pleasure of a fresh new look.

Another thing to consider is timing. If you're gutting the kitchen cabinets and getting new appliances, it's probably a good time to throw in that new floor you've been waiting for.

But just remember to set your limits, since small projects can quickly end up demanding a large budget.

The last thing you want is an unexpected financial headache after you've made it through the construction phase.

"It doesn't have to be huge. Even just painting and putting up some newtrim

"New wiring, new plumbing

and energy-efficient

appliances are the big

things right now."

ANDREW STOREY

Island contractor

are enough. Simple things can make a huge difference," Storey said. "There are very simple ways to make things look better without spending a lot of dough. It's just a matter of having somebody that knows how to do it."

FLOORING

Stepping on the latest floor covering craze

Bamboo considered environmentally friendly product

Bamboo is a grass, yes, a grass, that commonly grows in areas of Asia. It has a hard, woody stem and some varieties can reach heights of 10 feet or more.

Bamboo has many purposes and is a food source in some Asian cuisine.

Giant pandas also subsist entirely on bamboo shoots. However, bamboo is becoming better known because it makes a very good construction material. It has quickly become the poster child for the "green" building movement, especially in terms of flooring options.

Bamboo is one of the fastest-growing plants on the planet and can yield much higher usable biomass than traditional wood floor sources. Most bamboo varieties reach maturity in four to five years. Once harvested, the grass still continues to form new shoots, making this plant one that readily renews itself in a short time.

Manufacturers of solid bamboo flooring (and even engineered versions, which feature a bamboo veneer over plywood) tout its strength and durability.

Research indicates that bamboo can withstand up to 50,000 pounds of pressure per square inch, which meets or exceeds several grades of steel strength. This makes it a smart choice for areas with a lot of foot traffic or where objects may be dropped, such as in the kitchen.

Bamboo also expands and contracts much less than other solid hardwood flooring options and doesn't cup or bulge. This can be an advantage to homeowners who live where there are big temperature fluctuations throughout the year, or where there are high humidity situations.

The unique grain appearance offered by bamboo floors, whether the grain appears vertically or horizontally, can be a decorative element in the home.

Bamboo is naturally light tan, but can be stained to many finishes.

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ROOFING

Maintenance key to roof health and longevity

Homeowners should research replacement choices

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

Living on the "wet coast," having a dry roof over our heads is one of the most important components to providing shelter and ultimately comfort and happiness. Leaky roofs can cause all sorts of interior damage to a home, ruining not just your day but your possessions, drywall and flooring.

Being literally over our heads, a roof is not something that generally takes our attention until there's something wrong with it. But disregarding maintenance of such a crucial area is a mistake, according to roofing professionals and homeowner associations.

Rene Valcourt, owner of Valcourt & Sons Contracting, has been roofing on Salt Spring for 18 years. Often, he said, roofs need to be replaced in as little as 15 years, depending on their condition.

Fifteen years may sound pessimistic, and asphalt tiles typically come with 25-year or 30-year guarantees. However, Eric Jacobsen of Windsor Plywood also warned that without proper care, certain conditions such as



PHOTO BY DERRICK LUNDY

Salt Spring roofers never know what kind of project they might be working on. Above, Ron Calbery installs a copper roof for a pizza oven.

complete tree cover and lack of sunlight can increase moisture build-up.

"Without maintenance, moss, leaves and pine needles can decrease a roof's lifespan exponentially," Jacobsen said.

Valcourt's advice is that people pay the same attention to their roof as they do to the exterior walls of their home.

"Roof maintenance is very important. People paint their siding all the time but they

don't do anything to their roof," he observed, further noting that "maintenance is the key to longevity."

In addition to making sure moss and other organic materials haven't built up, Valcourt looks for proper ventilation as another marker of roof health. Ventilation allows heat and moisture to be released instead of being trapped inside, which causes wear to the material from both above and underneath. Valuable clues to its health

can also be found by looking at a building's exterior walls. The web site for the Roofing Contractors Association of British Columbia (www.rcabc.org) advises homeowners to "check the building exterior for settlement or movement."

"Cracks in the wall are a warning of possible cracks in the roofing and flashing . . . Breaks in roof edge elements can cause leaks and also let wind get under the roofing membrane and

cause blow-offs. Damaged or clogged gutters, roof drains, and downspouts can cause water back-up on the roof."

Consistent maintenance can be supplemented with regular roof inspections by qualified professionals, according to The Homeowners' Protection Office, a provincial Crown corporation. On its website (www.hpo.bc.ca), the organization says fall is an important time for roof inspections.

"Roofs should be inspected twice a year: in the spring to address any winter damage that may have occurred, and in the fall to prepare for the upcoming winter snow and rain," it states in a document called Maintenance Matters.

If it does seem like time to do some repairs, Valcourt said it's usually best to do the whole roof at once. With some advance planning and the right crew, this needn't be the hassle it sounds like: a team of 10 workers can usually complete a job in three to four days.

Choosing which material to use can be a tough dilemma, with products like asphalt shingles, ceramic and concrete tiles, and metal sheets offering more variety and choice all the time. The once ubiquitous cedar shake is one material you won't find Valcourt or the

local fire department advocating, however: both cite it as a fire hazard. In addition, Valcourt explained, cedar no longer has the quality it once did when old growth trees were still available.

Although he'll accommodate clients' desires when possible, professionally and personally Valcourt favours steel sheeting as an environmentally sound and durable choice. Metal roofs last a long time and are a good choice for rainwater collection, and don't have the toxic production methods that asphalt shingles do.

"To me it's important to be environmentally friendly, and to do a job that's going to last your lifetime. We use 100 per cent recycled metal, sourced from Korea, that is number one grade steel."

Jacobsen also recommends using steel; provided that the material is painted metal of a good thickness, he said this type of roof really can last a lifetime.

Whether performing maintenance, or getting ready for a new roof, both Valcourt and the RCABC agree that doing research is the necessary first step.

"Plan as far in advance as possible, but also do your homework and check references," Valcourt urged. "It kills me when people just pick a name from the phonebook."

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PHOTO BY DERRICK LUNDY

HARVEST TIME: Four-year-old Reuben Wright picks carrots from a garden behind the Harbour House Hotel.

PAINTING

Do-it-yourself painting help is only a brush stroke away

From cutting in to using rollers

Whether you are in the process of selling a home, renovating an existing home or just trying a different decorating scheme, painting the walls is one of the least expensive ways to create a new look.

Try the following tips:

- You should have all your paint supplies gathered and ready to use.

- The surface to be painted should always be clean and dry.

Any rough spots should be sanded and primed. You should also consider priming if you are painting over wallpaper or a very dark paint color.

- Step One — Cutting in. "Cutting in" is the art of drawing a straight line separating two colors using only the brush — no masking tape or other aid.

You often see it at the edge between a wall and ceiling or when you are painting around a door or window.

Cutting in is easy if you use a high-quality paint brush and follow these simple rules:

1. Fully load the brush with paint.
2. Place the brush parallel

to the area to be cut, push the bristles against the surface and let the brush open up into a semi oval.

Then move it into the line you are cutting. Follow the line until the line of paint begins to break up. Repeat.

If you are not comfortable cutting in with a brush, you can always use special painters' tape to ensure you get a straight line.

- Step 2 — Painting the surface.

You have two options for painting a substantial surface area; use a large four-inch to six-inch flat brush or a nine-inch roller cover and frame.

If you decide to use a brush, the best way to load a paintbrush is to dip the brush about an inch or two into the paint and then gently tap the brush against both sides of the paint can.

Don't wipe the brush against the side of the paint can; it will cause paint to dry up on the brush and the lip of the can, creating dry paint balls that end up in the paint and on the substrate.

First, begin painting along the edges you have cut in. Use short strokes to spread the paint evenly along the border or edge.

After you have thoroughly

covered an area, use longer strokes to smooth any lines that may have developed. Continue to paint in this manner.

- Using roller covers: Most professionals prefer to use roller covers for large wall surfaces.

To load the roller, pour paint into a paint tray or pan.

Dip the roller part way into the paint and roll it along the grooves of the pan to load.

Then, dip the roller part way into the paint and again roll back along the grooves of the pan to load. Repeat this process two more times until the roller is saturated with paint.

Begin rolling the wall by creating a "V" shape.

Fill the shape and roll smoothly from top to bottom.

If the roller cover was loaded properly, a nine-inch roller cover should offer about six to 12 square feet of coverage from each dip.

Professional painters also use rollers on extension poles to quickly and easily paint walls and ceilings.

If you need to stop in the middle of a project, be sure to complete the wall you are working on to achieve the optimum result.

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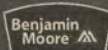
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ORGANIZATION

De-cluttering: Taking aim at the "stuff" of legends

Alison Roberts shares secrets

BY GAYLE MAVOR
DRIFTWOOD CONTRIBUTOR

He's gone now. The stuff of legends, really. But American comedian George Carlin got it right a long time ago when he first delivered his stand-up routine on "stuff."

"Your house," he said, "is just a place to keep your stuff while you lock the door so you can go out and get more stuff." Long before anyone ever coined the phrase "clutter," George said it best.

Getting rid of stuff, paring down, downsizing, has become a whole industry. Someone, undoubtedly a baby boomer, tried to sanitize the reality of the word stuff by replacing it with the term clutter. To me, that's always sounded like something a cat does that you have to clean up.

Alison Roberts, who I've arbitrarily decided to call a de-clutterologist, has spent a long time thinking about stuff. She spoke recently on Salt Spring at an I-SEA-sponsored event after travelling here from the Comox Valley in her Westfalia van, the one that her husband converted to run on recycled vegetable oil.

Roberts first began to focus on her own stuff when she volunteered in Kenya in 1994. In preparation for the trip, she had to downsize a one-bedroom apartment's worth of stuff. She had to fit all the stuff she would need for a year into one knapsack. While living on the shores of Lake Victoria, she discovered that an entire Kenyan family couldn't even fill the same knapsack. Why? Because, of course, they didn't have any stuff.

Fourteen years later, she's thought about the concept of too much stuff so much that she's written a book called Clutter's Dirty Secret to help you free yourself from your stuff. She's not, mind you, advocating freeganism, necessarily.

We have so much stuff that even the places that take our stuff, such as the Salvation Army, Value Village or local thrift shops, are



Alison Roberts and her 'veggie van' visited Salt Spring earlier this month with help for people trying to combat the effects of "clutter."

becoming too stuffed with our stuff. I went to one the other day. The sign outside said, "No more toys." Imagine. Maybe you can relate?

There are many different types of clutter. There's your physical stuff: Your Grade 4 projects, clothes, high school yearbooks, broken and outdated tech crap, sports paraphernalia. Then, there's the stuff in your head: mental clutter. There are the lists you make. Here's a tip: if it takes less than two minutes to do, don't write it down. Follow Nike's lead, just do it. Cross it off the list. When you open your mail, touch every piece of paper just once, which will force you to make a decision about it immediately. Get your recycling organized.

There's mental clutter. Turn off the news. Do you really need to know about every disaster in the world? You might have the clutter of your upbringing. Forgive or get therapy. Maybe you hoard food. Stop it! 2012 is four years away. Maybe your finances are a mess. Credit counselling. Maybe your diet is

supersized and ready for an overhaul. Detox. Getting rid of stuff requires a lot more energy than what you expended hauling it all into the house. It requires research.

You have to read a whole bunch of books. Don't even think about buying them. (My apologies to all you authors and publishers!) Use the library. Read: Your Money or Your Life by Joe Dominguez and Vicki Robbin. The premise of this book? Ask yourself how much life energy you'll be exchanging at a job in order to pay for every item you buy. If you make \$15 an hour and a new shirt costs \$15 then that shirt cost you one hour of work to buy.

Other recommended reading by Roberts: Clear your Clutter with Feng Shui (Karen Kingston). Soul, Money and Illusion (Mike Nickerson). The Soul of Money (Lynne Twist). The Enemy Within (Geoff Mulgan). The Common Sense Revolution (Bruce Levine). Getting Things Done (David Allen). Better start

reading now and by spring you'll have a Ph.D. in nixing stuff.

Roberts says it's important to calculate all the costs of the full-time job. The gas to get there and back. The cost of clothing. The cost to your energy levels from the stress. The cost to your health. Sometimes working part-time can actually cost you less in every way.

"See debt as a threat to your independence," she says. She calls it a modern form of slavery.

Focus on your ability to do things for yourself instead of buying solutions. Learn to identify mushrooms. Can fruit. Grow your own food. Sew. Value autonomy. Get away from the "never enough" mentality.

Listen to your thoughts: I don't have time. I don't have enough money. I can't. All those are based on the concept of not having enough. But we do, she says.

Start a gratitude journal and as you begin to move away from defining wealth from strictly a financial point of view, your beliefs will change your reality and suddenly you will attract things into your life through what she calls "effortless action."

"When you clear the clutter on every level it seems as if you begin to attract things into your life with fewer struggles," she says.

Feng shui (the Chinese art of placement or geomancy) experts would say that it's because the energy or Chi is able to flow as it was meant to because nothing is getting in its way.

"You'll feel lighter."

Roberts went so far as to go to an energy worker because she was conscious of attitudes she had from her British upbringing that she wanted to undo and she believed that sometimes we need help changing certain beliefs at a cellular level.

Remember the old adage — when one door closes a window opens. Clearing the clutter is like that. It opens space to let change begin.

For more info, see www.cluttersdirtysecret.com or www.reduceyourfootprint.org.

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HOME IMPROVEMENT

Women use 'can-do' attitude to improve living quarters

Room-by-room ideas offered

Traditionally, men were the ones who tackled many of the renovation and repair projects around the home. But the tides have been changing.

Stemming from the number of women waiting longer before getting married, the number of home improvement programs geared to females and the can-do attitude of a different generation of women, home improvement is no longer just a boys' club.

Women represent 44 per cent of "do-it-yourselfers" and 51 per cent of people that usually hire professionals for home improvement projects.

There is increasing evidence of women tackling more home improvement projects, including the number of tool manufacturers that are creating separate tool lines that are more appealing and comfortable for women.

Look at some of the features in the world of women's tools:

- **Lightweight:** Tools that weigh less but still pack the same power punch are available.

Also, a variety of drills are now available that easily fit into a woman's smaller hand, allowing the user greater mobility and fatigue-free use.

- **Size adjustments:** Shorter shafts and handles on hammers and other tools make it easier for women to achieve balance and leverage when wielding tools.

- **Stylish appearance:** Catering to the female shopper's eye, more tools are being produced that are aesthetically appealing.

New color combinations and other appealing visual aspects are popping up on tools marketed to women.

In the Kitchen

Whether you yearn for an old-world kitchen or your tastes run more modern, there's nothing like a kitchen that's both inviting and super functional.

To brighten up a drab space, paint an accent wall with a bright colour of paint, illuminate decorative dishes or precious glass pieces with under-cabinet lighting and give your floor a lift with self-adhesive vinyl flooring.

Functionality is always in style, so organize your pots

and pans with in-cabinet systems and replace an outdated appliance with an energy-efficient Energy Star one.

In the Bedroom

Whether you live alone or with a significant other, it's time to turn that bedroom into a romantic retreat.

To transform your uninspired bedroom to a romantic boudoir, cover your window with a delicate sheer, warm up the space with an elaborate rug or a dimmer switch to set the mood and save energy.

Create some additional drama by using a mantle shelf to make a customized headboard to fit any size bed.

In the Bathroom

Turn a neglected bathroom — or one that needs a little pick-me-up — into a beautiful sanctuary.

RegROUT tarnished tiles for a fresh update, give yourself extra space in the shower by installing a curved shower rod and put in grab bars to make getting into the tub or shower easier.

Build your own bath mirror to match your style; all you need is an unframed mirror, plywood and decorative molding.



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Do a fall garden walk-about with Linda Gilkeson

From protecting plants to basic cleanup

A few fall garden chores can make all the difference for healthy plant growth in the spring. Driftwood reporter Amy Geddes asks local gardening guru Linda Gilkeson some common fall garden cleanup questions.

Q. Should I do anything to the soil for winter?

A. You don't want to apply fertilizers, including compost or manure, at this time of year. The rain will just leach the nutrients away and it is too cold for the nutrients to be available to plants, anyway. The best thing you can do is cover exposed soil with leaves, straw or other organic mulches to protect it from erosion by heavy rain. You also could dig agricultural lime into any empty beds where vegetables will be planted next spring. This gives the lime time to start working to make the soil less acid, but can also be done before planting in the spring if the soil is too wet to work.

Q. How should I protect plants for winter?

A. No matter how frost-hardy plants are, they all benefit from a deep mulch around their roots. In bare soil, freezing heaves the surface layers of the soil, which breaks the fine roots of plants and can kill plants. Leaves, straw or other fluffy mulches insulate the soil so that it doesn't freeze. Mulches also kill weeds and add organic matter to the soil as they decompose. Pile

leaves around the base of tall plants and leafy greens and completely cover carrots, beets and other roots with a thick layer of leaves. You can also cover vegetables with plastic tunnels or cold frames for more protection from cold and rain. Lettuce, spinach and other leafy greens do particularly well if given a bit of protection.

Q. What food plants can I plant now?

A. Right now is the perfect time to plant garlic. Set out individual cloves in good soil, a hand width apart and a couple of inches deep (root end down). Unfortunately, it is too late to start other vegetables, but gardeners that planted in late summer now have a huge variety of winter crops in their garden. These include carrots, beets, celeriac, parsnips, cabbage, Brussels sprouts, broccoli, cauliflower, leeks and hardy onions, lettuce, Swiss chard, kales, Chinese cabbage and many other kinds of leafy greens, plus parsley, cilantro and sorrel. It is never too late to start planning for next winter!

Q. Should I cut down and clear out the summer growth?

A. For vegetables, the crop debris from warm weather plants can be pulled and composted or chopped and used in place as mulch. For ornamentals, there are two schools of thought on cleaning up in the fall. Removing the debris in the fall gives a neater-looking garden for winter, but leaving spent stalks, leaves and flower heads in place until spring has several advantages. It protects the crowns of plants

from freezing and also protects the soil from erosion. The seed heads of ornamental grasses, daisies and many other flowers also provide winter food for birds — and many leaves and stalks are beautiful in the winter garden. There are few insects or diseases that overwinter in or on the old leaves, so if plants were healthy in the growing season, the cleanup can wait until spring. Fruit trees and many ornamentals are pruned in late winter, but it is a good idea right now to prune back plants, such as laurels or Ceonothus, that hold the snow and can break under heavy snowfalls.

Q. Do you have any other tips for fall clean-up in the garden?

A. Bring in tender plants, such as potted citrus and tender herbs. Gather up all of your garden stakes and drive them in around the stems of large overwintering vegetable plants (broccoli, Brussels sprouts, cauliflower) to keep the plants from breaking during wind storms. Empty clay pots and planters that are not winter-proof and store them where they will stay dry during freezing weather.

Avid gardener Linda Gilkeson is the author of West Coast gardening books including Year Round Harvest: Winter Gardening on the Coast. She is a member of the Salt Spring Garden Club and is the executive director of the Salt Spring Island Conservancy.

To receive regular tips and reminders for year-round food gardening, join Linda Gilkeson's ever-growing e-mail list dubbed "Linda's List." Send an e-mail to gilkeson@telus.net to sign up.



PHOTO BY AMY GEDDES

Linda Gilkeson tucks mulch around the base of her plants to protect them during winter months.

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At left, roof and window detail in a Wenzel-designed project; above, the entrance to his Calgary home and office. Wenzel also does work on Salt Spring Island and throughout B.C. and Alberta.

HOME RENOVATION

Don't move if you don't have to: renovate

BY WOLFGANG WENZEL

Your last child has left home, which has withstood your family's impact for the last 20 years. You finally have time to deliberate about the spaces you inhabit and come to the conclusion that they do not suit you anymore.

How can a standard floor plan, conceived in the '80s, be made to satisfy your current needs and aspirations? Maybe it is time to move to a modern house at the edge of town, even if it means spending more time and money to travel to work and shopping. You have looked at the enticing new show homes with their island kitchens,

luxurious master bedroom suites and higher ceilings. You are very tempted!

But hold it, are you willing to give up your neighbourhood and the trees you planted 20 years ago? Consider renovating. A house, unlike your partner, can be changed. You can consider an addition, but why not work within your structure and keep costs under control? Make a list of the spaces which bug you: the front entry comes right into the living room, the dining room does not get used, the kitchen is a miserable dark place to work in, and you dislike your 5x8-foot bathroom.

With the help of an experienced

designer you start planning. You delete one or two bedrooms and enlarge the foyer, the bathroom and the kitchen.

You combine the kitchen eating area and the dining room to create a sunny, plant-filled, multi-purpose room. The kitchen gets new cabinets, appliances and a dramatic skylight.

Make sure to hire an experienced contractor with good references, and move out of the house for the time it takes to complete the work.

Or stay and do most of the work yourself, if you have some talent — a dusty solution which can give you much satisfaction!

HOME DESIGN

Good design pays — try it with superior concrete construction

More than 100 vignettes dealing with home design challenges and authored by Wolfgang Wenzel of Salt Spring and Calgary were first broadcast on Calgary's radio station CKO in 1984. He has since updated the pieces.

BY WOLFGANG WENZEL

The ICF (insulated concrete forming) system was conceived by a somewhat bored engineer at a beach.

He saw his three boys building sand castles which collapsed with the incoming tide. Since this upset them he was looking for a solution to keep them smiling.

In the picnic basket he discovered a stack of plastic foam cups. He showed his boys how to build more permanent castles by filling the cups with sand and using them as building components.

Inspired by their success and not bored anymore, he started to imagine the ICF system. The foam blocks are now produced by a score of companies in Canada and the USA. As an exterior wall system, for both foundation and above grade applications, they are a great step ahead, offering many out-

standing advantages: they eliminate the moisture problems associated with wood frame walls, combine superior insulation with thermal mass and dilute exterior noises and wind vibrations. Rodents and burglars find it harder to gain entry into a house built with concrete walls.

ICF foam blocks, normally 48 inches long and 16 inches high, can be cut with a hand saw. Stepped or curved walls and arched openings are possible.

All standard interior and exterior finishes can be applied by screwing into the plastic tabs imbedded in the foam forms.

Acrylic stucco and the ICF wall system are a very good combination for long life and low upkeep. The walls are from 12 to 14 inches thick, depending on the width of concrete required. This makes for deep, usable window sills.

Although most structures require the input of a structural engineer, and are more costly, the ICF system, in my opinion, should be the building method of choice for anybody contemplating a superior new home.

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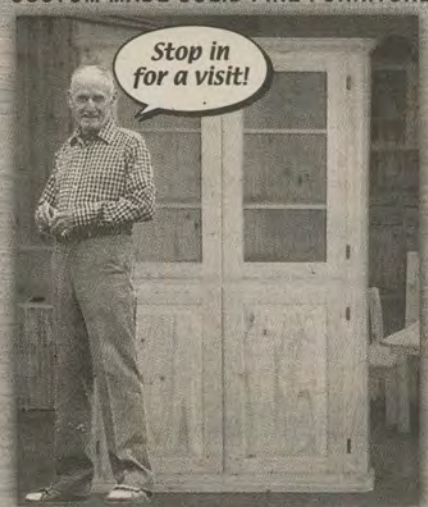
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FALL FIX-UP

ISLAND BUILDERS

Wolfgang Wenzel extols merits of good design

Aesthetics a foundation of any successful plan

BY SEAN MCINTYRE
DRIFTWOOD STAFF

The construction industry has seen its fair share of change over the past 40 years and builder/designer Wolfgang Wenzel has experienced it all.

"When I started out in the early '60s, everything was inexpensive," Wenzel said during a telephone interview from his Calgary office. "That has changed dramatically."

In those days, it was common for people to ask for a home around 1,000 square feet in size. New houses on 50-foot lots could be found for \$15,000 and expectations were low by today's standards, said Wenzel, who divides his time between offices on Salt Spring Island and in Calgary.

"The requirements for a modest house have disappeared," he added. "Like anything else, the possibilities have greatly increased."

Wenzel attributes the raft of changes to a public with broader horizons, a genuine interest in design and much higher expectations.

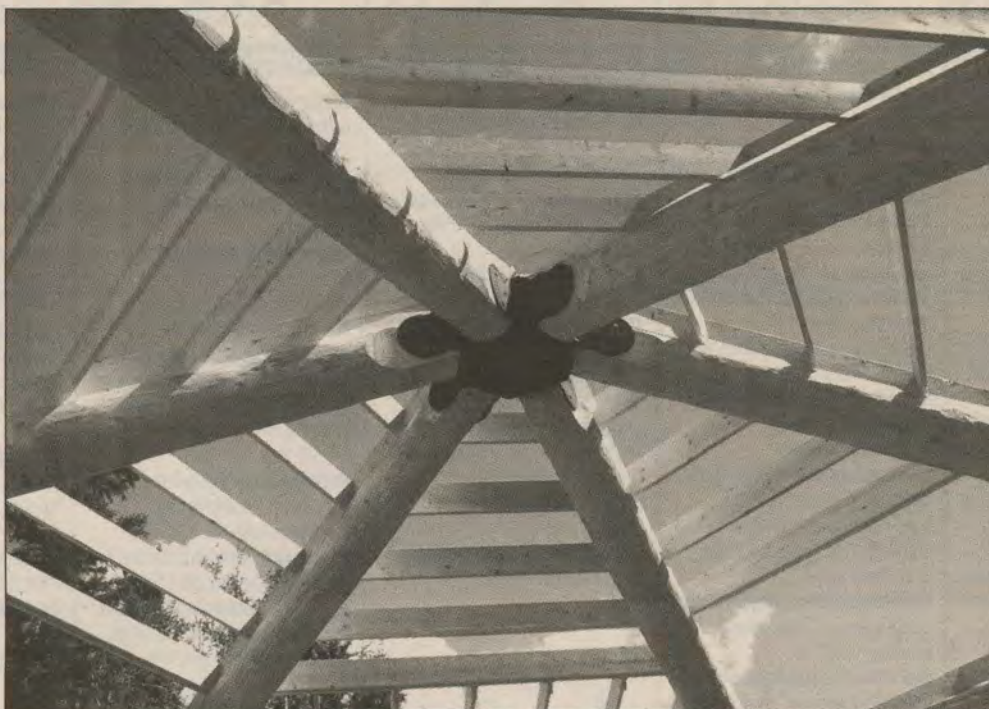
Sometime between the 1960s and the present day, he added, people's attitudes changed from perceiving the home as a simple shelter to viewing it as an extension of the homeowners' personality.

The change caught on south of the border and slowly trickled into Canada as people read more design magazines, travelled to distant locales and became more familiar with all the options that were at their disposal.

"The whole world is now available on the internet," he said.



WOLFGANG WENZEL



Part of a hexagon, custom-built home designed by Wolfgang Wenzel located west of Calgary.

While people may read about the latest design trends to come out of Europe and Asia, Wenzel said, making them work on Salt Spring or Alberta is a whole other matter.

That's because design, like so many other things, is firmly rooted in the traditions and environment of a given location. The buildings Wenzel creates in Calgary, for example, are very different from those he builds on the West Coast.

It's all got to do with what Wenzel calls the building's soul, the feeling that a home suits its location and its inhabitants. Highlighting the relationship between a space and the people who live or work in it has been an

integral part of Wenzel's career.

In Alberta, his projects include world-renowned horse jumping venue Spruce Meadows, the Bernard Callebaut Chocolaterie and the Our Lady Queen of Peace Foundation Children's Ranch.

It wasn't until Wenzel completed a circumnavigation of Salt Spring aboard his sailboat in 1978 that he set his sights on the coast.

His first project, undertaken while on a sabbatical in 1981, was the building of a modest earth-covered home on the island.

The emergence of green building technology, he added, has been another huge

change in the construction world as owners demand to have more energy- and cost-efficient homes.

It's that relationship between the home owner, site and design that Wenzel finds so fascinating about his work.

"The best customers try to open up a discussion," he said. "My job is to be a guide. I can't be dogmatic."

For best results, it helps to have a client whose vision is also open to discussion.

"A house, unlike your partner, can be changed."

WOLFGANG WENZEL
Certified engineering technologist (CET)

To help clients get a sense of what building entails, Wenzel has spent his career assembling a series of vignettes covering everything from how to expand your living space to information about choosing the right contractor.

"A house, unlike your partner, can be changed," Wenzel writes in a piece on renovation.

The Good Design Pays articles were a weekly standard on Calgary's CKO radio network in the early 1980s. Updated versions of a couple of those vignettes are included in this Fall Fix-Up section.

As for Wenzel's projects, he's working on a home made of insulated concrete forms on Isabella Point Road. It's the latest technology and perfectly suited to Salt Spring's damp winter conditions.

Wenzel compares it to working on the scene of a gigantic Lego set.

"It just goes to show you can do anything you want," he said. "All it takes is interesting people with interesting ideas."

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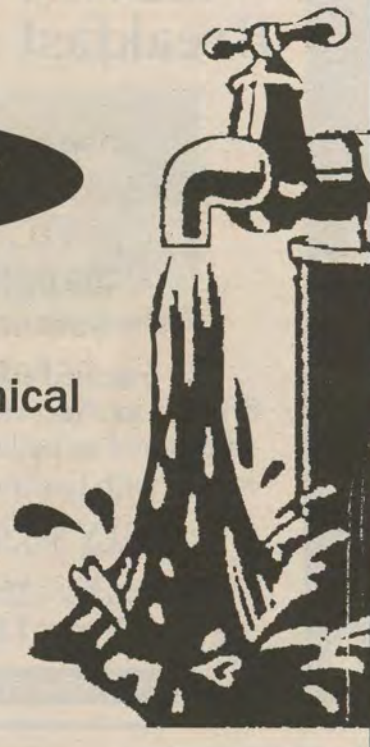
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What's On This Week

Wed.
October 15

ACTIVITIES

Stefanie Denz Expressive Figure Drawing. First day of 2-part workshop. Info: www.sspaintersguild.com. Registration: Carolyn at 537-5114.
Bag-a-Book Sale Drop-off. Bring your good quality book donations to Meaden Hall for Community Ed sale. 10 a.m. to 4 p.m.
Argentine Tango Practica. Core Inn, 3rd floor. 8 p.m.
Stitch Dimension Quilt Guild. Mystery quilt night. Baptist Church, 520 Lower Ganges Road. 7 p.m. Info: ptquilts@telus.net.
PALS — Parents as Literacy Support. Free 10-week program for parents & 4-5-year-olds. SS Elementary. 5-7 p.m. Register: Kathryn-250-537-5548, ext. 608.

Thurs.
October 16

LIVE ENTERTAINMENT

One Night Stand. Shipstones Pub. 9 p.m.
Blues Jam. With Dave Roland and friends every other Thursday at Moby's Pub. 8 p.m.

ACTIVITIES

Bag-a-Book Sale Drop-off. Meaden Hall for Community Ed sale. 10 a.m. to 4 p.m.
Kindergym. Community Gospel Chapel. 9:30-11:30 a.m. Children 0-4 welcome 537-2622.

Fri.
October 17

LIVE ENTERTAINMENT

Jock. Solo sax, flute and clarinet. El Zocalo. 6 p.m.
Michael Waters. Acoustic performer. All Saints church. 8 p.m.
Rae Spoon. Transgender performer, with opening act James Lamb. Lions Hall. 8 p.m.

ACTIVITIES

Nature Adventure Fridays. Fun, games and skills for kids 6-12. Info: Wisdom of the Earth at 250-653-9122.
Rollerblading. Rollerblading to music at Fulford Hall. Every Friday 7:30-9 p.m.
Kids Belly Dance with Oriana. \$10 drop-in. The Gatehouse. Fridays 3-4 p.m. Info: 653-0028.
Storytime at the Library. Toute une histoire... Storytime in French with Kaz. For 6 years and under. 1 p.m.
Feldenkrais Awareness Through Movement. Fridays with Anna Haltetrecht at Cats Pajamas Studio. 10 a.m. Info: 250-537-5681.

Sat.
October 18

LIVE ENTERTAINMENT

Gene Grooms. Blues at El Zocalo. 6:30 p.m.
Marimba Spiritual. Four top North American percussionists perform, including Luanne Katz of SSI. ArtSpring. 8 p.m.
Redfish. Rock 'n' roll band plays at Moby's Pub. 9 p.m.

ACTIVITIES

Bag-a-Book Sale. Second annual Community Ed fundraising book sale. Meaden Hall. 10 a.m. to 4 p.m.
SS Garden Club. Annual fall plant sale. Farmers Institute. 1 p.m.
Rocksalt Book Launch. Launch and reading of contemporary B.C. poetry anthology. Lions Hall. 8 p.m.
Salt Spring Vineyards' Grape Harvest Ball. Fulford Hall. Dinner at 7:30 p.m. Grape stomp at 9 p.m.
Mount Belcher Improvement District. Special general meeting. Sailing Club. 10 a.m.-noon.
Dad 'n' Me. Meet and eat pancakes with dads and kids every Saturday morning. Family Place. 8:30-10:30 a.m.

Sun.
October 19

ACTIVITIES

Bag-a-Book Sale. Second annual Community Ed fundraising book sale. Meaden Hall. 10 a.m. to 4 p.m.
Class 5 Soccer Referees Clinic. Portlock Park portable. 9 a.m. to 4 p.m. Register: Malcolm, 250-537-4970; mallegg@shaw.ca
Soccer Linesmen's Clinic. At Portlock Park. 4-5:30 p.m. Register: Malcolm, 250-537-4970; mallegg@shaw.ca
SSI Trail and Nature Club. Simon Rook will lead a moderate but unorthodox hike up Mt. Maxwell. Meet at ArtSpring at 9:45 a.m. and pack a lunch.
Dances of Universal Peace. Ganges Yoga Studio. 7-9 p.m.
PFLAG. Parents, friends & family supporting GLBT meet at All Saints. 1-3 p.m.

Mon.
October 20

ACTIVITIES

Eckhart Tolle Practising Presence Group. Drop-in. 7:30 p.m. Info: Amrita, 537-2799.
Osho Kundalini Moving Meditation. Drop-in. 5:30 p.m. Info: Amrita, 537-2799.
Supporting OCP Climate Change Policies. Lawyer Deborah Curran with Matt Home and Alison Baillie of the Pembina Institute's Sustainable Communities Group. Lions Hall. 7 p.m.
Bones for Life. Osteoporosis prevention classes Mondays with Anna Haltetrecht at Cats Pajamas Studio. 4 p.m. Info: 250-537-5681.
Beginners' Yoga with Celeste. Mondays 7-8 p.m. Details: www.gangesyogastudio.com or 537-2444.
Floor Hockey. Fulford Hall. Mondays 7 p.m. All welcome. Info: 250-537-9369.
Kindergym. Mondays and Thursdays at Community Gospel Chapel. 9:30-11:30 a.m. Children 0-4 welcome. Info: 537-2622.
SSI Fire Protection District. Trustees' meeting at Ganges fire hall. 7:30 p.m.
Rugg Huggers. Monday drop-in for babies, siblings and parents. Child-minding & light lunch included. Family Place. 10 a.m. to 1 p.m.

Tues.
October 21

LIVE ENTERTAINMENT

Bill Evans Project. Presented by SS Jazz & Blues Society. All Saints church. 7:30 p.m.
Peter Matthiessen. Internationally celebrated author reads from his new book Shadow Country. ArtSpring. 8 p.m.

ACTIVITIES

Supportive Nutrition for Prostate Cancer. Oncology dietitian Sandra Gentleman speaks at SS Prostate Support Group at Farmers' Institute meeting room. 1:30 p.m.
SS Transportation Commission. Meets in public at 118 Fulford-Ganges Road, off of hallway near CRD office. 7 p.m.
Toy Library. Free toys to borrow for kids 0-6 at SS Elementary. Tuesdays from 11 a.m. to noon.

Wed.
October 22

LIVE ENTERTAINMENT

Suzie LeBlanc. Quebec soprano accompanied by pianist Robert Kortgaard. ArtSpring. 8 p.m.

ACTIVITIES

Contemporary Dance Class. Wednesdays with Anna Haltetrecht at Cats Pajamas Studio. 5-6:30 p.m. Info: 250-537-5681.
Physiotherapy Talk. Physiotherapist Leslie Nuk speaks at SS Seniors event. 2 p.m.
Brian Minter. Connecting Gardening to Lifestyle. SS Garden Club event at Meaden Hall. Noon.
Circle of Songs for Peace. Peace gathering led by island children and special guests. Mahon Hall. 1-2:30 p.m.
Caricature and Cartoon Drawing. With Doug Penhale. Part of SSI Painters' Guild Fall Workshop Series. 9 a.m.-12 p.m. Info/registration: Carolyn Withers at 250-537-5114.

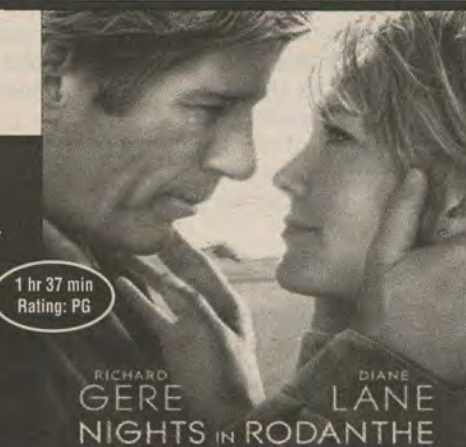
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Sun. 4 pm matinee



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CINEMA

Nights in Rodanthe — Adrienne, a woman with her life in chaos, retreats to the tiny coastal town of Rodanthe, in the Outer Banks of North Carolina, to tend to a friend's inn for the weekend. Here she hopes to find the tranquility she so desperately needs to rethink the conflicts surrounding her. Almost as soon as Adrienne gets to Rodanthe, a major storm is forecast and Dr. Paul Flanner arrives. The only guest at the inn, Flanner is not on a weekend escape but rather is there to face his own crisis of conscience. Now, with the storm closing in, the two turn to each other for comfort and, in one magical weekend, set in motion a life-changing romance that will resonate throughout the rest of their lives. Based on the best-selling novel from the creators of The Notebook stars Richard Gere & Diane Lane.
Up Next — **Eagle Eye** and **The Singing Revolution**

CABLE TV

• **Attention Shaw Cable TV Channel 11 viewers** — The Daily is your source for stories reflecting Salt Spring and southern Vancouver Island people and places. The program is about half an hour in length and repeats continuously during the day and evening with new stories added daily. Salt Spring A&E Report runs next Tuesday & Wednesday, with other Salt Spring stories running through the week. For further details about community programming, call 250-537-1335. For further details about community programming, call 250-537-1335

EXHIBITIONS

• **An Eye for Colour** — Collaborative exhibit by weavers & painters guild members at ArtSpring. Fri., Oct. 18 to Sun., Oct. 26. Opening reception on Fri., Oct. 18, 3-5 p.m.
• **Small Works Show** — J. Mitchell Gallery artists present small and exquisite works until Oct. 31.
• **Rosamonde Dupuy**, AFCA, presents **Portraits of Islanders** in the ArtSpring lobby through October.
• **Lorna: Living with Huntington's** — photo exhibit by Shari Macdonald and journal entries by Lorna Cameron runs at Galleons Lap Atelier & Gallery daily to Fri., Oct. 25 (Note extension.)
• The October artist at the Salt Spring Coffee Company cafe in Ganges is Lily Rumi, with some sale proceeds benefitting the Everest family.
• **Stairs** — new paintings by Stefanie Denz runs at Salt Spring Woodworks. See also the Visitors sculpture by Michael Dennis on the forest trail, and the Sculpture Garden's Family of Man exhibit of monumental cedar and bronze sculpture at the Hastings House and SS Woodworks through October.
• **Salt Spring Woodworks** features a sale on handcrafted furniture and furnishings from Oct. 2-31. Fall hours are Friday through Monday, 10 a.m. to 5 p.m.
• **Grace Sevy** presents a photocollage exhibition at Ganges Yoga Studio from August through October.
• Photographer **Joanne Bealy** shows new photos at Jana's Bake Shop.
• **Ken Ketchum** shows his photography at Island Savings until December.
• **Salt Spring Fine Art Tour.** Pick up a self-guided tour map at galleries and other outlets and see the island's finest art.

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Community Ed Fundraiser

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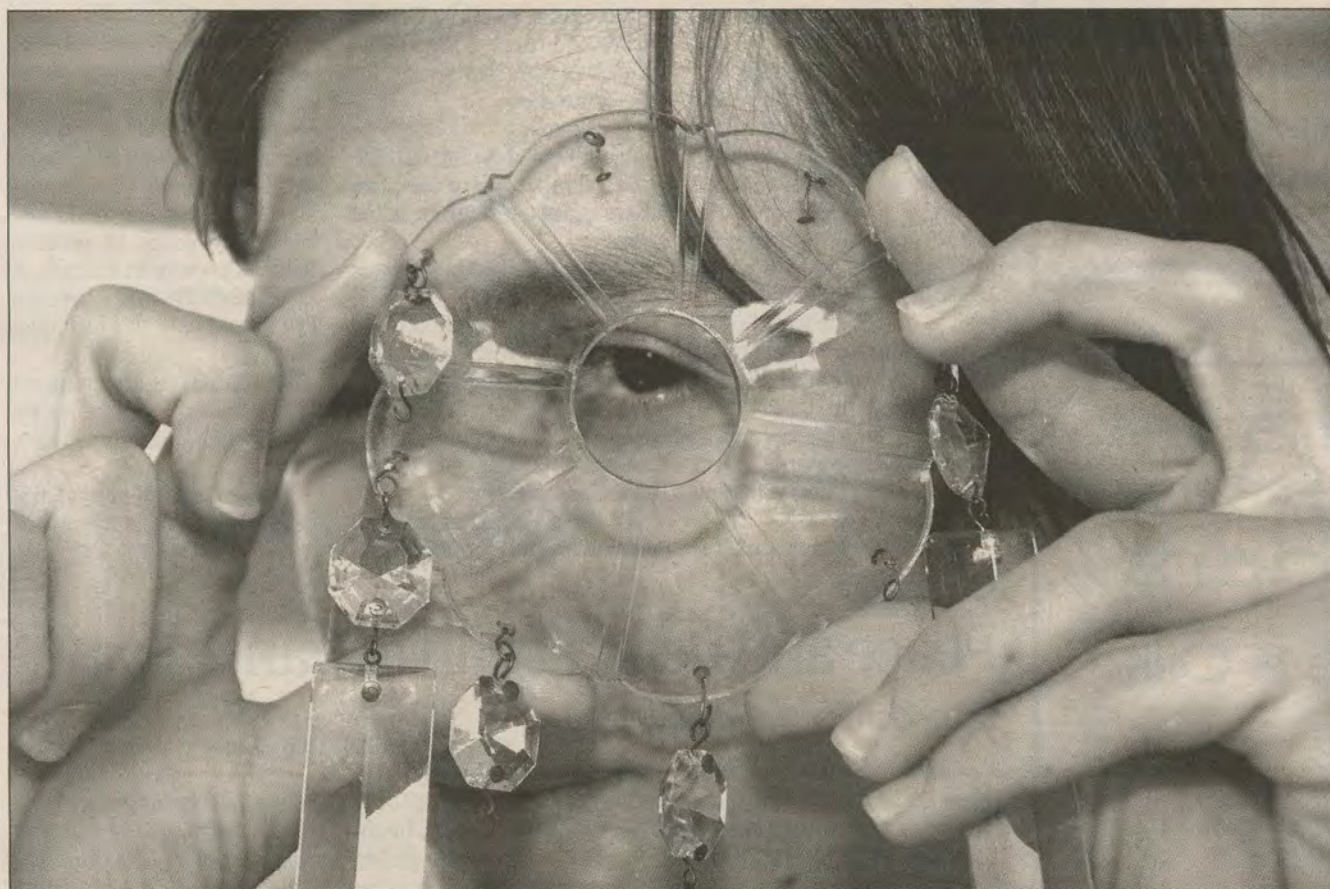


PHOTO BY DERRICK LUNDY

FLOWER ART: Belinda Schroeder is seen in the Saturday market. The market continues to Oct. 25.

LITERARY EVENTS

Peter Matthiessen shares depth of Shadow Country at Tuesday reading

ArtSpring and Theatre Alive! host great American writer

BY GAIL SJUBERG
DRIFTWOOD EDITOR

Salt Spring will once again benefit from its proximity to Vancouver and its literary community when Peter Matthiessen speaks at ArtSpring on Tuesday, Oct. 21.

Matthiessen is a guest author at the Vancouver International Writers and Readers Festival running from Oct. 21-26.

Salt Spring writer Brian Brett is writing a Vancouver Sun piece about the festival and Matthiessen, and will introduce him to the Salt Spring audience.

"He's probably the greatest naturalist writer of the last half of the 20th century," said Brett in a conversation about Matthiessen last week.

Everything he's under-

taken is of an epic nature, often drawing attention to endangered species and cultures in a dramatic way.

The Snow Leopard, which won a National Book Award in 1997, is probably Matthiessen's best-known book among some 22 works of non-fiction and nine novels.

While The Snow Leopard involves an expedition to sight a legendary animal, Brett notes it becomes "a kind of Zen search for meaning in life. As he's going through the search for the Snow Leopard he's really searching his interior life, and his relationship with his wife who is dying of cancer. It's a really powerful book."

In the Spirit of Crazy Horse, which investigated the controversial Leonard Peltier case, drew a protracted libel suit when an



PETER MATTHIESSEN

FBI agent and South Dakota governor sued Matthiessen and his publisher.

His last non-fiction book was on Antarctica (End of the Earth: Voyage to Antarctica, 2003) and he has also collaborated with Salt Spring's Robert Bateman in The Birds of Heaven, Travels with Cranes (2001).

Matthiessen spoke to a packed house at ArtSpring in 2002 after The Birds of Heaven was published.

For next week's event, Matthiessen will read from his newest novel — Shadow Country — which is a revisiting of his Killing Mr. Watson trilogy.

Brett said Matthiessen originally presented the story about an anarchistic individual and the destruction of the Florida Everglades to his publisher as one work, but "the publisher almost had heart failure because it was so enormous."

It was published in three books instead, yet Matthiessen "always thought it was a single book," said Brett, "...

and he wanted to eventually do the one-volume version of it."

Shadow Country, published by Modern Library, is almost 900 pages in length, and has been called the author's "magnum opus."

"This guy doesn't fool around."

One Matthiessen book Brett says is not often talked about is Far Tortuga, a novel about a group of turtle fishermen who were becalmed in the Caribbean.

"As they hallucinate and die of thirst under the hot sun he's done this whole book to capture what it's like to be one of these people."

Brett is also a huge fan of Matthiessen's 1965 novel At Play in the Fields of the Lord.

Brett also said the visitor is an impressive speaker, which Tuesday's audience will discover if they didn't know it already.

The evening, which begins at 8 p.m., is presented by ArtSpring and Theatre Alive! Tickets are \$10.

THIS WEEK AT EL ZOCALO

Friday, Oct. 17th, 6:00 pm

Jock Plays solo sax, flute and clarinet

Saturday,

Oct. 18th, 6:30 pm

Gene Grooms plays the blues



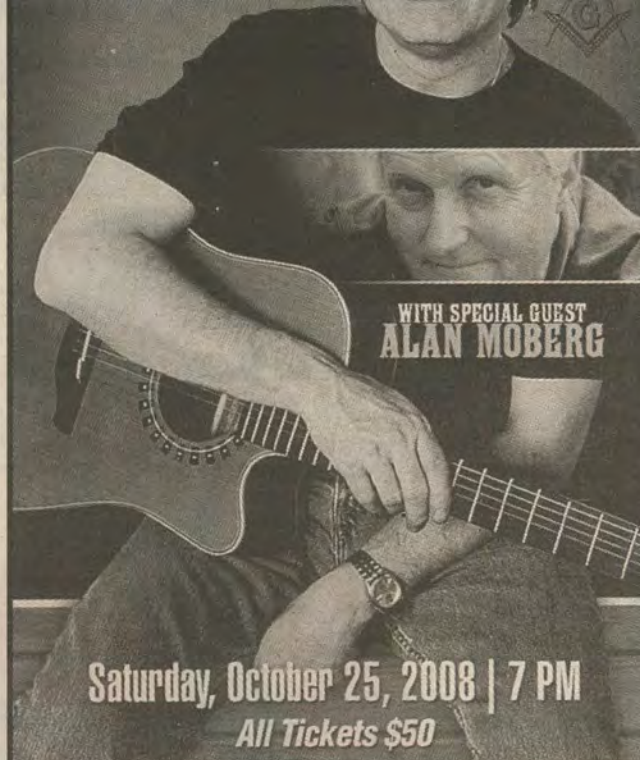
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by
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Sunday, November 2, drop in 10-4

310 Mountain Rd. (3rd road on right off Isabella Point Rd.)

ARTS & ENTERTAINMENT

VISITING PERFORMERS

Rae Spoon, James Lamb on tap

Oct. 17 gig runs
at Lions Hall

Two premier Canadian performers take to the stage this week when Rae Spoon and James Lamb perform live on Salt Spring on Friday night.

Although not originally slated to come to the island as part of their Canadian tour, once asked they were excited to accept.

Rae Spoon was born on the Canadian prairies of the 1980s. In his early 20s he hit the road as one of the world's only transgender country singers and toured Canada, Europe, Australia and the U.S.A.

Spoon is touring in support of his fourth solo album, called *superioryouareinferior*, his first in over two years.

He will be joined by Van-

couver's James Lamb, who has been compared to vintage acts Donovan and early Paul Simon, with original songs ranging from traditional folk to neo-folk.

Salt Spring publicist Deirdre Rowland provided the following Q&A with Rae Spoon for the Driftwood.

Q. When was the last time you performed on Salt Spring?

A. I think it was at least five years ago at a restaurant called Anise.

Q. What's it like being back on the West Coast?

A. I am really excited to be back on the West Coast. Now that I have been living in Montreal I don't get to be there enough. It's so beautiful and there are so many great communities out there!

Q. Are you and James Lamb playing together or doing sep-

arate gigs?

A. We are each playing our own sets.

Q. How would you describe your current show, and how has it been for you to be back on the road?

A. My current show involves an electric guitar and some samples as well as electronic loops. It's a kind of experimental music with folk music style songwriting. There is a lot about the Canadian landscape in the new songs. It's great to be back on tour in Canada. A lot of it feels like home because I've toured here so much over the years.

Rae Spoon and opening act James Lamb perform live on Salt Spring Island on Friday, Oct. 17.

Tickets are on sale at the Lions Hall. Doors open at 7:30 p.m. and tickets cost \$10.

DANCING

Peace and healing part of dance event

No experience required

Islanders are invited to open their hearts through movement and song at Dances of Universal Peace, taking place at the Ganges Yoga Studio on Sunday, Oct. 19.

"The movement and songs for these dances are inspired by many spiritual traditions," states press material. "From the beginning of time, sacred movement, song and story have brought people together in a spirit of unity and compassion. In the Dances of Universal Peace we use simple music and lyrics to inspire connection with spirit and to create an experience of peace and oneness, both inner and outer."

No experience is necessary to participate in the dances and all are "welcome to join the circle."

Some of the themes of the dances include peace, healing (of the Earth, of the self and of the global family) and celebration of life's great mystery.

Samuel C. Lewis is quoted as saying, "The spiritual dance has no other purpose, no other aim than to elevate humankind beyond self-thought, to joy, to bliss, to realization and to peace... The sincere dancer is one of the best workers for universal harmony, and so, for universal peace."

The event takes place from 7-9 p.m. and donations are gratefully accepted.

Announcement



Li Read is very pleased to announce that she is now with Sea to Sky Premier Properties (Whistler office), which is an affiliate of Christies Great Estates. Li Read continues to live & work on Salt Spring Island. Li looks forward to serving her clients worldwide & advising on real estate for Salt Spring Island & the Southern Gulf Islands. Li Read's information-rich website remains at the same URL: LiRead.com.

Please contact Li Read today at: toll free 866-405-9229 or cell: 250-537-7647 for appointments to view Li's listings.

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Salt Spring Island Rotary Club Presents



5th Annual

Halloween Casino & Spooktacular Bash

Saturday, October 25th, 2008

Farmers' Institute, Rainbow Road

8 pm - 1 am

Featuring

**UNCLE JIM'S
BIG BLUES BAND**

Costume Prizes

Late evening snack table

Tickets in Advance Only

\$20.00

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THE LOCAL - GASOLINE ALLEY



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PHOTO CONTRIBUTED

NOT A HOLY COW: This time Salt Spring actor/author/playwright Stewart Katz plays multiple roles in *Oy Calcutta!*, the 75-minute musical that made its debut at the Vancouver Fringe Festival last month and runs for two shows only at ArtSpring on Sat., Oct. 25. Katz says the high-energy, large-cast production is great for adults and kids.

COMMUNITY EVENTS

Youth sing at peace event

Mahon Hall is venue

Youth voices will again ring loud and clear for peace around the world when Peace Works! sponsors its annual peace gathering next Wednesday, Oct. 22.

Children and youth from all corners of the island will gather at Mahon Hall from 1-2:30 p.m. to sing, speak and act out their desires at the event called Circle of Songs for Peace.

"Last year's was awe-inspiring," said Cherie Geauvreau, one of the organizers.

Young participants "have been the inspiration and heart of all Peace Works! peace events since October of 2001 when we began to emphasize the necessity to grow a culture of peace on Salt Spring Island," she said.

Also joining the kids this year are Terri Bibby and her magical loom, Barbara Slater, Raging Grannies, Sue Newman and surprise guests.

Everyone is welcome to attend and participate.

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ARTS & ENTERTAINMENT

ENTERTAINMENT

Bill Evans Project aims to teach and entertain

Jazz pianist shares passion for music

BY SEAN MCINTYRE
DRIFTWOOD STAFF

Salt Spring music lovers should be all jazzed up as island pianist Norris Clement prepares to take the stage as part of The Bill Evans Project at All Saints By-the-Sea on Tuesday evening.

Clement first heard Bill Evans play live during a 1960

workshop in San Francisco. The experience has stayed with him to this day.

"It absolutely changed the sounds that were in my head," he said. "It more than piqued my interest, it changed my whole musical orientation."

Within days of hearing the master jazz pianist at work, however, Clement embarked on his career as an international development economist. The 35-year gig took him to postings throughout

the world and offered him little opportunity to sit at a piano.

His days as a musician were suddenly replaced with the finer points of tariffs and trade figures.

It wasn't until he retired that Clement began playing in earnest once again. A year and a half ago, while recovering from back surgery, Clement spent his days researching and listening to the music that had so moved him nearly 50 years ago.

"I couldn't do a lot so I did what I'd been wanting to do

for a number of years," he said.

The result is The Bill Evans Project, a chance for other music lovers to listen to and learn about someone Clement considers the greatest jazz pianist of the 20th century.

"I want to present the music I love so much and explain why I think it is so important," he added.

After his lengthy hiatus, Clement overcame osteoarthritis in his hands to play the way he had in his earlier days. Despite the physical obstacles, Clement said, his

passion for music was unaltered.

"I had the music in my head, just not in my hands," Clement said. "It was like I had to start all over again. It's like recovering from a stroke and trying to program your brain to complete the task."

Clement added that Evans' music is just as accessible to fans of all musical genres as it is to jazz lovers.

He noted the striking similarities between jazz and the improvisation often found in classical music.

Bill Evans, he said, rep-

sents a type of jazz that is closely linked to music performed by the likes of Eric Satie, Claude Debussy and Maurice Ravel.

Island music fans may have already seen Clement play at the Salt Spring Inn or El Zocalo.

He divides his time between the island's south end and California.

The Bill Evans Project is sponsored by the Salt Spring Jazz and Blues Society.

The Oct. 21 event begins at 7:30 p.m. Tickets are \$20 for adults and \$7 for students.

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VISITING GROUPS

Groove and energy is the common denominator for Moby's R&R band

Redfish takes pub stage on Saturday night

Moby's Pub hosts passionate rock 'n' roll band Redfish on Saturday night as the B.C. group tours in support of its new album — *De Profundis*.

"Redfish is a band that is fuelled by the restless spirit of rock and roll," the group told Moby's manager Jim Burrows in an e-mail message.

"This is the energy that

compels them to stretch and search night after night. Like the most adventurous and bold bands and artists through rock's short span of history, they use their music to connect to something. They want some rock and roll communion."

Their new album was produced by Randy Cantor (who has produced artists such as Ricky Martin, Bon Jovi and Fugees) and engineered by Paul Santo (Aerosmith, Kid Rock, Ringo Starr).

Redfish has shared main stages with Evanescence,

Finger Eleven, Seether, the Trews, Nazareth, Kim Mitchell, 54-40 and the Northern Pikes, to name a few.

"The band can be considered searchers who respect tradition. Redfish takes chances, but it's all in the name of groove and energy, their common denominator. As versatile and inspired musicians, they know how to stretch, colour, and bring texture to their music."

Music begins on Oct. 18 at 9 p.m.

Cover charge is \$5, unless patrons come early for dinner.

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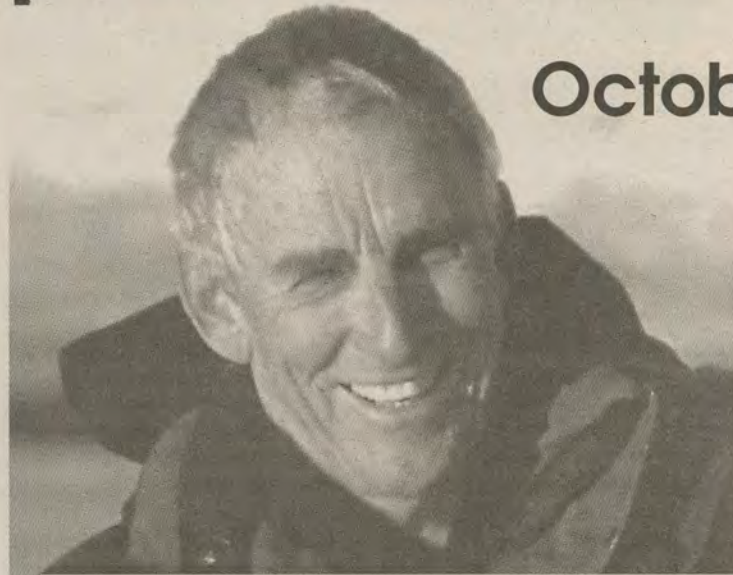
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naturalist adventurer novelist peter matthiessen

October 21

8 pm



Peter Matthiessen joined the first oceanographic expedition to chart the great white shark in the legendary film, *Blue Water, White Death*; wrote the definitive novel on missionary encounters with South American tribal cultures in *At Play In The Fields Of The Lord*; explored Zen philosophy in his fabled Himalayan expedition documented in the award winning *The Snow Leopard*; fought and won the longest libel suit in American history over his massive documentary of FBI mistreatment of American First Nations people — *In The Spirit of Crazy Horse*; followed crane migrations in Mongolia in *The Birds of Heaven*; and has released a new version of his classic *Killing Mr. Watson Trilogy* in one volume, *Shadow Country*, which has been compared with Faulkner, and praised by writers as diverse as Joyce Carol Oates, Richard Ford, and Annie Dillard.

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WEDNESDAY OCTOBER 15

5 PM	The Simpsons	C'est la vie	Martha Speaks	(4:30) NHL Hockey - Boston vs. Montreal	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	'A' News	The Tyra Banks Show	My Wife and Kids	MLB Baseball National League	KOMO 4 News	KING 5 News	Charlie Rose	Canada Votes	KIRO 7 News	(4:30) Being Ian	Best Damn Sports Show Period
	Wheel of Fortune		Maggie & the Beast	(Live)		Grow. Pains (Part 2 of 2)	Global National		Phoenix World News			The King of Queens		KOMO 4 News				CBS Evening News	SpongeBob SquarePants	
6	News	Le Téléjournal	Bright Sparks		News	Dharma & Greg					CityCooks	That '70s Show	Championship Series - Game 5 - Philadelphia vs. L.A. Dodgers (if necessary) (Live)	Presidential Debate (Live) (N)	Presidential Debate (Live) (N)	Presidential Debate (Live) (N)	Presidential Debate	Presidential Debate (Live) (N)	Drake & Josh	FIFA Soccer World Cup Qualifier - Canada vs. Mexico (Live)
			Wild at Heart			George Lopez		CTI News	Vancouver Report	CityNews International	The King of Queens								iCarly	
7	Coronation Street	Virginie	Meerkat Manor	NHL Hockey - Edmonton vs. Anaheim (Live)	E! News	Scrubs	Entertainment Tonight	eTalk (N)	Matchmaker	Robson Arms	Law & Order: Special	Deal or No Deal							Malcolm in the Middle	
	Jeopardy	L'Épicerie	Undersea Explorer		The Insider	According to Jim	Ent. Tonight Canada	Access Hollywood	Daughters-in-Law	TMZ	Victims Unit Outsider	Deal or No Deal		Debate Analysis					Home Improvement	
8	Little Mosque (N)	Le match des étoiles	Chinese School Hard Beginnings		Knight Rider A Hard Day's Knight (N)	The Practice Betrayal	Bones The Boneless Bride in the River	So You Think You Can Dance Canada Top 18 (N)	Vancouver Nights	America's Next Top Model (N)	Life of the Teenager Absent	America's Next Top Model (N)	Cops	Problem Solvers	Gubernatorial Debate	Secrets of the Dead Doping for Gold	CBC News: The National	Old Christine (N)	Malcolm in the Middle	MLB Baseball National League Champ.
	Sophie (N)								Iranian Pop				King of the Hill					Gary Unmarried	Fresh Prince of Bel Air	
9	the fifth estate	M pour musique (N)	Handel's Water Music		The Biggest Loser: Families (N)	Third Watch History of the World	NCIS Heartland (N)		Sabor Latino	Pushing Daisies Bad Habits (N)	Biography Hugh Laurie	90210 The Jet Set	King of the Hill	Pushing Daisies Bad Habits (N)	Knight Rider A Hard Day's Knight (N)	Murder House	CBC News: The National	KIRO News	Futurama	Sportsnet Connected
	Shadows of Doubt			SportsCentre									Family Guy Peterotica					Entertainment Tonight	Prank Patrol Aliens Exist	
10	CBC News: The National	Le Téléjournal	The Sorceress Kiri Te Danawa	Triathlon Subaru Ironman Canada		The Daily	House Birthmarks (N)	Law & Order: Special Victims Unit	Hola Que Tal	To Be Announced	Friends	Seinfeld The Wizard	Q13 FOX News	Wheel of Fortune	Dateline NBC	Where We Stand	Presidential Debate	CSI: Miami	Mystery Hunters	Sportsnet Connected
						Diya					Friends	Seinfeld		Jeopardy					Adrenaline Project	
11	News / (05) The Hour	Le Téléjournal	Montreal Jazz Be. e and Carlos Placeres	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier Flour Child	Family Guy	News	News	Pioneers in Aviation The Early Years		News	Mystery Hunters	FIFA Soccer World Cup Qualifier - Canada vs. Mexico
								CTV News	CTI News	(35) The Tonight	CityNews International	Frasier Radio Wars	Two and a Half Men	(35) News Nightline	(35) The Tonight			(35) David Letterman	Ghost Trackers	
12 MID	(05) Arrested	La zone	Chinese School Hard Beginnings	PGA Golf Grand Slam - Day 2	Chelsea Lately (N)	Paid Program	(05) Ent. Tonight	(05) Daily Show (N)	Jai Fiji	Show With Jay Leno	(05) Jimmy Kimmel Live (N)	That '70s Show	Two and a Half Men	(05) Jimmy Kimmel Live (N)	Show With Jay Leno	Tavis Smiley	Canada Votes	(N)	Malcolm in the Middle	
	(35) Hour 22 Mins	(45) Fosse aux lions			(35) Late, Late Show	Credo	(35) Poker Den	(35) Colbert Report	Caribbean Beat	(35) Conan O'Brien		South Park	RENO 911!		(35) Conan O'Brien	Africa Trek		(35) Late, Late Show	Futurama	

THURSDAY OCTOBER 16

5 PM	The Simpsons	C'est la vie	Martha Speaks	(4:30) NHL Hockey - Vancouver vs. Detroit (Live)	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	'A' News	The Tyra Banks Show	My Wife and Kids	King of the Hill	KOMO 4 News	KING 5 News	Charlie Rose	The Hour	KIRO 7 News	Fairly Odd Parents	(4:30) MLB Baseball
	Wheel of Fortune		Maggie & the Beast			Growing Pains	Global National		Phoenix World News			The King of Queens	The Simpsons	ABC World News				CBS Evening News	SpongeBob SquarePants	American League
6	News	Le Téléjournal	Kratts' Creatures		News	Dharma & Greg	News	News			CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Drake & Josh	Championship Series - Game 5 - Tampa Bay vs. Boston (if necessary) (Live)
			Working Animals			George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens	Family Guy		KING 5 News				iCarly	
7	Coronation Street	Virginie	The Leading Edge	SportsCentre	El News	Scrubs	Entertainment Tonight	eTalk (N)	Matchmaker	Robson Arms	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	Geologic Journey	Entertainment Tonight	H2O: Just Add Water	
	Jeopardy	Infoman	Big Ideas for Planet Live		The Insider	According to Jim	Ent. Tonight Canada	Dance Canada (N)	Daughters-in-Law	TMZ	Victims Unit Loophole	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition	Get Ready for Digital TV		The Insider	Prank Patrol	
8	The Nature of Things (SP) (N)	Enquête	Himalaya Annapurna to Everest		My Name Is Earl (N)	Smallville Committed (N)	Survivor: Gabon This Camp Is Cursed (N)	CSI: Crime Scene The Happy Place (N)	What's in Vancouver? Kirdaar	Hole in the Wall (N)	Ugly Betty Betty Suarez Land (N)	Smallville Committed (N)	Hole in the Wall (N)	Ugly Betty Betty Suarez Land (N)	My Name Is Earl (N)	Baseball: A National Heirloom	News	Survivor: Gabon This Camp Is Cursed (N)	Malcolm in the Middle	
				Off the Record	Kath & Kim Respect (N)										Kath & Kim Respect (N)				Sabrina Teen Witch	
9	Doc Zone Omar Khadr (SP) (N)	Grosse vie Le fils de... C.A.	Art of the Heist Chasing Cezanne	NASCAR Auto Racing Canadian Tire Series	"Dr. Jekyll and Mr. Hyde" (Thriller) '08 Dougray Scott	Supernatural Monster Movie (N)	The Office (N) SNL W. Update	Grey's Anatomy Brave New World (N)	Dheeyan Ghar Sadabahr Naghmae	Next Top Model Top Model 11 Confidential	Glam God	Supernatural Monster Movie (N)	Kitchen Nightmares Willy's (N)	Grey's Anatomy Brave New World (N)	The Office (N) SNL W. Update		CBC News: The National	CSI: Crime Scene The Happy Place (N)	Futurama	Sportsnet Connected
																			Prank Patrol Spider	
10	CBC News: The National	Le Téléjournal	Regular or Super	Poker Night		The Daily	Life on Mars (N)	ER The Book of Abby (N)	Desi Uncle	Eleventh Hour Cardiac (N)	Friends	Seinfeld The Burning	Q13 News	Life on Mars (N)	ER The Book of Abby (N)	1955 World Series: 7 Days of Fall	Geologic Journey The Canadian Shield	Eleventh Hour Cardiac (N)	Mystery Hunters	Sportsnet Connected
						Diya			Desi Rhythms		Friends	Seinfeld The Boyfriend							Adrenaline Project	
11	News / (05) The Hour	Le Téléjournal	Autism Is a World	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Realty TV	Frasier	Family Guy	News	News	Spain on the Road	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
								CTV News	CTI News	(35) The Tonight	CityNews International	Frasier	King of the Hill	(35) News Nightline	(35) The Tonight	Pilgrimage to Galicia		(35) David Letterman	Ghost Trackers	
12 MID	(05) Arrested	La zone	Himalaya Annapurna to Everest	Off the Record	Chelsea Lately (N)	Letters to God	(05) Ent. Tonight	(05) Daily Show (N)	Punjabi Vibes	Show With Jay Leno	(05) Jimmy Kimmel Live (N)	That '70s Show	RENO 911!	(05) Jimmy Kimmel Live (N)	Show With Jay Leno	Tavis Smiley	The Hour	(N)	Malcolm in the Middle	Pratt & Taylor
	(35) Can. Reflections	(45) Fosse aux lions		Motoring 2008	(35) Late, Late Show	Letters to God	(35) E.T. Canada	(35) Colbert Report	Desi Rhythms	(35) Conan O'Brien		South Park	TMZ	(N)	(35) Conan O'Brien	Passport to Adventure		(35) Late, Late Show	Futurama	

FRIDAY OCTOBER 17

5 PM	The Simpsons	C'est la vie	Martha Speaks	(4:30) Poker World Series	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	'A' News	The Tyra Banks Show	My Wife and Kids	MLB Baseball	KOMO 4 News	KING 5 News	Charlie Rose	The Hour	KIRO 7 News	Fairly Odd Parents	(4:30) NHL Hockey - Vancouver vs. Buffalo (Live)
	Wheel of Fortune		Maggie & the Beast	CFL Pre-Game (Live)		Grow. Pains [Part 2 of 3]	Global National		Phoenix World News			The King of Queens	National League	ABC World News				CBS Evening News	SpongeBob SquarePants	
6	News	Le Téléjournal	Heads Up	CFL Football - B.C. vs. Edmonton (Live)	News	Dharma & Greg	News	News			CityCooks	That '70s Show	Championship Series - Game 6 - L.A. Dodgers vs. Philadelphia (if necessary) (Live)	News	News	CBC News: The National	News	The Mighty B!		
			Healing With Animals			George Lopez			CTI News	Vancouver Report	CityNews International	The King of Queens		KING 5 News				iCarly		
7	Coronation Street	Du coeur au ventre	Emily of New Moon A Bill of Divorcement		El News	Scrubs My Office	Entertainment Tonight	eTalk (N)	Matchmaker	Robson Arms	Law & Order: Special	Deal or No Deal		Wheel of Fortune	Evening Magazine	Rick Steves' Europe	the fifth estate	Entertainment Tonight	"A Cinderella Story" ★ (Com, '04) Hilary Duff.	Sportsnet Connected
	Jeopardy				The Insider	According to Jim	Ent. Tonight Canada	Access Hollywood	Daughters-In-Law	TMZ	Victims Unit Dependent	Deal or No Deal		Jeopardy	Inside Edition	KCTS Connects	Shadows of Doubt	The Insider	NHL Hockey - Vancouver vs. Buffalo	
8	Air Force (N)	Paquet voleur	The Royal Blood's Thicker than Water		Inside Hollywood Celebrity Babies	May to December	Life Crushed (N)	Ghost Whisperer Ghost in the Machine (N)	Weekly News Forum	Wife Swap Kinsman/Thompson (N)	Crusoe Hours 1 & 2: Rum and Gunpowder	Hates Chris (N)	Cops Coast to Coast	Wife Swap Kinsman/Thompson (N)	Crusoe Hours 1 & 2: Rum and Gunpowder	NOW	News	Ghost Whisperer Ghost in the Machine (N)		
	Rick Mercer Report					No Place Like Home			CTS Night Club	America's Toughest Jobs	(P) (N)	The Game (N)	King of the Hill	Thompson (N)	Washington Week					
9	Doctor Who The Poison Sky (N)	Une heure sur terre	Dalziel and Pascoe An Advancement of Learning	SportsCentre	Deal or No Deal	Enigma	The Ex List Protect and Serve (N)	Supernanny Park Family (N)	Here Comes Aajuma			Next Top Model Top Model 11 Confidential	King of the Hill	Supernanny Park Family (N)	Bill Moyers' Journal	CBC News: The National	The Ex List Protect and Serve (N)	Smallville		
				UEFA League								Family Guy Petergeist								
10	CBC News: The National	Le Téléjournal	Atomic Cafe	Morning Light: Making the Cut	20/20 (N)	The Daily Sandesh	Num3rs Blowback (N)	Without a Trace Last Call (N)	Vitamin	Stargate: SG-1 Counter Strike	Kaya	Seinfeld The Bookstore	Q13 FOX News	20/20 (N)	Life Crushed (N)	"12 Angry Men" ★★★★★ (Dra, '57) Henry Fonda.	the fifth estate	Num3rs Blowback (N)	Dark Oracle	Sportsnet Connected
										Everybody Hates Chris		Seinfeld The Boyfriend					Shadows of Doubt	Mystery Hunters		
11	News / (05) The Hour	Le Téléjournal	F1 Auto Racing Chinese Grand Prix		News	It's a New Day	News	News	TV Patrol	News	Electric Playground	Frasier	Family Guy	News	News		CBC News: The National	News	Mystery Hunters	Sportsnet Connected
			Ravens and Eagles						CTV News	CTI News	(35) The Tonight	CityNews International	Frasier	Two and a Half Men	(35) News Nightline	(35) The Tonight		(35) David Letterman	Ghost Trackers	
12 MID	(05) Arrested	La zone	Return of S. Holmes The Six Napoleons	SportsCentre	Chelsea Lately	Extreme Clergy	(05) ECW Wrestling	(05) CSI: NY Night, Mother	Vancouver Masala	Show With Jay Leno	(05) Jimmy Kimmel Live (N)	That '70s Show	Two and a Half Men	(05) Jimmy Kimmel Live (N)	Show With Jay Leno	Tavis Smiley	The Hour	(N)	Futurama	The Ultimate Fighter 8
	(35) Kenny vs. Spenny	(45) Fosse aux lions			(35) Late, Late Show	Paid Program			Music Bank	(35) Conan O'Brien		South Park	RENO 911!	(35) Conan O'Brien	Burt Wolf: Travels		(35) Late, Late Show	Pinky Brain TV or Not TV		

STATION	CBC-CBUT	SRC-CBUT	Knowledge	TSN	CH Victoria	OMNI BC	Global BC	CTV BC	Channel M	A	Citytv	CW-KSTW	FOX-KCPQ	ABC-KOMO	NBC-KING	PBS-KCTS	NewsWorld	CBS-KIRO	YTV	Sportsnet
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ExpressVu	257	120	268	400	255		251	250	254	256	253		290	288	287	291	502	289	552	407
Starchoice	308	702	354	400	358		336	321		389	359		382	380	379	383	390	381	543	419

SATURDAY OCTOBER 18

5 PM	(4:00) NHL Hockey - Toronto vs. Pittsburgh (Live)	Studio 12	Fetich! With Ruff Ruffman Heads Up	(3:30) CFL Football - Winnipeg vs. Calgary (Live)	CHEK News	Islam 101	Family Guy Peterotica	First Story	(4:30) Swiat Polskiej	TMZ	Nite Life	Cold Case Files	MLB Baseball National League	Football Pre-Game (Live) / (05) NCAA Football - Teams TBA (Live)	KING 5 News	Lawrence Welk Show Tribute to Bing Crosby	Antiques Roadshow Lacock Abbey	KIRO 7 News	(4:00) "Casper's Scare School" ★★	MLB Baseball National League
6 PM		Le Téléjournal	World of Gardens		That News Show (N)	Dharma & Greg	News	News	NTDTV Weekly KCTV This Week	Sue Thomas: F.B.Eye Missing	The Murdoch Mysteries Till Death	CSI: Miami Kill Switch	Championship Series - Game 7 - L.A. Dodgers vs. Philadelphia (if necessary) (Live)		News	As Time Goes By	Saturday Report	KIRO 7 Eyewitness News	Adrenaline Project	Championship Series - Game 7 - L.A. Dodgers vs. Philadelphia (if necessary) (Live)
7 PM	NHL Hockey - Calgary vs. Edmonton (Live)	Le moment de vérité	National Geographic Wall of Death	SportsCentre	El News Weekend	Jhanjara	Disasters of the Century Coast To Coast	W-FIVE Presents	Entrepreneurial Leader	The New Canoe Island Weekend	Survivorman Costa Rica	CSI: NY Tri-Borough			NW Backroads	Vicar of Dibley	Doc Zone Omar Khadr	Entertainment This Week	Wolverine and X-Men Transformers Animated	
8 PM		3600 secondes d'extase	Heartbeat Stop Gap		Behind the Scenes (N)	Mirchi TV	Turning Points of History	Criminal Minds Penelope	Phoenix Gathering Satrang	America's Toughest Jobs (N)	Less Than Kind Kaya	Boston Legal	Cops Coast to Coast		America's Toughest Jobs (N)	Monarch of the Glen	Saturday Report	Criminal Minds Penelope	Naruto	
				Inning by Inning	Behind the Scenes (N)	Punjab this Week							Everybody Loves Ray	Whacked Out Sports			Weekend Scene		Blue Dragon	
9 PM		Dre Grey, leçons	Midsomer Murders Dead in the Water [Part 1 of 2]	Portrait of a Coach (N)	Dr. 90210 The Family Ties That Bind	Foundations	Painkiller Jane Piece of Mind	CSI: NY Admissions	Asian Variety Show	Road to Avonlea	Test of Wills: Canada in Korea	Boston Legal	Friends	Wheel of Fortune	My Own Worst Enemy Breakdown	New Tricks Diamond Geezers	Saturday Report	CSI: NY Admissions	Zatch Bell	Poker Heads-Up
	(4:00) Hockey Night in Canada: After Hours	Le Téléjournal			Top 15 Supermodels (N)	48 Hours Mystery Into Thin Air (N)	Kenny vs. Spenny Trailer Park Boys	Law & Order: Special Victims Unit Swing	Vanna Malargal Sabor Musical	Kool Countdown		CSI: NY Recycling	Q13 FOX News Scrubs My New Game	Monk	Law & Order: Special Victims Unit Swing	Barry Manilow	Doc Zone Omar Khadr	48 Hours Mystery Into Thin Air (N)	Storm Hawks	Sportsnet Connected
10 PM	CBC News: Vancouver			SportsCentre																
11 PM	Hockey Night in Canada: Replay	"Au plus près du paradis" (Com, '02) William Hurt.	Montreal Jazz Festival Natacha Atlas	Pre-Race Show (Live)	News	Stargate: SG-1 Cold Lazarus	Saturday Night Live (N)	CTV News	Bubble Gang	Bravo!Fact Presents SeXiv	Role That Changed Reviews on the Run	CSI: Miami Dangerous Son	Mad TV	News	Austin City Limits	Saturday Report	News	Mystery Hunters	FSN Pro Football Preview	
12 MID			New Tricks Final Curtain	F1 Auto Racing Chinese Grand Prix	Spike Feresten	The Daily		(05) Busted	"PattharKe Phool" (Rom, '91) Raveena Tandon.	"To Be Announced"	The O.C. The Case of the Franks	Without a Trace	Spike Feresten Chappelle's Show	(05) Northern Exposure		Globe Trekker	the fifth estate	(05) Paid Program	"Teaching Mrs. Tingle" ★ (Susp, '99)	The Ultimate Fighter 8

SUNDAY OCTOBER 19

5 PM	"Bridge to Terabithia" ★★ (Fam, '07) Josh Hutcherson.	Oniva	Popular Mechanics	(15) NFL Football - Seattle vs. Tampa Bay (Live)	CHEK News	Tomorrow's World	Family Guy Boys Do Cry	In Fashion	Spazio Libero	Battlestar Galactica	Reviews on the Run	4Real	Two and a Half Men	KOMO 4 News	(15) NFL Football - Seattle vs. Tampa Bay (Live)	Adventures New Zealand: Quest for Kaitiakitanga	Dragons' Den	KIRO 7 News	(4:00) "Beetlejuice" ★★ (Com, '88)	(4:30) MLB Baseball American League Championship Series - Boston vs. Tampa Bay (Live)
6 :00 :30		Le Téléjournal Découverte	Emily of New Moon A Bill of Divorcement		That News Show (N) What Happened?	In Touch With Dr. Charles Stanley	News	News	"Pattharke Phool" (Rom, '91) Raveena Tandon.	Sue Thomas: F.B.I. Eye Prodigal Father	The Murdoch Mysteries Let Loose the Dogs	In Harm's Way Live Animal Capture	Family Guy Boys Do Cry	News		Travels to the Edge Rudy Maxa's World	CBC News: Sunday Night	News	"Monster House" ★★ (Ani, '06) Voices of	
7 :00 :30	Heartland Gift Horse (N)	Laflaque	Nature Raptor Force		Instant Beauty The London Invasion (N)	60 Minutes	Renegade-press.com	Star Wars: Clone (N) The Deggrass: Next (N)		America's Funniest Home Videos (N)	Friends	In Harm's Way War Photographer's (N)	The Simpsons	America's Funniest Home Videos (N)		Antiques Roadshow Mobile (Hour One)	Jesus Politics	60 Minutes	Mitchel Musso.	
8 :00 :30	"Bon Cop Bad Cop" ★★ (Com, '06) Colm Feore.	Tout le monde en parle	The Impressionists		Ext. Makeover: Home King Family (N)	Waiting for God	The Simpsons	The Amazing Race (N)		Gossip Girl Chuck in Real Life (N)	Valentine, Inc. Act Naturally (N)	Valentine, Inc. Act Naturally (N)	The Simpsons	Ext. Makeover: Home King Family (N)		Nature Parrots in the Land of Oz	CBC News: Our World	The Amazing Race (N)	(15) SpongeBob Prank Patrol	Sportsnet Connected
9 :00 :30			New Tricks		Hollywood's 12 Sexiest Jobs (N)	The Daily	Family Guy (N)	Desperate Housewives Back in Business (N)	"Thre Zeugin, Herr Abel" (Dra, '96)	Cold Case Roller Girl (N)	Easy Money Collateral Damage (N)	Easy Money Collateral Damage (N)	Family Guy (N)	Desperate Housewives Back in Business (N)		Dateline NBC Masterpiece Contemporary (N) [Part 3 of 5]	CBC News: Sunday Night	Cold Case Roller Girl (N)	The Next Star Searching the East	The Ultimate Fighter 8
10 :00 :30	CBC News: Sunday Night	(15) Le Téléjournal	Datzel and Pascoe An Advancement of Learning	Series - Final	The Real Housewives of Orange County	Medicine Woman Extreme Clergy	Brothers & Sisters Everything Must Go (N)	Law & Order: C.I. Neighborhood Watch		Mad Men The Mountain King	Privileged Pilot	Seinfeld The Frogger	Q13 FOX News (35) Q It Up Sports	Brothers & Sisters Everything Must Go (N)	Law & Order: Criminal Intent Shandeh	New Tricks Diamond Geezers	Jesus Politics	The Unit The Conduit (N)	Falcon Beach The Video	Sportsnet Connected
11 :00 :30	News	SMASH	Montreal Jazz Festival	SportsCentre	News	It's a New Day	News	News	I-Watch News	The New Canoe	Role That Changed	Cold Case Files	House	News	Moneytrack		News	Mystery Hunters	Sportsnet Connected	
	the fifth estate	(35) "Mulholland Drive" ★★	Yousseou N'Dour		Driving Television		(35) House & Home	CTV News	Hokus Pokus	Fashion Television	Electric Playground			(35) Monk	Upfront	Roadtrip Nation	CBC News: Our World	(35) Face the Nation	Ghost Trackers	
12 MID	Canadian Reflections	Drive" ★★ (Dra, '01) Justin Theroux.	National Geographic Wall of Death	TSN the Reporters	JR Digs (N)	Credo	(05) Popoff Ministry	(05) CSI: NY Tri-Borough	"Thre Zeugin, Herr Abel" (Dra, '96)	"To Be Announced"	The O.C. The Shake Up	Without a Trace Deja Vu	House DNR		Casey and Wendy Treat Kevin Gerald	Bill Moyers' Journal	Dragons' Den	(05) Judge Judy	Stage Fright	Sportsnet Connected
				IIHF Hockey	Wild On The Beach 2003	Paid Program	(35) Jack Van Imne							(35) At the Movies				(35) Judge Judy		

MONDAY OCTOBER 20

5 PM	The Simpsons	C'est la vie	Martha Speaks	(4:30) NFL Countdown	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	'A' News	The Tyra Banks Show	My Wife and Kids	King of the Hill	KOMO 4 News	KING 5 News	Charlie Rose	The Hour	KIRO 7 News	Fairly Odd Parents	(4:30) NHL Hockey - Vancouver vs. Columbus (Live)
6 PM	Wheel of Fortune	Le Téléjournal	Maggie & the Beast	NFL Football - Denver vs. New England (Live)	News	Dharma & Greg	News	News	Phoenix World News		CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Drake & Josh	Sportsnet Connected
7 PM	Coronation Street	Virginie	Life in Cold Blood The Cold-Blooded Truth		El News	Scrubs My First Kill	Entertainment Tonight	eTalk (N)	Matchmaker	Robson Arms	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	Freeheld	Entertainment Tonight	Malcolm in the Middle	Red Bull Air Race World Series
8 PM	Dragons' Den (N)	L'Auberge du chien noir Des pressions	Hockey: A History A National Obsession		'Til Death Joy Ride (N)	Stargate: SG-1 The Nox	Prison Break The Price (N)	Dancing With the Stars (N)	It Will Be Difficult to Love	Terminator (N)	Chuck Chuck Versus The Cougars (N)	Gossip Girl Chuck in Real Life (N)	Terminator (N)	Dancing With the Stars (N)	Chuck Chuck Versus The Cougars (N)	Antiques Rd. Salt Lake City (Hour Three) [Part 3 of 3]	News	The Big Bang Theory (N)	Malcolm in the Middle	Hockeycentral (Live)
9 PM	The Border Nothing to Declare (N)	Hauts/bas de Sophie J'irais où tu voudras	Ju Ming	UEFA League (N)	How I Met Your Mother (N)	One Tree Hill Messin' with the Kid (N)	Heroes Dying of the Light (N)	Corner Gas (N)	Marimar	Two and a Half Men (N)	Celebrity Fit Club I'll Serve 10 Days... To Whip His Ass	One Tree Hill Messin' with the Kid (N)	Prison Break The Price (N)	Heroes Dying of the Light (N)	American Experience LBJ (N) [Part 1 of 2]	CBC News: The National	Two and a Half Men (N)	Worst Week The Club (N)	Futurama	Best Damn Sports Show Period
10 PM	CBC News: The National	Le Téléjournal	The Boy Inside	E:60 (N)	Boston Legal The Bad Seed (N)	The Daily	My Own Enemy The Hummingbird (N)	CSI: Miami Bombshell (N)	Pinoy	The Mentalist Ladies in Red (N)	Curb Your Enthusiasm	Seinfeld The Fix-Up	Q13 FOX News	News	News	Winslow Homer: Society and Solitude	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
11 PM	News / (05) The Hour	Le Téléjournal	Ravens and Eagles Landscape as Muse	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Reviews on the Run	Fraser The Candidate	Family Guy	News	News	News	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
12 MID	(05) Arrested	(45) Fosse aux lions	Hockey: A History A National Obsession	Off the Record	Chelsea Late Show	Credo	(05) Ent. Tonight	(05) E.T. Canada	(05) The Daily Show	Kurd TV	Conan O'Brien	South Park	TMZ		(35) Conan O'Brien	Smart Travels	The Hour	(35) Late, Late Show	Futurama	Pratt & Taylor

TUESDAY OCTOBER 21

5 PM	The Simpsons	C'est la vie	Martha Speaks	(4:00) NHL Hockey - Anaheim vs. Toronto (Live)	CHEK News	Happy Days	Early News	CTV News at Five	Punjab Times	'A' News	The Tyra Banks Show	My Wife and Kids	King of the Hill	KOMO 4 News	KING 5 News	Charlie Rose	The Hour	KIRO 7 News	Fairly Odd Parents	(4:00) NHL Hockey - Vancouver vs. Columbus (Live)
6 PM	Wheel of Fortune	Le Téléjournal	Maggie & the Beast	NFL Football - Denver vs. New England (Live)	News	Dharma & Greg	News	News	Phoenix World News		CityCooks	That '70s Show	The Simpsons	News	News	News	CBC News: The National	News	Drake & Josh	Sportsnet Connected
7 PM	Coronation Street	Virginie	Life in Cold Blood The Cold-Blooded Truth		El News	Scrubs Her Story	Entertainment Tonight	eTalk (N)	Matchmaker	Robson Arms	Law & Order: Special	Deal or No Deal	Two and a Half Men	Wheel of Fortune	Evening Magazine	Rick Steves' Europe	Mad, Bad & Ugly Drivers	Entertainment Tonight	Malcolm in the Middle	Canucks TV The Page
8 PM	Rick Mercer Report (N)	Providence	World of Albert Kahn The Soldier's Story		The Insider	According to Jim	Ent. Tonight Canada	Access Hollywood	Daughters-In-Law	TMZ	Victims Unit Philadelphia	Deal or No Deal	Two and a Half Men	Jeopardy	Inside Edition	About the Money	News	NCIS Nine Lives (N)	Malcolm in the Middle	NHL Hockey - Vancouver vs. Columbus
9 PM	The Tudors (N)	Roxy Zoothérapie Les étoiles filantes	The Museum	SportsCentre	Jozi-H	90210 Lucky Strike	Dancing With the Stars: The Results (N)	Made in Germany euromaxx	Fringe The Cure (N)	Privileged All About Appearances (N)	Privileged All About Appearances (N)	Fringe The Cure (N)	Dancing With the Stars: The Results (N)	News	News	Frontline Heat	CBC News: The National	The Mentalist Ladies in Red (N)	Futurama Godfellas	Prank Patrol Frankenstein
10 PM	CBC News: The National	Le Téléjournal	God in Government	League - Matchday #3 - Juventus vs. R. Betis	Pam: Girl on the Loose	The Search	Kitchen Nightmares Black Pearl	Law & Order: Special Victims Unit Lucacy (N)	Eli Stone	NY Goes To Hollywood	Seinfeld The Limo	Q13 News	Eli Stone	Law & Order: Special Victims Unit Lucacy (N)	Mad, Bad & Ugly Drivers	Without a Trace True/False (N)	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
11 PM	News / (05) The Hour	Le Téléjournal	Preventive Warriors	SportsCentre	News	It's a New Day	News	News	TV Patrol	News	Reviews on the Run	Fraser	Family Guy	News	News	Independent Lens The Cool School	CBC News: The National	News	Mystery Hunters	Sportsnet Connected
12 MID	(05) CONCACAF Soccer	(45) Soccer	The Wonderful World of Albert Kahn	Off the Record	Chelsea Late Show	Credo	(05) Ent. Tonight	(05) E.T. Canada	(05) The Daily Show	Aina-e-Alghan	Wladomosci	South Park	TMZ		(35) Conan O'Brien	Travels to the Edge	The Hour	(35) Late, Late Show	Futurama Godfellas	Pratt & Taylor

ARTS & ENTERTAINMENT

GALLERY EXHIBITS

Substantial small wonders

J. Mitchell Gallery artists embrace novel concept

BY GAYLE MAVOR
DRIFTWOOD CONTRIBUTOR

Gallery owner Judy Mitchell of J. Mitchell Gallery describes The Small Works show that opened over the weekend as a way for the artists she represents to say thank you to the community for supporting them.

She asked the mainly Salt Spring artists to offer up smaller versions of their art to make their pieces more financially accessible to a broader segment of the community. The diversity of the works is a measure of the artists' enthusiasm to rise to that challenge.

Janet Cameron's Modigliani-styled self-portrait was sold as I was looking at it. She was describing how in the self-portrait she's wearing her favourite green sweater; the one her husband hates.

The fun-loving artist also had small offerings of sheep faces, about which she said, "Sometimes a sheep is just a sheep and sometimes a sheep is a personality." That was definitely true of her acrylic on canvas of Young Tammy.

J.D. Evans shared the story behind the vibrant greens and red brush strokes of the jukebox in The White Slip, an acrylic on paper.

During the 1950s, Evans recalls admiring her older sister from high above on the



Lynn Demers piece in Small Works.

stairs as her sister preened. She describes her art as slightly evasive abstract swipes that are always in some way alluding to the transition between life and death.

Jerry Davidson's painting, Angles, an acrylic on board with Alex Colville-like precision, has a crisp, white picket fence in the foreground. He spotted the subject matter while at Fort Flagler, a former U.S. army fort, during a three-day banjo camp he attended there. Intrigued by the lines and angles of the old officers' quarters, Davidson used the artist's prerogative to showcase the angles, shadows and lines up close.

Charles Breth captures the simultaneous shock and relief of the human body as

it is, not as we wish it were.

The naked, contorted bodies of middle-aged men and women who — as in real life — are more fascinating than aesthetically appealing, kept calling me back for one more look.

Breth then presents a more innocent form of vulnerability in small clay hands, in which even smaller hands rest.

Carol Evans spotted the Oyster Catchers in her two small watercolour paintings at Cactus Island where she and her husband were kayaking.

It's not really any different painting small, she said, except it's perhaps more intimate and there's the immediate gratification of finishing faster.

Fascinated by the sto-

ries behind the jewellery that people bring to her to transform anew, silversmith Andrea Russell is telling a story in her work called Secret Garden.

She named the small wall hanging of delicate silver leaves and petals with pink beads and exotic shells gathered from her second home in Thailand after her favourite childhood book of the same name.

Pat Bennett's vibrant and perfectly woven baskets always start from a piece of exotic wood, harkening back to her time as a wood sculptor.

Although not a small work, Salzedo Harp Spirit, is the woven form of a voluptuous woman that was created while Bennett had been listening to the harp music of Carlos Salzedo.

"The female form just seemed to come from my hands into the reeds," she said.

Make sure to take a look while you're there.

From the hauntingly frenzied charcoal drawings of Gabrielle Jensen, as well as three offerings by her late father LeRoy Jensen, to the welded steel of Michael Robb and the subtle, hazy beauty of watercolour of Bly Kaye, there's only one question: small works or small wonders?

The show runs to Oct. 31.

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Jason Tudor

Indiana Jones and the Kingdom of the Crystal Skull

Having watched the long-awaited fourth installment in the Indiana Jones saga Indiana Jones and the Kingdom of the Crystal Skull, one very basic question comes to mind: is this the best that Steven Spielberg and George Lucas could come up with?

It's always a bad sign when an experienced critic like myself has a tough time even explaining the plot.

Obviously there's a crystal skull, which has something to do with this big temple in the Amazon jungle, and is sought after not by only Indy but also this annoying kid (Shia LeBeouf), a certain ex-lover (actress's name hidden to preserve the mystery), a boring sidekick (Ray Winstone), a crazy anthropologist (John Hurt) and a gaggle of '50s-era Soviets led by an icy-cold adversary (Cate Blanchett).

The sad thing is that the plot isn't probably all that complicated after all, I simply cared too little to bother to try and figure it out. This time around the object of everyone's obsession isn't some spiritual talisman, it's actually related more to, well, let's just say that Indy 4 has more than its share of sci-fi elements.

Which, quite simply, is a fatal mistake. Indiana Jones has always been, at heart, reflective of an earlier, more conservative sensibility. Indy exists in a world of good and evil, black and white, a world with more than a little xenophobia, racism and fundamental religious beliefs.

Putting him in a sci-fi parable makes no sense. It's almost as if he's out of place entirely. Sci-fi deals in moral ambiguity. Indy wisecracks, punches, and grabs idols, he

doesn't have time to bother figuring out all this right and wrong stuff. He, quite simply, embodies rightness.

It doesn't help that the sensibilities of the co-creators just don't mesh like they did in the 1980s. Spielberg's obsession with family, nostalgia and actually creating real characters just doesn't work when Lucas is likely complaining that not enough CGI is being used in any given scene.

I don't mean to say that "Crystal Skull" is unwatchable. Compared to a lot of blockbusters it's not so bad. It's just so strangely bland in comparison to the first three that I almost wish it didn't exist. I want to remember Indy the way he was, nonchalantly shooting sword-toting Arabs from across the market square.

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ARTS & ENTERTAINMENT

NEW MUSIC

'Colour of love' musician returns

Michael Waters at All Saints

Michael Waters, dubbed an acoustic guitar genius, returns to Salt Spring on Friday, Oct. 17 for a concert at All Saints church.

"Known for his pure acoustic virtuosity, on this tour Michael is playing more from his psychedelic compositions, using effects and live digital recording onstage," states a recent press release for the event. "The audience can expect to find themselves hearing dimensions of sound that are completely new to their ears."

Bridge Guitar Reviews in the Netherlands has called Waters "a genius on the acoustic guitar," a daily newspaper in Arabia describes his music as "so much the colour of love," while Radio Serbia has claimed him as music royalty.

According to press material, in 2004, after playing music for 33 years as a spiritual practice and having composed only two songs, Waters encountered an Amazonian Shipibo healer whose medicinal ceremonies inspired him into a 16-month wave of virtuoso composition.

This work resulted in two CDs and Waters' decision to play publicly.

"The chants I was hearing in these Shipibo ceremonies were amazingly sophisticated and complex, and their power was something I had not heard since the late '60s, when I saw Duke Ellington with his full orchestra," said Waters. "It was astounding to hear all that coming from one single person chanting. It literally dissolved my world."

Originally from the remote northern Vancouver Island community of Winter Harbour, Waters' pathway to performance has been "long and unusual," and has allowed him to travel the world encountering musicians from both classical and indigenous traditions. After 35 years, a breakthrough put him into the public sphere of performance.

"Along with the virtuoso material inspired by the medicine ceremonies, Michael has completed a second wave of composition called acoustic psychedelic chill. . . . He [plays] it on an acoustic guitar, using digital effects to allow him to combine rhythms and echoes . . ."

Samples of Waters' music can be heard at www.ladybirdmusic.com.

Tickets for the 8 p.m. show are \$15.



PHOTO BY DERRICK LUNDY

THANKSGIVING PIANO: Fern Schock plays the piano at Greenwoods as Peter Schock sits nearby.

Vancouver Island Transmission Reinforcement Project UPDATE MARINE CONSTRUCTION – STRAIT OF GEORGIA September and October 2008

Meeting the electricity needs of growing communities on Vancouver Island and the southern Gulf Islands

BC Transmission Corporation (BCTC) is replacing and upgrading the existing 138 kV overhead transmission lines and one of the existing submarine cable circuits connecting southern Vancouver Island to the Lower Mainland with new 230 kV infrastructure.

Through late October, crews will continue the installation of three new 230 kV submarine cables in the Strait of Georgia (between Galiano Island and Roberts Bank). During this period, there will be a cable-laying vessel, barges with equipment, tugboats and workboats in the water along the cable route and also near the cable terminal stations on Salt Spring Island, Parker Island and Galiano Island.

To ensure the safety of the public and workers, the contractor will restrict public access around the active work sites. We thank you for your patience and co-operation while we undertake this important project.

CABLE INSTALLATION SCHEDULE – Strait of Georgia

Construction Activity	Schedule (subject to change)
Installation of cables in the Strait of Georgia	continuing through late October 2008
Construction work at cable terminal stations on Salt Spring Island, Parker Island and Galiano Island	continuing through late October 2008

For more information, please visit: www.bctc.com

Contact BCTC Community Relations:

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Singapore Street Noodles fresh chicken, cashews & spicy peanut sauce with market vegetables	\$12.99
Asian Steak Salad sliced grilled sirloin with a crispy peanut, honey lime chow mein salad	\$16.99
Black Pepper Scallops toasted sesame seeds and sweet soy sauce	\$18.99

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ARTS & ENTERTAINMENT

ISLAND ARTISTS

Photocollages tell stories in layers

Grace Sevy exhibit

BY GAYLE MAVOR
DRIFTWOOD CONTRIBUTOR

It was during a photography course in Palo Alto, when Grace Sevy was asked to do a full-length portrait that she thought, "No, a straight-on portrait is way too boring."

So, instead, she got up close to the model's face and snapped a shot. Then she took a close-up of the model's neck and proceeded to do that for the entire length of the body. She hasn't stopped creating collages, by hand, since.

Once the photos are developed — sometimes in 4X6- or 8X10-inch sizes — she then arranges them by hand. She never leaves the house without a camera, either her original Yashika T4 Super with a Zeiss lens or her newer, smaller digital which she got because she has recently become interested in macro photography.

Sevy, 72, has been coming to the island with her husband for 35 years, splitting the year between San Francisco and Salt Spring. In fact, she still lives in the same log cabin that she and her husband purchased in 1973 when they saw a real estate ad in the Wall Street Journal and were thinking, as the Vietnam War was winding down, that owning property outside of the United States might be a good idea.

A small portion of her work is currently on display in the entryway and stairwell of the Ganges Yoga Studio in



Grace Sevy with her artwork at Ganges Yoga Studio.

Grace Point Square and will remain there until the end of October.

Sevy says much of her photography is political in nature and her interest in political activism began, as it did for many Americans, with the Vietnam War. She was a housewife caring for small children then and her husband was completing his training as a physician.

"I saw American troops burning down huts in Vietnam on TV and I was shocked."

Her husband's draft was initially deferred until he completed his education and when he finished, they resisted the draft by "stubbornly, adamantly saying no."

The photocollages currently on display at the yoga studio are less political and more a photo essay of some of the events that take place on Salt Spring. The Gay Pride Parade. Work parties at the Salt Spring Centre with the guru Babaji in the background. Dykes on Bikes. Dan Jason of Salt Spring Seeds and others preparing the soil at the Salt Spring Centre garden.

She says the end result is never pre-planned.

"I take the photographs and then I lay them all out and it's almost as if through synchronicity the pieces fall into place."

Her favourite photo in this display is the one of a statue of Gandhi and a little red-

headed boy playing at his feet.

"To me, it's the perfect representation of peace," she says.

You could say that the photocollages are a lot like a life: layer upon layer: not everything apparent in the first glance. The layering seems to magnify the images, making them larger and more expansive than they are on their own and requiring the viewer to linger a little longer.

Like her photos, Sevy's own life is multifaceted. She completed a Ph.D. in the History of Consciousness at the University of California in Santa Cruz, and has lectured at Stanford using the American experience in Vietnam as the foundation for teaching critical thinking skills.

She also taught related subjects and has written a book entitled *The American Experience in Vietnam: A Reader* through the University of Oklahoma Press.

Her works have been seen in San Francisco in both solo and group exhibitions.

For something a little different, she's been amassing what she calls a longitudinal photo history of the progress of the Channel Ridge development.

She accepts personal commissions and has done some related to architecture, pets and landscapes. She can be reached locally through Evelyn Nisar at 250-653-2067.

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Sylvia has worked in healthcare for over 10 years most recently as a home support worker caring for the elderly on Salt Spring Island. It was through this work that she began to understand the power of hands-on healing. Reflexology has given Sylvia the perfect opportunity to share herself in a way that brings health and well-being to others.

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Reflexology reduces stress by inducing deep relaxation, allowing the body to balance itself and healing energy to flow smoothly and gently throughout. Reflexology improves circulation and releases blocked energy. Clients often experience an incredible feeling of well-being after a session. This is due, in part, to the increased oxygen and nutrients now being supplied to the cells. Reflexology provides the body with energy on many levels.

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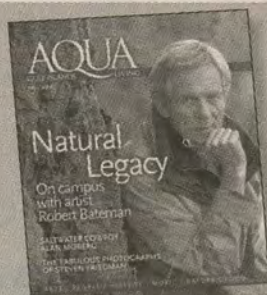


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People & Community



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YOUNG RECRUIT: Gavin MacKenzie was among the many people who visited last Saturday's open house at the Ganges fire hall.

PHOTO BY DERRICK LUNDY

GARDENING

Brian Minter visit, fall sale cultivate growing success

Garden club hosts two events this week

Two Salt Spring Garden Club events taking place this week can help island gardeners do some of the planning and work needed to make next year's gardens beautiful.

The club's annual fall plant sale runs on Saturday, Oct. 18 at the Farmers Institute, and famed horticulturalist Brian Minter speaks at a daytime event on Wednesday, Oct. 22 at Meaden Hall.

Saturday's sale provides a perfect opportunity to choose plants that work for each gardener's situation.

"If you are a seasoned gardener and just need the one perfect plant to complete your picture-perfect perennial bed, go to the 'special

plants' section of the sale," advises a press release.

"If you have a difficult area to fill, select a number of interesting and hardy plants from the 'ground-covers' section. Beginning gardeners would be wise to head for the 'drought resistant' and 'deer resistant' sections. As well, there are the perennial, bulb and shrub sections, and the herb and houseplant sections too. Master gardeners will be waiting to advise you and help you find the perfect plants."

Seeds for Malawi tables, featuring a fine selection of exceptional plants, will also be set up, with the funds helping support agriculture efforts in Africa.

The Bamboo Ranch will also have a variety of bamboo on display.

Wise gardeners know to be at the sale promptly at 1 p.m. and to bring their own

containers to fill up.

Minter's Oct. 22 talk is called Connecting Gardening to Lifestyle. Doors open at noon at Meaden Hall.

Minter is a syndicated gardening columnist with various Lower Mainland newspapers, is a radio columnist and gardening open-line host with CBC Radio and AM 600 and hosts a cable TV show and Knowledge Network series.

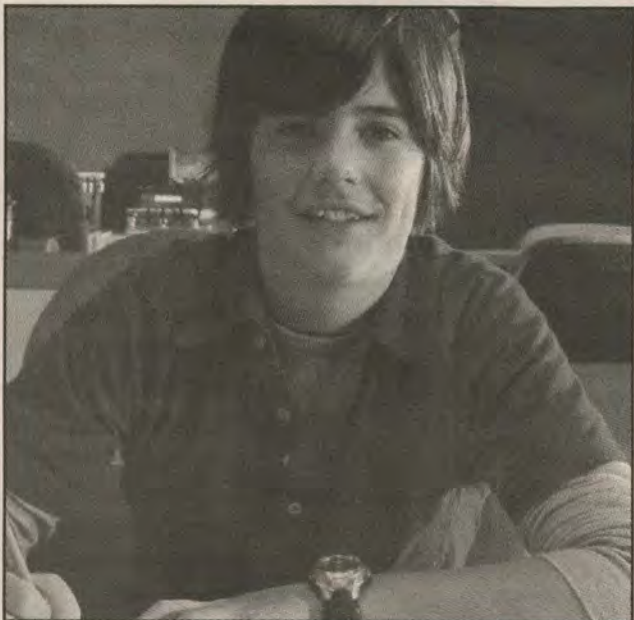
He is an international speaker on gardening, tourism and business trends. He is also president of Minter Gardens, a 32-acre world-class show garden, and of Minter Country Garden, an innovative destination garden centre and greenhouse growing operation.

Admission to Wednesday's event for non-garden club members is \$10.

Garden club memberships cost \$15 or \$18 for families.

Advertorial

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Your son is a real go-getter when he is playing hockey: proud, energetic and enthusiastic. But when it comes to schoolwork he's quiet, his shoulders slump and he lacks confidence. Reading out loud is like torture for both parent and child, and he'd prefer anything to reading. In the intermediate grades the teachers begin to note a lack of attention in class and there is less and less follow-through on schoolwork.

Your son didn't start school this way. In the primary years your son's report cards showed he was developing appropriately for a child of his age and grade. Then suddenly your son is reluctant to head out the door in the morning and unenthusiastic about school.

One of the critical roles of parents is to monitor their child's school progress, and the most crucial element for school success is developing essential reading skills.

How crucial is reading? According to Susan Hegler, Director of the Sylvan Learning in Delta, "Children

who do not develop good reading skills will find difficulty with every course in the curriculum. Weak readers often socialize less in school, engage in fewer extracurricular activities and leave school before they are able to maximize their potential."

"It is critical for parents to identify difficulties at an early age," says Hegler. "A strong effort should be made to ensure children are reading at grade level. Otherwise, they could get progressively behind each and every year. As students grow older, it becomes more and more difficult to remediate skill deficiencies. It is not impossible, but it takes a concerted effort since students are missing double the work: being able to read words automatically and being able to decipher the content of the material they are learning in class." Many parents see the typical symptoms of poor readers, but don't attribute them to poor reading skills.

Some warning signs include:

- Your child hates to read and does not read for pleasure.
- Your child often rereads material in order to understand it.
- Homework takes an extraordinary amount of time or is avoided altogether.
- Your child has been in or is currently in Learning Assistance.
- Your child has poor performance on tests, assignments and projects.
- Your child has poor school marks in many subject areas.
- Your child has a poor attitude towards school.

Where can a parent start looking for help? First, parents must understand exactly what their

child's reading level actually is. Sylvan's Reading Program begins with a Sylvan Skills Assessment to determine a student's reading strengths and weaknesses. The Assessment covers all critical areas of reading: vocabulary, comprehension, oral reading, word analysis and reading speed.

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PEOPLE & COMMUNITY

BUSINESS

New ideas help business brainstorming

Marketing coach
continues series

Part 2 of a 3-part series

BY GEOFF AFFLECK
SPECIAL TO THE DRIFTWOOD

Last week we suggested that there are only three ways to grow any business: increase the size of your database, increase the average value of each sale and increase the frequency at which people buy.

I recommend that you put everything you know about your industry aside for the moment, think outside the box and apply examples from other industries in your business. Here are some ideas that you can use to start brainstorming:

To increase the size of your database (i.e. get new customers):

In advertising, your copy — your choice of words — determines your sales. The reality is that any time you use words to market your goods or services, via e-mail, newsletters, a website, brochures or adver-

tising, you can either create or kill sales. By learning to write powerful headlines and compelling copy you can dramatically increase the response to your offer and improve your return on investment. Why? Because your costs remain the same while getting better results.

Guarantees. People are more likely to buy from you if you reduce or eliminate the risk of time and money. For example, my company's guarantee is 'No Results—No Fee' — we perform or we do not get paid — and we are more than happy with that arrangement. There is no downside risk to those who buy from us. What is your guarantee and do you tell anyone? By the way, there are very clever ways of wording these.

To increase the average value of each sale:

Premiums. "Buy this, get this free" (combine something "hard" with something "soft" — such as selling a chainsaw with an extended warranty, or yoga classes with a yoga mat,

DVD and clothing). A local artist could offer an attractive premium from another artist with a purchase of a certain value. A graphic designer could offer a \$50 gift card from a retail store for every \$1,000 in services sold. The business customer can then spend tax-deductible business dollars for graphic design and receive a tax-free gift he/she will use personally in his/her home.

Packaging/bundling of different products or services together. You must name the package and price it attractively. A salon or spa can bundle a haircut, pedicure and moisturizer. Let's call it "the pamper pack." If you do not have one then do it now and you will make more money immediately.

To increase the frequency at which people buy:

Frequent buyer rewards. Add a "call to action" using an expiry date, so points must be accumulated and redeemed within a timeframe (designed to be less than "the average" time between purchases).

Regular mailings to past and present clients such as monthly newsletters. If you are not in touch with your clients every 60-90 days, they are no longer your customer!

Keeping in touch does several things:

a. It creates habit. Customers expect your newsletter and develop the habit of reading it.

b. You remain in their consciousness.

c. You can use it to pass along information and ideas.

d. You continue to demonstrate your expertise (and create positioning) in your field.

e. You can stimulate word of mouth advertising.

f. You can advertise in your own publication.

g. Encourage them to forward it to a friend!

Geoff Affleck is a successful entrepreneur and marketing coach. Local business owners can join him on Thursday, Oct. 23 at the Harbour House for a half-day Marketing Bootcamp sponsored by the Driftwood and Island Savings. To reserve a free ticket, call 250-537-9933.

HEALTH

Oncology dietitian offers up healthy news

All welcome to prostate
group session

The Salt Spring Island Prostate Cancer Support Group is happy to have a B.C. Cancer Agency oncology dietitian speak at its October meeting.

Topics will include healthy eating through all phases of cancer survival and nutrients that may help prevent prostate cancer, recurrences of prostate cancer or secondary cancers. Sandra Gentleman will bring handouts on specific nutrients and examples of foods that have particularly healthful ingredients.

The event offers an opportunity to get good, scientific information on an important health subject.

The meeting is open to anyone interested and starts at 1:30 p.m., Tuesday, Oct. 21 at the Farmers Institute (rear entrance), 351 Rainbow Road. Admission is free.

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EDUCATION

Respectful relationships — coming to a school near you

New faces seek young helpers

BY SEAN MCINTYRE
DRIFTWOOD STAFF

Since work on the program began nearly a decade ago, Respectful Relationships has spread to school districts throughout the province, been recognized by UNICEF and endorsed as a good practice by the United Nations.

Studies reveal that three-quarters of Gulf Islands students feel the program helps reduce bullying and abuse at their school, while 80 per cent of students said they find the program very valuable to them on a personal level.

"Simply put, research demonstrates that students who have participated in the Respectful Relationships program are more likely to use non-aggressive problem-solving skills when in a conflict situation, seek help when they are experiencing a difficult situation, and are less likely to engage in a range of problem behaviours, including bullying and dating violence," said facilitator Sean Mulligan.

The program, co-ordinated by Salt Spring Women Opposed to Violence and Abuse (SWOVA), involves two adult facilitators heading into the classrooms of students in grades 7 through 11 to conduct 12 workshops

on the hard issues facing today's youth.

The result, facilitators and program founders hope, is a more educated and enlightened student body.

"For us it's a refining process, but we believe that every youth in B.C. can benefit from the Respectful Relationships program," said fellow facilitator Nicola Temmel.

Temmel, 21, who was among the program's early Gulf Islands graduates, spent a summer working in the SWOVA office before attending university in Ottawa where she studied criminology and law.

The chance to lead Respectful Relationships classes now that she is back on the island is one she couldn't turn down.

"I've certainly been involved with SWOVA for a while now," she said.

As an island father and owner of a kayaking company, Mulligan, 31, has a history of coordinating youth events and programs on Salt Spring and the Lower Mainland.

Despite his experience leading youth groups in the past, he remains amazed at the scope and impact of the Respectful Relationships program.

"I was amazed about how receptive the kids were when I first went," he said.

With classes set to begin this month, SWOVA seeks youth facilitators to assist

Temmel and Mulligan with delivering the course.

There's a bit of money in it for those who help out and the experience is unlike any other, Mulligan said.

"I was amazed about how receptive the kids were when I first went."

SEAN MULLIGAN
Facilitator,
Respectful Relationships

Youth facilitators help get people talking and act as a bridge between the facilitators and students.

Mulligan said students can expect to learn how to lead discussions, organize course materials and gain an entire set of new skills.

"It's a great resume builder and a chance to get some good references," he said. "That's all really valuable stuff down the road."

Mulligan said he'd like to see more male students step forward to engage more boys in the discussion, adding that it really is possible to "remain a guy" while talking about serious personal issues.

For more information, contact the SWOVA office at 250-537-1336 or info@swova.org.



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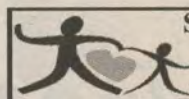
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- Recycle Depot:** Open Tuesday - Saturday 10am - 5pm, 349 Rainbow Rd., 250-537-1200.
- Seniors Wellness Programs:** Call Sharon Glover at 250-537-4607.
- Emergency Mental Health Services:** Available 4 pm to midnight through Emergency Room at Lady Minto Hospital. Call 250-538-4840.
- 24 HR. Crisis Line:** Toll free: 1-866-386-6323. Caller is connected with the Need Crisis Centre in Victoria.
- Nobody's Perfect:** Registration at Family Place 250-537-9176.

Spirit of Salt Spring



Lady Minto Hospital Foundation 2008 Phantom Ball winner Connie Hardy is presented with her "Rediscover Salt Spring" weekend package at Hastings House. From left, LMHF president Gil Schultz, Connie Hardy; LMHF past president Alan Wiggan and Hastings House manager Shirley McLaughlin.

The Spirit of Salt Spring is a regular feature in the Driftwood for local businesses and organizations to publicize charitable donations.

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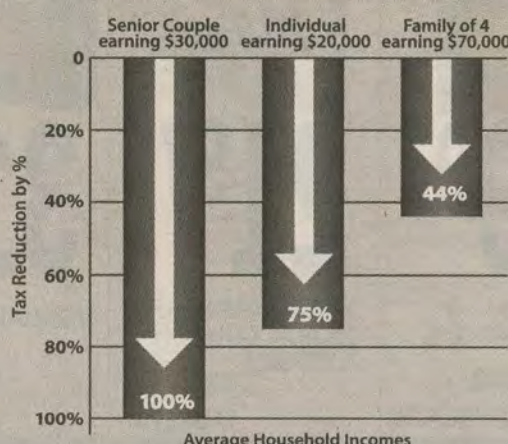
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You've told us tax relief is important. In the last seven years, we've cut over 100 taxes. On July 1st, personal income taxes were reduced for all British Columbians. B.C. now has the lowest personal income taxes in Canada on incomes up to \$111,000. And, in January 2009, personal income taxes will be reduced again.

Tell Us Your Choices

We're inviting you to take part in B.C.'s Budget Consultation process. Find out how in the Budget Consultation Paper arriving in your mailbox. Together, we can make the best choices to shape B.C.'s future.

B.C.'s Personal Income Tax Reductions since 2001



For more information visit balancedbudget2009.ca or call 1-877-428-8337



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C
O
U
N
T
R
Y

V
A
L
U
E

Lucerne Quality
Yogourt

Your
Choice

2/400
BIG
750G
TUB

Pacific Organic
Soups

Your
Choice

USA

Volume
Buy
297
946mL
CTN

Eating Right
Cup Soups

Your
Choice

97¢
40G

Enerstar
Batteries

Your
Choice

87¢
EACH
PKG

Veetee
Indian Dinners

Your
Choice

Volume
Buy

197
EACH
PKG

Select Premium Quality
Chocolate

- HAZELNUT
- MILK
- NUT & FRUIT
- DARK

MADE IN SWITZERLAND

5/500
100G
PKG

Electro
Light Bulbs

- 40 WT
- 60 WT
- 100 WT

77¢
2PK

NATURAL VALUE

White Wave
Silk Soy Milk

Your
Choice

WHILE
STOCKS LAST

187
946 mL
CTN



Yogi
Teas

Your
Choice

Volume
Buy
397
16B
BOX

Wholesome
Sweeteners

Your
Choice

20%
OFF
AT
TILL

Prarie Harvest
Organic Pasta

Your
Choice

Volume
Buy
297
500G
PKG

Guiltless Gourmet
Baked Corn
Chips

Your
Choice

297
USA
100G
PKG

Garden of Eatin
Organic Tortilla
Chips

Your
Choice

Volume
Buy
327
198-
255G
BAG

Rebar
Energy Bars

Your
Choice

187
50G
BAR

NUTRITION @ COUNTRY

Sierra
Sil

Your
Choice

As
Recommended
By Shell
Bussey!



2597
90 CAPSULES

SUPPORTS JOINT +
HEALTH MOBILITY

SISU



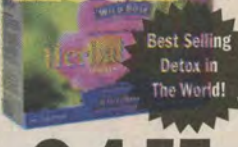
1997
CALCIUM +
MAGNESIUM 1:1
WITH D
300
CAPSULES

NU-FEM



2197
STANDARDIZED
BLACK COHASH
EXTRACT
120
TABLETS

WILD
ROSE



3157
HERBAL D-TOX KIT
120
TABLETS



- Shopping list:
- ☐ 2 deep dish frozen pie shells
 - ☐ 1 potato
 - ☐ 1 small onion
 - ☐ 2 stalks celery
 - ☐ 2 carrots
 - ☐ Dried parsley
 - ☐ Dried oregano
 - ☐ Chicken bouillon cubes
 - ☐ Curry paste (optional)
 - ☐ Flour

What's for Dinner?

TURKEY POT PIE

Short cuts to cooking for one or two © 2008 with Sarah Lynn

Turkey feast realities: You proudly carry the glistening, browned turkey to the table, greeted by oohs and aaahs. The fragrant steam rises from the slices as your guests and family members happily dig into the feast. An hour or so later, if you're not exhausted, you might separate your meat and reserve it in zip lock bags and boil your carcass for soup broth. Or you might simply hoist the remains of the once-glorious bird into the refrigerator and hope that it magically disappears by the time you open the refrigerator again. However, when next you check, you will discover a leftover turkey with dangling, dried pieces of meat hanging from the picked-over bones. It is not a pretty picture. You might get your family to eat it for a second dinner. Later you may try various disguises for using up the turkey. (My favorite is turkey enchiladas-anything smothered in cheese is highly disguisable. I will have this past recipe at the booth for you if you don't have it already.) Depending on the leftovers you could add gravy and cooked vegetables to the meat and pop all into a pie shell to bake a pot pie. If you don't have enough leftover gravy and vegetables to do the trick properly, follow this simple pot pie recipe.

Preheat oven to 425°. **One recipe pastry** or **2 prepared deep dish frozen pie shells** as this will be a double crust pie. Bring to a boil **2 1/2 cups water**. Peel and cube **1 potato**, mince **1 small onion**, chop **2 stalks celery**, dice **2 carrots**, measure **3 tablespoons dried parsley & 1 teaspoon dried oregano**. Add to the boiling water & cook until tender. Add **2 cubes chicken bouillon**. (Optional: **2 tablespoons curry paste** can be added to make a curry pot pie.) Coat **2 cups cubed cooked turkey** with 3 tablespoons flour. Add to cooked vegetable mixture & stir until thickened. Remove from heat & let cool slightly. Transfer to a prepared uncooked pie shell. Top with second pie shell by flipping it over to cover the filled pie shell. Bake for 35 minutes or until golden brown.

Come and try this wonderful dish at
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