

# Arts & Entertainment

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## MUSIC SERIES

### Organ music at All Saints

Free music and \$2 muffin, tea and coffee

Lovers of organ music will be pleased to know that the popular organ recital series called Simply Organic resumes in All Saints church on Wednesday, April 15.

Established in the fall of 2002, Simply Organic has filled the gap between the Music and Munch recital series, which is held on the first Wednesday of the month until the summer.

Blessed by exceedingly fine acoustics and having the only pipe organ on the island, All Saints is a perfect venue for music lovers to expand their knowledge and appreciation of the organ and to enjoy a wide variety of music for this versatile instrument.

Organist Barry Valentine offers programs that bring to life the music of both well-known and obscure composers.

"He has a uniquely understated and witty manner which has over the years stirred appreciation for this genre of music and for his playing," states a Simply Organic press release.

"Part of the success of the series has been the informal and convivial gathering after the music, where friends can enjoy a freshly baked muffin with coffee or tea, overlooking the lovely harbour, for a mere toonie."

Free music begins at 10:10 a.m. every Wednesday until June, except on May 6 when Music and Munch takes its place at 12:10 p.m.

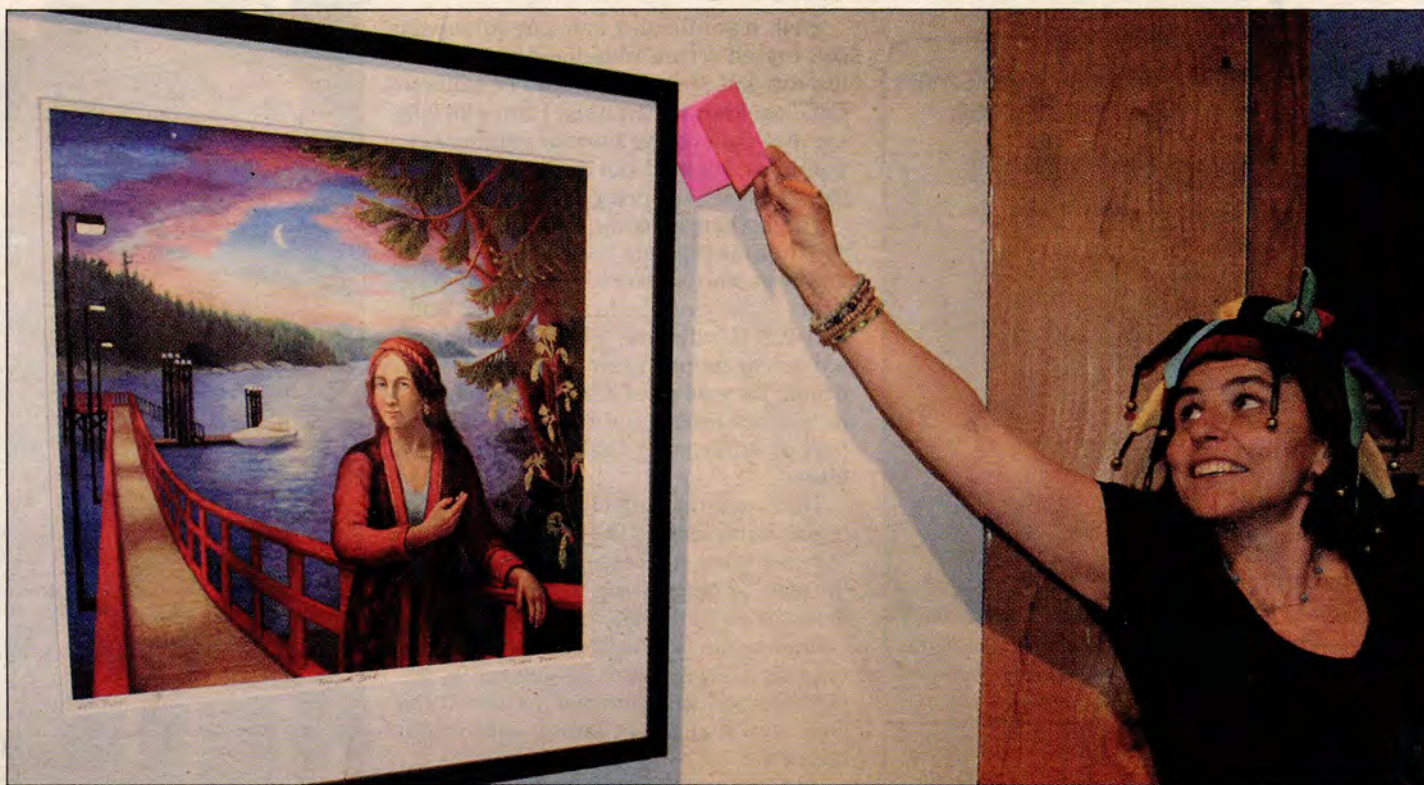


PHOTO BY DERRICK LUNDY

**UP FOR GRABS:** Anna Kennedy snags a Diana Dean painting at Salt Spring Centre School's art auction last Wednesday night. The event raised some \$10,000 for the school's art program.

## FILM

### ABBA/Mamma Mia fans get sing-along night

Next Wednesday at The Fritz

The Fritz is hosting an "ABBA-lutely" fabulous night of movie sing-along fun with a

showing of the hit musical film Mamma Mia on Wednesday, April 15.

"Honey, honey, grab a bunch of friends and join the fun as the film Mamma Mia is shown with lyrics on screen for an

audience participation event like no other," urges a press release.

"Take A Chance on Me, Waterloo, Dancing Queen — all those great ABBA hits led by a very dynamic Meryl

Streep and friends. Knowing Me, Knowing You, we'll have a great time singing along with the stars."

The film begins at 7 p.m. Admission is by donation.

## EASTER ART TOUR

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## Allison Crowe's Spring Show



Saturday, April 11 ~ 7:00 pm  
 with Billie Woods, David Baird & Laurent Boucher  
*Special Guest Gemma G*

Concert to aid SSI BCSPCA  
 SSI United Church, 111 Hereford Ave.

Tickets: Acoustic Planet, Salt Spring Sound,  
 Stuff & Nonsense & Raven Street Market Café  
 Advance \$20 General/\$15 Students & Seniors  
 (Door: \$22/\$17)

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## ARTS & ENTERTAINMENT

### CONCERT REVIEW

# Gumboot 'rehearsal:' chills, animation

Valdy and Henderson do it again with a little help from some unusual suspects

BY MEGHAN HOWCROFT  
 DRIFTWOOD STAFF

Well, it's official. I can unequivocally call myself a true islander. After attending the Salt Spring Folk Club's Gumboot Gala last Monday evening, I can officially say that until you've set your gumboots a-tappin' at this sold-out event, you haven't experienced Salt Spring at its best.

The last concert of the folk club's season, the fundraising gala has become known amongst music lovers as the must-have ticket of the year. Hosted by our own Valdy and Bill Henderson, who play amongst a musical motley crew of "unusual suspects," the gala gives islanders the chance to buff up their gumboots and become part of an evening that is pure musical bliss.

This year, the folk club's 12th in existence, Valdy began the show by stating, "There's more to these boots than meets the eye," as he gave the laid-back crowd a demo of his footwear.

That sense of neighbourliness set the tone for a show that is known for its unplanned and spontaneous nature. At the gala, you just never know what might happen!

With Valdy and Henderson at the helm, however, you know you're in for one heck of a ride. Here are a couple of chaps who've been at this a long time and it shows in the ease with which they back each other vocally and on guitar.

When Valdy throws out his infamous "song about rejection" and the entire crowd joins in for the chorus, you can't help but get chills, like you are hearing the actual essence of Salt Spring itself.

He is so animated that I wonder if the other musicians on stage must have to keep careful watch so as not to lose an eye. If you've never experienced it, watching the V-man tune his guitar is a show in itself and it was especially endearing to watch him strumming away whilst trying to keep his broken "corrective lenses" from sliding off his ears.

"This one's in the key of G for all of you who've smuggled in harmonicas or glockenspiels," Valdy announced before jumping into another of his stories set to music.

Henderson's version of In the Early Morning Rain was simply charming, and Groundhog still sets the soul a-jiving. With his incredible skills on guitar and the crystal-clear notes he coaxes forth, Henderson defies being reviewed.

I may not be a music expert, but I know great music when I hear it, and Hender-



PHOTO BY DERRICK LUNDY

Lance and Fran Leask dress up for the annual Gumboot Gala.

son never disappoints.

Valdy and Henderson were accompanied by the "suspects" who were responsible for painting the evening with the tones of a good old-fashioned jam session. With Zav RT on fiddle, Harry Warner and Ron Ateah on guitar, and Marcus Tessman on mandolin, they were quickly dubbed the "board band," considering most are members of the folk club's board of directors.

Sue Newman, Derrick Milton and Jose Sanchez joined the fray, adding yet another layer of musical genius to the night. With Newman on vocals, keyboards and tap-shoes, Milton on trumpet, Sanchez rockin' the drums, Zav RT fiddling up a storm and Valdy and Henderson strumming their hearts out, there was more musical skill floating off that stage than you could shake a gumboot at!

We were treated to songs by Stompin' Tom and the Gershwin brothers and were taken down south to enjoy some smok-

ing hot Spanish and Cuban numbers. The group mixed up Tequila with All Day and All Night, a combination that went together like peanut butter and jam... and jam they did, Valdy shouting, "This band has only had one rehearsal, folks... and you're at it!"

As the evening faded away, the gang wove a special moment in Teach Your Children.

Like many songs of the evening, this tune was one my mom and dad strummed for me when I was young. Although the memory is fuzzy, the music remains clear as a bell. Those folk tunes knitted together the fabric of my being and I always hold a place in my heart for musicians who continue that great tradition.

For any islander who loves music, young or old, the gala is a not-to-be-missed event that will leave you whistling all the way home, thanking your lucky stars that we live on this fine island and looking forward to next year's show.

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Saturday, April 25, 8:00 pm  
 at ArtSpring

we're online at  
 www.gulfislandsdriftwood.com



# Hart: generosity, humour, passion

Famous ballerina shares depth of life and stage experience

BY ANDREA RABINOVITCH  
SPECIAL TO THE DRIFTWOOD

A star fell from heaven to Salt Spring last Saturday into the corporeal presence of one of Canada's most celebrated prima ballerinas.

On a small tour of British Columbia, The Hart of Art — featuring Evelyn Hart — played to an appreciative group at ArtSpring and, in the afternoon, a two-hour master class with guests from off-island schools and three local teens organized by Salt Spring ballet teacher Jill Smith.

The evening began with the stage dark except for lights on costumes that were both attached to the earth on mannequins and floating in the air suspended by string. That juxtaposition is also inherent in Hart's dancing.

This petite woman, who, as it turned out, celebrated her 53rd birthday last Saturday, epitomizes the ethereal ballet dancer trained to express herself en pointe while defying gravity. The reality is that she is an unbelievably grounded, strong individual whose life has been devoted to an art form that strives for perfection. If the definition of perfection is communicating the pain and joy of the human condition through the articulation



PHOTO BY DERRICK LUNDY

Students in a masters class held at GISS watch ballerina Evelyn Hart demonstrate a move.

of mere skeleton and muscle, then she has achieved perfection for sure.

The evening began with clips from National Film Board interviews, segments of dances and stills projected on a large screen and ended with her exquisite Dying Swan. When she came out in a stylish black coat and snazzy high heels, a thrill shot through the audience. Through her generosity, sense of humour, forthrightness and considerable charm, she proceeded to entertain and inspire for the next hour and half.

Shedding the heels for more comfortable black slippers, Hart chronicled her life

story starting with her family in Peterborough, Ontario.

The family of the United Church minister included her older brother, sister and her twin sister. A musical family, her inspiration to dance came when the 10-year-old Hart saw a televised Veronica Tennant dance called Juliet. After much dancing at home and the begging of parents, she was enrolled in classes at the local YWCA and then auditioned at the National Ballet School, being accepted at age 13. It was considered a late start for a girl and that drove her to establish the work ethic and drive that continues to this day, even though

she's been retired from performing for two years due to arthritis in her ankle.

Determination, curiosity, enthusiasm, a sense of humour, spirituality, compassion, humility and a need to communicate are all qualities Hart said she had throughout her life. They propelled her into a career, established with the Royal Winnipeg Ballet and then, after a gold win in Varna, catapulted her into an international career.

Those same qualities, delivered with generosity, were evident in spades in the master class as well. Most master classes, with someone of her calibre, involve the teacher

standing at the front giving instruction but not engaging much with the students.

Hart gave every one of the 14 students hands-on correction, meaning she used her hands to manipulate their bodies to achieve results.

Her 40 years of experience flowed through those hands, offering a rare insight into the workings of a body to express an inner vision that can elevate an audience to tears and delight.

## DRUMMING

### Workshop: African rhythms

All ages and levels welcomed

Master drummer Mbuyiselo Ncapayi visits Salt Spring this weekend, offering two different workshops.

The first session on South African rhythms is aimed to challenge all levels of drummers, from the beginner to the more seasoned drummer.

All ages can join the high-energy workshops at Lions Hall on Saturday, April 11. One runs from 10 a.m. to noon and a second session is from 2-4 p.m.

Workshops cost \$20. All kinds of drums are welcomed. Some drums are available for hire for \$5 per session.

Call 604-874-3786 or e-mail sarah@drumcafe.com for information.

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**Salt Spring Singers**  
**Music Award 2**  
**Community**  
**2009**

**AWARD AMOUNT: \$300.00**

**APPLICATION FORMAT:**  
Letter of Application,  
Application Form, Resume and  
2 letters of Recommendation.

**INFORMATION & CRITERIA**  
**AVAILABLE FROM:**  
Kate Merry, Salt Spring Singers, 250-653-4896

**DEADLINE DATE:** April 24, 2009

To be awarded to a  
**Salt Spring Island community member**  
wishing to pursue music studies.

## Volunteer Honour Roll

Board of Directors: Ron Ateah, Harry Burton, Bill Henderson, Lynne Partridge, Markus Tessmann, Valdy, Harry Warner

Club co-ordinator and Artist Bookings: Lynne Partridge

Consulting and Support: Kathleen Horsdal

Promotional designs: Markus Tessmann

Web site: Harry Warner

Poster distribution: Bob Magee

Ticket outlets: Acoustic Planet, Salt Spring Books, Stuff and Nonsense

Accommodations: The Salt Spring Way B&B,

Salt Spring Vineyards B&B

Hall Set-up: Ted Bartrim, Debbie Burton, Sabine Georgie, Susanna Kong, Ian Ludtke, Jim McGuckin, Steve Philips, Linda Quinn, Gord Ross, Roger Warren,

with help from Howard Fry, Ray Hatch, Kim Linegar

Sound & Lights: Valdy & Kim Hunter with Daryl Chonka

Technical Set-up: Harry Burton, Lorraine Lowry,

Doug Motherwell, Greg Pauker, Harry Warner

Box Office/door: Sara Foster, Kim Murray

Bar: John & Alicia Herbert

Table Décor: Donna Ateah

Accountant: Jim Fogarty

CD & T-shirt sales: Donna & Paul Way

Gumboot Gala: Bill Henderson & Valdy with "the Unusual suspects"

A host of local musicians who always donate their wondrous talents to our annual fundraiser!

Others: Fulford Community Hall for space, Linda Herbert, Trish Nobile, Rick Neufeld "Noof" for photos

And Thanks! To the local businesses who help us put it all together: Apple Photo, The Driftwood, Fiddlehead Catering, Fulford Inn and Salt Spring Vineyards

Special Thanks! To the audience members who help with the Hall cleanup!



[www.saltspringfolkclub.ca](http://www.saltspringfolkclub.ca)

**Salt Spring**  
**FOLK CLUB**  
Twelfth Season 08/09



## ARTS &amp; ENTERTAINMENT

## FOLK MUSIC

# Jim Page brings 'natural wonder' talent to Salt Spring performance

Seattle folk singer known for biting political songs

A folk musician who brought the house down at the Salt Spring Folk Club in 2004 returns to the island for a show on Thursday, April 9.

Islander Harry Burton calls Page, who is from Seattle, "one of the best folk singers in the Pacific Northwest."

After seeing him perform at the High Sierra Music Festival in the summer of 1997, Rob Bleetstein of Gavin wrote: "Jim Page is a lyrical genius with a guitar. This man personifies the word 'free-flow.' Page takes to the mic and the song invents itself on the spot; his talent is a natural wonder."

Page has been on the scene for more than 20 years and his



Folk singer Jim Page

Joanne Rand and David Soul.

Raitt says of her colleague: "Jim's been writing great topical songs for as long as I can remember, bringing his acute wit and wry humor to a host of subjects that can really use both."

"In the tradition of Woody and Dylan, he cuts right to the heart with music you actually enjoy listening to. I'm a long-time admirer."

Page is often cited for his biting political pieces and is in constant demand by the social movements of the day.

Philip Elwood of the San Francisco Examiner said that Page is "more reminiscent of the Woody Guthrie I heard as a boy than anyone I've listened to in the intervening years."

Page's Salt Spring show is at the former Sports Traders building at 135 McPhillips Avenue.

Showtime is 7:30 p.m.

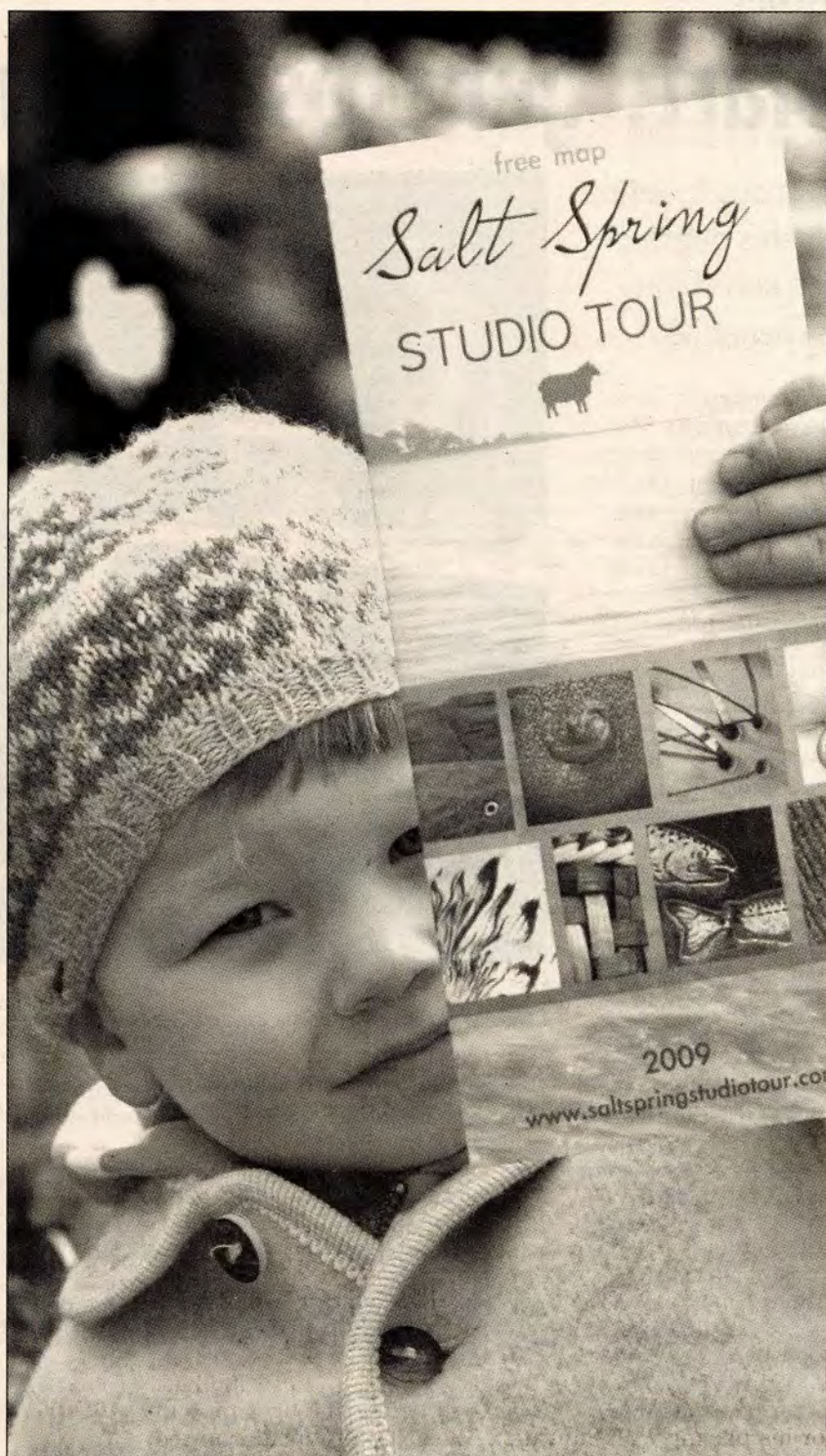


PHOTO BY DERRICK LUNDY

**ART ROUTE:** Ronan Wardroper helps promote the Salt Spring Studio Tour, holding up the tour's brand new book at the market on Saturday.

## GUILD EXHIBIT

# Salt Spring painters share abundance through the Rites of Spring exhibit

Annual extravaganza opens Tuesday at ArtSpring

The Salt Spring Painters Guild's annual spring show and sale opens with an evening reception from 5 to 7 p.m. at ArtSpring on Tuesday, April 14.

Attendees to the opening will get a first look at new work with the celebratory theme of the Rites of Spring, expressed in a variety of styles and techniques. Refreshments will be served.

"We are very pleased by the number of entries for this spring show," said Nixe Gerbitz, spring show and sale committee chairperson. "We have an abundance of work to share with the community, varied and beautiful, and are very proud and happy to be offering this quality of art to our patrons."

"Spring is here. Anyone who knows how many accomplished artists we have on Salt Spring Island will not want to miss this," added Salt Spring Island Painters Guild board member Victoria Olchowecki.

The guild was first established in 1972 under the leadership of Emily Crosby. Internationally recognized artist Windsor Utley was the guild's first president and instructor.

"Today the guild's primary objec-



Ann Hignell's trillium painting — both the flower and guild member's artwork is a sign of spring.

tive is to bring together aspiring and accomplished visual artists in a friendly, supportive environment. Through many different activities, the guild promotes the artistic growth and self-expression of its members by organizing training opportunities, and shows and sales of members' work.

The painters guild has about 100 active members working in a wide range of media and styles. For more information, visit [www.sspainters-guild.com](http://www.sspainters-guild.com).



## SALT SPRING ISLAND FIRE PROTECTION DISTRICT NOTICE OF ELECTION BY VOTING OF TRUSTEES AND OTHER VOTING ELECTION BY VOTING



**Public Notice** is hereby given to the electors of the Salt Spring Island Fire Protection District an Election by Voting is necessary to elect, for a three year term commencing at the end of the Annual General Meeting to be held on April 20, 2009 and terminating at the end of the Annual General Meeting to be held in the year 2012, to fill the offices of three (3) Trustees on the Board of Salt Spring Island Fire Protection District and that the persons nominated as candidates at the Election and for whom the votes will be received are listed below:

### TRUSTEES - three persons to be elected:

Surname	Given Name	Residential Address
ECKBERG	Grant	226 Fulford-Ganges Road, Salt Spring Island
HANNAH	Richard	2059 North End Road, Salt Spring Island
HINDS	Ted	65 Reid Road, Salt Spring Island
PATTERSON	Bruce	2914 Fulford-Ganges Road, Salt Spring Island

### OTHER VOTING

**VOTING DAY** for the election of Trustees will be open on **Monday the twentieth (20th) day of April 2009, TO QUALIFIED ELECTORS OF THE SALT SPRING ISLAND FIRE PROTECTION DISTRICT** at:

Ganges Fire Hall, regular training room

AND SUCH VOTING PLACE SHALL BE OPEN BETWEEN THE HOURS OF **Eleven (11:00) A.M. and five (5:00) P.M.**

**ADVANCE VOTING** for election of Trustees shall be open on **Saturday the eleventh (11th) of April 2009 TO QUALIFIED ELECTORS OF THE SALT SPRING ISLAND FIRE PROTECTION DISTRICT** **between the hours of eleven (11:00) A.M. and four (4:00) P.M.** at the Ganges Fire Hall, regular training room.

Given under my hand at Ganges, B.C. this fourth (4th) day of April 2009.

Thomas F. Moore  
Returning Officer

### ELECTOR QUALIFICATIONS

You are qualified as an Elector if you are:

#### A Canadian Citizen

eighteen years or older on Voting Day  
a resident in the Province for at least six months before Voting Day  
an owner of land within the boundaries of the Salt Spring Island Fire Protection District  
an authorized agent, designated in writing as the said agent, of a Board or Corporation that owns land within the Salt Spring Island Fire Protection District

If more than one person is registered on title as owner of land then those owners are entitled to vote providing they meet the qualifications set out above. No persons may vote more than once with the exception that they may vote as an authorized agent and personally if they own land on a personal basis. **Please note that when checking the list of owners provided by the B.C. Assessment Authority the multiple ownership of some properties may not have been recorded. If the property that is being used for voting purposes is held in multiple ownership it is recommended that the persons intending to vote bring suitable identification, as listed below, to avoid any inconvenience.**

If you are not on the List of Registered Electors you may register on Voting Day providing you produce two pieces of identification, one of which has your signature, preferably with pictorial identification, e.g. drivers licence, and documentation proving ownership of the land for which you are owner, e.g. tax notice, assessment notice or duplicate certificate of title.



# ARTS & ENTERTAINMENT

## CONCERTS

# Allison Crowe tunes up for SPCA benefit

Honest, heartfelt performer at United Church on Saturday

BY ADRIAN DU PLESSIS  
SPECIAL TO THE DRIFTWOOD

Expect overtones of Leonard Cohen, Joni Mitchell, The Beatles, jazz and roots when Allison Crowe, Canada's exciting bi-coastal singer-songwriter, visits Salt Spring for a concert to aid the local SPCA branch on Saturday, April 11 at Salt Spring's United Church.

It's an encore opportunity for Crowe to join up with shelter supervisor Brandy Glovka and her team of dedicated volunteers at the island's SPCA shelter.

Kicking off this Easter weekend concert is Gemma G, going solo with heartfelt folk songs about love and life after performing in various combos at the Tree House Cafe and other island spaces.

Crowe's band on this night's bill features a trio of West Coast musicians also popular with island audiences. Hailing from Salt Spring, Billie Woods, singer and guitarist, infuses her playing with the warmth and vitality of the sambas, bossa novas and other cultural rhythms of Brazil. Woods is joined by a pair of top-flight rhythm-makers: Vancouver Island jazzier Dave Baird on acoustic and electric bass, and Salt Spring-based percussionist Laurent Boucher, renowned for his playing with Sunyata and other combos making music from big band to world beat.

Born and raised in Nanaimo and now living in Corner Brook, Newfoundland, internationally-acclaimed Allison Crowe delights in a wide range of roles. She's performed for the Queen's Master of Music, headlined a concert for the John Lennon Memorial Garden in the Scottish Highlands, been featured on BBC Radio,



PHOTO BY BILLIE WOODS

Allison Crowe and her band appear at Salt Spring's United Church in concert this Saturday.

and in MOJO magazine and media across Europe and North America. Online, her simple, honest, music videos have been enjoyed by more than five million people.

"Treat yourself to one of the mightiest talents on the singer-songwriter scene today," says Bob Muller, song curator at JoniMitchell.com. "Ever wonder what it would have been like to listen to a gifted singer/songwriter from Saskatchewan in a small, intimate hall before she became Joni Mitchell? Don't fret the missed opportunity. There's no need to turn back the clock. Check out Allison Crowe," writes Robert Reid in The Record.

Crowe's rare gift and talent in communicating emotions not only make her a thrilling original act. Her role as an interpreter is getting much recognition. "Her version of 'I Never Loved a Man (The Way I Love You)' would give Aretha Franklin goose-bumps," notes Robert Moyes in Boulevard.

Recently, two major tributes to Leonard Cohen have featured her song contributions.

**"Treat yourself to one of the mightiest talents on the singer-songwriter scene today."**

BOB MULLER

JoniMitchell.com

During her triumphal Beatles Week 2008 concert series, BBC Radio 2 interviewed and recorded Allison Crowe in Liverpool performing Hallelujah for an hour-long documentary called The Fourth, The Fifth, The Minor Fall that explores the many facets of this Leonard Cohen creation. Other par-

ticipants include musicians Imogen Heap and Kathryn Williams alongside producers John Lissauer (Leonard Cohen) and Andy Wallace (Jeff Buckley).

Crowe is renowned for her ability to blend control and melodrama, which she certainly she does so on this spirited cover of Cohen's Songs of Love and Hate classic, a track which also powerfully showcases her considerable talent as a fine interpreter of song."

Longtime NPR Radio host Ross Hocker calls a performance by Crowe "the most honest, heartfelt and directly intimate concert in my entire life."

Doors open at 6:30 p.m. and the music flows at 7 p.m.

Tickets are at Acoustic Planet Music, Salt Spring Sound, Stuff & Nonsense, Raven Street Market Café and allisoncrowe.com. Advance tickets are \$20 general and \$15 for students and seniors. (Cost at the door is \$22/\$17.)

*Rock Salt*  
Restaurant & Café

**Easter BRUNCH Menu**  
(including Good Friday & Easter Monday)  
details [www.rocksaltrestaurant.com](http://www.rocksaltrestaurant.com)

reservations 250-653-4833

Do you have something to say about a Driftwood story or letter? Comment online at [www.gulfislandsdriftwood.com](http://www.gulfislandsdriftwood.com)

Capital Regional District

CRD  
Making a difference...together

## Call for Credentials

Salt Spring Island Transportation Committee - North Ganges Village Transportation Management Plan

The Capital Regional District (CRD) invites qualified consulting firms or organizations having experience in the functional design of various transportation infrastructure works along road rights-of-way to submit credentials. The design of the infrastructure works will be for Ganges Village on Salt Spring Island. The purpose of the Call for Credentials is to select three of the most qualified and experienced firms who will be invited to submit detailed proposals for the project.

Call for Credentials documents may be viewed online at [www.crd.bc.ca](http://www.crd.bc.ca) (Doing Business / Business Opportunities) or are available at the CRD offices, 625 Fisgard Street, Victoria, BC during regular business hours (Monday to Friday, 8:30 am to 4:30 pm).

Submission of credentials should be made to the undersigned no later than 12 noon local time on April 21, 2009. A consulting contract will not necessarily result from this Call for Credentials. For further information please contact Ray Riddell, ASCT at 250.360.3143.

R. Daniel Telford, PEng  
Manager, Engineering & Construction Services  
Capital Regional District

ADOPT A PET TODAY



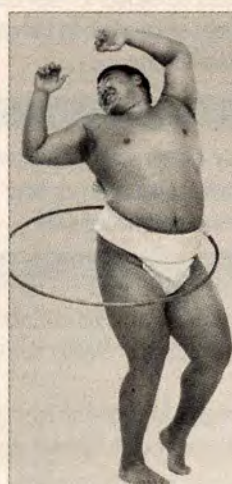
## TIGGERS NEEDS A HOME!

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visit [www.sPCA.bc.ca/saltspring](http://www.sPCA.bc.ca/saltspring)  
250-537-2123

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*Randy's Vinyl Tap*  
**Saturday nights**  
**7 - 9 pm**  
**CBC Radio 1**  
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All photos that appear in the paper are now available on-line.  
[gulfislandsdriftwood.com](http://gulfislandsdriftwood.com)



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# What's On This Week★

**Wed.**  
April 8

## ACTIVITIES

**Salt Spring Island Historical Society.**  
The Douglas Treaties 1850-1854, presented by Chris Arnett. Central Hall, 2 p.m.  
**Portrait Drawing.**  
Drop-ins welcome. ArtSpring, 9 a.m.-noon.  
Info: Jose, 250-537-1121.  
**Contemporary Dance Class.**  
For all ages & levels at Cats Pajamas. 4-5:30 p.m. Info: Anna, 250-537-5681.

**Thurs.**  
April 9

## LIVE ENTERTAINMENT

**Jim Page.**  
Seattle folk singer performs at former Sports Traders building on McPhillips Avenue. 7:30 p.m.  
**Da Fuego.**  
Rock covers & originals. Moby's Pub. 9 p.m.

## ACTIVITIES

**Triathlon Group.**  
Training sessions with Bruce Grey. 6-7:30 p.m. Info: 250-537-6542.  
**Salty Wheels Square Dance.**  
Dances at Central Hall every Thursday. 7:30-9:30 p.m. Info: Marilyn, 250-537-5356.  
Results Canada Meeting. ArtSpring. 6:30-9:30 p.m. Info: 250-537-5306.

**Fri.**  
April 10

## LIVE ENTERTAINMENT

**The Phonemes.**  
Joined by Kellarissa. Duck Creek Gallery. 8 p.m.  
**Music Bingo.**  
David Jacquest hosts popular game. Moby's Pub. Get your cards by 7 p.m.

## ACTIVITIES

**StoryTime at the Library.**  
African Safari, stories of people and animals of Africa, presented by Clare. Stories, activities and fun for early grade and pre-school children. 1-2 p.m.  
**Good Friday Kids Workshop.**  
Make Egg Head Shakers at Creative Fire Studio. 10 a.m. to noon. Contact tracy@creativefirestudio.org or call 250-538-0144 to register.  
**Awareness Through Movement Class.**  
Fridays at Cats pajamas Studio. 10-11 a.m. Info: Anna, 250-537-5681.  
**Rollerblading.**  
At Fulford Hall. Fridays, 7:30-9 p.m.

**Sat.**  
April 11

## LIVE ENTERTAINMENT

**Allison Crowe.**  
Live in concert with band, and opening act Gemma G. SPCA fundraiser. SS United Church. 7:30 p.m.  
**Jon Bone and the Karuna Movement.**  
Live at Moby's Pub. 9 p.m.

## ACTIVITIES

**Drum Workshops.**  
With master drummer Mbuyiselo Ncapayi. Lions Hall. 10 a.m. to noon; 2-4 p.m.  
**Salt Spring Gymnastics BBQ & Car Wash Fundraiser.**  
Country Grocer. 11 a.m. to 2 p.m.



**Sun.**  
April 12

## ACTIVITIES

**Easter at the Cheese Farm.**  
Open house at Salt Spring Cheese. Baby animals, cheese tasting and Easter egg hunt. SS Cheese on Reynolds Road. 10 a.m. to 5 p.m.

**Mon.**  
April 13

## ACTIVITIES

**Osho Kundalini Moving Meditation.**  
Drop-in, 5:30 p.m. Info: Amrita, 250-537-2799.  
**Triathlon Group.**  
Training sessions with Bruce Grey. 6-7:30 p.m. Info: 250-537-6542.  
**Toastmasters.**  
Public-speaking group meets Monday at United Church downstairs. 7 p.m.  
**Voiceplay.**  
Mahon Hall. 7:30-9 p.m.  
**Eckhart Tolle Practicing Group.**  
Drop-in. 7:30 p.m. Info: Amrita, 250-537-2799.  
**Floor Hockey.**  
Fulford Hall. 7 p.m.

**Tues.**  
April 14

## ACTIVITIES

**Sidestepping the Power Struggle.**  
Parenting talk with Dr. Allison Rees. Salt Spring Elementary. 6-8 p.m.  
**Argentine Tango.**  
Core Inn third floor on Tuesdays. Beginner's class 6:30-8 p.m., practice follows.  
Info: Julianna, 250-537-1818.

**Wed.**  
April 15

## LIVE ENTERTAINMENT

**Past to the Future.**  
GLSS Improv teams present night of comedy at ArtSpring. 7:30 p.m.  
**Simply Organic.**  
Free organic recital at All Saints. Followed by muffin & coffee/tea for \$2. 10:10 a.m.

## ACTIVITIES

**Mamma Mia Sing-Along.**  
At The Fritz. 7 p.m.

**THE FRITZ MOVIE THEATRE**  
at Central Hall call 250-537-4656 for showtimes & info [www.thefritz.ca](http://www.thefritz.ca) April 10-14

**RACE TO WITCH MOUNTAIN**

1 hr 38 min  
Rating: PG

**DUPLICITY**

JULIA ROBERTS  
CLIVE OWEN

Fri. Sat. Tues. 7:00 pm / Sun. Mon. 4:00 pm matinee | Fri. Sat. Tues. 9:00 pm / Sun. Mon. 7:00 pm



## Mamma Mia Sing-Along at the Fritz!

Yes, it's the film with Meryl Streep, presented with lyrics on screen, so the audience can join in! Dancing Queen, Take a Chance on Me, Waterloo, and all those other great songs!

**Wednesday, April 15, 7 pm at the Fritz.**

Come along & sing along – bring your voice, your energy, your enthusiasm and your friends!  
By donation.

**Easter Dinner at...**

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## CINEMA

**RACE TO WITCH MOUNTAIN** – A taxi driver gets more than he bargained for when he picks up two teen runaways. Not only does the pair possess supernatural powers, but they're also trying desperately to escape people who have made them their targets. A modern version of the classic Disney movie: great for the whole family!

**DUPLICITY** – CIA officer Claire Stenwick and MI6 agent Ray Koval have left the world of government intelligence to cash in on the highly profitable cold war raging between two rival multinational corporations. Their mission? Secure the formula for a product that will bring a fortune to the company that patents it first. But as the stakes rise, the mystery deepens and the tactics get dirtier, the trickiest secret for Claire and Ray is their growing attraction. As they each try to stay one double-cross ahead, two career loners find their schemes endangered by the only thing they can't cheat their way out of: love. Stars Clive Owen and Julia Roberts.

## CABLE TV

• **Attention Shaw Cable TV Channel 11 viewers** — The Daily is your source for stories reflecting 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.

## EXHIBITIONS

- **Salt Spring Easter Art Tour.** Visit 28 studios and galleries, plus **Leslie Corry** exhibit at Mahon Hall. Friday-Sunday, April 10-12. 10 a.m. to 6 p.m. daily. Opening reception at Mahon Hall on Friday, April 10, 6-8 p.m.
- **Salt Spring Painters Guild's** The Rites of Spring show and sale opens at ArtSpring on Tuesday, April 14 and runs through April 28, 10 a.m. to 5 p.m. daily. Opening reception on Tuesday, April 14, 5-7 p.m.
- **An Immense and Unexpected Field of View** — Works on paper by **Jamie Callum Macaulay** runs at **Salt Spring Books** until May 15.
- **Cody Conner** shows oil paintings at **Island Savings** until the end of May.
- **Shari Macdonald** shows new photos at **Jana's Bake Shop**.

## Easter Art Tour

3rd annual Salt Spring Arts Council event

April 10<sup>th</sup>-12<sup>th</sup>

Mahon Hall & points beyond

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# ARTS & ENTERTAINMENT



**PLAYING FOR A CAUSE:** Performer Silken Conradi plays at the Be Natural School of Piano's Be Cause benefit for Women of Kireka and the local SPCA on Sunday afternoon at ArtSpring, with Chris Kodaly on hand to turn pages.

## ISLAND ARTISTS

### An affinity for the graphic marks Macaulay's new art

At Salt Spring Books and his studio for Easter Art Tour

BY ANTHONY MATTHEWS  
DRIFTWOOD CONTRIBUTOR

After his highly successful held-over show of paintings at ArtSpring in December, Jamie Callum Macaulay is currently exhibiting 10 drawings at Salt Spring Books.

In *An Immense and Unexpected Field of View*, this exciting and highly cerebral young artist presents variations on the themes of exile, reading, drawing and landscape.

Incorporating both graphic and painterly materials, and compelled by an ongoing preoccupation with and affinity for the graphic, these works both question the difference between graphic and non-graphic modes of disclosure and an exploration of the graphic as a material submersion



Artwork by Jamie Callum Macaulay.

and descent into ever-unexpected fields of readability, significance and intent.

The title of the exhibition is an adaptation of a phrase by Walter Benjamin.

According to Benjamin, photographic enlargement doesn't simply provide a close-up view of what is already implicitly present; it implies the disclosure of radically different layers or folds of information, of wholly new and unforeseen (and unforeseeable) directions.

Here, Macaulay takes the sudden, ecliptic and

surprising nature of photographic enlargement to be representative of graphic disclosure in general.

"The graphic mark points perpetually further and further afield, morphing and changing, engendering a reading that never ends, a reading in exile and flight, suspension and submersion," he said.

An Immense and Unexpected Field of View runs until May 15 at Salt Spring Books and his studio at 108 Webster Drive will be open this upcoming weekend as part of the Easter Art Tour.

## THEATRE

### GISS actors blast from past to present to future in Wed. show

Final improv performance set for ArtSpring

The Gulf Islands Secondary School's improv team will impress ArtSpring audiences once again with their final show of the year, taking place Wednesday, April 15.

Past to the Future will be just that — a show featuring students of the past, present and future.

The event will include performances by the Grade 8-9 junior team, the current team (Zoe Cocker, Sean Cunningham, Lulu Fulford, Jesse Grindler, Franz Heinrich and Prairie Moat) and, for the first time ever, the alumni team

(Dejan Loyola, Alex Corley, Halley Fulford, Clare Lannan, Chak Estable, amongst others).

"Join us for an evening of 'improvised' hilarity with not one, not two but three GISS improv teams," states a recent GISS press release. "That's right, the junior team, the current team and an alumni squad will be performing spontaneous improvised scenes live on stage."

These crowd-pleasing shows usually sell out quickly, so islanders are encouraged to purchase their tickets soon.

Tickets for the April 15 show are \$10 and available at the ArtSpring ticket centre. Showtime is 7:30 p.m.



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# TECH-TALK

- What's the latest?
- Where do I get it?
- Who knows about it?
- Who can help me with it?

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## ESSENTIAL TOOL BOX:

# Re-inventing the Old Standards

Looking at  
common tools  
in a new light

If there's one thing human beings are good at, it's innovation. Sometimes the technology we create simplifies and improves our lives, and sometimes it becomes a two-headed monster. Awash in the digital sea of modern computer technology, we are constantly exposed to new innovations, such that we accept new gadgets without a thought to where they come from or where they might lead.

In regards to common hand tools, however, some things are not so impermanent because the design fits the use so well. Yet there is almost a mythic propensity for human beings to "re-invent the wheel" continuously. Take the common hammer for instance. From its modest beginnings as a rock being bashed against something, the tool changed shape as our ancestors tried and tested. Then the invention of extracting ore catapulted humankind into the Bronze age armed with a plethora of shiny new tools.

There are many examples of inventions that are simple but brilliant. Technology

doesn't necessarily need to be complicated nor digital if the design can still be re-invented time after time. This realization of the mythic human drive to technologize solidified while watching my partner, Grant, gush over the Fat Max brand of tools. The tape measure is an example of how just a little more attention to detail – a thick thermoplastic coating around the tape – creates a tool that excels in durability and functionality. As Grant pretended to hit things with the formidable Fat Max framing hammer, I could see the difference innovation makes to a carpenter who will be swinging that tool thousands of times a day. Traditional wood-handled hammers are fine for the hobbyist but for a tradesperson, they are out-shone by brands like Fat Max, the all-steel Sure Strike and the shock-absorbing Estwing. Technology is utilitarian when it comes to tools.

Often the idea behind modernization is to create a tool that requires less energy to use it. Efficiency is proportional to the experience of the person wielding the tool. A nail gun would be great for someone like me, who takes twenty hits to drive in a nail; however, it strikes fear in me whenever I use it. The fear derives in part from the real possibility that the nail will ricochet and from carpenter "war stories" of a guy nailing his foot to the roof, and worse, of pulling the nail back out so he could hobble off to the hospital for repair and a nice tetanus shot.

Ah, yes, tool technology can be dangerous to your health, but it can also relieve stress. The Rental Stop has an interesting, environmentally-friendly way to take out your angst called a Broom Puller. You can fight against the evil plant running amok on our island by placing the metal jaw at the base of the plant. When you pull down, the jaw clamps tight and the broom comes out, roots and all. Way easier and more effective than pulling by hand.

**Technology doesn't necessarily need to be complicated nor digital if the design can still be re-invented time after time.**

Multi-tasking is the buzz-word reality that people do every day so it would make sense that our tools would have multiple uses. Mouat's Home Hardware has a plethora of "morphing" tools such as the Benchmark "Flip Grip" of which there are different variations. Hold the tool one way and it's needle nose pliers; with one inverted flip it becomes flat-sided pliers. Plus, they cut and gauge wire.

"Scissors Plus" are not just any ordinary pair of scissors. The curved, serrated blades cut through all kinds of things, but just in case you also need to open bottles, crack nuts, strip and cut wire, or grip something, you've got a handy one-stop item.

Re-visiting old concepts with a new design should be tempered by the question, "How technical do I need this tool to be?" More often than not, most tool kits include something with a laser in it; in fact, lasers in tools are to men what shoes are to women. Irresistible. Windsor's Strait-Line laser tape calculates the square footage and cubic feet simply by placing it against the wall and pushing a couple of buttons. It's easier than measuring manually and likely more accurate than your memory of grade nine math.

When a tool is more troublesome than effective, it becomes obsolete. Fortunately for the tool makers, there are many levels of ability and desires to fulfill. A battery operated wrench might not be for everyone, but the novelty is always an attraction.



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# A sweetness in the belly

A divine day with  
Joanne Burns of  
Chocolate Beach

BY K.A. CURTIN  
DRIFTWOOD CONTRIBUTOR

Chocolate is a metaphor. Originally a sacred, foamy brew of bitter cocoa and chili water, sweetened with vanilla, spices, and honey, chocatl (meaning: bitter water) is derived from the cacao tree — the bridge between earth and the gods.

The divine origin of the tree meant that the drink could give mortals some of the wisdom of Quetzacoatl, the god of learning, and that the seeds themselves could be used as an honourable exchange (currency), as a tribute to Aztec rulers, or in a binding symbolic ritual in marriage ceremonies.

As poetic, symbolic and mythological as chocolate is, what's inside the football-shaped cacao pod takes many forms and many hands to harvest and prepare. Picked, dried and roasted, ground, sweetened, formed, melted and shipped from the hot, humid tropics to be diluted with milk and sugar inside cool industrial chocolate giants like Hershey and Cadbury . . . or it may arrive here through fair trade agreements and formed in the darker shades of Cocoa Camino. The essential cacao seed quietly resonates throughout the world, from the hard work of the farmers to the gift boxes and Easter bunnies on our shelves.

I'm not sure if local chocolatier Joanne Burns thinks mythic thoughts about creating food for the gods on a regular basis, but she was certainly willing to let me in on some of her chocolate-making methods.

Working out of her home, Burns brings her chocolates, fudge and to-die-for English toffee to the Saturday market and fills special orders during the off-season. Her home looks over the ocean and the white sands that inspired the name of her business, Chocolate Beach.

I was excited thinking that I would be privy to the mysterious, sacred and sensual act of working with chocolate, as I envisioned from the film *Le Chocolat* or the novel *Like Water for Chocolate*. However, passion didn't enter the equation in this spotless, brightly lit kitchen housing specialty equipment and racks of chocolate in various stages of completion. The emotion most needed when making chocolate is patience.

A chocolatier is an artist working with a temperamental medium. Burns doesn't make her chocolate from the beans but rather starts with wafers of high-quality couverture — organic, fairly-traded, single origin chocolate from either Peru or the Dominican Republic. She had already started melting the couverture the night before. Set at 45-50 degrees at first, she then adds more chips to the melt in what's called the "seed method," turns it down to 32-33 degrees, and stirs periodically for about a half an hour.

Burns adheres to three commandments when melting chocolate: temperature — do not go past 34.5 degrees; time — you can't hurry it along; and movement — constant stirring keeps the temperature and consistency even.

When chocolate is melted to



PHOTO BY KAREN HEPP

At left, a divine Buddha made from fairly traded cacao by Joanne Burns of Chocolate Beach. Below, bite-sized chocolates in process.



the right temperature, it is said to be "in temper," but to test it you lightly lay a piece of parchment on the melted chocolate and lift it out. Within five minutes, it should be hard, shiny and have a snap. If there are streaks, it means the chocolate is not in temper.

As sensitive as chocolate is to temperature, it is a flexible medium that can be coaxed back in to temper with a 15-second blast from the microwave and a lot of stirring.

**"The worst thing that can happen is that you have to eat your mistakes."**

That said, if condensation or any other form of water comes into contact with chocolate, it will "seize" and be unfit for anything but baking. Overheating also results in a thick, lumpy mass stripped of its silky shine.

Every chocolatier has a repertoire of recipes he or she becomes known for. Burns tried and tested her recipes throughout her training and has developed a creative selection of solid, ganache and caramel centered chocolates. Lemon log, passion fruit, chai, coconut rum and chili (a nod to the Aztecs) are some of her creations, but she says her salted caramels are the most popular.

"Quality chocolate has high cocoa butter content, but the best chocolate is what you like."

She chooses to work only with dark chocolate because of its health benefits and purity. Milk chocolate has a higher concentration of sugar, and white chocolate contains even more sugar and much less cocoa butter compara-

tively.

Ready for processing, a thin layer of chocolate lines each shape in the polycarbonate mold with a dollop of passion fruit ganache inside. Burns is showing me how to "bottom" the pieces.

She ladles the chocolate onto the form and scrapes across the top, leaving each morsel coated. The batch is then put in the fridge to cool.

Next, little peanut butter squares sit ready to be hand-dipped. The ganache is first put on a tray to set, then placed on an impressive piece of equipment called the "guitar." It's a cutting frame strung with several lines of aluminum wire so that when you lower it down you get perfect cuts across the ganache.

Then you turn the tray to create the cross cut that will make the pieces either square, rectangular or diamond shaped. Each morsel is dipped in the chocolate, lifted out and gently eased on to the tray to dry.

Getting the piece to the tray without distorting the bottom is tricky, but as Burns says, "The worst thing that can happen is that you have to eat your mistakes."

Originally I wanted to explore why chocolate is the quintessential element in many of our celebrations. Who doesn't dip in to a box of Pot of Gold at least once in December? Why does the Easter Bunny give out chocolate? Both holidays have a religious significance that has nothing to do with chocolate.

I came to the conclusion that gifts of chocolate are made all the more precious when given to people we care about. Even though mass-produced bars and bunnies can be found anywhere, people still recognize the artistry and taste of well-made chocolate.

You can order chocolates by phone at 250-537-9333, or stop at the Chocolate Beach kiosk at the Saturday market.

The Living Word

JOHN 11: 25 & 26

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Luke 24: 6 & 7

Isaiah 53: 1 - 12

1 Peter 1: 19 - 21

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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 at Lady Minto Hospital. Call 250-538-4840
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- \* **Nobody's Perfect:** Registration at Family Place 250-537-9176.

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Survivor and Caregiver's Victory Lap at 7:30 pm.

At 10:00 pm we **Remember** friends and family in a Luminary Ceremony. The next morning at 6:30 am we as a community and as individuals will make a promise to continue to **Fight Back** against cancer.

**We invite you to join us for all or part of this event. Register at [www.cancer.ca/relay](http://www.cancer.ca/relay), pick up a registration form at the Visitor Centre, or contact Kirsty Oliveira at 250-537-1318 or [kirsty@saltspring.com](mailto:kirsty@saltspring.com).**

Canadian Cancer Society





## PEOPLE &amp; COMMUNITY

## EDUCATION

## Dr. Buchan medical bursaries buoy local students

Nine island youth benefit to date; more applicants welcomed

Young Gulf Islanders eyeing a career as a medical doctor should keep the Dr. Buchan Medical School Awards alive in their mind.

For the fifth year in a row, the awards are available to provide financial support to graduates of Gulf Islands Secondary School who are attending an accredited medical school.

Dr. James Buchan practised as a general practitioner on Salt Spring Island for many

years until his death in 2003.

His estate bequeathed a generous trust to support young people from this community in their endeavours to become medical doctors.

To date the trust has supported nine students in total. Eric Baker, Erin Bergsma and Paul Campsall were the first to benefit from Dr. Buchan's generous legacy.

Baker has now finished his training; Bergsma is in her third year of residency at University of Western Ontario and Campsall his second year of residency at Memorial University in Newfoundland.

More recently, awards were given to two students in their first year of medical school.

Clare Rustad is attending the University of Toronto and Kristen Iverson is at the University of St. Andrew's, Scotland.

Aside from the medical school awards, the trust also provides for an annual scholarship for a graduating GISS student.

To date, four students have benefited from that award.

"It is important for the community to be aware of Dr. Buchan's generous legacy in order that young people from the Gulf Islands can plan their studies with confidence, knowing that financial support is available," said GISS counsellor Maggie Allison.

**"It is important for the community to be aware of Dr. Buchan's generous legacy . . ."**

MAGGIE ALLISON  
GISS counsellor

"The commitment, sacrifice and devotion required to become a medical doctor is immense and this bequest is equally significant."



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someone else is going through.

Persistent, severe pain from arthritis requires a combination of therapeutic strategies; no one pill or management technique is enough to provide non-stop pain relief safely. Arthritis medications are only one part of an overall strategy that will help you reduce and cope with your pain, improve joint function and daily-living activities, and learn to deal with the emotional stresses that arthritis can impose. Maintaining that multi-part strategy successfully is only possible if you understand as much as you can about pain, how it can be treated, and what role you can play in its relief. Not

every strategy will be equally effective for everyone; you need to discover what works for you, combining different approaches to prolong pain relief.

Knowledge really is power. Learn to wield that power as an active participant of your own treatment team. Learn as much as you can about all the strategies available to you — whether they're medications or non-medicinal techniques. Look for programs, classes and workshops presented by the Arthritis Society in your area, go to [www.arthritis.ca](http://www.arthritis.ca) or contact the Arthritis Answers Line at 1.800.321.1433, or e-mail [info@bc.arthritis.ca](mailto:info@bc.arthritis.ca).



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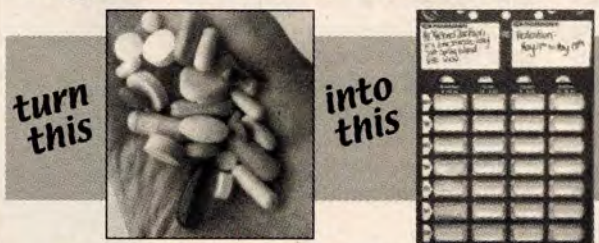
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# PEOPLE & COMMUNITY

## MEDITATION

# Zen practitioners share thoughts

Event for all levels runs April 17-19 at the Gatehouse

BY ROWAN PERCY  
SPECIAL TO THE DRIFTWOOD

Since the events of 9/11, a group has been practising Zen meditation on Salt Spring. It is led by poet and Zen teacher Peter Levitt. The group offers weekly and monthly meditation and every spring and fall it offers a full weekend retreat.

While the Salt Spring Zen Circle follows the traditional practice originally taught by Shunryu Suzuki (Zen Mind, Beginner's Mind), it has evolved its own characteristics, not the least of which is a lively and engaged group of individuals.

How does one approach Zen? One answer is to find out how Zen practice affects the lives of those who live it. I asked some local members to describe how they experience their meditation practice. Here are some of their replies:

- Zen practice is a time for quiet stillness. From the minute we enter the door I have a feeling that I have come to a very special place. Everything else seems to fall away and I'm just sitting. The wisdom in the 15-minute talk Peter offers after our weekly sitting leaves me feeling a quiet contentment that I take home. It leads me back to the oneness of us all.

- Zen allows me to be more grounded. It gives me freedom as well as discipline. I'm forever learning to be with the two sides of every coin.

- Zen helps me stay focussed here and now. It reminds me of what is truly important: love, life, death, and people, and not to worry too much about busyness, perceived slights, others' opinions of me or even my fears.

- When my mother was dying recently, Zen practice helped me to be fully with her in a compassionate way, to let go of my fears and allow her to let go and be at peace with herself. Through the practice I feel connected with her true nature.

- Practice creates a calming space in my life where there's nothing to strive for, no deadlines, no better or worse things, nothing to prefer. I can't compare it with anything else. It just is.

- Zen practice is like an anchor



Salt Spring Zen Circle members.

PHOTO BY AMY GEDDES

in the turbulent sea of everyday life. It allows me to stick my head above the fog. Over time, the practice has changed my life in subtle but profound ways that are cumulative. When Peter interprets the teachings I've read about, they become real.

- Zen meditation allows me to feel calm when I survey the struggles of my life. It awakens a deeper understanding of life's journey and works to bring my existence into better balance with love and grace.

- I have an awareness through Zen practice and the precepts how this journey is a lifetime of learning how to love and accept myself and others.

I meditate almost every morning and sometimes in the evening. This grounds and reminds me of my purpose and to go softly. It's important to do this over and over again. Is it hard to do? Yes! But I have a feeling of more confidence which promotes openness and wellbeing.

- What I like about the Salt

Spring Zen Circle is the welcoming openness. It is like an offering that is there for me to take if I feel like it or to pass it up if the time is not right.

*Sitting  
Breathing  
Opens my heart  
Sweetens my life  
Allows me to see  
How beautiful  
My garden  
My children*

Salt Spring Zen Circle is holding its Spring Meditation Retreat at the Gatehouse from 7 p.m. on Friday, April 17 to 3 p.m. on Sunday, April 19.

Cost is \$80, inclusive of all meals. There is no other cost, though a donation for the teacher is gratefully received.

Everyone is welcome. Meditation experience is not required and instruction is given to newcomers.

For information, call Judith at 250-537-2062.

## WORKSHOP

# Spiritual awakening: Taoist practice promises to bring experience of bliss

Kunlun Nei Gung at Ganges Yoga Studio

An ancient, secret method of spiritual awakening is being taught for the first time in Canada when Kunlun Nei Gung — Experience the Bliss comes to Ganges Yoga Studio. This two-day workshop will focus on "the Spontaneous Kunlun," a rare Taoist bliss practice.

According to press material, Kunlun is a spiritual practice of self-awakening and the absorption of divine energies into oneself. It comes from the Kunlun Shan mountain range north of the Himalayas in northwest Tibet. Kunlun was traditionally kept a secret in monasteries and

temples and was accessible to only a few, but now the time has come for this knowledge to be shared.

Instructor Mary Pirtle comes for the weekend from Maui. Pirtle has studied under Sifu Max Christensen for the past 12 years and is a certified instructor and facilitator of Kunlun Nei Gung.

The weekend will begin with a free lecture on Friday, April 17 from 7:30 to 9:30 p.m. at the Ganges Yoga Studio. The lecture will provide information and understanding about the practice. The workshop takes place Saturday, April 18 and Sunday, April 19 from 2 to 6 p.m.

Practitioners say Kunlun is a reset process that is a part of your body already. Once you

activate the process your body determines what you need to do to realign your natural energy flow, and will make it happen. The practice awakens a feeling of divine bliss in the practitioner.

No "faith" is required for the practice. The organizers invite everyone to come and discover the beauty and simplicity of this ancient tradition.

Pirtle wants to share this knowledge with those who are interested in gaining a deeper understanding of their amazing true nature.

She is also available for private sessions during her stay. Register online at [www.kunlunhawaii.com](http://www.kunlunhawaii.com) or call Michelle Renick at 250-538-8410 or e-mail [michellenrenick@hotmail.com](mailto:michellenrenick@hotmail.com).

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## YOUTH SOCCER

# Storms do it all, winning U15 silver title

Teamwork and individual plays lead to 4-1 win

BY JENNIFER BULLACH  
 SPECIAL TO THE DRIFTWOOD

Under the coaching abilities of Patrick Mussell, the U15 Salt Spring Storms hit their last game of the season — for the U15 silver boys district cup title — against Gorge United like a full-on tornado and came away 4-1 victors.

The championship game held in Sooke was the most powerful and exciting yet for the local team. The consistent skill and teamwork showed throughout the game.

Armando Rivero Morineau had an outstanding performance; his talent evident as he scored the first goal.

The assist was earned from Juan Pablo Gonzalez, whose smooth skills shone the entire game.

Although Gonzalez had not been with the team for long, his addition proved to be a definite asset and he had an optimum game.

The high energy continued and it was evident the Salt Spring team wanted the victory.

Luca Luna and Morineau showed some awesome passing as they tore down the field. A bit of a scramble in front of the net occurred, but Luna was able to triumph and he scored the Storms' second goal.

Mid-fielders Dylan Bullach, Mauricio Esteinou Escandon and Jonah Grinder all had an incredible game. Their positioning was as accurate as their passing and they used teamwork to pull off many great plays.

The tough Victoria team had several attempts on goal and kept defencemen Torin McIvor, Kyle Yun and Derek Oswell busy.

The Gorge players showed renewed energy after they were finally able to get one past keeper Byron Mussell.

The "Magician" Austin Reynolds has the ability to show up out of nowhere and take the ball before his opponents know what hit them.



PHOTO BY BRIAN SMALLSHAW

Salt Spring's U15 silver squad takes the district title with a convincing win over Gorge United.

His super speed was highlighted when he snatched the ball from an unsuspecting Gorge player and tossed it to Morineau, whose amazing footwork wowed the fans as he booted the ball expertly into the net.

The second half of the game was rough with a lot of penalty calls and emotions were flying high as the Gorge team could see a win was slipping out of their reach.

Keeper Mussell's athletic abilities showed as he made

a gravity-defying save. His uncanny way of knowing which way to leap has earned him respect as a top-notch goaltender.

Corey Miles and Leh Smallshaw, although vastly different in size, both showed superior defensive techniques.

They were steady and strong and made it very tough for the opposing team to get close to the Salt Spring net.

Strikers Jackson Grasky and "left-foot cannon" Sam Lewis had stellar games with numer-

ous fantastic plays and again, teamwork was utilized to the fullest.

The final goal of the game came when Escandon was granted a penalty kick and his astonishing accuracy held true.

A perfect ending to a cup game and a sensational season. Armando Rivero Morineau was named Most Valuable Player.

Congratulations to all the team members on their win.

## Bridge players survive Laundry steamroller

Visiting Gordon picks up steam with father George

## BRIDGETRICKS

BY JILL EVANS  
 DRIFTWOOD CONTRIBUTOR

Does anybody remember seeing a real steamroller recently? Well, one arrived at Seniors on March 23 and thoroughly flattened the seven tables of opposition. This was a double-drum job featuring the Laundry & Son brand (our George and his son Gordon, visiting from the East) and it rode over all East-West competitors with the greatest of ease.

Picking themselves up from the

onslaught were Boodie Arnott and Jacquie Stevulak in second place, followed by Joanne Elizabeth and Joan Byrne. North-South winners were also squashed by the steamroller but arose bravely with Ian Thomas and Zelly Taylor heading the parade.

Next in line were Prem Margolese and Paul Retallack, with Irene Hawksworth and Jill Evans also surviving the challenge in third place.

Laundry & Son continued their roll on

March 30, although there were only four tables to demolish, several players having retreated to ArtSpring for that evening's performance of gentle music.

Tied for second place were the Patricia Hewett-Bob Morrisette team and the Paul Retallack-Prem Margolese combination. In spite of all this mayhem, the club bids a fond farewell to Gordon Laundry, who has returned to Toronto, and hopes he will return for another visit some day.

For those who would like to have a game of duplicate, please contact George Laundry for info at 250-653-9095 or pastoral@shaw.ca.

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## WOMEN'S GOLF

# Lady golfers shine — on the course and the runway

Wind-blown falling tree surprises grounds superintendent

BY SUSAN RUSSELL  
DRIFTWOOD CONTRIBUTOR

The Golf Goddess was smiling on Tuesday last, as 17 ladies braved a very windy but sunny day in their first round of golf for the new season.

A nine-hole scramble was held, followed by a luncheon and fashion show. More ladies from the nine- and 18-hole groups, and the Monday Night Ladies, showed up to have lunch and catch up with old friends, waiting for warmer, dryer weather to brave the elements on the course.

The day started out with a refreshing storm, and then turned sunny and very windy.

We thought Isobel Heffernan, honoured with a prize for "most senior golfer," might blow away, but the wind did carry the balls a nice distance for big hitter Dora Reynolds.

A tree fell right beside the ladies' outhouse as course superintendent Don Coles was inside refreshing it for the ladies.

Though in a state of shock, he then tackled it with a large backhoe so passage between the fifth and sixth holes was enabled.

The competition was tough, and complaints were uttered about the goose leavings and mud, but the laughter around the course indicated everyone had a good time.

The winning team was Frankie Johnstone, Femmy Schuurmans, Tricia Simpson and new member Linda Tremblay.

Schuurmans won KP, inches from the second hole — her southern winter holiday on a short course did wonders for her accuracy.

Back at the clubhouse, golf captain Linda Woodley welcomed everyone, and introduced new members Tremblay and Sheila Brady.

She brought us all up to date on the upcoming season, including a rules clinic in Victoria on Thursday, April 16.

All lady members are welcome to attend.

A delicious lunch, provided by Jesse and crew, was followed by a

fashion show of new items in the pro shop, introduced by the club pro, Steve Marleau.

Our junior co-ordinator and ladies golf champ Brett Savin outfitted the models in stunning new environmentally friendly outfits that all looked great.

The clothes were fashioned from bamboo and recycled pop bottles, in the Aware Line from AUR.

Johnstone looked pretty in pink, Ruth Hopping morphed into Dolly Parton and Pat Low must have been a professional model once. Many thanks to these models and Pat Sutherland, Joanna Barrett, Marj Cade and Anna Camping, who all looked fashionably ready for the great season ahead.

The lady golfers at Salt Spring

Golf and Country Club have a variety of organized groups and new members are most welcome.

The nine-hole ladies play Wednesday morning and include those members who only wish to play nine holes at a time, are not too competitive and like to gather for lunch afterwards.

The Monday Night Ladies play after 4 p.m., with the emphasis on socializing, as most of the members stay for Monday night supper.

The 18-hole ladies, playing Tuesday morning, require more stamina to play 18 holes, and are interested in competition with other courses and among themselves.

All of these groups are looking for new members to join in the fun.

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#### Can I still get insurance if I'm a cancer survivor?

As upsetting as it can be to learn that one has cancer, the good news is, there are so many survivors enjoying a good long life as compared with a couple generations ago. The medical profession has made huge strides in this area. And insurance companies have recognized this as well: the two key things that need to be considered are 1) the type of cancer you had, and 2) how many years have passed since your treatment.

For life insurance, cancer that was in only one part of your body is usually not cause for a company to decline an application. If the diagnosis was 5 years ago or more, an individual may even qualify for standard rates. In other cases, a special risk classification may be offered, meaning that a higher premium will be charged, but at least you can get the coverage you want. A report from your doctor will be needed to consider each individual situation — there are some cancers that do have a higher incidence of reoccurring, and may preclude one getting coverage.

Critical Illness Insurance, however, is not available to people who have had any form of cancer, regardless of how much time has passed since one's diagnosis. Therefore, the best time to review your life or health insurance needs is while you are still completely healthy!

Edith Stevenson  
250-653-2440  
edith.stevenson@sunlife.com  
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#### How many times a week should I exercise?

The American College of Sports Medicine (ACSM) sets the standard for physical activity based on the most recent scientific research. The ACSM recommends that healthy adults accumulate 30 minutes of moderate to vigorous activity daily. This translates into elevating your heart rate into a healthy heart zone (this is age-dependant) for 30 minutes a day. According to the ACSM this can be broken up into intervals throughout the day instead of a continuous 30-minute session. The ACSM also recommends a weight resistant exercise program that targets all major muscle groups twice a week. The current recommendation is a minimum of two sets of 12 to 15 repetitions of each exercise. Because of the increase in child obesity, the ACSM recommends an accumulation of 60 minutes a day of moderate to vigorous activity for school aged children. I recommend to new exercisers to start slowly to build strength and endurance. If an individual can manage 30 minutes of weight resistant exercise followed by 30 minutes of moderate intensity cardio exercise in one week without being too sore or tired, then the following week they could try two sessions of the same. Ideally, I like my clients to aim for three one-hour sessions per week, with planned recreational activities in between their sessions. Remember that exercising regularly makes it possible to participate in the activities that you love for the rest of your life. Cheers to health and fitness!!

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JUDITH

### Mechanic

#### Even though the weatherman isn't doing his part, the calendar says spring is here.

While your vehicle is in for its spring oil change, have your summer tires checked to be sure they will last another summer before installing them. When the wheels are off, have your brakes, steering and suspension checked.

Your cooling system will soon have to deal with much higher temperatures outside as well as the extra heat from the air conditioner. Have belts, hoses and coolant condition checked. Be sure to tell your service technician about any little changes in your vehicle you have noticed, no matter how small, as it may point to a larger problem you are unaware of.

Although the days of a yearly spark plug change are thankfully behind us, it is still important to remain current with ignition, fuel injection and emission control systems servicing. Most of today's shops are running computer management systems that can give you that information at the press of a button so don't be afraid to ask if you are due. If it turns out that your vehicle is in need of preventative maintenance, now is the time to get it done rather than leaving it to develop into a costly break down repair, usually at the most inconvenient time.

Safe driving! Gyle

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GYLE KEATING

### Physiotherapy

#### What can I do about back pain?

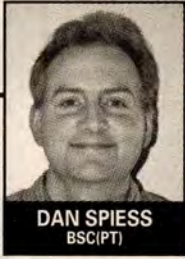
Statistics tell us that almost everyone will experience back pain to some degree at some time in their life.

This can be a very complex or a very simple question. I say this because back pain has many causes and contributing factors. One's back can be "fixed" but sometimes it has to be "managed". The key to proper care for the back is a clear diagnosis of the problem followed by a clear and definitive treatment strategy. Should I stretch this way or that? Should I work on my core strength or rest? Is this activity good or bad? These questions need to be answered in a way that is tailored to your individual back condition and pathology. Educating the person about what is going on and teaching them how to address it is the KEY. I feel the most important thing I can do as a physiotherapist is to make sure you have a clear understanding so that your efforts and mine are moving in the same direction. Knowledge is the best for your back!

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DAN SPIESS  
BSC(PT)

### Financial Advisor

#### Give your investment portfolio a spring cleaning

With the arrival of spring, it's time to tidy up your investment portfolio. Here are three financial spring cleaning tips you might want to consider.

Get rid of what you no longer need. Speak with your financial advisor to see if you still have some holdings that are no longer appropriate for you and are best removed from your portfolio.

Trim back your duplicates. If you went through your house carefully, you might be surprised at how many items serve the same purpose. There may be similar redundancies with your investment portfolio.

Put things back in order. Many of us tend to have messy closets and storage sheds because over time we've haphazardly tossed item after item into them. Similarly, your portfolio may need a good spring shake-out. For instance, you could have too much of one investment and too little of another so some important re-balancing could be required.

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## SPORTS &amp; RECREATION



PHOTO BY DERRICK LUNDY

**SWIMMING RAY:** Maggie Birch, a member of the Salt Spring Stingrays Swim Club, races down the pool during a Stingrays open house event at Rainbow Road Pool last Sunday.

## RUNNING

## Island runners find their stride at upcoming Victoria marathon

Racers prepare for traditional race

BY SEAN MCINTYRE  
DRIFTWOOD STAFF

With the weather warming up and the days getting longer, it's not surprising to see an increasing number of runners plodding along island roads.

With fewer than three weeks to go before the annual Times Colonist 10-kilometre run in Victoria, however, many runners aren't simply out there enjoying the spring scenery.

Salt Spring's Catherine Bennett is among a group of islanders who have been training with the island's triathlon club since January.

Bennett has competed in long-distance runs in the past, but has taken a two-year break from the 10-km event.

Training under the "iron grip" of the triathlon club's Bruce Grey has included regular Sunday runs, weekly sessions at the Rainbow Road Pool and even a run up Mount Erskine.

"I like being outside in the

fresh air, clearing my thoughts and the wonderful feeling after I am done," she said. "I have to admit I love the training more than the actual race."

Working as part of a group, Bennett added, is a great way to keep things fun and competitive.

"Running with a group of people certainly eases the pain and keeps you motivated. The tri group's members are so supportive and encouraging of each other," she said.

For fellow club member Patti Gower, the April 26 event in Victoria will be a first.

She doesn't particularly like running but appreciates the energy she gets from exercising with a larger group.

"There's nothing like team spirit and commitment to make things more fun," she said.

The Times Colonist run, she added, initially began as a goal to mark her 50th birthday. Today it's become a way to improve her physical fitness.

"I'm learning to like it better," she said.

The triathlon club's popularity

has encouraged coach Grey to offer a new set of introductory classes beginning in early May.

"It's certainly not only for elite athletes," he said.

"People gradually get some skill sets by looking at the cross-training aspect of things. Just doing run training is really limiting."

One of the most important things to remember, Grey said, is for runners to gradually build up their distance in anticipation of the big event.

"It's not necessary to run 10 kilometres a day to compete in a 10-kilometre run," he said.

Developing a training schedule that culminates on competition day is essential to meeting one's goals.

"It's important to manage distance so as to avoid injuries," he said. "It's easy to get ramped up and anxious and start to do too much. Stretching and rest are just about as important as the training."

More information about the Salt Spring Triathlon Club is available by calling the Rainbow Road Pool at 250-537-1402.

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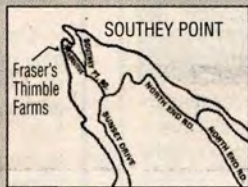
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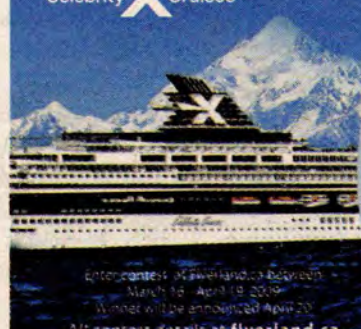
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