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EXPRESS



WEDNESDAY, SEPTEMBER 19, 2001

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Nelson Becker photo

Climbing the wall: Thirteen year old Joel White shows his technique at the Gravity Climbing Centre, where a new 45 foot lead wall, and 700 square feet of new bouldering wall will be on display on Saturday, September 22nd.

Big box questions posed at meeting

Some like it, some like it not; will there be a Big Box Store in the Queen City?

by Charles Jeanes

Big-box, little box, or no box: those were some building options at the public meeting on Nelson waterfront development held September 12 by the Advisory Planning Commission (APC) at the Prestige Inn.

From an audience of about 75 people, one, Michael De Meo, spoke at the microphone in favour of a new Wal-Mart stand-alone store. "It's okay for a new Wal-Mart," said De Meo. "We can have a line of big commercial stores like Cranbrook has — Wal-Mart, Home Depot, Staples."

The big-box store has been proposed by Great West Life for land owned by British Columbia Buildings Corporation (BCBC) and used by VSA, the highways maintenance contractor.

Phil Best, with a planning degree and traffic engineering experience, said "A big box is not appropriate, [but] if in the end the community wants a Wal-Mart, I won't like it, but so be it."

Bernie Zimmer told the APC that the waterfront needs to be linked more closely to downtown by pedestrian walkways over the CPR and a shuttle bus,

or perhaps "buy the BCBC and CPR lands."

George and Dawn Penniket made strong statements in favour of seniors' housing on the waterfront, and were supported by other speakers from the audience.

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New kids on the block

Who's going to draw up new facility plans? -- that's the question

by Charles Jeanes

The "ins and outs" of a new recreation and leisure facility design process are being explored by a new committee.

Who is to be in, and who will be out, is a challenge right from the start, according to Wendy Takahashi, committee chair. "Will the Regional District be in or out?" said Takahashi. "People at the [September 11] public meeting were

under the impression that there would be the same players as last time." In the plan taken to referendum April 28, the City and Areas E and F were partners.

"It is still an open question whether Area E and F are in or out," said Takahashi.

It has still not been determined yet by Regional District of the Central Kootenay (RDCK)

Directors whether they and their constituents will be part of planning and financing for a new facility in Nelson. Al Dawson, Area F Director present at the September 11 public meeting, said he will not know if his area and Area E will be participating in the process, including a professional survey commissioned by the City, until after some discussions with the City, and after meetings scheduled with his constituents in early October.

A meeting of Dawson, Area E Director Josh

Smienk and City of Nelson politicians is happening this week.

Nelson councillor John Dooley said the council will receive the committee's design proposal for review and decide whether it supports the plan. Then council will have to take the approved design to the people in a referendum. If council did not go to referendum but tried to borrow money for a project, a "counter-petition" with only five per cent of voters' signatures could force a referendum, Dooley said.

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Photo by Charles Jeanes

A candle in the window

About 70 women and children gathered September 13 at Hall and Baker Streets in Nelson for the annual "Women Take Back the Night" rally and candlelight march.

A minute of silence for victims of violence preceded the lighting of candles and the unfurling of banners, then the procession moved off through Herridge Lane to chants of "Hey, hey! Ho, ho! Patriarchy has got to go!"

Two of the three women who spoke to the crowd had personal experience of women's status in India, relating their respect for the strength of women born into rigid patriarchy. Special attention to the mass terror and violence in New York and Washington was a feature of all speakers' remarks, one saying the women of Afghanistan will bear the heaviest burden of what is to come. The Guerrilla Girls music troupe, modelled on "outlaws like Robin Hood," decided not to perform at the event due to "the intense feelings about the tragedy in the US this week," said a spokeswoman. The group was not able to reach consensus on whether their "outlaw message" would be understood in the special circumstances arising from the events of September 11.

Echoes of terrorism heard in the West Kootenay

by Charles Jeanes

No one was without some emotional reaction to the terrors unleashed at the World Trade Centre in New York and at the Pentagon September 11, but the physical effects of that destruction also reached around the world and touched the life of Nelson in practical ways.

First, transportation was immediately affected when Canadian airspace was closed and all flights in and out of Castlegar airport were stopped September 11 and 12, not beginning again until noon on the 13th.

This meant that in Nelson at the major hotels some reservations were cancelled and some extensions to visits were noted. The Prestige Inn desk said there were "several of each [cancellations and extensions] and it was definitely due to the airport and the border being closed."

The Best Western Inn noted there were a few cancellations yet the hotel was booked entirely September 11. The Prestige Inn flew its American flag at half-mast for some days.

A Nelway border crossing official said the border was open September 11 in the afternoon, and on September 12 said "it is normal today."

But it will never again be normal at airports, if normal means like it was before. "Get ready for some big changes. Life's going to get more complicated," said Jim Gustavson, chief administrative officer at Castlegar City Hall, which operates the airport. Transport Canada will be issuing new regulations for security procedures at all Canadian airports.

The Net Idea, an internet service provider in Nelson,

noted one effect of the events in the USA.

"We saw a world-wide slowdown in Net response time because so many people were using it to get news at the same time," Tyler Bobie said from the Net Idea office. "That is an indirect effect."

Nelson City Police Chief Constable Ron Brock, at a Vancouver Island conference on policing, said the conference was cancelled on the day of the tragic events despite having a day more to run.

Money on the agenda when school board and MLA talk

by Charles Jeanes

Nelson-Creston MLA Blair Suffredine is about to get an education from the School Board.

School District #8 Board Chair Penny Tees said the Trustees will meet with Suffredine September 25 to tell him all about "the three Rs": — Red ink, Rural school needs, and Rollment (enrollment).

The District was running a budget deficit at fiscal year-end of "about \$430,000" Tees said, and the reasons are not complicated. "Some items and costs are underbudgeted [by the government]," Tees said. "He

[Suffredine] needs to understand we are not being irresponsible. Costs are out of our control."

Tees said rural schools have higher costs than urban ones but closing the rural schools is not wanted. She expects Suffredine will understand Kootenay regional problems.

Being a member of the Kootenay Caucus in the Liberal government, Suffredine therefore knows that the entire region is suffering a decline in school enrollments due to unemployment in a depressed economy, said Tees.

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Canada



Back to business

by Anne Stacey

New Techniques, New Tai Chi Centre

Verni Gardiner, a long-time student and teacher of martial arts and alternative therapies, has developed a new technique called Temples, to be taught this fall at local Tai Chi and Fitness Centres in Nelson, and the soon-to-be-opened Ymir Tai Chi Centre.

The Temples practice, a combination of martial arts, meridian therapy, and other techniques, will be taught in classes or during individual appointments.

"I experienced healing with meridian therapy, and I found that I could teach other people who couldn't do it as well as I could to use meridian techniques to heal themselves," explained Gardiner.

As the owner of the new Ymir Tai Chi Centre, she will be opening the centre with the first class on September 23rd.

Gardiner explains that

Temples is an acronym that stands for the seven aspects of the practice.

First, the "techniques" or the methods are learned, including visualization, meridian therapy and qi gong.

The second stage is "exploring" the body and its energy, to "maximize" the "peace, tranquility and living one's passion" while focusing energy to reach the maximum "potential."

Learn how to "live" by integration of the physical, mental, and emotional aspects of life, and "enhance" the "self" through the practice.

To register for classes or for more information, call Gardiner at 250-357-2483 or email temples@netidea.com.

Anne Stacey is the Economic Development Intern at Community Futures.

Community Futures is a non-profit organization that assists new and existing small businesses or individuals contemplating self-employment as a career option. For more information about Community Futures, or if you have a business news item you would like featured in this column, call 352-1933 or email cfdeck@futures.bc.ca. Don't forget to visit the website at www.futures.bc.ca.



Photo by Nelson Becker

Heads bowed for terrorism's victims

"A spark that will ignite the flame that will extinguish terrorism in our lifetime." The words of Nelson City Police Chief Dan Maluta may have echoed the thoughts of 50 or 60 people who attended a hastily-arranged memorial to the victims of last week's terrorist attack on New York and Washington. Maluta and others spoke at the Nelson Cenotaph during the service on Sept. 14. A Memorial Book, dedicated to the family and friends of the victims of the attack, has been placed on the main floor counter of City Hall for anyone wishing to express their feelings of sympathy. It will be available until 4:30 on Friday, September 21st.

Osprey looking for good charities

The Osprey Community Foundation is calling for applications from registered charities in the Nelson area for community grants to be awarded this fall. Grants between \$500 and \$2500 will be awarded to local organizations with ideas for projects that build on existing strengths within the Nelson area community. The grant application deadline is Monday, October 1.

"The directors of the Osprey Community Foundation are very excited," said president Bruce Morrison. "This is the first time we have had funds to contribute to worthwhile community activities."

Founded in October 2000, the Osprey Community Foundation is a charitable organization that manages and invests funds donated by local residents. In time, the foundation will direct investment earnings to initiatives that help improve the quality of life for Nelson and area residents. The Osprey Community Foundation is one of 30 community foundations in B.C. and is part of a growing international charitable movement.

The current granting program is made possible by the Vancouver Foundation through a \$400,000 contribution that has been divided among community foundations throughout B.C. based on the size of the population they serve. The program, known as LEAD (Leadership, Engagement and Development) grants, was launched in 2000.

The Osprey Community Foundation invites applications from registered charities for projects that fall within its nine fields of interest that include health and education, children and seniors, arts and heritage, environment, sports and social services.

Grant application forms and detailed guidelines are available to be picked up at the Nelson & District Credit Union, 501 Vernon St., or go to the Foundation's Web site at www.ospreycommunityfoundation.ca.

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Nelson and Area Trails Society coordinator Len Dunsford puts final touches on a sign for the Ward's Ferry Trail, which runs from Glade to Forty-nine Creek.

New Glade area trail is a link you can walk on

by Charles Jeanes

Nelson and Area Trails Society (NATS) has completed a new link in the Kootenay Loop of the Trans-Canada Trail, a piece called the Ward's Ferry Trail from the community of Glade to Forty-Nine Creek.

Josh Wapp of NATS gives credit to Len Dunsford and Peter Wood, trail co-ordinators of NATS, for the completion of the Ward's Ferry Trail.

He says the trail is an easy grade near the Kootenay River, accessible to all ages, but he notes there are still some rougher sections and good-quality boots are required.

This new trail is a small link in a loop from Christina Lake to Castlegar on the old CPR railbed, and when it is completed from Nelson at some future time, the trail will follow the old Burlington Northern railbed to Salmo and will reconnect there with the Trans-Canada Trail.

To walk the trail from Glade, you must cross over to Glade from Highway 3A and follow a blue-and-white sign at the north end of the village indicating the trailhead. From Slocan Pools across from Shore-acres you are on the old wagon road to Forty-Nine Creek used by prospectors en route to Toad Mountain

in the 1880s and '90s.

One hundred and ten years ago, Tom Ward's ferry was the only easy way to cross the Kootenay River.

Ward also operated a hotel and bar for miners and settlers on the south bank by Slocan Pools.

The Nelson and Area Trails Society Web site is located at www.kics.bc.ca/nats.

Sjeng Dergx, executive chairperson for NATS, can be reached at 352-7300 for more information on the Society or the trails.

Morning Mountain water users concerned about logging plans

Road building by logging company seen as threat to water source

by Charles Jeanes

Nelson's viewscape to the west might change, says Dave Amaral, chair of Morning Mountain Water Users.

The group came together, says Amaral, "to engage the public-input processes" in the Forest Practices Code, and warned the Ministry of Forests Sept. 12 that their water sources will be harmed by logging by Atco Lumber near Smelter Creek.

He said "at least 60 homes' water" may be affected.

"We're quite nervous about this proposal," said Amaral. "Our water sources are both surface and well water, they're vulnerable."

Road building is the major threat to the water,

Amaral said.

"The cut-in style of road is a concern." A cut-in road makes a right-angle cut into a sidehill to create a level road surface, having major impact on water sources.

"We have good communications with Atco, and

"I don't want them to be surprised."

Dave Amaral

with the Ministry," said Amaral. "I feel that we were listened to."

Public meetings are scheduled, and Atco forester Craig Stemmler made a presentation to Nelson City Council September 17.

Amaral said he has not seen expressions of concern from city council on this issue and he wonders if Nelson residents are aware of the possible impact to the city's west side views. "They [Nelsonites] are stakeholders. I don't want them to be surprised."

Stemmler appeared before Nelson council in June and made a presentation, when Councillor Gord McAdams asked him to return later with more details including some computer-generated images of the viewscales.

Police arrest three suspects

Nelson City Police arrested three juvenile males responsible for a rash of commercial break and enters last week. The suspects broke into four businesses, ransacking the offices and causing considerable damage before making off with money and computer equipment. The teens also went on a mischief spree, slashing tires on five vehicles and damaging the hood of a sixth automobile. Most of the stolen property has been recovered.

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Rural rec on the agenda

Recreation facility options will be decided by Area E and F voters

by Charles Jeanes

RDCCK Directors Al Dawson (Area F) and Josh Smienk (Area E) are ready to meet their public and be told what to do about rural recreation.

Three meetings in the first week of October, in the Redfish, North Shore and Blewett areas, will lay out options to the people who attend, said Dawson and Smienk, and they feel open to take any direction their constituents wish to give them.

"We will take baby steps," said Smienk. "I want people to come forward to say which options they like. It makes no difference to me, I represent what people tell me they want."

Smienk said he has no opinion about contributing to a Nelson facility, adding that he supported the plan defeated in the April 28 referendum that would have cost his taxpayers \$60 per \$100,000 of assessed property value.

"When we asked our public last time, we were asked [by some constituents], 'Why are we participating with the Nelson facility committee?'" said Smienk. He said participation with Nelson by the rural areas is still an open question.

Dawson sketched some of the possible options to put to the people. One is a "plain-jane rural ice rink, full-sized surface, with three- to five-hundred seats," Dawson said.

Another is to complete the recreation facilities at Bonnington Park, including soccer and baseball fields.

A third is "land acquisition" for the Blewett Riding Club, and a fourth option is purchase of the private 9-hole golf course at Balfour, Eagleview, to join it to the other 9-hole course operated by a Society. Another option on offer is purchase of the Taghum Hall from a society, and yet another choice is to build a curling rink at Balfour.

Although the two Directors had hoped to have something to tell Nelson city council about their plans by September 15, Smienk said there is nothing definite to say until after the October public meetings.

As for public response so far, Dawson said that "95 per cent plus" of the reactions he has heard to his July 20 press release outlining independent rural facilities have been positive. "I have talked to over 100 people," he said.

Smienk said, "I'm getting mixed messages. I can't say I'm getting clear direction. A phone call today was from a man who voted 'yes' in the referendum and his wife voted 'no.' That shows you how people cannot even agree in their own households."

There are no cost figures yet available for any of the options, Smienk explained, because for each there are different factors. For plans where land must be bought, no figures for expenditures can be published, Dawson explained. How any of the options should be financed is something the public must tell the Directors, Dawson and Smienk agreed.

Dawson attended the September 11 meeting of a new Nelson facility committee chaired by Wendy Takahashi, but Smienk did not.

A professional survey of Nelson public opinion by the City was suggested and participation by Area E and F was requested, but Dawson said he cannot commit to that until further discussions.

Dawson said remarks by some Nelson city councillors irritated him. "I am not happy with some of the comments being made by councillors at that meeting," he said.

Nelson city councillor John Dooley, who with councillor Doug Jay was present at the meeting September 11, said he was not sure what Dawson might have heard that upset him.

"If I knew what he was talking about, I might comment, but I don't know."

Fire danger will remain very high until widespread rain arrives

The current fire danger rating for the Southeast Fire Centre is moderate to high, as very little rain has been recorded in the area since July.

"Until we see widespread rainfall in our region, the open burning ban will remain in effect," said fire control officer Al Kneeland.

"There will be surface patrols in various locations of the fire centre to ensure

that people are in compliance with the ban on open burning."

The open burning ban prohibits the use of fire for waste disposal, and agriculture burning.

The use of burn barrels is also banned.

This ban does not include fires for warmth, cooking or ceremonial purposes (i.e. campfires). Forest Service officials are reminding the

public of the importance of preparedness around campfires.

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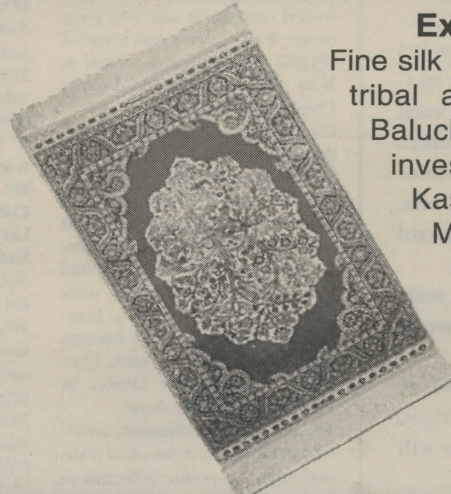
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OPINION

Build a better world upon the tragedies of the day

The terrorist attack last Tuesday was an act of the criminally insane. A very small number of people murdered many. The numbers of people who supported this action are also very small. People do not want to live in a world where there is violence.

Almost all of the countries of the world have condemned this action and have vowed to work together to combat terrorism. The overwhelming masses of this planet have seen this action as immoral. This is a sign that we are moving toward a more peaceful world, even though immense violence does occur.

The elimination of this kind of violence cannot be solved through punishment or revenge. We have to look at ways to imprison the criminals, but the elimination of the problem must come from growth and understanding.

If you want to stop the intolerance in the world, be more tolerant yourself. If you want to stop hatred in the world, then watch out for the hatred that exists within yourself. In order to reduce the violence in this world, we have to see the connection between violence in our communities and world violence. The only hope to eliminate violence in our world is to eliminate all of its causes.

What hatred do we have in our hearts? Hatred is one of those emotions that takes away from our spiritual nature. Hatred makes it more difficult for each of us to talk to our own higher conscience. Throughout history, we have suffered the atrocities of people hating other people. Despite those acts, we continue to grow. We continue to work toward peace.

We must accept the events of the day. We must accept these facts so that we can build a better world on top of this tragedy.

We want a world without violence. The answer to violence is peace. Two wrongs do not make a right. Revenge is the low road. Violence as a reaction will only beget more violence.

Peace.

The Editor's Mailbag

Terrorism today

This act of terrorism in the States reminds me of the attack on Pearl Harbour on December 7, 1941. It was followed by mass hysteria on the American and Canadian scene.

I was in a unit stationed in Nanaimo and was on a weekend pass to Vancouver when we heard the report on the radio. On my return to camp I found intense confusion. There were trenches being dug throughout the camp, and we had to take our trucks out to logging roads every night.

The American and B.C. governments retaliated in a barbaric manner. They uprooted the Japanese families, took them to the horse show buildings in Hastings Park and forced them to live under the most appalling conditions, never knowing what would happen.

After some weeks, they were loaded onto trains and sent some to the B.C. interior and some to Alberta. A great many arrived in New Denver, Slocan, Lemon Creek and Sandon.

On their arrival at New Denver, the men were put to work building accommodations for them.

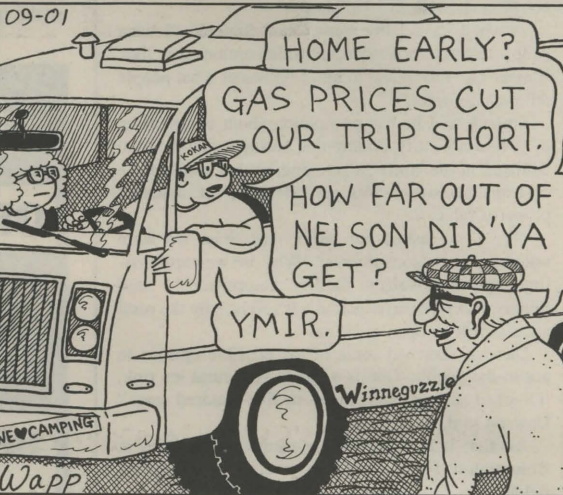
In 1926, I had lived in a small settlement called Sunbury and went to school through a Japanese market gardening area. The men had boats, and most nights they went fishing. One chap had a boat-building business and I became friendly with his two sons. One, Hideo, was in New Denver in 1946 and I met him there.

The American government decided that there was a risk of an invasion from the northern Pacific so they sank millions of dollars constructing the Alaska Highway from Dawson Creek to Fairbanks, Alaska. Of course there was no invasion.

President Bush is now contemplating starting World War III though he does not yet know who will be his primary adversary.

Jack Bedford
 Nelson

WAPP'S WORLD BY JOSH WAPP



Further comments on sanctions in Iraq

Re: Roger Pratt's letter on Sanctions on Iraq.

I believe a few clarifications need to be made.

Sanctions on Iraq are more than just a "weapons embargo," but the most comprehensive economic sanctions placed on any country in human history.

It has been described as siege warfare, forbidden by international law under the Geneva Convention.

Let us be clear about one thing. Saddam Hussein is a dictator. One that gassed his own people and led them to war.

What was left out of Mr. Pratt's analysis, however, is that Hussein came to power, was armed and supported by the United States. Now the Iraqi people are being asked to, by way of sanctions, remove a leader that they never chose.

The "agreement" for "food and medicine" of which Mr. Pratt writes is a UN resolution entitled "The Oil for Food Program." Leading academics, lawyers of international law, humanitarian organizations, church groups and former UN officials have called the program grossly inadequate, including former US Attorney General Ramsey Clark. Many agree the oil for food program is just perpetuating the crisis.

To argue that Saddam Hussein is "blocking" food and medicine is simply wrong. The current UN humanitarian coordinator to Iraq, Tun Myat, has called the distribution system "second to none" but states that living standards will not improve unless housing, electricity, clean water, and sanitation and other essential services are restored. This has been impossible under economic sanctions.

Lastly, Mr. Pratt claims that Iraq "wants a free hand to construct weapons of mass destruction." This idea has been shown to be false time and time again.

The last US weapons inspector in Iraq, Scott Ritter, has said that "Iraq has been qualitatively disarmed."

For 11 years the idea that Saddam Hussein must be removed at any cost, and the false belief that Iraq is trying to create weapons of mass destruction, has led to the unnecessary death of 1.5 million Iraqis.

I hope all concerned will come out to a presentation on this subject Sept. 26 at noon at the United Church.

Chris Shannon,
 Director,
 Canadian Action Network
 to End Sanctions on Iraq
 Nelson

Letters to the Editor guidelines:

We encourage our readers to write to us.
 Please address letters meant for publication to the Editor. We do not accept open letters. Letters must be short (200 words maximum) and to the point. We reserve the right to edit letters, and the decision to publish or not to publish is completely at the discretion of the Editor and Publisher.
 Commentaries can be longer (500 words maximum) and are more in-depth than letters.
 If you wish to write a commentary, please contact the Editor.
 All letters and commentaries must be signed and include your name, address and phone number. We will not print "name withheld" letters. Opinions in the Express are not necessarily those of the publisher or the Express advertisers.

STREET TALK

WE ASKED:

What do you like or not like about going back to school?



I like going back to school because you get to meet friends more often, and you learn better games than you already know. There's nothing I don't like. I like it, big time.

Keifer Holsworth
Nelson



Let me think. I'm really happy to be back in school because I like my teacher a lot. Summer's getting boring.

Katie Pigeon
Ymir



I don't like going back to school, because of all the work. And the work of getting ready to go back to school. No, there's nothing really I like about it.

Michelle Griffiths
Slocan

The EXPRESS Telephone Survey of Public Opinion

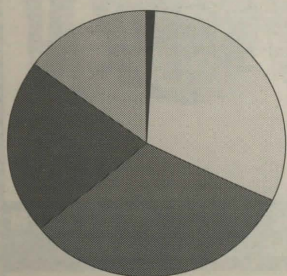
THE QUESTION:

"Are you: 1) very satisfied 2) satisfied 3) moderately dissatisfied 4) very dissatisfied with Nelson City Council?"

This single question was asked by The Express in the last two weeks of August 2001 of 100 Nelson residents who claimed to be over the age of eighteen. Once the question was answered, we identified ourselves as the Express newspaper. Respondents were chosen randomly from the phone book.

We caution the reader to be careful about drawing conclusions. This non-scientific survey is only intended to stimulate discussion and growth in our community. We did not ask why respondents were satisfied or not, nor did we ask about voting preferences. A dissatisfied person today can be satisfied tomorrow.

Citizen Satisfaction with Nelson City Council Survey of 100 people. (September 2001)



- Very Satisfied 1%
- Satisfied 31%
- Moderately Dissatisfied 32%
- Very Dissatisfied 21%
- No Opinion 15%

Lower Columbia Reservoir Updates

Arrow Lakes Reservoir, Duncan Reservoir and Columbia River

This year, water supply in the Columbia River basin is below average. The actual elevation of reservoirs is influenced by the low snowpack and inflow levels, weather patterns and other factors such as load requirements during this period.

BC Hydro's operation of the Hugh Keenleyside (HLK) and Duncan Dam is guided by the requirements and obligations of the Columbia River Treaty and other Treaty and non-Treaty operating agreements.

We will provide reservoir level information in this newspaper on a weekly basis during the freshet period. Please note information is subject to change.

	September 8 Forecast Elevation	September 8 Actual Elevation	Variation From Forecast	September 15 Forecast Elevation	September 22 Forecast Elevation
Arrow Lakes (1378 - 1444 ft)	1405.6	1405.5	-0.1	1403.9	1401.7
Duncan (1794 - 1892 ft)	1864.2	1865.1	+0.9	1857.6	1850.6

Projected average flows for the week of September 15 - September 22, 2001

HLK discharge 54,100 cfs (Range: 20,000 to 70,000 cfs)
Columbia River at Birchbank . . . 68,800 cfs (Range: 40,000 to 80,000 cfs)

The Arrow Lakes Reservoir reached a peak elevation of 1412.1 feet on August 3. The reservoir is expected to reach between 1397 and 1402 feet by the end of September.

The Duncan Reservoir reached a peak elevation of 1875.7 feet on August 4. The reservoir is expected to reach between 1850 and 1855 feet by the end of September.

If you would like information on reservoir levels, please call 1-877-924-2444. For further information on our operations or our generating facilities, please call Gary Birch at (250) 365-4569.

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Capitol Theatre

352-6363
CALENDAR

This space sponsored by
EXPRESS
YOUR COMMUNITY NEWSPAPER

Wed., September 26 - 7:30 pm
Restoration Society
Annual General Meeting

Sun, September 30 - 4 pm
Fred Penner
The Cat Came Back Tour
(Capitol Kids Series)

Sat, October 6
Jennifer Ryan and Cash Cow
A perfect opener to our new season! Nelson's own
jazz songstress returns to the Capitol stage.

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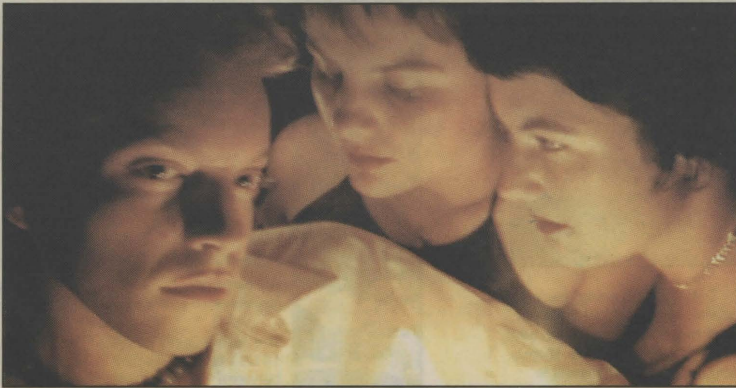
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by Marina

If you have arts-related info
that our community would
like to know about, send it
attn: Fiona - A and E at
express@expressnews.bc.ca



Dangerous Liaisons: the play, not the movie. It's coming to Playspace Studio on Sept. 20 - 23 and Sept. 27 - 30. Starring Amber McIntyre-Byatt, Mark Skwarok and Lisel Forst, it's an intense drama with comic overtones.

Written and Wrought

Red Moon Rising Clay Studio

724 Herridge Lane
Gallery Hours:
Tues-Sat
11 a.m. - 6 p.m.

Written and Wrought is the name of a show of current artistic works by David Cureton and Hannah Lin at the Red Moon Rising Clay Studio in Herridge Lane. It's a great show, well worth your time.

The show runs until October 5th.

Tai Chi Tea

Friday, September 21;
2-6 p.m.

Saturday, September 22;
noon - 4 p.m.

Kootenay Tai Chi Centre
444 Baker Street,
Nelson

Here's a chance to find out more about the Kootenay Tai Chi Centre. Drop by the centre, have

some tea, meet the instructors and learn about the fall programs. Eric Eastman, found of the Tai Chi Centre, has been teaching in Nelson for 26 years. He will teach the gentle arts of Tai Chi and Qi Gong, as well as a Children's Kung Fu class. Kung Fu Instructor Matt Turner will assist Eric with the children's class. A weekly drop-in Qi Gong class will be led by Marianneke Heringa. Eric's assistant instructor, Verni Gardiner, will be offering a new course of self-healing called "Effective Meridian Therapy." To learn more about the offerings, come by the Open House.

fiction writer Paul Sheldon retires each winter to the snow covered hills of Colorado to write another work featuring his beautiful heroine Misery.

Driving while inebriated in severe weather, his car goes off the road. He comes to a dilapidated farmhouse occupied by the schizophrenic Annie, his "Number One Fan." As she is badly injured, she insists she will nurse him back to health. Thus begins Paul's descent into a living hell.

Playing the unfortunate Paul Sheldon and the deeply disturbed Annie Wilkes are two of Nelson's finest actors Michael Pearce and Fran Patterson.

Many will remember Michael for his role as Shakespeare in "Willful Pursuits" and Fran for her brilliant one woman show "Shirley Valentine." Director Karen Agnew, who directed both Willful Pursuits and Shirley Valentine, and producer Kim Adamson are pulling out all the stops with "Misery," making it one of the best shock-horror comedie noire you'll ever sit on the edge of your seats through.

"Misery" opens Fri. Oct. 19 and runs Oct. 20, 24 -27 at the Capitol Theatre. Show time is 8:00 p.m. Tickets are \$13.75 with an opening night special 2 tickets for \$22.

Tickets are expected to go fast. To reserve your seats call the Capitol Theatre at 352-6363. It's for mature audiences.

"Misery" at the Capitol

Opens October 19th,
8 p.m.

Info: 352-6363

...get ready for the roller coaster ride of your life! Opening Friday Oct. 19, Three Hag Productions brings "Misery" to life at the Capitol Theatre.

"Misery" is a Stephen King horror novel. "Misery" is an award winning thriller of a movie and now "Misery" is a slick, heart pounding stage production.

King's "Misery," adapted for the stage by Simon Moore, is a tale of obsession and horror with brilliantly placed comic relief.

Best-selling romantic



Eric Eastman, head instructor of the Tai Chi Centre in Nelson, has been teaching for 26 years in the Nelson area. He's holding an open house on Friday and Saturday afternoons at the Kootenay Tai Chi Centre, 444 Baker Street.

Tai Chi Centre

OPEN HOUSE

Fri, Sept. 21, 2 - 6 pm
Sat, Sept. 22, noon - 4 pm

Meet the instructors and register for the fall programs:

- Tai Chi & Qigong
- Children's Kung Fu

444 Baker St., Nelson 352-3714

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SHOWTIME: FRI/SAT 7 PM & 8:45 PM
SUN - THURS: 7:30 PM

see reviews at www.kbs.fm

All ages SK8-Jam

Friday, September 21st - 7p.m.

Nelson & District Youth Centre

Do you dig hard, fast, live music? If your answer to this question is yes, you're going to love this show.

Three live bands will rock the skatepark armed with all-senses musical ammunition.

The lineup includes Nelson originals, DeamonSeed, a grinding melodic ensemble. Hidden Agenda from Castlegar, and Crystal Trigger are two of the finest punk bands around, and complete the lineup of performers. Bring your skateboards and your friends! It costs \$2 to take in the tunes, and \$4 to skate and rock.

Movement workshop

Friday, Sept. 28th - 7 - 9:30 p.m.

Saturday, Sept 29th - 11:30 a.m. - 4:30 p.m.

Sunday, Sept 30th - 11:30 a.m. - 2 p.m.

North Shore Hall

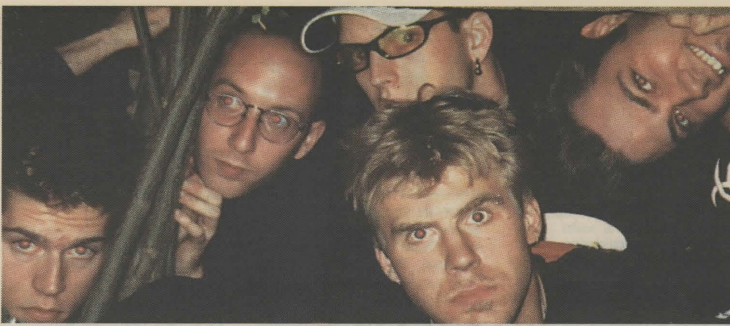
Info: 352-7869

Total Motion is sponsoring a Soul Motion Basics workshop with Vin Marti, designer of this innovative movement art form. Vin leads participants to the simple yet profound revelation that they are movement. He has a genuine respect for the individual journey within one's own body and his classes are characterized by a light touch.

This exciting and approachable movement practice is for all people; there is no age limit, body shape or condition required to participate. Through the use of playful and profound movement exercises, students will find themselves on an odyssey through the four stages of relationship: self, another, community, and the infinite presence.

"I do not consider what I do teaching people to dance," says Vin. "Rather, I design unscripted movement structures in which students are invited to play and listen while the dance emerges. When students are able to let go of their own expectations and definitions of success, they can witness the unfolding of their own innate dance."

Vin Marti has been teaching movement for over 25 years. He is the creator of the Soul Motion



Which way is sideways? It's a question you may ask yourself after listening to the thought-provokingly heavy sound of DaemonSeed, a bunch of red-eyed guys who play at the Nelson & District Youth Centre on Friday.

movement system. A former faculty member of Gabrielle Roth's Moving Center, he conducts workshops throughout the world and is co-director of Body Moves, an innovative movement arts studio in Portland, Oregon.

Participation in democracy

Andre Carrel, author of "Citizens' Hall: Making Local Democracy Work," will speak at the Nelson Municipal Library on Thursday, Sept. 27 at 7:15 p.m.

The presentation will focus on a statement in Carole Pateman's book, "Participation and Democratic Theory": If individuals are to exercise the maximum amount of control over their own lives and environment then authority structures in these areas must be so organized that they can participate in decision making.

Carrel has 30 years of experience as chief administrative officer in rural communities in the Northwest Territories, the Yukon, and British Columbia. He is a past president and life member of the Local Government Management Association of British Columbia. Through his company, Andre Carrel & Associates, a consulting firm dedicated to small community and democratic governance, he provides administration services to the villages of Montrose and Warfield.

Admission to the lecture is \$2.

Wilderness hiker to present slides

Pictures of conservationist's hike from Sawtooths to Selkirks

NELSON — Members of the press and the general public are invited to a slide show presentation on Friday, October 12.

Josh Burnim of Moscow, ID, a University of Montana graduate student and Idaho conservationist, will be presenting slides and speaking about the Sawtooths to Selkirks Hike, his 800-mile, five-month trek through Idaho, northwestern Montana and southern British Columbia, where he will finish at Kokanee Glacier in early October.

The purpose of his hike is to draw attention to issues affecting the fragmented wildlands of southern B.C., Idaho and western Montana and to promote wildlife connecting corridors in these wildlands.

The presentation will be

Lecture delayed

The Designing Community Lecture in Nelson planned for Saturday, September 15th, has been rescheduled and will be held Sept. 29.

Harold Kalke and Joost Bakker's lecture on "Planning for Dynamic Growth and a Waterfront Design Charrette" will be featured.

The evening gets underway at 7 p.m. at a location to be announced.

held in the meeting room of the Nelson Municipal Library, begins at 7:30 p.m. and is expected to last approximately one hour. Suggested donation is \$2-5.

For further information please call 352-6333 or send email to dthomas@netidea.com.

END THE SANCTIONS ON IRAQ CARAVAN

Presentation
Wed. Sept. 26 12 pm

Location:
Nelson United Church
 Josephine & Silica
 Lunch provided

Caravan to End Sanctions on Iraq 825-4034

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CALENDAR

Wed. Sept. 19

WEST KOOTENAY WOMEN'S ASSOCIATION Annual General Meeting, 7pm at Broader Horizons, 905 Gordon St., 352-9916.

WEST KOOTENAY LANDLORD SOCIETY Meeting, 7pm at Century 21 in Nelson. Info: Cattarina, 354-3912.

TODDLERS' PLAY GROUP: 10am-noon, Nelson Family Place, 503 Front St., 505-5392. Free. Everyone welcome.

KOOTENAY GALLERY Special General Meeting, 7:30pm, 120 Heritage Way, Castlegar.

WEST KOOTENAY WOMEN'S ASSOCIATION AGM: 7pm at Broader Horizons, 905 Gordon Rd. Guest speaker: Laura Carter.

NELSON FOOD COALITION ACTION GROUP meetings are 2nd Wednesday in the month, 1-3 pm at United Church.

LIFE AFTER BIRTH Dads' Group postponed until more interest expressed. Call Sherry at 352-2911 if interested in attending.

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

DROP-IN ECSTATIC DANCE with James: 11:30am-1pm, Aquatic Centre, \$8, everyone welcome, 352-7869.

HANDBELL CHOIR for kids & youth (ages 8+). Check out what it takes to ring in a bell choir. Learn basics & reading music. Weds, 3:15-4:15pm at Nelson United Church, Devon 352-2822.

OVEREATERS ANONYMOUS Winlaw meeting, 7pm. Call 226-7609 or 226-7710.

SOUND OF LIGHT group: releasing blocks through sound, listening & movement, 6:30-8:30pm. Call Maria, 352-7278.

DREAMING UP THE MOON Poetry Night, 7-9pm at Glacier Gourmet. Call DB 352-5337.

NIGHTS ALIVE! Special activities Wed/Fri at Nelson & District Youth Centre. Call 352-5656 for info.

NELSON WOMEN'S CENTRE free store. Open Tues to Fri, noon-4pm. Info, 352-9916.

TAI CHI & QI GONG CLASS, 7-8pm (Mon/Wed). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

YOGA CLASSES in Queen's Bay. Awaken body/mind/spirit. All welcome. 8-10am. Phone Carol Erickson, 229-4793.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

KOOTENAY LAKE CHORUS, Sweet Adelines practice 7pm, 5th & Elwyn, Joey, 352-3393; Dorothy, 352-7199.

KOOTENAY KILTIE PIPE BAND. 7-9pm Wednesdays. Nelson Legion. 825-9225 or 352-7110.

NARCOTICS ANONYMOUS. 7:30pm. 601 Front Street, Rear entrance, bsmt door. 352-7318.

NELSON SHOTOKAN KARATE CLUB. St. Joseph's School. Mon/Wed. 5:30-7:30pm. 352-7905.

BLUE GRASS SLOWPITCH JAM, every other Wed. at the 802 Baker St. Art Space. 7pm. Call Eva DeFoor 505-5233.

PLANNED PARENTHOOD CLINIC: 5:30-8pm. Contraception/STD/pregnancy, 333 Victoria St. 354-1322.

DANCE/MARTIAL ARTS/ YOGA & more- NIA Technique@ 7:15 @ Aquatic Centre-bare feet, Sheryl 352-9830.

Thurs. Sept. 20

MOMS' GROUP: "Sex After Birth," with Sherry Kelly, RN, Planned Parenthood educator, 1-3pm, Nelson Family Place, 503 Front St., 505-5392. Free including childcare.

HEARTBEATS & SONGSWEET Developmental Music Classes, 3 yr olds, 10-11am; 4 yr olds, 11am-noon; 5 yr olds, 1-2pm, United Church, Tena 359-5921.

BUSINESS PLAN WORKSHOP - Part 3: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

RESTORATIVE YOGA at Shanti Yoga Works, 10-11:30am. A gateway to deep relaxation. Info: Maureen Jansma 229-4661, Susan Morrison 229-5234.

MANTRA & MEDITATION: experiential journey into sound & silence. Everyone welcome! 7-8:30pm, Wellspring Common, 577 Baker St., 354-1998 (Monika).

OPEN STAGE at Glacier Gourmet, from 8-11pm.

MEDITATION: every Thursday 7-8pm at Kootenay Shambhala Meditation Centre, 444 Baker St., 352-1714.

ECKANKAR OPEN HOUSE: Every 2nd Thurs. at 12-1pm; every last Thurs. at 4-5pm, 2C-601 Front St., 352-1170.

ECU-MINSTRELS group for children 7-11. New members of any or no denomination are welcome. Songs, musical games, drama. Thurs, 3:15-4:15pm at Nelson United Church, Devon 352-2822.

HANDBELL CHOIR sings every Sunday. New members welcome, especially men. Practices: Thurs, 7-8:30pm at Nelson United Church, Devon 352-2822.

PARENT SUPPORT GROUP, 10-noon, 312 Silica. Daycare available. For more information call 825-9234.

PRENATAL AQUATIC YOGA CLASSES: Come nurture, relax, & prepare yourself for gentle birth, Tues 1:30-3pm & Thurs 11am-12:30pm, register 352-3280.

NELSON WOMEN'S CENTRE free store. Open Tues to Fri, noon-4pm. Info, 352-9916.

OPEN STAGE at Glacier Gourmet, 8-10pm.

SEX & LOVE ADDICTS Anonymous, Nelson meeting, every Thurs., 7:30pm. For information call 354-1789.

TAI CHI & QI GONG CLASS, 10-11am (Tues/Thurs). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

PUBLIC SITTING MEDITATION every Thursday 7-8pm at Kootenay Shambhala Meditation Centre, 444 Baker St. 352-1714.

Fri. Sept. 21

CELEBRATE FALL EQUINOX - Circle Dancing with Rose, 7-9pm at Scout Hall in Nelson, 352-2139. All welcome.

MUSIC FOR YOUNG CHILDREN starts today! Fun groups for ages 5-8. Keyboard, singing & more! 505-3345.

LIVE METAL with Deamonseed, Crystal Trigger, & Hidden Agenda at the Skate Park. Starts 7pm, \$2-\$4.

LIVE AT REDFISH GRILL: Charlie Higgins - Jazz, Swing & Bossa Nova, 9pm, no cover, 479 Baker St.

OPEN COMPUTER LAB (all day) at Community Futures. Call 352-1933 for information.

Fri. Sept. 21

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

LIVE JAZZ IN THE PLAYPEN at Glacier Gourmet, from 8-10:30pm, by donation.

NIGHTS ALIVE! Special activities Wed/Fri at Nelson & District Youth Centre. Call 352-5656 for info.

CRAFT DROP-IN: Fri. afternoons 12-4pm/Tues. 9:30am, at Maple Rose Store, 265 Baker St. Children welcome.

PRENATAL YOGA CLASSES: 11am-12pm, register 352-3280.

NELSON WOMEN'S CENTRE free store. Open Tues to Fri, noon-4pm. Info, 352-9916.

DO YOU HAVE A PROBLEM with food? Overeaters Anonymous, 1:00 pm, 817 Vernon St, 2nd floor. 226-7710.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

Sat. Sept. 22

GRAVITY BASH Grand Opening: New Walls, Free Climbing, Slide Show, Outdoor BBQ, Climbing Pass Sale, 5-9pm, 513 Victoria St., 352-6125.

B.C. FEDERATION OF WRITERS Conference at the Langham. Workshops, BBQ, Open mic. Open to all writers.

MT. SENTINEL SECONDARY SCHOOL Grand Opening, "Pride in Learning," 1-3pm. Contact Robyn Sheppard, 359-7219.

TREE OF LIFE Marketplace at Cottonwood Falls Park. Call 354-1458 for info.

TODDLERTIME for 2-3 yr olds at the Nelson Municipal Library, 10:30am. Preregister: 352-6333.

DROP-IN ECSTATIC DANCE with James: 3-5pm, Aquatic Centre, \$8, everyone welcome, 352-7869.

ECKANKAR OPEN HOUSE: every 3rd Saturday, 1-2pm, 2C-601 Front Street, Nelson. www.eckankar.org.

EASY LISTENING IN THE PLAYPEN at Glacier Gourmet.

Sun. Sept. 23

ALS SUPPORT GROUP Meeting, 2pm. For location & information, please call Bette-Lou Askew, 825-0020 or daskew@direct.ca.

MASK-MAKING FOR ADULTS with Karen Guilbault, 2-5pm; also Painting Techniques on mulberry paper. Info: 352-2588.

BASHFUL BALCONY BALLADEERS: Sundays, 6:30pm at Nelson United Church. Call Devon at 352-2822 to register.

KOKANE CREEK Visitor Centre open 9:30am-4:30pm today. Nature walk at 2pm. Closed for the season after today.

SUNDAY SCHOOL for all ages at Nelson United Church Assembly. Starts Sept. 23 & 30. Call 352-2822 to register.

"RISKY BUSINESS" plays jazz & blues classics at TNT Pizza in New Denver. 7-10pm.

WORDSHOP: A small feedback group for writers is schlepping along every other Sunday, 7pm, 1323 Stanley St. Call 352-5337.

JOSE ARGUELLAS ongoing video study at Wellspring Commons, 3-5:30pm, 577 Baker St. (upstairs). Everyone welcome. Donations accepted.

MEDITATION: most Sundays 9am-noon at Kootenay Shambhala Meditation Centre, 444 Baker St., 352-1714.

OPEN JAM AT THE QUEEN'S, 9-12:30pm.

REIKI MEETING every Sunday, 7-9pm. Call Marie, 352-7878.

GOSPEL ROCK MUSIC 10:30am, Central School gym. 352-7700. Kootenay Christian Fellowship.

Sun. Sept. 23

DROP-IN YOGA CLASSES 3253 South Stocan Village Road, above Wee Ones. 4:30pm. Everyone welcome. 226-7871.

JAZZ NIGHT AT THE RICEBOWL, 6-8pm, 354-4129.

UNITY CENTRE of the Kootenays 11:30am. Senior Citizens' Lounge 717 Vernon St. Info: 352-3715. Everyone welcome.

Mon. Sept. 24

SQUARE DANCE CLASSES: Stocan Park Hall, 7-9pm, 12 sessions, \$32/couple. Phone Bob, 352-0397.

NUC FORUM LECTURE: "The City: It Began As A Village," with E. Dupuis, 7:30pm, Nelson Library basement, 352-3144.

BELLYDANCE CLASSES at the Playspace, 7:15-8:45pm. Explore veils, sword balancing, choreography. Live musicians. Drop-in. Amanda, 354-3462.

QI GONG Healing classes & private sessions. Individualized movement for injury or illness. Call David 354-7234 for info.

"GIVE YOUR HEAD A SHAKE" - Creative Thinking for Entrepreneurs: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

YOUNG PARENT SUPPORT GROUP (free to age 29): Great snacks and childcare, Mondays, 3-5pm. Call 354-4676.

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

SHAMBHALA CENTRE OPEN HOUSE: Meditation instruction 7pm, meditation 7-8pm, talk 8-9pm, tea 9pm, 352-1714.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

DO YOU HAVE A PROBLEM WITH FOOD? Overeaters Anonymous, 6pm. Call Heather, 352-6813.

CADETS - Upstairs at the Nelson Legion. 7pm. For youths 12-18 yrs. 352-3128.

TAI CHI & QI GONG CLASS, 7-8pm (Mon/Wed). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

NELSON SHOTOKAN KARATE CLUB. St. Joseph's School. Mon/Wed. 5:30-7:30pm. 352-7905.

Tues. Sept. 25

SQUARE DANCE CLASSES: Nelson Central School, 7:30-9pm, 12 sessions, \$25/couple. Phone Bob, 352-0397.

NELSON & AREA HEALTH COUNCIL meets at 7pm at Broader Horizons, 905 Gordon Road. Everyone is welcome.

DR. KAY COSTLY-WHITE to speak at the AGM of the Nelson & District Hospice Society, 7pm, 503 Front St. Everyone welcome.

SELF-EMPLOYMENT & LOANS Program Orientation: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

KIDS' YOGA! at Shanti Yoga Works with Don Carmichael. Give your kids health & confidence, 352-7703.

CRAFT DROP-IN: Tues. 9:30am/Fri. afternoons 12-4pm, at Maple Rose Store, 265 Baker St. Children welcome.

PRENATAL AQUATIC YOGA CLASSES: Come nurture, relax, & prepare yourself for gentle birth, Tues 1:30-3pm & Thurs 11am-12:30pm, register 352-3280.

DROP-IN QI GONG CLASSES with Marianna Heringa, 5:30-7pm, \$10. Everyone welcome! Tai Chi Centre, 444 Baker, Nelson. 352-3714.

Tues. Sept. 25

CHILDREN'S KUNG FU CLASS, 3-4pm (Tues/Thurs). Confidence, focus, co-ordination. Tai Chi Centre, 444 Baker, Nelson. Phone 352-3714, 352-2468.

YOGA CLASSES. Relax & renew. Experienced students welcome. Nelson Rod & Gun Club. 5:30-7pm. Carol Erickson, 229-4793.

NELSON WOMEN'S CENTRE free store. Open Tues to Fri, noon-4pm. Info, 352-9916.

YOUTH Environmental Group meets every Tuesday, 1:30pm, Eccentre. Come on out!

OPEN ART NIGHTS at The Nelson and District Youth Centre at 7pm. Create anything with free art and craft supplies.

Wed. Sept. 26

TODDLER'S PLAY GROUP: 10am-noon, Nelson Family Place, 503 Front St., 505-5392. Free. Everyone welcome.

PRICING FOR PROFIT: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

OPEN COMPUTER LAB (6-9pm) at Community Futures. Call 352-1933 for information.

NELSON FOOD COALITION ACTION GROUP meetings are 2nd Wednesday in the month, 1-3 pm at United Church.

HANDBELL CHOIR for kids/ youth (ages 8+). Check out what it takes to ring in a bell choir. Learn basics & reading music. Weds, 3:15-4:15pm at Nelson United Church, Devon 352-2822.

LIFE AFTER BIRTH Dads' Group postponed until more interest expressed. Call Sherry at 352-2911 if interested in attending.

DROP-IN ECSTATIC DANCE with James: 11:30am-1pm, Aquatic Centre, \$8, everyone welcome, 352-7869.

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

SOUND OF LIGHT group: releasing blocks through sound, listening & movement, 6:30-8:30pm. Call Maria, 352-7278.

NELSON WOMEN'S CENTRE free store. Open Tues to Fri, noon-4pm. Info, 352-9916.

DREAMING UP THE MOON Poetry Night, 7-9pm at Glacier Gourmet. Call DB 352-5337.

NIGHTS ALIVE! Special activities Wed/Fri at Nelson & District Youth Centre. Call 352-5656 for info.

TAI CHI & QI GONG CLASS, 7-8pm (Mon/Wed). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

YOGA CLASSES in Queen's Bay. Awaken body/mind/spirit. All welcome. 8-10am. Phone Carol Erickson, 229-4793.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

KOOTENAY LAKE CHORUS, Sweet Adelines practice 7pm, 5th & Elwyn, Joey, 352-3393; Dorothy, 352-7199.

KOOTENAY KILTIE PIPE BAND. 7-9pm Wednesdays. Nelson Legion. 825-9225 or 352-7110.

NARCOTICS ANONYMOUS. 7:30pm. 601 Front Street, Rear entrance, bsmt door. 352-7318.

PLANNED PARENTHOOD CLINIC 5:30-8pm. Contraception/STD/pregnancy. 333 Victoria St. 354-1322.

NELSON SHOTOKAN KARATE CLUB. St. Joseph's School. Mon/Wed. 5-7pm. 352-7905.

BLUE GRASS SLOWPITCH JAM, every other Wed. at the 802 Baker St. Art Space, 7pm. Call Eva DeFoor 505-5233.

DANCE/MARTIAL ARTS/ YOGA & more- NIA Technique@ 7:15 @ Aquatic Centre-bare feet, Sheryl 352-9830.

Thurs. Sept. 27

MOMS' GROUP CIRCLE: Open discussion with Judith Fearing, RN, Life After Birth coordinator, 1-3pm, Nelson Family Place, 503 Front St., 505-5392. Free including childcare.

ANDRE CARREL, author: "Citizens Hall: Making Local Democracy Work," will give a talk at the Library, 7:15pm.

SALMO SELF-EMPLOYMENT ORIENTATION: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

OPEN BOOKKEEPING LAB (a.m.); Open Marketing Lab (p.m.) at Community Futures. Call 352-1933 for information.

PRE-SCHOOL STORYTIME for 3-5 year olds, 10:30am at Nelson Municipal Library. Pre-register 352-6333.

ECU-MINSTRELS group for children 7-11. New members of any or no denomination are welcome. Songs, musical games, drama. Thurs, 3:15-4:15pm at Nelson United Church, Devon 352-2822.

HANDBELL CHOIR sings every Sunday. New members welcome, especially men. Practices: Thurs, 7-8:30pm at Nelson United Church, Devon 352-2822.

MEDITATION: every Thursday 7-8pm at Kootenay Shambhala Meditation Centre, 444 Baker St., 352-1714.

PRENATAL AQUATIC YOGA CLASSES: Come nurture, relax, & prepare yourself for gentle birth, Tues 1:30-3pm & Thurs 11am-12:30pm, register 352-3280.

MANTRA & MEDITATION: experiential journey into sound & silence. Everyone welcome! 7-8:30pm, Wellspring Common, 577 Baker St., 354-1998 (Monika).

OPEN STAGE at Glacier Gourmet, from 8-11pm.

PARENT SUPPORT GROUP, 10-noon, 312 Silica. Daycare available. For more information call 825-9234.

SEX & LOVE ADDICTS Anonymous, Nelson meeting, every Thurs., 7:30pm. For information call 354-1789.

TAI CHI & QI GONG CLASS, 10-11am (Tues/Thurs). Relaxing, gentle exercise. Tai Chi Centre, 444 Baker, Nelson. 352-3714, 352-2468.

Fri. Sept. 28

POWER YOGA is dynamic, strength-building & mind clarifying. Gain confidence, self-empowerment, at Shanti Yoga Works, 352-7703.

NELSON REFLECTIONS Synchronized Swim Club invites you to join for fun, fitness and new skills. Registration: Viewing Room of Nelson Aquatic Centre, 4-6pm. For more info call Anne 352-2023 or Mary 352-9164.

MUSHANA MARIMBA with special guests Sydney Maratu & Chris Berry, at the Royal Hotel, \$5 cover. Info: Lillian 825-0023.

SOUL MOTION Ecstatic Dance Evening with Vin Marti from Portland, 7-9:30pm, cost \$25, phone 352-7869. Workshop continues Saturday & Sunday.

DESKTOP PUBLISHING with Microsoft Publisher: Entrepreneurial Support Workshop at Community Futures. Call 352-1933 for information.

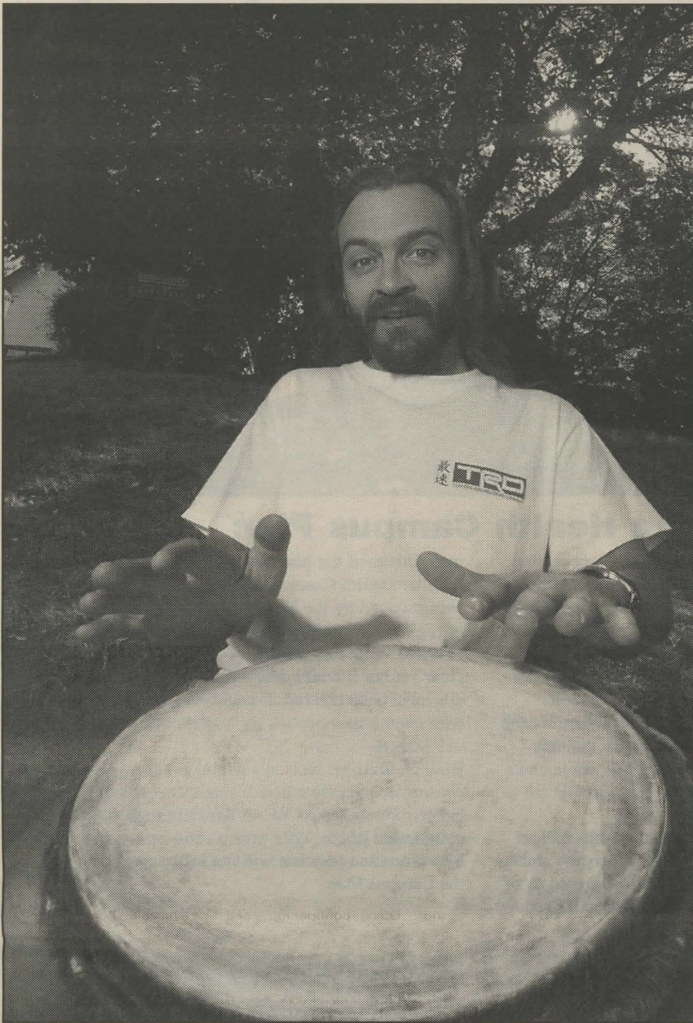
LIVE AT REDFISH GRILL: Glen Martin from the Toques, 9pm, no cover, 479 Baker St.

NIGHTS ALIVE! Special activities Wed/Fri at Nelson & District Youth Centre. Call 352-5656 for info.

AIKIDO, WAY OF HARMONY for body/mind/spirit. Ongoing classes: children, Wed/Fri, 5-6pm; adults, Mon/Wed/Fri, 6-7:30pm, at the Rod & Gun Club. Call 353-7482.

DO YOU HAVE A PROBLEM with food? Overeaters Anonymous. 1pm, 817 Vernon St, 2nd floor. 226-7710.

Calling all drummers!!



Nelson Becker photo

Nelson's Ben Karcz prepares for the "Guinness World Record Breaker" drum-fest happening in Vancouver on Saturday.

The Summit on Spirituality and Sustainability, currently on in Vancouver, offers a unique opportunity to be one of 2001 drummers co-creating a Guinness World Record breaker, while attending a celebration of those who are making a positive difference in our world.

Organizers of the "World's Largest All Nations Drum Circle" are calling on beginner, intermediate and advanced drummers to gather at the Plaza of Nations in Vancouver at 5:30 p.m. on September 22 to help break the Guinness World Record.

The Summit's purpose is to gather together grassroots and recognized leaders from all sectors of human endeavour into a unified, co-creative whole, while providing a meeting ground for people of good will to share a new vision of a balanced and sustainable future. The Summit will address spirituality as the real issue underlying sustainability and all of the economic and social challenges we face.

Drummers are asked to pre-register or obtain more information by contacting (604) 542-0724 or e-mail challamar@home.com.

Literary Launch

On Tuesday, Sept. 25, a year of writing will get a kick-start at Brent Kennedy school. The morning begins with a performance by storyteller Anne Glover, of Victoria. At 1 p.m. a celebration will be held in the gym when local author Ann Alma unveils her latest novel, "Summer of Changes." On Tuesday, all students will buddy up to begin this year's writing which will culminate, next spring, in a literary tea featuring their own published writing plus the launch of "Summer of Adventure," the second novel in Ann Alma's series. At day's end, an open house will be held for parents at the school from 6:30 to 7:30.

Contact Person: Lois Lawrence 226-7312 at home and 359-7292 at the school.

Shanti Yoga Works

shanti
yoga
works



New Fall schedule is out!

We are committed to your health.

Our new classes include:

- Somatic Yoga - reawakening the body's intelligence
 - Restorative Yoga - curative and healing
 - Kids Yoga - Playful fun yoga
 - Quantum Yoga with Alison Vanest
- Add these into our other wonderful classes and enjoy the results of Yoga.

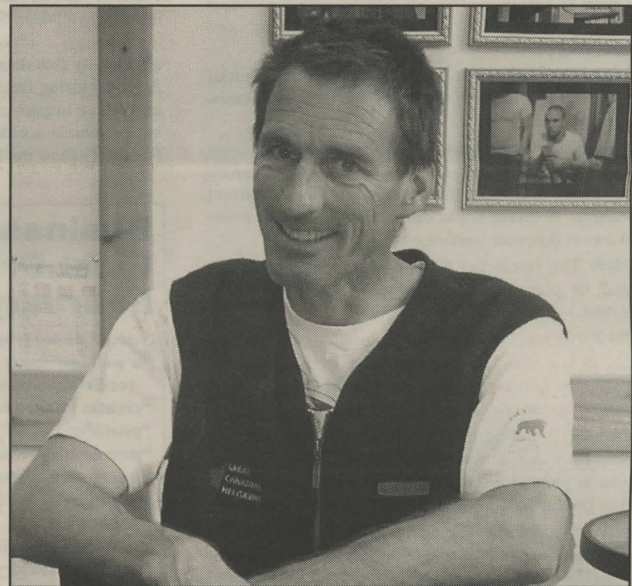


FREE ticket to your health. Use this ticket for your first Yoga class and discover the amazing health benefits of Yoga. Shanti Yoga Works!

expires Oct. 15/01

upstairs at 466 josephine & baker tel 352-7703

GOOD NEIGHBOUR OF THE WEEK



Jon Meyer

Age: 43

Middle Name: Erzinger

Lives in: North Shore

Born in: Montreal

Occupation: Owner of Oso Negro Coffee

Astrology sign: Broccoli

Favourite leisure activity: Being outside, backcountry hiking, backcountry skiing. Anywhere in the Kootenays - it's all great.

Favourite community group: All well-meaning and inclusive community groups fit our agenda. Whatever helps broaden the base. Ones that keep on giving. I wouldn't necessarily specify any. We try to support a fairly inclusive spectrum.

Words to Live By: Keep it simple

The EXPRESS is looking for your nominations for someone you think is a Good Neighbour. Please bring your nominations to the EXPRESS office attention Charles at: 554 Ward St., Nelson or email: express@expressnews.bc.ca or fax: 352-5075

Millennium Mural Campaign



Shop at Pharmasave and help leave a lasting tribute to the history & culture of our community. For every purchase of \$15 or more between Sept. 10 & Oct 15, 50¢ goes toward the Millennium Mural.

Everyone is invited to a presentation by:

Dr. Kay Costly-White
entitled: **Why Hospice?**

7:00 pm Tuesday, September 25, 2001
The Family Place 503 Front Street

Don't miss this exciting opportunity to hear Dr. Kay Costly-White and support Nelson and District Hospice Society.

followed by: The Annual General Meeting of The Nelson and District Hospice Society

For further info call Hospice at 352-2337

Hospice training begins September 24

To register please call Selkirk College 352-6601

Kootenay Lake Regional Hospital and the Health Campus Project

An EXPRESS Special Report on the Past and Present History of KLDH

In August 2000 an enthusiastic and unanimous crowd demonstrated solid public support for a plan to build new hospital facilities in Fairview. Today Nelson and area residents are in a state of anxiety about the fate of this plan. Looking beyond both the enthusiasm and the anxiety we find the facts.

Historical – past projects and future plans

Kootenay Lake District Hospital was opened in 1958. Mount St Francis was built in 1950 and was operated as a private long-term care hospital by the Sisters of St. Anne until management was handed over to the Nelson and Area Health Council in 1996.

1989 A proposal to renovate KLDH to modern standards was studied and planning funds were approved for a "redevelopment" estimated to cost \$4.5 million. The renovated building would be renamed Kootenay Lake Regional Hospital.

1991 Six engineering and architectural firms produced a Master Plan that called for upgrades to electrical, heat, air circulation, incineration and communication systems. It also pointed out that the structure did not meet minimal seismic standards.

1992 The cost to redevelop the old hospital was estimated at \$18 million. The Ministry of Health decided that replacement was in order and planning and fundraising proceeded.

1993 Studies were initiated on the role of hospitals in West Kootenays and about the distribution of beds. No actions followed.

1994 The Goldsworthy Report determined that Mount St Francis was "functionally obsolete." In many cases rooms were half the size required under current standards. A decision was made to replace it and a second report this year confirmed this choice.

1996 The re-elected NDP government gave a go-ahead to plan the new Kootenay Lake Regional Hospital.

1997 The NAHC decided to replace the two old hospitals with a combined facility. The Health Ministry outlined the necessary steps to move forward.

1999 The NAHC completed four of the required documents including the Community Needs Assessment and a new Master Plan. Soon after, the Ministry granted \$3 million to finance these studies and to produce a Business Case.

The West Kootenay Boundary Region hired KPMG Consultants to produce a Health Services Plan. It recommended that both Trail and Nelson have major acute care hospitals and that new construction projects proceed at each hospital in the region. The construction projects suggested for the other facilities have all moved forward, some to completion.

Feb. 2001 The Treasury Board received the NAHC Business Case and supported construction subject to support from the region and completion of a Project Management Plan.

March 2001 The West Kootenay Boundary Regional Hospital District voted to commit to finance 40% of the acute care hospital. The Provincial Government committed to fund 100% of the multi-level care facility replacing Mount St. Francis.

July 2001 The Federal Minister of Health suggested they would help finance the proposed Professional Centre portion of the Health Campus subject to Provincial support.

Aug. 2001 The new Liberal Government froze capital projects as part of their 'Core Review'.

Sept. 2001 The local MLA suggests that funds are not available to proceed with the health campus.



Obstacles to the Health Campus Plan

The plan has been proceeding on a course set out by the previous BC Government. The process included the articulation of a "business case" which needed BC Treasury Board approval before a "certificate of approval" could be issued and funds released. The business case was tabled in the legislature but the certificate was not issued by the time a new Liberal Government took over in May of this year. The Health Campus plan is one of the capital projects that has been frozen while this new government completes its 'core review'. Three other hospital plans in BC are affected by this delay.

A recent hiring freeze by the government has had an immediate impact on the local planning process since a motor vehicle accident this past spring deprived us of George Gillies, the NAHC Chief Executive Officer and

main driver of the planning processes. Smaller Health Councils like Castlegar and Nelson are being wooed by the Health Ministry to merge into larger regional councils with base populations of about 150,000. What this means for the Health Campus isn't clear yet but it could delay decisions until these councils have been created. It could also mean competing with even larger centres for a share of the health facilities budget.

Blair Suffredine, Nelson's MLA, is sitting on a special committee to review health care systems and governance models across BC. It does not report until after completion of the 'core review' and he has stated that his committee position will not influence a decision on the Campus Plan.

Business Case Facts – Final Draft Version February 2001

Select Quotes from the executive summary.

- "a wellness focus ... shifts emphasis from receiving care to individual wellness"
- "creates efficiencies and savings"
- "provides 'one-stop health services'"
- "new 60 bed acute care facility"
- "frustration is increasing (because) money is spent to keep a decrepit facility operating"

Notes:

- (1) The cost efficiencies would be due to combined food, laundry, administration and engineering systems.
- (2) The bed count is determined by the Province and is based on population projections. Only 52 of the beds would be used in 2006, the proposed year of completion.
- (3) To cost-cut and demonstrate that Nelson does not want to monopolize services the NAHC dropped the plan to develop a CAT scan facility.

The reasons for replacement of the acute care and long-term care facilities.

Appendix E of the Business Case tells the casual reader how many things KLRH needs, with costs running into the millions.

Some examples:

- "upper floor problems with emergency entrance, \$140,000"
- "electrical site services, transformers contain PCB's, \$400,000"
- "medical gases, upgrade to current standard, \$1,200,000"
- "fire protection, to meet current code, \$280,000 plus \$250,000."

Final Facts

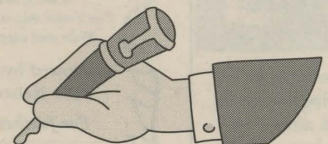
- The proposed schedule is Phase One (Mount St Francis) completion in 2003; Phase Two completion (acute care) in 2006. Maintenance & renovation budgets have been minimized due to a decade of expectations of a new hospital. Delays will accelerate deterioration of hospital systems.
- The health campus plan is designed to satisfy the same goals of efficiency and a focus on wellness identified by the current government.
- Our aging population is growing faster here than in other centres and justifies the need for increased capacities and hospitals that can maintain specialists. Integrated facilities and offices for health practitioners would improve access to all health care needs.
- On August 8 in this paper our MLA supported community meetings to demonstrate public opinion and to "help him reinforce his views with Ministers."

What Can I Do?

STATE THE FACTS.

Write letters, e-mail, make phone calls to the politicians.

All calls to the BC Government are toll-free at 1-800-663-7867.





Nelson Becker photo

Jaci Stewart kicks back at the Lakeside Soccer Fields. As one of the team members for the PRT soccer team, Jaci shows no lack of enthusiasm for the game.

Fetal Alcohol Awareness Day marked by moms

Fetal Alcohol Awareness Day was Sept. 9, and to mark the occasion, a number of young mothers took their strollers to the streets and local bars.

On Sept. 10, the mothers marched down Baker Street, placing posters in local taverns to spread awareness of the dangers of drinking while pregnant.

Fetal alcohol effects can occur after any amount of alcohol consumed at any time while pregnant.

Consumption of alcohol while pregnant is the leading cause of mental retardation.

Young women took part in the march from the Young Parent Program, for parents aged 13 to 25 who are returning to school, and from the Pregnancy Outreach Group, which is for anyone who is pregnant or parenting an infant.

"Several young girls in our program have had fetal alcohol affect themselves," says Shannon Anima, coordinator of the Young

Parent Program. "It can affect their ability to make thoughtful choices. Because the syndrome doesn't always show physical symptoms, these young women suffer from unrealistic expectations, and some never get the help they need."

Fetal Alcohol Syndrome affects brain development and causes facial malformation, behavioural problems, and learning disabilities.

It's incurable, and takes a heavy toll: half of its victims will go to jail or spend time in an institution, while 80 per cent will have problems with employment and 80 per cent will become abusers of drugs or alcohol.

Fetal Alcohol Syndrome can be prevented. For information on Fetal Alcohol Syndrome, call the Public Health Office at 352-6300. For information on the Pregnancy Outreach Program, call 505-5392, or call 354-4676 to reach the Young Parent Program.

Freedom to change

Freedom to Change is a support group for women, focusing on assertiveness and self-esteem. Participants will learn tools to help heal from co-dependency patterns, and will learn to build support systems and practice healthy self care. The ten-week group is offered through Nelson Community Services Centre and the Advocacy Centre and uses many different ideas and practices to help women learn about themselves and the choices they make, and how to ensure that those choices are healthy ones. For more information call Candace at 352-3504.

If you want to drink, that's your business. If you want to stop, that's ours.
Alcoholics Anonymous
352-3391
Meetings every day of the week!

PARK
DOWNTOWN NELSON
NEXT DOOR TO HERITAGE INN
DAILY - HOURLY - MONTHLY RATES
NELSON PARKADE 354-8834

The Corporation of the Village of Slocan NOTICE OF TAX SALE

The following property will be offered for sale at a TAX SALE to be held in the Village Office in the Village of Slocan on Monday, September 24, 2001 at 10:00 am, subject to prior payment of delinquent taxes.

ROLL NO.	LEGAL DESCRIPTION	STREET ADDRESS
056.000	Lots 1-2, Block 7, D.L. 292, Plan 496, K.L.D.	807 Delany Avenue
094.000	Lots 11-12, Block 12, D.L. 292, Plan 496, K.L.D.	517 Arthur Street
165.000	Lots 19-20, Block 23, D.L. 292, Plan 496, K.L.D.	701 Harold Street
194.330	Lots 13, Block 28, D.L. 292, Plan 496, K.L.D.	Nelson Street
194.360	Lots 14, Block 28, D.L. 292, Plan 496, K.L.D.	Nelson Street
194.420	Lots 16, Block 28, D.L. 292, Plan 496, K.L.D.	Nelson Street
217.550	Lots 4-5, Block 42, D.L. 292, Plan 496, K.L.D.	1010 Nelson Street
217.575	Lots 6, Block 42, D.L. 292, Plan 496, K.L.D.	Nelson Street
224.525	Lots 8-10, Block 47, D.L. 292, Plan 496, K.L.D.	1118 Harold Street
230.900	Lots 4-6, Block 50, D.L. 292, Plan 496, K.L.D.	1109 Main Street

Conditions of sale - by cash or certified cheque only on the day and time of Tax Sale. Purchases will also be subject to B.C. Property Purchase Tax based on fair market value. For further information, please contact the Collector, Village of Slocan, 355-2277.

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THE CORPORATION OF THE CITY OF NELSON
REQUEST FOR PROPOSAL
CITY PARKADE OPERATION CONTRACT

The Corporation of the City of Nelson invites innovative proposals from interested individuals or companies to undertake the operation and daily maintenance of the City Parkade located at 406 Vernon Street.

The nature of this contract is to provide the successful contractor with all the revenues received from Parkade Patrons in return for the Contractor assuming responsibility for all costs associated with the operation and maintenance of the Parkade Facility and paying the City of Nelson a fixed monthly fee. Applicants must be bondable.

Proposals must be submitted on the City of Nelson parkade Proposal Form which is available from the City Works Complex, 80 Lakeside Drive, Nelson BC. Additional information pertaining to this Request for Proposal will be included with the Proposal Form Documents.

Completed proposals must be submitted in a sealed envelope no later than 10:30 am September 26, 2001 and addressed to:

The Corporation of the City of Nelson
502 Vernon Street, Nelson BC V1L 4E8

Attention: Manager, Facilities, Projects and Purchasing

THE CORPORATION OF THE CITY OF NELSON
REQUEST FOR QUOTATION 2001 - 11
INTERIOR PAINTING TENTH STREET CAMPUS
ST. MARTINS RESIDENCE

The City of Nelson invites proposals from qualified painting contractors for the supply and application of paint to the interior of St. Martins Residence at the Tenth Street Campus.

The work consists of painting the walls, ceilings, doors and window frames and partitions to 40, 11' x 16' rooms, 3 suites, 5 bathrooms, 3 laundry rooms, 3 corridors and 2 stairwells. Chipped areas to be filled and primed. Any mildew areas to be bleach washed and sealed.

Painting to include two coats of high performance latex semi gloss, one solid colour to rooms, one solid colour to hallways, and one solid colour to trim.

Proposals must be submitted on the City of Nelson St. Martins Painting Form, which is available from the City Works Complex, 80 Lakeside Drive, Nelson BC. Additional information pertaining to this Request for Quotation will be included with the Proposal Documents.

Completed proposals must be submitted in a sealed envelope no later than 10:30 am September 26, 2001 and addressed to:

The Corporation of the City of Nelson
502 Vernon Street, Nelson BC V1L 4E8

Attention: Manager, Facilities, Projects and Purchasing

Food for Thought
by Helen Lutz

Breastfeeding Moms to Set New World Record

World Breastfeeding Week is October 1-7, 2001. As part of the celebrations, breastfeeding moms in communities throughout BC are planning an event which will put them in a new category in the Guinness Book - the most women simultaneously breastfeeding their babies in the province of BC.

Moms in and around Nelson are currently planning their world record event. It will occur at 11:00 Am on Saturday, October 6, 2001 at the new "Family Place" located at 503 Front Street (next to the Advocacy Centre) in Nelson. If you're interested in joining in on the fun and celebrations and become a world record holder, then join us on that day.

Breastfeeding Week is an annual event in Canada held the first week of October. It is an opportunity to share information about the numerous benefits to mother, babe and the environment of breastfeeding and rally community support for the womanly art. If you would like more information on breastfeeding, or want to join in on the Breastfeeding Week celebrations, please call Helen at 354-6305 or Judith at Life After Birth at 505-5392.

Helen Lutz is a Community Nutritionist with Kootenay Boundary Community Health Services Society, based in Nelson at 354-6305. For long distance, leave a message at 1-877-221-3388 and Helen will return your call.

POULIN AGENCIES LTD. INSURANCE
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Art

NEW PAINTINGS by Karla Pearce now showing at the Nelson Municipal Library.

"DANGEROUS LIAISONS," a play in two acts, Sept. 20-23, 27-30. Tix \$6-\$9 @ door, 8pm, Play-space Studio, a Cedar Street Production.

E.S. CURTIS PHOTOGRAVURES Large selection of native images. Small & large sizes available, \$60-\$400, Allana 505-8424.

FREE CLASSIFIEDS FIRST 15 WORDS

Automotive

FOUR GOODYEAR Wrangler tires, P265/70R17, good condition, (250) 354-4312, eves 7-9pm.

FOUR 33-12.50 TSL Super Swampers, asking \$950 obo, 352-6840.

REECE HIDDEN HITCH for 91-99 Explorer, 91-94 Mazda Navaho, new, \$75, 226-7162.

1977 CT 70 TRAIL BIKE for parts, 825-4307.

1980 HONDA CIVIC, 103,000 km, no rust, runs great, \$950; 2001 Brodie Hardtail, ridden 5 hrs, \$1000; both \$1600, 505-5332.

1982 3/4 CHEV PICK-UP, \$1500 obo, 354-4127.

1983 CHEVY S10 BLAZER, new brakes, u-joints, rebuilt engine, great off/on road, extra rims, \$1500, 352-7698.

ESTATE SALE: 1983 Ranger, certified, 2wd camper special, boxliner, running boards, minor rust, winters, \$2485, 352-2493.

1985 JEEP WAGONEER Limited, 6 cylinder, auto, loaded, runs great, sell for parts, \$700, 354-3357.

1985 FORD TEMPO, excellent condition, good all-season tires, no rust, \$1000, leave message 364-8677.

1987 TOYOTA TERCEL, 2WD, needs carb, some engine work, \$500 obo, 352-0109.

1988 ISUZU TROOPER 4x4, \$2500 obo, 354-1572.

1990 TOYOTA COROLLA AWD Wagon, dealer maintained, new winter tires, \$9000, 352-2468.

Business Opportunities

INTERNATIONAL COMPANY EXPANDING. Put your computer to work. \$25-\$75/hr P.T., \$75+/hr F.T., 1-800-526-6789, dailycash online.com.

A REAL HOME BUSINESS, with real products, real people, AND real expectations: <http://www.have moreincome.com/owner/jshaw>.

Children

BEFORE SCHOOL CARE needed for 1 child, Uphill area, references required, leave message, 352-1621.

WALDORF MUM: Daycare - Full-time. Organic fruit, filtered water, crafts, outings, four children total, 354-6120.

Christmas Fairs

BALFOUR HALL'S 8th Annual Two Christmas Fairs, Nov. 17, also Nov. 24. Table bookings, 229-5265.

Education

CERTIFIED, EXPERIENCED English teacher available for tutoring, reading, writing, grammar & communication skills, all levels & ESL, references, reasonable rates, Bobbie 352-3337.

Education

THE FREE RADICAL Health Centre: 7pm Tuesdays, Baker St. Subway: "A Self-Education Approach to Health," 505-LIVE.

Employment Wanted

WRITING SPECIALIST will help you with proofreading, editing, essays, school assignments, ads, letters, gift memoirs/biographies, etc., Bobbie 352-3337.

Entertainment

COMPUTER GAMES! Black'n White, Diablo 2, Tribes 2, Need for Speed 3, \$50 each, 226-7791.

Events

SOUL MOTION Ecstatic Dance Workshop: Northshore Hall, Nelson, Friday, Sept. 28 7-9:30 pm, cost \$25. Workshop continues at 570 Johnstone Rd. Sat. 11:30am-4:30pm, Sun. 11:30am-2pm, phone 352-7869.

HARROP HALL Flea/Farmers' Market, Sept. 29, 9am-1:30pm. Early Christmas Craft Faire: Oct. 27. Tables: 229-4348.

FREE CLASSIFIEDS FIRST 15 WORDS

Farm Produce

OUR CHICKENS DON'T USE DRUGS! The best free-range, chemical-free meat chickens. Nutritious & delicious. We deliver. Heart's Heritage Farm, 250-545-4771.

Furniture

WOOD DRESSER \$40; antique trunk \$25; antique wool full-size carpet \$100; director's chairs \$10-\$15; more funky furniture, easy prices, 354-1784.

ESTATE ITEMS: Newer furniture, computer desk w/matching bookcase & entertainment centre, misc. household goods, books! 354-2093.

OCTAGON wood/glass table with four chairs, \$125 obo, 354-4283.

Garage Sales

SEPT. 22, 9am-4pm, 2996 Kirby Road, Slocan Park. Bee equipment, apartment dryer, motorcycle, misc. items.

Health & Fitness

REIKI (raykei) SESSIONS for spiritual healing or just plain relaxation! First session free. Call the Reiki-Man, 354-1386; www.geocities.com/nelson_reiki_man/.

NELSON REFLECTIONS Synchronized Swim Club invites you to join for fun, fitness and new skills. Registration: Friday, Sept. 28, 4-6pm in viewing room of Nelson Aquatic Centre. For more info call Anne at 352-2023 or Mary 352-9164.

DISCOVER THE BENEFITS of therapeutic essential oils, holistic, unaltered. Jeanne Shaw, Certified Aromatherapy Educator, 250-226-7750.

ARE YOU SUFFERING from Chronic Pain? Exhaustion? Depression? or Auto Immune Disease? Try complementary medicine. There are answers. Yang Sheng Health Centre 250-352-0459.

Help Wanted

COMFORT & JOY has an opening for a part-time employee. Solid retail, mothering, and breastfeeding experience required. Drop by your resume. Comfort & Joy, 509 Baker St.

FREE CLASSIFIEDS

Deadline: Thursday noon!

"Reader ads only"

(Not applicable for businesses or associations)

First 15 words are FREE, each additional word 25¢.

Free classifieds not taken by phone.

MUST be submitted in person, mail, e-mail or fax.

Ads accepted for buying, selling, giving, renting, lost & found, etc.

All ads must have a phone number. One ad per phone number per week.

Print your word ad clearly.

Please include: category, your name, phone # & address.

Payment can be made with Visa, Mastercard, money order, cheque or cash. Please do not send cash through the mail.

FORWARD YOUR AD TO:

554 Ward St., Nelson, BC V1L 1A9

Fax: 250-352-5075 Phone: 250-354-3910

express@expressnews.bc.ca

BUSINESS AND ASSOCIATION CLASSIFIEDS
 \$5 for the first 15 words, 25¢ each additional word + GST
 Bold or italic are 50¢ more per word
 We accept business and association classified ads by mail, email, phone or in person.

CLASSIFIED OF THE WEEK
Pets & Livestock
 WANTED: Two female baby rats from the same litter. Also, a large rat cage, 352-0109.
 Each issue we pick the most interesting classified ad of the week. Could yours be next?

Help Wanted

READY FOR A CHANGE? Wanted for makeover fundraiser, Oct. 12: a male with medium to long hair. All services are free. Call Cheryl, 352-9283.

Home & Garden

SIXTY INCH 3-point tiller, pull hay rake, Allis Chalmers 6-foot knife mower, 359-7443.

House-sitting

HOUSE-SITTING OPPORTUNITY SOUGHT by responsible male. Will tend garden and care for cats. 229-5611.

FREE CLASSIFIEDS FIRST 15 WORDS

Instruments

SAX, BUNDY ALTO, \$350; P.A. Gamet 4-channel, 100 watt, \$250; banjo, 4-string, \$150, 505-3412.

YAMAHA ALTO SAX, excellent condition, asking \$1250. Call Frank, 352-7241 or 825-4655.

WANTED: TENOR SAX. 352-6799.

THOMPSON GUITARS: New & used, parts & accessories, custom work & repairs since 1972. 359-7724.

Lost & Found

LOST: Dog leash, black, retractable, 20' dog lead, probably near Prestige Inn, thanx, 825-4260.

Lost & Found

FOUND: Silver watch at Kokanee Park Beach group site, 825-9372.

FREE CLASSIFIEDS FIRST 15 WORDS

Misc. For Sale

NINE-DRAWER, big mirror dresser; twin bed; electrolux vacuum; Jeep mud flaps; trailer tow mirrors, 352-2961.

MOVING SALE: couch/love seat \$50; 7-pc. dining room suite \$250; misc. furniture, desk, 352-3586.

ADAMS EXPEDITION baby jogger stroller \$150; Norco bike trailer \$100; Fisher Price car seat (20-40 lbs) \$65 (\$150 new), 352-9397.

4 BRAND NEW bi-fold doors \$35 each; recliner chair \$85; dining room chairs; white student's desk; pine dresser; rooftop carrier, 825-0046.

18 FT. OF 80 INCH cream linen drapes, with separate valances, \$150; Sears Kenmore dryer, \$150, 354-4801.

TWIN BEDS, chiropractic, brass headboards, \$350, includes boxspring mattress; home gym, "Weider," \$450, 352-6899.

LARGE WOOD STOVE \$350; size 8 1/2, Scarpa & Asolo telemark boots; Atomic teleskis, 352-9697.

Misc. For Sale

ALUMINUM STORM DOOR, fits opening 36"x80", \$15; winter tires 175/70R14, used one season, \$65/pr., 352-3358.

FREE-STANDING FIREPLACE, propane/natural gas, zero clearance, pedestal, blower, \$600, 359-8118 (after 6pm).

LARGE METAL TRUNK, phone after 6pm, 352-7429.

1995 WINDOWS COMPUTER, complete, \$225, 825-2210 (evenings).

TELESCOPE: Omcon 4 1/2" reflector scope, great for stargazing, \$500; also large dog cage \$50, 357-2712.

GRANDMOTHER CLOCK, 30 years old, 6' high, \$1500 obo; single bed, extra long, \$100, 354-1386.

COMPLETE HOCKEY GEAR for 11-14 year old; one pair tap shoes for 8-9 year old. All excellent condition, 354-4342.

PAINTBALL EQUIPMENT, brand new, miscellaneous "Smart Part," anodized, top quality, wholesale prices, 354-2093.

ANTIQUE ARM CHAIR, basketball hoop stand, bedroom chair & kitchen chair, 3-gallon crock, mix-master bowls, 352-3452.

TABLE & CHAIRS \$25: love seat \$50; girls' clothing, 12-24 months, \$150 or best offer, 825-9363.

Misc. For Sale

BREADMAKER \$60; dishwasher \$200; washing machine \$300; dryer \$25, 352-5172.

NEW COLEMAN thermo-electric cooler-warmer \$75; and Bissell spot lifter \$50, 250-355-2379.

BALLET SLIPPERS: Bloch leather split soles, size 4 1/2 (regular 7 1/2), worn twice, \$30 obo, 226-7375.

CELL PHONE, 2 batteries, twin speed charger & belt holder, almost new, 352-6755.

2000 BRODIE ALPHA mtn. bike, front suspension, excellent condition, \$500 obo, 505-5137.


CHEST FREEZER, 18 cu.ft., \$90; older working gas furnace \$50; lots of furnace venting \$25, 352-1101.

'66 CHEV IMPALA motor, 10,000 miles, \$300; ping-pong table \$50; 85 gal. water tank \$40; 8-235/85/R16 used tires, \$5, 352-3441.

KEYBOARD, 37 keys, \$50; New Ride snowboard \$400; new diamond rings, white gold, appraised at \$1600, 359-8089.

TWIN BEDS, pillow top, 1 year, brass headboards, 700/lot; Universal gym, 1 year, "Weider," \$450, 352-6899.

TWO NORCO Mountaineer bikes for 8 and 10 year olds. Wanted: snowboard & boots, tap shoes, size 5, 352-9847.



1993 FORD AEROSTAR
 All Wheel Drive.
 Eddie Bauer Edition.
 1 owner, 122,000 kms.
 \$11,900

Nelson Toyota
 We Care.
 42 Ymir Road, Nelson
352-2235

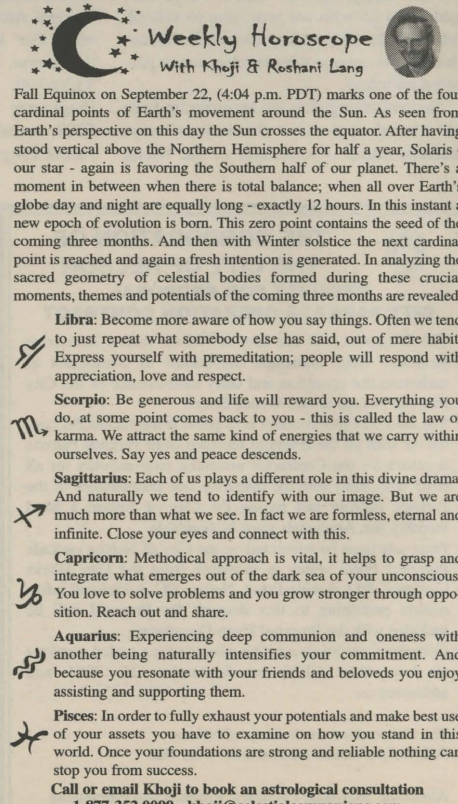
DALE'S PICK OF THE WEEK



1985 CUTLASS CIERA LS
 4 cyl. auto, 4 door, tilt, cruise, stereo, sunroof.
 Only 125,000 km.
 Very clean. \$2,650

HERITAGE CITY AUTO SALES
 3218 Ymir Rd., Nelson
352-1769
 DL110272

Weekly Horoscope
 With Khoji & Roshani Lang



Fall Equinox on September 22, (4:04 p.m. PDT) marks one of the four cardinal points of Earth's movement around the Sun. As seen from Earth's perspective on this day the Sun crosses the equator. After having stood vertical above the Northern Hemisphere for half a year, Solaris - our star - again is favoring the Southern half of our planet. There's a moment in between when there is total balance; when all over Earth's globe day and night are equally long - exactly 12 hours. In this instant a new epoch of evolution is born. This zero point contains the seed of the coming three months. And then with Winter solstice the next cardinal point is reached and again a fresh intention is generated. In analyzing the sacred geometry of celestial bodies formed during these crucial moments, themes and potentials of the coming three months are revealed.

Libra: Become more aware of how you say things. Often we tend to just repeat what somebody else has said, out of mere habit. Express yourself with premeditation; people will respond with appreciation, love and respect.

Scorpio: Be generous and life will reward you. Everything you do, at some point comes back to you - this is called the law of karma. We attract the same kind of energies that we carry within ourselves. Say yes and peace descends.

Sagittarius: Each of us plays a different role in this divine drama. And naturally we tend to identify with our image. But we are much more than what we see. In fact we are formless, eternal and infinite. Close your eyes and connect with this.

Capricorn: Methodical approach is vital, it helps to grasp and integrate what emerges out of the dark sea of your unconscious. You love to solve problems and you grow stronger through opposition. Reach out and share.

Aquarius: Experiencing deep communion and oneness with another being naturally intensifies your commitment. And because you resonate with your friends and beloveds you enjoy assisting and supporting them.

Pisces: In order to fully exhaust your potentials and make best use of your assets you have to examine on how you stand in this world. Once your foundations are strong and reliable nothing can stop you from success.

Call or email Khoji to book an astrological consultation
 1-877-352-0099 - khoji@celestialcompanions.com

Misc. For Sale

MOVING SALE: two love seats, great condition, reversible cushions, \$200 each, 352-6771.

WOOD BURNING heating stove, large capacity, \$250 obo, (250) 359-7978.

RALEIGH ROAD BIKE, light-weight 12-speed with touring bags, \$400. Wanted: Good 4-barrel carburetor, 229-4238.

YELLOW BIKE for 7-yr-old \$80; white bike for 10-yr-old \$50; queen interior sprung mattress, \$70 obo; queen futon mattress, \$35 obo, 352-3691.

LAUNDRY SCRUB BOARD, cow bell, hand machine wool carder, 3/4 steel bed coil spring, ladies/children's bikes, standard 5 & 3 gal. crock, 399-4410.

FIBREGLASS CANOPY fits 1983 Ford Ranger LongBox, 4x4 Ranger parts, 1970 Bronco parts, 352-2051.

BLACK & DECKER electric weed trimmer \$20; Evenflow car seat \$25 obo, 505-5416.

TABLE & CHAIRS \$25, love seat \$50, girls' clothing, 12-24 months, \$150 or best offer, 825-9363.

Misc. Wanted

SEEKING USED B&W photographic developing studio supplies, materials & equipment. Please contact Patricia, 825-9607.

NORDIC & DOWNHILL ski equipment for 3-year-old; boy's size 12 boots, 352-9397.

GARDEN SQUASH; large lime spreader. For sale: wool rug, 7x12; 100 lb propane tank, 355-2269.

CAST IRON weight plates and gym equipment, 229-4934.

FIREWOOD (split & delivered) to Bonnington, 359-8088.

FOUR 14" 4-HOLE steel rims to fit a '97 Honda Civic, and 2 fork mount bike carriers with long tray, 825-9207.

MINI DISC PLAYER, phone Bob, 352-6317.

SECOND-HAND WINE equipment: carboys, wine-filter, clear glass wine bottles in good, clean condition, 226-7918.

FREE CLASSIFIEDS
FIRST 15 WORDS

Music & Dance

PILATES, AUTHENTIC MOVEMENT®, Improvisation, Modern Mask and Movement for Boys, beginning September/October with Lynn Frederick, 352-1964.

AFRO-FUSION Dance Classes, Sat. Oct. 6 - Nov. 24, 10am-noon, \$100. Learn traditional and original dances. Call Tamazine 352-5582.

DJ SERVICES available for your wedding or special event. Wide range of music. Will travel. Call Lisa, 226-7927, e-mail stomp@netidea.com.

PIANO / KEYBOARD / JAZZ THEORY LESSONS: All Styles, "Born Again" Players Welcome. Qualified, Experienced Teacher. Diane Taylor, 352-6597.

FREE CLASSIFIEDS
FIRST 15 WORDS

Notices

REGISTRATION FOR BEAVERS, Cubs and Scouts will be held at West Kootenay Power Hall, South Slocan, on Monday, Sept. 24, 6-7 pm. Contact Don Courson, 359-6673, Lisa Engdahi 226-7659.

Party Rentals

BIG EVENT TENT RENTALS: Special event tents for any occasion. 1-800-603-9833 or 226-6866, e-mail bigevent@direct.ca.

Pets & Livestock

FIVE VERY CUTE fluffy kittens, ready mid-Sept., eating & litter trained, good homes only, 359-8108 (please leave msg).

FREE TO GOOD HOMES: spayed dalmation, 5 years old, and a young neutered cat, 226-7060.

WANTED: Two female baby rats from the same litter. Also, a large rat cage, 352-0109.

HOMES4ANIMALS.COM: Looking for a new or lost pet? Visit this up-to-date free Web site or call 352-1232.

Psychologist

HYPNOSIS, ENERGY WORK, Therapy, Quit Smoking, Learn to Relax, Laugh. Joy Green, Registered Psychologist, 352-9927.

Real Estate

OWN A HOME for only \$9000 down and \$500 monthly. 2-3 bedrooms, fireplace, workshop/garage, dock, 229-4576.

BLEWETT MOUNTAINVIEW sanctuary: private 5 acres + nice mobile set-up. New: addition, snowroof, carport, deck, well, storage, 352-3979.

DOWNTOWN NELSON: 2-3 bedroom heritage home with rental suite that pays 1/3 of mortgage. Beautiful view of lake & mountains. Significant renovations & upgrades in last 4 years. Appraised at \$180,000. Moving, must sell. Phone 352-9723.

FREE CLASSIFIEDS
FIRST 15 WORDS

Recreation Vehicles

8 FT. CAMPER FOR SALE, propane fridge, stove & furnace work wonderfully, nice upholstery, \$1200 obo, 352-2397.

Rentals

APARTMENT: Downtown heritage building, clawfoot tub, cozy, grass lawn. Also commercial space & storage. Call 352-1785.

ONE BEDROOM APT. available Oct. 1, \$550/month plus hydro, includes heat/water, N/S, N/P, 359-8193.

YMIR CABIN #325; 1-bdrm suite \$450, W/D, N/S, quiet, riverside, 1/2 hr to Nelson, 357-2307 or 352-6416.

Rentals

ONE BEDROOM with private bath in large, clean, quiet heritage house, 352-1693.

3-BEDROOM TRAILER at 6-mile, N/S, N/P, \$600/month, available Oct. 1, call collect 399-4523.

5-MILE: 1500 sq.ft. beautifully furnished heritage guest house, 3-bdrm, 2-bath, gas fireplace, stained glass, wood floors. Gorgeous retreat-type setting. For very quiet, employed couple or single person. Available Sept. 1-May 1, \$900/month + utilities, N/S, N/P, 825-0062.

550 SQ.FT. CABIN, wood heat, phone, N/S, no pets, 4WD access only, 3 km from Nelson, \$475 incl. utilities, available Oct. 15, Yogita 352-3379.

Rentals - Office/Workshop

SHARED OFFICE SPACE for rent: ideal for counsellors, \$117/month, downtown Nelson, 352-5293 or 355-2206.

Rentals Wanted

SEPT. 15-OCT. 1: Bright, homey, 1-bdrm. for mature woman, excellent references, N/S, 352-3624 (leave msg, eyes only).

SF, 41, SEEKS CABIN w/view, garden, public transport, max \$400/mo. incl. util. Thank you, 226-7948.

Shared Accommodation

HOUSE-MATE WANTED in shared Nelson house, Oct. 1, \$350/mo., healing oriented, non-smoking, Jhana, 354-1858.

ROOM FOR RENT, two blocks from Selkirk Campus, \$300 per month, 352-2263.

APARTMENT TO SHARE: clean, laundry, fireplace, etc., \$342.50/month, 4-mile (7 mins. to town), 505-3360.

BEAUTIFUL LOCATION, Johnstone Road, \$350 plus some utilities, 352-0667.

ROOM IN A QUIET, family house, hospital area, for student or working person, \$325/mo. utilities included, 352-0408.

CLEAN, ATTRACTIVE ROOM: Rosemont near Selkirk, \$350 incl. phone, utilities, laundry, ideal for student, 352-3210 (eves) or leave msg.

FREE CLASSIFIEDS
FIRST 15 WORDS

Sports Equipment

SPORTS SWAP every day at Boomtown. Affordable bike repairs. Liquidating backpacks, tents, bikes. 402 Baker St., 505-5055.

GEAR ON SALE at Wildways. Dry tops, Aquabound paddles, and all footwear 25% off. Clothes 30% off. All kayaks on sale, as low as \$500! (250) 359-8181.

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\$309 for 25 words
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CONTRACTS NOW AVAILABLE for the 2002 season to grow Echinacea. Guaranteed prices. For more info call Get Real Natural Home & Body Products, 780-499-7111 or 780-997-4376.

TIA WEAR FRANCHISE opportunity. Home based, nylon webbing product line, training provided. Excellent profit margin, wholesale market. Send address for information package. Fax 1-604-898-1283. tia@look.ca

GREAT CANADIAN Dollar Store franchise opportunities. Investment based on store size. Member of CFA, RCC and IFA. #302 - 31 Bastion Square, Victoria, BC, V8W 1J1. Fax 250-388-9763. Website: www.dollar-stores.com.

CAREER OPPORTUNITY

RESTAURANT FOR LEASE at busy truck stop in Fort Nelson B.C. Must be an experienced operator. For more info call Emil @ (250) 774-7270.

FREE 128 page "Career Opportunities" Guide shows you how to train at home for top paying jobs. Earn More. Call Granton Institute today at 1-800-361-1971 for your free guide.

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BE AN INTERIOR DECORATOR with our unique home-study course. Call for your Free brochure. 1-800-267-1829. Sheffield School of Interior Design, 1304 - 38 McArthur Ave., Ottawa, ON K1L 6R2.

EDUCATION

JOB WITH ADVENTURE! If you are ready for a great job with challenge and excitement - applications are now being accepted for training with job placement assistance. Visit us on the web or call toll-free today. www.tourism-college.com, 1-800-668-9301 Canadian Tourism College.

EMPLOYMENT OPPORTUNITIES

SUNSHINE VILLAGE SKI Resort, Banff, requires enthusiastic, well-presented, reliable customer service staff for all positions. Reply: online application form www.skibanff.com or fax 403-762-8513. Email: sunshine@skibanff.com. Phone 403-762-8546.

PRIME STAFFING SERVICES. Attention all trades and skilled workers jobs available in Edmonton & Area. Top Wages, No Fees. Phone 780-425-4868, Fax 780-425-5582, email info@primestaffing.ca

THE WEYBURN REVIEW requires a reporter/photographer with two or more years experience. Excellent knowledge of the English language, photography skills & Photoshop a must. Complete benefits & pension package available with a gas & camera allowance. Applicant must have a reliable vehicle for transportation & must own a 35mm camera. Wage commensurate with experience & education. Send resume to: Patricia Ward, The Weyburn Review, Box 400, Weyburn SK, S4H 2K4, or phone for an appointment 306-842-7487, e-mail dward@weyburnreview.com

CANARCTIC GRAPHICS, Yellowknife, NT is the largest in-house print shop in the north. We are expanding and seeking experienced self-starting people who are committed to quality. We are accepting applications for the following position. Press operator: Responsible for producing high quality printing in a timely manner. Heavy lifting involved. Eye for detail. Experience with 18" to 25.5" single colour Heidelberg presses an asset. Submit resume to: Canarctic Graphics, Box 2758, Yellowknife, NT, X1A 2R1. Fax 867-920-4371 or email: claude@nnsi.com.

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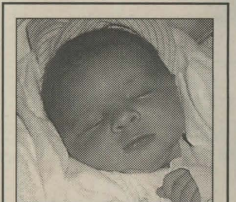
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352-7257

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TUES. & THURS. 4:30 PM
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354-4044
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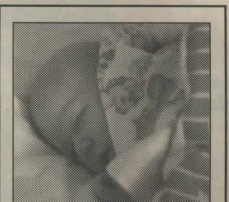


UNBELIEVABLE PRICE:
Bright, sunny house, Small property, 2+ bedrooms, basement, garage, shed, playhouse, 3242 S. Slocan Village Rd. Private sale, **\$98,000, 359-2919.**

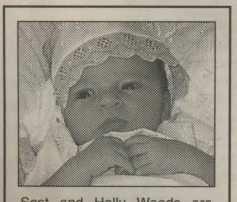
Bravely born on Aug. 15 was Arlo Clayr Henderson. Taylor, Dylan and Harper wish to thank everyone for their love and support. A heart felt thank you to Jim Nollies, Catherine Ruskin, Dr. Liang and all the other doctors and nurses at KLDH involved. A special thank you to Dr. Ukpeh and the maternity nurses at Trail Hospital. We are forever grateful to you all.



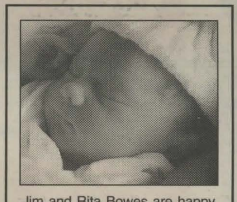
Brayden is proud to announce the birth of his sister Alexandra Nicole. Born Aug 17, 2001. Weighing 8 lbs 3 oz. Proud parents are Ron and Nancy Pempu. Special thanks to Dr. Nollies and Colleen Driscoll.



ANNOUNCE YOUR BRAND NEW ARRIVAL FOR FREE - Bring in or mail your favourite photo and write 35 words for FREE! Deadline is Thursday noon for the following week. 554 Ward St., Nelson V1L1S9.Ph.354-3910.



Scott and Holly Woods are pleased to announce the arrival of Jonathan Scot born Aug 4, 8 lbs, 2 oz. Grandparents are Ernie and Elaine Woods, Peter and Shirley Reikoff. Special thanks to Dr. Liang and the maternity staff.



Jim and Rita Bowes are happy to announce the birth of their precious daughter Sasha Marie Bowes, born July 16, 2001, weighing 7 lbs, 2 oz. Many thanks to Drs. Liang, Dillon & Mentz, and the wonderful nurses at KLRH.



Arne and Mik are overjoyed with their son, Ryder Cole Brattebo. Brother to Jamie, Jesse, Tyla, and Megan. Born August 15th at 3 pm. Thanks to Catherine Ruskin, Brenda Potter, and Dave with help at birth.

Giving our best.



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VALID THURSDAY THRU SATURDAY SEPTEMBER 20 - SEPTEMBER 22, 2001

250 BONUS AIR MILES® reward miles!

WITH COUPON AND A MINIMUM \$200.00 PURCHASE*

Not valid at Safeway Liquor Stores. *Limit of one bonus offer per visit. *Coupon must be presented at time of purchase. *AIR MILES® coupons are only valid on base AIR MILES® earned. • Base AIR MILES® offer - 1 reward mile for every \$20 spent. Excludes tobacco, fuel purchases. • AIR MILES® coupons cannot be combined with any other discount offer or AIR MILES® coupon offer, including Customer Appreciation Day & Seniors Day. • Excludes electronics, tobacco, postage stamps, transit passes, event ticket sales, gift certificate sales, and fuel purchases. Pharmacy prescriptions now qualify for bonus AIR MILES® reward miles offers. The collection of AIR MILES® reward miles for prescription purposes may vary by province and is governed by provincial governments, provincial regulatory authorities and third party insurance plans. Coupon effective at all your participating Safeway Stores, Thursday thru Saturday, September 20 - September 22, 2001. --- Trademarks of AIR MILES International Trading B.V. Used under license by Loyalty Management Group, Canada Inc. and Canada Safeway Inc.

Items and prices effective Thursday, September 20 thru Saturday, September 22, 2001

EXPIRES 09/22/2001 SAFEWAY COUPON PLU 10858

Lucerne Milk

Assorted varieties. Including Chocolate. 4 Litre. FIRST ONE - Combined varieties. While stocks last. Coupon effective at your Safeway Stores only. Limit one coupon per customer.

BUY ONE GET \$1.00 OFF WITH COUPON

Coupon effective from September 20 to September 22, 2001

CASE OF 12

Campbell's Tomato Soup

12 x 284 mL. FIRST TWO. Each can works out to approx. 29¢ ea. SAVE at least \$9.56 on two HOUSEHOLD LIMIT - REGULAR PRICE APPLIES TO OVERLIMIT PURCHASES FROM SEPT. 16 - 22, 2001.

2 for \$7

Safeway Club Price
EXTREME SPECIAL PRICE

Frying Chicken

Grade A/Utility. Frozen. While Supplies Last. LIMIT FOUR. SAVE at least \$1.00/lb. HOUSEHOLD LIMIT - REGULAR PRICE APPLIES TO OVERLIMIT PURCHASES FROM SEPT. 16 - 22, 2001.

.99 /lb.

2.18/kg

Safeway Club Price
SAFEWAY CLUB
EXTREME SPECIAL PRICE

McIntosh Apples

New Crop. Product of Canada. Canada Fancy Grade.

.39 /lb.

.86/kg

Safeway Club Price

Safeway Sockeye Salmon

213 g. LIMIT TWO FREE. *At regular price, get one of equal or lesser value free. SAVE at least \$4.99 HOUSEHOLD LIMIT - REGULAR PRICE APPLIES TO OVERLIMIT PURCHASES FROM SEPT. 16 - 22, 2001.

BUY ONE GET ONE FREE

FREE

Safeway Club Price
SAFEWAY CLUB
EXTREME SPECIAL PRICE

ABC Laundry Detergent

Assorted varieties. 16 to 25 Loads. FIRST ONE - Combined varieties. SAVE at least \$3.00 HOUSEHOLD LIMIT - REGULAR PRICE APPLIES TO OVERLIMIT PURCHASES FROM SEPT. 16 - 22, 2001.

2.99

Safeway Club Price
SAFEWAY CLUB
EXTREME SPECIAL PRICE

HOT PRICE with your Safeway Club Card

EXTREME SPECIALS are prices that are so low they are limited to a one time purchase to Safeway Club Card Members within a household*. Each household can purchase the limited terms one time during the effective dates. *A household is defined by all Safeway Club Cards that are linked by the same address and phone number. Each household can purchase the EXTREME SPECIALS during the specified advertisement dates. For purchases over the household limits, regular pricing applies to overlimit purchases. Extreme prices effective September 20 to September 22, 2001.

Winnipeg Rye Bread

Sliced or Unsliced. 450 g.

.69

Safeway Price

Hot House Tomatoes

Product of Canada. No. 1 Grade.

.99 /lb.

2.18/kg

Safeway Club Price

"New York" Striploin Steak

Boneless. Valu Pack.

SAVE at least \$2.00/lb.

7.99 /lb.

17.61/kg

Safeway Club Price

Safeway SELECT Verdi Rising Crust Pizza

Assorted varieties \$3.49 to \$19.99. FIRST TWO - Combined varieties. Household limit - regular prices apply to one first purchase from Sept. 16 - 22, 2001. SAVE at least \$3.00

4.99 ea.

Safeway Club Price
SAFEWAY CLUB
EXTREME SPECIAL PRICE

Safeway Tetra Juice

Select varieties. 1 Litre. Plus deposit and/or enviro levy where applicable.

.99

Safeway Club Price

Pepsi Products

Assorted varieties. 12 x 355 mL. Plus deposit and/or enviro levy where applicable.

2 for \$8

Safeway Club Price

Quaker Granola Bars

Assorted varieties. 187 to 222 g.

2 for \$4

Safeway Club Price

Fat Free Dijon Ham

Schneiders. Sliced or Shaved. SAVE at least 40¢/100g

1.49 /100g

Safeway Club Price