



WHEN SOMETHING PRECIOUS IS LOST

Losing things is irritating. It can also be heartbreaking when the "thing" is considered precious. But as I recently discovered, losing something can also provide lessons, reveal what is truly valuable in life and force us to let go. Losing things often means an end to a story, but it can also mean a happy new chapter when and if that lost

item is found. My most recent lost and found story started with a phone call from my distraught husband. "I just lost my wedding ring," he said, glumly.

While on the government dock on Galiano Island, collecting mussels for work, he innocently flicked some mud off his hand. The mud slipped off his cold, wet fingers and sank quickly into the grey Pacific. Unfortunately, so did the ring.

Remarkably, Nathan managed to find a local diver to look for the ring, not 15 minutes after it had disappeared. I crossed my fingers while I waited for the return phone call.

Being newlyweds, the ring had sentimental value to us of course. We'd saved up money to buy our rings, which although weren't totally 'blinged out,' were by far the most expensive jewellery we'd ever owned. The good news was that the goldsmith who'd designed them was a close friend, so the ring could be remade. The bad news was that we had no money to re-purchase the ring anytime soon.

While I waited, I practised the power of positive thinking; Wayne Dyer would have been proud. Like a self-actualization zealot, or a staunch believer in The Secret, I pushed all nega-

tive thoughts aside and saw the gloved hand of the diver surfacing with the ring in it. The phone-call came . . . no luck. Despite hearing that wedding rings were lost all the time, we still felt crummy, especially poor ol' Nathan, who felt like a bad husband. So we rallied and decided not to give up. After scrounging up an is-

lander who owned an underwater metal detector and enlisting a second diver, I emailed a Vancouverite named Chris Turner who had made a business out of finding lost rings. While The Ringfinder was too far away to hire, he did offer us advice, searching techniques and, most importantly, encouragement galore.

"The thing is, if your ring is there, it can be found," he told us with confidence, and unless Gollum was creeping along the bottom of the Pacific, we were pretty sure it was still down there.

So, we formulated a complicated plan to get diver number two (who was in Sidney) to the coveted metal detector (which was on Salt Spring) and then get both over to Galiano for the search. In the meantime, I was incessantly crossing my fingers and toes, wishing on stars and randomly rubbing the back of our soapstone fish sculpture for luck.

Unfortunately, on the hectic day of the search, the metal detector's owner — Gary Letour — discovered the machine was broken. Deflated, we continued to Galiano with our diver, determined to give 'er the ol' college try.

Strangely enough, I still believed we would find it; I was

already formulating a column in my head about the ring's miraculous recovery.

Our diver searched meticulously for close to an hour, with Nathan and I wringing our hands on the dock above. He finally emerged from the depths . . . his hands were empty. The next morning, Nathan left for a work course with a naked finger and a heavy heart.

A few weeks passed and our disappointment inevitably dulled. Although the romantic in me still disliked the idea of my husband's wedding ring potentially being a replacement, it was only a ring after all. What was truly valuable to us was our relationship . . . the ring was just a physical representation.

As people cheerfully told us, it could always have been worse; Nathan's finger could be gone along with the ring . . . or he could have gone down to the bottom of the ocean with it.

A ring is just a ring.

Just when we'd reached this stoic conclusion, Gary Letour phoned to say he'd purchased a new underwater metal detector and wanted to dive for our ring himself. We told him we'd pay him a finder's fee, but after two

months with the ring on the ocean floor, we weren't expecting miracles.

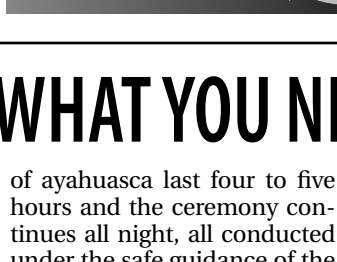
But later that evening I answered an unexpected phone call. When I raced downstairs to tell Nathan that unbelievably "the precious" had been found, his smile was so big you could have seen his teeth from a satellite! The following morning it was back on his finger and we had officially dubbed Gary "The Lord of the Rings."

It just goes to show you that perhaps the Secret is a crock of shiznit (sorry Oprah). When we felt, saw and believed we were going to find the ring, we didn't . . . it was only when we chilled out, let go and decided what was truly valuable to us that it turned up.

My advice to anyone in a lost but not yet found situation is to be proactive, don't give up, but then let things unfold as they will. And don't be afraid to call in a "ringer" for help, someone like Gary Letour or Chris Turner. All I know is that everyone's ring has a story . . . and thankfully ours continues.

For more great lost and found ring stories, check out www.theringfinder.com.

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Lady Minto's rally

Thursday's protest in Centennial Park.



WATCH THE VIDEO

THIS WEEK'S QUESTION:

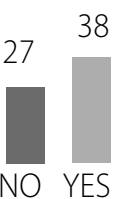
Cast your ballot online at www.gulflandsdriftwood.com before Monday at midnight or clip this box and drop it at our office before Monday at 4:30 p.m.

Do Trust bylaws need greater enforcement?

Yes No

LAST WEEK'S QUESTION:

Will the ISG rally change anything?



2009 BC and Yukon Community Newspapers Association Awards

GOLD - Photo Essay, Day in the Life of Salt Spring Island
GOLD - Special Publication, AQUA - Gulf Islands Living
GOLD - Feature Photo Award, under 25,000, Derrick Lundy
GOLD - Ad Design Award, Under 25,000, "Pegasus Gallery"
GOLD - Ad Design Award, Under 25,000, Collaborative "Cardino's"
SILVER - Best All-Round Newspaper, Category C

2009 Canadian Community Newspaper Association Award

GOLD - Best All-Round Newspaper, 4,000-6,499 circ.
GOLD - Best Editorial Page, 4,000-6,499 circ.
GOLD - Best Front Page, 4,000-6,499 circ.
SILVER - Best Local Cartoon, Circ up to 9,999, Dennis Parker
SILVER - Best Ad Design, 4,000-12,499 circ. "Pegasus Gallery"
BRONZE - Best Special Section, Circ. 4,000 - 12,999, AQUA
BRONZE - Best Spot News Photo, Circ. 4,000 - 12,999, Derrick Lundy



THE PLANT TEACHES YOU WHAT YOU NEED TO KNOW

AYAHUASCA

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Meech also consulted with experts from the scientific community, including Dr. Maté, as well as entopharmacologist Dr. Dennis McKenna and a Ph.D. candidate in education studying the globalization of ayahuasca.

Meech, who participated himself both prior to and after filming the documentary, said the potential for healing and spiritual awakening is much

more intense than even his research had led him to believe.

"Everyone connects at their own level of experience," he explained.

"What they say is ayahuasca gives you what you need — it is a plant teacher that tells you what you need to know. Depending on what you come in with, and what your intention is, is what you get out of it."

As Meech described, the spiritual context of the journey is extremely important: it's not just a big drug party. The effects

of ayahuasca last four to five hours and the ceremony continues all night, all conducted under the safe guidance of the curandero. For some, the experience can lead to a dark and terrifying place, from which the shaman can guide them out again.

While Meech once "naively" assumed the idea of spirituality as a component of healing would be welcome and timely, he said most westerners still don't feel comfortable with the issue. He hopes his film will

help open the doors for that discussion and find "a community of interested people who want to learn more."

Meech will be at the Green Room of the Harbour House to present the screening at 7 p.m. next Wednesday for a requested donation of \$5 to cover costs. The one-hour film will be followed by a question and answer period. DVDs with additional information will be available after the screening.

To watch a trailer or learn more: www.vineofthesoul.com.



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