

Heart & Hands Silent Auction

Our Silent Auction will be held from **6pm to 10pm** at the [851 Cormorant St.](#) on **Saturday, December 15th.**

Pre-bidding runs from **December 10th to 14th**, items are also available for viewing on [facebook](#).

Items listed with actual value + STARTING bid & TOP bid (if you choose to buy up the item).

*To pre-bid, call the office **250-590-3185** or stop by in person at [851 Cormorant St.](#) to bid directly in the Auction Binder. Please have the **ITEM NUMBER**, we will record your phone number and \$\$ amount when placing the bid.*

Item #	Item description	Price	The Story
1	<u>West Coast Sunny Tang Victoria</u> 3 months club membership, t-shirt & club manual	\$199.00 starting bid \$20 top bid \$298.50	Heart & Hands owner, Christina Chan, trains Kung Fu at this club! (http://heartandhandscommunity.ca/wing-chun-insights-from-a-community-acupuncturist/) There are many life realms that one can develop through the practice of Wing Chun: efficient and brutally effective self-defence, fitness, internal and external energy awareness, emotional and psychological health, moral/philosophical/spiritual development and a strong social connection/commitment to others. www.victoriawingchun.com
2	<u>Stone Haven Gems</u> Sterling silver and rainbow moonstone pendant with sterling silver chain The pendant is made in India made with love in a fair trade workshop	\$60.00 starting bid \$6 top bid \$90	Rainbow moonstone: from Sri Lanka Aligns us with the moon, Emotional balance, illuminates ones' path, Inspiration & intuition, A stone of feminine empowerment, Supports men to connect with their feminine side. Stone Haven Gems' mission is to provide high quality crystals, gems, jewelery and education while treading lightly on our planet by offering minerals that have found their way to us through ethical practices and giving back. www.stonehavengems.com
3	<u>Fruit Trees & More</u> Gift Certificate towards the fruit trees, supplies and produce	\$25.00 starting bid \$2.50 top bid \$37.50	Located in North Saanich, Fruit Trees & More specialize in dwarf apple trees - over 200 varieties of heritage and family favourites as well as other fruit trees, citrus and hardy tropicals. Custom orders welcome. www.fruittreesandmore.com

<p>4</p>	<p><u>WayFinder BodyTalk</u> <i>1 hr BodyTalk session</i></p>	<p>\$85.00 starting bid \$8.50 top bid \$127.50</p>	<p>BodyTalk is 21st century health care! Taking from the healing traditions of India, China and the West and melding their application through the understanding of the most recent advances in quantum physics, BodyTalk represents the cutting edge in non-invasive health care.</p> <p>Daniel Gilfix is a Certified BodyTalk Practitioner with a background in nutrition, herbal medicine and homeopathy. Possessing clear intuition and a sharp mind, Daniel dove into the world of healing with food, activity and energy medicine; as well as the theoretical and scientific aspects of vedanta philosophy, quantum physics, astrology and anything else that rings of truth and power.</p> <p>www.wayfinderbodytalk.com</p>
<p>5</p>	<p><u>The Colnspire Collective</u> <u>mixed collection of prints</u> <i>Screenprinted 8 X 11 Print:</i> <i>"Birds" by Annie Banks</i> <i>and Ruby Smith-Diaz (X 2)</i> \$25 value</p>	<p>\$25.00 starting bid \$2.50 top bid \$37.50</p>	<p>The Co!nspire Collective operates out of Unceded Coast Salish Territory and Unceded Plains Cree Territory. We envision a way to put meaningful creation into the world; support people, groups, concepts and movements that promote justice; and create alternatives to work that takes away the ability to fully engage in the constant and urgent happenings in community, locally and globally.</p> <p>www.coinspire.tumblr.com</p>
<p>6</p>	<p><u>The Colnspire Collective</u> <u>mixed collection of prints</u> <i>Linocut 4 X 6 Print: "Life</i> <i>Beyond Bars" by Annie</i> <i>Banks</i> <i>Linocut 4 X 6 Print: "No</i> <i>Justice No Peace" by Annie</i> <i>Banks</i> <i>Linocut 4 X 6 Print:</i> <i>"Support Families" by</i> <i>Annie Banks (X 4)</i></p>	<p>\$40.00 starting bid \$4 top bid \$60</p>	<p>Annie Banks is a white settler who has recently moved to the unceded traditional territories shared by the Plains Cree and other nations. An artist, facilitator, and always a work-in-progress, Annie seeks to continue learning and to collaborate with others passionate about social justice, in liberatory ways.</p> <p>Ruby Smith Díaz was born to Chilean and Jamaican immigrant parents on Plains Cree Territory, and graduated from the University of Alberta with a degree in Education with distinction. She is passionate about youth empowerment through the arts, movement building, and popular education.</p>

	\$40 value for full set		
7	<u>1 hr of tattooing courtesy of Urge Studios</u>	\$120.00 starting bid \$12 top bid \$180	Urge Tattoo Studio is one of Victoria's finest tattoo studios, specializing in custom tattoo designs and we have been open since 1994 and we offer piercing and laser tattoo removal and lightening. The studio is located at 1026 Cook Street, at Meares, right beside the Bubby Rose bakery. Talented artists and attention to detail ensure you will love your tattoo for life. www.urgetattoos.com
8	<u>Cycles West</u> <i>Cycling gift basket (water bottle, side mirrors, reflective tapes, 2 complimentary tune-ups)</i>	\$150.00 starting bid \$15 top bid \$225	At Cycles West our goal is to provide an enjoyable environment where cyclists of all levels can come together to access information on products, services and events. Whether you are new to cycling or an advanced cyclist, if you love the challenge of a triathlon or adrenaline rush of road racing and mountain biking, or just like to relax on your bicycle, Cycles West is dedicated to providing you with the your ideal bike. We believe that no matter what you do it should be done with finesse, a positive attitude, friendliness, politeness, and enthusiasm for life. www.cycleswest.ca
9	<u>Relish Food & Coffee</u> <i>Brunch for two</i>	\$30.00 starting bid \$3 top bid \$45	Our tasty, tasty neighbours located at 920 Pandora Ave. Specializing to slow food, local ingredients and damn fine coffee. www.relishfoodcoffee.com
10	<u>10 dozen eggs courtesy of the chickens at Backyard Farm</u>	\$45.00 starting bid \$4.50 top bid \$67.50	Backyard Farm is a tiny urban farm/market garden designed to delight, inspire and educate people about their connection to food, agriculture, and gardening even in small, urban spaces. Chickens are employed as soil technicians, mobile composters and egg producers. They are happy to share their hard work with someone happy to support Heart & Hands.
11	<u>Hand knit scarf by Carol Schwall</u>	\$45.00 starting bid \$4.50	"The moment I saw this yarn, I knew it was destined to be something that would catch your eye. You would say, 'hey, what a great colour! That would

		top bid \$67.50	<p>look perfect with <insert clothing name here>!' There was only the one skein, so I took it and made something to give a splash of colour to our grey Victoria winter, to cheer those around you, to make you smile when you look in the mirror. I hope you love it as much as I loved making it."</p> <p>Carol Schwall finds time to knit in coffee shops, while waiting for concerts to start, on the bus, on her lunch hour, and while reading (really) and gets ever so slightly panicked when she realizes she forgot her knitting at home, even if she's just going grocery shopping. Her other favorite thing to do is run. Sadly, these two activities cannot be safely combined.</p>
12	<u>15 minute Pet Reading courtesy of Kissing Frog Wallflower</u>	\$25.00 starting bid \$2.50 top bid \$37.50	<p>Ever wondered what your pet would say to you if it could talk? I take the mystery out of what your pet wants or needs. I hold your pet in my lap or I could hold an item it owns and I can help answer some of those nagging questions. Change in behaviour, health, everyday life questions or your pet has past on and you want to know if they are okay, I can help you (must have pet present or pet collar or picture).</p> <p>Isabel O'Kanese is a Native seer from a long line of spiritually gifted family members. I am a 41-year-old Oji-Cree from the Turtle Clan and have been psychic my whole life. I feel my medium ship, clairvoyance, clairsentience, and clairaudience are passed down from my parents. I believe being from First Nations is what makes me so sensitive to Spirit. My earliest memories are of spirits; playing with them, talking and even helping them return to the spirit world.</p> <p>www.kissingfrogwallflower.webs.com</p>
13	<u>Level Ground Trading Gift Basket</u> <i>Freshly roasted premium, fair-traded coffees, organic panela sugar & organic dried fruit</i>	\$50.00 starting bid \$5 top bid \$75	<p>This Level Ground upcycled tote bag was sewn by Work of Your Hand, a women's group in the Philippines, and is filled with Direct Fair Trade goodies from Bolivia, Tanzania and Colombia. Level Ground Trading's mission is to trade fairly and directly with small-scale producers in developing countries, offering customers ethical choices. We are pleased to be part of Heart & Hands' Holiday silent auction.</p>

			<p>Josh del Sol (Level Ground Roast Master & QC Specialist) is a busy father of two hilarious kids, a busy coffee professional, stick figure artist, and very active person. Regardless of his mostly-healthy lifestyle and attempts at restful sleep, he relies on Heart & Hands to poke away the stress, caffeine, and aches that come from living the life he wants to live.</p> <p>www.levelground.com</p>
14	<u>Lions in Love" by Trisha Joy Bings 2011 Acrylic on Canvas 16" x 24"</u>	\$2100 (or best offer)	<p>Trisha Joy Bings is an emerging Canadian artist whose paintings are inspired by the beauty and diversity of the natural world, reflecting spirituality and the mystery of life.</p> <p>Born in 1980, Trisha was encouraged from childhood to express her art. She is self taught, driven by the passion to paint and to explore new techniques and subjects. Working with mainly acrylics and larger canvases allows her to express her ideas in a colorful and energetic way. Trisha currently lives in Victoria, B.C. with her almost-4-year-old twins boys, Sage and Leo. She spends her time divided between caring for her boys, painting, studying towards her social work degree, volunteering, entertaining friends and family, and keeping herself grounded with meditation and yoga.</p> <p>www.trishajoybings.com</p>
15	<u>Haircut courtesy of Mike from at the Hive</u>	\$60.00 starting bid \$6 top bid \$90	<p>At the Hive we take pride in creating beautiful hair, both in house and in the editorial & theatrical worlds. Our stylists creativity has been recognized in various works around town and abroad. Some of our recent commissions as key stylists include; Barber and Fritz, Sitka, YAM magazine, Pacific Opera and The Nutcracker ballet.</p> <p>The lovely, talented and colourful Mike is an artist of hair and has a flair for fun. He drops into Heart & Hands periodically for acupuncture to stay on his game as a lean, mean hair dressing machine.</p> <p>www.hivehair.com</p>

<p>16</p>	<p><u>A pair of refurbished cruiser bicycles courtesy of SPOKES</u></p>	<p>\$150 each starting bid \$15 top bid \$225</p> <p>\$275 for the pair starting bid \$27.50 top bid \$412.50</p>	<p>SPOKES is a bicycle loan and rental program at the University of Victoria. Volunteers give new life to old bikes making it easy for students, faculty and staff to have access to affordable, green, and active transportation. www.uvsp.uvic.ca/spokes/</p>
<p>17</p>	<p><u>A pair of 2013 season tickets for Puente Theatre</u></p>	<p><i>Photo to come!</i> \$60.00 starting bid \$6 top bid \$90</p>	<p><i>PUENTE Theatre's mandate is to use theatrical experience as a bridge between cultures.</i> Our objective is to express the immigrant experience while striving for the highest artistic standards. We endeavour to foster respect for the cultural heritage that immigrants bring to our new homeland, and to facilitate the integration of newcomer artists into the local theatre environment. www.puentetheatre.ca</p>
<p>18</p>	<p><u>2 hr knitting lesson courtesy of Comrie Knits</u></p>	<p>\$50.00 starting bid \$5 top bid \$75</p>	<p>Ever wanted to learn how to Knit? Was taught once and forgot? ComrieKnits is offering a 2 hour knitting lesson for one lucky individual to learn how to knit. We will work on a scarf project together to learn the basic stitches and how to cast on and off. One pair of knitting needles and wool to make scarf are included in this package.</p> <p>ComrieKnits is a home business that specializes in knitted garments, toys and supplies. Seasonal items are handmade and are functional and fashionable! Each one is lovingly made in advance, and special orders are welcome. Made in Victoria, B.C. Canada. www.etsy.com/shop/ComrieKnits</p>

19	<u>Whole Approach</u> Feet, Face & Fingertips Package - 30 mins	\$40.00 starting bid \$4 top bid \$60	This 30 minute shiatsu-based session will restore and renew. Focusing on reflex points in the hands, feet and face, it helps to rebalance a stressed nervous system and improve organ functioning and lymphatic flushes. Serves as a great pick-me-up! Stephanii's professional experience has always been within community-based programs, because she enjoys serving as a supportive worker. She loves teaching because it allows her to use her creative talents to help empower others. Her personal approach to treatment and health involves sharing knowledge and learning together. Expression, awareness and health go hand-in-hand. For her, healing arts serve as an artistic expression through which she can effectively share and communicate with others. www.wholeapproach.ca
20	<u>Tessa Rae Yoga</u> ONE month yoga passes - \$48 each	\$48.00 starting bid \$4.80 top bid \$72	"An ounce of practice is worth ten tons of talk" ~Swami Vivekananda. This has been my philosophy in learning, practicing and teaching. I learn from experienced teachers, and I teach only from the experience of what has worked for me. Although talking can be helpful, it can also be where the energy ends, so the action does not happen. Life requires energy, it is used to work, think, speak, play, exercise and stress. The practice of the 8 limbs of yoga brings our awareness to our energy, it has guided me to use my energy most efficiently, it has transformed my body, mind, and belief of what is possible. This is the experience I want to share with my students. www.tessaraeyoga.com
21	<u>Tessa Rae Yoga</u> ONE month yoga passes - \$48 each	\$48.00 starting bid \$4.80 top bid \$72	This has been my philosophy in learning, practicing and teaching. I learn from experienced teachers, and I teach only from the experience of what has worked for me. Although talking can be helpful, it can also be where the energy ends, so the action does not happen. Life requires energy, it is used to work, think, speak, play, exercise and stress. The practice of the 8 limbs of yoga brings our awareness to our energy, it has guided me to use my energy most efficiently, it has transformed my body, mind, and belief of what is possible. This is the experience I want to share with my students. www.tessaraeyoga.com
22	<u>Out of the Woods</u> "Talking Stick"	\$50.00 (or best offer)	The talking stick , also called a speaker's staff, is an instrument of aboriginal democracy used by many tribes, especially those of indigenous peoples of the Northwest Coast. The talking stick may be passed around a group or used only by leaders as a symbol of their authority and right to speak in public.

<p>23</p>	<p><u>Out of the Woods</u> <i>"Spirit Rising"</i></p>	<p>\$50.00 (or best offer)</p>	<p>Lorna Rennie discovered the joy of working with wood to enhance Mother Nature's art in the early 90's and has carried on mostly for her own enjoyment. Resources are readily available on local beaches, she prefers to do everything by hand, even though it takes much longer, because it's a very satisfying and often meditative process.</p> <p>The beauty of the wood is enhanced and appreciated by touching and rubbing it. Sometimes the type of wood is known as in arbutus or a maple burl, cottonwood bark, or cedar or juniper by smell, and sometimes it remains a mystery. Whether soft or hard it, most times found wood is extremely beautiful when finished.</p>
<p>24</p>	<p><u>Inspired by Nature Love</u> – <u>Melissa Pope</u> <i>30 minute Tarot card reading</i></p>	<p>\$30.00 starting bid \$3 top bid \$45</p>	<p>With over 10 years of Tarot experience, Melissa has developed a keen intuitive sense. Behind every reading she gives is the intention of compassion and love. Melissa believes Tarot is a window into the subconscious mind that gives you a guide map of what is truly going on for you. Bringing clarity to your situation, Tarot gives you insight on a deeper level and shows you the strengths within that you can draw on. This</p>
<p>25</p>	<p><u>Inspired by Nature Love</u> – <u>Melissa Pope</u> <i>60 minute Tarot card reading</i></p>	<p>\$60.00 starting bid \$6 top bid \$90</p>	<p>knowledge can support you to make the healing and transformation for which your soul is ready. www.inspirebynaturelove.com</p>
<p>26</p>	<p><u>Nurturing Path Healing</u> <u>Arts</u> One Hour Ayurvedic Warm Oil Massage</p>	<p>\$100.00 starting bid \$10 top bid \$150</p>	<p>Ayurveda is directly translated as "Life Knowledge", the science of understanding our relationship with our environment. This holistic treatment begins with assessing the root of your challenge or frustration, in order to eradicate it from the source.</p>

			<p>A variety of techniques are used such as, marmatherapy and acupressure, abhyanga (oil) massage, heat therapy, herbal compresses, aromatherapy, and more..</p> <p>Carly Lauder is dedicated to living in alignment with her inner guidance. After growing up in a family of divorced and alcoholic parents, Carly’s low self-esteem, anxiety, and internal rage led her to the yoga mat for the first time. Her love for practicing and teaching Yoga expanded into similar techniques of healing; moving the body through the art of Thai Massage and Ayurvedic bodywork. Her teachings will reveal to you that movement is necessary for profound growth, transformation, and healing. You will be acknowledged with an open heart, accepted as you are, and inspired to move beyond what you thought was possible. Have Courage ~</p> <p>www.heartandhandscommunity.ca/yoga / www.carlylauder.com</p>
<p>27</p>	<p><u>Jennifer Letham</u> <u>Photography</u> <i>Set of 10 scenic photo cards, images taken in Victoria and around</i></p>	<p>\$50.00 starting bid \$5 top bid \$75</p>	<p>Jennifer is a native of Victoria and had lived the better portion of her life on the island until she moved away to Florida and Colorado for 10 years where she studied Massage Therapy.. She is now back on the island and is viewing it through the perspective of her Nikon camera Lens. Nature and candid photography are two of Jennifer’s passions that she has parlayed into creating images for a series of greeting cards and as well, she has enjoyed photographing local events and private functions around Victoria. A mother to 3 amazing children, Jennifer also enjoys yoga, cycling, being outdoors and cooking.</p> <p>You can visit Jennifer’s website at www.jenniferletham.com or ‘like’ her Facebook page at to view samples of Jennifer’s images.</p>

<p>28</p>	<p><u>JagaSilk</u> <i>Group tea tasting</i></p>	<p>\$100.00 starting bid \$10 top bid \$150</p>	<p>Spend an hour with us at JagaSilk sampling some of the most premium teas available in the country. You and a group of 6-8 people of your choice will be taken through a series of premium teas with an Academy of Tea Instructor. An excellent evening with friends or a way to build morale in the office.</p> <p><i>Make tea, not war.</i> We are JagaSilk, specialty importers of maccha green tea and its tools. We are based out of Victoria, BC, Canada, and believe in beauty, balance, and ethical business. www.jagasilk.com</p>
<p>29</p>	<p><u>Bonspiel Creations</u> <i>Upcycled leather clutch with hand-dyed raw silk lining</i></p>	<p>\$45.00 starting bid \$4.50 top bid \$67.50</p>	<p>Hi, my name's Ellen and Bonspiel is my labor of love--I make everything myself and I treasure the "holy crap, this is the best thing I ever made!" moment. I love simplicity, clarity, texture, charm, cuteness and strangeness. And complex color combinations. www.bonspielcreation.com</p>
<p>30</p>	<p><u>Merle Box Pottery</u> <i>Hand-thrown brown bisque vase & plate set</i></p>	<p>\$80.00 starting bid \$8 top bid \$120</p>	<p>Based on Salt Spring Island, Merle has been making pottery since the late 70s. Mother of four and grandmother of four, she spends her days tending to her prolific garden and hangin' out on her acreage cultivating decorative bamboo.</p>
<p>31</p>	<p><u>Coast Salish Sterling Silver</u> <u>Eagle Ring (artist unknown)</u></p>	<p>\$85.00 starting bid \$8.50 top bid \$127.50</p>	<p>The Eagle is the power of the Great Spirit who has a divine strength of character with focused attention and healing powers; he is a symbol of grace and beauty with a connection to the concept of perfection and the divine. This item was generously donated by community member and Aboriginal AIDS Activist, Kecia Larkin.</p>
<p>32</p>	<p><u>Bambini Bags</u> <i>Infant & Toddler Sling Carrier</i></p>	<p>\$95.00 starting bid \$9.50 top bid \$142.50</p>	<p>Organic hemp, proudly made in Victoria BC. <i>"I proudly hold this beautiful child in my arms and at my heart. Whisper, laugh, love...see all the beauty of this world and hear the drumming rhythm you've always known. You will know safety in my arms, sweet child."</i></p>

<p>33</p>	<p><u>Anne Marie Hoyga</u> <i>10 class punch pass for 5Rhythms Dance</i></p>	<p>\$135.00 starting bid \$13.50 top bid \$202.50</p>	<p>Rooted in Gabrielle Roth’s powerful and healing movement practice is called the 5Rhythms. Anne Marie Hogya is dedicated and passionate about getting ALL bodies moving and creating the possibility of living a bold, fully expressed, passionate life.</p> <p>All classes and workshops are grounded in the 5Rhythms practice and use movement to focus in on specific themes. You’ll dance to all kinds of music and sometimes you’ll be in silence. Sometimes you’ll dance with a partner, sometimes by yourself and sometimes in a group. There is so much to learn and experience in these different levels of relationship.</p> <p>www.annemariehogya.com</p>
<p>34</p>	<p><u>Julia Young Homeopathy</u> <i>ONE Homeopathic consultation & follow-up</i></p>	<p>\$175.00 starting bid \$17.50 top bid \$262.50</p>	<p><i>Starting hours at Heart & Hands in January 2013!!</i></p> <p>Homeopathy was founded in 1796 by a German physician named Samuel Hahnemann. It is based on stimulating the body’s natural ability to heal itself, and promotes emotional and physical balance. It is based on the “law of similars”, which takes each individual as unique, and finds the remedy that best fits their overall symptoms. Homeopathy uses a holistic approach, meaning it treats the whole body - mental, emotional and physical, and can be combined with other forms of medicine.</p> <p>Julia Young (DCHM) is a qualified health practitioner offering doula and homeopathic services for women and families. She uses homeopathy to support the body’s natural healing processes in both acute and chronic health issues; and in birth, to promote ease in labour. Julia has worked in the field of natural medicine and health for over 15 years.</p> <p>www.juliayounghomeopathy.com</p>
<p>35</p>	<p><u>Eves of Destruction Roller Derby</u> <i>Official league merchandise package</i></p>	<p>\$35.00 starting bid \$3.50 top bid \$52.50</p>	<p><i>Heart & Hands is a proud sponsor of Eves of Destruction!</i></p> <p>We are a non-profit roller derby association dedicated to excelling in sport, while promoting healthy living through physical activity, health education and public awareness. EoD is a community minded organization, growing out of the grass roots movement to elevate roller derby to new heights,</p>

	<i>(2 team shirts, buttons, stickers)</i>		while adhering to DIY ethic. www.evesofdestructionrollerderby.com
36	<u>Lifecycles Project</u> <i>A jar of organic, locally made quince paste & ONE urban agriculture workshop of your choice (excluding cheese making)</i>	\$45.00 starting bid \$4.50 top bid \$67.50	LifeCycles is a nonprofit organization dedicated to cultivating awareness and initiating action around food, health, and urban sustainability in the Greater Victoria community. We work proactively to promote and create personal, shared and community gardens, research, and educational activities and youth skills development programs. Through intergenerational partnerships we strengthen individual, community and global health. www.lifecyclesproject.ca
37	<u>Unamaboona Fibre Arts</u> <i>6 ft long merino and silk hand-woven scarf</i>	\$45.00 starting bid \$4.50 top bid \$67.50	Bina is a social justice activist. Her work with fibre has continued to bring grounding joy to her life while thinking, writing, and talking about social justice, decolonization, and how to help communities become more compassionate. So much of her work is about helping people tell new stories of how they can work together and affect change in the world - weaving and quilting help her think through her own stories, to reflect and come to understand her roll in things in new ways. She renews her compassion regularly with a nourishing Heart & Hands acu-nap!
38	<u>Olio Artists & Workers Cooperative</u> <i>Set of art prints by local Victoria artists:</i> - <i>Shea Moir</i> - <i>Joey MacDonald</i> - <i>Shawn O'Keefe</i> - <i>Charlotte Campbell</i> - <i>Calvin Coles</i>	\$60 starting bid \$6 top bid \$90	Located at at 614 1/2 Fisgard St. in downtown Victoria, the Olio Artists & Workers Cooperative is a studio gallery and printmaking cooperative, offering artists the tools and space, workshops, equipment, supplies, exhibition opportunities and professional assistance needed to create their work. www.oliocooperative.ca
39	<u>Loden Clothing</u>	\$60.00	Loden is 100% Canadian Made clothing from Victoria, B.C. Each piece is hand printed with our own original artwork and created in small batches.

	Set of “Meg”, “Eva” & “Luka” headbands, bamboo-spandex blend	starting bid \$6 top bid \$90	www.lodenclothing.tumblr.com
40	Green Wheel Cleaners 3 hours of non-toxic residential cleaning	\$90.00 starting bid \$9 top bid \$135	Green Wheel Cleaners is a locally owned and operated residential and office cleaning business. We proudly offer a professional, 100% non-toxic cleaning service to households and businesses throughout Victoria BC. www.greenwheelcleaners.com
41	Harmony Herbals Eastern Sun tea blend & Ginseng Energy tincture (Eastern sun: http://www.etsy.com/listing/115697570/organic-eastern-sun-tea-for-balanced)	\$26.00 starting bid \$2.60 top bid \$39	<i>Ancient wisdom meets the modern world.</i> Nikki Smordin created Harmony Herbals to promote the survival of these traditional ways of knowledge by providing access to ancient plants and wisdom. Herbs have been used for time immemorial as doors to greater health, wellness and spiritual connection. In these modern times, with anxiety, depression and disease at an all time high, it is more important than ever to spread this knowledge. It is her belief that by using these plants we can improve our mental well-being, our relationships with others, and our physical health. By supporting her work with these herbs, you are supporting the evolution of a more positive global community. www.etsy.com/shop/HarmonyHerbals
42	Garden Roots Landscape 2 hrs of Garden Care / Consultation	\$80.00 starting bid \$8 top bid \$120	Garden Roots Landscape is a gardening and landscaping company locally owned and based in Victoria, BC. Licensed, registered, insured and serving Victorians for 15 years. Garden Roots Landscape uses organic and sustainable techniques with a permaculture philosophy to care for residential and commercial properties. Garden Roots works with you to tame and maintain your property for easy maintenance and an aesthetically pleasing landscape. Brent Howard , proprietor of Garden Roots Landscape, upholds a strong work ethic and can transform old or new yards into ones that are more sustainable and organic. He's held a certificate in Horticulture since 1990 and fully embraces the principles of permaculture. He can be seen periodically getting an acupuncture tune-up to keep things well-oiled and

			to keep the cold-damp conditions of Vancouver Island at bay. www.gardenrootslandscape.ca
43	<u>Haircut courtesy of BelleDawn at the Fix</u>	\$60.00 starting bid \$6 top bid \$90	The Fix Hair Garage is Victoria's choice salon for highly trained local and foreign talent. Inside you'll be stimulated by our workshop-feel studio, where we are constantly pushing each other's boundaries, improving every aspect of our craft, and leaving you with hair to be envious for. Take a look through our new site and photos. The Fix Loves You... Distant Heart & Hands admirer, BelleDawn is a Renaissance woman that does it all! If you are looking for an experienced senior stylist with no limits in cutting and colour skills, she is your lady. www.theredfix.com
44	<u>Cabin 12</u> <i>TWO gift certificates (\$20 each)</i>	\$40 starting bid \$4 top bid \$60	We are all about the comfort food — well made, from good quality ingredients. Most everything is made from scratch because we want our staff to be able to take pride in doing work that requires skill... not just heating up pre-made things. We've come a long way from very humble beginnings when Corey thought it would be a good idea to open a restaurant on \$15,000 scraped together from friends and family on a Facebook page. Ya, that's a good \$300,000 less than a normal restaurant startup. In its early days, the restaurant was twice saved by community donations — we'll always remember and work to give back. www.cabin12.ca
45	<u>Trevor Burnett AKA the Destructive Artist</u> <i>Custom Comic Piece</i>	**Secret piece, stay tuned!!!**	My name is Trevor Daniel Burnett, I consume life and excrete art. So it goes. www.darklabstudios.com