Read this. I'd say for 99% of the people, 99% of the time, the dual-core CPU will give better results for the money spent.

http://www.codinghorror.com/blog/archives/000942.html

Also consider that the list of software used there also includes alot of rendering and benchmark applications compared to what most people would us. Most of us will care more about games and general usage.

As for how long it'll last, nobody can predict the future, but by time quad core CPUs are really NEEDED, both of these two CPUs (the E8500 and the Q6600) will be all but obsolete. Don't purchase a quad core CPU with the false hope of future proofing.

Edit: The P35 chipset does support quad core CPUs. That motherboard specifically may not, but the chipset does.

As for the PSU, don't judge one by it's wattage rating. Of those you listed, none stand out as great, but the HIPER is probably the best (though I've heard as much bad as good about them). If you want a silent and quality PSU, I recommend PC Power and Cooling's Silencer line. I have the 610 watt variant and it has been silent all of the time for me.