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August 2008
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Powell River Living

MAGAZINE

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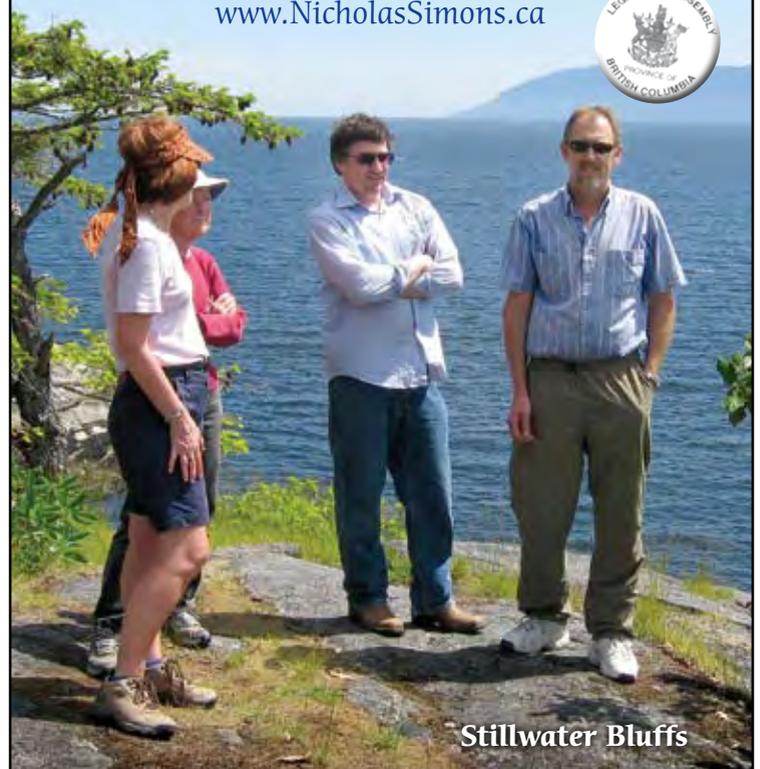
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THIS ISSUE

DEVON HANLEY is one of Powell River's "city transplants". It seems the beauty of Powell River is causing Devon to return to her musical roots. When she isn't busy with writing assignments for clients or tying up her son's hockey skates at the complex, you might find Devon singing.



IAN HOBBS has spent more than 2000 hours guiding boat tours around local waters since moving to Lund in 2002. He and his wife, Donna Kaye, run Sevilla Island Resort, one of the most successful eco-adventure resorts on the Sunshine Coast.



MARGARET PAGE is the founder and director of Etiquette Page Enterprises offering business etiquette and international protocol services. Margaret has been an entrepreneur and successful business leader for 30 years. She lives on the lower Sunshine Coast and visits Powell River frequently.



SEAN PERCY is a Powell River native, who started his career with the Powell River News in 1990. Since then, he has held positions in most areas of the newspaper industry. He comes to us from Hub Publications in the Hay River, NWT, and is Powell River Living's Associate Publisher.



HAILEY SACREE loves to read! She is about to start grade 7 and language arts is her favourite subject. When Hailey finds a good book it's hard to tear her away from it. She has been writing for Powell River Living since its inauguration.



Treat everyone with politeness, even those who are rude to you — not because they are nice, but because you are.

— Unknown

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People are like stained glass windows: they sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within.

— Elizabeth Kubler-Ross (1926–2004)
American psychiatrist; originated concept of five stages of grief

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In this issue

By Sean Percy

In the summer time...

A hhhh. Summer in Powell River....

Cue the Beach Boys tunes, or Nat Cole's "Lazy, Hazy, Crazy Days of Summer". While July was unusually kind to sun seekers, August in Powell River is revered as the prime summer month. The water warms up enough for extended swimming, the seas and lakes are calm and warm for boating, and stores do a brisk business in sun-screen as Powell Riverites and visitors move outdoors.

Many of them head to the sandy shores of beautiful Savary Island. It's Powell River's version of a tropical island paradise, and as Isabelle Southcott discovered when writing for this issue, all that's missing is the tropical designation. It lives up to the sun, sand and surf that are usually reserved for Caribbean destinations, and attracts people of all walks, from the rich and famous to hippies and beach bums. Join the exploration of Savary starting on page 22.

For an adventure that includes more than a beach blanket, head just a little north of Lund to the Copeland Islands, where the water is warm, there are protected coves and bays for paddlers, and sea life abounds. It's also a great place to dive and snorkel. Ian Hobbs, of Sevilla Island, is one of the people who know the islands the best, and he takes us on an exploration of the park, with some beautiful photos.

But the beauty of this area is not without its dangers. Just off the end of Savary Island is Dinner Rock, the site of one of this area's worst maritime disasters. We explore the sinking of the MV Gulf Stream in our Blast from the Past.

Back on the brighter side, our Bookends columnist, Hailey Sacree dives into a new book that's aimed at young adults, but pleases even older readers. But she also found time to explore another summer tradition—mini golf.

With summer, even traditionally indoor activities, such as shopping for art, can move outdoors. Every Thursday night in August, you can find a night market at Willingdon Beach. And there's Art Alive in the Park, August 16-17, which kicks off Powell River's famous Blackberry Festival. Jessica Colasanto has all the details in For Art's Sake.

Our summer issue wouldn't be complete without some suggestions on where to eat, where to stay and what to do, and our advertisers have plenty to offer.

So sit back, enjoy this issue while you bask in the sun (or dodge an infrequent rain shower), and have a great summer!

Sean Percy, Associate Publisher • sean@prliving.ca

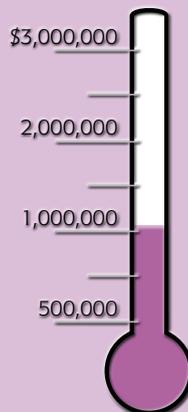
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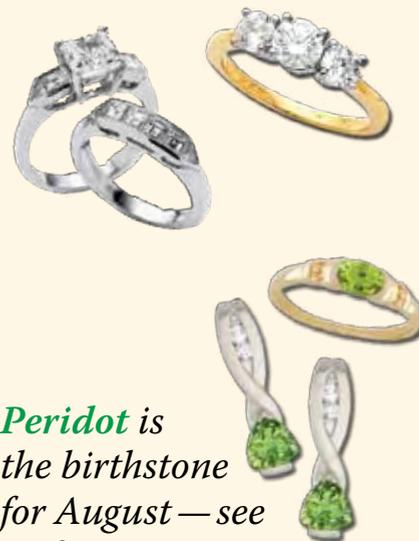
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The "Raggeds"

Magical islands on route to Desolation

By Ian Hobbs

The Ragged Islands (also known as the Copeland Islands) are a virtually unknown gem on the upper Sunshine Coast. If you have not taken a trip out to experience them, add it to the top of your 'To Do' list. All summer long we watch the boats stream by the Ragged Islands heading for Desolation Sound and all summer long we get phone call after phone call looking for boat trips to see the world famous Desolation Sound Marine Park. Don't get me wrong, a trip to Desolation Sound to experience the majesty of the towering peaks, the rugged cliff faces and water that is over 2,100 feet deep is well worth your time but in my books the Ragged Islands is a spot so magical that every trip back holds new wonders. Given that I do over 400 hours of boat tours a year and that I have probably snorkelled and dived in the park more than 100 times, that is no small statement.

The Raggeds are teeming with life, both above and below the water, predominantly driven by the fact that they are surround-

ed by some of the warmest ocean water in Canada. The water in the park reaches an astonishing 22-24 degrees Celsius in the summer time, which is just a bit of a difference from the 7-10 degrees that you can expect in places like Victoria and Tofino. I know where I'd rather go swimming! The reason the water is so warm is that the tides flooding around both ends of Vancouver Island meet just north of the park, meaning that the water in this area just sort of sloshes back and forth rather than getting flushed out and cooled. This warm, clean water makes

for an abundance of life below the water which in turn supports a great deal of life above the water.



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LIFE IN MANY FORMS: The 'Raggeds' are home to a huge variety of sea life. Clockwise from top left: A seal lazily watches passing kayakers; pigeon guillemots; California sea cucumber; and vermillion star.

The best time to visit the Raggeds is on a low tide. With an 18-foot tide swing the park looks dramatically different at high tide and at low tide. At low tide you can expect to see literally thousands of multi-coloured ochre stars clinging to the cliff faces above the water line. Peering into the water with polarized sun glasses it's common to see giant sunflower stars up to three feet across the arms, morning glory sun stars, northern striped sun stars, leather stars, painted stars, vermillion stars, blood stars and cushion stars to name a few. At low tide all the stars get compressed just below the surface of the water so you can typically see a number of varieties from the surface usually seen only by snorkellers and divers. It's not all just about the sea stars as below the water the park teems with over a dozen varieties of crabs, giant red and green urchins, sea cucumbers, rock scallops, octopus, wolf

eels, encrusting sponges and tube anemones. Above the water it's birds, seals and oysters. During the summer months there are lots of different types of gulls, eagles and eagle nests, guillemots, murrelets, oyster catchers, grebes, cormorants, pipers and plovers. It is easy to spend hours exploring the shorelines and tide pools finding new and interesting life forms.

Another reason this little park is one of my favourites is that there are so many different ways to enjoy it. Boating, kayaking, snorkelling and scuba diving are all available options out of Lund. Both ourselves and Terracentric Adventures run small boat tours into the park, which let you get up close and personal with the wildlife. The Swan Spirit, Pristine Charters and Beyond the Road Adventures run bigger boat tours. Rockfish Kayak has both rental kayaks and guided tours to the park and Alpha

Dive would be happy to show you the 120-foot wreck in the park and take you on a critter-crawl.

The final reason I love this park is that it is ever changing. Season to season there are new and exciting things to see. During the winter the park has Caribbean level visibility of 100 plus feet so the diving in the winter is amazing. The water temperature in the winter is a chilly 6 degrees so the best times for snorkelling are in the spring and fall as the water is warm(ish) and the visibility is still good. We find any temperature over 11 degrees is comfortable in a 5mm wet suit and at that time you can still expect 30-50 foot visibility. The best time for birding in the park is the fall, winter and spring when the park becomes a major migratory resting spot and wintering ground. You can expect to see flocks of hundreds of harlequins, mergansers, goldeneyes, buffleheads, scoters and ruddy ducks.

Well it's the busy season and I have to go do another boat tour. Hopefully these words and photos will motivate you to go out and explore one of the wonders of your own back yard!

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Mini-golf and ice cream

An unbeatable combination

By Hailey Sacree

Go ahead, try to drive past Putter's Mini-golf without begging your parents to stop. I find it almost impossible to resist looking up. Watching the cool blue fountains spraying from the ponds, seeing the kids swinging their golf clubs in an attempt to show their friends how good they are. I think back to the ice cream... all those delicious flavours... so hard to choose! As our car goes speeding past I often wish I was there, instead of driving to wherever I'm going.

One lucky day my friend Kolten and I went after school. It was the last week of school and kind of cloudy but that didn't matter. We chose the colors of our balls and then started on the first hole. I must say, the person who designed Putters is super creative in the decorations and the course. There are little buildings, statues, flowers, and even waterfalls and bridges. The set up for all the different holes is really cool. Some of them are downhill, others you have to bump your ball up to get

it in. I find it gets harder and harder and harder as you get farther into the game. I can't believe how great it feels when you get a hole in one or how frustrating it is when the ball rolls back down the hill.

I think my favourite hole is the one with the lighthouse. Although I have never gotten it in in one go, I always run up and plunk it in the hole anyways. I find that if you do that it will roll down the tunnel and into the second hole without a doubt. If you do manage, I believe you get a free round, so try your luck.

Last time I played, there were some people ahead of us and we were waiting by

one of the pools and a frog came out of it. I didn't think it was real but the girls ahead of us poked at it with their club and



it jumped back in again. (I thought it was a statue.) If I had known what it was I would have definitely tried to pick it up!



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➤ When we finished our game, we ran into the building and picked out the most delicious ice cream I have ever had, mint moose tracks. It was divine! They have so many flavors and I like to have a gumball put in the bottom of the cone. The only problem with that is by the time you have eaten your ice cream

your gumball is as hard as rock and almost breaks your teeth!
It is so fun to go mini golfing in Powell River. I have been there for countless birthday parties and day trips. Check it out—you won't be bored. It is a perfect way to spend a sunny day.



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Are you a local?

By Margaret Page

"Are you a local?" Have you ever been asked that question? What does it mean? How do we define "a local"?

As it turns out, the answer depends on who you ask.

Once, shortly after moving to the Sunshine Coast, I asked an older gentleman, "How many years do you have to be here to be considered a local?" He answered, "Thirty years."

"Wow!" I gasped. "That means I will be 80 years old before I am considered a local!" I couldn't help but think of all the taxes I would have paid by then, and all the time, talent and treasures I would have donated to local charities and organizations by then. Another gasp!

Sometime later I asked another lifelong resident, "How long do you think it will be before I am considered a local?" She pondered the question. "I think it takes five years for someone to fully transition from wherever they lived prior to moving here. By then, you've decompressed and

learned the local ways."

When I lived in Las Vegas, the standard seemed to be a year. By then, people had figured out whether they were visiting or staying. But then again, Vegas is a fast town.

I found it interesting that no matter where I was or who I asked, people measured your "local status" in hard time. Yet in my mind, hard measures of time only seem valid in aging and prison... both dreadful analogies.

Perhaps we could consider a softer measure than time. Maybe we could say something like...

You might be a local if you've:

- Helped a neighbour through a difficult time.
- Thrown a party and all your guests lived within 20 km.
- Racked up any library fines.
- Recognized a name in the "Letters to the Editor", obituary pages, or social

announcements.

- Noticed the patterns and habits of the local birds and wildlife (or at least your neighbours).
- Developed a preference for (or aversion to) a certain clerk at the nearest grocery store.
- Taken more than five minutes to pick up one item at the grocery store because of the acquaintances you've encountered while there.
- Learned how to avoid ferry traffic.
- Stumbled upon hidden picnic spots, rope swings and "Lovers' Lane".
- Savoured the sun setting over a familiar landscape, or the sunrise with a warm cup in hand and slippers on your feet, and felt a deep sense of home in your heart.

After all, isn't that what it really means to be a local—to call this home and really feel it deep inside?

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Living Green

By Emma Levez Larocque

Eating Local

Do you know where your food comes from? That's a question an increasing number of people are asking these days. As a society we have become detached from the food we put in our mouths, and it has created problems—obesity, disease and malnutrition among them.

Several years ago this disconnect started a movement that encouraged us to look to the past, to a time when food came from the farms and gardens around us—to a time when we knew exactly where our food came from because we grew it ourselves, and traded it with our neighbours.

In 2005 Vancouverites James MacKinnon and Alisa Smith started a grassroots challenge called the 100-Mile Diet. For a year they vowed to eat only foods that had been grown and produced within a 100-mile radius of where they lived. This challenge started a wave—one that caught on in Powell River in the form of the 50-Mile Diet three summers ago. Since that time, the number of participants has doubled—from 253 in the first year to more than 500 this summer. Lyn Adamson, who started the challenge locally, says people take part for a number of different reasons.

"Most people," she says, "like to have a connection to their food source. It is about being part of a community and be-



FRESH AND ORGANIC: For three years Fran & Simon Cudworth of Periwinkle Granary have been offering Powell Riverites fresh, organic and local grains.

longing to your community when you are purchasing food from your neighbours. I think a number of people want to live more sustainably, and are worried about the effects of carbon pollution to deliver food products. Many feel local food is fresher and healthier—not corporately grown with an abundance of pesticides and herbicides."

Fran and Simon Cudworth own Periwinkle Granary, a small business that provides Powell Riverites with freshly milled, organic grains such as rye, spelt, oats and a variety of flours.

"There has definitely been a change in awareness," Fran says. "This is our third season at the Open Air Market, and our customer base has grown every year. A lot of people are interested in growing their own grains, and we get more and more questions about our grains and the

milling process. There has always been a group of people who have been aware and interested in local, organic foods, but there is now a whole new group of people starting to think about it—and many of those people are young families, people thinking about what they are feeding their kids." There are no chemicals or preservatives in the grains the Cudworths sell; they should be used within 72 hours of purchase. >>>

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► The importance of buying food fresh means that people shop more frequently, and this has precipitated another change, Simon explains. “People are starting to look at how they shop—it’s a different experience they are looking for. They want to see the face of the person behind the food they are buying.”

People are not only looking to buy more local food, but to producing more of it themselves. Judi Tyabji Wilson and Gordon Wilson bought a small farm south of Powell River about four years ago. Their long-term goal is to be as self-sufficient in their food sources as they can be. They raise sheep and chickens, have planted a variety of apple trees, and have plans for a big vegetable garden in the near future.

“We have both watched BC farm land disappearing at an alarming rate while the food on local shelves is increasingly produced in unregulated environments in other countries,” Judi says. “This has made us quite worried about food security and supply and we don’t trust that what we’re buying at the grocery store is safe, or that we’ll have the same kind of supply or affordability in five years. Additionally, we love animals, and we want to know that the meat we eat has come from animals that have had a good life and that the eggs are fresh. Factory farming should be illegal—we’re trying to opt out of that market as much as possible.”

Eating food that has been grown and produced so close to home is not always an easy task. Thanks to international trade, we have become accustomed to having year-round access to every imaginable kind of food. But if you are dedicated to eating local foods, that variety is impossible to replicate—especially outside of summer months. In essence, that is the idea behind the movement—to eat seasonally, and to be more in tune with the rhythms of the world around us. It encourages people to be more aware of where their food is coming from,



PRODUCING FOOD: Judi Tyabji Wilson and Gordon Wilson raise sheep on their small farm as part of their goal to be self-sufficient in their own food production.

and the real costs of getting it there. According to the article “100-Mile Diet: No Piece of Cake” in the May 2008 issue of Okanagan Life magazine, the average Canadian meal travels 2,500 kilometres to reach the dinner table.

While eating completely locally is not easy, becoming part of a group like the 50-Mile Diet can help. People who register will have the opportunity to share information with others about local food sources, share recipes that emphasize local ingredients and have fun sourcing out local food. Register by calling Lyn at 604-414-0990 or email fsp@prepsociety.org (fsp for ‘food security project’).

Ten reasons to buy local food

Source: www.growingformarket.com

1. It simply tastes better (it’s fresh and full of flavour).
2. Local produce is better for you (when food is fresh it contains more nutrients).
3. Local food preserves genetic diversity (when food does not have to be tough enough to survive transportation from distant places, a wider selection of varieties can be grown).
4. Local food is GMO free (local farmers don’t have access to genetically modified seed, and most of them wouldn’t use it if they could).
5. Local food supports local farm families (local farmers who sell direct to consumers cut out the middleman and get full retail price for their food).
6. Local food builds community (re-establishing a time-honoured connection between the eater and the grower).
7. Local food preserves open space (as the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely).
8. Local food keeps your taxes in check (farms contribute more in taxes than they require in services).
9. Local food supports a clean environment and benefits wildlife (a well-managed family farm promotes fertile soil, clean water, nutrient replacement and erosion prevention, and it provides a perfect environment for many wildlife species).
10. Local food is about the future (by supporting local farmers today you can help ensure future generations access to nourishing, flavourful and abundant food).

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Family Matters

By Isabelle Southcott

Everything counts

Every single thing you do in life matters and everything counts.

Holding open the door for someone, smiling, sharing a chuckle, buying a friend a cup of coffee, paying a sincere compliment, or spending time with a friend.

All of these seemingly little things are important in the big scheme of things. In fact, they are just as important as the BIG things although you may not think so at the time.

Life is all about building. We start with one block, idea, thought, word or deed and add to them. Whether you are training for a marathon, studying for an exam, raising a child, or running a business, everything single thing you do counts.

I recently attended a magazine publishing workshop and one of the speakers talked about this concept. During her presentation, she told us that everything you do in business counts. I thought about what she said and realized that everything you do in life counts.

Not long ago we spent part of our summer holidays in Mukilteo, Washington State. We ate dinner one night at a seafood restaurant by the name of Ivar's. Our server for the evening was Melanie. Now I usually don't remember the names of all the servers I encounter but this one was unforgettable and here's why.

My brother-in-law ordered steak, medium rare, to go with his seafood. His steak was nice but it was medium well and although he commented on it to us, he said it wasn't a big deal because Melanie had recommended an excellent wine and everyone else's meal was top notch. Melanie also checked in with us several times to see how we were making out and was friendly and genuinely attentive. On one of those stops by our table Melanie noticed that my brother-in-law's steak was medium well rather than medium rare! She apologized profusely for the mistake and then left. A few minutes later she returned and said she'd talked to the kitchen and would like to offer him a complimentary dessert in order to make up for this mistake. She suggested the strawberry shortcake as it was delicious and large enough to share. Melanie was right.

We began chatting and she asked if we were from Canada. We said yes and she said she grew up in Edmonton, the same city my sister lived in for 10 years.

Then she asked us about our travel plans and made some excellent suggestions that she thought my boys would enjoy.

That dinner will long be remembered by all of us because our server, Melanie, made it memorable. She wasn't just serving a meal, she wanted to make sure we enjoyed our entire evening. Everything she did that night from greeting us with a welcoming smile, to suggesting a great wine to helping us choose our meals, all added up to make a great evening. Individually these things seem insignificant but together they make up something much bigger.

If everything you do in life counts, you need to make sure you are always doing the right thing and if you find you aren't you need to change. You need to make sure that what you say or what you do is what you mean. This is your life, there are no second chances. It is up to each and every one of us to live our best life because everything counts.

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Tug-guhm... "sun" in coastal Salish, is also the name of Debra Bevaart's studio gallery. A showcase for more than 40 local artists with Debra's stone sculptures brought to life on-site, strong coastal imagery is the theme of this gallery

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Where to Eat

while in the Powell River Region



Powell River has a terrific selection of dining spots to suit anyone's tastes from places to have a quick bite to those where you linger over a fine dinner, and everything in between. Bon appétit!



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1929 Twin Eagles Road (Black Point area) • 604 487-1050

A spectacular view of Malaspina Strait & soaring eagles, outdone only by the scrumptious food. Choose light bistro fare, an entrée from the extensive dinner menu, or just sip a cool drink on the patio lounge. Don't miss the delectable seafood choices and our selections of steak toppers. Relax and join friends and family as you enjoy waterfront dining.

WOW! It's our 3rd Anniversary at the new location!



Bakewell's Restaurant

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The Savoury Bight

On the water at Beach Gardens

Tel: 604 485-0996

Every table has a view at this seaside restaurant & pub. From fine dining, seafood and wine to a beer & burgers in front of the big screen, you'll find something to suit your taste at the Savoury Bight. Right on the ocean's edge, huge windows give you a stunning view, or head onto the patio for summer dining.



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Weekdays: 8 am – 2 pm / Dinner 5 pm

Sat Brunch: 9:30 – 2 pm / Dinner 5 pm

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Tel: 604 485-6277 / Fax: 604 485-6279

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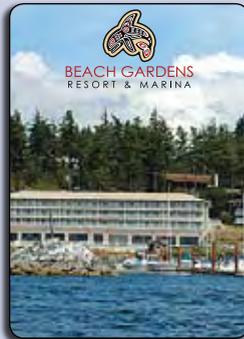
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RR1, Black Point, #29, Powell River, BC
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For Art's Sake

By Jessica Colasanto

Art shows in August

If your notion of an art show is a stuffy, dark museum—or even a stuffy, pretentious gallery—then you haven't experienced an August art show in Powell River!

Many people comment that they can better understand and appreciate art after talking with an artist and seeing the creation process. Why is a sculpture in this particular wood more valuable than that? What inspired you to paint the landscape in that way? How did you do that? The artists participating in the events below are ready to provide answers to those questions and more, and in many cases you'll be able to see for yourself as they work in your presence.

New this year is the **Hot August Night Market**, happening every Thursday night from 6-8 pm at Willingdon Beach. Art will greet you in a casual and welcoming atmosphere, as will artisans, crafts, plants, food, and music. Each of these four evenings promises to be a fun event, and the location can't be beat on a hot summer night.

Willingdon Beach is also home to Powell River's seventh annual **Arts Alive in the Park**, being held this year on Saturday August 16th from 11 am to 8 pm and Sunday the 17th from 11 am to 6 pm. This is a rain or shine event; even last year's torrential Saturday storm couldn't slow it down. These special two days serve to kick off the Blackberry Festival, and the atmosphere is definitely festive.

Formerly called Art in the Park, you'll find artists displaying their work under shady tents, vendors selling all sorts of delicious food, and musicians, poets and writers providing entertainment at the pavilion. Many of the participants will offer workshops throughout the day, and there are always special features just for the kids.

For more information, or to view photos from past events, click on the Arts Alive link at www.PowellRiverArtsCouncil.com.

Another popular annual August event is the **Powell River Studio Tour**. This is a self-guided tour of more than thirty local art studios from Saltery Bay to Lund. Maps and brochures are available around town, but www.powellriverartists.com provides a wealth of information—there you'll find samples of each artist's work, biographical information, and Google Maps to help you organize your route.

You're encouraged to take the tour at your own pace. Some people enjoy following it in order (the map starts your adventure in Lund, but there's no reason you can't hit Saltery Bay first) while others like to spend one day visiting the studios in town and the next meandering up and down the coast. Or pick and choose just a few! Check the brochure to find which studios offer live music and refreshments. As their slogan says, "Revel in the beauty of the Powell River region while appreciating the diversity of art in the area."

And don't forget, all of the above events are free! The artists will have a wide variety of pieces for sale, so be prepared to find anything from the perfect souvenir to a fabulous new addition to your living room wall. Celebrate our glorious summer weather by heading outside to experience what our local artists have to offer.

Do you have an upcoming art event? We want to hear about it. Let us know at arts@prliving.ca.

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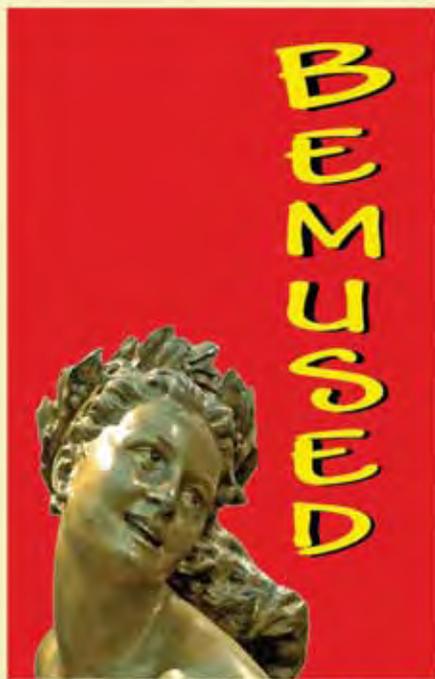
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CAT Scan update

Letter highlights need for diagnostic tool

There are many reasons why we believe it is important to have a CAT Scan in Powell River. You could look at it in terms of money spent traveling to have a CAT Scan done outside of the community. You could look at it in terms of time spent travelling. You could look at from the standpoint of the inconvenience.

But more importantly we believe it is important to have a CAT Scan located right here in Powell River in terms of human lives. How many people would still be with us today had they been able to have a CAT Scan done right away? We'll never know the answer to that, but perhaps the following letter written to Dave Harper, of the CAT Scan fundraising committee, by local Andy McCallum will cause you to pause and think and then maybe you'll see a reason to donate to the fund.

*Dear Dave,
 These are my thoughts as a person who has experienced losing a loved one to a stroke.*

She was standing beside me and everything happened so quickly, she was paralyzed on the right side and couldn't speak a word.

I called 911 and she arrived at the hospital in a very short time. Time is critical for any procedures to begin. They phoned

Vancouver General Hospital for an air ambulance to get a CAT Scan done to identify the problems and possibly start procedures. With the risk and time factor, it was not feasible to do so.

The CAT Scan identifies the extent and position of the problem and they can possibly proceed to rectify the problem. Without the CAT Scan there are too many unknowns and high risk factors and the doctors are unable to proceed. It's just a wait and see situation.

Imagine a doctor looking at a patient and thinking in frustration, 'If only we had a CAT Scan it would show me the direction I could go to possibly even save this person.'

It is such a valuable component to aid doctors in saving lives.

The CAT Scan itself won't cure or save lives but it gives the doctors and the patient a chance that they don't have now, as I understand there is only a three-hour time limit to undertake this procedure.

Andy McCallum

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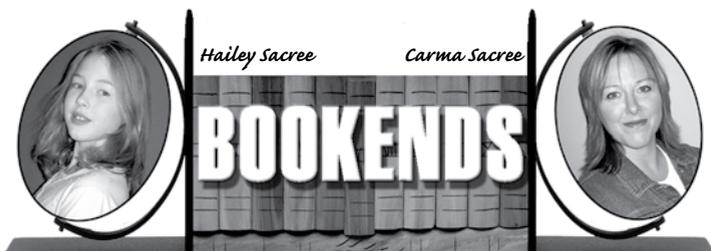
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Cliffhanger leaves heroine dangling

Reviewing: *Twilight*, by Stephenie Meyer

By Hailey Sacree

I was just in Vancouver to see *Cirque du Soleil* and afterwards we stayed with my Aunt Eileen who introduced me to this amazing book called *Twilight* by Stephenie Meyer. I loved it so much I devoured the 500 pages in record time and I am emailing her right now to send me the second and third books. She said the fourth is coming out August 3 and she and her husband Gerry can't wait — even though it was written for young adults.

Isabella Swan, the 17-year-old main character, is living with her Mom in Phoenix. Her dad lives in the Forks, and unwillingly she goes to stay with him even though she hates it there. She's never been a people person but she soon has many groups of friends. One day at lunch she notices these kids that are nothing like she has ever seen before. They appear perfect in every way. Great looks, good at sports, with perfect grades. She finds out soon that one of the boys, Edward, is her biology partner. For some reason he hates her. He won't talk to her, and he sits on the edge of his seat trying to get away from her. Bella (Isabella) is insulted and intrigued, and so the trouble begins.

Edward mysteriously isn't at school for the whole week. Finally he comes back and confronts Bella. He tells here it is too hard to avoid her, but he also mentions that he is dangerous and it is best if she would stay away from him. (Like that's ever going to happen.) Bella attracts trouble like a magnet.

One cold snowy day she is driving with black ice all over the road. She gets out of her car and suddenly a van is spinning out of control and will hit her in seconds; she screams. Edward's car is four cars away and instantly he is beside her, shoving her out of danger's way; the van misses her by inches and he saves her life.

Bella knows he is not human, but what is he? His family goes nuts at the sight of human blood. They try not to eat people, only animals but sometimes.... They can't go out in the sunlight around others, they all look so gorgeous. They wouldn't have revealed their true identity to Bella if Edward wasn't so hopelessly in love with her, and she with him. She is in love with a vampire.

Bella has a certain scent, one like no other, so she is irresistible to vampires. When she is hanging out with Edward's ancient family three strange vampires catch the scent of Bella and start tracking her. Edward's family won't let her be eaten by this tracker, this hunter, this evil beast so they protect her with their lives, but is it enough against this lethal ancient vampire?

Talk about a cliffhanger. It leaves Bella in the worst of situations, and then it ends. You really need to read this book. It is driving me absolutely crazy thinking about it. So I recommend you have the second book on hand if you are going to read the first you can immediately start on the second. You won't be disappointed.



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COCD 001 F08R01

Maxine Gasparovic

3 sessions: Mo, Sep 15, We, Sep 17, & Mo, Sep 22; 7-9 \$79 + GST

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COFT 001 F08R01

Xavier Bauby

1 session: Tu, Sep 23; 6-9 \$69 + GST

Make Your Own Beer

New!

Get in on this fascinating class on how to make your own beer. Join Reg, a longtime beer-maker, in learning the (easy) secrets to creating your own specialty brew. All your questions will be answered, and you'll go home with a bottle of your own creation.

COMB 001 F08R01

Reg Gillies

3 sessions: Th, Sep 18-Oct 2; 7-8 \$49 + GST

Medical Terminology

This course provides working knowledge of basic medical words and introduces the structure and function of body systems and system pathologies. Includes: components of medical words; English equivalents; and medical abbreviations. Valuable for those working in the Medical, Dental, and Veterinary fields.

OFMT 030 F08R01

Peter Behr

12 sessions: Tu, Sep 16-Dec 2; 6:30-9 \$319 + GST

ATV Ride Guide

New!

Get the most out of your ATV for the fall from this highly informative session. Uncover Powell River's hidden ATV trails, learn about liability and insurance issues as they relate to ATVs, and brush up on your safety procedures so you can ride in style.

OEAV 001 F08R01

David Hodgins/Wayne Lutz

1 session: Mo, Sep 8; 7-10 \$39 + GST

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BMBK 010 F08R01

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Jimena Villarias

10 sessions: We, Sep 24-Nov 26; 5:30-7:30 \$159 + GST



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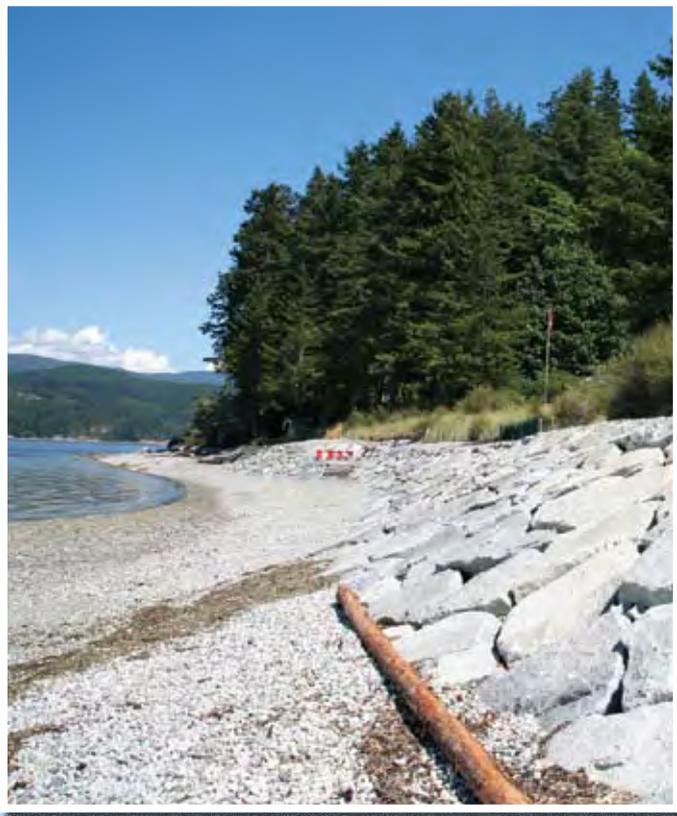
SEPTEMBER

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Explore Powell River

Photos of our very own tropical isle... Savary Island





Savouring Savary

By Isabelle Southcott

Day trippin' in an island paradise

Beach volleyball, skim boarding, white sandy beaches, unequalled views of mountains falling into brilliant blue oceans, driftwood and glorious sunsets make first time visitors to Savary Island feel as if they've been transported to a tiny island in the Caribbean.

When I told Savary Island Real Estate's Rick Thaddeus I wanted to do a photo shoot of Savary he quickly volunteered to show me the island.

For many, Savary Island begins in Lund with a trip to the island aboard the Lund Water Taxi. We hit the road and soon come across two young entrepreneurs, Finn Berg, 6, and his brother Leif, 8, on their first day in business. They're operating The Candy Shack.

"Savary has thriving businesses to businesses that are one step up from lemonade stands," Thaddeus explains before stopping at The Bike Shop where one can rent bikes to tour the island.

With three firehalls on a 7.5 kilometre long island Thaddeus feels it is well protected. Roads are an issue but they have been an issue for as long as he can remember.

With its legendary warm waters and sandy beaches Savary Island is known as a vacation paradise. The island is a narrow, crescent-shaped sliver of glacial outwash that's basically a sandbar. Its beaches, dunes and cliffs erode easily.

Savary is a wonderful place to visit, but it does not have any public washrooms or campsites, a point that has long been an issue. There are also no garbage facilities or a public source of drinking water on the island.

Thaddeus first came to Savary in the 1970s. He returned in the early 1990s and has remained ever since. "Savary has a strange mix of people," he said. There are the wealthy, the not so wealthy and those with barely two cents to rub together."

Savary's population varies. Some claim there are over 2,500 during peak times in the summer and only about 30 full-timers in the winter. "It's probably higher if you look at the number of people who claim the homeowners deduction on their taxes."

Thaddeus enjoys Savary's many characters. "Their stories keep me amused. I write stories about Savary but I don't have to make them up... they make me laugh every day."

Some stories can't be repeated; others can, like the time when the tape of the Trailer Park Boys and the tape of Coronation Street got mixed up. A local on the island used to tape television shows for others. When Thaddeus heard that guests staying at a local lodge were shown Trailer Park Boys with all its coarse language instead of the upper crust British soap opera because the two tapes got mixed up, he was in stitches.

There are people walking along the beach near Mermaid Rock. The view is breathtaking and I feel my breath catch at the beauty of it all.

"When it's nice I can't think of anywhere better," says Thaddeus looking out over the ocean. "Savary is a disease. It can be cured in the first six months but after that there is little chance of remission."

We stop at Sutherland Steps, a staircase down to the beach. Like many other projects on Savary, Sutherland Steps was a community effort and its maintenance continues to be a community effort.

Bike traffic is up on the island and so are the number of bike-related injuries. There's an ambulance on Savary for serious cases.

We stop by the studio of artist Harry Stanbridge but he's out. Still, he's left some paintings out back and the sign on the front shows a picture of Savary Trail Mornings from the collection of musician Colin James. »»

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It is subdivided into over 1,710 small lots, giving it the highest lot density of any island in the Strait of Georgia. Not all these lots are developed, but if you look closely you'll see an interesting mixture of opulent luxury, sheds, trailers and shacks not far from each other.

"Savary probably has the highest number of experts and academics per acre than anywhere else in the world and no one can sort out planning," Thaddeus said.

The non-profit Savary Island Land Trust is dedicated to the preservation of natural areas and biological diversity on Savary. SILT was established in 1997 when the last undivided and undeveloped lot on Savary was under threat of subdivision and the group began to look for a way to preserve this property as a national treasure.

Thaddeus pulls over and stops. "Now you'll see what a Savary Island realtor does for a living." He pulls out a neat homemade 'For Sale' sign with information about a lot and his contact information and nails it to a tree. "You don't get craftsmanship like that anymore."



A store called Arts & Antiques is well worth a stop. A sign that says, "Coffee-Chocolate-Men. Some things are just better rich," catches my eye and I laugh.

Marilyn Hemingway started Hemingway Cottage three years ago. Her B&B is full this year.

"I was camping in Powell River in 2004 and I came to Savary for the day and thought, 'Wow, this reminds me of the Caribbean.' I thought I'd look at a few places and I found this little place in the corner."

Thaddeus says that Savary Island pays 47 per cent of the taxes in Area A. There's no hydro and dodgy roads for that, but as he points out, if the roads were better

there'd be more cars and people would drive faster.

We meet Elliott Moore of Nanaimo on the west coast of the island. The 17-year-old is skim boarding and having a ball.

Just before our tour ends we stop in to say hello to Jean Yuile, owner of Savary Lodge. About 15 years ago, Jean and her late husband purchased the lodge, which was built by Bill McMasters, manager of MacMillan Bloedel, in the 1930s.

"We came for a bike ride and saw it," says Jean.

Like Jean and Marilyn, the same has happened to countless others. Take heart, if you come to Savary for a visit, you never know what will happen next!



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Memories of the Ragged Islands

We all find ourselves in situations in life that aren't entirely what we anticipated or expected. When Kim Miller and her husband Roger and their two boys moved to the Powell River area in 1996 after answering an advertisement in *The Vancouver Sun* looking for a couple who wanted a lifestyle change they had no idea what lay in store for them.

"What a year it was. What an amazing year," recalls Kim looking back on the adventure her family had. "Those sort of things make us who we are."

The Millers decided to move to BC to be nearer the ocean and to get away from the Ontario rat race. Kim had a tanning/aesthetics business and Roger worked for the City of Toronto. When they first moved to BC they'd been in Surrey for about three months when they saw the ad in the Sun. "It was so cool. It was a big bold ad that asked if you were looking for a lifestyle change," said Kim. "It said something like 'Want to get out of the city and away from traffic?'"

The ad intrigued the Millers so they answered it. Not long after they were told they were one of four couples that had replied and were invited to Powell River for an interview. "We still didn't know it was for a caretakers' job at Sharpe's Bay in the Ragged Islands," said Kim.

She remembers being picked up at Lund Harbour by boat and taken to the Ragged Islands (Copeland Islands) fuel dock at Sharpe's Bay.

"We met this nice older couple and had tea with them. It was so peaceful and serene and the door of the cabin was about five feet from the ocean."

Kim and Roger were offered the job and so began an extreme lifestyle change for them. "We had solar generated power, propane appliances, our water came from a creek, no phone service, a 600-square-foot cabin with two boys. Danny was 14 and David was 11."

Every morning Roger and the boys would pile into an old tin boat and he'd drive them to the Lund dock so they could meet the school bus. "The kids weren't too happy about it," said Kim. "It was the start of the computer and video age but they learned to fish, prawn and explore; and Roger absolutely loved it."

Kim said she loved it when it was busy in the summer with all the boaters coming through and buying fuel. "We could hardly keep up with the summer boat traffic and the boaters were so friendly. "Then winter happened and sometimes we couldn't take the kids to school because the ocean was so rough and we were stuck in the cabin together all day. We got entertainment by watching the mice run around the little cabin."

The work contract meant either Kim or Roger had to be on the property at all times. Ten months into their 12-month contract Kim was going a little stir crazy. It was just too peaceful. She went to town to do grocery shopping and learned of a little house for rent in the Townsite. She took the kids and looked at it.

"I said, 'Yup, we'll take it.' I called Roger from a pay phone and said 'I can't take it anymore, I'm not coming back.'"

After two weeks, Roger was released from the contract and joined his wife and family in town.

The owners of the fuel dock decided to finally close it down and sold it to the Lund Hotel.

"It was good and bad," said Kim. "You could eat all the seafood you could catch." She remembers the time Roger and David caught a huge dogfish. "They brought it in the small tin boat and it proceeded to have live babies in the boat. David was freaked out but they managed to put all the babies back into the water. What an experience for a young boy that was. We didn't know that fish could have live babies; we thought they were all by eggs."

There were good times and there were bad times but the Millers survived and remained in Powell River, where they say will be home forever. On the upside, oh, what a story they have to tell because of it!

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Lund Dayz

Lund's biggest party happens August 16

This year has the same family friendly flavour as last year with a bit more emphasis on the evening's entertainment.

8-10 AM • North Side Volunteer Fire Department **PANCAKE BREAKFAST** hosted by The Boardwalk Restaurant. Great cause, great company and a great deal at only \$5 a plate!

10 AM • Dana Angel **YOGA WORKSHOP** at the Gazebo.

10 AM • **CHILDREN'S FISHING DERBY** starts at the top of the government wharf. Prizes for the best catches of the day!

10 AM-3:30 PM • **LOCAL VENDORS**, buskers, face painting, children's entertainment in the harbour.

11 AM • **CHILDREN'S SCAVENGER HUNT**. Come to the Lund Community Society booth at the top of the government wharf for a list of clues and send those kids on a treasure hunt! Prizes for all who enter. While you're there sign up your family or group of friends for the Terracentric Coastal Adventure game.

12 PM • **DIDGERIDOO!** This special musical guest comes all the way from Australia. David has played at Lund Dayz in the past and we are thrilled to welcome him back.

1:30 PM • Terracentric Coastal Adventures hosts the **NAIL, SAIL, BAIL RACE**. A fun, fun, fun group activity where teams of participants are given materials and challenged to build their own craft that is then raced from one end of the bay to the other. You can sign your team up at the Lund Community Society booth any time before 1 pm.

3 PM • **BATHTUB RACES**. It was fun to watch them race around



our harbour last summer. Hopefully this year the weather will be more cooperative.

6:30 PM • Up to the Gazebo for **DINNER AND DANCING**. The Avatar Blues Band, Hugh Fisher (classical guitar) and Ben and Lukah Bouchard. Food by Local Loco's, and beverages in the beer garden. \$12 at the gate (children under 12 and seniors free).

If you are driving to this event please park in the parking lot at the Community Centre on Larsen Road or at the Gazebo on Finn Bay Road and walk down (2 minutes) to the Harbour. Parking in Lund is limited. There is some camping at the Gazebo too. Don't drink and drive.



Q. My **weed wacker** is way out of warranty. Can I still get it fixed?

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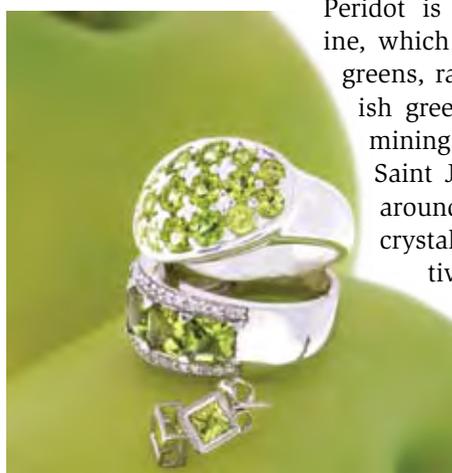
The Peridot

August birthstone

If fire appears to leap from the vibrant green surface of the peridot, this may be because this gem is formed as a result of volcanic activity. Many years ago, natives discovered peridot crystals in the black sands of Hawaii, explaining their presence as tears shed by Pele, the volcano goddess. Throughout history, August's birthstone has been used as a means to connect with nature. Early Egyptian priests drank a stimulating beverage called Soma from cups made of peridot believing this practice to draw them closer to Isis, the goddess of nature.

The name peridot comes from the Arabic word "faridat," meaning gem. Ancient Egyptians called them the "gem of the sun," because of their dazzling brilliance when seen in the desert sun. It was believed that the peridot glowed with light even as darkness fell, which is why miners were said to have scouted for these gems during the night, marking their location, and returning in the light of day to retrieve them.

Perhaps this legendary mining method is the reason that the peridot is sometimes called "evening emerald."



Peridot is a mineral named Olivine, which is found in a variety of greens, ranging from light yellowish green to a dark olive. Early mining for this gem was done on Saint John's Island near Egypt around 1500 BC. The green crystal was considered protective against evil and when set in gold, especially helpful against night terrors.

It was ground to powder and used as a remedy for asthma and as a cure for thirst

brought on by fever. Today, peridot is mined in Burma, Norway, Brazil, Australia, Hawaii, the Congo, and in Arizona.

The force of nature is alive within a peridot, making a gift of this gemstone symbolic of vitality. It signifies strength, both individual and within a relationship, as well as the promise of new growth in years ahead.

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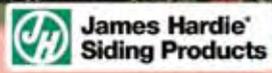


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Business Connections

By Kim Miller

Powell River Microsystems is on the move to a bigger location. Brothers Aaron and Jason Pinch are excited to be moving into their new store at 6820 Alberni St. They will be expanding their product offerings and adding phone systems. Aaron says he is happy to have been in this business for over five years now and business is doing great. **Westview Agencies** is proud to announce Linda Young as manager. A long-time employee, Linda has taken on the role of general manager.

Split Endz is one year-old and what a great year it has been. Congratulations.

Manzanita Restaurant is one year old and the staff there are celebrating with some great specials.

Alchemist Restaurant has just celebrated their first anniversary.

Aroma's Gourmet Coffee & Lunch Bar is happy to be celebrating two years of service.

Laughing Oyster Restaurant is 10 this year and looking forward to another 10.

Morgan Robinson is the **Student Works Painting** operator this summer. He returns home to Powell River for the summer. He is a fourth year business student at Vancouver Island University. He can be contacted at 604 483-6874.

Come on down to a community picnic on Saturday August 2nd from noon to 3pm. **Powell River Ayjoomixw** Spirit of BC Community Committee of which I am proud to be a part, is celebrating BC's 150th birthday. Entertainment, food, cake, Guitar Hero Challenge, games and so much more. Sign the commemorative book and be a part of the Coast Trek 2008.

Upcoming Chamber happenings:

Tuesday, September 9 is a luncheon at noon in the Town Centre Hotel. Our guests will be BC Ferries Communication Relations representatives. Must RSVP to the chamber office. \$15 at the door.

Thursday October 9 is another luncheon to be held at the Rodmay Hotel. Ca-

tered by Manzanita Restaurant our guests will be the Powell River Literacy Council. Must RSVP to the chamber office. \$15 at the door.

Wednesday October 22 will be the fourth annual Newcomers Social co-hosted by Parks, Recreation and Culture at 7 to 9pm, to be held at the Complex. Entrance is free to all residents. Limited booth space is available at a nominal fee. Call the complex to register. This is a great event to socialize, network, and become aware of all the clubs, organizations, and resources in the area.

Thurs/Fri October 23/24 is the Career & Business Fair. Look for more information in this issue of Powell River living.

Do you have any changes within your business you want Powell River to know about? New managers, new owners or are you moving locations? Call me at the Chamber office at 604-485-4051 and we will get your info in the next issue of Powell River Living.

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1. With a privately owned policy you own the policy and you can name whomever you wish as the beneficiary. With group creditor insurance you are part of a group policy owned by the financial institution and they are the only beneficiary.
2. With a private policy the amount of insurance remains constant even as your debt balance decreases. The excess amount is available for other uses. With group creditor insurance the insurance only covers the balance outstanding. This means over time the amount of insurance is diminishing even though your premiums remain constant based on the original amount of insurance issued.
3. If you change financial institutions your private policy continues to provide you with the same coverage. With group creditor insurance your coverage ends when you leave the institution. What happens if your health has deteriorated during this time? Will your new lender cover you?
4. With private insurance the premiums and coverage are guaranteed for the life of the policy. With group creditor insurance your premiums and benefits are not guaranteed. The lender can change or cancel the policy at any time.

5. Private policy underwriting is done at the time of the application. This means if the insurance company accepts you as a risk they cannot back out of their obligations. With group creditor insurance the three or four medical questions you answer may conflict with your actual medical history. If there is a doubt as to the accuracy of your answers the group creditor insurance could have a reason to not pay out. This does not mean you have intentionally given false answers. You may have been unsure of what constitutes a heart condition—regardless you may be out of luck.
6. The actual premium cost of private life insurance can be as competitive as the group creditor insurance.

This article was prepared by Lisa Labree who is an Insurance Advisor with Dundee Insurance Agency Ltd. This is not an official publication of Dundee Insurance Agency Ltd. The views (including any recommendations) expressed in this article are those of the author alone, and they have not been approved by, and are not necessarily those of Dundee Insurance Agency Ltd.

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Powell River Transit: Good for the environment—Good for you!

Everywhere we turn these days we're bombarded by concerns about the environment. We wonder what effect our choices will have on the long-term health of the planet, whether a thoughtless action or deed will be damaging for future generations. With gas prices on the rise and no end in sight, it will only get more and more expensive to "fill her up" at the pumps.

There's one easy way to reduce our carbon footprint and save money at the same time. It's not a secret but still, many people don't think about it or haven't tried it yet. The secret is the bus.

Powell River has been operating a transit fleet since 1979. Gerry Woods, transit supervisor, is proud of the fleet noting that more and more people are discovering the bus all the time. Powell River Transit expanded its service earlier this year by adding Thursday, and Saturday evening service and doubling the service provided on Friday evening.

"We used to have only one bus, now we have two. We have hourly service on every route in the evening," Woods explained.

Two years ago the city started having discussions with user groups who said they would like more service provided. "We said okay, that's fine but where do we increase and how do we get there," Tor Birtig, Operational Services Manager for the City of Powell River, said. "We met with PRACL, the Seniors Group, the Youth Group and we put together a report and gave it to council for endorsement to increase service."

What the user groups wanted was more evening service, more service on Saturday and Sunday service.

The City and Powell River Transit listened and then responded to the requests. They increased service and as a result rider-

ship increased. In April of 2008 ridership increased by 31 % over April 2007 while Powell River Transit expects to carry over 190,000 passengers this year.

Timing on runs, especially morning runs, was adjusted in response to input from student riders and School District 47.

"Our students went from 41 to 51 percent of our riders by doing that," said Woods adding that students are the single largest age group to use the bus.

Although student ridership has increased, there has been an increase in ridership through all demographics. "Our numbers are up during the day and people are using it in the evening too," said Woods.

Powell River Transit operates a fleet of low floor wheelchair accessible buses. "Our buses can kneel to curb height and they have a wheelchair ramp," said Woods. Bike racks on the front of buses give people options for cycling one way and riding the bus the other. "We have customers in Wildwood who will ride downtown and take the bus home," said Woods. And there is no extra charge for this service.

Powell River Transit also provides assistance to emergency preparedness programs. "We have been called on to help with evacuations, fires and gas leaks. We can provide temporary shelter to people while firefighters are fighting fires or while a building is being evacuated," said Birtig.

In January of this year, Powell River Transit switched to B20 bio-diesel, which means that 20 per cent of the fuel used on buses, is not petroleum.

"This means that we're burning 20 % less fossil fuel," said Woods.

The buses are maintained by the mechanics in the mechanics department and a preventive maintenance program means

that that no bus leaves the Transit Depot unless it is in top condition. Safety always comes first.

Powell River Transit provides friendly, safe bus service. One of the ways they do this is through the McGruff Program, which is basically like a block parent program only on the bus. "Anyone can come to the bus if they need assistance in any way and we'll make a phone call," said Woods.

He recalls a story about a young girl of seven who was dropped off at Dwight hall by a babysitter for a dance lesson. It was wintertime, cold and dark outside. The babysitter dropped the little girl off and drove away without waiting to see if the little girl was safely inside her class. It turns out that there was a sign on the door that said: Dance Class Cancelled!

The little girl didn't know what to do so she walked to a nearby phone and called her best friend who advised her to wait at the bus stop for the next bus. When the bus arrived the little girl told the driver what had happened and the bus driver made all the appropriate calls and the little girl was reunited with her family.

Powell River Transit has been recognized on several occasions for being the cleanest fleet in the BC Transit family.

"We pride ourselves on having a well-maintained, clean transit system," said Woods.

Birtig said that because Powell River has an indoor bus depot fleet units do not deteriorate as quickly as those that are left outside all the time.

"The average life span of a bus is 25 years. Ours will go for 30 years plus," said Woods.

To keep the fleet in tip-top shape, the no eating or smoking on the bus rules are enforced.

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From then until now

The history of Powell River's buses

Bus service in Powell River dates at least back to 1923, when Jack Dykes ran a bus service from Cranberry to Townsite—using a truck with plank seats along the sides.

Public transportation got a little classier in 1926 when Tom Peck and Roy Compton, later with help from Ernie Liebenschel, started a bus service. The bus was an old white touring car with an extended frame that could carry nine passengers. It operated between Westview, Cranberry and Townsite.

In 1927 Joe Bigold started a bus route to Wildwood and that same year, Malaspina Stages added a 20-passenger coach to their fleet.

There are historical hints that Malaspina Stages had been around a lot earlier. A Malaspina Stages ad in the 1928 Powell River News stated: 'We served you during the war. Let us serve you now.'

Felix Van Vleet purchased Malaspina Stages in 1928 and started the Powell River Transportation Company.

In 1930 the bus station was built on Walnut Street in the Townsite. Bigold discontinued his operation that year.

Three years later Joe Van Es started his Wildwood bus service.

In 1934, Powell River Stages, owned by Mrs. Ethel Van Vleet, succeeded the Powell River Transportation Company, and operated throughout Townsite, Westview, Cranberry and Edgehill.

In 1945 Powell River Stages began service to Stillwater and Lund.

In 1956 the bus depot at the corner of

Joyce Ave and Duncan Street in Westview was destroyed by fire.

That same year a group of drivers purchased the bus routes from Mrs. Van Vleet and renamed their business Powell River Transit Company.



COMMUTING MADE EASY: Transit supervisor Gerry Woods here in front of a very versatile city bus. It's equipped to provide wheelchair access and includes a bike rack for 'mixed' commuting.

considered purchasing the buses and routes in February 1957, that didn't happen. Other than the Wildwood bus operated by Joe Van Es, Powell River citizens did not have public transit for six weeks.

Then, in late March of 1957 Powell River Bus Lines Ltd was started by Cecil Lawrence.

In 1968, the municipal government got into the bus business. The Corporation of the District of Powell River, passed Bylaw 549 in 1968 "to authorize the establishment of a municipally-owned and operated bus transportation system within the Municipality."

Keys to four new buses were handed over to the Municipality by the BC Government in September 1976.

By 1978, the Municipal bus depot on Duncan Street was under construction.

In 1978 the Province created the Urban Transit Authority (later renamed BC Transit). The Municipal Systems Program of BC Transit was established in 1979 in partnership with local government. The program provided planning, marketing, fleet management, funding and contracting for transit services outside Greater Vancouver and Greater Victoria, and in 1979 the Municipality of Powell River asked the BC Urban Transit Authority to do a study of the transit system.

Changes were made to routes and the price increased by a dime to 35 cents for adults.

The HandyDART and ParaTransit systems began operations in 1992, and in September of 1993 improvements were made to the transit system to include access to the newly opened hospital.

BC Transit in Powell River

Powell River Transit System is part of the BC Transit System. It operates three routes in the City of Powell River. They are: **#1 Townsite/Wildwood** including Cranberry Lake, with several trips daily Monday through Friday to Sliammon; **#2 Grief Point;** and **#3 Upper Westview.**

Powell River Transit's transfer exchange is at the main entrance to the Town Centre Mall and busses run to within a couple of blocks of every house within the city limits.

Bus passes are an economical option. Monthly passes for adults cost \$38; seniors and students are \$30 and semester passes are \$90. For more information please call 604 485-4287.

But they couldn't keep it going. Declining revenue caused them to cease operations in January 1957. The bus station was sold to the Rod and Gun Club.

Although Sechelt Motor Transport con-



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Lund Water Taxi

Transporting people, and their stuff

By Devon Hanley

There's a special place at the end of the highway that leads west. For nine months of the year the pace is slow, few tourists come and go, businesses settle into a winter lull and locals breathe a sigh of relief as the village of Lund once again becomes their own.

Founded in the 1890s by Swedish brothers Fred and Charles Thulin, the village of Lund was built around the coastal forest industry. Today, it's all about tourism. Lund—the brothers named it after a university town in Sweden—is the gateway to Desolation Sound, an internationally renowned boater's paradise, and the spectacular islands of Savary, Hernando, Cortez and the Raggeds (Copeland). During summer months the town comes alive; outdoor enthusiasts arrive for kayaking expeditions; boaters from points south tie up for a day or two of refuge in Lund's protected harbour; tourists amble between bakery, general store, art galleries and restaurant patios. The scene is idyllic.

And then, there is the dedicated and slightly crazed crowd of folks who have driven cars loaded to the brim with children, dogs, bikes and cabin provisions, braved one or two ferry line-

ups, to make their ultimate destination in the nick of time: the Lund Water Taxi dock. They arrive jubilant, bedraggled, anxious and ecstatic to be heading back to their beloved Savary Island. Some are heading to Hernando, and some to Cortez... but it is the lure of the luxurious white sand beaches that stretch round the entire perimeter of Savary Island that has kept Gina and Al Wood busy expanding the Lund Water Taxi empire since they purchased it in 1987.

"When we started out we had two boats and no office," laughs Gina, "Al and I answered the phones at home and dispatched the water taxis from the hotel dock."

Today, the company employs up to 16 people during the busy summer months. Five certified drivers (who double as accomplished musicians, mechanics and massage therapists) operate the water taxis. Bill, Pete, Verjall, Dean and Richie load up to 12 people and all imaginable types of cabin, garden and sports equipment, plus the family pets, of course, onto water taxis. The Raggedy Anne, Channel Flyer, Jervis Mist and Comintagetcha deliver them safely to the Savary Island dock fifteen 15 later, whereupon the entire performance is repeated in reverse.

Five enterprising young adults drive the Savary Island Land Taxis—a fleet of five pickup trucks that haul people and gear and pets from the wharf to lodgings, and visa-versa. Happy to bump along over narrow forest-shadowed roads through July and August, Dru, >>>



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- Aug 10-12 *A Fair, A Freighter & Sandcastles* • Vancouver Island
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➤ Steve, Nick and Dani return from university and college to reside at their respective family cabins and drive Al and Gina's land taxis.

All this is coordinated from a cheerful and bustling office overlooking the Lund Water Taxi's private dock. Open 364 days a year, the office positively hums during the summer. A cacophony of marine and shortwave radio messages from water and land taxi drivers, plus two constantly ringing telephone lines provide the backdrop for dispatchers whose task it is to coordinate the movement of people and their gear from the water taxi dock at Lund, to their cabins and back again.

And that's not all. In addition to delivering people to nearby islands and other coastal locations, Lund Water Taxi operates two barges, Aqua Knots III and the Giderdun II, delivering freight, heavy equipment and trucks for the scores of tradesmen and builders who work on Savary Island. The island's summer and full time residents use the barge service to transport cars, building materials and all manner of things too large or too heavy to carry on a water taxi.



A SPECIAL TAXI SERVICE: Owners Gina & Al Wood stand on the Giderdun II, beside a sailboat they towed into harbour, while the Channel Flyer in the background returns from a trip to Savary Island.

Al and Gina's business includes a charter service to points north for a wide variety of resource-based businesses and a contract with the BC Ambulance Service to transport people with medical emergencies from Savary Island to Lund. Up until a year ago, Gina and Al refused payment for this service. "Al thought it was bad karma to charge for responding to an emergency," explains Maggie, one of the company's most dedicated and long-time employees.

Whether it's moving elk to Ramsay Arm, or generators and golf carts to Savary, Al and Gina are dedicated to getting people and their stuff to where they want to go. Despite long hours and trying scenarios—two weeks worth of groceries in small white plastic bags heaped on the dock, low tides and emergency cell phone calls to plead a later water taxi after a missed ferry, the cheerful nature of all the staff, and Gina and Al themselves, indicate the rewards of a business well run have paid off.

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and the environment), the three laws of concentration discipline and physical fitness skills. For children six to eight, conflict avoidance programs as well as basic martial arts and coordination skills are also added. Youth between nine and 13 will also learn about values, responsibilities and goals. Adult programs will focus on confidence, self defense and stress release.

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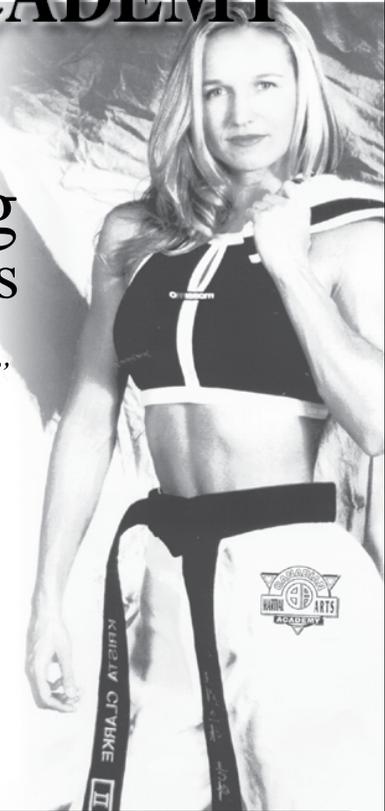
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A tale of tragedy and heroism

The wreck of the MV Gulf Stream

By Sean Percy

The tragedy of the wreck of the *MV Gulf Stream* remains one of this area's darkest moments, but as with many tragedies, the heroism of the moment can often be overlooked.

The 145-foot passenger liner took the lives of three children and two women when she struck Dinner Rock on her way between Westview and Lund on Saturday, October 11, 1947.

In 1948, Henry Pavid, who lost his daughter in the wreck, erected a small wooden cross on Dinner Rock. Several informal ceremonies were held over the years to remember the disaster. This month marks 10 years since a large cross was erected on the rock to permanently memorialize the disaster – and warn mariners of the dangers of the rocks and reefs of the passage. At that time, organizer Don MacGregor said the tribute was “long overdue.”

“It was a terrible night,” remembered Dave Hughes, who was on the *Gulf Stream* that night, but along with most of the 200 passengers, got off the boat in Westview. Just 15 passengers remained, along with 22 crew, as the *Gulf Stream* sliced through stormy waters on its way to Lund.

The *Gulf Stream* was a well-known and popular vessel, built as a 147-foot steam luxury yacht in Massachusetts in 1915. During World War II, the Canadian navy refitted her with twin diesels, reports BC maritime historian Fred Rogers, in his

book *Shipwrecks of British Columbia*. After the war, she lost her *HMCS Wolf* moniker and became a passenger and freight carrier for the newly established Gulf Lines Ltd. on the Vancouver to Powell River run. >>



MEMORIAL AT DINNER ROCK: The sinking of the *Gulf Stream* is memorialized both formally, and informally (inset).

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► This Saturday, she was captained by Jack Craddock, not her normal skipper Captain Roy Barry. After leaving Westview, Craddock made his rounds and turned the vessel over to Second Mate Roy Ketchum. The *Gulf Stream* was cutting through the rainsqualls and moderate southeast seas at about 14 knots when she struck Dinner Rock. The force of the impact forced her bow out of the water and about a third of her length went up onto the steep rocks. Her stern was forced underwater and she came to rest on her port side, with passengers' quarters flooded.

The lights went dead in just minutes.

Fortunately, skipper Bob West, of the passing fish packer, the *Betty L*, noticed the lights on Dinner Rock before they went out. It was an unusual sight. He was already on his way to investigate when he noticed the SOS signal. The fish boat's spotlight lit up a terrible scene, and, at risk to themselves in the stormy seas, the crew saved many who had been unable to reach shore. Some were able to scramble over the listing deck with the help of ropes and ladders and make it to the barnacle-covered rocks, cutting their feet as they went. Lifeboats from the packer picked them up on the lee side of the rock.

Inside the *Gulf Stream*, the scene was even worse.

Passengers were hurled to the floor on the impact and then frigid water came rushing in. One passenger managed to break a window on the starboard side, now above their heads, and crawl out

window.

Mrs. George Walkem credited Captain Frank Petersen with saving her life, after he smashed windows with his hands to bring the 79-year-old widow to safety.

"Captain Petersen somehow got me out and that's the only reason I'm here now," she told the *Powell River News*, in an extra edition published on Sunday, October 12.

Another passenger, Norman Hope of Refuge Cove, was also a key player in the heroic rescue efforts. According to a Gulf Lines officer, "he was really pitching."

The rescue efforts were indeed speedy. Just two hours and 20 minutes after the accident, the *Betty L* was at the Powell River dock with the survivors.

Seven of the 10 passengers who lived through the ordeal were hospitalized with various bruises, cuts and shock. Twenty-one crew were aboard; all survived; three were hospitalized.

On the Monday, legendary diver George Unwin, working from the salvage tug *Salvor*, recovered the body of Sylvia Fleck. The next day, he recovered the bodies of Kay Elliott, her adopted two-and-a-half-year-old son Lyle Hodgson and her nephew Douglas Lipsett, 3, from a cabin 30 feet under water in the stern of the ship.

"There are no more bodies in the ship," ►►



MARINERS' GUIDE: Navigating between the Mystery Reef buoy and Dinner Rock is a challenge for mariners.

He then reached back through to help others out. Sam Fleck credits him for saving his life, but in the confusion Fleck got separated from his wife. She drowned.

At the impact, Henry Pavid reached for his infant daughter, and missed by inches as the ship rolled.

Henry and George Walkem were hauled from the main deck lounge through a

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ON THE ROCK: The *MV Gulf Stream* sitting on Dinner Rock before she slipped to the bottom.

Photo: Powell River Historical Museum



YEARS LATER: Now the home of sponges and rockfish, the *MV Gulf Stream* now rests in 150 feet of water.

► Unwin told *The News* after a hazardous two-and-a-half-hour dive.

The body of tiny Jeanie Pavid, just 18 months old, was never recovered, despite the valiant efforts of rescue and recovery crews.

The *Gulf Stream* was said to be worth \$185,000 in 1947, but salvage efforts were thought to be too expensive. Besides the damage to the hull, at least one of the engines stopped when it sucked in water, which assuredly cracked the block. Salvage was not attempted. The ship later slid off the rock, with its stern in 120 feet and the bow in 40 feet. To-

day, the bow, too has slid off the rock to the sandy bottom at the base of the rock, and the nose of the ship lies in about 160 feet of water. It has been picked over by divers. A brass steering wheel stand and a brass signalling device are in Fred Rogers' collection.

Beyond the depths of most recreation divers, the wreck is occasionally visited by technical scuba divers. They find cloud sponges growing on the hull and between the beams. The superstructure

of the *Gulf Stream* has collapsed, but the hull remains intact, providing a home for lingcod and rockfish.

A memorial marker placed by the Underwater Archaeology Society of BC recounts the disaster and urges divers to respect the underwater history.

The wreck today

- Stern in 120 feet of water
- Bow in 165 feet of water
- Hull: intact
- Superstructure: collapsed

The victims

- Mrs Sylvia Fleck of Refuge Cove
- Mrs K. Elliot of Vancouver
- Lyle Hodgson Elliot, 2, her son
- Douglas Lipsett, 3, Vancouver, her nephew
- Jeanie Pavid, 18 mo, of Refuge Cove

Those who escaped

- Mr Sam Fleck (injured)
- Mr Henry Pavid (injured)
- Mrs Josephine Pavid (injured)
- Mrs G.H. Ellis (injured)
- Miss Margaret Russell (injured)
- Mrs Beverley Russell (injured)
- Mrs George Walkem (injured)
- Mr Elmer Ellison
- Mr Ray Bergstrom
- Mr Norman Hope
- And 21 crew (three hospitalized)



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Powell River wrestler to Olympics

Representing Australia

A Powell River woman will compete in the Beijing Olympics this month, but she won't be wearing the Maple Leaf. Kyla Bremner will be the first woman to represent Australia in women's wrestling at the Olympics. The daughter of Kay and Dennis Bremner of Wildwood graduated from Max Cameron in 1994, then went on to Simon Fraser University, where she first started wrestling. Though she had always liked sports and been athletic, at 5'2" she wasn't a natural fit for volleyball or basketball. She competed in gymnastics in the old JP Dallos gymnasium, joined the swim club and competed in track and field and soccer with school teams.

But when she watched a friend participate in an international wrestling tour at SFU, she found her calling, and joined SFU's start-up women's team.

"I loved the physicality of wrestling. It's a sport that requires total physical fitness and total mental focus, and I liked that intensity," said Kyla.

Because her mother is from Australia, Kyla has dual Canadian-Australian citizenship. After a couple of years of university here, she discovered that Australia offers more subsidized education, so she moved there to get her undergrad and graduate degrees. "Now she's a doctor and hasn't built up the huge debt that students here do," said Dennis. So is he proud of his daughter? Let's see, she's a doctor and an Olympian... "Yes," he answers. She's now working as a medical intern at Bankstown Hospital near Sydney in New South Wales, and spent the last two years working as a locum in rural hospitals across the state. In 2000, she worked as a volunteer at the Sydney Olympics, and decided then that she would like to have the experience of competing at that level. Eight years of hard training would follow.

She does weight and strength training three times a week, cardio or circuit training three times a week and works on the mat five times a week. Qualifying and then working as a doctor while at the same time training and competing in events across the globe has demanded discipline and balance, and she has seen little of family and friends. "She spent a lot of time traveling and training in France and Germany. She has competed around the world for years," said Dennis. But she'll be connecting with family in Beijing. Johnson and Johnson is helping pay for the families of Australian Olympians to travel to China. So the Bremner family, including Kyla's parents, her brother and her aunt are flying over to watch Kyla compete. Kyla is the only woman on the Australian wrestling team. She earned the spot by defeating her main New Zealand competition in a tough, close match to win the Oceania championships. Recently she won the Australian nationals and competed at the World Championships. She also won the 2008 Sassari International Tournament in Italy.

She has had to miss some competitions and training for work, and has also taken unpaid leave to go to competitions and prepare for big matches.

"But ... without my job as a doctor I wouldn't be able to fund my wrestling activities. I have to self-fund almost everything including going to Worlds and Olympic qualification events like Oceanias. Plus my hospital has been pretty supportive of me," she said.

"I'm so pleased that women's wrestling has become an Olympic sport in time for me to have a chance to go. I lost the national final in overtime in 2003 and the person who beat me didn't manage to qualify for the Athens Games. That was disappointing for everyone, but happily this time around I've qualified and hopefully it will be a good thing for women's wrestling in Australia," said Kyla.

"My goal for the Olympics is to wrestle my best, and of course to go for gold. I'm definitely not a favourite to win my weight class, but I've come to realize that you have to enter every tournament with the goal of winning, otherwise what's the point of being there? If you set your goals lower, as in "I'll be happy if I score some points or win a match" then if you win a match you still haven't won and could have done better. You have to do your best and aim for the best, which is to win the whole thing. But I also want to have fun!"

Her status as an Olympian has added to her busy schedule, as she has been interviewed and featured in Australian magazines and talk shows. She arrives in China Aug. 4.

Opening exercises are on August 8. Kyla's normal weight class would probably be the 52 kilogram class, as her normal weight is around 54 kg. But the Beijing Games mark just the second time women's wrestling has been an Olympic sport, so there are only a couple of weight classes, and 52 kg is not one of them. She managed to cut her weight to 52 kg, no easy task for someone already in excellent shape. To compete in the 48-kilogram category, Kyla has to sweat it out prior to competition, then rapidly re-hydrate after the weigh-in to get back in fighting shape the next day. Her parents hope that she'll some day return to Canada, but despite the country's critical doctor shortage, Dennis says Canadian regulators don't make it easy for foreign-trained doctors to come to Canada as specialists.

"There is a series of time-consuming and expensive exams that I have to write, then I would have a lot of trouble getting into specialty training there as well. I'd be unlikely to get into anything but GP training, which would be okay but it's not my first choice right now. I'd like to try to get into dermatology or paediatric surgery. So for me at my stage of career it's just not worth coming back to Canada because there are so few opportunities there for overseas-educated doctors who haven't yet specialized," Kyla told Powell River Living. ▶



Kyla Bremner - 48 kg wrestling

NAME: Kyla Bremner
CITIZENSHIP: Australian & Canadian
AGE: 31
HEIGHT: 158cm
WEIGHT: 52 kg

Community Calendar

August 2008

Sunshine Speakers Toastmasters: Interested in communication, leadership and public speaking? **Toastmasters** next meeting is 6 pm July 28. "A Taste of Toastmasters," is a potluck summer meeting that is sure to be fun. Please call Jim at 604 485-4355 or Kevin 604 483-9052.

Second Tuesdays: Living with Cancer Support Group, 1:30-3:30 pm at Breakwater Books, Alberni St. All cancer patients, survivors and loved ones welcome. For more information, 1-888-229-8288.

Third Tuesdays: Powell River Garden Club meets at 7 pm at Community Living Place.

Every Thursday in August: **Hot August Nights market.** Willingdon Beach, 6-8 pm. Contact Karen at 604-344-0127 or Julie at 604-483-4923 for more info.

August 6: Hiroshima & Nagasaki Remembrance Week. 7:15, Willingdon Beach. Music, singing, dance, candles, lantern making.

August 7: Summer Curling Bonspiel, Powell River Curling Club. Fun for everyone. For more info call 604 483-9551.

August 16: Texada Sandcastle Weekend. Enjoy Island fun at the Texada Sandcastle Weekend. Various locations on Texada Island. For more info. Call Lee Thorp 604.486.7675 or check out our website for Schedule of Events at < www.texada.org/EventsCalendar/EventsCalendar > .

August 16: Lund Dayz is an annual festival of children's events, fishing derby, Nanaimo Bathtub racers. For more info contact Rianne Matz at 604-483-9605 or Caitlin Bryant at 604 483-4238.

August 16: Blackberry Festival at the Open Air Market, Paradise Valley Fair Grounds on McLeod Road. Children's games, clowns, face painting and balloons. Fun for kids of all ages. For more info call 604 483-9605.

August 16-17: Arts Alive in the Park at Willingdon Beach. Works of local artists will be on display at the beach, children's art, music. For more info call PR Arts Council 604 483-9345.

August 16-22: Blackberry Festival is a week long celebration of the wonderfully delectable berries that grow in abundance in the Powell River area. There are different events each day winding up with everyone's favorite, the Marine Avenue Street Party.

August 18-22: Second Annual City-wide Vacation Bible School. "Beach Party: Surfin' Through the Scriptures. Four-square Gospel Church on Manson Avenue. 9 am to noon each

day. Ages 5-12. All children are welcome and the cost is FREE! This event is being hosted by 8 local congregations. For more info contact Jennifer Robins at 604 485-6067.

August 20: Blackberry Festival Wine Reception. An evening of Wine, Cheeses & Entertainment. For more info call the Visitor Info Centre 604 485-4701.

August 22: Blackberry Festival Street Party. A variety of food and entertainment for the whole family on Marine Avenue.

August 23-24: River City Cruisers Show & Shine. Willingdon Beach. For more info contact Brian Dingwell at 604 485-8447.

August 23 - 24: Art Studio Tour for more info contact Alfred Muma at 604 487-1766.

September 6: Ladies Malaspina Open at Myrtle Point Golf Club. For more info call the Myrtle Point Golf Club at 604 487-4653.

September 6-7: Sunshine Music Fest takes place at Palm Beach Regional Park with a variety of music. For more info call Barb Lundy at 604 485-7559.

September 9: Chamber of Commerce luncheon at the Town Centre Hotel. Guest speaker from BC Ferries Community Relations, noon to 1 pm, by reservation only. For more info or to reserve, call Kim at 604 485-4051.

Community calendar provides free listings for non-profit organizations and our advertisers. To post your event email bonnie@prliving.ca.

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- Chamber of Commerce • Texada Market • Lang Bay Store
- BC Ferries: Texada, Earl's Cove & Comox & the Westview Ferry Terminal • Visitor Centre
- Powell River Library • Rocky Mountain Pizza • Capriccio's
- Malaspina University-College • Academy of Music
- Texada Island Inn • Historic Lund Hotel • Gillies Bay Store



New rules aimed at keeping kids fit & healthy

Students heading back to school this September will find a few changes to their schedules and their diet.

More exercise and healthy foods will be on the menu, by order of the provincial government.

New directives from the Ministry of Education require that students from Kindergarten to Grade 9 get 30 minutes of daily physical activity as part of their educational program. Students in Grades 10 to 12 must document and report 150 minutes per week of physical activity at a moderate to vigorous intensity, as part of their Graduation Transitions program.

The new rules aren't to be confused with the Physical Education programs already in place.

"It's not about learning sports or the rules of a game. It's simply about being active," says School District 47 District Principal Kevin Morris.

"In practical terms what that looks like is the two or three times per week that the class has a PE program, that will give them 30 minutes, but the two or three days when they don't, they'll be required to do some physical activity. It's left up to the schools and classroom teachers how to do that."

But the teachers have a basketful of support, literally, from Action Schools B.C. The provincial program provided training to teachers, as well as a bin full of ideas for in-class physical activity, ranging from stretching and bending exercises with bean bags and scarves to CDs of music for mini aerobics classes, to skipping ropes and balls.

Dave McMasters, local trainer for Action Schools, says the wide variety of ideas gives teachers the opportunity to do things they feel comfortable with.

"You can basically pick your own program," said the Edgemoor teacher.

Those might include chair aerobics to music, rolling dice to figure out how many push-ups to do, or action videos in which students copy the actions they see.

Morris said Powell River schools will have no problem meeting the requirements, because they already have a strong emphasis on physical activity. For example, School District 47 recently coordinated soccer instruction for

all schools with local soccer guru Drew Ferguson. A Portable climbing wall purchased late in the school year visited all schools before the end of the year, and will be touring schools again in the coming school year.

Elementary schools already had walk-to-school promotions, too, such as Walking Wednesdays and Marching Mondays.

"It's just another way we have been supporting and encouraging healthy options," said Morris.



Older students in Grades 10-12 will be required to do more activities outside of school hours. They were already required to record 80 hours over the three years as a graduation requirement. Now, that has been increased to 150 minutes per week. Those minutes could be collected in PE class, by playing sports, working out in the gym, hiking a trail, or through a myriad of other activities.

New nutrition policies have also been mandated by the Ministry of Education, and again, School District 47 has been ahead of the curve.

The government set out guidelines in 2005 and those have been recently updated to reflect changes to the Canada Food Guide. School District 47 was already there. "Once the School District saw the trend with the first guidelines, the School District's nutrition committee did some research and a new policy was adopted in January of 2007," said Morris.

"It's broader than the Ministry of Educa-

tion guidelines," said Morris. Not only does it require that healthy foods be served in vending machines, cafeterias and school lunch programs, but the policy also sets similar rules for carnivals, sports events, special days and fundraisers.

McMaster is doing presentations to teachers in Powell River schools sharing the Action Schools healthy eating program and different ways to learn about nutrition.

Instead of pop, students will find, water or juice, and chocolate bars and deep fried chips might be replaced with nuts, cheese sticks or mini carrots.

In November, the nutrition committee met with administrators and Parent Action Committees from the schools to discuss what the changes would mean.

"Everybody had to make some changes. If they had been offering regular pizza, now it has whole wheat crust and healthier toppings," said Morris.

Schools have also had good success with local food vendors who provide food to the schools.

"The local folks have really come on board," said Morris, adding that Coastal Health nutritionist Dania Matiation has also been a key part of the committee.

The nutrition committee continues to meet, and is trying to convince the City to add healthy choices to vending machines at the Complex, where students often go for educational activities.

The Fruit and Veggie Snack Program, which has provided James Thomson and Edgemoor with BC grown produce for snacks, will be expanded to every school in the province this year.

"One of the government goals is that BC have some of the healthiest young people in any jurisdiction in North America," said Morris.

Another new requirement from the Ministry of Education is that all schools have codes of conduct in a particular format and standard. Parents and students will be presented with these in students' agendas this fall. But don't expect major changes, as local schools already had these in place, albeit in a slightly different format. The codes set out standards of acceptable and unacceptable behaviour and the consequences.



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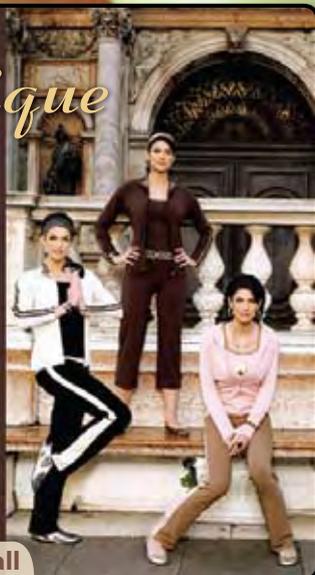
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