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**7 Ways to be a 'green' parent  
Ideas for helping your kids learn**

**Getting a strong start  
Early childhood education**

**Violinist meets author  
Trades zucchini cake for autograph**



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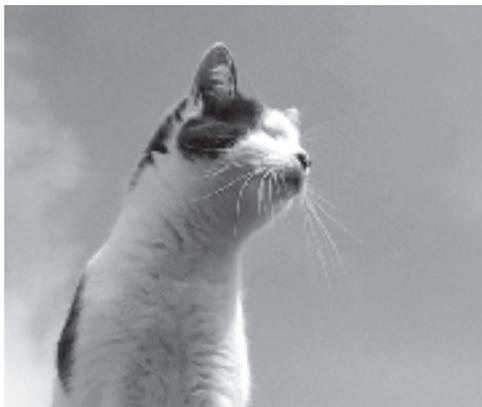
Followed on **FRIDAY EVENING** by **WINE & CHEESE BUSINESS NETWORKING**

An event by Southcott Communications

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LIVING**



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Exploring the seashore with Grandpa, learning is a hand-on experience for Isaac Percy. Powell River parents and children have many programs and services to help get an early start to education. Our focus on education starts on Page 7.

PHOTO: Sean Percy

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We welcome feedback from our readers. Letters can be sent to [isabelle@prliving.ca](mailto:isabelle@prliving.ca), faxed to 604.485.8381, or mailed the old-fashioned way to PR Living, 3932 Manitoba Ave, Powell River, BC V8A 2W6.

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# Contributors

## THIS ISSUE

**ROD INNES** grew up in Cranberry. The forests, lakes and animals helped form his natural love of art. Photography, and particularly bird photography, added to Rod's knowledge. His work includes portraits, weddings, sports, and cultural events at Sliammon. His website is [www.artinwildwood.com](http://www.artinwildwood.com).



**RITA JOHN** is the Early Learning Coordinator for School District 47 where she can delve into her real passion — early learning and development in children.



**SEAN PERCY** was born and raised in Powell River, and despite 10 years in the beautiful Northwest Territories, never lost his love of home. When he's not diving or hiking with his wife and two children, he is Powell River Living's Associate Publisher.



**BRENDA PIELLE** was born and raised in Victoria and has lived in Powell River for six years. Brenda is employed by Tla'Amin Community Health Services as an Early Childhood Development Outreach Worker. She is the mother of two young boys.



**JEANETTE SCOTT** is a deacon in the Anglican Parish of St David and St Paul and is responsible for leading the monthly Jazz Vespers. She also directs The Company of the Wild Goose, is a school trustee and the spiritual counsellor at Sunshine Coast Health Centre.



**AMY SHARP** is a mother, wife and entrepreneur. She moved to Powell River eight years ago and fell in love with the ease in which things grow here. She and her husband Al live in the Townsite but still operate a homestead and shellfish lease in the Okeover Inlet.



**JOHN SILVER** is a retired professor of dentistry with a life-long love of opera. He helped bring the Metropolitan Opera live high-definition broadcasts to Powell River. His radio program, The Opera Hour, is heard weekly on Powell River's CJMP Radio.



**KATHRYN TRAVERS** is a Natural Spiritual Healer, Progressive Counsellor and yoga teacher who teaches Meditation Foundation. Kathryn lives and works as one of three resident healers at the Self-Realization Meditation Healing Centre in Halfmoon Bay.



**MARJ WARREN** has always loved animals and had cats and dogs all her life. When she moved to Powell River from Ontario six years ago she began volunteering with the SPCA.



Powell River Living is a member of the Powell River Chamber of Commerce & Tourism Powell River

[www.prliving.ca](http://www.prliving.ca)

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**Carma Sacree**  
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### Priorities:

*A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child.*

— Forest Witcraft (1894 – 1967)  
Teacher, scholar & Boy Scout administrator

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# In this issue

By Isabelle Southcott

## Keeping the flame alight

As every politician will tell you, our children are our future. Watching the Olympics last month, I thought of how it is up to us to keep the flame of curiosity and hunger for knowledge burning. I thought of how it is up to us to teach, support and help our youngsters in every possible way to succeed.

Powell River has myriad programs, services and opportunities for our youngest citizens. It is a great place to raise children. I know how much safer I feel when my children are home in Powell River rather than in a big city, but there's much more than that. There are so many things for them to do and learn here.

In this month's issue we introduce you to some of the programs that support young children and their families, such as School District 47's Strong Start program. We even offer you some tips on what to put in your lunch bags.

It's September and with the start of a new month is the start of a new school year. For some, it will mark the beginning of their school career. These little ones need to be supported and encouraged as they take that big step and transition from being a preschooler to going to big school!

Opportunities abound for students in all grades to try new activities and Powell River's many wonderful teachers are there to support students in their quest to succeed. Students arrive at school with new scribblers and supplies. They arrive ready to learn.

But learning shouldn't end when you leave high school. Opportunities abound at Vancouver Island University's Powell River campus. You can also learn new skills by joining a club such as Sunshine Speakers Toastmasters or attending a conference like the Powell River Business Fair coming up in October.

Of course, when we have children, we never stop having to learn, and Amy Sharp shares her experience as her child headed to French school.

This issue of Powell River Living also showcases some of the recent work of photographer Rod Innes. Innes has put together a collection of images depicting Powell River's wild orchids that is sure to stimulate your eyes. These delicate flowers are just a sampling of the fine work that he does. For more images please visit his website.

We all have different tastes and learn in different ways and that's why we have such a diverse offering of stories and photos and voices. There's something for everyone in this issue and we hope you'll find something that interests you and maybe you'll learn something new!

You'll have noticed there's a new look on our front cover. We like the new, clean, simple format. What do you think? Drop us a note; we'd love to hear from you.

Isabelle Southcott, Publisher • isabelle@prliving.ca

## Pass the Hat for the CAT

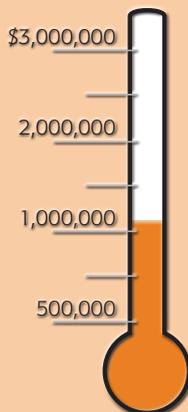
The goal is to have Powell River's CAT Scan bought and operational in 2009. POWELL RIVER LIVING supports the Pass the Hat for the CAT campaign. We will keep you updated on the progress. In the meantime, can you help?



**TOTAL AS OF  
26 Aug 2008  
\$1,048,000**

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To make a donation, please mail your cheque to Powell River General Hospital CAT Scan Campaign, 5000 Joyce Ave, Powell River, BC, V8A 5R3



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# Mailbag



We welcome feedback from our readers. Letters may be edited for length. Letters can be sent to [isabelle@prliving.ca](mailto:isabelle@prliving.ca), faxed to **604.485.8381**, or mailed the old-fashioned way to **PR Living, 3932 Manitoba Avenue, Powell River, BC V8A 2W6**

## Positive stuff

Good morning Isabelle,

Let me say to start that I love *Powell River Living Magazine*. I started reading your articles in the *Powell River News* and then in *The Peak* and really looked forward to each and every one of them. So I was really pleased that you started your own magazine. It is doing so well and it is certainly talked about in a positive way.

I read *Powell River Living Magazine* from start to finish and I especially like your column, Family Matters.

Thank you!

**Sharie Hutton**

## Left out on Savary

To Powell River Living,

The August edition of *Powell River Living Magazine* finally arrived. Our small island community on Savary Island was being featured and we were excited to read the article.

To our knowledge the purpose of the article was to inform potential visitors coming to Savary Island of the businesses and services available and to our delight many of them were mentioned. Tourists are very important to the success of the businesses on Savary Island and any exposure generated is good for all of us.

We read the article in its entirety and to our dismay there was no mention of our business. Please understand that we were not expecting outright promotion but to omit a business with the magnitude of services that we offer was confusing to say the least!

Our General Store has been on the island for 18 years and our Restaurant, which is the only Health-Approved full service

restaurant and bar on the island, is celebrating its 10th year in business. We are the largest employer on the island; employing upward of 15 people through the summer months. We consider ourselves to be an integral part of the island life and we serve most of the people who come to Savary Island in one way or another: with delicious cold beverages, licensed beverages, fresh home-baked goods, ice cream, ice from our general store, fresh produce, dairy and bread, water for dogs, use of our washrooms, use of our telephone, answering a multitude of tourist questions, bike rentals, tool rentals, garbage and recycling service, host to the August long weekend band entertainment and much more.

The author of the article was fully aware of our business as she visited our restaurant and was personally served her lunch by our Chef.

We are simply not able to understand such a blatant omission.

**Gail Cochrane**  
**Riggers Restaurant & Pub &**  
**The Savary Island General Store**

## Now she's famous

Hello Powell River Living,

I had to tell this cool story.

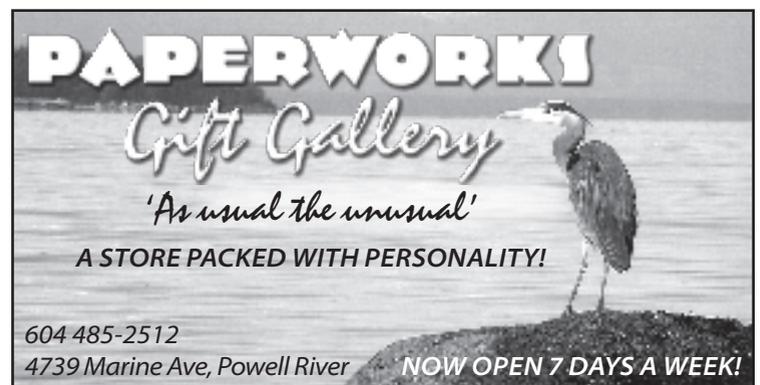
I was in TC's Lounge tonight and this couple came up to me and said they saw me in *Powell River Living Magazine*. They had just arrived from Michigan for a wedding and are staying for a week. They just walked up to me and the guy said he had a bet with his wife that I was the girl in the magazine they had just read on the ferry. I sat with them for half an hour telling them all the cool things to do.

The whole pub was packed and they picked me out of crowd. I was pretty impressed. I told them it's a "small town!"

**Kim Miller**



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# Get back to school, Mom!

## Learning French challenges parents, too

By Amy Sharp

As is often the case, Aubrey and I were late to school. What was different was that it was 7 o'clock at night! This was the meeting for English speaking parents whose children were starting *maternelle* (kindergarten) at the École Côte du Soleil (Powell River's French School) this September. Once again, I had no idea as to what I was getting myself into. I was sure Aubrey would pick up the French language quickly for the obvious reason that his young brain is in high-gear-learning-mode. I was also sure that my 40 year-old brain is learning considerable amounts in my year-old restaurant business.

But learning French? We're talking about a lot more than *beurre blanc*, *gratin*, *mis en place* and *garde manger*. I should mention that while our restaurant Manzanita is not a 'French' restaurant per se, we do use French methods. Let's face it, the French mastered cuisine and we are all merely lucky enough to savour their mastery.

I was so tickled when Aubrey was accepted into the French school (thanks to his father's ancestry) that I didn't really factor in that all of his homework, school notices and lessons would be in a language I would need to learn to be involved in my own son's education. Jumping off a cliff with both feet, high hopes and sketchy planning, that's typical Sagittarian style. That's also how I met and married Aubrey's father Allan in eight weeks eight years ago. But that, as they say, is another story.

Back to this one. Right off the bat, I'd like to state that all of the members of the École Côte du Soleil that I have interacted with, from both of his preschool teachers in the last two years to that good looking guy with the grand grin and giant *chapeau*, are all kind and gracious people. The whole concept of a school as an organization is a different experience for me. It's a service, not a business, which is my primary world right now. It's quite refreshing to have a purpose within an organization that doesn't include an accounts payable folder or tax ramifications. Somebody has to deal with those realities but it's not me this time. And

what about those taxes? Hey, thanks everybody for paying your taxes so our children have the wonderful schools that Powell River has!

Now back to school, remember that smell? You know, the smell in the hallway of sweaty kids, gym shoes, musty books and over-ripe bananas. French or English, it takes you right back



**HITTING THE BOOKS:** Amy Sharp and son Aubrey look over a list of things they had to have ready for the first day of school.

doesn't it? After enjoying the brie, baguette and grapes, we got down to business. Bottom line: you better decide to learn to speak French with your child or you won't be able to understand what is going on by the time they get into the third or fourth grade. Yes, you as an adult (mature or not) have to risk looking the fool, making mistakes over and over. You may even butcher >>>

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► a common phrase such as *Brosse tes cheveux* (Brush your hair), turning it into *brosse tes chevaux* (brush your horses). Yes, you, dear mother and/or father, are going back to school.

I am fortunate that my schedule is completely opposite of most of the working world. I go to work in the late afternoon until most everyone is in bed sleeping. I was invited to sit in on many of his classes, which I plan to do. Being raised as a restaurant baby, Aubrey is going to take some time to change his nighttime schedule of sleeping from 10:30 pm to 9:30 am. I should say we are both going to need to change our sleep schedules — ack!

Our facilitator, Simona, was delightful. She explained various support groups, assured us that it's okay to make pronunciation mistakes while reading to our children and guided us through the A-B-Cs (*ah, bay, say... fyi*). Wisely, they had other parents with older children in the school to assure us that not only could it be done but it could also be fun and that the mistakes were not a big deal.

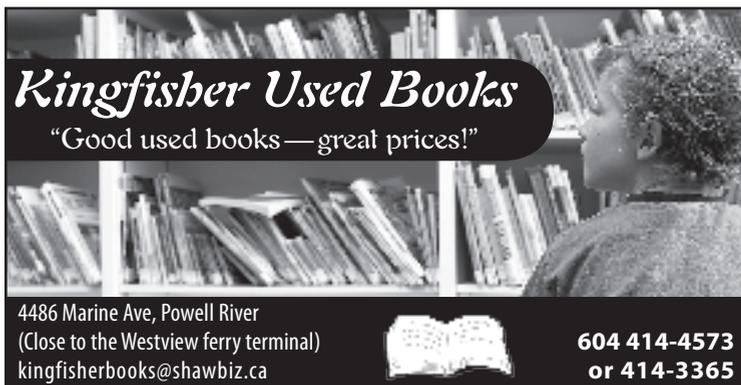
We found out that this is the first year that there have been enough students (15) to merit a singularly *maternelle* class. In the past, the *cours preparatoire* (first grade) has been combined with the kindergarten. The coming teacher is a surprise to us all. I'm sure there will be many more surprises in this adventure of learning French with our child.

### Talking about Early Learning

**E**arly learning refers to the emerging and expanding of young children's physical, intellectual, emotional, social, and creative capacities. All children are born with a curiosity about themselves, other people, and the world around them, and in this sense are born learners. As they grow, they develop both their capacity and dispositions to learn through supportive relationships with their families, with other children and adults in their communities, and with their environments. Early learning is the foundation for lifelong learning, and the basis for individual, social, economic, and environmental well-being.

The *Early Learning Framework* is available online from the Government of BC at:

[www.bced.gov.bc.ca/literacy/early\\_learning/early\\_learning\\_framework.pdf](http://www.bced.gov.bc.ca/literacy/early_learning/early_learning_framework.pdf)



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# Paws for a Cause

SPCA Fundraiser September 14

By Marj Warren

The 2008 Annual Scotiabank & BCSPCA Paws for a Cause...Walk for the Animals in Powell River will be held on Sunday September 14 from 12-4 pm at Willingdon Beach.

It is our largest single fundraiser of the year and the most fun for all—volunteers, owners and their dogs. There will be music, food, entertainment and a variety of activities throughout the afternoon, including a Silent Auction run by Scotiabank staff with articles provided by local individuals and businesses. Registration is from noon to 1 pm; the first 50 registrants receive a “goodie” bag. Pledge collectors are eligible to win great prizes; those not collecting pledges can register for \$5 per individual or \$10 per family. All registrants are entered for a Registration Draw Prize. The walk starts at 1 pm; games for participants run from 2-3 pm; the Silent Auction runs from 12-3 pm when the bidding closes; prizes will be handed out as part of the closing ceremonies between 3-4 pm. This year, Dog Agility Demos courtesy of Doggie Be Good Obedience Training will be held throughout the



**WALK FOR THE CAUSE:** All sorts of pets and their people participate in the SPCA's annual Paws for a Cause fundraising walk.

event, from noon to 4 pm. Pledge forms are available at Powell River Veterinary Hospital, Westview Veterinary Hospital, Scotiabank, Mother Nature, Rainbow

Valley, Grooming by Lou Anne, Laural's Pet Grooming, and online at [www.sPCA.bc.ca/walk](http://www.sPCA.bc.ca/walk). Last year there were almost 100 registrants—many of the dogs who participated found their current homes through the SPCA.

Why do people and businesses come out in support of this event? Where does the money raised go? Let's talk a bit about the SPCA and the animals it helps. >>

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[www.alchemistrestaurant.com](http://www.alchemistrestaurant.com)

Reservations Appreciated

► The SPCA is a non-profit society dedicated to the welfare of all animals—domestic and wild. The Powell River branch is run entirely by volunteers. We have no shelter. Volunteer foster parents, in their own homes, care for all of the animals in the SPCA's care. We operate entirely on funds raised through the generosity of the individuals and businesses of Powell River and depend on the many volunteers who put in their time and hearts to make things work. Funds raised are used for animal care: veterinary, medications, food, etc. For extraordinary medical care costs, we have access to the BC SPCA Biscuit Fund, which provides funds for emergency medical treatment. The Biscuit Fund has covered the care costs of 13 dogs and cats and 10 birds from Powell River in the past 18 months.

Most animals come into our care because they are surrendered, abandoned, or strays; others are seized due to neglect or abuse. In 2007, we cared for 559 animals—the majority are kittens, puppies, cats and dogs, some rabbits and birds. That year, several eagles, an owl, a saw-shelled turtle and even a seal were among our successful rescues. Here are a few of our recent stories:

Alice, a four-month-old kitten, white with grey and black patches, was surrendered to the SPCA with serious eye infections. The original owner had never sought veterinary care and too much damage was done by the time she came to us to be able to save her sight. Medications helped prevent the infection from spreading and relieved some of her pain, but by the age of six months it was neces-

sary to operate to remove and stitch up both of her eyes. If she had had earlier medical treatment, she may have been able to keep her eyes. Despite all she went through, she is a very loving, active and

ened—everyone who dealt with him was in tears. Following emergency medical treatment including severe grooming, his blindness was confirmed; he was put on eye medication to reduce infection and



**THE CAUSE:** "Alice the Cat" now fully recovered from serious infection, and the loss of her eyes. At right, Murphy as he was when he arrived at the SPCA.

social cat. Her mobility is amazing! She is very curious, climbs everything, including a children's playhouse in the back yard of her current home, where her new dad taught her to come back down by taking the slide—amazing to see. She hears everything so well; chases grasshoppers and flies and birds, and has even been seen to chase butterflies.

Murphy, a small, emaciated older beige shih tzu/pug cross was found wandering the streets south of town, stumbling into things. His hair was so badly matted his eyes were hidden and he was so fright-

a special diet to build him up prior to scheduled eye surgeries. He is now doing well in a permanent foster home where he is learning how to trust and just be a loved dog.

These are just a few of our stories to help explain why we do what we do. Please come out and join us on September 14th to help all our animals. Borrow a dog if you have to, or just come alone. Walk the trail with your neighbours and bid on articles at the Silent Auction—every dollar raised by Scotiabank is matched by them and returned to the SPCA.

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# Successful program returns

## StrongStart expands on a great beginning

By Rita John

**S**trongStart BC is a provincial government initiative that supports early learning through school-based adult/child drop-ins. This initiative supports smooth and successful transitions for children and families into kindergarten, supports families as the primary educators of their children, and makes school facilities and resources available to the preschool population.

StrongStart is financially supported by the Province of British Columbia through the Ministry of Education, so is free to all participants.

School District 47 is excited to build StrongStart in its second year in Powell River schools. It is hard to believe a year has gone by since an article in this magazine announced the opening of the first centre. The school district has been fortunate to have renewed funds to continue the two StrongStart centres available last school year.

The James Thomson centre will be in the same location, but the centre affiliated with Henderson will change locations. Last year the Henderson centre ran through the Early Years Centre above Brooks because of a lack of available space in the school; luckily there is now space, so the centre has been relocated.

We are also fortunate to have received funds for a third, new centre for the Powell River region. This new centre will be located at Kelly Creek Community School.

Each centre is facilitated by a certified Early Childhood Educator (ECE): Kate Boyd is back at Henderson and Cindy Lesard will be returning to James Thomson; Paula Vandervert will be our new ECE at Kelly Creek.

Starting September 15 each of these three centres will be open to preschoolers accompanied by their parents or guardians, for three hours per day Monday through

Friday. Final schedules for each centre are presently being planned, but will likely be close to the schedules listed:



**EARLY LEARNING ALSO FUN:** Parents are an important part of the StrongStart program as kids learn.

### Proposed StrongStart Schedules

#### HENDERSON ELEMENTARY

6486 Hemlock Avenue in Townsite  
Monday • 12 – 3 pm  
Tues-Fri • 9 am – 12

#### JAMES THOMSON ELEMENTARY

6388 Sutherland Street in Wildwood  
Mon & Thur • 12 – 3 pm  
Tues, Wed & Fri • 9 am – 12

#### KELLY CREEK COMMUNITY SCHOOL

2345 Zillinsky Road, South of town  
Mon, Tues, Thur & Fri • 8:30 – 11:30 am  
Wednesday • 11:30 – 2:30 pm

Children from birth to five years are invited to attend (five year-olds who are not registered for kindergarten in the current school year). All young children in a family are welcome to attend with an adult; the adult can be anyone who spends time

with the children. StrongStart also encourages the development of support between families, so encourages families to bring one unrelated child in addition to immediate family.

Each child participating in StrongStart is registered with the Ministry of Education. Children registered in StrongStart last year will not be asked to register again. New participants are asked to fill out the registration form available at each centre; to complete the registration process parents are asked to

bring an official piece of identification (birth certificate, permanent residence card, certificate of citizenship, aboriginal status card, passport/visa). The province uses registration information to evaluate, plan and develop preschool programs provincially.

StrongStart centres give parents opportunities to share in their child's early learning experiences, connect with and learn from other parents/caregivers, receive valuable child development information and access information that will help connect them to other resources in the community. For questions and comments or to check final schedules, contact Rita John at the School Board office by email at [rjohn@sd47.bc.ca](mailto:rjohn@sd47.bc.ca) or call 604 485-6271, ext 2244.

We hope to see you and the fantastic preschoolers in your life at StrongStart!

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# Church can be messy

## Can't cope with traditional Sunday morning church services?

By Jeannette Scott

An enthusiastic group of volunteers recently gathered for a picnic and a planning session in the church hall of the Parish of St David & St Paul. Following the model created in Portsmouth, England, they are planning to become the second parish in Canada to introduce a program known as Messy Church (the other is the Parish of St Michael and All Angels in St John's, Newfoundland).

Messy Church is designed to provide an opportunity for families who want to give their children some Christian education but who, for one reason or another, choose not to attend the traditional Sunday morning church services.

A fresh expression of church, this monthly event will provide a fun time for children and adults to relax and be creative together. Each session will begin with an informal gathering time with coffee, tea and juice provided. Adults will be free to converse and interact with one another while children will be encouraged

to participate in informal games. This will be followed by a story time, which will introduce the theme for the day. Themes will be drawn from familiar Bible stories and the church seasons.

The main activities, which will be led by parishioners who are skilled fabric and visual artists, poets, gardeners and builders, will include everything from planting bulbs and puppet-making to painting murals and baking cookies.

A simple meal will be shared and the evening will close with a short time of worship.

Everyone is welcome to be a part of Messy Church. Age doesn't matter, as there will be something of interest for all. There is no requirement to have any church affiliation to participate. You don't even have to be a Christian; you just have to be prepared to be a bit messy.

The first Messy Church will run from 4:30-6:30 pm on September 17.

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# Helping at-risk kids with an early start

## Powell River Infant Development Programme

By Liz Kellough

The Powell River Infant Development Programme is a home based program for families and their children birth to three years of age, who are at risk for or have a development delay. We know that families often find it challenging to access services when their babies are young so we typically visit the family in their home unless the family would prefer another location. We make sure where and how we offer our services works for each family involved.

Powell River Infant Development Programme is administered by the Powell River Association for Community Living and is offered free of charge. This is a voluntary and family-centered program, which means the parents decide how much and which kind of support they need. Families can seek the service directly by calling the office or they can talk with their physician, public health nurse, early childhood educator or another professional for a referral to the program.

The Infant Development Consultants are professionals who have skills and knowledge in infant and child development and can assist families/caregivers to enhance their child's early years. They offer information, resources and support to families/caregivers.

The Infant Development Programme office is located at the Jean Pike Centre, 7055 Alberni Street. Phone 604 485-6077, extension 222 & 223.

The Infant Development Consultants also offer free presentations and classes

to the general public.

This fall we are featuring two courses: Sandy Crossley will teach the Infant Massage course consisting of four free classes on September 16, 23, 30 and October 7 at

1:30 – 3 pm at the Jean Pike Centre. Chris McPhee will teach Baby Sign Language course later in the fall. Please call 604 485-6077, extension 223 to find out more or to register.

### Why Early Intervention is important

The life of a child is full of opportunities for learning and decades of child development research show that learning is most rapid in the infant, toddler and preschool years.

Every day children encounter dozens of experiences that involve interaction with people and the world around them. It is through these experiences that children learn. However, trauma or complications at birth, genetic abnormalities, physical limitations, visual impairments, language disorders, or and illnesses have the potential to change both the quality and quantity of learning opportunities for many children. With fewer meaningful interactions children with developmental delays, or those at risk for delays, fall behind their peers.

The timing of intervention becomes particularly important when a child runs the risk of missing an opportunity to learn during the first few years of his or her life as a result of the types of occurrences listed above or because of family situations that may impact the child.

According to Dr Clyde Hertzman at the University of British Columbia, the period from pre-conception to age five can be referred to as the "investment phase" for child development.

Families and caregivers have always known that these years are important. The research on brain development helps to explain why. It shows that children's early attachments have a vital influence on their brain development and that everyone who cares for young children can make a difference.

Support for all families and caregivers during these critical early years is essential and is well stated in the adage, it takes a community to raise a child. Support is even more critical when a child experiences challenges that may make it harder for families and caregivers to know how best to support the optimum development of their child. With this in mind, the provincial Infant Development Programme is offered in most communities in BC as a resource for families and caregivers.

The Powell River Brain Injury Society reminds you that CHILDREN are now BACK AT SCHOOL.

CHILDREN: Drivers may not see you... always wear your  when riding anything with wheels and be extra careful crossing the street! *Have a great school year... be smart & stay safe!*

Please take EXTRA caution in school zones and watch for kids on bicycles.



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# Wealth of services for Sliammon families

## Mixing traditional and contemporary approaches

By Brenda Pielle

**T**la'Amin Community Health Services offers a wide range of programs and services for infants and children up to six years of age and their parents. At present we have about 45 families in our community with children in this age group.

Some services are located in the Sliammon Child Development Resource Centre. Licensed child care for children three to five years of age is available 12 months of the year Monday to Friday. During the school year, licensed child minding is available for children two and three years of age two mornings per week, as well as licensed after-school care for children five to 12 years of age five days per week.

Tla'Amin Community Health Services partners with Sliammon First Nation and School District 47 to offer a preschool program for four-year-old children, and an extension of the regular kindergarten program for five-year-olds from the community. In all of these programs, children are learning traditional language, culture, and arts and crafts.

Also located in the Sliammon Child Development Resource Centre is an Early Childhood Development Outreach Worker program. This staff person offers services such as fluoride varnish, toy and book lending, developmental screening, one to one support; group programs such as a parent support group, parent tot drop in, family gym night, family swim; and some classroom programs such as Moe the Mouse with the preschool children and Roots of Empathy with the kindergarten children. At present we are working on developing an Aboriginal Supported Child Development program, which will also be based out of the Sliammon Child Development Resource Centre.

Within the walls of our health clinic, Tla'Amin Community Health Services offers a comprehensive pre and post natal program. Parents attend this weekly group for the duration of the pregnancy and for the first year of the baby's life. Activities include guest speakers on a variety of topics, crafts, and sharing informa-

tion for healthy pregnancies and healthy newborns. Our Community Health Nurse works with our Health Promotions Worker to deliver this program. The Community Health Nurse also delivers a full immunization program, offers developmental screening, and provides referrals to health or developmental services outside the community.

Located at the clinic is also our Fetal Alcohol Spectrum Disorder Worker who supports families and children struggling with FASD. This program works in conjunction with the Early Childhood Development Outreach Worker and the Community Health Nurse who also provides FASD prevention information to parents and families.

Our traditional wellness services together offer much support for parents. We have on site an Addictions Counsellor, Women's Support Counsellor, Men's Support Counsellor, Aboriginal Child and Family Worker, and Strengthening Families Worker.

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# Lunch time!

## Don't let the brown bag be boring

It's no secret that well-fed kids do better in school, so you want to send your children out the door with a good breakfast in their bellies and a lunch in hand that's healthy.

But it also has to be quick, enjoyable, portable and inexpensive.

Is it possible?

With some outside-the-sandwich thinking and help from your kids, packing a healthy lunch for school is achievable, says Dania Matiation, community nutritionist at Vancouver Coastal Health.

Leftovers can be a huge contribution to lunch boxes, she says.

"I like to cook once and eat three or four times," says Matiation.

"A lot depends on what's trendy and what your kids are into," she said. "I got my kids into leftovers."

A piece of last night's quiche or French toast rolled up with jam can make the lunch bag more interesting.

Most anything can be slapped in a quesadilla or a wrap, she adds. Quesadillas can be cut in triangles and are easy to hold, so they're great for younger students.

A parfait of layered fruit or berries, granola and yogurt will also be well-received, both for breakfast or lunch.

Crackers and cheese make great snacks, and sending a favourite dip is a sure way to get them to eat their veggies.

Rice pudding with a little soft tofu thrown in combines four food groups, said Matiation—and you thought it was just for dessert!

With young children just starting school, go with what they're used to eating at home and introduce new foods. Older students might go for something more trendy than a peanut butter and jam sandwich. Try sushi, or a chick pea wrap with a Thai or curry sauce.

An important way to get kids to buy into your healthy lunch plan is to get

them involved in selecting the variety. Let them include a variety of textures, from crunchy to slurpy, and choose varied colors—which usually means including fruits and vegetables. And try to include something from each food group.

## Dunk a lunch

Try these fun & healthy finger foods

- Hummus, bean or cottage cheese dip served with assorted veggies and pita bread cut into triangles
- Fresh cut fruit and yogurt
- French toast with yogurt or apple sauce
- Whole grain bread sticks with fresh tomato salsa and guacamole

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Proper insurance must be arranged prior to travel or you could be faced with astronomical medical expenses while you are out of province on any length of trip. Fortunately, we have the solution to this potential problem. All of our staff are well versed in arranging excess insurance for any length of trip to any destination. It only takes a few minutes to arrange coverage and rates depend on your age, destination and length of travel. For folks over 60 years of age, a short medical questionnaire will provide coverage for any pre-existing medical conditions.



Mike Cameron, CAIB

Here are a couple of examples of actual claims. An elderly man in his 80's was enjoying some quality time with his daughter and grandson in Sacramento, California recently. After returning home from a nice afternoon walk, he suddenly slumped over in his chair. Paramedics rushed him to a nearby medical centre where it was determined that he had suffered a major stroke. A case manager from our insurance company took over and coordinated medical care with local doctors. He was unable to walk or use the left side of his body so they arranged a hospital bed here for ongoing care and coordinated air ambulance transportation allowing his daughter and grandson to accompany the medical team home on the aircraft. The total cost of this claim was \$122,000 and his provincial medical plan covered \$1,300.

A young man teaching English as a second language in Japan thought a Christmas ski trip to Nagano would be a nice vacation. While enjoying the skiing, he had an accident which broke his leg in several places, leaving him hospitalized.

*Travelling out of the country can be a risky business. Don't take chances.*

After several CT scans and MRI tests, the doctors determined he had extensive ligament damage and the shattered bones would require 3 surgeries and 3 months of recovery time in hospital. The patient decided to return home for the surgery and his travel insurance company sent a doctor to Japan to accompany him home and set up his access to an ambulance, hospital bed and orthopedic surgeons to operate as soon as he arrived home. The cost of this claim was \$22,000 and the provincial medical plan paid \$825.

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# Living Green

By Emma Levez Larocque

## Green Parenting

**H**umans, as a species, have existed for but a fragment of the time the earth has been in existence. And yet the impact we have had in that brief moment in time is phenomenal. The earth undeniably goes through natural changes and cycles, but never before have changes in the natural world occurred so quickly. It is difficult to ignore the direct correlation between those changes and the actions of human beings.

In recent years increasing attention has been drawn to impending environmental dangers, and possible disasters. Climate change, water shortages, pollution, deforestation, alarming rates of accumulated plastic waste.... The list goes on and on. It can be overwhelming, and it can be frightening. As a species, we have played a devastating role in the development of

these problems. I, and many other people I know, find that realization almost unbearable. As I research and read about these issues, I often wonder what kind of world will be passed to the children we leave behind.

Never has it been more important for the mothers and fathers, aunts and uncles, grandmothers and grandfathers, teachers and role models to guide children in the care of the earth. There is still hope—there is always hope, and it exists in the children who are the future. As scholar Theodore Roszak says in his book, *Voice of the Earth*, “What do parents owe their young that is more important than a warm and trusting connection to the Earth...?”

This has always been true, but today that truth has become a critical under-

standing. If humans are, as a species, to continue to live and thrive on this planet, we must encourage our children to find ways to live in harmony with their surroundings and the other creatures with whom we share this home.

Children look to their parents and other adults in their lives to understand what is important. Adults help to form the ideas and values of the children around them. I don't have children, but I do have three nephews and a niece I am close to. It is heartening to see how quickly they grasp the essential connection between themselves and the earth—they “get it” so much more easily than a lot of adults. But it's not intuitive—they need to learn, just like everyone else. As adults, it is our duty to help children learn to respect the earth, and to understand that we must all >>>

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# Ways to Love a Child

Give your presence more than your presents. Laugh, dance and sing together. Listen from a heart-space. Encourage. Understand. Allow them to love themselves. Say yes as often as possible. Say no when necessary. Honour their no's. Apologize. Touch gently. Build lots of blanket forts. Open up.

Fly kites together. Lighten up. Believe in possibilities. Read books out loud. Create a circle of quiet. Teach feelings. Share your dreams. Walk in the rain. Celebrate mistakes. Admit yours. Frame their artwork. Stay up late together. Eliminate comparison. Delight in silliness. Handle with care. Protect them. Cherish their innocence.

Giggle. Speak kindly. Go swimming. Splash. Let them help. Let them cry. Don't hide your tears. Brag about them. Answer their questions. Let them go when it's time. Let them come back. Show compassion.

Bend down to talk to children. Smile even when you're tired. Surprise with a special lunch. Don't judge their friends. Give them enough room to make decisions. Love all they do. Honour their differences.

Respect them.

Remember... they have not been on earth very long.

AUTHOR UNKNOWN



## Understanding the Early Years SUNSHINE COAST

The Understanding the Early Years Initiative is funded by Human Resources and Social Development Canada. For further information, visit [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca).

# Success By 6

Helping all children succeed for life.



➤ do what we can to tread more lightly on it during our brief stay. Our consumer-based society can be a difficult environment in which to foster that respect and understanding. Here are some ways you can help your children to be “greener” or more environmentally savvy:

- > Teach your children about the plants—go on hikes with them, and help them to identify trees and plants. Garden with them, so they know where food comes from and what it takes to produce it.

*Check these out for ideas:*

- > [www.thegreenparent.co.uk](http://www.thegreenparent.co.uk)
- > [www.greenkids.com](http://www.greenkids.com)
- > [www.kidsgrowing.ca](http://www.kidsgrowing.ca)
- > [www.childrenoftheearth.org](http://www.childrenoftheearth.org)

> Make a family energy plan. Talk about what consumes energy in your household, and figure out ways you can save energy as a team.

> Become aware of how you get around as a family. Walk, bike or take the bus whenever possible. Make it a family

goal to go as many days a month as you can without using your car.

- > Don't encourage over-consumption. If your child brings a new toy into the house, make it a rule that he/she gets rid of another one (it'll make your child think about whether he/she really wants to replace that toy, and reduce your household clutter too). Consider starting a toy-sharing arrangement with a group of friends.

> Notice the packaging you bring into your household when you buy food, toys, cleaning products or other household items, and point it out to your kids. Encourage an awareness of everything you are using, and what it takes to make those things, and to bring them to your door.

> Encourage your children not only to recycle, but to

understand what happens to various items when they bring them to the recycling depot. By the same token, encourage them to think about what happens to the things they throw in the garbage.

- > Get involved in your child's school and help to introduce and encourage green initiatives, like building a school greenhouse or using green cleaners and earth-friendly supplies.

And, of course, live by example. 



**NATIVE AMERICAN PROVERB:** We do not inherit the earth from our ancestors, we borrow it from our children.

Photo: Emma Levez Larocque

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JAN 24	Cherif: ORTEGO ED EURDICE
FEB 17	Richard Strauss: LA SONNAMBULA
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# Family Matters

By Isabelle Southcott

## Princesses are magical when you believe

**W**hen you look at the world through the eyes of a child magic happens.

Most of us grow older and grow up. We forget how to play. We take ourselves and others too seriously. We forget how to have fun and we forget just what a wonderful place this world is.

Children, on the other hand, know the wonder of it all. They see the world as magical, full of opportunities, full of beauty. I remember how much fun my children had going through a revolving door in the big city. It was pure magic. And the escalator! Wow, the escalator was like something right out of outer space. We spent hours and hours riding the moving stairs. I'm sure people thought I was nuts but I didn't care; my kids thought it was great.

Last month I had the opportunity to celebrate the joy of life with my three-and-a-half year old niece. She is, and always will be, my little princess. I have two wonderful boys and two nephews but I never had a little girl, so Princess Olivia holds a special place in my heart.

Princess Olivia and I planned a special princess day together at her home in Comox. Her brother and my sons were at sailing camp and her parents were working so it was just the two of us.

I bought magical wands and crowns for us and wrote a little

story, which I left beside her bed. She was so excited! She kept asking, "How many more sleeps until Princess Day?"

When Princess Day finally arrived I read Princess Olivia her story. Her daddy (my brother) cooked his princess her favourite breakfast. After dropping off the boys at camp, Princess Olivia and I went shopping for a princess dress. She found a beautiful white lace dress with satin sleeves and trim. I remember telling her we were buying only one thing but somehow we left the store with a princess dress, a princess balloon and princess socks. Either she is very persuasive or I can't count very well... I'm still not sure what happened!

Princess Olivia wore her princess dress all day long with her crown and wand and red Barbie shoes. She looked every bit the princess that she is.

Princess Olivia insisted that I dress up too, so I wore a pretty dress and my crown. I had so much fun walking downtown with my little princess. Lots of people stared at us. Some stopped and talked to us. Many smiled and even more laughed. Some looked slightly amazed when they caught sight of my crown!

I felt a tad self conscious when I first put on my crown but Olivia insisted and so I acquiesced. And you know what? I'm glad I did. When I put on that crown I was a little girl again; I was a princess just like Olivia. The rest of our day was a whirlwind. We visited the hands-on farm, met her daddy for lunch, ate ice cream, and drove to Campbell River to play in the climbing gym. We had supper in a nice restaurant. On the way home when Princess Olivia announced that she wanted to drive home with me and not her mother, I knew the day had been a roaring success.

Princess Day was a magical day for Olivia and for me. It is one that we will always remember. After all, you are only three-and-a-half once.

Take a moment today and look at the world through the eyes of a child. You'll be amazed how differently you see things. You'll be surprised at the magic you can find.

*And a special note to Princess Olivia: Princess Day will happen again next summer and again the summer after that and the summer after that. You will always be my little princess.*



**SPECIAL DAY:** Princess Olivia complete with tiara on her day!

**FALL SCHEDULE 2008**

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- Sept 24-25 *The Miracle Worker* • Chemainus Theatre
- Oct 4-6 *Weekend Casino Trip to the Lower Mainland*
- Oct 25-Nov 1 *Reno 8-Day Trip with Malaspina Coach Lines*
- Nov 8-10 *Weekend Casino Trip to the Lower Mainland*
- Nov 24-27 *Pre-Christmas Victoria Getaway*
- Dec 10-11 *Having Hope at Home* • Chemainus Theatre
- Dec 17-18 *Rita MacNeil • Port Theatre, Nanaimo*

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# Making time for yourself

Cultivate the peace within

By Kathryn Travers

**R**ise and Shine! Make breakfast... rush to work or take the kids to school... eat lunch on the go while running errands... work late... dinner to go... fall asleep on the couch... REPEAT. Sound familiar?

Perhaps your life is not as hectic as this but most of us are living full and busy lives. There are now great demands on our time—work is more demanding and it seems impossible get to the bottom of your in-tray or have a chance to respond to all of your emails. Despite the advancement of technology, our already fast-paced world has sped up. This way of living takes its toll. Now more than ever are we seeing high rates of stress, cardio-vascular disease, obesity, illness and disease.

In order to avoid burn out and to live the rich and full meaningful lives we are all entitled to, we need to ensure that we take care of ourselves and manage our energy so we are well balanced within. But what does it really mean to be in balance?

We all need a healthy balance of time with others, time alone, recreation, and physical activity but what about the very important 'ingredient' of peace? Many people feel as though they just do not have time, but in fact by making time to stop, slow down and find a peace within, we actually become more focused, better concentrated and get more done!

But do we stop, slow down and make time for ourselves? Do we create the space to reflect, allow the answers to problems to come to us, or simply just be? Taking time just for you is important, not only for emotional and mental balance, but also to help reduce stress, which in turn enhances immune system function and prevents illness. Are the activities we engage in helping us to become more relaxed, calmer within or do they add to the 'busy-ness'?

Simply walking in nature and breathing in the fresh air, sitting by the ocean and listening to the sound of the waves crashing on the shore can bring us a sense of renewal and calm. A few minutes flat on your back at the end of the day really helps to revitalize the spine and relax the whole body. Although these are all very therapeutic ways to unwind and let go, our mind is still engaged in the outer world, and our senses are focused on our surroundings.

If we want to truly be more at peace, to overcome stress, have better focus and concentration and feel more in the flow with life, with only a few minutes practice of a Meditative Peace breath, as taught in Meditation Foundation, we can become still within our mind and body. An in-depth meditation, such as Pure Meditation, will give us all that we need to re-connect to the peace inside ourselves and to become more of who we really are.



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### HAPPENING THIS MONTH

"So You Think You Can Dance"

Auditions: Sat, Sept 6

Public Skating opens: Sat, Sep 20

The Definitive Neil Diamond Tribute: Sat, Sept 27

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- Life Skill Workshop—Take time for yourself
- Meditation Foundation Workshop
- "Nia" Dance Fitness Special savings for Mom & Daughter
- Adult yoga and a new class "Just for Girls"
- Belly Dance
- Walking Fit

### Preschool Programs

- Baby Stroller Time
- Paint Me a Story
- Pencil, Paints, Plasticine & Playdough

### Special Art Workshops

**Print Making** for youth on Pro-D days:

**Mom & Daughter:** Snowman wall hanging beginner sewing workshop.

**Grandparent & Child:** Japanese Tea for Two & Origami Art party

**Art History:** A quick overview

### Hockey 101

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OCTOBER 2008



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Knitting 101

Embark on a new winter project: Learn how to knit! Join Ellie, an expert knitter, in this hands-on class as she gets you going with easy stitches. You'll start a simple project using the basic techniques. Supply list provided upon registration.

ARKT 001 • F08R01 • Ellie Hewitt  
2 sessions: We, Oct 22 & 29; 6-8  
\$49 + GST



Life & Works of van Gogh

In this 6-week study of the life and works of 19th century Dutch painter Vincent van Gogh, you'll complete your choice of a self-portrait or sunflower still life. Course includes weekly slide-shows of a selection of van Gogh's paintings, discussion of reading materials, and a look into his impassioned brush-work, intense use of colour, and painting techniques. Course materials and reading list available at registration.

ARVG 001 • F08R01 • Ursula Medley  
6 sessions: Th, Oct 6-Nov 20; 7-9:30  
\$159 + GST

Avoiding Spam, Spyware & Viruses

Fed up with unwanted spam and spyware? Want to find out how to protect your personal computer and ensure that the information you are putting onto your computer is safe? Take this course and learn how to protect your computer and your personal data.

CRSV 001 • F08R01 • Jody Patterson  
1 session: Th, Oct 2; 6:30-9:30  
\$49 + GST

Chocolates Made Easy

Expand your culinary horizons. Find out how to make homemade chocolates-the easy way! Learn about moulds and their preparations, and how to source raw materials. Discover creative packaging ideas for finished chocolates, then take home your own creations to enjoy!

COCE 001 • F08R01 • Maxine Gasparovic  
1 session: Mo, Oct 20; 6:30-9:30  
\$49 + GST



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What's New with Vista?

Want to find out more about Vista - here's your chance for some hands-on learning about this new operating system.

CRWV 001 • F08R01 • Judy Scott  
1 session: Th, Oct 21; 6:30-9:30  
\$39 + GST

Photoshop Art

Use Adobe Photoshop to explore creative layer effects, filters, and blending tools, as well as the various tools used to improve the quality of your image. Prerequisite: Basic Photo Editing course OR equivalent Photoshop skills.

CRPS 002 • F08R01 • Jessica Colasanto  
3 sessions: We, Oct 15-29; 6:30-9:30  
\$99 + \$25 lab fee + GST

Basic Photo Editing: Photoshop Elements

Learn fundamental image editing techniques which can be applied to most imaging software. Bring in some photos taken with your digital camera or bring a few photo prints to scan in class, then learn to edit the image and save it for use in MS Word, Publisher, email, or the internet! Fix old photos, add text and textures, resize your images, and optimize your files so that they work easily with the format you've chosen. Prerequisite: "Introduction to Computers" or equivalent.

CRDS 001 • F08R01 • Jessica Colasanto  
3 sessions: We, Oct 1; Mo, Oct 6; We, Oct 8; 6:30-9:30  
\$99 + GST

Digital Scrapbooking

Learn how to create a wonderful digital scrapbook of all your favourite photos using the popular Photoshop Elements. Bring a CD with pictures and let's get started.

CRSP 001 • F08R01 • Jessica Colasanto  
4 sessions: Mo, Oct 20-Nov 10; 7-9  
\$129 + GST

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OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Dare to Write 2 Basic Photo Editing (1/3) Two-Spirit People	2 Survival Spanish (1/6) Auto Autonomy Avoid Spam	3 Rick Scott Concert Keyboarding (1/4)	4 Air Brakes (1/2)
5 Thanksgiving	6 Scrapbooking (1/2) Opera (Salome) Children's Classics	Foodsafe Drawing (1/2)	8 Diet & Disease Mandarin	9	10	11
12	13	14	Photoshop Art (1/3) Ed2Go Oct. Start Date	16 VanGogh (1/6) Design Jacket (1/8)	17	18 Marine Adv 1st Aid (1/2) Occupational 1st Aid
19 Choose a Cruise Digi-Scrapbooking (1/4) Chocolates	History Tla'Amin (1/2) Vista Email Emancipation	21 Knitting (1/2)	23 Portable Adventures	25		
26 Writing Mystery University Lecture Series CSI at Collision	27 Computer Hardware	28	29	30 Meditation (1/6)	Halloween 31	

# Explore Powell River

Orchids of Powell River • Photos by Rod Innes



**CLOCKWISE FROM TOP RIGHT:** Calypso Bulbosa; Green Flowered Bog Orchid; Albino Corallorhiza Mertensian; Listeria Caurina; Spotted Coral Root; Listeria Cordata

**BACKGROUND:** Ladies Tresses



## Music & cake swapped for author's autograph

Reviewing: *The No. 1 Ladies Detective Agency* by Alexander McCall Smith

By Carma Sacree

Recently my friend Cathy Reckenberg returned from Scotland where she was studying the Scottish fiddle. When I asked her how her trip was, she enthusiastically shared a story with me, knowing that I am an avid reader. It turned out that I not only knew of the author she met, but I had read all of his highly addictive popular novels. I have often thought of reviewing *The No. 1 Ladies Detective Agency* series by Alexander McCall Smith and now I have a fabulous story to accompany it.

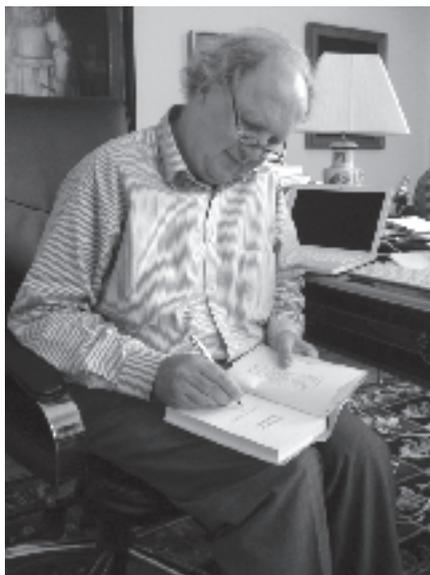
Cathy bought the ninth and most recent book, *The Miracle at Speedy Motors* as a birthday gift for her mother and sent it off to her sister in Montréal where her Mom would be for her birthday. The book never arrived in Canada and sadly it was returned to Scotland with no explanations as to why it was never delivered. A disheartened Cathy, who knew that the author lived in Edinburgh, decided to email him through his website to explain her woes. She asked him if he would be willing to trade his autograph in exchange for her playing him a Canadian fiddle tune and baking him a chocolate zucchini cake.

Amazingly, she received a quick response from his personal assistant and the great man himself stating that he was so amused by the proposal that he felt he had to meet her.

Off went our local music teacher with fiddle and chocolate zucchini cake in hand. She walked past JK Rowling's and Ian Rankin's homes, which are on the same street as McCall Smith and arrived at a wide-open front gate and door and was greeted by the author's sister. Cathy played her Canadian fiddle tune, ate cake with McCall Smith and his family, talked books, had him sign her Mom's precious copy and was asked to play another tune. He gave her a couple of other signed books, including a limited edition. He explained that he was flying off to Africa that very afternoon after recently returning from Toronto on a book signing tour. Needless to say Cathy's Mom was thrilled with her gift and couldn't wait to share the story with her book club.

Each slim novel in the series is set in modern day Botswana, Africa. The wise and instantly loveable protagonist, Mma Precious Ramotswe, is not your average slim and attractive heroine. She opens up the one and only lady detective agency and uses her wisdom, humor and common sense to solve mysteries. These mysteries are not the standard stuff of detective novels but ordinary problems that confront people in their everyday lives. Some of the issues that are addressed in the cases include domestic violence, forgiveness and restitution, clinical depression and AIDS orphans in sub-Saharan Africa.

Equally the novels are about the adventures and foibles of the engaging cast of characters. There is the young Mma Makutsi, whose confidence builds throughout the series. She starts



**GENEROUS AUTHOR:** During a visit with Cathy Reckenberg, Alexander McCall Smith autographs her copy of his book.

out as the secretary and personal assistant to Precious Ramotswe and branches out in her search for a husband and opens up *The Kalahari Typing School For Men*. (The fourth book in the series.)

Mr. JLB Matekoni is the honest mechanic and proprietor of Tlok-weng Road Speedy Motors who becomes Mma Ramotswe's suitor and eventual husband. Together they adopt two children from the orphanage east of Gabarone run by the persuasive Mma Potokwane.

My favourite novel is the sixth book called *In the Company of Cheerful ladies* where Mma Ramotswe's normally unshakable composure is rattled by a visitor who forces her to confront a difficult secret from her past.

McCall Smith does such an amazing job of bringing these characters to life that I feel as though I have known Mma Ramotswe for a very long time and could easily sit down and share a cup of bush tea with her. Cathy's experience, on the other hand, was far less fictional in meeting the kind-hearted Mma Ramotswe's creator.

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# Sapphire

The birth stone for September

Sapphire is the official birthstone for the month of September as adopted by the American National Association of Jewellers in 1912. It is also one of the birth stones for the Zodiac signs of Pisces, Taurus, Virgo and Sagittarius. Sapphire is given as a gem for the fifth, 23rd and 45th wedding anniversaries while a star sapphire is given on the 65th wedding anniversary.

Sapphire is the non-red variety of corundum (the red variety of corundum is ruby). A 9.0 on the Mohs scale of hardness, sapphire is the second hardest natural mineral.

Blue is by far the most popular color for sapphires, but they can be almost any color, including yellow, green, white, colorless, pink, orange, brown, and purple. Padparadscha is the name for a rare orange-pink variety of sapphire and has a higher value than blue sapphires.

Sapphires with inclusions of tiny, rutile needles exhibit an optical property called asterism. This is the star-shaped effect seen in star sapphires and is usually only seen in cabochon cuts.



Rarely, when sapphires are cut en cabochon, they can demonstrate a cat's eye effect. This effect displays a thin band of light down the center of the stone and is known as chatoyancy.

Heating colorless and very pale blue sapphires to high temperatures gives them an intense blue color. This treatment can also improve the clarity of the stones by removing tiny inclusions.

A rare variety of sapphire, known as color-changing sapphire, exhibits different colors in different light. A color change sapphire is blue in natural light, and violet in artificial light.

Sapphire was first created synthetically in 1902 and is hard to distinguish from natural sapphires except by gemologists. Lab-grown sapphires range in price and smaller stones are frequently used in less expensive jewellery.

Sapphire is believed to offer healing properties for rheumatism, colic, and mental illness, as well as offer spiritual enlightenment and inner peace. It is also considered an antidepressant and an aid to psychokinesis, telepathy, clairvoyance and astral projection.

Information supplied by Osca Jewellers



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## Business Connections

By Kim Miller

**C**an you believe that summer is almost over? Christmas will be here in a few months... sorry, did I say that out loud?

Speaking of hot and cold, I recently met the new owners at **Dairy Queen** but they were so busy that I couldn't stay to chat with them! The staff were all smiling and enthusiastically making customers happy. The line-up of customers was almost out their door. Business was booming. I went in a second and third time and the line was much the same. Congratulations to new owners **Paul** and **Gerri Hirst** for obviously bringing back the much-needed cool treats and hot eats! Dairy Queen is open 10 am to 10 pm.

**Marie Forsyth** is the new owner of **Betty Condon's Dress-making & Alterations** store at 4548 Marine Avenue. The name over the door will soon be changing to **Sew-4-U**, although the official name will be Marie Forsyth's Sewing & Alterations. It will stay in the same location with the same phone number 604 485-9069. Betty retired on August 15, but left the operation in good hands. Marie has worked there for seven years. Marie welcomes new and existing customers and says she will be doing all types of sewing and alterations including drapes and cushion covers.

Get ready to catch the wave. Our newest hair salon is opening in October. **Susan Adams** is the owner of **Waves Hair & Body Salon**. I stopped by to welcome Susan to the business

community and instead found Susan's mother Ruth, painting the interior walls. The atmosphere they are creating is serene and calming just like the ocean can be and the silk blue walls will help portray that feeling. I caught up later with Susan. She is very enthusiastic about her new business and everything is on schedule for the salon. They will be located at #4, 7030 Glacier Street, right next door to **Capone's Beer & Wine** store. The grand opening is at 8 pm on September 26. Opening day will be September 29.

Powell River's first commercial FM station launched August 27. **Sun 95.7** calls itself "the Energy of Powell River." No more AM scratch plus some great tunes.

Did you get out to the *Movie Under the Stars* in August? For the second year running the **First Credit Union** put on a terrific event. *Horton Hears a Who* was a great choice for families. Thank you to everyone who helped organize the event. Big congratulations to all the *Guitar Hero Challenge* participants. First place winner was **Dean Kyfiuk**; second went to **Brandon Gleave**. Both guys gave outstanding performances. Rock on! **Westview Agencies** announced a \$1,000 donation to the CAT Scan campaign and First Credit Union presented a \$10,000 donation.

Congratulations to organizer **Julie Bellian** who had the great idea for **Hot Summer Night's Market** at Willingdon Beach every Thursday night throughout the month of August. So many

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### And now serving coffee in Powell River

Join me for a monthly Roundtable discussion at my office. We'll share ideas about current events, the economy, investing and a few cups of coffee.

**Our next meeting is Thursday, September 25 at 7:00 pm**  
**The coffee's on me!**



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### Powell River Women in Business

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### Looking Good for Business

**At Beyond Bliss • 4555 Marine Ave**  
**Wednesday, Sept 24 at 7:00 pm**



First impressions are important: Does your look inspire confidence? Do you look professional? Is your hairstyle & makeup suitable for the business world?

Local businesswoman **Sheona Scott** knows what it takes to succeed in a competitive market. Sheona and her staff will give you tips on the latest hair and makeup trends and tell you what's hot (and what's not) for the business look.

For more info, contact Isabelle • [isabelle@prliving.ca](mailto:isabelle@prliving.ca) • 604 485-0003

**Finally... a networking & marketing group just for women in business**  
Sponsored by Powell River Living Magazine

people, both local and visiting, enjoyed the market which featured everything from local produce and crafts to garage sale items and clothes. Many people are hoping that this initiative will continue next summer.

## Upcoming Chamber of Commerce Events

**Chamber luncheon:** Tuesday at noon, Sept 9, at the Town Centre Hotel. Guests include BC Ferries Communication Relations representatives. Must RSVP to the Chamber office.

**Chamber luncheon:** Thursday at noon, Oct 9, at the Rodmay Hotel; catered by Manzanita restaurant. Guests include the Powell River Literacy Council. Must RSVP to the chamber office.

**Newcomers' Social:** Wednesday, Oct 22 from 7 to 9 pm. Fourth annual event, co-hosted with Powell River Parks, Recreation & Culture at the Complex. Free entrance; some booth space is still available for a nominal fee. Call the complex to register, 604 485-2891. This is a great event to socialize, network and discover the many clubs, organizations and resources available in the area.

**Powell River Business Fair:** Friday, Oct 24, 8:30 – 4:30 pm. The event is organized by Southcott Communications and sponsored by Powell River Living, School District 47 and the Chamber. See page 2 of this month's Powell River Living for details, presenters and ticket and booth information.

Is your business changing in a way you would like to share with our readers? A new manager or owner? Moving location or renovating or expanding? Maybe you are starting a new business? Call Kim Miller at the Chamber office, 604 485-4051, to be included in the next issue of Powell River Living. Also, if you would like to get monthly updates and community event invitations, send us your email address and we will include you in our regular e-mailings.

### Powell River Chamber of Commerce

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## Blast from the past

# Evolution of Wildwood

## Do-it-yourself required

By Gerry Gray

Nothing came easy for the early settlers of Wildwood. It was a “do-it-yourself” life from the get-go. Even getting a piece of land to settle on wasn’t a simple trip to the land surveyors office.

In 1914, the federal government opened a Land Pre-emption program offering thirteen, 20–40 acre lots in Wildwood and 14 lots in Westview. The catch was that the titles were going to be issued on a “first come, first served” basis from the Vancouver courthouse within 40 days of the proclamation. About 40 applicants interested in settling in Wildwood or Westview headed for Vancouver to get in line for the 27 parcels of land. They waited 40 days and 40 nights on the steps of the old courthouse. Jimmy Springer, an early Wildwood settler, made a roll call every four hours and if

there was no answer the applicant went to the end of the list. Relatives, friends and even rent-a-standees helped fill in when a hopeful needed to leave his spot. Finally the deeds were issued and the lucky 27 headed back home.

The deed issue was only the start. New landowners, looking for their lot boundaries, had to crawl through dense underbrush, over rotting stumps and across marshland to get the geographical location of their new land. It was hard work and took many weeks to get the right location. That was why the district was christened Wildwood—acknowledging the early terrain of the area.

Ten years later, residents, who knew little of the hardships of clearing “wild wood” to establish boundaries, suggested the name be changed to Arbutus

Heights. The early pioneers, who knew firsthand the wild growth that had been cleared, shot down this proposal.

The area above the mill was opened like other districts along the West coast. Loggers and hunters made the first forays into the wilderness, then came families, and amenities of an established community soon followed.

Hunters didn’t have much to do with the new settlement but loggers coveted the huge firs and cedars that spread up the slopes towards Sliammon. There was good rapport between natives and the newcomers. Loggers and hunters who drifted into the area were careful to acknowledge the existence of aboriginal boundaries.

Jimmy Springer first logged the area in 1883 but left the district a year later. He returned in 1900 to log for the BC Timber >>>

### POWELL RIVER REGIONAL DISTRICT

## 2008 LOCAL GOVERNMENT ELECTIONS

*This is an election year for local governments throughout the province. The Powell River Regional District will be holding elections for Director for each of its five electoral (unincorporated) areas:*

- Area A** North from municipal boundary to Toba Inlet, including Sliammon and Savary & Hernando Islands
- Area B** South from municipal boundary to the west side of Whalen Road; including Nootka Street & area
- Area C** East side of Whalen Road to Jervis Inlet
- Area D** Texada Island
- Area E** Lasqueti Island

### VOTING

If an election is necessary, voting will take place on:

- General voting day** November 15, 2008
- Advance voting** November 5 & 12  
Electoral Areas A, B, C & D  
November 5 & 10  
Electoral Area E only

### NOMINATIONS & CANDIDATES

- Nomination Period: 9 am on Tuesday, September 30 until 4 pm on Friday, October 10.
- A person is qualified to be nominated if he or she is a Canadian citizen, 18 years of age or older and has been a resident of British Columbia for at least 6 months before the date of nomination.
- Candidates must be nominated by two persons who are electors in the Electoral Area which the candidate is being nominated to represent.
- An elector is Canadian citizen, 18 years of age or older, who has been a BC resident for at least 6 months and a resident or property owner in that electoral area for 30 days.

### WANT MORE INFORMATION?

Nomination documents and other information available at the Regional District office:

- Phone** 604 483-3231
- Website** [powellriverrd.bc.ca](http://powellriverrd.bc.ca)

*This is not an official election notice. Any inconsistency with the Local Government Act is unintentional and for accuracy, reference should be made to that Act. Official election notices will be published in the Powell River Peak.*

Pat Christie, Chief Election Officer

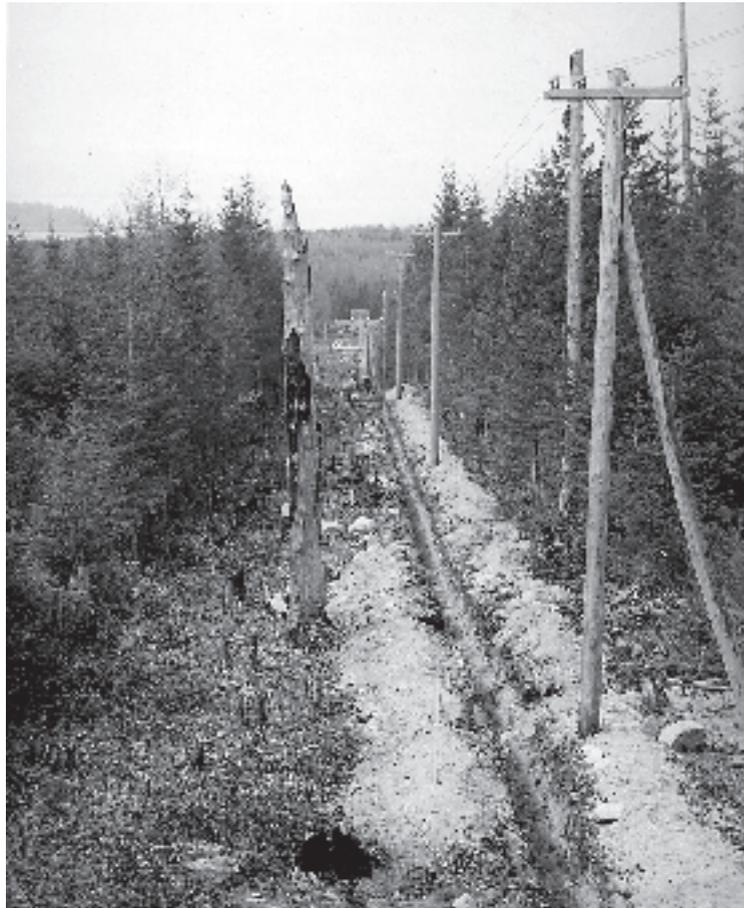
► & Trading Co. A fierce forest fire swept through the community in 1904, wiping out logging operations.

In 1915, the Shute brothers acquired a license to take out cedar for shingle bolts. In the same year Brooks-Bidlake built a shingle mill on Powell Lake. Prior to a bridge over the river being constructed in 1916, the company floated the bundles down to a small loading dock at the dam and transported them overland to the mill wharf to be shipped to the Vancouver market.

Now that the river was bridged, Wildwood became more accessible to the rest of what was to become a municipality in 1955. A road was soon carved out of the hillside and wound its way up the steep incline to level ground. Those that used the road often complained about the “treacherous” switchback leading off the bridge. Their complaints evidently have fallen on deaf ears of the years as the “treacherous” switchback is still there... only now it’s paved.

Wildwood children, who were attending Henderson school in the Townsite, were squeezed out by an overflow of local children. MacMillan Bloedel suggested Wildwood form a school district and build their own school. The suggestion was acted upon immediately and an inaugural meeting was held at the home of Mrs. Jacob Andersen with Herb Thomson, Frank Smith and George Beattie, named the first trustees. A one-room school opened in 1922 and within two years another room (a lean-to) was added to the main frame. By 1931 these accommodations were overflowing so the school district sold the building and the four-room James Thomson Elementary School was opened. This school lasted until 1955 when a new, modernized school was opened.

Besides education, the village need electricity and a reliable water system. The do-it-yourself spirit was still the order of the day and the newly organized Wildwood Welfare League formed



**WATER'S COMING SOON:** The construction of the Wildwood water line was but one example of the ‘do-it-yourself’ attitude of residents.

Photo courtesy of the Powell River Historical Museum



## City of Powell River/School District 47 (Powell River)

# 2008 GENERAL ELECTION

### NOTICE OF NOMINATION

PUBLIC NOTICE is hereby given to the electors of the City of Powell River that nominations for the offices of:

**MAYOR: ONE (1) TO BE ELECTED**

**COUNCILLOR: SIX (6) TO BE ELECTED**

**SCHOOL TRUSTEE: FIVE (5) TO BE ELECTED**

for a term commencing December 2008 and terminating December 2011 will be received by the Chief Election Officer at

City Hall, City of Powell River  
6910 Duncan Street, Powell River, BC

between the hours of:

9:00 a.m. on Tuesday, 30 September 2008  
and

4:00 p.m. on Friday, 10 October 2008

*(Excluding weekends and statutory holidays)*

### IN THE EVENT OF AN ELECTION BY VOTING BEING NECESSARY, general voting day will be Saturday, November 15, 2008.

In the event of an election by voting, the City of Powell River has, by bylaw, determined that registration of all voters will take place at the time of voting. There will be **no advance registration of voters**.

**FURTHER INFORMATION** about nominations, including nomination packages, may be obtained by contacting:

Marie Claxton, **Chief Election Officer** at (604) 485-8603 or  
Cathy Greiner, **Deputy Chief Election Officer** at (604) 485-8601

Chief Election Officer, City of Powell River

### QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a member of local government if he/she meets the following criteria:

- is a Canadian citizen;
- is at least 18 years old on election day;
- has lived in British Columbia for at least 6 months immediately before the day nomination papers are filed;
- a person who has been granted freedom of the municipality, if that person is a Canadian citizen, and
- has not been disqualified by any statute or law, from voting in an election in British Columbia, or from being nominated for, elected to, or holding office.

Nominees are not required to be residents or non-resident property owners in the City of Powell River.

### NOMINATIONS

Candidates for Mayor and Councillor must be nominated in writing by two duly qualified electors residing or owning property within the boundaries of the City of Powell River.

Candidates for School Trustee must be nominated in writing by two duly qualified electors residing or owning property within the boundaries of Powell River Regional District.

**NOMINATION DOCUMENTS** are available from the Chief Election Officer at City Hall, City of Powell River, 6910 Duncan Street, Powell River, BC V8A 1V4, between the hours of 8:30 a.m. and 4:30 p.m. A fee of \$100 must accompany each nomination for Mayor or Councillor.

At the time of filing the nomination documents, candidates must also file with the Chief Election Officer a completed Statement of Disclosure, as required under the Financial Disclosure Act.

**NOMINATIONS CLOSE** at 4:00 p.m. on Friday, October 10, 2008 and candidates will be declared at that time. In the event that there are no candidates declared, the nomination period will be extended to 4:00 p.m., Tuesday, October 14, 2008.

**DELIVERY OF NOMINATION DOCUMENTS** may be by hand, mail, facsimile or other delivery service to the Chief Election Officer. Originals of faxed nomination documents must be received by the Chief Election Officer by 4:00 p.m. on Friday, October 17, 2008 or the nomination is deemed to be withdrawn.



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a committee to map out an electrical system and a water supply route. The three citizens on the committee were: Jack Banham, Herb Thomson and Bob Kurpil.

It was a daunting task and a truly community enterprise. There weren't any civil servants on hand to give guidance so, again, it was a do-it-yourself project. Banham planned the layout for installation of the electrical lines; Thomson measured all the roads and Kurpil looked after the financing.

Built during WWII, money was scarce but in true Wildwood spirit ratepayers dug into their own pockets to defray the cost. Volunteer labour was not hard to come by and the whole community did what they could to make their dream of electricity and available water come true.

The most physical part of the project was clearing a right-of-way to Powell Lake. When the waterline finally pumped water, it was into a huge storage tank built and painted by citizens, saving thousands of dollars from the estimated cost of the project.

With a secure supply of water, the Wildwood Volunteer Fire Department donated a car chassis and proceeded to build an up-to-date piece of fire fighting equipment. Lorne White and Charlie Bombardir were movers and shakers on this community project.

With the water and electricity problems solved, Wildwood's population burgeoned. By 1950, there were about 450 homes with a population of 1500. Businesses began to take an interest and stores supplying the needs of the community were established. Peter Toigo developed the first hotel and shopping area, and his

mother, Mrs. Ernie Toigo, owned a building on the land where the Kurpil store burned down. The old Wildwood Grocery got a facelift and a new name M&M Store. The fire that broke out in Kurpil store spread and threatened to destroy the town. Although the flames were fed by a hot summer wind it was contained to the Sutherland Avenue area near the Lund Highway.

### ITALIAN/ITALIANO

In 1949 many Italians, fleeing from post-war Europe, came to Powell River. Relatives who had come to the West Coast prior to the war sponsored many of the newcomers. Like most immigrants they settled in communities where they knew the language and came from the same backgrounds as their neighbours and that was the case in Wildwood.

Most got jobs in the mill working alongside their friends or relatives. The work they did was mainly in the screen rooms or the grinders and, of course, the language was mainly Italian, which was okay until promotions to lead hands or foremen came along. Then, because of the inability of those in line to read enforced safety rules or communications from the front office, they were passed over for promotion.

The mill's solution to this was to ask volunteers to go to Wildwood and sit down with some Italian families and teach them the fundamentals of English.

The overall problem was that the Italian community had become so closely integrated that wives didn't have to speak English and, naturally, their spouses spoke Italian in the home. Even their >>>

## Powell River Picks

### Top 10 Movies

1. 21
2. The Bank Job
3. Bucket List
4. Fool's Gold
5. 10,000 BC
6. Penelope
7. Harold & Kumar
8. Drillbit Taylor
9. Vantage Point
10. The Ruins

Provided by Select Video

### Top 10 Books

1. *Off the Beaten Path*, by Emma Levez Larocque
2. *Desolation Sound, a History*, by Barbara Lambert
3. *Along the Edge of the Salish Sea*, by Eagle Walz
4. *Blackberries: Recipes from Powell River*
5. *Darien Gap*, by Martin Mitchenson
6. *New Earth*, by Eckhart Tolle
7. *Animal, Vegetable, Miracle*, by Barbara Kingsolver
8. *Golden Spruce*, by John Vaillant
9. *Radical Forgiveness*, by Colin C Tipping
10. *Breaking Dawn*, by Stephanie Meyer

Provided by Breakwater Books

recreational needs were met at the Italian Hall.

The problem soon solved itself when discussed and workers realized that the lingua franca in the mill was English. They hit the books and soon many became not only leaders in their job setting, but valuable members of the entire Powell River community.

A chat with Mary Bombardir, who came with her mother to be with their father in Lund in 1923, outlines the whole mosaic of the influence Italians had on the growth of Powell River. She seems to be related in one way or another to nearly all the citizens of Italian extraction and offered to name all those who were living today in Wildwood.

To really catch the Italian flavour, attend the beach picnic commemorating the National Day of Italy, held annually at Kent's Beach. Red, white and green



**WAITING, AND MORE WAITING:** Future Wildwood residents wait for on the steps of the old Vancouver courthouse for their deed to a plot of Powell River land.

Photo courtesy of the Powell River Historical Museum

flags fly, national songs play all day and, of course, bocce is the game of the day and everyone has a pitch. Pasta seems to be on every plate and talking is incessant. It's truly a lovely place to be.

Not to be overlooked in this national fervour are the individual names of a few who helped make Powell River what it is today. Pete Toigo developed the first hotel and shopping mall in Westview. His son, Ron, is part owner of the Vancouver Giants of the Western Hockey League. Speaking of hockey, Brad Bombardir played for the New Jersey Devils when they won the Stanley Cup. He's now working in the front office of the Minnesota Wild. Many more citizens contributed to the city: the Mantoanis, Devitas, Elio Cosarrin. Many, many more contributed but remain unnamed here because of limited space.

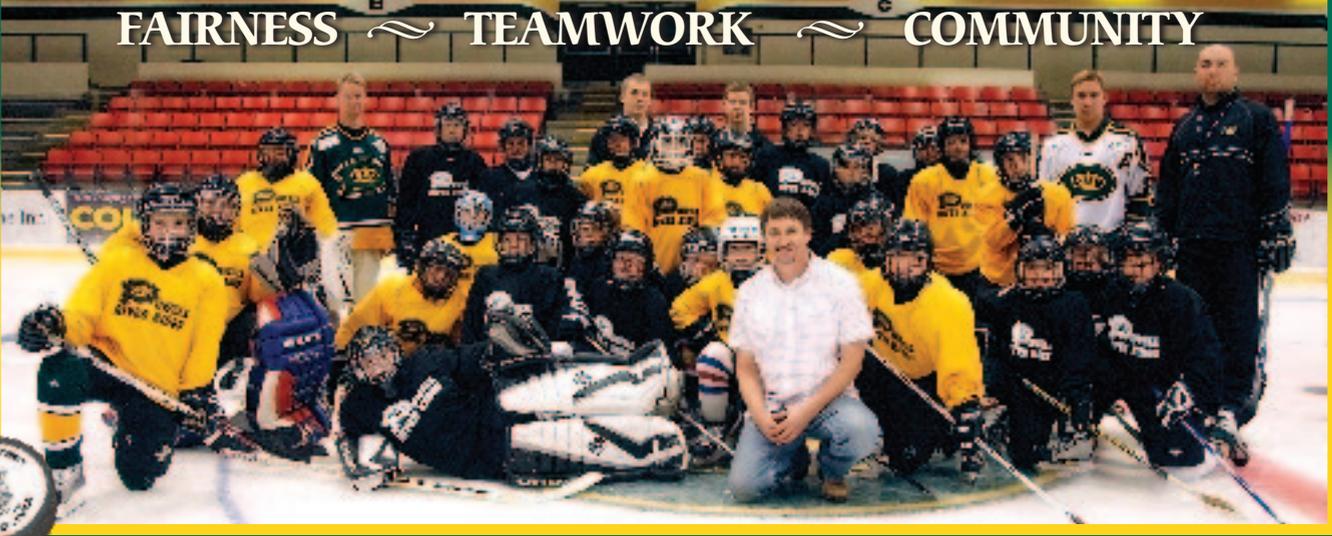




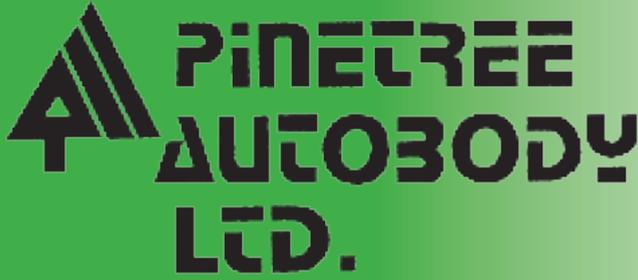
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# The 2007 Report Card

City of Powell River has achieved many of its goals

*The City of Powell River continues to work towards its goals for the community and has achieved much during the past fiscal year. While Council is an integral part of the process, city staff and managers are responsible for the work being completed, and goals accomplished. Here, in summary, are some of their achievements.*

## INFRASTRUCTURE

**GOAL:** To provide for planned maintenance and improvements to the City's infrastructure.

**ACHIEVED:**

- \$1,141,000 spent on road rehabilitation.
- Traffic signal upgrades carried out.
- \$770,000 spent on replacing equipment and vehicles including a new pumper fire truck.
- Federal grant funding of \$253,423 used for the purchase of a front-end loader with a snowblower for the airport.
- Significant upgrades made on several City owned buildings and assets.
- A new accessible entrance installed at the library and accessibility improvements made to Mowat Bay Park.

**GOAL:** To reduce and remove excess water from the sewer system.

**ACHIEVED:**

- \$325,011 spent on detection and correction of inflows and infiltration of water into the sewer system.

**GOAL:** To create efficient safe and secure water testing stations to ensure water quality.

**ACHIEVED:**

- \$20,000 spent on creating five new water-testing stations with the water system.

**GOAL:** To engage the public in the development of the harbour and waterfront area to reflect the vision of the community.

**ACHIEVED:**

- Amalgamated five waterfront projects into one (North Harbour, South Harbour, Wharf at Westview, Barge Facility & Seawalk).
- The Westview Waterfront Project Select Committee was formed to assist Council in the planning of the development of the waterfront.
- Negotiations are underway for a new tenure agreement for the North Harbour. To date, a barge facility for a three-year tenure agreement has been signed. A tanker wharf 30-year tenure agreement has been signed. Final design of the North Harbour has been completed. Final concept design for a Wharf at Westview

completed. A process established for seeking electoral approval regarding borrowing for North Harbour improvements in 2008 is complete. The City received approval for a \$2.2 million grant (matching funding) for the construction of the South Harbour. Electoral approval required for borrowing matching funds.

- The City received approval for \$1.4 million (matching funding) grant for construction of the Wharf at Westview. Electoral approval required for borrowing matching funds.
- The City applied for \$500,000 grant for construction of the Wharf at Westview. Decision pending.
- Both the barge facility and the seawalk are in the preliminary planning stage.

**GOAL:** To investigate and plan for the construction of a combined government services centre to accommodate, in one building, a variety of government related administrative offices and other tenants.

**ACHIEVED:**

- Preliminary discussions occurred during 2007.

**GOAL:** Wastewater Treatment Plant Location (Stage III) Liquid Waste Management Plan.

**ACHIEVED:**

- Liquid Waste Management Steering Committee restructured. Committee directed to review options for site location ongoing.

## COMMUNITY DEVELOPMENT

**GOAL:** To encourage economic development by supporting initiatives to diversify and strengthen the local economy.

**ACHIEVED:**

- Application made to remove several parcels of land from the Agricultural Land Reserve to enable development. Application was not approved.
- The City contributed \$222,850 to the Powell River Regional Economic Development Society (PRREDS) and \$115,345 to Tourism Powell River.
- Council approved several Development Permits including substantial redevelopment of commercial buildings, phased 26-unit residential strata subdivision, development of a service commercial business park, and a

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Among the City's goals was **creating a development plan** for the former arena site.... That was **accomplished** with the creation an **all-weather field** and green space at the site, along with directing PRREDS to seek **expressions of interest** for developing the site, including **public consultation**.

multi-family development of 14 duplex buildings.

- Powell River Community Forest Ltd (owned by the City) logged portions of the community forest and commenced development of a Forest Stewardship Plan.
- The Powell River Waterfront Development Corporation (owned by the City) continues to be a partner to PRSC Limited, owner of approximately 800 acres of land actively marketed for development.

**GOAL:** To identify and carry out Green Infrastructure Projects. The Federal and Provincial Government have designed grant opportunities for "green" projects.

**ACHIEVED:**

- Received preliminary report regarding energy upgrades at the recreation complex.
- Application made and approved for \$798,943 grant for energy upgrades at the recreation complex.

**GOAL:** Development plan for former arena site.

**ACHIEVED:**

- City created an all weather field and green space at former arena site.
- Direction given to PRREDS to seek expressions of interest for the development of former arena site and to include public consultation.

**SERVICE REVIEW**

**GOAL:** To maintain acceptable service levels with reasonable taxation.

**ACHIEVED:**

- Reorganized public works and engineering divisions.
- New City website launched.

**GOAL:** To reduce the reliance of major industry taxation.

**ACHIEVED:**

- Fourth year of a five-year commitment to shift \$200,000 annually from major industry to other classes.

**GOAL:** To find new revenue sources and increase fees and charges to offset property tax increases.

**ACHIEVED:**

- Various fees and charges increased. Parks & Recreation's non-resident fee card implemented.
- Staff was directed to investigate development cost charges and latecomers fees. Subdivision Servicing Bylaw review in progress.

**GOVERNANCE**

**GOAL:** To continue to foster cooperative relationships with other local governments and bodies.

**ACHIEVED:**

- City Council held regular government-to-government meetings with Sliammon Council.
- The City and Sliammon First Nation jointly held a community-to-community forum to establish groundwork for carrying out land use and integrated comprehensive service agreement possibilities for water, fire protection etc.
- The City, Sliammon First Nation and the Powell River Regional District jointly held a community-to-community forum to further the intergovernmental community planning pilot project to address issues such as land use and infrastructure development.
- The City, Sliammon First Nation and the Powell River Public Library jointly presented at the Cities Fit For Children conference in Kelowna.
- Sliammon First Nation represented on the City's Westview Waterfront Development Project Committee.
- Sliammon First Nation and Powell River Regional District represented on the City's Liquid Waste Management Steering Committee.
- The City, Sliammon First Nation and Powell River Regional District form the Intergovernmental Community Planning Technical Committee.
- Discussions held between representatives of the City and School District 47 on various topics.
- Council introduced a cooperative initiative with the City, Regional District, Sliammon First Nation, School District 47, Vancouver Island University and the public for development of a sustainability charter for the Powell River area.

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# Opera returns to Powell River

The Met Live in HD at Max Cameron Theatre

By John Silver

Following its highly successful 2007/08 inaugural season, Max Cameron Theatre is again presenting high definition broadcasts of operas live from the stage of New York's Metropolitan Opera.

The expanded season will bring ten operas (last season there were eight) between October 2008 and the beginning of May 2009. The repertoire stretches from the 18th century (Gluck's *Orfeo ed Euridice*) to the 21st (John Adams' *Dr Atomic*, which focuses on the development of the atomic bomb and was first performed in 2005).

Popular artists returning from last season include (2007/08 roles in brackets) Karita Mattila (Manon Lescaut) in the title role of Richard Strauss' blood curdling *Salome*, Angela Gheorghiu (Mimi) and Roberto Alagna (Roméo) in Puccini's *La Rondine*, Anna Netrebko (Juliette) as the ill-fated heroine of Donizetti's *Lucia di Lammermoor* and Natalie Dessay (the sensational Marie of *La fille du régiment*)

in Bellini's coloratura tour-de-force, *La Sonnambula*.

Further treats are in store as the artists' lineup also includes Canadian Gerald Finley, one of the world's leading baritones, in the title role of Dr Atomic, Susan Graham as Marguerite and Canada's John Relyea in Berlioz's *La Damnation de Faust* and Renée Fleming, who introduced a number of last season's broadcasts, in the title role of Massenet's *Thaïs*, a production that also includes Canada's fine lyric tenor Michael Schade.

There is something for everybody — drama, tragedy, comedy — and always great music. Some of the operas will have traditional sets and costumes while others have the settings moved to periods later than suggested by the original stories.

Multiple camera locations are used for the broadcasts enabling the audience watching on-screen to have many close-ups of the singers. During intermissions there are interviews with the main sing-

ers and also fascinating tours of backstage activity as sets are changed.

New to this season are background talks on the operas given by John Silver. The talks, which will include extensive DVD and/or CD excerpts, will be presented at Brooks Secondary School, 6-8 pm, on the Mondays preceding the respective Saturday opera broadcasts.

The operas in New York are Saturday matinees and this means starting times in Powell River are 10 am for most performances. Two performances, however, are earlier, one starting at 9 am and one at 9:30 am.

Tickets for individual opera performances or packages of performances are available from the Academy of Music (604 485-9633). Tickets for the opera talks are available from Vancouver Island University (formerly Malaspina University-College) Continuing Education (604 485-2878). The opera talks are available with or without tickets for the opera performances.

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# The Clock Elves

## Meet Tick and Tock

By George Campbell

I bought the clock for our 15th anniversary. It was 1965; we were living in this older two-story, seven-room house on Willingdon Street in Powell River and I thought the clock would look good on our dining room wall. It would fit right in with our home and the rest of our furnishings, which were mostly antiques. Many of them were imitation antiques, mind you, but everything in the place had an old-fashioned look to it. Except of course, Rena and I and our three boys. Rena and I were only 36, and our sons ranged in age from 14 to just over two years.

I saw the clock in the display window of a place called, "The Clock Shop," in Park Royal. It was hanging on the back wall of the display window and looked really grand with a beautifully carved wooden case and a big brass pendulum that swung majestically back and forth beneath it. The clock was about a meter long and a third of a meter wide. This was a real time piece, not one of those battery operated or electric jobs. This beauty had springs and gears. So, I bought the clock and gave it to Rena for our fifteenth wedding anniversary, and over the years friends and relatives have admired and checked the time on it.

It hangs today in the living room of the third house we have owned since I

bought it, way back in '65, and it still rings out the hours steadily, reliably, and right on time. Two of the reasons this clock has remained so reliable and accurate is, Tick and Tock, our resident clock elves.

Now, I realize that many people have never even heard of a clock elf, let alone seen one, so let me explain. A few years after we got the clock, Rena was involved in the craft group at our church. Among the many things she made for sale at the annual church bazaar were these tiny men, dolls really, from scraps of felt and wooden beads. They had such things as pinecones or a child's alphabet block for torsos, a large wooden bead with a face painted on it for a head, and the scraps of felt for arms and legs. They were very small, just a few inches tall, and were more for decoration than anything else.

When she showed them to me I saw immediately that they were clock elves. I persuaded her to let me have two of them, whom I christened, Tick and Tock. I placed these little fellows on the clock's ledge just below the face but above the pendulum, and there they have sat for the past 40 years. During these years, whenever any of my five grandchildren have visited, I told them the following story:

"These guys are Grandpa's clock elves and their job is to look after this clock. Their names are Tick and Tock. Every

night when we are fast asleep, Tick and Tock come to life and start cleaning and polishing the clock. Tick works on the inside, oiling the machinery that makes the clock go, and Tock works on the outside, washing the clock's face and hands and dusting the case."

Recently, I have been able to share this story with my first great grandchild, Andrew. I am hoping to be able to be around long enough to share it with my other two great grandchildren, Scotty and Gwen. This may take some doing on my part, as next year I turn eighty, and on my 80th birthday Gwen will be only one year old.

In case I don't make it, I am leaving this poem in the clock. I like to think that Tick and Tock will get a kick out of it, too.

### Tick and Tock

I know two tiny little elves  
Whose names are Tick and Tock.  
They're just five centimetres tall  
And live inside my clock.  
They keep it running night and day  
And each one knows his place.  
Tick greases up the gears and springs.  
Tock polishes the face.  
But sometimes I forget to wind  
My clock upon the wall.  
Then Tick and Tock both disappear  
And can't be heard at all.

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# Paddlers medal in international sprints

## Returning paddlers have tales to share

By Jan Walker

Five members of Powell River's Outrigger Paddling Club travelled to Sacramento to compete in the IVF (*International Va'a Federation*) World Sprints, and local paddlers won medals.

Twenty countries were represented and 1500 paddlers were present. The majority of the countries were from the Pacific region; Tahiti, New Zealand, Australia and Rapa Nui were well represented. It is the national sport of Tahiti, (*va'a* is Polynesian for canoe) and they sent 450 paddlers.

There was also a strong field of adaptive paddlers from Italy and Hawaii among other countries.

Canada fielded 130 competitors from Juniors to Golden Masters and won medals in 15 events, the best showing ever for Canada at this biennial event.

There are 500m and 1000m races in solo and six-man canoes and an exciting 500m race where two six-man hulls are lashed to-



**RAPA NUI CREW:** The crew from Rapa Nui perform a dance on the cultural night.

gether four feet apart. All four of the women from Powell River; Sandy Lougheed, Sue Milligan, Helen Robinson and Jan Walker were part of the Golden Masters Team for this event and won bronze.

Sue Milligan also won bronze in the six-man 500m and 1000m events.

Marc Lavertu, competing in the Senior Masters category, advanced to finals in three events—an accomplishment in a fiercely competitive category.

One of the features of this multicultural event is an evening of music and dance from various countries. Team Aetearoa (New Zealand) performed the Haka, a traditional dance made famous by the All Black Rugby team. There was a Hawaiian dance performed by two young beauties who checked in the paddlers for each race. Canada's Juniors from Pemberton did a line dance and a group from the Squamish Nation travelled down to perform some of their mask dances. The favourite is always Rapa Nui (Easter Island) who perform a dance that must have made the missionaries' hair curl.

The Powell River contingent came home tired and excited and already talking about the next event to be held 2010 in New Caledonia.

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# Whittling art out of wood

## Local carver would rather make a carver than carve

By Gerry Gray

Whittling is perhaps one of the oldest forms of art. Carved replicas of man's progress throughout the ages have been discovered in nearly every "dig" archaeologists have probed. In our own lives, at least before the advent of television, cell phones and such, most young boys were inadvertently whittlers. Remember the first slingshot you made? A forked twig, cut from the mother tree with a pocket knife. Handles carved to size and tines evenly measured. This was the first step in to the wonderful world of whittling. For some that was the end. Interests went in other directions, but for others, like Ron Hunter, for instance, it became a lifetime creative hobby.

"There was no TV when I was young so I whittled. I got interested in carving and just as interested in what other people were doing. I would watch one of BC's great carvers, Mungo Martin, at work and he was impressive. He went to Victoria and carved artifacts in the provincial museum. We moved to Esquimalt shortly after that and I had a good opportunity to see some of the work carvers had done in different areas of the Capital."

"It's such a wonderful and creative experience I spend most of my spare time attending gatherings that attract youngsters and I put on a carving display. I carve little hatchets that only take about a minute, but I give them to the kids so they can have something material to take away. Last year, in Campbell River, I carved 300 hatchets and I am hoping a few will be inspired to take up whittling seriously!"

Hunter pauses for a moment. "A couple of times a year Betty Wilson, a James Thomson teacher, asks me to come up and put on a short seminar for her class. I love doing things like that. I try to impart the enthusiasm that I have for the art. It must work because I am still invited to the school. I also tell them about the tools needed for carving and how they are made. Scrap metal can be sharpened and used as a knife and wood is always plentiful on our beaches or around construction sites. It's not an expensive hobby."

I asked him if there were many groups which meet on regular basis to talk about their hobby. "There are lots of these throughout the province but the Powell River club is the best." "Why is that," I asked? "No regular meetings, no committees, no having to elect and executive. Just a simple structure: You meet a fellow carver and that's a meeting," he replied.

Hunter took me on a tour of his workshop and works in progress in his home at Five Firs. He carves masks, faces and various other inspirational works. "The trick is you have to have a good supply of sharp knives. Small, scooped, straight and heavy and all made of good steel." He showed me a small knife with a concave blade. 'That is fashioned after beavers'

teeth. Before steel became available they were used for hollowing out parts of totem poles.

"Bob Marquis, Mike Brown and I went to Thompson, Manitoba a few years ago to put on a show. Bob Marquis demonstrated to the Manitobans what a typical BC logger looked like and Mike did chainsaw carving. I whittled. The show was a big hit to say the least."

West Coast carving is considered the best in the world, according to Hunter. "Our coastal tribes had the time to be cre-



**WHITTLING FOR AN AUDIENCE:** Ron Hunter finds his hobby always draws a crowd. Here he is demonstrating his skills.

ative because food was always at their fingertips. Eastern tribes were either hunting or fighting and didn't have much time for carving. On the Coast styles were developed, subjects explored and competitions provided motivation. These traits have been passed on down mainly because Salish tribes were not nomadic and families stayed together for generations."

"Another plus for coastal carvers was that they were the first to get steel to make carving knives. Planks from ships wrecked in storms off the West Coast of Vancouver Island often washed up on the shore. These planks usually contained square headed spikes that were soon turned into knives to be used both for hunting and carving," he said.

Obviously Ron Hunter's interest in carving and whittling goes far beyond modern creativity and more into historic information.

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# A taste of Toastmasters

Toastmasters can and does change lives

By Isabelle Southcott

How can a club that teaches you public speaking and leadership skills change your life? People consider joining Toastmasters to become better communicators, improve their presentations, or be better leaders. You may want to improve in all these areas. If this is the case, you've come to the right place because Toastmasters can and does change lives.

We all have our own reasons for joining Toastmasters. Some of us join to improve our communication skills and in the process our self-confidence improves. When we begin, we are afraid to stand up and speak out. We believe people will think we are stupid; that we don't have anything worthwhile to say. We are scared that we'll trip over our tongues and fall flat on our face.

We realize that our fear of public speaking is holding us back in our personal and professional lives. We realize that we need to do something about it.

Sunshine Speakers Toastmasters in Powell River is a supportive environment where people can and do learn new skills that help them in all walks of life.

I am just one of thousands of people who can attest to the fact that this remark-

Jay Yule, Powell River's Superintendent of schools, was so intimidated of speaking in front of large audiences that he would spend nights without sleeping preceding an event or find any way he could to avoid the situation.



**TOASTMASTERS' BENEFIT:** Powell River Toastmasters benefit from practice, evaluation and develop communications tools useful in all aspects of life. From left: Neil McKenzie, Barb Rees, Jay Yule and Deb Calderon.

able organization can help you grow and reach goals that at one time seemed unattainable. But don't just take my word for it; keep reading and see what Jay, Neil, Deb and Barb have to say about Toastmasters.

Jay remembers one incident in particular that was the catalyst for him joining Toastmasters. It was when he had to introduce Pauline Galinski, school board chairwoman, to an audience. Jay was so nervous that he was unable to sleep >>>



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► for three nights before the introduction. He felt paralyzed by his fear but he was smart enough to know that this wouldn't be the last time he'd be called upon to speak in public. Rather than let public speaking hold him back in his professional and personal life, he decided to conquer the fear by joining Toastmasters three years ago.

Neil McKenzie joined Toastmasters nine years ago on a dare. "I was terrified of public speaking. I would go to meetings and want to speak out but I would be so scared that I'd lose my voice."

Toastmasters helped Neil overcome his fear of public speaking. Neil has his Competent Toastmaster Silver and has done well in speaking contests. Today Neil is comfortable speaking in front of large groups of people.

Educator Deb Calderon joined Toastmasters 12 years ago when she was launching her own speaking/seminar business in the Vancouver. "I needed to polish up my presentation skills so I joined Toastmasters," says Deb, who recently moved back to Powell River.

"The evaluation process of having people give you really good feedback can launch you further in your career."

Deb is known for her quick sense of humour and won second in the Humorous

line, I dreamed of becoming a motivational speaker. At the same time I read a book on how to make dreams come true and find my purpose in life."

Barb started her own business and wrote her own book in the same year and then realized she needed to learn how to speak in public.

"I joined Toastmasters in 2001, went to my first speech contest that fall and won all the way to BC divisional. The next spring I became president."

Barb has particularly enjoyed serving on the executive. "I learn something new at every meeting, even from the new members. Following the projects in the manuals has made me a better speaker. I know I wouldn't have the confidence to speak in front of hundreds of people at RV shows without Toastmasters."

People join Toastmasters to learn how to speak in public. They learn those skills but it is the fun, supportive atmosphere and the great people who attend Toastmasters that keep many coming back year after year after year.

## Sunshine Speakers

Powell River's **Sunshine Speakers** is a member of Toastmasters International. The club meets at noon on the first & third Thursday and at 7 pm on the second & fourth Thursday of every month in the Boardroom at School District 47 on Ontario Avenue. Guests are always welcome. For more information, call President **Barb Rees** at 604 485-2732 or VP of Education **Kevin Wilson** at 604 483-9052.

Speech Contest at the District Level and has won the Evaluation Contest at the District Level.

President Barb Rees, a member for seven years, describes how Toastmasters helped her.

"After being a manager of a clothing

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# Community Calendar

September 2008

**Sunshine Speakers Toastmasters:** Interested in communication and public speaking? Toastmasters meet 1st & 3rd Thursday of every month, 7 pm in the Boardroom at School District 47 on Ontario Ave and at noon on the 2nd & 4th Thursday. Guests welcome. Call Barb Rees at 604 485-2732 or Kevin Wilson at 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.

**Starting Sept 3: Malaspina Art Society's** September show will feature Louise Gloslee's mixed media paintings until Sept 24 at Vancouver Island University, Powell River campus. Reception on Sept 5 from 5 to 7 pm.

**Sept 6: Ladies Malaspina Open** at Myrtle Point Golf Club. For more information call 604 487-4653.

**Sept 9: Senior Citizens Association,** Powell River Branch #49 will host its noon lunch followed by a general meeting at 1 pm at the Cranberry Seniors Centre.

**Sept 9: Chamber of Commerce luncheon** at the Town Centre Hotel at noon. Guest speaker from BC Ferries Community Relations. Reservations necessary. Call Kim at 604 485-4051 to reserve or for more information.

**Sept 13: Second Saturday Jazz Vespers.** The Parish of St David & St Paul Anglican Church in Townsite invites you to attend a service of music and meditation at 4:30 pm. Everyone welcome. For more information call 604 483-4230 or 604 487-0750.

**Sept 14: Annual BC SPCA & Scotiabank Paws for a Cause,** Walk for the Animals at Willingdon Beach, Noon – 4 pm. Food, entertainment and activities all afternoon: Silent Auction, dog agility demonstrations, games and prizes. Info: Sharie Hutton 604 485-2374.

**Sept 17: Messy Church.** The Anglican Church in the Townsite introduces a fresh experience of church bringing together all ages for arts, crafts and stories followed by a meal. Join this once a month gathering 4:30 – 6:30 pm. Info: 604 483-4230 or 604 487-0750.

**Sept 21: Free info session on the Holistic Approach to Arthritis,** 2 – 3 pm at Vitality Natural Wellness Clinic, 4603 Marine Ave. Topics: nutrition, supplements, herbs and aromatherapy. Healthy snacks included. Space limited so RSVP 604 485-6161 by Sept 19.

**Sept 24: Powell River Women in Business, Looking good for business,** 7 pm, at Beyond Bliss, 4555 Marine Ave. See details on page 28.

**Sept 27 & 28: Fall Fair** at Paradise Exhibition Grounds on Padgett Road. Cost \$1. Traditional country fair with entries for home canning, gardening, baked goods, crafts, art, wine and eggs. Exhibition of livestock, poultry, honey bees. Opportunity for community groups to have information tables and displays. Pony rides, petting zoo, children's play area, auctions, live music, entertainment, farmers' market. Info: Val Wigton at 604 487-4471.

**Sept 27: Double Diamond's The Definitive Neil Diamond Tribute** with a sizzling live 11-piece orchestra, 7:30 pm, Evergreen Theatre. Tickets from the Complex box office at 604 485-2891.

Community calendar provides free listings for non-profit organizations and our advertisers. To post your event email [bonnie@prliving.ca](mailto:bonnie@prliving.ca).



## Clansman Pipe Band

The Clansman Pipe Band of Powell River is recruiting both pipers and drummers. Beginners & accomplished players are welcome.

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# Teaching kindergarten is the best job of all!

**G**ina DeVries thinks she has the best job a teacher can have.

"I've taught kindergarten for most of my teaching career," says DeVries, "and I love it."

DeVries loves being around the School District's youngest students. "They always have really good questions and they always have something interesting to say and they come with such enthusiasm!" she smiles.

DeVries began teaching in 1975 and moved to Powell River in 1987. She took time off to be with her own children when they were young and worked at Sliammon Development Centre for six years.

Her days teaching kindergarten are action packed and never boring. "I present a lot of information through music and we do a lot of singing, finger play and poems." DeVries enjoys playing the piano and has seen the benefits of being able to incorporate music into learning.

At the kindergarten level, learning is all play based, as that is how young children learn. The school district's kindergarten curriculum covers a broad range of subjects including math, language arts, music, computer time, Roots of Empathy, and library time. "I think that sometimes, people forget at that age children need to play. Behind what may look like chaos there is actually planning that people are not aware of."

DeVries says it is her job to make learning fun so children look forward to trying new things. "I provide the materials, the experience and the direction and hopefully it is a good experience."

Because it takes time to get to know each student the School District has implemented a staggered entry program for kindergarten students for the first week of school. Although children come to the school in June, meet their teacher, see the classroom and are given a tour of the building, coming to school for the first time is a big step in a five-year-old's life. "To be there by themselves for the first time with no mom or dad or brother or sister is a big event. They need to put their trust in me, feel safe with me, and then the learning can begin."

Not all children are at exactly the same level when they begin school as they have had different experiences in their first five years and come from different families. "When you start working with kids you realize it is at different paces for everyone, not everyone is learning at the same time or learning the same thing."



**IN THE PLAYGROUND:** Gina DeVries loves the environment of her school's playground, just part of a great job to have.

You have to try different approaches and teaching techniques, as what works with one child won't work with another. "Children learn in different ways. Just because one child is a visual learner doesn't mean that the child sitting next to him learns in the same way."

DeVries remembers something that a pediatrician told her about children learning. It was so profound that it has stayed with her to this very day. "Just because you are at the front of the room talking

does not mean that all the children are listening."

Kindergarten is also a time of socialization. Children learn how to walk down the hall in a line, they learn to focus on the teacher, they learn to sit and listen and they learn to try new things, and they learn how to be with one another in a classroom setting.

"You observe the children making friends and their parents come to me and say that their son or daughter is beginning to arrange playdates! They are taking steps out beyond home."

This stepping out goes even further as it is often during the kindergarten year that children suddenly realize that they are not the centre of the universe.

"It is a great age. They are busy but that is why you can do so much with them. They have that energy! If they are tired, once they have a 15-minute break and a snack they are ready to go again."

DeVries knows how important it is for children to work through situations. "I remember one year, a little boy's dog died. We have a "house" set up in the classroom and in the house situation they played the scene of the dog dying for the longest time. One child would play the dog and the other children would play the family. This boy needed time to work through his dog dying."

Although children can do many things by the time they reach kindergarten it is important to remember that they are only five years old. "Because they are only five you have to carefully plan their days."

It's the different personalities, the families and getting to know each and every one of her students that keeps the love of kindergarten burning bright for DeVries. It's those "aha!" moments of meeting the mom or dad of one of her students and suddenly seeing the resemblance in looks or speech patterns that makes it so special for this kindergarten teacher.



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