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JULY 2009
Volume Four, Number 6
ISSN 1718-8601

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4 HIKES

3 CANOE
ROUTES

and

1 TEETH-RATTLING
BIKE TRAIL



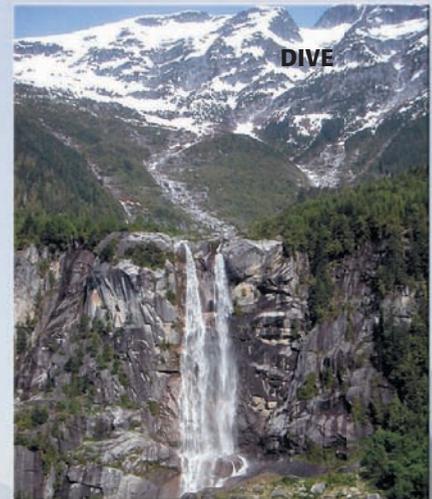
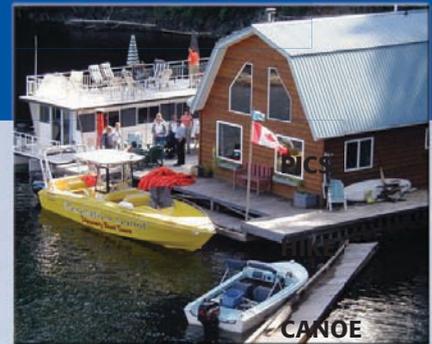
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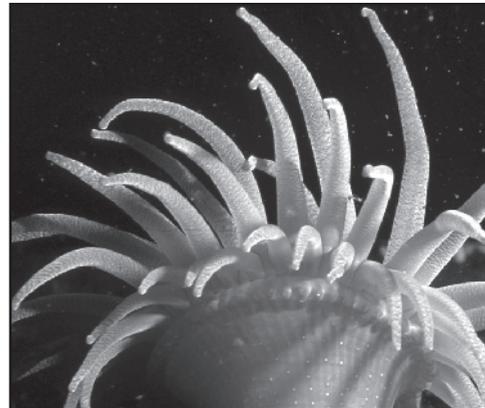
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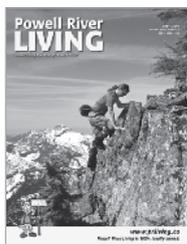
CONTENTS: JULY 2009

- 7** **Camping with kids**
Fun and freedom
- 8** **One bottle at a time**
Raising money and hope
- 9** **Four fantastic hikes**
Day hikes well worth the time
- 13** **Hike for tykes**
Blue Trail an interpretive trip
- 14** **Bike this**
Bluffs trail not for faint of heart
- 15** **Three canoe routes**
The paddle less taken

- 18** **Time to plant**
What to do in the garden in July
- 21** **Self-propelled to Mt Diadem**
Getting there is all the work
- 28** **Fairs & Festivals**
What's happening this summer
- 29** **Six great dives**
Explore the Emerald Sea
- 33** **Your guide to Powell River**
Where to eat, where to stay and what to do
- 39** **What I should have said**
Missing Arnold Carlson

EVERY ISSUE

- 5** **Inside this issue**
Joys of the stay-cation
- 6** **Kudos**
We honor local achievers
- 20** **Family Matters**
Read all about it
- 24** **Explore Powell River**
Kids dig archaeology
- 25** **Pardon My Pen**
George has gone to the birds
- 26** **Blast from the Past**
Lang Bay's venerable hall
- 32** **For Art's Sake**
The woman behind the music



Jeremy Williams climbs a craggy part of Mount Diadem in this self-portrait.

Photo by
Jeremy Williams
Human tripod:
Jason Addy

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THIS ISSUE

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JEREMY WILLIAMS is a Powell River-based photographer and professional filmmaker. He has produced and directed over fifty documentaries on environmental, social, cultural, political and global issues.



OUR COLUMNISTS

George Campbell
Pardon My Pen
25



Jessica Colasanto
For Art's Sake
32



Kim Miller
Business Connections
40



Isabelle Southcott
Family Matters
20



In the confrontation between the stream and the rock, the stream always wins... not through strength but by perseverance.

H Jackson Brown • Prolific American author best known for *Life's Little Instruction Book*

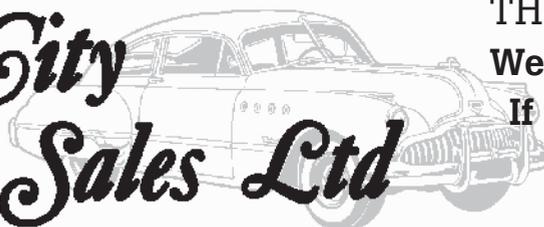
Be who you are and say what you see because those who mind don't matter and those who matter don't mind.

Theodor (Dr.) Seuss Geisel (1904–1991)
Children's writer; Pulitzer Prize winner.

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Powell River Living IN THIS ISSUE

The perfect holiday, without leaving home

What are you doing this summer? Chances are that by now you've already firmed up your summer plans and you're having a hard time focusing on work, especially with the great weather we've been having. If you're one of the lucky ones who are already on vacation, I hope you're enjoying yourself and yes, I am totally jealous!

Some people are leaving town this summer to visit relatives, attend camp or explore new frontiers. Others have decided to remain in Powell River this summer and take advantage of what this great community has to offer. Many of you may be visiting Powell River for the very first time.

Think back to when you were a child and how exciting the world appeared. When we look at experiences through the eyes of child magic seems to happen. The ordinary becomes extraordinary. The mundane becomes exciting!

I've lived in Powell River since 1993. At that time, I was offered two journalism jobs; one here in town with the *Powell River News* and one in Hope, BC.

Being new to BC, I didn't know much about the province except for its colourful political history. I was having a hard time deciding which job to accept and where to move so I did what any rational person would do when faced with a life altering decision. I flipped a coin. Heads, Powell River. Tails, Hope.

Well, heads came up trump and Powell River won out. I've spent the last 16 years discovering my new home and I still haven't seen it all. Powell River has so much to offer. As I read Sean Percy's descriptions about the great hiking opportunities that lie at our back door, the amazing dives beneath our waters and canoe routes waiting to be explored, I knew I had a lot more to see in this place I call home.

It's funny that Canadians often leave their own country and own communities when they have the time to explore. We tend to think the grass is greener on the other side of the fence but that is rarely the case.

Many people would love nothing better than the opportunity to visit Powell River and explore this region. They want to learn about this area's history, explore our campgrounds, beaches and trails.

If you're feeling a wee bit sad because you can't afford the cost of a holiday away from home this summer, don't. You can have the most amazing holiday without leaving home. You can meet new people, experience new things and enjoy great weather right here in Powell River! **RL**

Isabelle Southcott

Isabelle Southcott, Publisher • isabelle@prliving.ca



CAT Scan update

The CAT Scan fund continues to climb thanks to a recent injection of \$10,000 from the Powell River Rotary Club in Arnold Carlson's name. Also, a dog show called *Dogs for the CAT* held on June 6 raised over \$2,000 for the CAT Scan. As of June 26, the fund stood at \$1,768,965. Good work, Powell River — keep it up!



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KUDOS Powell River

Ferry fiasco didn't slow Big Bike

The ocean tides were no match for a tide of generosity from Powell Riverites, when the Big Bike visited Powell River last month. The massive pedal machine was supposed to get on the 10:10 ferry, and rides were scheduled to start at 3 pm. But the tide was too low for the bike to make the approach on the ramp at Comox, so it had to wait until the 3:15 pm sailing. That put everything behind schedule, but local organizer Ron Armitage still managed to get five of the six teams to ride by shortening the route and turning up the energy. "It turned a bad thing into a good thing," said Heart and Stroke organizer Cindy Myers. "There were so many people around waiting to ride that the excitement level was huge! And they did awesome. They raised close to \$15,000, which was about double last year's."

Academy Chamber Choir wins

Kudos to the Academy Chamber Choir and Conductor Don James for winning the provincials in choral music in their class at the BC Festival of Performing Arts. The Chamber Choir now moves on to compete in the national competition later this summer. Sing your hearts out!

Employee cares

Kudos to Kirk, an employee at the BC Liquor Store. The store had a sign displaying it raised \$5,561 for Dry Grad in their annual campaign. One of our readers happened to comment to Kirk that the store did a phenomenal job of raising money this year; three years ago they raised about \$1,500.

Kirk told our reader that in order to get people to donate, he'd tell them that he'd match their donation. He ended up spending \$110 of his own money!

Way to go Kirk — Thanks for caring!

Local writer wins contest

Congratulations to Eva van Loon (Kaimana Wolff) for winning the Nakai Players' 24-Hour Playwriting Contest. The Yukon-based contest had competitors write a three-act play in 24 hours. "The last stroke was typed on the last second before the expiry of the 24 hours, a group of cheering people egging me on by phone," said van Loon.

Just Shoot Me is van Loon's first full-length play and is about a small blended family coping with an old lady's Christmas wish: euthanasia.

Nakai Players will put *Just Shoot Me* on the boards in Whitehorse. The play will be workshopped this summer or fall with VIU theatre students, and then performed in Nanaimo in late November, and (hopefully) in Powell River in early December.



We welcome feedback from our readers. Letters may be edited for length. Letters can be sent to 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

Dear Editor:

The members of the Clansman Pipe Band were looking forward to seeing the promised article about our band in the June issue of Powell River Living. What a disappointment to find that the article has nothing to do with our band, which receives only the briefest of mentions at the end of the article and whose name is misspelled in both the title and the text! Besides the misspelling, the title, "The Clansmen Pipe Band," is thoroughly misleading, given that the article is all about an unrelated band that was dissolved some 40 years ago.

Contrary to what the article implies with its misleading title and accompanying photos of present-day Clansman band members, there is no connection between the MacMillan Bloedel pipe band, whose history fills some 95% of the article, and the Clansman Pipe Band. The Clansman band has its own long, rich history going back more than 40 years. Indeed, the current Clansman Pipe Band traces its origins, not to the MacMillan Bloedel band, but to the Highland Laddies Pipe Band formed with junior high and high school students in Powell River in the 1960s. The article's author, who is not a member of the Clansman Pipe Band, seems unaware of the erstwhile existence of the Highland Laddies, a band that produced a number of excellent pipers and drummers who went on to play in some of the best pipe bands in British Columbia. Finally, it is regrettable that an article purportedly about the Clansman Pipe Band says nothing about our band's current activities or its members.

Anyone wanting to learn about or join the Clansman Pipe Band or wanting to take advantage of our free piping and drumming lessons should contact the Pipe Major, Ian Richmond, at 604 483-9673 or by e-mail at pipemajor@clansmanpipeband.org.

Ian Richmond

PIPE MAJOR, CLANSMAN PIPE BAND



MP launches fitness initiative

John Weston, our local Member of Parliament has launched the 20:10 Leaders Fitness Initiative and challenged fellow MPs and Senators to make a significant change in their lifestyles. Weston's initiative will see several MPs and Senators acting as role models and investing at least "20 minutes 10 seconds" twice weekly, in walking, swimming, biking or running and demonstrating a commitment to a healthier lifestyle.

"The program has engaged many parliamentarians," Weston said, "and promoted cooperation among members of different parties at a contentious time."

The intent of the program is to motivate Canadians to live healthier lifestyles.

Some 70% of the sites for the 2010 Olympic and Paralympic games are in Weston's West Vancouver-Sunshine/Coast-Sea-to-Sky riding.

Camping with kids

More fun than you expected!



What better way to spend a summer weekend or even your family holidays than camping in the great outdoors?

Camping, the old fashioned way with a tent instead of a RV, is probably one of the least expensive family vacations there is. But just because it doesn't cost a lot of money to camp out, doesn't

mean it isn't a lot of fun!

Kids love the freedom associated with camping. The thrill of sleeping in a tent, making shadows with a flashlight, eating S'mores, roasting wieners and biking around the campground make for great memories.

If you're feeling a little pinched this

year, don't despair. Dig out the ole tent, load up the kids and head out to a local campground. When you live in Powell River, there's really no need to go very far to have a great vacation. With lakes, the ocean, great hiking trails, mountain bike trails and fishing at your doorstep, doesn't it make sense to stay home? **RL**

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Bottles for salvation

Six days a week, man waits patiently

If you drive in the Safeway parking lot near the recycling bin Monday to Saturday between the hours of 8 am and 12 noon, chances are pretty good that you'll find the Salvation Army's Corps Sergeant Major Al Bezanson sitting on the tailgate of his little red truck.

People bring Bezanson their empty bottles. Some bring a few, others an entire bag.

The money from the drink containers helps support the Salvation Army, primarily the building fund, Bezanson explains. "We had to put new siding on our building earlier this year."

Rain or shine, Bezanson comes out. On days like today, there's no better place to be. "The people in Powell River are very generous. So far this year, we've made about \$1,000. That's 20,000 bottles."

With the Salvation Army logo, "Giving Hope Today" proudly displayed on the door of his truck and on his polo shirt, there's no mistaking what Bezanson stands for.

"We have a heart for God and a hand for man," he says simply.

Bezanson moved to Powell River in 2003 from Vancouver Island. He retired early due to a disability and didn't want to sit around. He was drawn to the Salvation Army six years ago because he wanted to be involved in community service. He likes the fact that he can give as much time or as little time as he is able to.

"I meet so many beautiful people here, it's just amazing. I enjoy doing this. I've made many friends here."

Bezanson takes the returnables home and cleans them up before exchanging them for money at the liquor store or bottle depot. He then takes the money to the Salvation Army.

Raymond Poissant walks up with a few cans in his hand and drops them in the back of Bezanson's truck. "He's a regular," says Bezanson.

The Salvation Army does not discriminate. "We help everyone who needs help. If someone needs an appliance or a piece of furniture, we can get it. We provide groceries every Monday and Friday and a lot of people get hampers from us."



MONEY FOR BOTTLES: Raymond Poissant (at right) helps the cause by turning in empties to Salvation Army Corps Sergeant Major Al Bezanson.

A white van with the Army logo drives by and Bezanson smiles. "There goes my buddy." His buddy is picking up day-old bread from Safeway to distribute to those who need it. Although other stores also supply baked goods, Safeway is the only one that gives the Salvation Army its produce and dairy products.

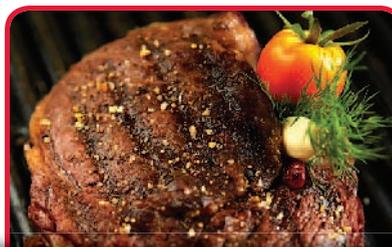
The Salvation Army is a Christian organization and makes no bones about it. "We're not just about social service, we are very concerned about the soul of man and his relationship with Jesus Christ." 

Coming Up

First food garden tour

The first Powell River Food Garden tour will be held during the afternoon of August 9 and kick off the 50 mile eat local food challenge. Come visit the Open Air Market beforehand and pick up a map showing the locations of gardens on the tour. If you have a food that produces food and would like to be on the tour please contact David Parkinson, Coordinator, Powell River Food Security Project at 604 485-2004 or www.prfoodsecurity.org.

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4 Fantastic day hikes

Powell River is a hiker's paradise, in no small part because of the Sunshine Coast Trail. The trail stretches 180 km from the Saltery Bay ferry terminal in the south to Sarah Point at the entrance to Desolation Sound Marine Park in the north. It's a wonderful trail, linking dozens of trails together, and offering places to start and stop so you can do as little or as much of it as you want. You can find out most everything you need to know about the Sunshine Coast Trail at www.sunshinecoast-trail.com. But there's much more to hiking in Powell River, and here we offer four other options.

Tin Hat Mountain

Why go: The views. Unbelievable. Seriously.

Distance: 10 km return

Est. time: 4 hours

GPS: 49°58'57.34"N 124°22'51.33"W

Okay, we admit it, Tin Hat can be considered part of the Sunshine Coast Trail. But it's the epitome of Powell River hiking, so we just had to include it. The views from the top of Tin Hat Mountain make the slog up the rough road more than worth it. It's a fairly easy hike, but it is steadily uphill. Grandma will probably make it, but only if she's spry. To get to Tin Hat take the Goat Lake Mainline till you come to the Spring Lake Road turn

off. Head up Spring Lake road and follow the signs to Tin Hat. The road becomes impassable, and you'll have to start hiking. It's a slog up the rough road, but after about 1 ½ hours, you'll forget all about it, as the trail ascends the shoulder and knoll of the Tin Hat, and you start to get the spectacular views. It's easy to see why the Forest Service used to have a fire tower at the 1200m peak. The top has a 360 degree view, taking in more than 30 lakes. You can see as far as the ocean, up and down Powell Lake and over to the South Powell Divide. Save time to spend on the peak, drinking in the intoxicating view.

You can also hike Tin Hat as part of the Sunshine Coast Trail from Powell Lake or Lewis Lake.



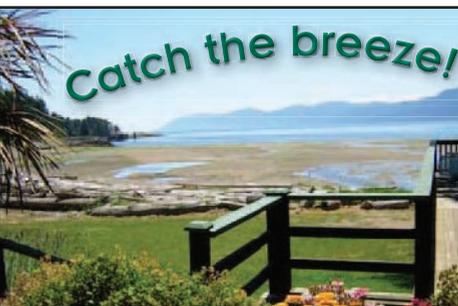
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EMMA LAKE: Left • Surrounded by peaks and ridges, Emma Lake is a destination on its own, or makes a great base for further exploration.



MARIA LAKE: Right • On the way to Emma Lake, hikers can enjoy a break alongside tiny Maria Lake.

YOU'VE ARRIVED: Below • The Forest Service cabin at Emma Lake provides all-season shelter.

> Emma Lake

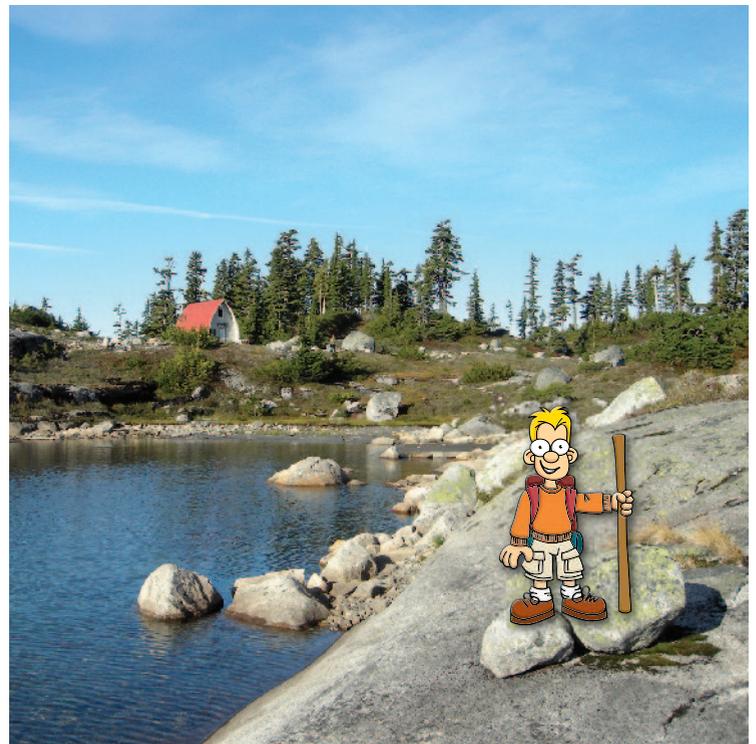
Why go: Beautiful alpine lake, and a great base for ridge walking.

Distance: 6 km return

Est. time: 5 hours

GPS: 50° 7'59.26"N 124° 9'44.88"W

Drive up the Goat Lake Mainline, into the Eldred Valley and turn onto B branch. This is 4x4 territory. The road ends at the trail head. It follows the creek draining Maria Lake, and is steep at first, but opens up into alpine meadows and ridges. Follow the cairns to the cabin at Emma Lake. The lake itself is beautiful, ringed with ridges and peaks, and the views across the Powell River divide are spectacular. With views of Mount Alfred and its icefields and the glacier sculpted granite surrounding you everywhere, you feel on top of the world.





Cruise on down to A&W every Thursday from 6 pm to dusk to see the classic cars and have a \$2 float to support the CAT Scan campaign.

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> **Inland Lake**

Why go: A nice, accessible hike around the lake; great fishing.

Distance: 13 km circle

Est. time: 2.5 hours

Head up Haslam Lake road, bear left onto the logging road at the top of the hill and follow the signs. The trail circling Inland Lake can be covered in just a few hours by the average hiker, but it makes a great day trip, too, if you stop to explore. And for those who aren't so mobile, it's also an achievable day-trip. The trail is fully wheelchair accessible — one of the few such trails in Canada. It is advisable that wheelchairs be accompanied by an aid as some parts of the trail may be difficult to maneuver. Small rustic cabins are located on the route at the two overnight camping areas and the trail also includes eight picnic areas and six fishing piers. Easy hike for all levels. If your stroller has the bigger wheels on it, you can even take the littlest member of your family.



START HERE: Signpost at Sarah Point identifies the start of the Sunshine Coast Trail.

Mud Lake Trail

Why go: Great family hike, some fishing, birding and wildflowers

Distance: 8.5 km

Est. time: 4 hours

GPS: 49° 52' 31.0008"N 124° 29' 22.2612"W

This is a much shorter drive than the first two. Turn right onto Duck Lake Road from near the end of Haslam Lake Road (after you pass Haslam Lake). Travel to the steel bridge at the south end of Duck Lake. Turn left and follow for another kilometres. Watch for the "Mud Lake" sign on the left just before the concrete bridge. Keep your eyes out for a Y branch between Mud Lake and Deer Lake and take a sharp right there. Past Stewart Lake take a sharp left to get on an old road. Taking the right will take you to a river between Haslam and Duck Lakes. Cross over on the bridge to get back onto Duck Lake Road. That makes the loop about four hours. There's lots of bird life and wild flowers around Deer Lake. The trail is well marked and flat and connects with many side trails. >>



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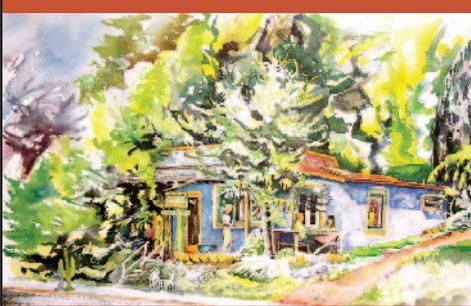
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- Pick up a map from the Forest Service (on Duncan Street) for a map of the many trails in the Duck Lake area.

A word about road access

Local logging roads can be dangerous because of industrial traffic, and traffic on many is radio-controlled. Western Forest Products runs a 24/7 Road Access Hotline at 604 485-3132, but it can be difficult to understand if you don't know the area well. Check with the Forest Service at 604 485-0700, or stop by their Duncan Street office for info on Forest Service roads. [PXL](#)

And two short, easy ones

Willingdon Beach Trail

The start of the historic Willingdon Beach Trail is located next to the Willingdon breakwater and fishing pier. Just follow the beach until you come to the sign and a yellow gate by the creek. The trail is approximately 1.2 km in length and takes about 20 minutes to walk each way. You'll pass through a forest of towering trees and along a beautiful oceanfront. Interpretive signs explain the use of some of the historic logging equipment installed at various spots along the trail.



TEXADA GIANT:

This behemoth is one of the sights to enjoy along the Texada Nature Trail.

Texada's Nature Trail

The nature walk along the forested shoreline of Shelter Point Regional Park offers some spectacular examples of BC coastal forest. This hike takes between 20 minutes to half an hour and benches are located along the trail for those who require a break. It's an easy hike and one suitable for both young and old. A local hiking group, Texada Trekkers, welcomes visitors to join in guided hikes every Saturday. Look for the signs posted near the grocery stores, gas station and post office to find out where and when to meet.



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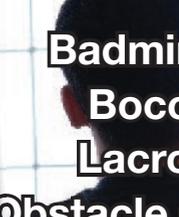
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Hikes for tykes

Blue trail great for kids and families



If pine cones grow on pine trees then what kind of tree do ice cream cones grow on?

It is with easy banter like this that Stewardship Forester Blake Fougère leads a class trip along the blue trail of the Powell River Demonstration Forest. The trail is about four kilometers long with 24 stops along the way.

The Blue Trail begins several kilometers up Duck Lake Road. It was created to educate the public about forestry and the various forestry practices and how they fit into the integrated resource management policies of BC forests.

The start of the Blue Trail in an area that was logged in the early 1900s and razed by wildfire 20 years later.

Blake explains clear cutting and how it is very common on the coast. Next is an area that has been infected with root disease. He's got all the bells and whistles hidden in his vest



including a toy train and a range finder. Oh yes, there's an axe and other essential tools that foresters must have.

This trail is an easy hike and wonderfully cool on a hot day. There are plenty of rest spots along the way and lots of interesting stops. Blake shows children how to tell the age of a tree, explains what wildlife trees are for and talks about how loggers moved train tracks to transport their logs many years ago.

Next comes the trick question kids are supposed to ask their parents at the dinner table. "What is this?" Blake asks holding up a small

cone. "It's a pine cone," everyone says. "Wrong," says Blake pulling a huge cone out of his vest. "This is a pine cone. Pinecones come from pine trees. This is a hemlock cone, hemlock cones come from hemlock trees!" **RL**

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Mountain Bike Trail

Airport Bluffs-Skinny Puppy-Bogie's

By Leta Burechailo

This is a swift, sweet, tack-together route that our women's cycling group has enjoyed on multiple occasions. It has provided us with ample opportunity to hone our fitness, maneuvering skills, and emotional reserves. Its in-town quick-mix appeal comes from the serial variations, with a short uphill "warm-up" giving way to a glorious single track rise through waist-high salal. The bluffs provide a tricky grunt up some bare rock, but also a spectacular view point. The Skinny Puppy section is truly skinny, with a giggly, handlebar-twanging downhill, followed by a gentle sprint on the multi-use Fred's and Blue trails. Finding the "start" of Bogie's is challenging, but reward ensues with some loggy obstacles and a burst of spongy-ground joy through the serpentine, rotting-cedar goodness if you've got good flow. If this route were a song, it might be "Bohemian Rhapsody"—but likely nothing from the Skinny Puppy discography (not quite cheerful enough).

Start: Open Air Market

Length: About 8 km

Duration: About 1 hour of riding time. How much time you spend chatting, marvelling at the scenery, or eating chocolate is up to you.

Difficulty: Mostly an intermediate ride with a 30-foot, elevated, advanced section (riding over the chasm-spanning log is optional).

Brave new genre

Congratulations to Wayne Lutz on his new military aviation science fiction novel, *Echo of a Distant Planet*. Lutz, who has written six non-fiction books about Coastal BC, and is a frequent contributor to these pages, has entered a new dimension with his first science fiction novel. We are looking forward to getting our hands on it!



Directions: Ascend through the brief bit of forest behind the Open Air Market to the logging road. Head left and continue up the road to the first fork and stay right up the hill. Stay right at the fork at the top of the hill. Then take the NEXT right fork on the double track and this will lead you across a rocky logging road to you the start of Airport Bluffs. Follow the trail around the bluffs to Skinny Puppy which starts the gentle descent. If you're me, you



fall off your bike somewhere on the way down, for no good reason. The end of Skinny Puppy T's on Fred's Trail. Turn left and head to the T at Blue Trail. Turn right and after about a minute Bogie's trail will be visible on the right (note inaccurate No Exit sign). Follow along Bogie's until the T on Two Track, take a right, then take a left on Knee Knocker, follow that past West Lake and descend on the dirt roads until popping out on Padgett Road. Take a right back to the Open Air Market. **RL**

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Three canoe routes

(...and they're not where you expect)



The Powell Forest Canoe Route gets all the glory. Its 57 kilometres, eight lakes and five portages do indeed make a wonderful trip. But what if you're up for something shorter? Or maybe you've just done the canoe route a dozen times and are looking for something new? Here we offer you three other options for a day's paddle.

Inland Lake

It's a beautiful lake and there's good fishing. There are no big power boats allowed, so it's usually a quiet paddle, despite the popularity of the lake as a camping destination. Following the shore, you can paddle more than 10 kilometres. You can camp on the island at the head of the lake. And if you really insist on carrying your canoe, you can portage into Powell Lake. (If you're doing the Powell Forest route, this is another possible exit point. Portage into Inland instead of paddling the remainder of Powell Lake to the Shinglemill. But you're a long way from civilization, so you better have a ride arranged.)

are seals, seabirds, herons, eagles and, occasionally porpoises and orcas. Watch for starfish, sand dollars and more sea life. Shelter Point on Texada Island offers a similar experience as you explore around Dick Island and the nearby rocks.

Haslam Lake

Getting into Haslam Lake can be a bit difficult, and officials are in no hurry to make it easy. Haslam is the water source



Myrtle Rocks

The ocean can be tricky for canoes because the weather changes fast and the waves can get a lot bigger than on the small lakes. But if the weather is nice, try launching where the highway touches the sea a few minutes south of Powell River, at Myrtle Rocks. You're not far from shore and shelter if the wind picks up, but there are hours of paddling possibilities as you poke around the rocks and pilings. There







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for most of Powell River. Keep that in mind if you go paddling here and pack out your waste. There are places to get your canoe into the lake, including the end of the lake near the water intake. Watch for other side roads along the lake as you head up Haslam Lake Road and Duck Lake Forest Service road. You can sometimes get in at the weir on the Duck Lake Forest Service road, depending on how many logs are floating in the way. There are, to the chagrin of the Regional District authorities, access points further up the lake along the logging roads, too. But a responsible paddler can find much to enjoy on Haslam. The fishing can be great, and no power boats are allowed, so the silence is golden. Paddle into the weeds in the outflow to Duck Lake towards the weir. Even if the wind is blowing down the lake, this area is protected and beautiful.

Other spots to consider

The Copeland Islands

A rough road now goes right down to the shore on the mainland across from the Copeland (Ragged) Islands. That makes the islands, usually a kayak destination out of Lund, an easy and safe paddle for canoeists. The Copelands are an idyllic place to explore, protected and full of sea life, birds and mammals.

Powell Lake

The wind can roar down Powell Lake, but if you stick to mornings and evenings, there can be a lot to explore. Try launching at Mowat Bay and paddling along the shore towards Goat Lake—a long trip.

Nanton Lake

It's one of few places in the area where a canoeist can paddle into a marsh. A nice side-trip if you're doing the Powell Forest Canoe Route. Or just drive up to Nanton and enjoy an afternoon in what local canoe expert Randy Mitchell calls "the womb of all creation—the marsh." Watch for beavers, birds and all sorts of aquatic bugs.



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GREAT THINGS IN SMALL PACKAGES: Above • Some of Powell River's smallest lakes hold the most life. Beaver Lake, which can be accessed from Dodd Lake, or as part of a circle route between Nanton, Horseshoe, Little Horseshoe and Dodd Lakes.

PADDLING PARADISE: Previous, page 15 • Steering his cedar-strip canoe through the waters of Lewis Lake, Bruce Leach hooked scores of cutthroat trout.

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Time to plant

What to do in the garden

By Jonathan Van Wiltenburg

July brings along great bounty in the garden. Everything should be well on its way to producing. Your hot crops (tomato, egg-plant, peppers, beans) should be setting flowers and fruit and by now, all that hard work you put into the garden early on should be evident. Keep sowing, weeding and harvesting as much as possible to keep the cycle of production continuous.

Eight things to do in the garden

- 1 **HARVEST, HARVEST, HARVEST.** If you slow down on the harvest plants, you will set seed and useful growth will decline. Pick things young! Don't forget your berries, and plum and peaches. Get them before the bears and birds.
- 2 **WATER.** Make sure plants have adequate moisture. Water deeply, in the morning, and try not to get foliage wet.
- 3 **FEED** all container plantings (including hanging baskets) every two weeks. If your soil is sub-par then give the garden a boost every month. Use a general-purpose organic fertilizer. Water soluble is an excellent option as you can water and feed all at once
- 4 **WATCH FOR PESTS AND DISEASE.** Be on the alert for powdery mildew, tomato blight, aphids, and carrot root fly.
- 5 **TIE UP THE TOMATOES** continuously; keep removing the suckers growing in the crotches.
- 6 **SUMMER PRUNE** your fruit trees. Remove the water suckers (suckers are the new branches growing straight up) to slow down the suckering cycle and allow for air movement into the center of the tree. In the raspberry patch remove the weak new raspberry canes. Focus growth on new stronger canes.
- 7 **HARVEST THE GARLIC.** As the garlic begins to die back remove from the soil, cure then store in cool dry dark place.
- 8 **WEED.** As plants mature they will out compete the weeds. Keep watch for weedy areas. Hoe the garden at least once every two weeks to ensure low competition.

One of our main tasks this month is maintaining adequate moisture levels in the soil. Watering can be a long and boring job especially here in Powell River where a lot of the soil tends to be quite sandy. The best thing we can do for our garden is to apply as much organic matter in the fall to provide structure, nutrients, and water holding capacity to the soil. Things like leaves, compost, seaweed, and manure all help to make the soil act more like a sponge.

Irrigations systems work wonders if you're lucky to have one. There are efficient drip and micro irrigation systems available but most of us will be dragging out the hose (usually right over top of our plants) and doing it by hand.

The number one rule with watering is to water well or don't water at all. Our aim is to get the water to penetrate deep into soil and hit the roots. Nothing does this better than a hard session of rain. When you water dry soil the water tends to move laterally instead of downward. We can change this by scuffling or roughing up the soil around the plants (bonus it also displaces the weeds too). In severe cases, I would even recommend



➤ taking a digging fork and loosening up the soil quite deep. Be careful not to hurt the roots of the plants. A good time saver is to construct a small moat around your larger plants that allows the water to pool above the root zone. This will hold the water long enough to let it to travel downward.

The second rule is to water in the early morning. This is paramount is suppressing the plant disease cycle and also reduces evaporation. Mulching can also be used to hold in moisture and suppress weeds. In the veggie garden I would recommend straw mulch as it is much cleaner and will not put slivers of wood in your food. In the ornamental garden bark mulch is sufficient and also provides an esthetic look. Be sure to apply it generously (3-4 inches); a good thick layer is needed to give the desired effect.

Keep in mind that over-watering can also be an issue. This happens more frequently in gardens that have soil that was brought in. Most of the commercial soil blends have excellent water holding capacity when compared to our native soil, so watering less often is most likely the way to go.

The best way to check if you plants need water is to actually go out there and dig down and see if the soil is damp below the surface. It is surprising how moist (or dry) it can be under there. Every soil is different so adjust your watering schedule accordingly. **RL**



Powell River's Community gardens

A community garden is a place where people come together to garden, usually for the purpose of growing food. Having a common garden in one place allows people to share ideas, tools, and labour, and also provides garden space to people who might otherwise not have any. The usual model is an allotment-style garden, where each person or family has their own private plot in which they are free to grow whatever they want and for which they are responsible. Sometimes a community garden will be set up so that everyone works together and shares the produce equally.

There are now three community gardens and one demonstration garden in Powell River. Two community gardens are new this year.

Seventh Day Adventist Church. Contact: Pastor Ernie Dunning, 604 485-7106

Kelly Creek Community Church Garden (new in 2009). Contact Pastor Mike Martinig, kellyck@telus.net or Pat Lewis at 604 487-9238, palewis@shaw.ca

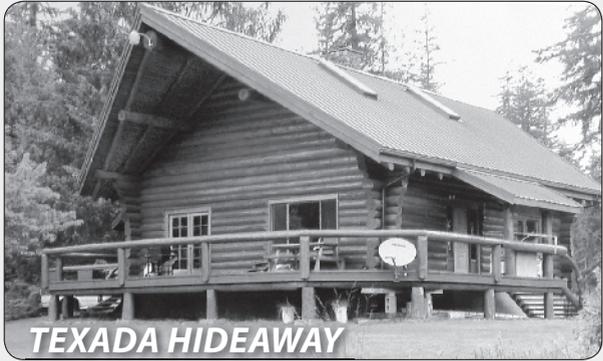
Sliammon Community Garden (new in 2009). Contact Bill Crysler at Tla'Amin Community Health, 604 483-3009 or dl-bloomquist.brcrysler@sliammon.bc.ca.

The one **demonstration garden** in Powell River is located at the Community Resource Centre. Contact Liz Lane at 604 485-0992 or manager@prcr.org. **RL**



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Powell River Living FAMILY MATTERS

By Isabelle Southcott

Last month we went camping. My two boys and I joined in with several other families to spend an idyllic weekend at Shelter Point on Texada Island.

The day we left, Sean at Breakwater Books called to let me know the books my sons had ordered were in. My oldest son is a bit of a bookworm so we went and picked up the new books before we left for camping.

Well, you guessed it. Matthew, who is 12, had his nose buried in his new book for the first day and a half of a three-day camping trip. He sat in a chair around the fire pit from morning until night until he finished his new book.

At first, I thought I should do something. After all, here we were in the great outdoors camping and shouldn't he be doing what all the other kids were doing? Shouldn't he be out riding his bike and playing with all the others on the beach?

I was just about to go have a talk with him when I had a flashback to my own

childhood. I remembered going to the Kermesse (an annual fundraiser for the hospital) in Halifax and spending all my money on Nancy Drew books. I spent the entire weekend surrounded by piles of books, oblivious to the world around me as I voraciously read and read and read.

Reading transports you to another time and place. People who love to read don't count the minutes and hours they spend with their nose buried in a book or magazine or newspaper. They don't feel like they are learning but they are.

Matthew looked so happy, reading away, that I just left him. Hey, I thought, this is his holiday, too, and if he wants to spend his time reading, so be it. I know I've been guilty of shutting the world out while I sat immersed in a good book. In fact, I can recall one camping trip just a couple of years ago when I did just that.

A few days later I was talking to my father on the phone and I happened to

mention Matthew's love of reading. I told Dad how Matthew read his book while walking to school and how he read his way through the camping trip.

My father laughed and said: "Well Isabelle, he comes by it honestly. I remember when you spent all your money on Nancy Drew and Bobbsey Twin books. You disappeared for days with your books and only surfaced for meals."

A love of reading starts at a young age but once you're hooked, you're hooked. Reading is one of the most portable pastimes and you can do it almost anywhere. You don't need an electrical outlet and you don't need special equipment (well, maybe reading glasses if you're over 40).

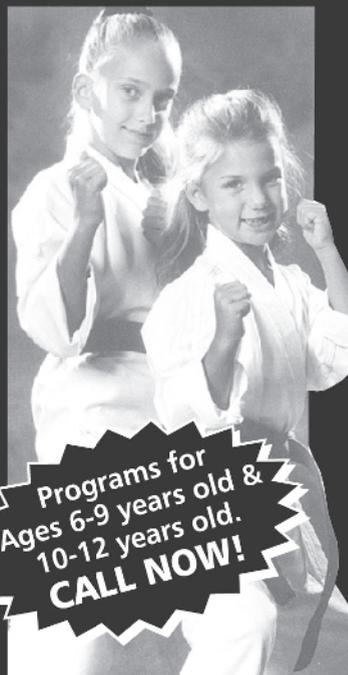
We read for fun and we read to learn. It doesn't really matter why your children are reading; just encourage them to read. For great ideas on what to read, check out the Powell River Library's great book selection this summer. **PR**

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Under your own power

Climbing Mount Diadem – the hard way

By Jason Addy; photos by Jeremy Williams

We stood on the connecting ridge, looking at our chosen route up the south side of Mount Diadem. A band of rocks separates the easier looking upper ridge from the moderate looking snow at its base. We all had the same thought: is that the only way up?

The Self-Propelled Outdoor Club (SPOC) is celebrating ten years of human-powered mountaineering this summer. Some friends and I started SPOC from Vancouver, and it has now spread to Whistler, Victoria and Powell River.

The Powell River chapter had its inaugural trip recently to Diadem Mountain, the “crown jewel of Powell River.”

We’d spent 17 hours the first day biking from the Lang Bay store and then hiking to our camp as high up on the ridge as we could make it. Tom Fortington, Jeremy Williams, John Rapp and I made up the group. We had sweltered in the heat all day and then as a reward set our sleeping mats down for a night’s rest on the snow.

From the Saltery Bay ferry, Mount Diadem, 1795 metres high, can be seen to the north at about the half-way point of the crossing. It has a classic triangular shape, with the left ridge dropping sharply from the summit while the right ridge more gently slopes down ward. We’d chosen the lesser-angled

right ridge as our access to the summit, which is about 40 km from my house as the crow flies.

After an early morning brew of hot coffee, we made our way to the base of the final ridge and stood looking up at the intimidating band of rock. I comforted Tom, who had no experience in the mountains, by telling him what I know to be true; trying to judge how hard something is going to be from below, especially looking at it straight on, is not possible. John piped up, saying that his friend had advised we bring a rope if we wanted to absolutely guarantee safety. We had not brought a rope. John, Jeremy and I had enough experience to know that we needed to head up and make an assessment of the route from the rock band. The cliff involved some exhilarating scrambling, but it was not hard and it brought us to the upper ridge and from there to the summit. The views of Jervis Inlet, Malaspina Strait and jagged rows of



SELF-PROPELLED: Ascending Mount Diadem under their own power were (from left) Jeremy Williams, Jason Addy, Tom Fortington (who biked from Vancouver – and back), and John Rapp, who took this photo.

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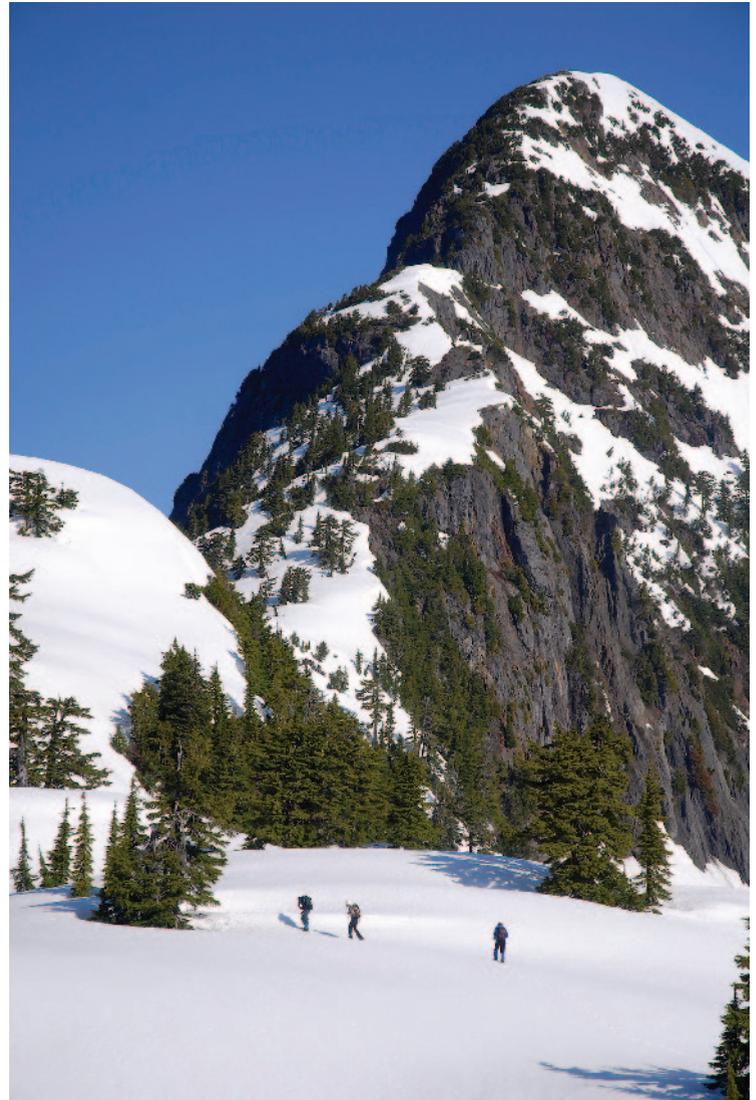
➤ mountains stretching across the horizon to the east, west and north were inspiring.

The trip home is always fun in the beginning, as you bask in the glory of having made the summit and being high in the alpine. By the time you get to the valley bottom, when the heat is



UNDER THE STARS: Brewmaster Jason Addy makes breakfast coffee, as John Rapp gets some extra shut eye. The group slept on the snow, under the stars, on the shoulder of Mount Diadem.

TARN IT: This small pond on the shoulder of Mount Diadem is surrounded by grassy meadow in the late summer, but in early summer, ice floats in it. Still, it made for a refreshing dip.



DWARFED: Tiny figures (from left) Jason Addy, John Rapp and Tom Fortington, cross the alpine as they approach the south ridge of Mount Diadem.

scorching and you have to travel 40 km back home under your own power, you have to just retreat into your mind. All the excited chitchat that got you up the mountain the day before is gone. But the feeling of total exhaustion upon arrival at home provides for days of euphoria.





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WHAT A VIEW: A boulder near the peak has a great view over Queen's Reach, if only it could appreciate it.

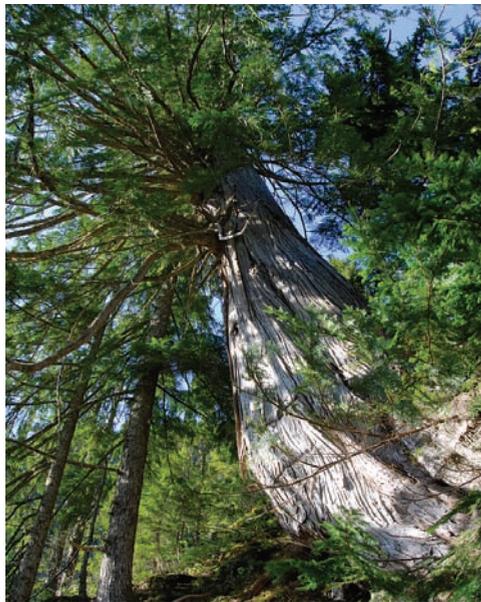


THE RIDE HOME: Tired, but euphoric, on the long ride down, Jason Addy and Tom Fortington find the going easier when they hit the pavement.

➤ The Self-Propelled Outdoor Club started as two mountaineers who decided to make travelling into and back from the mountains part of the adventure. Our club is a group of people who travel under their own power from home to the summit of local peaks and back home. This means that cars, ferries and even sailboats are not officially allowed on sanctioned SPOC trips.

The world can be divided into those who understand that travelling under their own power from home and back makes a better trip, and those who can't see the appeal of making a journey longer and harder. Our feeling is that the quality of the trip is significantly increased, even if the quantity of trips is necessarily reduced.

One way of trying to explain why being self-propelled is more fulfilling is to imagine being teleported from your front yard to the summit of, say, Bear-



TOUGH LIFE: This gnarly, and increasingly rare, old-growth cedar has endured decades of the rugged life of the high country on the slopes of Mount Diadem.

tooth Mountain for a half hour view, only to be beamed back home. Our club is the illogical extension of the idea that the more effort it takes to attain a goal, the more rewarding the goal and the more complete the adventure.

Edward Abbey wrote that, "A journey into the wilderness is the freest, cheapest, most non-privileged of pleasures." SPOC trips embody this quality. And the great news for us Powell Riverites is that the wilderness is very close and a bicycle or kayak, sturdy foot wear, and some food will take you to incredible places. [PR](#)

About SPOC

For more information about SPOC, check out their website at www.selfpropelledoutdoorclub.com or call Jason Addy at 604 487-0807.

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EXPLORE Powell River

Scuttle Bay archeology project

Photos by Isabelle Southcott

The Simon Fraser University and Sliammon First Nation Archeology Project at Scuttle Bay turned up a petroglyph last month. Several schools visited the project in June to watch, listen and learn about the archeologists' work and the history of the First Nations people. The site is open for public tours this summer.





Powell River Living PARDON MY PEN

By George Campbell

Feeding the birds

We have three bird feeders at our house—one in the front yard and two in the back. We like having the birds around. It is pleasant to look out the window and see them flitting about. Sometimes I go out on the back porch and sit in a lawn chair for half an hour and just watch them flying back and forth from the feeders to the ground, to the trees, and then back to the feeders again. When you are old like me (80 years this month), it doesn't take much to keep you entertained.

My favourite birds are the finches because of their bright colours. At our feeders, we get red, yellow, and some with streaks of bright orange in their plumage. My least favourite bird is the pigeon. They descend upon my feeders in flocks, chase away the finches and other small songbirds, and leave their calling cards all over the lawn furniture. I shoo them off by running at them with a broom, but they always come back.

There are other creatures besides birds that come to our feeders. We've had mice, rats, and one time even a black bear who, in his attempts to get at the seeds, tore down the feeders and pretty much mangled them to bits. A regular

non-bird visitor is our neighbour's cat, Rambo.

Rambo thinks that we put up the feeders specifically to attract good things into our yard for him to eat. Rambo and I are engaged in a running battle over this misconception of his. He runs over to our place and tries to hide in the shrubbery close to the feeders, and I run down the back steps waving a broom and yelling "Scat, cat! Get away from my birds!" This not only scares Rambo into running off, it frightens the birds so badly they don't come back until the next day.

Between the pigeons and the neighbour's cat I get quite a bit of exercise running around the yard and waving my broom. My wife worries about this. She says I look half mad running through the yard with a broom over my head. She's afraid some neighbour will phone the funny farm and get me committed. The neighbour who owns Rambo, perhaps. Or some passer-by who happens to be a pigeon lover.

Another neighbour of mine keeps a bird for a pet. That is, she used to keep a bird for a pet. It was a little canary she

called Caruso because he was such a good singer. Unfortunately, Caruso died. It was her husband's fault. He was helping his wife out by doing the vacuuming and thought it would save time, if instead of changing the paper in the bottom of Caruso's cage, he vacuumed it out.

THWUPP! Poor old Caruso disappeared up the hose and ended up minus most of his feathers and dead as yesterday's news in the vacuum cleaner bag. His wife was pretty upset about it for a while, but she got over it eventually. One good thing about the situation is that he doesn't get asked to do the vacuuming any more.

When I was 13 years old, my father took me aside and told me all about the birds, as in 'The birds and the bees.' When I became a young man I got to put this information to use, and by golly, it worked! I ended up with three sons. I am, of course, forever grateful for this information about the birds that my dad passed along to me, but I often wonder why he didn't tell me that when I grew to be an old man, I'd end up feeding them.

I guess maybe he didn't know about that part. **RL**



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Powell River Living BLAST FROM THE PAST

Much more than a building

Lang Bay Community Hall

By Gerry Gray

Lang Bay Community Hall Association is in the same bind as many other non-profit organizations: rising costs, a lack of funds, and an aging and dwindling membership. They've tried to attract new blood but so far, have had little success.

"We get great response from our volunteers," said Jackie McRae, six-year president of the executive. "But younger people don't seem to want to get committed to membership where they may have to chair a committee or some other duty."

Gloria Seeley, a long-time member remarked, "That's why Jackie has been president for so long. We have only one meeting a year and there is very little executive work to do. Citizens of this community should realize just what a boon

this Hall is. I hope they realize it before it's too late and the centre closes."

The Lang Bay Community Hall, a former school, has a great history in the community. District meetings, dances, get-togethers and bake sales have kept the hall busy since it became the focal point of the Lang Bay community. It is still busy almost every night of the week with whist games, seniors activities, community discussions, and other events. "The fund raisers we put on a few times a year are done by volunteers," said McRae.

The most raucous meeting ever held in the Lang Bay Community Hall came about in the early 70s when Social Credit Minister of Municipal Affairs Dan Campbell, along with members of the municipal council, went there to meet

with regional groups to explain the ramifications of regional government. The event goes down in history as the only government meeting where elected reps had to be escorted to and from the hall by the RCMP. It was a stormy meeting to say the least. Dan Campbell, MLA for Courtenay, did not realize how forceful the regional residents could be in expressing their opposition to the plan, which was hatched in Victoria. The reason for its unpopularity was that those free spirits who lived outside the municipality did so to get away from what they regarded as an infringement on their way of life. "We live out here because we enjoy the freedom from bureaucracy," Harold Lennox, spokesman for the group, said.



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WEEK 4 • JULY 27-31

Summer Knights

Age 6-12 yrs @ 9-3 pm
Fee: \$146 (\$194 NR)

WEEK 5 • AUG 4-7

Mini Day Camp

- Act, Play & Sing
- 1) Ages 3-5 yrs 9:15-10 am
Fee: \$25 (\$33.25 NR)
 - 2) Ages 6-8 yrs 10:30 - Noon
Fee: \$45 (\$60 NR)

3) Ages 9-12 yrs 1-3 pm
Fee: \$50 (\$66.50 NR)

WEEK 6 • AUG 10-14

Survivor Camp

Ages 6-12 yrs @ 9-3 pm
Fee: \$146 (\$194 NR)

WEEK 7 • AUG 17-21

Crazy Olympics

Ages 6-10 yrs @ 9-3 pm
Fee: \$146 (\$194 NR)

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- 2) Aug 24-28

Youth Basketball Camp

- 1) July 13-17
- 2) Aug 4-7

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Road to Awareness: Brain Injury 101

Powell River Brain Injury Society

Over three days in June something amazing happened to raise awareness of Acquired Brain Injury.

Justin, Jenna, & Rachel for walking the entire way Saltery Bay to Lund!! Way to go Doug Lanigan who RAN the route in less than 6 hours!! Rock On to all the guest appearance walkers who came out. Mel, Debbie, Brant, Catherine, Bob, Lynn, Bill, Ari, Jesse, Miwa, Roger, Jena, Courtney, Kahlan, Scarlet, Heather, Arianna, Anne, all the cookie bakers and all the volunteers. Anthony and Miwa, Thank You for hosting the Extreme Jam!!

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We thank everyone who helped to make this event a success.

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www.abi101.c0m or www.braininjurysociety.ca

➤ As the Minister outlined the advantages of having a building code, a planning department, and taxes to provide infrastructure, those living in the region howled so loud the explanation never went further than the front row. Finally, before bloodshed broke out, the Minister and Powell River council members made a hurried exit and were back to their vehicles. It may have been over for the poohbahs but opposition grew stronger as the months grew into years. The Hall still gets an annual \$500 grant from the Regional Board of Directors.

However, that was then and this is now. The building, still as structurally sound as it was then, needs donations. The old dance floor needs replacing, a new roof will soon be needed and a general facelift for the 90-year-old building is needed. "Rummage sales, whist drives, raffles just won't do it," said McRae. "We need sizeable donations to carry out our renovations."

A short history of how the hall came into existence goes back to 1912 when loggers, employed by Pendleton and Lamb Logging Companies, built the Wolfsohn Bay School, the first school in the area. Eight children attended and the required number to open a school under the *School Act* was 10. So two adults sat in on the classes until more children moved to the area and filled the quota. Maggie Barrett graphically described the school in her book "History of Lang Bay Hall."

"The school had one room with long desks which were like church pews. They were installed by loggers and were just raw lumber. Consequently, forgetful students sliding across the bench often spent

the rest of the school day standing up nursing painful slivers in their hindquarters. A wood heater had to be stoked and fed with fuel the loggers supplied. Each boy had to bring in a chunk after recess and lunchtime. Sometimes one child took



FACELIFT NEEDED: Lang Bay Community Hall is in need of an infusion of funds and new volunteers. The former schoolhouse has been a fixture in the community since 1912.

the responsibility and was paid 50 cents a month." There was no transportation provided and the children had to walk miles to get to school. One enterprising young girl, Roberta Hand, rode her pony the 10-mile distance. Golden Stanley, first curator of the Powell River Museum, started

his educational journey at Wolfson (during WWI the school board dropped the "h" in Wolfsohn because it sounded too German) and was a go-to person for history of the whole area. During his educational period every weekend he walked the eight miles to and from his home in Powell River.

In 1920 a disastrous fire razed the whole Lang Bay settlement and many populated areas nearby. The school was destroyed, leaving pupils without a building and most families without homes. However, with true pioneering spirit, shelters were quickly set up and a school was built by 1921 on land donated by Chris LaFrence, further away from the sea and closer to the general population. It operated until the highway came through in 1946 and the school amalgamated with Stillwater, leaving the building to the Lang Bay Community Club.

"The Hall has been a great asset in our community," said McRae. "It would be a shame to have to close the doors because we can't pay our bills." **RL**

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with he who
dares.*

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Fairs & Festivals

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July 10 – 13: Shingle Beach Campsite, Texada Island. Music on two stages, workshops and a vendors' alley — all alcohol-free.

coastalconscious@gmail.com
www.coastalconscious.com/diversity.htm

Sandcastle Weekend

July 4 – 5: 7:30 am to 8:30 pm at Shelter Point Park Gilles Bay, Texada Island. Annual event sponsored by Texada Arts Cultural & Tourism. A week-end of fun for the whole family with races, games, contests and a parade, finishing up with a pig roast.

Cheryl Nyl (vendors), mcnyl@aisl.bc.ca or 604 486-7327
www.texada.org/sandcastle.html

Cat Carnival for Kids

July 5: Sunset Part, Wildwood, 10 am – 3 pm During the Soap Box Derby, Kiwanis Clubs of Powell River and Westview & Lions Club are hosting The Cat Carnival for Kids as a fund raiser for the Cat Scan campaign. Fun games and activities like the dime toss, cake walk, tin can alley, plinko, sponge toss, who's on first.... Concession by Save-On-Foods and the hosts.

Kathy Maitland, 604 487-9332 or kmait@hotmail.com

Soap Box Derby

July 5: 10 am, Sunset Park, Wildwood. Trail runs down the Lois Street hill at Sunset Park happen July 4, but the races start around 10 am on Sunday. Pancake breakfast at 8 am.

46th Annual Sea Fair Festival

July 24 – 26: Fri, 5 pm – 11 pm; Sat, noon – 11 pm; Sun, breakfast to 5 pm, all at Willingdon Beach Park. A fun-filled family event with midway, non-stop entertainment, parade, contests and more. Look for events in the weeks prior to the Festival.

Donna Rekve, 604 483-4220 or dkrekve@telus.net
www.seafair-powell-river.com

Cranberry Dayz

July 26: Lindsay Park. Free fun day for the whole family; games for kids, bike decorating, music, talent show, silent auction, pancake breakfast and more.

Pam, 604 414-0826 or Katherine, 604 414-0800.

Arts Alive in the Park

Aug 15 & 16: Willingdon Beach Park, noon – 8 pm. Brings together visual artists, poets and musicians with workshops for kids and adults and a poetry slam.

www.powellriverartscouncil.com
Ann Nelson, 604 483-9345 or artintheparkpowellriver@shaw.ca

Summer Muse Garden Concert

Aug 17: 4 pm – 11 pm at Boxwood Cottage, 4310 Westview Ave. Magical annual garden concert; music by Jill Barber, Ben Bouchard, Walter Martella and other talented local musicians. Admission by donation with proceeds to Pass The Hat For The Cat. Food & beverage available.

Anthony McMorran, 604 485-2860 or whiterabbit@shaw.ca

Blackberry Festival

Aug 15 – 21: Various times and venues around town. Annual event kicks off with Arts Alive in the Park, followed by contests, a wine & cheese party (Wed) and the ever-popular Street Party on Friday all along Marine Ave from Alberni to Wharf St. Most events are free.

www.powellriverdirect.com/blackberry
Cathy at 604 485-0172

Powell River Studio Tour

Aug 22 – 23: 10 am – 5 pm. FREE, self-guided tour highlights the diversity and excellence PR's art community. Free brochure and map in

local stores and online.

Alfred Muma, 604 487-1766 or awmuma@shaw.ca
www.powellriverartists.com

28th Sunshine Music Festival

Sept 5 & 6: Palm Beach Park, all day. Annual Labour Day weekend event celebrates live music from across Canada and beyond. Enjoy world-class performances on the waterfront; shop the craft market and enjoy tasty treats from food vendors.

Barb, 604 485-7559 or rellais@telus.net
www.sunshinemusicfest.com

Terry Fox Run

Sept 13: Starting at 9 am from the Recreation Complex. Annual run to raise funds for cancer research.

Ted or Jan Rodonets, 604 485-9238 or rodonets@shaw.ca

Paws for a Cause Walk-a-Thon

Sept 13: Starting at noon. Fundraiser for the local SPCA. Walk, games, prizes and silent auction.

Sharie Hutton at 604 485-2374 or powellriver@spca.bc.ca
www.spca.bc.ca/powellriver.

Fall Fair & Horse Show

Sept 26: Exhibition Fair Grounds on Padgett Road, entry \$1. Traditional country fair with entries for home canning, gardening, baked goods, crafts, art, wine and eggs, along with an exhibition of livestock, poultry, honey bees gives you a glimpse of country living. Community info, pony rides, petting zoo, children's play area, auctions, live music, entertainment and a farmer's market.

Val Wigton at 604 497-4471 or cackleberryfarmpr@hotmail.com

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Powell River scooped the title “Diving Capital of Canada” back in the 70s when the sport was still in its infancy, and it continues to live up to the title. Powell River Living’s intrepid associate publisher, Sean Percy is a long-time Powell River scuba diver and though we couldn’t pry out all his secret spots, we did get his take on six spots that should be first on a diver’s list, whether they are visiting, or they are locals new to the sport.

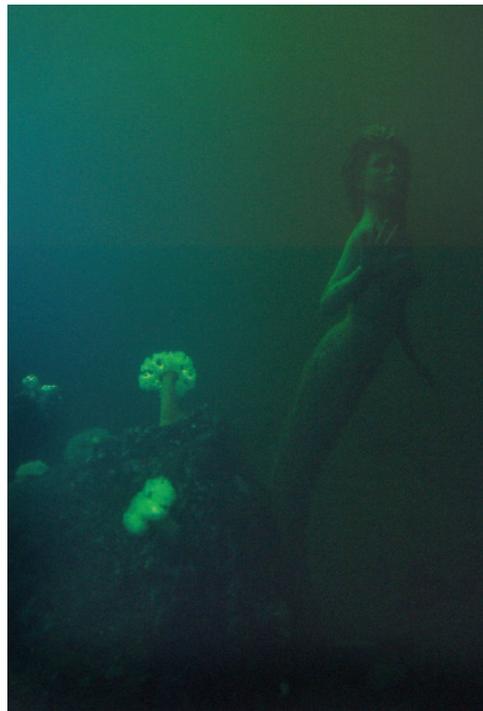
The Mermaid

Location: Saltery Bay Provincial Park’s Mermaid Cove. The buoy marks the spot. (shore dive)

Depth: 18 metres (60’) to 66 m (200’)+

Highlights: This is, hands down, the most popular dive site in the area. Even if you’re not a diver, you can appreciate this spot. From shore, you can spot fish in the shallows. There’s snorkeling right in the cove where you can see lots of perch, rockfish, gobies, sea stars, crabs and more. Experienced divers will want to see the Emerald Princess, a 3-metre tall bronze statue of a mermaid at a depth of 18 metres (60 feet). She’s not alone down there. Rockfish inhabit her hair and plumose anemo-

nes adorn the rock to which she is anchored. Large lingcod, kelp greenlings, painted greenlings, giant swimming nudibranchs, anemones, ratfish, the occasional octopus and hundreds of other critters keep her company. Swim out from the mermaid to the top of the wall. Tech divers can descend into this abyss 200 feet or more. Chimney sponges can be found within recreational depths on



the wall, and even a few cloud sponges. Peek inside to find crabs, shrimp and sometimes small rockfish.

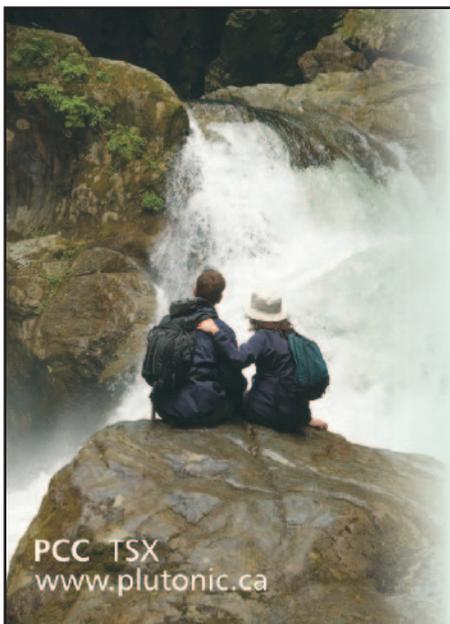
Bonus: Just next door at the Park’s day-use site and boat launch is “Octopus City,” perfect for a second dive.

The Malahat

Location: The mill breakwater in Townsite (shore dive)

Depth: to 30 metres (90’)

Highlights: Swim out along the breakwater, and just before the breakwater turns, head across the sand for deeper water. The bow is in 11 metres (37 feet) and the stern is in 25 metres (90 feet). Only the skeleton remains of what was once a notorious rumrunner during the Prohibition. Originally, the *Malahat* was a five-masted schooner that carried lumber from BC to Australia, Chile, Peru and Hawaii in the years following the First World War. Later, she would outrun American Coast Guard cutters by sailing out to sea and running her pursuers out of fuel, then returning to meet smaller boats that carried cases of rum to shore. The *Malahat* ended her life as a log barge, and finally a failed breakwater hulk. Millpond workers blasted a hole in her in 1946 to send her



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➤ to the bottom. Now she's home to copper rockfish, pile perch and kelp greenlings. Sunstars crawl over her ribs. At the stern, fuel and water tanks sometimes are home to lingcod and wolf eels. As you hover over the remnants, try to imagine her deck loaded with thousands of cases of rum.

Bonus: You're right downtown—only minutes from apres-dive refreshments. Ask at the dive store about The *Huron/Dakota*, and whether you're qualified to go looking for her.

Wreck of the Gulf Stream

Location: Off Dinner Rock (boat dive)

Depth: The topmost portion of the wreck is in 39 metres (120'); the stern is in 52 metres (160')

Highlights: It was, literally, a dark, stormy night on October 11, 1947, when the *MV Gulf Stream*, a 147-foot steamer ran aground on Dinner Rock. Four people died when the stern was



Okeover Inlet

Location: Okeover marina breakwater, located at the end of Malaspina Road. (shore dive)

Depth: 10 metres (30') to 30 m (90')

Highlights: Local dive instructor Scott Friesen calls this “one of the best shore dives in the area.” Sean agrees. Dive on the outside of the stone breakwater. The bottom is a gentle slope that keeps going down. Swim along the rocks and look at all the life. Big rockfish including coppers, quillbacks, tigers and the occasional yelloweye (“red snapper” to the locals). Wolf eels, huge sunflower stars, brittle stars, nudibranchs, perch, sea cucumbers, lots of crabs like Dungeness, rock crabs, kelp crabs, hermit crabs. Giant plumose anemones. It's a great night dive, a decent deep dive, and a great place to practice with your camera. “This is a great spot when the weather on the coast gets too snotty to dive,” says Scott.

Bonus: Access is very easy because of the boat launch. The Okeover caves, a boat dive, are just across the inlet. One of the area's best restaurants, the Laughing Oyster, is just up the hill.



forced under. The vessel later rolled off the rock and into deep water. The spot is marked by a buoy tied to the wreck. Cloud sponges grow on the hull and between the beams. The superstructure of the *Gulf Stream*, has collapsed, but the hull remains intact, providing a home for lingcod and rockfish. A memorial marker placed by the Underwater Archaeology Society of BC recounts the disaster and urges divers to respect the underwater history. If the wreck itself is too deep for your training, Dinner Rock itself makes a nice dive at any depth. Steep ledges and rubble slopes are inhabited by rockfish and greenlings. It's best dived with a live boat, because the current can be strong.

Bonus: Visit Dinner Rock topside, marvel at the cactus growing on this coastal rock, watch the eagles fly overhead, and pause for a moment to think of the tragedy that created this dive site. ➤➤



Top left photo courtesy of Jacques Marc/Underwater Archaeological Society of BC
Other dive photos by Sean Percy, Powell River Living



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› Beach Gardens

Location: Outside (south side) of Beach Gardens Resort breakwater (shore dive)

Depth: 10 metres (30')

Highlights: Okay, this may not be one of the best dives around, but it is one of the easiest. It's great for easy shore entry, and parking close by. It also make a great and easy night dive for those qualified to explore the dark waters. All sorts of different critters come out at night. Follow the breakwater where it meets the sand out to the end. There's lots of sea life and fish along breakwater, says local instructor Scott Friesen. The maximum depth at the end of the breakwater is about 30 feet. It's best to dive this on high slack tide, says Scott. Watch for current at the end of the breakwater. Use a dive flag and don't follow the breakwater to inside the marina.



Wreck of the Shamrock

Location: Vivian Island (boat dive)

Depth: 14 metres (45')

Highlights: On December 8, 1926, the tug *Shamrock* was headed for Bute Inlet to pick up a boom of logs when it struck what was then known as Bare Island (now Vivian) on its north shore. All nine men made it to shore in the lifeboat. There used to be a yellow dot on the shore marking the spot, but it has faded over the years. Using a GPS to find 49°50'24"N 124°41'54"W might be more helpful. The propeller, with one blade left sticking upright is the deepest part of the ship. The bow is in only about 8 metres (26 ft) on an average tide. Her unusual compound steeple engine fascinates marine archaeologists, but many divers will be more interested in the rockfish and pile perch that now inhabit the wreck. Even if you miss the wreck, Vivian makes a beautiful dive, among Sean's favourites. Keep your eyes open for octopus hiding from the seals. If your eyes are sharp, you might also spot abalone, which seem to be making a comeback. Look, but don't touch; the island is a preserve. Try dropping to the edge of the wall at 90 ft and soaring over the abyss.

Bonus: Sea lions and seals inhabit this rocky isle, and seabirds nest here. Nearby Rebecca Rock makes a great second dive. Life abounds in the shallows.

TUG-GUHM GALLERY

1436 101 Hwy, in the Historic Lund Hotel
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Tug-guhm... "sun" in coastal Salish, is also the name of Debra Bevaart's studio gallery. A showcase for more than 40 local artists with Debra's stone sculptures brought to life on-site, strong coastal imagery is the theme of this gallery

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Powell River Living FOR ART'S SAKE

By Jessica Colasanto

Powell River is home to many people who broaden community engagement in the arts and promote the artistic efforts of others. In fact, the better they are at what they do, the easier it is for their hard work to go unnoticed—to the rest of us, events seem to magically come together. These people work hard to direct our focus onto the arts, whether we recognize their efforts or not.

Terry Sabine is a shining example. She is the Administrator of the Powell River Academy of Music, a position she has held for thirty-one years. Recently her efforts have been recognized on a provincial level: Terry was nominated for the YWCA Vancouver's Women of Distinction Award in Arts, Culture & Design.

Other nominees included the creator of ArtStarts in Schools and the founder of Vancouver's leading Cuban dance company. The award went to Fiona Black, the Founding Director of Programming at Capilano University's Performing Arts Theatre and an executive board member of the Canadian Arts Presenters Association. That's impressive company to keep; we are extremely fortunate to have Terry right here in our own community.

In the formative years of the Academy, Terry's work was entirely as a volunteer. The Academy's very first computer was in her office, which at the time was in her basement's laundry room.

She continues to devote herself to the job. When asked her favourite thing about it, her reply is genuine: "The people. The community."

It's clear that our community reaps the rewards of her efforts. More than 600 of our children and peers take music lessons each year with first-rate faculty at the Academy, not to mention the thriving visual arts, dance, and drama programs housed there. Then there's the Academy Concert Series, often featuring former students who have gone on to professional careers in music. And of course, we get to experience Kathaumixw and the Symphony Orchestra Academy of the Pacific.

Not only are these direct contributions to our collective cultural well-being, our community reaps the financial rewards as well: PRREDS estimated that in its first year alone, SOAP (now in its sixth season) brought \$1.5 million to our local economy.

For the Academy, however, each of these projects carries a big financial risk. Terry points out that weighing potential financial loss against artistic gain is a ma-

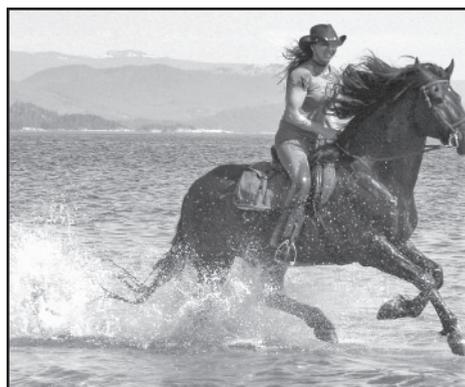


RECOGNITION WELL DESERVED: Terry Sabine combines tenacity, focus and tact to ensure all programs are carried out to the highest standards. She has been recognized locally, provincially and internationally for her accomplishment in arts management.

For balancing act. This is where her amazing relationship with her husband comes in. Don James, CM, is artistic director of the Academy. (That CM means he's a recipient of Canada's highest honour, the Order of Canada, in recognition of his distinguished service to music.)

"He's very visionary, and he pushes me on things I may be hesitant to do," she explains. "I probably pull him back to reality a bit, and then we figure out a way to make something happen."

And along with a small, dedicated staff and army of volunteers, they certainly do make things happen. Congratulations on being a Woman of Distinction, Terry, and on behalf of our community, thank you. **RL**



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- July 14-16 **M.V. Francis Barkley Freighter** to Ucluelet & **McLean Mill**, Port Alberni
- July 17-20 **4-Day Casino Trip** to Lower Mainland
- Aug 3-6 **Harrison Hot Springs** Resort/Spa & **Paddlewheeler Riverboat**
- Aug 12-14 **Oklahoma! to Victoria!** (Chemainus & Victoria)
- Sept 12-14 **Weekend Casino Trip** to Lower Mainland

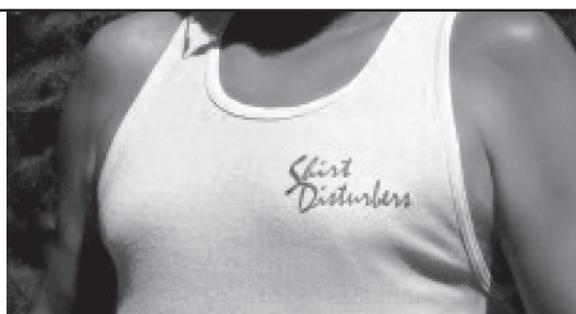
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Cont'd p. 34

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Cont'd p. 35

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www.outdooradventurestore.ca
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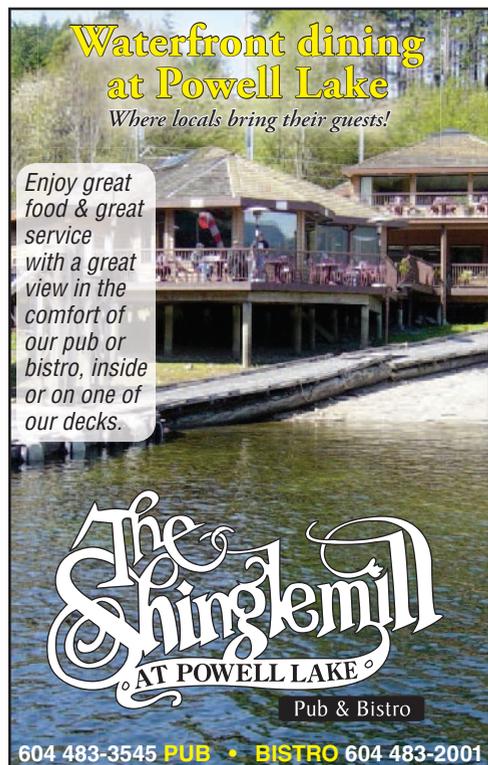
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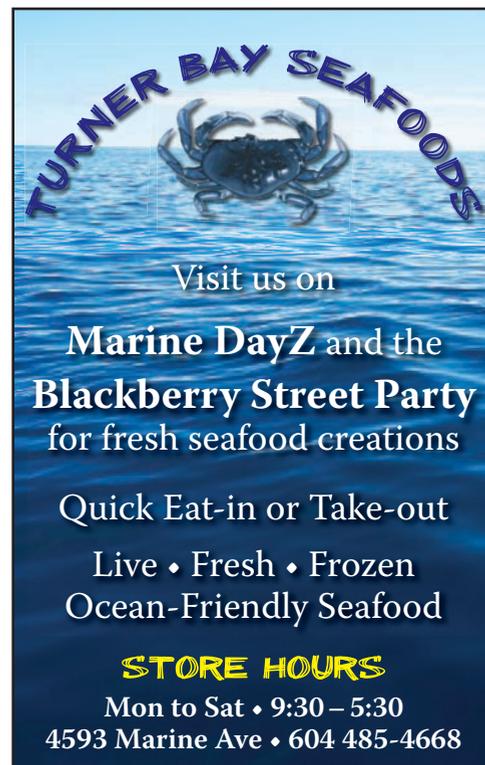


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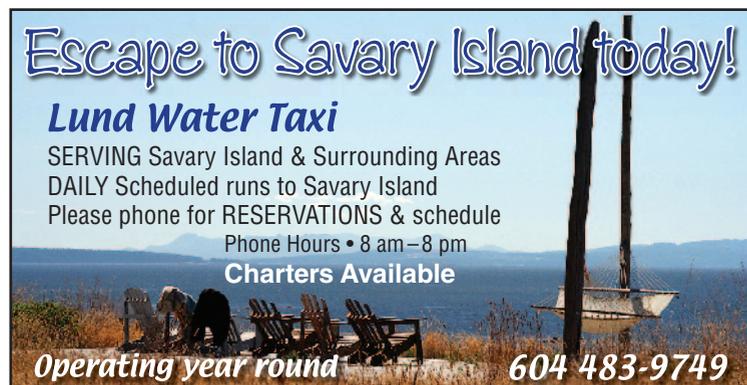
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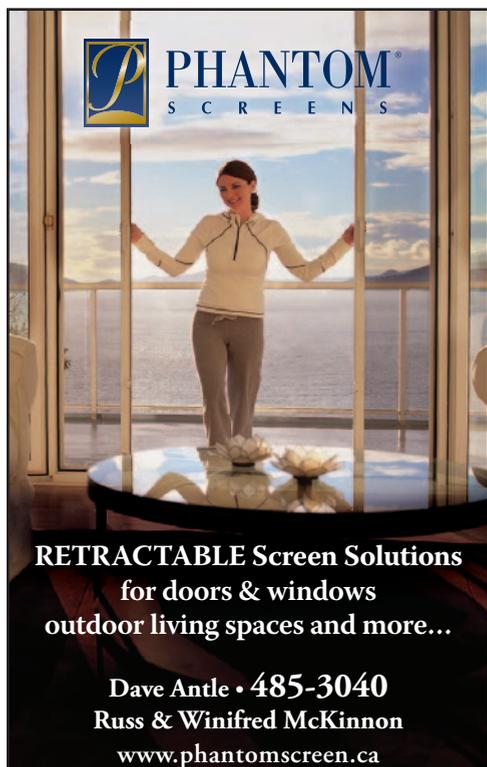
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Terracentric Coastal Adventures

Lund Boardwalk • 604 483-7900

Cont'd p. 38

<p>PHARMASAVE <i>Health Centre</i></p> <p>106 – 4801 Joyce Ave Powell River, BC</p>	<p>Store Hours</p> <p>Monday – Friday 8:30 am – 6:00 pm Saturday 8:30 am – 3:00 pm</p> <p><i>Locally owned & operated</i></p> <p>tel 604 485-7703</p>	 <p>Wanda de la Rey Pharmacist</p> <p>Valerie Lane Technician</p>
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<p>Mix it up!</p>	<p>The Powell River Chamber of Commerce and Powell River Women in Business present a business mixer, September 22, 5:30 – 7:30 pm at the Town Centre Hotel.</p>
<p>Booth/table space available on a limited basis. \$40 for members; \$60 for non-members. Showcase your business.</p>	
	<p>Powell River Women in Business "Women empowering women in business."</p>
	<p>For more info or to book a booth/table contact Bonnie at 604 485-0003 or email bonnie@prliving.ca <i>This ad sponsored by PR Living Magazine</i></p>



THINGS TO DO (cont'd)

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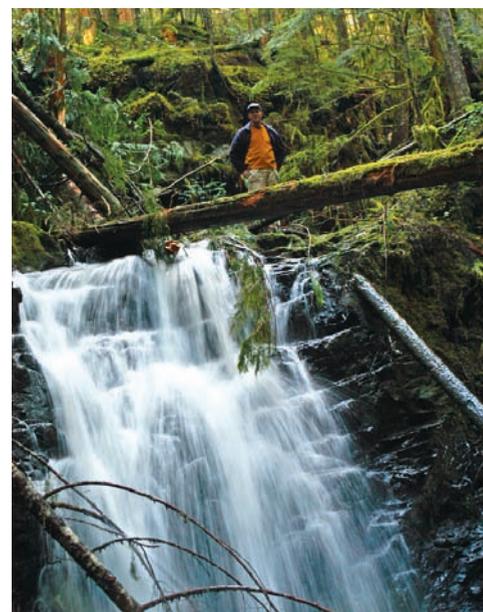
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Public Notice Horseshoe Dam

Brookfield Renewable Power/Powell River Energy will be completing necessary work on the Horseshoe Dam during the month of August 2009. The work will involve heavy machinery around the dam. People using the area can expect to hear noise from the machinery generally between 8:00 -16:00 Monday to Friday. Access to the Powell Forest Canoe Route will not be affected during this time.

If you have any questions please contact Debbi Stanyer, Water Resource and Environment Manager at 604-485-2223.

www.brookfieldpower.com

Brookfield Renewable Power

A tribute to Arnold Carlson

What I hope I would have said

By Doug Love

As I sit here writing my memorial cheque to our CAT Scan fund in memory of my friend Arnold Carlson who recently passed away, I find myself pondering the previous week's events.

I went to a celebration of life recently and there were hundreds and hundreds of people there. They were there to say goodbye to someone who had impacted their lives in some positive way or another during the last 35 years. Had it not been the middle of the week, those hundreds who attended may have been thousands instead and I may not have been able to get in the building. We listened to the master of ceremonies as he shared some stories with us. We said a few prayers to the Lord with the Minister and then proceeded to watch a slide show that touched the hearts of all who viewed it—a slide show that showed a kind-hearted, wonderful man in action with his family, his friends and his business.

When all was done, an open microphone was offered for anyone who wanted to share a story or two. Some people did and I was glad. I didn't get up to speak when the opportunity came along, as I was just too nervous. I wanted to but there were way too many people present. But had I stood in front of that microphone this is what I hope I would have said.

I'd like to have told everyone how I was one of the earliest people in Powell River to meet Arnold Carlson and his family when they first arrived since I worked right next door to their new adventure in the hotel business. I would have said how thrilled I was that he had kids that I could hang out with and build new friendships with

that have lasted for what is now almost 35 years. I would have hoped that I would remember to mention how honoured I felt having this new family's unlisted phone number as it made me feel important to be trusted with such valuable and private information. Me, just an average young Powell Riverite, trusted like that. Wow! Way too cool!

I would like to have mentioned how I noticed this new to Powell River husband and wife team go to work every morning between 7:30 and 7:45 am faithfully six days a week, dedicated to their new jobs. I knew that because they had to drive by where I was working to get to their destination in their 1968 Pontiac that had 300

Arnold Carlson... Was about concern for the health and the welfare and the people he knew, his friends, and he always put them ahead of the dollar.

thousand miles on it. An old car, many would call it a beater, but it didn't matter to them, it got them to where they had to be, six days a week. I'm sure it was sometimes even seven days a week. The next car they got was a step up, but only a small step up and it too served its purpose of transporting what had now become a threesome as a senior family member named Grandpa always seemed to be there too. I learned years later that someone in the family had given them that car.

I might have mentioned the time that I was in the drinking establishment where Arnold tended bar, when he realized that

I was a recovering alcoholic. I might have mentioned how he said to me "Love, you've got to get outta here." I have thought of that day many, many times over the last 28 years of sobriety and was always grateful to him for those sincere and caring words.

Arnold Carlson wasn't all about making money. He was about concern for the health and the welfare and the people he knew, his friends, and he always put them ahead of the dollar—a real rarity in business. As I thought of him again the other day, I thought of his 19 years of political service. I thought of his many, many more years and countless hours of volunteering on more committees than I can remember. I thought how he had given so much of his time to the community and the people who he loved. Sadly, what bothered me most as I stood there at his celebration of life was how nervous I thought he must have been at various times with so many new adventures in the public eye year after year and how he could do all that and yet I couldn't even get up and say a few words of respect to someone that was so loved by so many, including me.

So I apologize Arnold Carlson and yet I know it would be okay by you. After all, you probably would say, "That's alright, jeeppers," as you always did. I haven't called that phone number in many, many years but still, I remember it like it was told to me yesterday. One day, soon, I will call that number and share a story or two with his wife and take a moment to tell her how lucky I was to have and became friends with them and to thank her for that. RL

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Powell River Living BUSINESS Connections

By Kim Miller

Milestones, moves and more

Congratulations to **First Credit Union** for celebrating 70 years, to **Hindle's Camera & Stationary** store for 60 years in business, and to **René's Pasta** on his 10th year in business.

Congratulations to Margaret Behr of **Behr's Massage Therapy** on her appointment as President of the College of Massage Therapists of British Columbia.

Trendzessence Fashions and **Sunshine Organics** are working together for the convenience of their customers. They are moving together into 4679 Marine Avenue (next door to MLA's office) and the business name above the door will be **Ecosentials**. Watch for www.ecosentials.ca online in July.

Skins & Sins is a local business providing custom tattoos. They recently moved into the former 5th Avenue Bistro location at 4722A Marine Avenue. For more information call 604 485-4666 or visit them at the store.

Pacific Reflections Glassworks, Stained Glass & Fusing Studio owner Laura Kew moved her business from Marine Avenue to her home studio on Victoria Street. Check out www.pacificreflections-glassworks.ca or give her a call at 604 485-8352.

Chad and Amy Vizzutti are the new owners of **Thunder Bay Store**. After 27 years of operating the store, Dave and Lorene Yarocki have retired. Same phone, same place, same great service!

Richard Lefebvre as manager and Leo Sanchez as the main chef are open for business at **La Casita** Mexican restaurant. New decorations, authentic Mexican food and lots of new plans for desserts and drinks for the Blackberry Festival. Dine in or take out at 604 485-2040.

Owner Ali Henein welcomes customers to his new barbershop **Marine Cuts Barber & Stylist** at 4561 Marine Avenue. Walk-in

customers are welcome or call 604 344-1800.

MISTIC, (Mid Island Science, Technology and Innovation Council) is branching out its operations and looking at ways to involve Powell River in their services. Check them out at www.mistic.bc.ca. MISTIC is a non-profit organization promoting and supporting innovators, business owners and entrepreneurs in knowledge-based industries.

The successful Hot Summer Night Market is back again and begins on July 16 at Willingdon Beach. They still have room for more vendors. You can sell local produce, wares and services. Contact Karen at bad.karen@gmail.com for more info.

And finally, a big Powell River welcome to Darren Robinson and his family. Darren just began work as the new Executive Director for **Tourism Powell River** after the past three years in Jasper as Marketing Manager for The Fairmont Jasper Park Lodge, following up on his Bachelor of Tourism Management with a major in marketing. Joining him are his wife Stacy and daughters Sadie and Holly... all very excited to be calling Powell River home. **PR**

Do you have changes at your business you would like Powell River to know about: a new manager or owner, or how about major changes or a move to a new location? Starting a new business? Tell us about it by calling 604 485-4051. We also like to get email addresses from anyone who is interested in getting monthly updates and community event invites. Send me your email address and I will put you on the list.

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Coming Up

50-mile eat local food challenge

Get on it, locavores! Powell River's world-famous 50-mile Eat Local Food Challenge is raring to go. The 2009 challenge? For 50 days, eat at least 50% of your daily diet from food grown, raised, caught or foraged within a 50-mile radius. The challenge gets underway on August 9 and there's a website full of useful information and tips, as well as updates on the many events surrounding the Challenge this year at pr50.wordpress.com. There are also links to Facebook and Twitter pages. Sign up and become eligible for prizes!



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Powell River Living COMMUNITY Calendar JULY 2009

July 4: Senior Citizen's Association of Powell River Branch #49 are hosting a BBQ lunch at 1 pm at the Cranberry Seniors' Centre. Hot dogs and burgers will be served and admission is \$5 at the door.

July 4: Community Resource Centre workshop on Succession Planting, Interplanting, Companion Planting, Crop Rotation from 2 - 4 pm.

July 9: Townsite Ratepayers Association meeting at St David and St Paul's Anglican Church, 7 pm.

July 11 & 12: Powell River Trail Riders are hosting a summer horse show starting at 8:30 on July 11 and 9:30 on July 12 at the Trail Riders exhibition grounds beside the Open Air Market in Paradise Valley.

July 11: Community Resource Centre presents a workshop on Salad Greens and Salad Dressing Made from the Garden from 2 - 4 pm

July 12: Texada Island Annual Fly-In. Pancake Breakfast 9 am. BBQ from noon - 4 pm. Music, entertainment, wind tunnel demonstration, kite flying at 11 am, formation flying by The Fraser Blues at 2:30 pm, aviation art display. For more information contact Doby at dgart@telus.net.

July 26: Sea Fair's Sandy Sunday with sandcastle building at Willingdon Beach. Corporate and family teams, as well as solo artists are encouraged to join in. For more info contact Billy Hopkins at 604 485-0501, or bcbilly@shaw.ca.

July 26: Sunshine Music Festival Free Drum Workshop, Willingdon Beach, 4 pm. Workshops are open to all ages. Some drums will be available to borrow. For more info contact Corey Matsumoto, 604 487-0133 or Corey@coremediagroup.ca or France Gendron at 604 483-7998.

Aug 6: PR Citizens' Peace Panel presents the annual Hiroshima & Nagasaki Commemoration and Peace Lantern Ceremony and Peace songs. Willingdon Beach at 7 pm. Lantern making materials provided. Peace singing, followed by dancing on the grass.

July & Aug: Powell River Forestry Museum will be open daily from 12:30 - 4:30 until September 1, 2009.

Sunshine Speakers Toastmasters: Interested in communication, leadership and public speaking? **Toastmasters** meet on July 16 at 3932 Manitoba Avenue. For more info contact Bonnie Krakalovich 604 485-7242 or Isabelle Southcott at 604 485-0003.

Women in Business: Want to make a good impression on clients/customers? Women in Business is the place for you. PR Women in Business is a networking group for anyone working in or owning a business. Call Bonnie at 604 485-0003 or 604 414-3981.

Alcoholics Anonymous: 8:30-9:30 pm. Fridays at the United Church basement, Saturdays at PR Hospital Boardroom, Sundays at the Alano Club. For more info call 604 414-0944, 604 485-5346, 604 483-9736. Texada Island-604 486-0117.

Powell River Community Resource Centre: 4752 Joyce Ave. Info sessions, 10-11 am. Free; open to everyone. For more info call 604 485-0992.

Sundays: Faith Lutheran Church Services & Sunday school, 10 am.

Mondays: Bike ride at Suncoast Cycle, 6 pm

Tuesdays: Family Place Toddler Time drop-in 10:30-noon. Parent-child drop-in, 12:30 pm-4:30

Tues & Thurs: Bike Ride starting at RCMP parking lot, 6 pm

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

Second Tuesday: Parkinson Support Group (January to June & Sept ember to November), 1:30 pm, Trinity Hall of the United Church. For more information call 604 485-5973.

Wednesdays: Family Place. Garden group 10:30 am to 12:30 pm, call 604 485-2706. The Open Space parent led family programs, 12:30 to 2:30 pm. Parent child drop in 12:30-4:30 pm.

Thursdays: Parent/child drop-in, 12:30-4:30 pm. Parent/Child Mother Goose Program (0-1 year).

Fridays: Parent child drop in, 12:30-4:30 pm Rhythm Circle Time (3-5 years)

Now to Aug 31: Free unlimited access to drop in swimming and skating for all Grade 5 Powell River students. Grade 6 students are offered 10 free drop-in swim or skate admissions. Both offers are valid until August 31, 2009. Bring in your birth certificate or report card for verification.

Community calendar provides free listings for non-profit organizations and our advertisers. To include your event, email bonnie@prliving.ca before the 20th of the month.

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Powell River Living FACES of EDUCATION

School District 47's sustainable teacher

It's a sunny Sunday afternoon and Monty Tyrwhitt-Drake has just finished preparing the questions for his students' final Math exam. His 14-year-old son Thomas is sitting on the deck beside him fixing the lid to a fish tank. The glue spills and Monty calmly tells Thomas how to clean it up. He doesn't jump up and do it, which would probably have been easier, but rather he instructs and so a big mess is avoided.

There are patient people and there are impatient people. One of the attributes of a good teacher is patience. Monty is one of those patient people who can remain calm in the midst of chaos.

Many people know Monty as a teacher at the alternate program at Westview Learning Centre, now called Brooks Offsite. Last year, he spent most of his time teaching at Brooks Secondary School (only a block a day at Brooks Offsite) and next year, he'll be exclusively at Brooks Secondary.

Monty has been teaching in Powell River for 20 years. He moved here from the Lower Mainland after being offered a job. He did his undergraduate degree in Roman and Greek history, which, he says, underpins his interest in contemporary world politics and world silliness. He did his teacher's degree at Simon Fraser University in 1985 and then moved on to UBC for a diploma in Special Education.

"At that time it was hard to get jobs in the Lower Mainland and when a job came up here I was happy to move."

Monty says he likes helping students who have a harder time learning and with school. That's what drew him to special education in the first place.

"Special education can be less structured than the classroom, which has a lot of parameters."

Like any good teacher, Monty wants to help everyone but he realizes that just isn't possible. "The kids are the plus and when they succeed or get ahead or pass a course, that's great."

Teaching in an "alternate" setting does allow a different teaching philosophy to live and breathe.

"I like the underdog. I guess that's why

my favourite hockey team has won the Stanley Cup only once in my lifetime."

Monty's favourite hockey team? The New York Rangers.

This year Monty taught Math and Science and a Math Essential 10 class at Brooks Secondary.

"There's a lot of variety in my day at the alternate and I enjoy that variety. It was neat because I had one student I could do trigonometry with for an hour and I could help that student and that was fun. There was more time."

Like many teachers, in fact, like many people in general, Monty says lack of time is one of his biggest challenges in life.

"There's not always enough time for individual students, particularly for shy or hesitant students. The school does try to find that time but it's not always possible."

Monty's passion lies in creating a sustainable environment for students and for future generations. He became part of the sustainable schools committee last year.

This committee is made up of School District 47 employees interested in educating students about sustainability and creating sustainable schools. "We had the head of operations, Len Crivea, in to speak to us about using environmentally friendly cleaners and moving towards more efficient bus routes. We've given suggestions to the School District on how to make the new field house at Brooks a sustainable building, by using double glazed windows, solar panels and a grey water system."

Monty's focus is on the building end of the sustainable schools committee while Ryan Barfoot focuses on the education end of the program.

His passion for sustainability can also be found in his own home. "I cut my

heating bill in half last year after I added a new furnace, double glazed windows and insulated the ceiling."

He's interested in reducing his carbon footprint on the planet and teaching his sons about the importance of doing so.

Monty says his family became more

conscious about turning everything electrical off when not in use. "Those little things do add up over time," he points out.

He doesn't use a clothes dryer, but air-dries his clothes 365 days a year. This is not a new phenomenon to Monty; his mother never owned clothes dryer!

With the School District planning to build a new Grief Point School, this it is an opportune time to build an environmentally friendly building.

Opportunities for reducing your carbon footprint are everywhere,

says Monty. He led the family recycling initiative while a Grade 11 student attending Victoria High School. Back then, the environment wasn't at the forefront of everyone's mind whereas today, it is one of the hottest issues out there.

As a man passionate about reducing his carbon footprint, Monty purchased a 49cc scooter last year. "It gets 115 miles per gallon," he exclaims proudly!

Singing in the Academy's Chamber Choir, hiking and jogging are a few ways Monty spends any leisure time he manages to find. "It's a great choir," he says of the Academy's Chamber Choir. "It began as ex-Max Cameron students who wanted to keep on singing so they started singing at Don (James') house."

The Academy's Chamber Choir just won their choral class at the BC Festival of Performing Arts. They now proceed to the National Music Festival later this summer. **RL**





DEIGHTON CREEK

Sustainable living at an Affordable Price

When you visit DEIGHTON CREEK you will be impressed by the attention to detail that has gone into the overall design of the park. Whether it is their focus on sustainable living, the tranquil location next to Myrtle Point Golf Course, or the ease of being able to design your own brand new home at a price you can afford, there is sure to be something to impress everyone.

Residents of Deighton Creek can feel good about their new home because they know that they have purchased an energy efficient house that meets Built Green Canada specs and is located in a community that focuses on sustainable living. Every home in Deighton Creek will be built green with a variety of energy efficient features such as low flush echo toilets, energy efficient appliances, low E PVC windows, and an irrigation system to gather rainwater that is used in the gardens. There is also a community recycling shed to make it easy for residents to do their part for the environment. “We deliberately focused on energy efficiency right from the beginning,” says Bob Warman, the co-developer of Deighton Creek and sales representative for Springbrook Home Sales.

Located just south of Powell River facing onto pristine Myrtle Point Golf Course, Deighton Creek is efficiently planned and designed to maximize liveability while minimizing upkeep. With the golf course on one side and a planned community that they developed a few years ago on the other side, Deighton Creek is situated in one of the best locations in the area. Residents of the park will enjoy features such as a concrete wheelchair accessible path that winds its way around the park with many beautiful gardens, benches and a duck pond. There is also no shortage of storage on site with available storage lockers and plenty of RV and boat parking.

The bright and spacious show home on site gives visitors a taste of what to expect when they buy a home in Deighton Creek. Buyers have a choice of a variety of standard floor plans or they can sit down with a qualified professional housing consultant to custom design the home of their dreams. When it comes to choosing colours, flooring, counter tops and drapes, it’s as

easy as one, two, three. An award winning interior designer has put together several fully coordinated colour palettes for buyers to select from. A unique feature about these homes is that each house is placed on a full two-foot concrete foundation



with ground slab. This means that they can set the homes lower into the ground allowing for easy access and fewer stairs. It also gives the look and feel of a site-built house. Each home comes standard with a tool shed, sundeck and covered carport.

It’s easy to see why Springbrook Home Sales chose Triple M Housing as their manufactured home supplier. Before choosing a supplier, they researched companies carefully and were impressed by what Triple M had to offer. A builder by trade, Bob chose Triple M because of their ability to provide a top-notch home in craftsmanship, delivery, cost and customer satisfaction. The company has been in business for almost 30 years and is a member in good standing with a host of trade organizations such as the Canadian Manufactured Housing Institute, Canadian Housing Building Committee and the Canadian Home Builders Association.

You are invited to come see for yourself what Deighton Creek has to offer you. Weather you are retired and looking to downsize or younger and wanting to enter the real estate market, Deighton Creek has some

thing for everyone. Visit our OPEN HOUSE on July 11 – 12 and 25 – 26, 10 am to 3 pm, or call **Rod** at **604 414-5374** or **Bob** at **604 414-5474** to view. You can also visit their website at www.deightoncreek.com.

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