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APRIL 2010 • Volume Five, Number 3

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Come out at 10 am on **Saturday, April 24th** for a **day of celebration** aimed at recovering, and uncovering, our trails and back roads from improperly discarded trash.

Saturday, April 24 at 10 am



The TRASH BASH will be coinciding with *Pebble in the Pond* events at Willingdon Beach. Brooks Foods will be providing a free, mouth-watering BBQ for participants. Draw prizes will be as amazing as always.

Contact for registration and/or information:

Pat Christie at the Regional District

pat.christie@powellriverrd.bc.ca

Phone 604 483-3231 or fax 604 483-2229

Please include: name and number of contact, organization or company name (if applicable), number of participants, whether a clean-up site and map is requested, whether you will be providing your own garbage-hauling transportation

To report sites for clean-up, contact:

Robert van der Zalm of Forestry at

Robert.vanderZalm@gov.bc.ca



Organized and supported by The Sustainable Schools Committee, The Regional District and Forestry BC.



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. Whether you are retired and looking to downsize or just wanting to enter the real estate market, Deighton Creek has some thing for

everyone. Stop by to see our newer, bigger show home Tuesday to Saturday 10 am – 2 pm or call **Bob** for an appointment to view **604 414-5474**. You can also visit their website at **www.deightoncreek.com**.

SPONSORED ARTICLE



OPEN HOUSE

TUESDAY – SATURDAY 10 AM – 2 PM

Located just south of Powell River facing onto Myrtle Point Golf Course, this park is efficiently planned and designed to maximize livability while minimizing upkeep.



11



19



30

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ON THE COVER

You too can be an Earth Day hero. Find out how you can make a difference with the suggestions in this issue.

Illustration by "Pebble in the Pond"

Powell River Living CONTRIBUTORS

DEB CALDERON is the local facilitator for Destination Conservation and coordinator of the Community Adult Literacy program. Deb spends her time in the River City Storyteller's group.



TRACEY ELLIS is a journalist, writer and former editor of BC's Dream House Magazine, Homes & Living, BC Outdoors Sport Fishing, and many others.



BUD GILHAM is a local writer who has travelled and worked in many places including China. His adventures give him a unique outlook on his life, which he puts into his writing.



SAM GOODWIN was born in Sechelt, but has lived in Powell River for 22 years. She works as a medical office assistant, loves mountain biking and her new passion, running. Her motto is "Life is short, live big!"



GERRY GRAY was an editor and longtime columnist for *The Powell River News*. He moved to Powell River in 1963 and worked at the Powell River mill for 30 years. He has also been involved in the community for many years.



MARG MCNEIL is a retired teacher and avid kayaker. She lives on a sailboat and is learning how to write magazine articles and use a computer.



KEVIN WILSON is a gardener, Toastmaster, fiddle player and ex-engineer who left the UK for Canada in 1981. He grows vegetables for market in Cranberry with his partner and daughter.



*There are no passengers
on Spaceship Earth.
We are all crew.*

Marshall McLuhan (1911 – 1980)
Canadian educator, philosopher

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We welcome feedback from our readers. Email your comments to isabelle@prliving.ca, or post it to Powell River Living, 7053E Glacier St, Powell River, BC V8A 5J7

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Powell River Living IN THIS ISSUE

It is easy being green

This issue is jam-packed with tons of great stories written by many different writers. You'll hear his voice, you'll hear her voice and you'll hear my voice when you leaf through the pages of Powell River Living magazine this month.

One of the things I love best about my job is the people I meet. I am constantly meeting new ones as they find their voice and send us stories. You'll see some of their stories in this issue of the magazine but others are on hold till next month because we had way more stories than we had room for!

Being green is this month's focus. You'll find a story by local writer Bud Gilham about a green fence building business where he mentions how necessity is one of the best motivators for being creative and reusing materials.

Earth Day is Thursday, April 22 but many celebrations are being held on Saturday, April 24 at Willingdon Beach. This family day provides the perfect opportunity for parents to educate their children about what they can do to be kind to the earth and create a sustainable future.

Sam Goodwin has written her first story for us about running. Sam and her coach Una MacLeod are on a mission to create a community of runners here in Powell River.

When it comes to clean, green and sustainable, it's interesting to note that Powell River wasn't always that way. Born as a mill

town, being clean and green was far from the minds of business owners back in the early 1900s and many of the practices put into place then simply wouldn't be allowed in this day and age. Veteran newspaper reporter and one of Powell River Living's frequent contributors, Gerry Gray has written a historical feature on how different the past and present environmental practices are in this community.

As always, columnist Jessica Colasanto has her finger on the pulse of the arts community. This month she's put together a wonderful feature on Walter Martella and the concert he is giving on Friday, April 9 at 8 pm with internationally acclaimed musician Don Thompson, another Powell River prodigy.

The arrival of spring will send many of us scurrying out to our gardens. For what to do and when to do it, check out Jonathan van Wiltenburg's column on page 29.

We hope you enjoy this issue of Powell River's community magazine as much as we did working on it. Thanks for reading.



Isabelle Southcott, Publisher • isabelle@prliving.ca

City of Powell River

Family Safety Day



In partnership with PRARS Family Day

Saturday, May 8 at 9 am - 1 pm

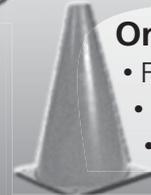
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KUDOS Powell River

Kings defend coastal title

Congratulations to the Powell River Kings on winning back-to-back Coastal Conference titles.

Their come-from-behind series win over the Alberni Valley Bulldogs was clinched with a 3-0 shutout on March 27.

The Kings now face the Vernon Vipers in the Fred Page Cup. The Vipers visit April 5-6—come out for the home team.

Local builder featured

Kudos to Michael Salisbury for getting noticed! Respected home design company Jenish honoured local builder Michael Salisbury in their 41st edition catalog of home plans. The book opens with four feature homes, one of which was built by Salisbury on the island of Maui, Hawaii. Salisbury, owner of a heli-logging company, has built more than 20 homes in Powell River, almost exclusively from Jenish Plans. Salisbury is currently working on a five-acre, 17-lot Royal Georgia subdivision at Manson Avenue and Field Street.



Judo kudos

Kudos to Abby Lloyd and Skylar Krompocker for bringing home the hardware from a recent judo tournament.

The pair competed at the Terrace, BC Winter Games on March 5 and 6. Abby won silver in the individual competition. Both Abby, 13 and Skylar, 15 were part of an all-star team that also won silver.

The two had to qualify to compete in the BC Winter Games. Abby won two gold medals when qualifying in Nanaimo in December and a gold at the Canadian Junior Nationals in February.

Abby attends a training camp this month and then the Canadian Junior National Judo Championships in Lethbridge in July.

Sisters help animals

Kudos to SPCA volunteers and sisters Sigrid Hawkes and Lenora Sattman. Most



recently, Sigrid rescued a red-tailed hawk in distress.

“Mick the hawk was exhibiting strange behaviour so when someone called the SPCA, Lenora and I went out to look at it,” said Sigrid. “It seemed to fly well, so we thought it was fine. It was only when we had a second call on the bird that I was able to really see its feet. It seemed as if one talon on each foot was swollen, so I contacted Mountaineer Avian Rescue near Courtenay.”

“They said to catch it... In the end, my fearless sister just gently draped her long woolen coat over the bird and wrapped it up like a baby and we eased it into a dog crate.”

The hawk will be examined by a vet and allowed to recuperate, then it will be returned to Powell River.

“Sigrid and Lenora are invaluable SPCA volunteers,” said Audrey Hill, SPCA spokeswoman. **RL**

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**PLAN ON BEING HERE
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Company green by design

Entrepreneurs combine knowledge and passion

By Bud Gilham

Everywhere you look these days you see “Green” products and “Green” programming. There are “Green” cookbooks, “Green” clothing and even “Green” pet products. But what does it mean to be “Green”? My search for going green led me to a Powell River couple and their home business.

Polar Bear One Forestry Products is a small company started by a husband and wife team. Both were unemployed; both have health problems. They and their special needs child were at the mercy of government agencies and handouts for help, a situation they didn't like and wanted to change. Limited education and limited resources fostered a path out for this local couple and they went back to something simple. Mick and Diane Boser combined their knowledge of working in the logging industry, with their joy of working with wood; they started a split cedar rail fencing business.

Many local lakes in the Powell River area have been cleaned up; snags and sunken logs have been removed from the water. Many of these logs have found their way to a new and useful life as fencing material. Diane and Mick salvage logs from these lake cleanup operations, as well as shingle mill cast offs and hog piles. The logs are cut to length, split and then worked into the design the customer wishes. Looking through the album the Powell River couple has of their completed projects certainly verifies this variety.



THE OTHER SIDE OF THE FENCE: Mick and Diane Boser have built a business turning old salvaged logs and sawmill cast-offs into beautiful new split-rail fences.

On one project they used discarded blasted rock as posts. The cedar rails seemed to flow across the property through a string of large boulders. There are many styles of fencing and gates that can be made with reclaimed cedar and no preservatives. I asked the couple, “Why not

other types of fencing?”

“There is pressure-treated wood and posts for fencing, but they are milled, not natural, and the preservative leaches into the soil. You are told not to use these posts near crops,” Mick stated. “All the wood we use is the other wood, what the mills



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image

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ask your esthetician

Why should I exfoliate?

Whether you have dry or oily skin, exfoliating is good for your skin. Unless you have extremely sensitive skin, you should exfoliate to get rid of excess skin cells.

One of the reasons a pore can get clogged is that skin cells that should be falling off instead fall into the pore and get stuck. Those cells, when they build up, can prevent oil from flowing easily out of the pore and that can cause dreaded blemishes.

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and logging operations deem as junk.” Mick went on to explain that he knows wood and enjoys working with it. “All I need is my chain saw, axes and wedges. I am not a mason or a good enough welder to do iron or brick fences. Also these are not natural to the Powell River area; they don’t fit in with the rustic look that people seem to want.”

Mick and Diane use a home-made log splitter to get the job done. The machine is made from an old discarded boat trailer, part of a blade off a road grader and cables and pulleys picked up here and there. The only purchased items were two electric winches, run by reclaimed car batteries. The couple admitted at first this machine was slower; they used it mostly to alleviate wear and tear on their backs. It seems now, with usage and experience, the homemade rail-splitter is actually faster and more efficient.

Polar Bear One Forestry Products uses cast off material, even to build equipment. The green factor of their business was born out of necessity.

“Making use of what you have and re-using things is a way of life. Poor people have been doing the green thing all their lives. It is not a movement, just a way of life for us.”

The couple talked about how people used to use what was available, not what could be ordered in from somewhere else.

“The stone fencing done in Scotland or England, they used what they had the most of. Here, we have huge forests so we use wood.”

Mick and Diane say it is nice to leave a job looking like no one has been there, just a few wood rails running through the trees,

or across a field, being the only changes.

“If a customer wants to they can use nails to hold a fence section in place, but it is the ability to move the fence that is the plus. The farmers used to do this to move their stock from one field to the next,” said Mick.

“The only thing that limits what can be done with the cedar fencing is the customer’s imagination,” he added.

Going green is the reality of the future for all of us, but for this previously unemployed Powell River couple a way for the future means using an old idea to create their future. Their idea for a business, of doing things simpler, is part of the wave of the future; theirs, the planet’s and ours. [PRL](#)

Coming up!

For Every Woman

On April 17, every WOMAN-Powell River offers a day of activity offering fitness, dance and wellness workshops featuring Nia, West African Dance, Hooola-Hooping, Water Running, Nordic Walking, Herbal Medicine, Boot Camp, Judo, Yoga, Financial Fitness and much more. All in one day. All shapes and sizes welcome. No experience necessary, and humour recommended. Movement guaranteed. *Powell River Living* readers save \$25 when you type in promo code ‘PRL’ when registering at www.everywoman.ca. Final registration deadline is April 10.

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Environmental awareness day

Earth Day celebrations

This year marks the 40th anniversary of Earth Day. The event was first launched as an environmental awareness teaching event in the United States on April 22, 1970—20 million people participated. Since then, Earth Day events have spread around the world, and Powell River now joins more than one billion people taking part in actions that inspire awareness and appreciation of our environment. Pebble in the Pond Environmental Society is organizing this year's event in Powell River that will include a documentary movie screening on Thursday, April 22 (Earth Day) as well as a full day of celebration events at Willingdon Beach on Saturday, April 24.

Documentary screening April 22

Pebble in the Pond is coordinating multiple simultaneous screenings of local filmmaker Tony Papa's documentary film *Suzuki Speaks* at 7 pm Thursday, April 22 at various locations from Kelly Creek to Lund, including Texada Island. School District 47's Sustainable Schools Committee is organizing screenings during the day at each school in the district. Dr. Seuss' *The Lorax* will be shown in elementary schools.

If you have an idea for a venue and would like to host a screening, please contact Pebble in the Pond. Up-to-date venue information will be available online through the Powell River Direct Community Calendar www.powellriverdirect.com/calendar/ and on the Pebble in the Pond website www.pebpond.com and Facebook page.

Earth Day Celebrations at Willingdon Beach

Events will kick off at 10 am Saturday, April 24 with the annual Back Road Trash Bash Community Cleanup organized by Sustainable Schools Committee and Pebble in the Pond and supported by the Powell River Regional District. In previous years, these events have helped remove more than ten tonnes of trash from our back roads, trails and byways. "The trash bash is a community-wide celebration aimed at recovering and uncovering our trails and paths from improperly discarded trash," said Graham Cocksedge, a teacher at Kelly Creek School. "It is also an educational experience for the youth of Powell River with respect to the treatment of their extended backyards." Organizations and companies are encouraged to sponsor teams.

At 12:30 pm, the Earth Day Celebration at Willingdon Beach Park will be officially opened with plenty of music, poetry, food, and family activities. Events will include the planting of the Peace Tree at Willingdon Beach, eco-workshops, storytelling, poetry readings, food, music, and dance. Check out Powell River Direct Community Calendar or the Pebble in the Pond website for full schedules.

Anyone who would like to register for the Trash Bash Community Cleanup, have a booth at Earth Day or wants more information about events, can call 604 483-8987 or email info@pebpond.com. 

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Coming up!

25th Annual Oyster Fest

On Friday, April 16, the Vancouver Island University/Brooks Secondary Culinary Arts program, in partnership with Community Futures and the Malaspina Mariculture Association, bring you Oyster Fest. There are seatings at 5 pm and 6:30 pm with 200 for each. As the room seats 400, people purchasing tickets for the early seating are welcome to stay and enjoy the entire evening. Doors open at 4:45 pm for the first seating; at 6:15 pm for the second.

Food must be pre-ordered — forms are available at Brooks or email marielle.benson@viu.ca for an on-line form. Forms have to be received by 2 pm on April

9. Tables are set for 10 guests so if you wish to reserve a full table, purchase 10 door tickets in advance. All other seating is open.

Sheridan Dance Academy is providing a babysitting service (by donation) for children ages two and up during the event. Drop-off time is 4:30 and pick-up at 10 pm. Children will be in for a fun dance party night with pizza, movies and games at the studio at 7053 Glacier Street. Proceeds go toward sending dancers to New York City for professional dance classes. For more information, call Sarah or Kim Barton-Bridges at 485-3931 or email s.bartonbridges@hotmail.com.

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Apr 25 • **'Requiem' (Mozart)** • Nanaimo DAY TRIP

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Run, run, run

Becoming a runner, one step at a time

By Sam Goodwin

I have always been an active person and a year ago joined the Wild Women's Cycling Club and love mountain biking, but heading into 2010 I wanted to try something new.

I never saw myself as a runner until a friend, who had just signed up for a half marathon running group, inspired me. After hearing him talk about all the group runs and seeing how much fun he was having I went to Avid and signed up for Una McLeod's 10 km class.

Week 1 • I would meet my running group and was amazed at how many people had signed up. We introduced ourselves and headed out for our first group run together. I had discovered I was the only one in the group who had no running experience...Yikes! But everyone was friendly and we all shared the same goal, to have fun and love running!

Week 2 • I found myself happily awaiting Una's weekly email; our schedule with an inspirational message attached. At first I was a bit shocked that she wanted



us training five days a week. This would mean waking up on Sundays at 6:45 am to eat and hydrate for the run, which certainly was not my typical time to wake up on my day off! The schedule was just a guide and totally optional and I found it easy to maintain! Our group was geared towards us training for a 10km race at the end of our 16-week class. I realized it's mentally challenging and not just physically challenging, as it's definitely mind over matter at times. Someone once quoted "you never feel guilty for doing a run but you sure feel guilty for not doing a run" and it's true.

Wednesdays were our hill training nights. I have to admit these were the least favorite nights for me at the beginning but I quickly realized how much stronger it made me and was amazed how rapidly my body and mind strengthened. I'm sure our



ON THE CLOCK: Una McLeod cheers on Sam Goodwin. Under Una's tutelage, Goodwin is ready for her first 10-kilometre race.

Katheran Milne

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- 1. Know your project and your goal.** These aren't always the same thing. Know what you are asking the grant to do for you. What do you need, when you need it and why?
- 2. Do your homework!** Act like the grant has already been awarded. Get quotes, create a realistic budget and gain re-sumes from all involved in your project. Paint the picture in detail.
- 3. Search for the grant that fits your project.** Notice I didn't put this one FIRST? If you try to find grant money first, and then put a project to it, you may find problems.
- 4. Be concise and hard-hitting in your words!** Say what you are going to do, how you will do it, when, and what you need. Do not fluff a grant—they don't award on fluff.
- 5. Include everything.** What? I just told you NOT to fluff, right? Yes.... But, include everything that counts. If you were evaluating your application, what would YOU want to see?

If my tips confuse you, and you are trying to write your own grant, call me and let me help you write your grant properly!

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➤ class looked pretty funny to all the cars driving by and watching us run up and down Duncan Street over and over again.
Week 5 • My body is the strongest it has ever felt and I am sleeping like a baby. One of our classes had us writing personal running goals. One of my goals is to complete a 10km race in under one hour.
Week 8 • I completed my first 10km run and finally experienced the “runners high” everyone talked about! We finished

our hill training and we’re at the track for speed training.
 I have registered for the *Times Colonist* 10km race in Victoria on April 26. And I’m ready to bring my best game to the race!
 Una has been an inspiration to me and I hope I can help make her dream come true. Now we’re into our final weeks of training and excited for our upcoming race. Watch out Victoria, Una’s runners are heading your way! **RL**

Una’s dream: Run with it

When I came to Powell River I didn’t have a job, a friend, a community—just my family and me looking forward to a new life in the rain forest. My whole life and community from Edmonton were runners. For fun we would go for a Friday night run in the river valley, meet at someone’s house then BBQ on someone’s tail gate. That’s what I love and that’s what I wanted to create that here in Powell River. Avid has given me that opportunity! My mandate is simple: have everyone in Powell River running and make Powell River the biggest running community in the world!
 I love watching people achieve their running goals through the running clinics. I completely believe that we are all born runners; it’s an innate ability that

is as much a part of us as walking. But just like walking, use it or lose it! The classes are from Rookies (runners with no experience ever), to 10K distance and the marathon distances.
 There is a consistent trend that develops in groups, usually after the five-week mark. I call it “birding”. It’s when the group starts to become so cohesive that they start “running” like flocks of birds. When one initiates crossing the road, the entire flock turns as if with one mind. Running in itself is great, but running with a group is amazing. You enjoy camaraderie, friendships, community spirit, and all while getting the best exercise for your mental and physical health! **RL**

Coming up!

Woof for the Hoof

Local volunteers are planning an exciting fundraiser called “Woof for the Hoof” to help Therapeutic Riding. Between 1 and 3 pm on Saturday April 24, dogs of all breeds from purebreds to mixes and much-loved family pets, will be shown at the Therapeutic Riding Arena.

This follows on last year’s very successful “Dogs for the CAT” event. This year’s event supports the wonderful work of Therapeutic Riding.

Part one has people showing their dogs. While dogs are grouped according to their type, they do not have to be purebred. All dogs are welcome.

Ann Seale of Dogwood Kennels will put on an obedience and agility demonstration.

Entry forms and admission tickets available at Mother Nature, Rainbow Valley and Animal World. Admission is \$10 adults; \$5 students and \$20 for a family.

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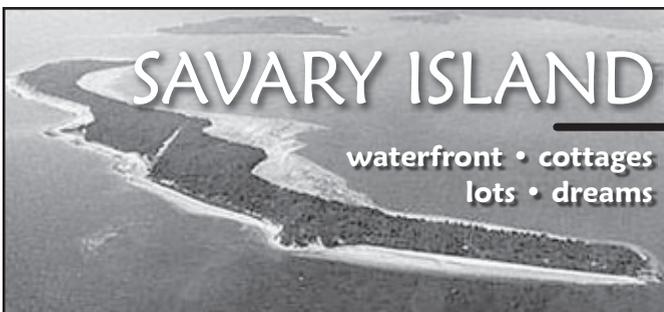
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Walk for ALS: Searching for a cure

By Frankie Kellner & Selina Smith

When Okeover Inlet resident Harley Hanson was diagnosed with ALS (Amyotrophic Lateral Sclerosis), the small community jumped into fundraising for research and treatment of this devastating neurodegenerative disease.

When we discovered that former long-time resident Stan Ross was also battling ALS, the idea for the first Okeover Walk for ALS was held. In no time at all, 30 people had joined in and with Harley in attendance, raised \$3000. That was in 2007; sadly, Harley passed away that July.

Enthusiasm for the event has continued and grown in his memory. In 2008, the walk was joined by 90 participants who raised over \$7000!

Despite increasing physical difficulties, Stan Ross maintained his enthusiasm and never lost his sense of humour. With Stan in attendance, the 2009 Walk and luncheon raised almost \$10,000. His passing in January 2010 saddened the community.

This year's walk and luncheon will take place on April 10 starting from the Laughing Oyster Restaurant. The walk covers eight kilometres; there will also be a shorter, wheelchair accessible loop. Registration begins at 9 am and the walk at 10 am. Lunch reservations are required—make them with Frankie Kellner at 604 483-2277 or Susan Hanson 604 414-0318. 

Easter Services

Evangel Pentecostal Church

5139 Manson Avenue 604 483-4283

April 2 Good Friday, 7 pm • Words of Victory – It is Finished!

April 4 Easter Sunday • Seeing Christ Risen

Faith Lutheran Church

Corner of Ontario & Alberni 604 485-2000

April 1 Maundy Thursday, 7 pm • Worship with Holy Communion

April 2 Good Friday, 10 am • Worship

April 3 Holy Saturday, 7 pm • Easter Vigil

April 4 Easter Sunday, 10 am • Worship with Holy Communion, the Resurrection of our Lord

PR Seventh Day Adventist

4880 Manson Avenue 604 485-7106

Sabbath School • Saturday, 9:30 – 10:45

Church at Study • Saturday, 11 am

PR United Church

604 485-5724

Good Friday Service, 10:30 am

Easter Sunrise Service, 6:30 am • Valentine Mountain

Easter Service, 10:30 am

Salvation Army

4500 Joyce Avenue 604 485-6076

April 2 Good Friday Prayerwalk, 7:00 pm • Indoor Prayerwalk
Seeking an Experience with God

April 4 Sunrise Service, 7:30 am at the Marine Avenue Lookout
Seeking God's Son-Rise

April 4 Easter Sunday Resurrection Morning Service, 10:30 am
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Intro to Salsa • Apr 23–25

Hand Drumming with France

Adults: Wed, Apr 21–June 9 • 6:30–7:30 pm

Youth: Thur, Apr 22–June 10

Campfire Guitar – Adult lessons

Tue, Apr 13–May 25

Beginner • 6–7 pm / Mixed • 7–8 pm

Toddler Programs

T-Ball for Tots • Apr 27–May 13

First Kicks Soccer • May 18–June 3

Toddler Creative Flare

Fri, Apr 9–30 • 9:15–10:15 am

Pet Behaviour Workshop

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Powell River Living BLAST FROM THE PAST

The two faces of Powell River

By Gerry Gray

It is hard to believe that only about 130 years ago—a hiccup in the millennia of time—this area was being raped and pillaged by men who had one thing on their minds... money. Environment was a word yet to be invented or if it was, it wasn't known to these invaders.

It was lush pickings for these men from other places. Old growth logs could be boomed from the shoreline; woods were full of furry animals whose coats were worth their weight in gold in the big city markets; the ocean yielded an abundance of food fish and from dawn to dusk these, now mostly endangered species, were harvested for city folks dinner tables.

But even those heady hauls had limitations. Soon the loggers, fishermen, miners and trappers weren't harvesting the copious cargoes to send to Vancouver or Seattle. It didn't take long for someone to figure out that if prosperity was to continue restrictions had to be levied on the take. And so the birth of ecology came to the Sunshine Coast.

Because the habitat was still viable for a long run if regulated, families moved in, land was staked out, homes were built and wilderness areas became urbanized. Settlers needed schools, meeting halls, water supplies and all the things that go with community living.



IN 1923: Looking east across the Bon Ton Apartments, Dr Henderson's house and St. Luke's Hospital, Tower Mountain was devoid of trees: a moonscape was the price of progress.

Harvesting the riches of the land and sea became regulated as a more permanent population settled in. A general store became well stocked and numerous trips to Vancouver were not needed. In short the Sunshine Coast became civilized.

Powell River, which started industrial operations in 1912 was becoming an environmental problem as the paper mill was expanding rapidly and air pollution grew along with it. But little was said, as most of the residents of the village were mill workers. Unabated fumes from Bunker C oil used as a fuel for the boilers continually wafted over the Townsite and Cranberry. Carbon particulates from burnt "hog fuel" spotted sheets hung out to dry much to the chagrin of house-

wives, and the smell of sulphur permeated the air.

Residents, even those who worked at the mill, were becoming restless and suddenly groups started complaining about the state and health of Powell Rivers' atmosphere. It wasn't until after the "Dirty Thirties" and World War II that the environment became a concern all over the country.

Early environmentalists are applauded for their persistent complaints about the harm large companies were doing to the human ecology. In the early 1960s scientists discovered a hole in the "Ozone Layer" which protects the earth from the sun's



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➤ ultra-violet rays. The hole spread rapidly, its size reported on a daily basis. These UV rays are said to cause skin cancer to unprotected skin. Authorities blamed it on fossil fuels and now Powell River environmentalists had a hook to hang their complaints on.

Governments at all levels began to issue regulations pertaining to the uncontrolled use of fossil fuels and international meetings to discuss the issue were called. Meanwhile here at home



GOOD FISHING: In 1915 when this photo of these two successful fishermen with their 28 trout was taken, fish were so abundant that no one thought about catch limits or that the fish might one day start to run out.

Photos courtesy of PR Historical Museum

mill management caught on to the growing unrest as more and more people came to the movement.

At the mill site additional scrubbers were installed to contain particulates; the sulphur system of breaking down fibres was scrapped and many of the protesters quieted down. But the dedicated few pressed on and demanded cleaner air and less odour.

It wasn't until the early 70s when the company announced a new kraft mill; number 11 paper machine and larger dock did protesting start up again with a vigour. The whole municipality smelled like unwashed diapers and even a double dose of scrubbers couldn't contain the ghastly smell, which one wit described: "it was the smell of money" a phrase that caught on and was used whenever a newcomer said Powell River smelled "peculiar."

When the opening of the kraftmill took place the incumbent municipal council passed a motion the municipality wouldn't complain about the mills' operation. Of course the company paid nearly \$9 million in annual taxes at the time and the whole project came to more than \$300 million and provided hundreds of much needed construction jobs.

Soon a strong local environmental movement went into action and managed to gain on many fronts. "Go Green" is the slogan of the day and Powell River has done its bit. Environmentalists boast the Millennium Forest, open spaces for parks and recreation, a safe water supply (the best in the province some say) and close cooperation with city hall under the direction of Mayor Stewart Alsgard. The kraftmill closed down in November of 2001. Much more attention is paid to the forestry practices and protection of fish bearing streams than in the past. Logging companies complained it took too long to conform to the government permits and they were losing money. Of course, environmentalists said it should take longer.

Environmental rules and regulations govern almost every aspect of life on this end of the Sunshine Coast. Tourists take a deep breath and exclaim how fresh it is in this area. Many have stayed and few have regretted the move. All in all thanks to those who were undaunted in their opposition to damage done to our atmosphere. Powell River is indeed the "Pearl of the Sunshine Coast." **PR**



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Coming up!

Annual Trash Bash cleans up

Powell River's Trash Bash takes place Saturday, April 24 at 10 am. A day of celebration aimed at recovering and uncovering our trails and back roads from improperly discarded trash. The 'bash' coincides with Pebble in the Pond events at Willingdon Beach at Willingdon Beach. Brooks culinary arts are providing a free, mouth-watering barbecue for participants. The event is organized and supported by The Sustainable Schools Committee, the Regional District and Forestry BC. To register or more information contact Pat Christie at the Regional District pat.christie@powellriverrd.bc.ca or phone 604 483-3231.

Find out more about signing up, site nomination and transportation on page 2 of this magazine.

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Do-it-yourself Doug

A man with a “can-do” attitude

By Isabelle Southcott

There is not much that Doug Schuetze can't do.

He builds and renovates houses. He roasts his own coffee beans. He grows garlic. He fixes old cars. He's a talented painter. He's a pilot. He plays guitar and mouth harp. He builds kayaks. He's a minister. Oh, did I mention he's incredibly enthusiastic and loves learning something new?

Doug and his wife Val moved to Powell River from Victoria four years ago. “We started visiting up here and just loved it,” says Doug. “We got off the ferry one day and I thought, I wish we were coming home.” The couple bought an old 1920s home and gutted it. “This small part of drywall is all that's original here,” says Doug pointing to a wall in the dining room. “We knocked the walls out and changed the layout.” The hardwood floors look old and they are. The wood came from a turn of the century home in Victoria.

“I totally love renovating,” Doug says. His kids tease him, saying that he took five of the ugliest houses in Powell River and renovated them. He lists off the house on King, the house on Maple, the house on Cranberry, the house on Tweedsmuir and the one he lives in, the house on Marine.

Doug inherited his do-it-yourself attitude from his father. “Dad did everything. He was a mechanic. He was a welder. He could fix or make anything. I remember when he took an old wartime Harley that he bought in boxes, put it together and made it beautiful. “My best day in Grade 12 was when he let me take the old Harley 45 to school.” He built a couple of boats, sewed his own sails and even made his own boat trailer.” “Doug's dad was amazing,” interjects Val. “Look,” she says producing an aluminum cookie sheet. “He made that.”

Doug believes do-it-yourselfers beget do-it-yourselfers. “Because of my dad's example and influence my brother and I both learned to fearlessly take on any project. My son Dan is a can-do man. He restores and builds houses, fixes cars, motorcycles and just about anything else. When I start doing things I get excited. God made us to be creative. Society has gone the opposite way and I think that is one of the problems with young kids. They play video games all

the time and can easily miss out accomplishing anything in the real world,” he says.

Doug, who spent many years as a missionary in both Mexico and Spain, besides giving Bible classes, ran an autobody shop in a Christian drug and alcohol rehabilitation center in northern Spain. “Our main focus was on their spiritual need but we also taught them practical skills like hard work, honesty, perseverance and getting along with others in order to help them function in their new lives when they left the center.”

Doug will try his hand at almost anything. He's curious and he likes to save money. “I'm basically a cheapskate,” he admits. Val laughs. “Doug says okay, this needs to be done, so how can I do it?” The stonework at the base of their house is one example of something that needed to be done. “It was too expensive to have it done with store-bought products,” Doug says. So he went on eBay and found moulds. He poured the concrete and painted it the colour he wanted it.

Doug does theming and décor work for theme parks and recreation centres so he has experience to draw on. He makes sculpted rocks, does murals,

creates fake trees and painted facades. “He is very artistic; he has a very good eye,” says his wife. “He never thinks he can't do it. When he is in bed at night, he is often pre-building something in his mind!”

Doug's interest in discovering why and how seems to have no end. When he wanted a perfect cup of coffee at an affordable price, he did his homework. He learned that green coffee beans last for 20 months in an airtight bag. “Once they're roasted they last about 20 days and once they're ground, they last 15 to 20 minutes before most of the flavour is gone.” Green coffee beans cost \$5 a pound whereas freshly roasted coffee beans cost \$18 to \$20 a pound, he says.

“I don't even know how he got into that,” says Val. >>



HOME BUILT: These beautiful kayaks were hand-made by do-it-yourselfer Doug Schuetze.

➤ Doug made his own coffee roaster out of an old bread machine and convection oven, bought a good grinder and espresso machine. In his quest for the perfect cup of coffee he learned that grind and temperature have to be precise. “The most important piece of equipment for a coffee lover is the grinder,” he says. “The beans need to be uniformly ground or else all of the coffee won’t get extracted evenly,” he adds, bleeding the first bit of hot water off his espresso machine. After carefully measuring out freshly ground beans, Doug levels them off and gives them a five-pound tamp followed by a 30-pound tamp. “You should do two ounces in 25 seconds,” he says.

The result? A fabulous cup of espresso with perfect crèma, that thin layer of foam on top.

Doug and Val are an interesting couple. After 12 years as missionaries living in Spain and Mexico they returned to Canada for the next step on their journey. Young adults filled their home and Doug began to mentor them and teach them about cars and body work, paint and mechanics along with much needed life skills.

Six years ago, after their three children left the nest, Val said she prayed they would find something they could do together. She began to draw and paint and not long after Doug did as well. Their work is far from amateur looking; it’s better than many paintings produced by artists who have been painting far longer than either of them has.

And then there are the kayaks that Doug built and his website that tells the world about it.

“She led me into kayaks,” says Doug. “Val rented one, and loved it. So she bought one for \$1200.” That kayak was

too small for Doug so he bought a second-hand one. “It was one of those old klunky ones. I paddled it around and thought it was neat.” But with winter coming, Doug needed a project. “I didn’t want to just sit



JUST DO IT: Doug Schuetze roasts his own coffee beans in a home-made roaster. And in his spare time, dabbles with a little painting.

used for the frame. It is covered with a transparent vinyl and according to Doug “it is the envy of every onlooker.” It is affordable and weighs only 30 pounds. When Doug is in it, he can see the sea life



around in front of the TV all winter.” So he researched how to build a kayak and figured it out.

He built his first kayak and covered it with bullet-proof nylon and finished it with urethane. It is 17 feet long and weighs 30 pounds. “It’s super tough; this stuff does not rip. You can go up on the rocks with it.” The next kayak is see-through. “This is so cool. You can look right through this one,” he says excitedly. Kayak number two is a thing of beauty. Warm wood finished to a high shine is

beneath him as he paddles up and down the coast. For more photos or information on Cruz Kayaks, visit Doug’s website: cruzkayaks.com. (I didn’t ask him but I suspect he built the website himself).

Doug loves learning new things. He bought a juicer last year and he and Val can extract 80 litres of juice in an afternoon. “We just go knocking on doors and ask, are you picking your apples?”

Is there anything that Doug doesn’t do? I ask. He smiles. “I don’t ballet dance,” he says firmly. **PR**

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Donate hair, or cash

Help fight cancer whatever way you can

By Marg McNeil

Several years ago I read about a young girl who donated her hair to provide a wig for another child going through cancer treatment. The article mentioned a need for donations of grey hair for wigs for women undergoing chemotherapy. Hair cannot be dyed grey. To make a grey wig you have to begin with grey hair.

Being a breast cancer survivor who had not lost her hair, I thought, "This is something I could do with my mop of grey hair." I visited my hairdresser, Anne Roberts at Image 1, and learned she knew where to send the cut hair.

"The hair must be untreated and at least eight inches long," Anne told me. It took 18 months before Anne said after measuring with her ruler, "It's long enough."

The second time I grew my hair out I went to Anne and complained, "I can't stand all this hair. It's unmanageable."

Lifting my hair she suggested, "I could give you two haircuts, short in front and long in back." That haircut was so easy to manage and lasted until my hair was ready to donate.

About a year ago I realized my hair had grown so long I could scrape it back into a ponytail. By this January it was again long enough. Anne asked, "How short do I cut it?"

I challenged her, "As short as you can." It's a great haircut, but it is short.

The hair is banded into small ponytails

and sent, by mail, to the wigmakers, Eva and Co Wigs, in Vancouver. The company makes wigs for medical clients, religious groups, the entertainment industry, and everyday people. The two owners, Cindy Yip and Linda Gang, have a non-profit program to make wigs from donated hair. The wigs are then given to the Canadian Cancer Society and the BC Children's Hospital. Each wig is pre-styled and takes about 40 hours of labour.

In a phone call with Cindy, she said, "Women have told me that the loss of their hair was worse than going through their chemotherapy. And, also, how important it is look normal." She added, "A natural hair wig is more breathable and easier to wear than a synthetic wig but much more expensive. We do not receive a tax receipt for the donated wigs."

I asked several friends who were cancer survivors and who had gone through chemotherapy and lost their hair whether they used a wig. Some never bothered with a wig, while others bought a wig but seldom wore it.

Charlie Dickson told me how she approached her chemotherapy six years ago, "I had a party with some friends at my hairdresser's. As she shaved my head we toasted each other with ginger ale. I bought a wig but only wore it a few times." She paused. "You know, I still have that wig in my top drawer."



SNIP, SNIP: Anne Roberts of Image 1 prepares to snip off a healthy hunk of Marg McNeil's hair.

Meeting Beatrice Gaudet for coffee, I asked her about her experience going through chemotherapy treatment over 10 years ago. "I work with the public as a receptionist/secretary. I wore a wig as I worked while going through the chemo and I felt it wasn't professional to go around the office with a bald head. I wanted to look as normal as possible. The week after treatment I was off to recuperate. The next two weeks I worked until it was time for another chemo session. I did that all the way through."

This month is April. The cause is the Canadian Cancer Society's campaign to raise funds for research and patient services. This invasive disease has touched most of us in one way or another. Giving is something we all can do. [PRL](#)

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EXPLORE Powell River

Photos by Sean Percy



Don't we live in a beautiful place? These photos were taken over a two hour span one afternoon last month. Think you could do better with your camera? Prove it! ENTER OUR PHOTO CONTEST. Details on page 21.

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Environmental change, one classroom at a time

Destination Conservation

By Deb Calderon

It's ten o'clock on a school morning. Groups of students from schools all over Powell River are running up and down the gym at Grief Point Elementary being "light energy" while others represent gases in the earth's atmosphere. Parents, teachers, principals and even custodians cheer them on; some even get in on the game themselves. What looks like a district-wide sports day is actually a hands-on Destination Conservation workshop, an environmental conservation program for schools.

Destination Conservation (DC) is a program of the Pacific Resource Conservation Society, a BC non-profit dedicated to helping individuals and communities reduce their environmental impacts through awareness and lifestyle change. DC is their flagship program and is in the middle of its first of three years in the Powell River school district. This year they will explore energy, next year water, and in year three consumption habits and waste reduction.

What is magical about this program is it isn't just for the kids; DC involves parents, teachers, administrators and custodians on every school team. This helps the information reach all levels throughout the school and back into the community. The focus of the program is making changes in the schools, both physical and behavioural. This year the groups are focusing on energy: where it comes from, how it is used, how we waste

it and how we can conserve it.

One of the schools in the DC program is Henderson Elementary. Their team consists of teacher Janice Taylor, principal Jamie Burt, nine students, a parent and the custodian. This year they launched an energy-saving program called Lights Out Lunch. The team has come up with slogans and signs to remind students and staff to conserve energy by turning out the lights; particularly after lunch. They even have mascots: an elephant, an electric eel and a manatee, to get their message across.

The school has noticed a real difference in electricity use this year and how often lights are turned out. "I went along in the beginning and thought it was just a single meeting," says Janice, "but it was a much bigger program than I thought. We came away from the DC get together with lots of new ideas."

Over the three years, you start to see real change in the schools. During the program the facilities manager with the help of Pacific Resource will keep track of how much energy is being saved at each school. At the end of each year, a portion of the dollar savings will go back to the schools to help them with further conservation projects. The savings are announced at the year-end during the Green Gala.

"The celebration is really fun," says Darla Simpson of Pacific Resource. "Students create art projects, do skits, write songs or even make videos about what they have been doing all year." The year-end is a chance for school teams to reflect on everything they have accomplished and get some ideas on what they might want to try for next year. The administration also gets to see how hard students are working to make their district more environmentally friendly.

In its 20-plus-year history DC has seen big changes made in schools. It began by encouraging recycling in the schools and now sees such big projects as the installation of wind turbines and solar hot water. "It's amazing how far schools have come in terms of adopting efficient energy and water technologies, and now looking at how people's attitudes and behaviours can affect how much energy a building uses or water it consumes," says Simpson.

"The School District chose to be involved with the Destination Conservation Initiative because it is a program that not only reduces energy consumption and our eco-footprint but also, perhaps more importantly, celebrates positive change and school collaboration," says Karin Westland, Sustainability Coordinator for School District 47.

What students learn to put into practice today in their classrooms they can put into practice in their lives. Students tell their parents about what they have learned and can help make informed choices about how they live. Ultimately these schools will contribute to improving environmental literacy in Powell River and reducing our environmental impact; just as the DC tag line says: "A better planet, one classroom at a time." 

What students learn to put into practice today in their classrooms they can put into practice in their lives. Students tell their parents about what they have learned and can help make informed choices about how they live. Ultimately these schools will contribute to improving environmental literacy in Powell River and reducing our environmental impact; just as the DC tag line says: "A better planet, one classroom at a time." 



GREEN GIRL: Amelia Vincent, a Grade 5 student at Henderson School is one of many students taking part in Destination Conservation.

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Climate change

What to do after you've changed your light bulbs

By Kevin Wilson

When you see news reports on climate change, how do you feel? Worried? Angry? Scared? Those are all common reactions, and it's very easy to get stuck in them and feel helpless to do anything to make any difference. So we continue doing mostly what we've always done, while maybe changing some light bulbs and turning the heat down a little.

Individual responses seem ineffective measured against the scale of the problem, and it's true: what one person alone does makes very little difference. But individual actions do matter, when many individuals do them.

In wartime, governments show by their actions that our personal actions matter. "Dig For Victory!" "Is Your Journey Really Necessary?" What we eat, how we travel, how we heat our homes, even what we wear makes a real difference when we do it together with others. Sharon Astyk (www.sharonastyk.com) says that "more than 70% of our (greenhouse gas) emissions are tied directly or indirectly to home life and purchasing."

Our individual actions make a difference when we take them together as part of our community. For example, the production of industrial meat in feedlots and its transportation over long distances puts out a lot of greenhouse gases. If one person stops eating industrial meat, that makes a difference, but it can feel like a lonely road and hard to keep up the changed habits. If a dozen families do it together, they can share meals, share recipes for non-meat dishes, share non-industrial meat sources, support each other when it seems hard, form a buying club, be visible in the community, spread the habit to others, and make much more of an impact.

Take energy conservation. Improving your insulation, draft-proofing your house, and even installing solar panels is expensive and a lot of hassle, whether you hire someone to do it for you or do it yourself. Imagine if a group of homeowners in a neighbourhood got together, worked on each other's houses to do do-it-yourself projects, and clubbed together to get a

deal on insulation, solar panels, and installation. Everyone gets a better deal, more gets done because the group keeps each other moving and the visibility of a bigger project encourages others to get on board.

There's a worldwide movement towards this kind of community action. One of the models for it is called "Transition Towns." The Transition model started in Totnes, England in 2005 and as of January 2010 there were 265 official Transition Initiatives (towns, islands, valleys, villages, forests, even a postcode). The Transition model uses community action to rebuild 'resilience'—the capacity to withstand shocks from the outside, to reorganize and keep going no matter what happens. Shocks like those from climate change, resource shortages, and economic instability.

People like me and you are joining together all over the world, taking concrete action to change the things about our society and the ways we live our lives that are leading us into trouble. Growing food, organizing alternative transport networks, creating local currencies, installing local energy generation capacity, and changing our own habits to give us a world and a society we can continue to live with for the long term.

All this doesn't mean that government action is not needed. But what we're seeing, as at Copenhagen, is that governments won't take actions that are not "electable." We have to show them that we really do want them to take real action on climate change, by taking real actions ourselves.

Transition Town Powell River is your local Transition group. You can find us on the Web at transitionpowellriver.wordpress.com (where we have links to many other useful resources), email us at transitionpowellriver@gmail.com, or phone Kevin at 604 483-9052. We're planning a full schedule of events in 2010 including film screenings, workshops, community roundtables, arts contests, bike picnics and more, leading up to our Great Unleashing. Contact us and get involved! 



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Powell River Living BUSINESS Connections

By Kim Miller

After 11 years operating a sign shop out of her basement, **Angela Hodges** has sold **Impact Signs**. The operation has moved to a new location under new ownership. **Kristine Holinshead** is operating the sign shop at 7058 Parskville Street. Impact Signs specializes in weatherproof signage. The phone number and email remain the same. You can reach Kristine at 604 485-9100 or impact-pr@shaw.ca.

Curtis Adam, family man and owner of **Cadam Construction**, has had a rewarding career in most aspects of construction, but now focuses on his passion for wood burning energy. Curtis brings to Powell River a wealth of knowledge of wood burning appliances and their installation. His desire is to help people get their wood burning energy in the most effective and efficient way possible. Curtis is WETT Certified and has a certificate in Construction Engineering Technology. You can direct any of your wood burning energy questions to Curtis at 604 414-4699 or email him at curtis@cadamconstruction.com

Blush Fresh Floral Design is an internet-based Floral Design Studio that specializes in creating beautiful floral designs for weddings, events and parties in Powell River, the Sunshine Coast and Vancouver. Designer/owner **Doreen Leach** has worked in the travel, financial and fitness industries. She took an event management course, earned a Wedding Planning Certificate, then completed a floral design course at the prestigious Thomas

Hobbs Florist where "I discovered my true passion: flowers." Whether you are having a midsummer wedding, a gala event or a Tuscan-themed dinner alfresco for your guests, Blush will work with you to capture your style in creating understated elegant bouquets, stunning floral displays or crisp, clean, contemporary arrangements to wow your guests! Contact Doreen for a free consultation or to view her portfolio at 604 414-5687, or www.blushfreshfloraldesign.com

Looking for good food, nice ambiance, friendly servers, breathtaking ocean view, or a game of golf before or after you dine? **Tracy Brandsma**, former owner of Whooters Restaurant, has taken over food and beverage management in the **Orca Bistro** at Myrtle Point Golf Club. She has new menu selections, seniors and children's specials. Reservations recommended. Call the restaurant at 604 487-4537.

Terri Beck has moved her **Pilates** classes to new premises and expanded her schedule. Classes are now being held at the newly renovated studio in the **Powell River Gymnastics Society** premises in the old Max Cameron school. Terri is certified by Powerhouse Pilates to teach mat classes and loves the postural and core emphasis of Pilates. You can contact Terri at 604 485-5876 or casabeck@uniserve.com for more information and class schedules.

Jimay Air Inc is a fledgling airline owned and operated by **Keane Marshall**. Located at the Powell Lake Marina at



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Loretta Cameron has started her new business as **Cameron's Costume Rentals**. She has costumes to rent for any occasion: plays, performing arts, Halloween, masquerade dance, themed gatherings and Sea Fair. Loretta's home-based business is by appointment only. Loretta has been sewing costumes for school plays for the last four years and for her family and friends for 20 years. Her collection outgrew her spare room and has now moved into the basement. If you are looking for something that she doesn't have, she will be happy to discuss it and make it (time permitting) for a rental fee. You can reach her at 604 485-6442 or cameronscostumes@gmail.com.

Owlworks, the home-based design and textiles shop owned by **Karen Andrews**, has moved. It is still Owlworks but the new phone number is 604 489-0021 and the address is 7179 Field Street. Email Karen at kefandrews@shaw.ca.

First Credit Union & Insurance launched the '10K Giveaway' to give community members the opportunity to vote on how \$40,000 of corporate donation funding will be awarded in the four communities it serves. In Powell River, FCU wants to help local non-profit groups make a difference by giving away \$10,000.

The board will award the funds to the group that receives the most community votes during the six-week '10K Giveaway' campaign.

Getting involved is simple: deserving community groups are nominated by submitting a simple proposal by noon April 15. FCU members will have until May 31st to cast their vote.

For more information visit www.10KGiveaway.ca or email info@10KGiveaway.ca. 

Do you have any changes within your business you want Powell River to know about? New managers/owners or are you moving locations? Starting a new business? Call Kim at 604 485-4051 and I will get your info into the next issue of Powell River Living.

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Changes at the Gardens

Everybody into the pool!

Alpha Dive & Kayak will be open in its new location at the **Beach Gardens** on May 1. It's part of an expansion for both the dive shop and the Beach Gardens.

Alpha Dive has been asked to host the West Coast Instructor Trainer Workshop for SDI (Scuba Diving International), which means divers from around the region will come here to be certified as instructors. This could become an annual event and generate some dive tourism spinoffs for the area, say owners Kathy and Scott Friesen.

The new location puts Alpha's kayak and diving operations close to the ocean, and it also gives Alpha easy access to the newly renovated pool for training classes. The pool will also be open for hotel guests.

The **Better Bodies** gym has already moved into new digs at the former location of the hotel's beer and wine store, complete with new equipment and a new look.

The new space is about a thousand square feet bigger, says manager Ward Fougere. "It's way nicer," said Fougere. New exercise bikes, treadmills and elliptical trainers, as well as a new self-spotting machine join more than 100,000 pounds of old-school weight equipment moved from the old gym. The gym will also host personal trainers and fitness classes. You can reach Ward at 604 485-9600.

The Beach Gardens is also planning to refurbish the tennis courts. 



PUBLIC CONSULTATION MEETING

BUSINESS LICENCE BYLAW 2226, 2010

Council is considering a new Business Licence Bylaw & invites the public to provide input...

DATE	Thurs, 15 April 2010
TIME	1900-2000 hrs (7-8 pm)
PLACE	Council Chambers, City Hall

The meeting will be an opportunity for the public to provide comment and input regarding proposed Business Licence Bylaw 2226, 2010. Stakeholders are invited to either attend the meeting or submit comments in writing to Development Services prior to the meeting.

Copies of the Bylaw and related staff report are posted on the City's website at: www.powellriver.ca or can be viewed at City Hall, **6910 Duncan Street, Powell River**. Contact Development Services for more information **604.485.8612**.



www.powellriver.ca



Powell River Living FAMILY MATTERS

By Isabelle Southcott

The dying art of do-it-yourself

It's been said that necessity is the mother of invention and when it comes to do-it-yourself projects this couldn't be more true.

Many years ago when early settlers first came to Powell River most didn't have money to buy anything that wasn't necessary. They didn't pay someone to wash and groom their dog. They didn't pay someone to cut their lawn or trim their hedges. They didn't pay someone to give them a manicure, teach their kids to swim, clean their house, or hem their trousers.

Pioneers either did it themselves or did without. It was just that simple. If they needed something done that they didn't know how to do, they would learn how to do it.

Today more and more people pay others to perform tasks their ancestors would have done themselves. The more society moves in this direction, the greater the risk of losing skills that used to be passed down from generation to generation.

Years ago, most women would have a kitchen garden and they'd can vegetables and make jams and jellies. They would make their own clothing; mend clothes that needed mending, and darn socks that needed darning. Their daughters would

help and as they helped they would learn how to do these tasks.

Boys would help their fathers. They learned the art of animal husbandry, how to mend fences, fix broken machinery and equipment, fish, chop wood, and build whatever needed building.

The ability to do it yourself was directly linked to your ability to survive and it was imperative that skills were passed on.

Society has changed. Today we often get others to provide services for us because we don't have time or because we don't want to do it ourselves and we can afford to pay others.

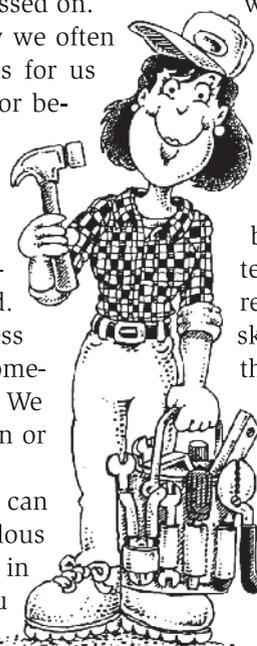
We send our dogs to groomers. We go to the beauty salon to get our hair dyed. We take pants to the seamstress to get hemmed. We hire someone to clean our house or car. We get someone to mow our lawn or build a fence.

Learning to do-it-yourself can be fun. There's a tremendous sense of accomplishment in creating something. Sure, you could go out and buy a bird-

house, but just think how proud your kid will feel when he learns how to build one with you. And think about the money you'll save!

A couple of summers ago my friend's husband built a new deck. All the guys in the neighbourhood came over in the evenings and oohed and aahed at the deck in progress. They talked about the tools he was using and discussed the next step. It took a long time to build that deck. The guy who built it was not a carpenter but the deck he built was beautiful.

In junior high, I learned to sew. I was never a great seamstress but I learned how to follow a pattern and make simple garments. I remember making a wrap around skirt in Grade 7. I was so proud of that skirt! I wore it and wore it and wore it. I still have my old sewing machine but haven't used it in a long time. It needs a tune up. All I need to do is get it tuned up and then I will be able to hem all my pants and my children's pants that need hemming. Yes, I can do-it-myself. **RL**



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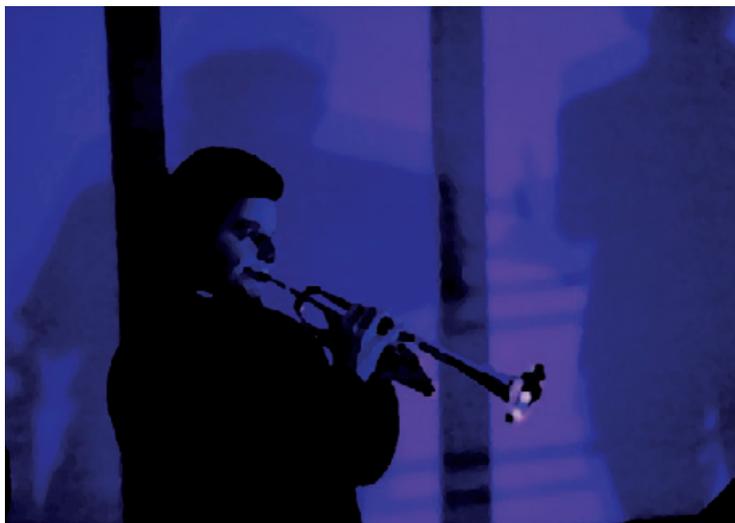
Powell River Living FOR ART'S SAKE

By Jessica Colasanto

By all accounts, when the Powell River Company created this town its owners were determined to infuse it with a strong musical tradition. Close to a century later, we continue to reap the rewards of their vision. The number and calibre of musicians who have contributed to this legacy is impressive, and far too great to fit into this column.

Walter Martella was raised in this tradition. His continuing commitment to it was evidenced at last month's Festival of the Performing Arts: the Grand Concert opened with his Boys Choir (which, under his direction, was recommended for the Provincials) and closed with the Academy Chamber Choir (of which he is the lead tenor.) In between, he accompanied several other performers on piano and even helped out as a stagehand. Squeezing extra practices into his already busy teaching and conducting schedule is something he's happy to do; helping others achieve their musical goals is important to him.

That attitude makes him the perfect conductor for the Powell River Community Band. Itself a community tradition, the band has been around since the 1960s—charter member Mike Parsons is still playing baritone horn with the group—and had existed prior to that in other forms since 1913. It's open to anyone in the community who can play an instrument. (The band meets Thursdays at 7:30 pm at the Powell River Academy of



PLAYIN' THE BLUES: Walter Martella's music has entertained many audiences all over the country.

Music; anyone interested in joining is encouraged to drop in.) "The band embodies what you hope a community is," says Martella. "It embodies the concept of diversity—age range, ability range, the cooperation of people from all different backgrounds." Some members are already excellent musicians and



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➤ others are just beginning, but all enjoy the challenge of playing together in a supportive atmosphere.

On Saturday, April 17 at 7:30pm the Powell River Community Band will join forces with the award-winning Nanaimo Concert Band to give a performance at Academy Hall (7280 Kemano Street.) Years ago, the band would do exchanges in Sechelt and Comox, an enjoyable way to boost the ranks and play with a larger group. This will be the band's first exchange with the Nanaimo band, which is conducted by François Bouchard. Established in 1872, it's known as the oldest continuous community band in Canada. The evening promises to be a good one.

Martella will step into the spotlight with his trumpet on Friday, April 9 at 8 pm when he pairs with another Powell River prodigy, Don Thompson, for a highly anticipated event of the Academy Concert Series. The two played together here in 2007, as well as at the Victoria Conservatory of Music during the last two summers, so when Thompson stopped in to check out the new Steinway piano at the Academy of Music — already considering a performance with it, at the request of Don James — he suggested that Martella join him.

"He's a legend in Canadian jazz," says Martella, who thoroughly appreciates having an opportunity of this calibre right here at home. "I totally want to be a part of it."

Don James would since proclaim it "a concert made for Heaven." Surely the original owners of the Powell River Company would agree.

Tickets are available from the Powell River Academy of Music. Call 604 485-9633 or go online to PowellRiverAcademy.org. 

Coming up!

Writers congregate

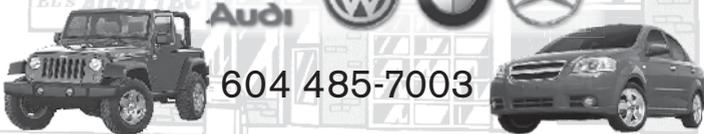
Take your writing to the next level the Powell River Writers' Conference at Dwight Hall April 30 to May 1.

Presenters include Heidi Greco with "The Prickly Art of Self-Editing;" Award-winning author, Brian Brett on creative non-fiction with "Writing Your Life." Federation of BC Writers Director Sylvia Taylor offers "Building Your Professional Platform: A Blueprint for Success." Canadian Association of Authors President Anthony Dalton brings "Don't Give Away All Your Rights: Understanding Publishing Contracts."

Plus, try your hand at the "So You Think You Can Write" contest for cash prizes and conference registration. Opening ceremonies on April 30 include Powell River's version of American Idol. A Westcoast Writers Banquet wraps up the weekend. Details and conference registration forms at www.prwriters.org, call Barb 604 485-2732 or email: prwriters@shaw.ca.



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Time to plant

By Jonathan van Wiltenburg



Organic matter: The garden champion

Organic matter, or humus, is the champion of the garden. In the natural environment, organic matter is found in the top layer of the soil, and is created when former living materials fall onto the soil surface and are broken down by a complex web of animals and microorganisms. It is what gives soil the dark complexion that is synonymous with highly fertile land.

Organic matter has only advantageous effects on soil and plant health. It will increase the water holding capacity and percolation of your soil. Think of it like a rung out sponge. It holds water and keeps things moist, yet still provides needed air space. Organic matter not only supplies the nutrients themselves, but also increases the surface area that roots can absorb from. Organic matter increases the amount of air space in the soil structure, buffers changes in pH, neutralize toxins, and keep the soil cooler in summer and warmer in winter. This is an amazing asset for gardens.

So how do you get the magical matter? The answer is through composting. It is the backbone of holistic gardening, and a must if growing organically. As gardeners there are some basic things to think about to have successful compost. Below are some composting tips.

- When putting debris in the bin, layer your debris with soil. Avoid putting large amounts of one type of debris. Variety brings better results.

Top Priorities for April

1. If you have not already done so, begin turning over the garden. Mix in old compost from last year. Try not to compact the newly turned soil.
2. Feed your fruit trees, berries, and other trees and shrubs. Use an appropriate fertilizer for the species.
3. If you have not done so, prune back your hydrangeas, buddleja, fuchsia, perovskia, and other plants that flower on present year wood. Also prune the shrubs that have already finished flowering: winter jasmine, forsythia, witch-hazel, kerria, heather, etc.
4. April is for lawn maintenance. If you plan on seeding, aerating or topdressing, now is the best time.
5. Set out your mason bee houses and larvae. Watch them pollinate your fruit trees and berries.
6. Sow your vegetable and flower seed. Sow squash lettuce, beets, spinach, greens, carrots, parsnips, chard, celery, early potatoes, leek, onion, and summer flowering annuals.
7. Hold off on putting anything outside that cannot handle a potential frost (beans, tomatoes, squash, etc.)
8. Harvest your early crop of rhubarb and possibly your asparagus.

- Anything that was once alive can be composted. But some material will attract vermin including rats, raccoons, or bears.
- If you plan on using your compost next year avoid woody debris. This will break down over time, but it won't be ready for your garden next spring. Place it in a different pile that can be used even later.
- Compost needs to breathe. Turn it over frequently, and add layers of straw or crumpled newspaper to increase the available air. Also ensure your bin has air vents on the outer walls.
- Your pile needs to be moist but not soggy. Soggy compost is stinky compost. Avoid this by covering it during the rainy winter months.
- The warmer the weather the faster it decomposes.
- If you are unhappy with the rate of decomposition, add materials high in nitrogen. Some bear-neutral options are manure (especially chicken), feather meal, coffee grounds, seed meals, or urine.

If you have any more questions about composting or other plant/garden related questions email me at edenhort@gmail.com. 

Jonathan van Wiltenburg has a degree in horticulture and runs Eden Horticulture Services.

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Alice in Wonderland

Don't miss it!

For some heart-lifting fun, be sure to take in one of the upcoming performances of *Alice in Wonderland* on April 22, 23 and 24 at 7 pm or the matinee performance on Sunday, April 25 at 1:30 pm at the Powell River Academy of Music's concert hall.

Based on Lewis Carroll's famous 1865 novel, the popular musical tells the story of a girl named Alice who falls down a rabbit hole into a fantasy world populated by unusual creatures.

Carma Sacree, director, and Meaghan Skidmore, musical director, have been working since last October with 40 children aged 5 to 16. "It's been a busy but interesting time," said Sacree, adding that she is proud of all the performers.

"This is the first time we have done musical theatre at the Academy," said Sacree. "The kids have been wonderful!"

They're excited about how their production of "Alice" is shaping up. "Each



child has a main role which they will be performing on two nights. On the other two nights, they will be part of all the singing and entertainment."

Most of the costumes being used are designed and created by Loretta Cameron of Cameron's Costume Rentals. "Loretta creates amazing costumes," said Sacree. "The Queen of Hearts is wonderful with great big embroidered hearts and a poofy skirt."

The children have worked hard on this production. "They're quick learners and we're amazed at how fast they are picking up the choreography."

Tickets are available at the Academy's box office. [RRL](#)



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From little things big things grow

Pebble in the Pond

By Tracey Ellis

From man's great technological advances have also come environmental challenges, not the least, plastic. Each year more than 300 billion pounds of plastic is produced; very little is recycled.

Many of these plastic products have a short lifespan and soon find their way into landfills and the ocean. In the ocean, this plastic gradually begins to break down into smaller from the action of the sun, wind and currents, into bite-sized pieces that are consumed by wildlife—with deadly results. Much of this plastic can be found in big swirling garbage dumps in the Pacific and Atlantic Ocean gyres. Plastic bags top the list of ocean pollution.

Earth Day is coming up April 22 and Pebble in the Pond Environmental Society is looking for an Earth Day Hero. Local children have been invited to tell their story on how they would save the world from an overabundance of plastic in 100 words or less. This follows on the heels of successful beeswax cloth wrap demonstrations in classrooms to show how we can replace plastic wrap and sandwich

bags in the schools. Small steps for sure, from which bigger things will grow.

This is the mindset at Pebble in the Pond Environmental Society, where new members are joining a global community of like-minded people who are concerned about mankind's reliance on plastic, a petroleum-based product. Pipsters, as we like to be called, educate, inform and advocate for the reduction of plastic consumption through four simple steps: refuse, reuse, reduce and recycle.

"As our membership increases, so too does the growth of consciousness and the will to make a change," says Board President Judi Tyabji-Wilson, who is also one of the founding members of the organization. The society's first small step towards rethinking the use of plastic was to create a community sustainable cloth bag program that will become Powell River's small part in making a big change to a global problem.

Pebble in the Pond Environmental Society is hosting World Earth Day celebrations at Willingdon Beach on Saturday,

April 24 from 10 am to 6 pm. Expect fun activities, food and live entertainment, but expect to come to a realization that small change can make a big difference. See the difference from a local cleanup effort and take advantage of educational opportunities like the eco-kids corner.

World Earth Day presents the opportunity to take your turn to as a hero. A 'heroic' effort can be as simple as choosing to bring your own cloth bags to the grocery store; drinking water from the tap instead of plastic water bottles; or joining in a local beach cleanup.

As Ross Perot said, "The activist is not the man who says the river is dirty. The activist is the man who cleans up the river."

Earth Day may be on April 22, but really, every day is Earth Day!

For more information on the Earth Day Hero contest or World Earth Day Celebrations, go to pebpond.com. Become a member and join the every-widening ripple of concerned global citizens willing to make a small change, to make a big difference for the Earth. 



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Powell River Living COMMUNITY Calendar APRIL

April 8: Valdy, joined by local young poets and musicians at the awards ceremony of the Youth Peace-Poem Competition. At 7 pm, Max Cameron Theatre. \$10 at Breakwater Books, CMG Printing, or the door.

April 9: Don Thompson & Walter Martella in a jazz performance to challenge the Steinway. Academy Hall at 8 pm; tickets \$20.

April 9: Matt Andersen & Wil in a Mini Folk Fest double bill. At 7:30 pm at the Max Cameron Theatre. Tickets at the Academy of Music box office or the door.

April 10: 4th Annual Okeover/Powell River Walk for ALS, featuring a benefit luncheon, silent auction and draw prizes. Registration 9 am at the Laughing Oyster. Walks begin at 10 am. Call 604 483-2277 or 604 414-0318 for information & lunch reservations (required).

April 10: Join Lacrosse! Registration for Powell River Minor Lacrosse is Saturday 10 am–2 pm, lower lobby of the Complex. Information, call Mark or Judy Scott at 604 485-7729 or powellriverlacrosse.com.

April 10: Gardening Workshop at the Community Resource Centre 2-4 pm. "Soil Amendment and Planting" by Wendy Devlin.

April 17: Italian Hall, Wildwood. Shane Philip (guitar, didgeridoo, drums and more), 7 pm BBQ oysters in variety, veggie polenta pizza, pulled pork... 9 pm Shane Philip. Tickets \$25 feast & show/\$12 show only. \$28/\$15 at the door. Tickets at Centsible, Ecosystems & Rodmay Liquor Store. Info@manzanita.ca or phone 604 483-2228.

April 21: Red Sky Performance *Raven Stole the Sun* at 7:30 pm, Max Cameron Theatre. Tickets at the Academy of Music or at the door.

April 22 – 25: Alice in Wonderland, 7 pm at the Academy concert hall. Matinee 1 pm on April 25.

April 28 – May 1: Far Off Broadway presents "The Melville Boys." 7:30 pm at the Max Cameron Theatre.

May 1: Academy Chamber Choir and Chor Musica at the Academy Hall at 8 pm. For \$15, experience the power and beauty of vocal music.

May 1: Max Cameron Theatre presents the Metropolitan Opera with ARMIDA, starring Rene Fleming, at 10 am. Reserved seating. Tickets at the Academy of Music Box Office and at the door.

May 5: 6:30 pm St John Ambulance AGM, 5907 Arbutus Ave. Everyone

welcome, refreshments and door prizes!

May 7: 7:30 pm Marimba & percussion ensemble *Kutapira*. Described as the 'future of world music in Vancouver.' At 7:30 pm at the Max Cameron Theatre. Tickets \$22 at the Academy of Music box office or the door.

May 8: Family Safety Day, 9 am–1 pm at the Recreation Complex Upper Parking Lot and Foyer. Pancake breakfast, fire safety house, and fire truck display and safety equipment demonstrations.

May 11: *Men of the Deeps*, Canada's beloved and iconic Coal Miner's Choir from Cape Breton. At 7:30 pm at the Max Cameron Theatre. Tickets \$39 at the Academy of Music box office or the door.

May 15: United Way & PR Rotary Golf Tournament at Myrtle Point Golf Course. United Way hosting family day at Putters and a 9-hole tournament at Nootka Dunes same day. Dinner and silent auction at Dwight Hall catered by David Bowes from Laughing Oyster. The theme is Caribbean—prize for best dressed team. Volunteer Powell River 604 485-2132.

Sunshine Speakers Toastmasters: Meet 2nd & 4th Thursday at 7 pm in the School District boardroom on Ontario Ave; and at noon on the 1st & 3rd Thursday. Guests welcome. For more info contact Barb Rees at 604 485 2732 or Isabelle Southcott at 604 485-1241.

PR Community Resource Centre: 4752 Joyce Ave. Information sessions at 10–11 am. Free; open to everyone. Call 604 485-0992.

Women in Business: PR Women in Business is a networking group for anyone working in or owning a business. Call Bonnie at 604 485-0003.

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.

Sundays: Faith Lutheran Church Services & Sunday school, 10 am. For more information call Pastor Carol at 604 485-2000.

Mondays: Bike ride at Suncoast Cycle, 6 pm.

Mondays: Pasta Night, 4:30–6 pm at United Church, 4440 Michigan.

Tuesdays: April, May and June Wheelchair Basketball! Everyone Invited—wheelchairs provided. 4–6 pm in the VIU gym. >>>

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➤ **Tuesdays:** PR Stroke Recovery Club meets In the Lower Legion Hall from 10 am to 1 pm. Contact Trudy Simpson at 604-48506396 or Rhonda Ellwyn at 604 483-3304 for more information.

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

Tues/Wed/Thur: Soup Kitchen at Seventh Day Adventist Church (4880 Manson Ave), noon–1:30 pm

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

Tues & Thurs: St David and St Paul Anglican Church Senior-Supervised after School Club, 3–4:30 pm. Healthy snacks, board games, homework help, supervised Internet.

Second and Fourth Monday: Faith Lutheran Church Food Cupboard is open 1–3 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. For more info call 888 229-8288.

Second Tuesday: Parkinson Support Group (Jan–June & Sept–Nov), 1:30 pm, Trinity Hall of the United Church. Information: 604 485-5973.

Second Wednesday: SPCA meets at VIU at 7 pm. All are welcome.

Third Saturday: Senior's Center in Cranberry holds their afternoon of cards, games and scrabble at 1 pm. Please register in advance by calling 604 485-9562 or 604 485-2153. Everyone is welcome.

Fourth Tuesday: Powell River Garden Club meets at Trinity Hall, United Church (corner of Michigan Ave and Duncan St). Doors open at 7 pm. All are welcome.

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

Wednesdays: Salvation Army Soup & Sandwich 11:30 am–1 pm, by donation. Everyone Welcome.

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

Fridays: Anglican Church Community Lunch, noon–1 pm.

Fridays: Family Place, parent child drop in, 12:30–4:30 pm Rhythm Circle Time (3–5 years).

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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Sustainable students, sustainable schools

If you want to change the future start now and begin with children.

It was with this in mind that School District 47's Sustainable Schools Committee (SSC) was created in 2008. Jenna Adema, Ryan Barfoot, Graham Cocksedge, Lucien Ervington, Scott Fisher, Darcy Gesell, Tanya Hobson, Mary James, Kevin Morris and Karin Westland make up the committee.

The group's mission statement is to facilitate environmental education opportunities district wide and help the district reduce its ecological footprint.

"It's like an advisory committee to other groups in the district who wish to take steps towards sustainability," says Barfoot. "The SSC suggests more sustainable practices from infrastructure to education to procedures in the school."

Inclusiveness is key which is why every school, administration, CUPE, PAC members and students are welcomed to be involved. With student level to system-based decision making as their model, the committee is a good example of how the different groups can work together.

"Ecological thinking is often reflected as fiscal responsibility. The district has installed computer shut down software which has made a significant reduction in energy usage and operating costs," says Barfoot.

The SSC welcomes input from anyone in the district. "Anyone who has an idea of how to reduce our ecological footprint is welcome to speak with us," says Barfoot.

People can apply for small grants to fund sustainable projects, says Westland. School District 47 has allocated money for projects and given it to the committee to distribute.

"There are funding opportunities for all schools in the district or district groups for creative projects that make difference on the ground," says Barfoot. Money is available for specific projects or infrastructural changes.

Gesell spearheaded the idea of all schools having composters. "It is still in progress," she says. Not all schools have composters yet.

Finding the perfect "critter proof" composter was challenging but Gesell came across Lauritz Chambers of Critter Proof

Composters. These composters are made of stone and have a metal lid that locks.

Earlier this year students helped Lauritz build the first composter at Henderson. Lauritz donated all his labour and the SSC paid for materials.

Throughout the year, the SSC sponsors special events that educate the public and benefit the community. The Trash Bash (community cleanup) takes place Saturday, April 24 at 10 am from Willingdon Beach. "Last year we got 13 tonnes of garbage and we didn't even touch what was there," says Cocksedge. "While we were there cleaning it up, two trucks came by and were ready to dump stuff along the pole line but they saw a crew of students cleaning up the woods and they didn't," adds Barfoot. "It was an interesting moment."

The idea is to educate the children and youth. "If the kids realize how much trash is out there those kids start telling other kids who have parents dumping garbage."

The committee funded a worm composting project at James Thomson Elementary School and the Community Caretakers Conference, a day for youth. This was a major event where students had the opportunity to collaborate with local sustainability leaders to learn practical ways to live positive social and environmental changes," says Westland.

She uses excessive plastic packaging as an example of how we can draw attention to issues. "We should address this issue at source. A lot of what we put in the recycling bin is in fact not recycled."

Barfoot pipes in. "The public should demand more; do we want all this plastic packaging shipped into Powell River? Do we want our youth to be cleaning it up from the pole line? Why not purchase bulk and save the waste?"

The committee is also facilitating a three-year program called Destination Conservation. "We felt this educational program had the potential to make some measurable change," said Barfoot.

Another project the SSC supported was

Katherine McLean's Heron Rookery environmental educational project. This was offered last summer as a Pro D opportunity for teachers and a workshop for students.

What began as just the Brooks clubhouse is taking a different course. "We asked the stakeholders, 'How can we build in a way that practically reflects our goals as a educational institution?' The whole project has become more than a clubhouse; it's a green building demonstration," says Barfoot.

The committee has established an environmental youth leadership award which will recognize contributions that youth are making in this area. This award will be presented in June.

Cocksedge encourages students, teachers, and others working with students



to let the committee know about their projects. "If we hear one school is doing something that could benefit the district, we can help make it district wide."

Westland agrees. "We want to make sure those opportunities are available to all schools in the district. For instance, we can bring in a guest speaker who can talk to students at several schools instead of just one."

It's all about doing things right. It's about modelling the best practices, mentoring youth and acting with integrity. "We (adults) need to demonstrate that we care about the world they will inherit," says Barfoot.

In the quest towards a greener world, the Sustainable Schools Committee produces a monthly newsletter. Please visit www.outdoors.sd47.bc.ca to view the Green Glance newsletter. 

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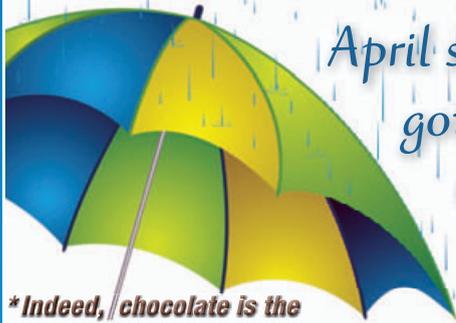
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