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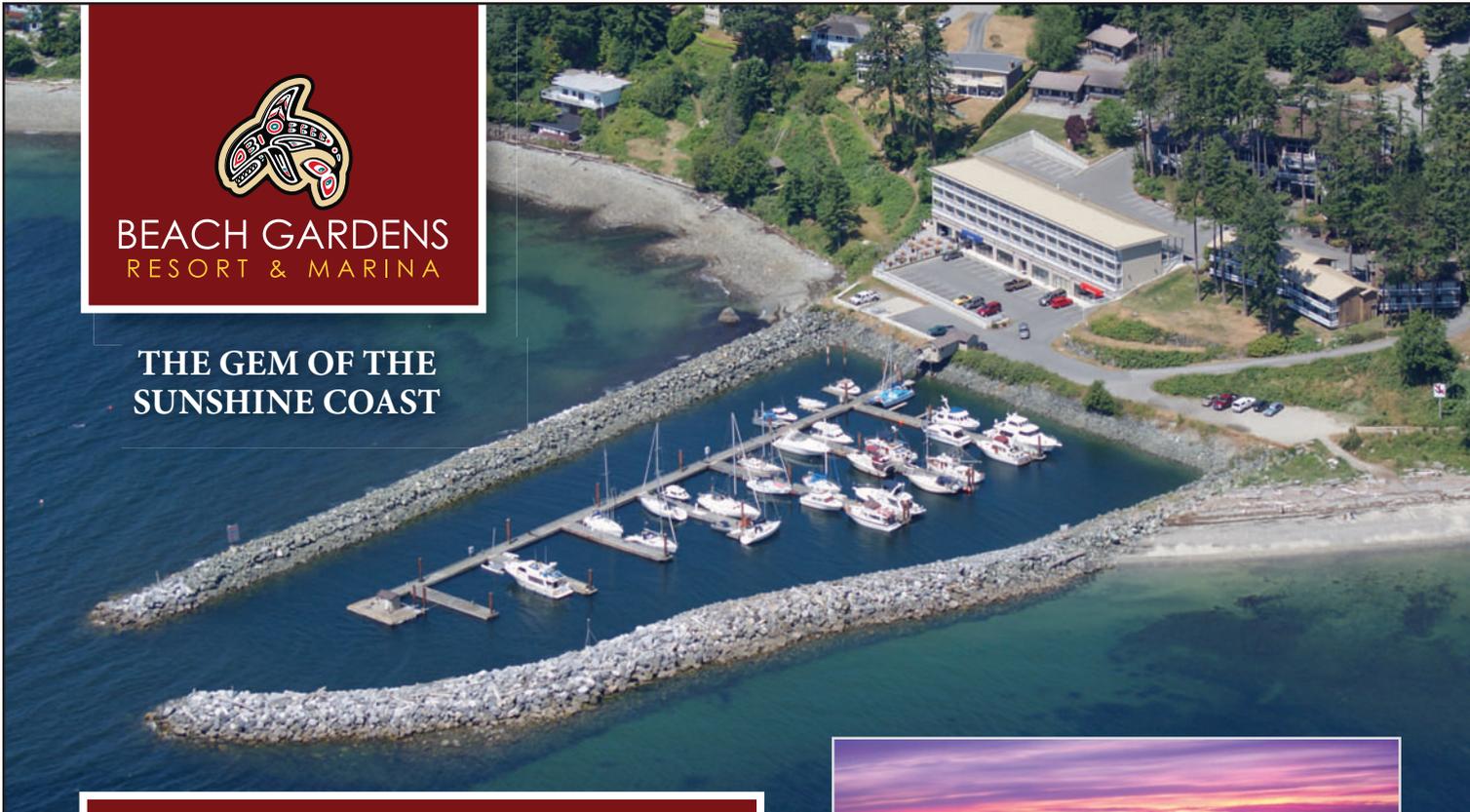
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Spring Reminder for Dog Owners



All dogs living within the City of Powell River are required to **wear a current license.**



- Dogs are not permitted at **Willingdon Beach** and **Mowat Bay Park** from May 1 to September 15.
- **Dog friendly parks** with clean-up bags include: Larry Gouthro Park, 3 locations on the Seawalk, entrance to Willingdon Beach Trail, Sunset Park, Lindsay Park, Old Arena Site, and Grief Point Park.
- Keep our parks clean for everyone. Please immediately clean-up after your dog.



Questions or concerns regarding animal control may be directed to City Hall at 604 485-6291



Powell River Regional District PARK & CAMPGROUND INFORMATION

CAMPGROUNDS

Haywire Bay Open for camping Friday, May 14
\$18 per unit/night.

Caretaker: Bruce Mortson, 604 483-1097

Shelter Point Park Effective April 1: \$18 per unit/night.
Concession opens May 1.

Caretaker: Jim Kedge, 604 486-7228

Reservation Policy: No reservations for individual camp sites. Call caretakers to reserve group sites.

DAY USE PARKS

Palm Beach Park Open year-round. Flush toilets open mid-April. Call caretaker to book kitchen and barbeque area.

Caretaker: Sean Palmer, 604 487-4305

Craig Park Open year-round. Pit toilets only. Call caretaker to book the baseball fields, soccer pitch or gazebo.

Caretaker: Dave Scherger, 604 483-9560

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ON THE COVER

Olivia Warman reads to her friend Ginger during a morning at the beach.

Photo by Sean Percy

Powell River Living CONTRIBUTORS

DEB CALDERON is the local facilitator for Destination Conservation and coordinator of the Community Adult Literacy program. She also belongs to River City Storytellers.



SANDRA DONNELLY has been on the Kathaumixw organizing committee since 1984. This year she is in charge of publicity for the festival.



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.



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.



JESSICA HUTTON is the owner of Designs By Jessica and is a certified International Design & Decorating Professional. Visit her at www.designsbyjessica.ca to learn more.



DONNA KOLESZAR is a local businesswoman and a board member of the Powell River Writers' Conference.



DAGMAR MCKENZIE is a retired teacher. She her husband Neil, and their dog Rupert, live on an acreage in Wildwood where they have rediscovered the joys of gardening.



ROY MABBETT discovered lacrosse in Kamloops at 17 and fell for it hard. He loves the speed, teamwork and physicality. Roy wants to keep coaching and wishes there was a masters league to play in.



Animals are such agreeable friends — they ask no questions, they pass no criticisms.

George Eliot (1819–1880)
Victorian era English novelist



ISSN 1718-8601

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

April showers bring May flowers

May has to be one of my favourite months. Everywhere you look there are signs of optimism and new life. Look around and you'll see flowers every colour of the rainbow. Lawnmowers hum as they try to keep up with grass that is taking off. And babies, they're everywhere! Parents pushing strollers and puppies walking owners. There seems to have been a puppy explosion lately. Four of my friends have just acquired puppies in the last two weeks.

A group of volunteers recently held a dog show to raise funds for Therapeutic Riding. "Woofs for the Hoofs" was such a dog-gone success last year that organizers knew it had to become an annual event. I had the privilege of being the master of ceremonies for the day and thoroughly enjoyed the beautiful and well-behaved dogs that trotted into the ring.

Speaking of animals, this is *Powell River Living's* pet issue. Donna Koleszar's story about her beloved Siamese cat Maggie, whom she saved from the brink of death, appears on page 7.

Columnist George Campbell recently discovered a new love when Cleopatra, Queen of the Nile, entered his life. Check out his column on page 14 for a full report on how an SPCA kitten has filled a void in his life.

The Townsite Heritage Society's tour of heritage homes takes place this month. It's a great opportunity to visit some lovingly restored homes and get some tips for your own renovation projects. Our photo essay on page 20 gives you a sneak preview of what's in store. With the Townsite's 100th anniversary coming up the last weekend of July, the Heritage Homes Tour is a wonderful reminder that we have a nationally-designated heritage site in our own community. Now that's something of which to be proud.

One of the reasons I like May so much is because of Mother's Day. My eldest son Matthew was born the day before Mother's Day 13 years ago. Matthew made me a mother and I think about that every year when Mother's Day rolls around. On that day, my children do something special for me and I do something special for my own mother.

Mother's Day is May 9. It is a day to celebrate motherhood and children because without children, mothers would not be mothers. Mothers and grandmothers make the world a better place.

Isabelle Southcott

Isabelle Southcott, Publisher • isabelle@prliving.ca

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New Programs Happening
REGISTER NOW! 604 485-2891

Back by popular demand

Adult Tennis Lessons **Wed, May 19–June 9**
Townsite courts.
Beginner 5–7 pm. Intermediate to Advanced 7–9 pm.

Children/Youth Programs

Youth Ball Hockey **Thurs, May 6–27**
Ages 7–12 yrs • 3:30–5 pm
Great after-school activity. Bring stick & helmet. Must pre-register.

First Kicks Soccer **May 18–June 3**
Tue/Thurs morning or after school
Emphasis will be on learning through fun with lots of age-appropriate equipment & drills.

Bike Safety Clinic **June 8 & 10**
Learn safe riding skills, safety signals & rules of the road. Helmet req'd. Ages 3–6 yrs • 3–3:45 pm / Ages 6–8 yrs • 4–4:45 pm

Kids: Splash into Summer Fun!
Register for Summer Swim lessons. Plus sign up for an action-packed SUMMER THEME CAMP! Ages 3–12 yrs.

Interested in playing a regular time slot of **ball hockey** this summer? Or do you have **roller blades** and looking for a place to skate? Call the complex. If there is enough interest, a time slot will be arranged for this summer in the dry rink.

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KUDOS Powell River

A wider world

A Powell River caregiver is being honoured by Community Living BC. Tiffany Baker is to accept a "Widening Our World" award at a luncheon in Surrey May 3.

Tiffany cares for Maria Glaze's daughter Rebecca. Maria nominated Tiffany for the new award because "Tiffany is amazing. She is such an extraordinary person for our family and our daughter. As a parent, you want to say thank-you."

Tiffany was first hired as a babysitter when she was in high-school. Now, they have been together for 20 years, and Tiffany and her husband moved from the Lower Mainland to Powell River with the Glaze family three years ago, living with Rebecca in a second house on the two-acre property.

"Lots of words come to mind, like respect, support and caring, but I think intention is the biggest," said Maria. She says Tiffany ensures that Rebecca enjoys self-determination.

CLBC, which funds Rebecca's care, is providing a paid trip to Surrey for the awards

ceremony. The WOW award was instituted to honour those who widen the world for people with developmental disabilities.



FRIENDS: Tiffany and Rebecca enjoying a day at Willingdon Beach, one of many activities the friends take in.

Skookum guy

Ron Armitage has been presented with the Skookum award from BC Heart and Stroke Foundation. The award is presented to one volunteer in each region each year. Ron's work with the Big Bike over the past decade averages more than \$4,700 a year for the Foundation, just from the Town Centre Mall Merchants Association team. Ron has also been the Big Bike Community Chair and Champion since 2006.

"Ron is a great leader and example to his community," says a Foundation newsletter.

Last year, when the Big Bike missed the ferry and arrived hours late due to a low

tide, Ron rallied the troops and still pulled off a great campaign, which participants said was the most fun Big Bike ride ever.

This year's Big Bike ride is on June 14. Contact Ron to volunteer or contribute, or visit www.bigbike.ca. 

Mailbag

We welcome feedback from our readers. Letters may be edited for length. Email isabelle@prliving.ca, or mail letters to *PR Living*, 7053E Glacier Street, Powell River, BC V8A 5J7

Dear Isabelle:

"Woofs for Hoofs" dog show committee thanks you for putting an article in your magazine prior to the show. We appreciated the great job you did as emcee! Approximately \$2450 was raised and donated to PR Therapeutic Riding. The show was very successful and we have lots of ideas for next year.

Fran Otto

Dear PR Living:

Isabelle Southcott's article 'Do-It-Yourself Doug' is the best! It made me laugh and so smile so much. Doug Scheutze is one of my favourite people. Thank-you! Well done.

Elise Statham



**Fun
For the
Entire
Family!**



**Sunday, May 30th at Willingdon Beach
9:00 am to 1:30 pm**

-  5 km, 10 km, 20 km Relay, or Half Marathon run/walk
-  Mini-Marathon for toddlers
-  Medals in each distance and age category
-  **One Match** Bone Marrow Donor Drive
-  Pancake Breakfast sponsored by **First Credit Union**
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-  Fun draw prizes for participants
-  **LIVE ENTERTAINMENT FOR SPECTATORS**, including tributes to Johnny Cash and Buddy Holly
-  To register collect pledges of \$20 (minimum) for participants 16 and under; \$50 for participants 17 and older.
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www.braininjurysociety.ca

The Miracle of Maggie

How a cat and her owner found each other

By Donna Koleszar

I have always been a cat lover. My feline friends were always foremost in my life. My two favourite movies of all time are still Thomasina and The Incredible Journey. My all-time favourites are Siamese.

My husband is not a cat person. He tolerates them because he knows I cannot live without them. On my 40th birthday my husband purchased a Siamese cat for me. He made all the arrangements and we travelled to the Island so I could pick out my little fur ball. I think this was the most impressive gift he has ever given me, since he really does not care for these little creatures.

On the big day, we went to the cattery and there were cats flying everywhere. I picked up the sweetest little ball of fluff and she snuggled right into me. I was content. I had made my choice. But Jim was not so sure. "I don't think you want that one. It is too placid," he said. He pointed to a little cat hanging from the ceiling. "There," he said, "That looks like a healthy one." We tore her off the ceiling and stuffed her into the cat carrier. This is how my Maggie came about. She was feisty, furry and definitely feline. She hissed at us all the way home.

When we got Maggie home, she quickly ran under the china cabinet and stayed there for two days. When Maggie finally came out, she chose me as her life-long partner. She would wrap her little arms around my neck and purr there for hours. We were inseparable.

In September of last year I took Maggie to my daughter's house and went to Mexico on vacation. Maggie frequently stayed at Emily's house when we were away. While we were walking along the sandy beach in Mexico, my husband Jim received a message on his Blackberry. I was looking over his shoulder as he received the text. "Don't tell Mom but Maggie ran away last night." Maggie had slipped out the cat door sometime in the night.

I was devastated but hopeful that Maggie would return as she was used to my daughter and her pets. Days passed, but Maggie didn't return. The SPCA was notified. We searched the neighbourhood. Missing cat posters were attached to poles. I checked the vet offices. Nothing. Maggie was gone.



BACK TOGETHER: Donna Koleszar is thankful she found her beloved Maggie before it was too late.

A couple of weeks later the SPCA phoned to say a stray Siamese cat had been hanging around Harvie Avenue. My spirits soared; I was sure this was Maggie. I was devastated to find out it was not my Maggie.

I kept up my search for Maggie. I walked through the woods around my daughter's house calling her name. Nothing. It was as if she had just disappeared off the face of the earth.

A few weeks later another stray cat showed up down by the police station. It was gray and perhaps a Siamese. I rushed to the scene and walked up and down calling to Maggie. Nothing. I contacted the informant later and she said she had looked at my poster and this cat was not my Maggie. Struck out again. My hopes were pretty grim by this point. >>



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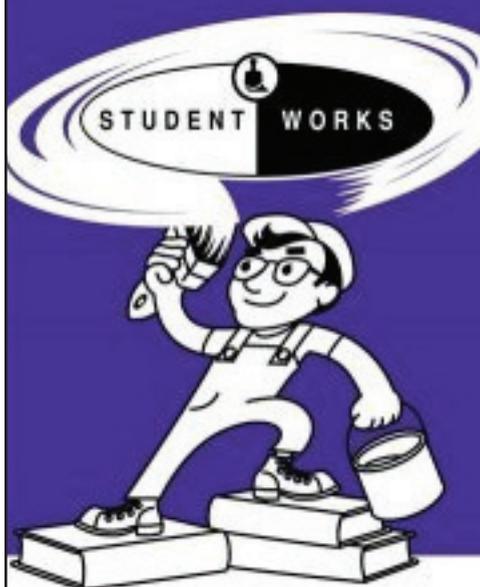
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By now several weeks had passed. The weather had turned cold. Seven weeks after she had gone missing I had a phone call from the SPCA. One of their volunteers was feeding stray cats at an abandoned house on Manson Avenue. A pale Siamese had shown up the day before. She had tried to catch it but it was shy and ran away. I was pretty sure this was not my Maggie. She was old and would not have survived this long. I went to the abandoned house. To the backyard, calling Maggie. "Mag, Mag, Mag," I called. Something gray streaked

out from the bushes and into my arms. No heavier than a feather, here was my Maggie. Immediately she snuggled into me and started purring. I could not believe it. She curled up in my lap in the car and I took her home. Maggie had gone from over eight pounds down to two. She was in stage three kidney failure. With the help of Dr. John, I have nursed her back up to five pounds but tests reveal that her kidneys are still failing. While I have her with me I enjoy every inch of her. I am thankful to the SPCA and to Dr. John for not giving up on Maggie. But mostly I am thankful for the true miracle that Maggie is. [P.L.](#)



Coming up!

Spirit Run

On Sunday, May 30, runners and walkers will participate in the Spirit Run beginning at Willingdon Beach. Half marathon runners leave at 9:30 am; others at varying times afterwards.

There's a half marathon, a relay, a "mini marathon" for toddlers and young children, and 5km & 10km walks. For complete information visit www.denniston-society.org.

Participants are asked to raise funds for and encourage others to donate to the Bruce Denniston Bone Marrow Society by collecting pledges.

A pancake breakfast sponsored by First Credit Union begins at 11 am. Len Me-nard will perform a tribute to Johnny Cash, and Jim Baron will do his Buddy Holly tribute.

Match One will be on hand for a bone marrow donor drive.

Pre-registration begins May 16 at the Bruce Denniston Bone Marrow Society, 4484 Marine Ave plus on May 29, 9 am to 3 pm at Avid Fitness. Or register on event day at Willingdon Beach.

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A very special cat

Tales of *The Erfinator*

By Bud Gilham

Over the years my family has had its share of pets. But none have had the character of a Coon Cat named The Erfinator.

The cat came to our family by way of our daughter. The little fellow, too young to be separated from its mother, had been badly abused and she rescued it. As this cat grew, the first thing we realized was it was cross-eyed. It would leap for a chair and land on the floor. When trying to avoid obstacles on the run, it often ran into them. After a collision with an object, it would sit and look at you as if to say: "Why?" The cat did eventually get its sight corrected and grew...and grew...and grew. I did not know what a Coon cat was, but found out. This cat was huge, with beautiful long hair and a golden mane down its chest, and fangs that protruded past its lower lip, even with its mouth closed. The Erfinator, as he came to be known, soon was the terror of all animals, cars

and a few of our relatives as well. Let's start with the cat-astrophies.

The Erfinator was sunning himself near me at the bottom of our driveway, when I spied a big Tom coming towards him. I pointed this out to The Erfinator. He looked at me and yawned. The cat coming down the driveway was creeping now, in that low-to-the-ground, ready-to-



CATTITUDE: Coon cats grow large, and they grow personalities, as *The Erfinator* proved.

pounce position. The Erfinator got up on all fours, slowly stretched, then arched his back and fluffed his tail. As this arching and fluffing began to subside, The Erfinator looked over at the approaching cat. The other cat seemed to ponder the situation, neither moved for what seemed several seconds. The Erfinator, having become bored again, yawned. The other cat turned quickly and ran back up the driveway. The Erfinator promptly went back to sunning himself. Life is good when you are a god, I guess.

Our beloved Erfinator was sometimes called Garfield by the family for some very Garfield-like behaviours.

The Erfinator would walk through the living room and then actually have "a nap attack." Sometimes in mid-stride the cat would flop over on its side and go to sleep. We had the poor cat checked; we thought he was having seizures. The vet just laughed and said, no he is really just



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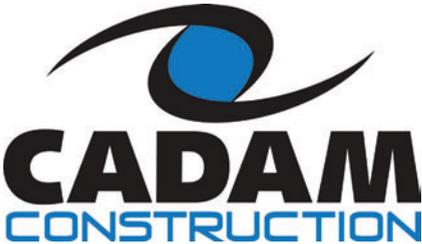
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► lying down and going to sleep, albeit in an odd manner.

But our cat was not like Garfield when it came to dogs, or else he thought they were all Odie.

One of his victims was the neighbour's German Shepherd. This large dog decided that it could terrorize The Erfinator like all other cat. It was wrong. The dog did chase Erf up a pole or two during their ongoing feud, but The Erfinator did get the final victory. The dog was once chasing The Erfinator when the cat suddenly put on all four brakes. The dog could not stop fast enough and overran the cat. The Erfinator clamped its teeth into the tendons of the dog's right rear leg. With a howl and a yap the dog shook, rolled and ran but the Erfinator was not letting go. The Erfinator eventually released the dog, which kept on running, never to darken

The Erfinator's life again.

This cat did not like to be teased or played with roughly. One of my sons would constantly tease the cat, even when chastised by the rest of the family. One day the cat had come to the end of his patience. The Erfinator was strolling by and my son reached out with his foot and lifted the cat into the air. After almost landing on his chin, the cat turned around slowly to face my son. As The Erfinator began to walk with a sense of purpose towards him, he growled menacingly. My son screamed running to his room, cat in pursuit. For the next several hours the cat lay in front of my son's bedroom door. Every time my son opened the door, the cat would growl, chasing him back into his room. I'm not sure if cats can laugh, but I swear The Erfinator was.

The cat's reputation was known to fam-

ily, friends and neighbours. The Erfinator was cuddly and gentle... really. He loved to sleep on your lap, or at the foot of your bed. He never harmed a person or animal except if attacked or treated unkindly. When this happened, you were in peril of being marked as an enemy by The Erfinator.

This crazy cat even took on vehicles. One autumn evening The Erfinator was chasing maple leaves in front of our home. As the wind picked up the leaves he would leap and swat at them, and soon would be chasing them along the ground. A car approached; the driver noticed the cat playing just at the edge of our front yard. The vehicle increased speed and swerved in and hit The Erfinator. They must have hit the cat as he was leaping for a leaf on the side of the road, because they sent him flying through the air. The cat landed, did several summersaults, growled and ran for the house. Every time a certain car passed by our home, the Erfinator would growl, but we were never able to find out who the owner of the vehicle was.

The Erfinator lived a long life. He battled other cats, dogs, racoons, people and vehicles. After almost 18 years, the old fellow finally gave it up. The tears flowed that day from all of us. The cat with the personality of the Terminator and Garfield had marked us all with smiles and love. [PRL](#)

Coming up!

Heritage Homes Tour

View homes that highlight the unique character and architecture of the Townsite. Eight residences are on view 10 am to 4 pm on Sunday, May 16.

Homes chosen for the tour present a peek into the past and offer an

appreciation of the value of these historic and beautiful buildings.

Not only is this tour fun, it is a must for getting ideas and inspiration for your building. Get practical, specific renovation tips and see first-hand how historic spaces and materials can be made relevant and functional.

Tickets available in advance from the Townsite Heritage office, 604 483-3901.

What are people are saying about Deserie?

Her honest, low-key approach made it easy for me to properly assess the houses we visited, and ultimately settle on the right one.
A. Riddle

I could say I was a rather fussy client, looking for something very specific. The result of her efforts was me finding a home that exceeded my expectations.
B. Hasselback



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Going green is just good business. Many Powell River companies have changed their business practices over the last few years and implemented new ways of doing things that are kinder to the environment.

Coranne Anderson of Aaron Service & Supply is knowledgeable about what products are on the market that are good for the environment. In the last three years Aaron Service has introduced many new green products.

"Almost all our paper products are recycled and recyclable," says Coranne.

They carry biodegradable plastic grocery bags, dog waste bags and garbage bags.

In the presence of soil, moisture, oxygen or heat, the bags will convert to water, carbon dioxide and biomass, says son Trevor Anderson who also works in the family business.

Their toilet paper, paper towel and napkins are also eco friendly. Take out containers and cutlery are made of cane sugar and are biodegradable.

"We have become the clean green team," says Coranne.

Aaron sells water filtration systems, bottled water and coolers. They provide on site wastewater treatment systems and also have a service that cleans ducts to improve air quality.

"It's exciting because technology is changing so fast. We try to stay on top of

what is new so we can offer it to the community," says Coranne.

The company implemented the new duct service when Trevor began suffering from allergies. "It works like a chimney sweep on an air duct," says Trevor. Product that kills bacteria and controls odour is then sprayed on the duct. "It's like a colonoscopy for the house!"

For Melissa Call of Ecosentials, going green stems from her own personal values—but it's also being driven by customers. Ecosentials is the retail arm of the Sunshine Organics business she has had for years, delivering organic and local groceries to Powell River doorsteps.

"I already had the bulk foods at the warehouse for Sunshine Organics. Now that they're available at the retail space, I can carry more products."

The demand is partly about the products, such as environmentally-friendly, non-tested-on-animals, phosphate-free, biodegradable laundry soaps, shampoos and cleaners. Some like that it's highly concentrated and competitively priced. But other customers aren't concerned about the Soap Exchange or Dr Bronner's brands.

"They don't care what it is. They say, 'As long as I don't have to buy another container,'" Melissa says.

Melissa buys soaps in giant containers, and people bring in their own con-



CONCERN FOR THE PLANET: Coranne Anderson and son Trevor supply earth-friendly products.

tainers to re-fill, thereby eliminating extra packaging.

She's passionate about reducing packaging and, as a director of Pebble in the Pond, reducing the use of plastics.

So customers can get everything from dishwasher soap to staples like flour, oats and sugar to tea, herbs, olives, dried fruit and maple syrup—as long as they bring their own containers. And customers are happy to do so.

"It's because the customers are demanding it," says Melissa.

As more and more consumers make buying decisions based on environmental factors, businesses like these will grow and thrive. **RL**

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The day includes yoga, Kangen water, herbal tea and snacks for lunch. Bring your mothers, daughters, friends and partners. A photographer will be present to take pre-Mother's Day pictures! Cost is \$25 or \$45 with a T-shirt.

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When goldfish eat gravel He's choking!

The following story is 100 per cent true. If you don't believe it, just ask Heather Claxton at Mother Nature and she'll tell you.

Once upon a time, not too long ago, the phone rang at Mother Nature.

Ron Pfister answered the phone. Unbeknownst to him, the young woman on the other end of the phone was in a total panic.

"My fish is choking on a piece of gravel and I don't know what to do!" she cried frantically.

Ron remained calm, as only Ron can do, and offered up the following piece of advice: "Remove the fish from the tank, lay him on the counter, hold firmly to the tail and SQUEEZE until the gravel pops out."

Of course Ron was joking. He didn't think for a moment the woman on the other end of the phone was serious or that she would, for a second, believe he was serious.

But the young lady was worried about her goldfish. She was confident she could follow Ron's instructions.

"Okay," she told Ron. "I'll be right back!"

Ron was shocked. His jaw dropped. She didn't think he was serious did she?

"No! No! No!" he cried into the phone. "Don't do it. I'm just kidding."

The young woman's face went blank.

"What am I going to do?" she asked.

And then, an idea popped into her head. "I know," she said as she put down the phone.

She ran to the sink and grabbed a shish-kabob skewer.

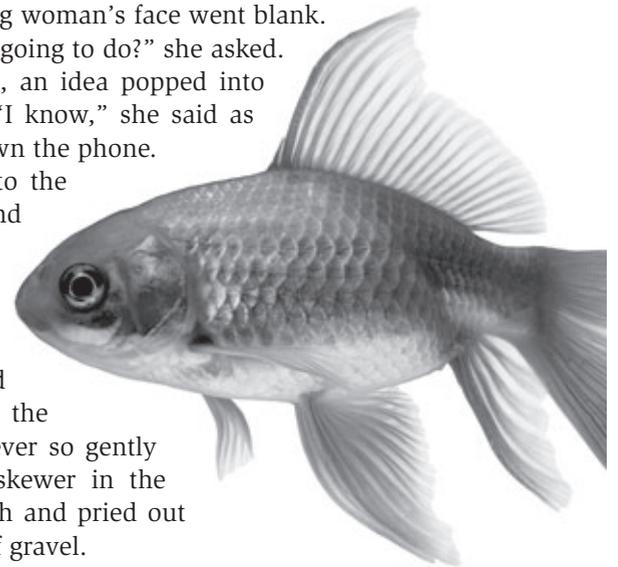
She laid the fish on the table and ever so gently stuck the skewer in the fish's mouth and pried out the piece of gravel.

Pop! Out it comes.

The fish was thrown back into the tank. The young lady breathed a sigh of relief.

The little goldfish was happy. The little goldfish's owner was happy. Ron was happy.

And everyone lived happily ever after. **RL**



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“How to Keep a Human”

By Kaimana Wolff

The following review was provided from a dog's perspective.

As editorial assistant to a human, I spend many hours on the editor's cushion, listening to a lot of guff written by one human about the rest of them. Humans, it seems, are fascinated by themselves. How refreshing, then, to hear a book by a fur person for a change: How to Keep a Human, as told by Amaruq.

Amaruq, like me, was a wolf hybrid. About the time my great-grandfather came out of the puppy den—an era my human refers to as “The Seventies”—Amaruq took up with a human and tried to “enwilden” her, to persuade her to move to the True Woods of the far north and learn to live in harmony with the natural world, as opposed to the citified environments humans build round themselves.

Before they can move to the Yukon, however, Amaruq and his human must pass the tests posed by their down-south environment: trains, poets, university, obedience school, and a series of male

humans with mayhem on their minds. Amaruq must mature, and his human must qualify as a real Pack Leader.

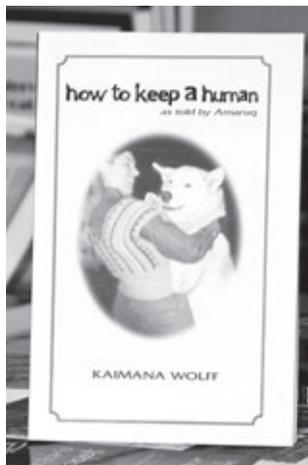
No sooner does Amaruq win the struggle to move to the True Woods, than a new set of calamities begins. Warrior, sleuth, or philosopher, that mutt is up to his tail in trouble most of the time. In the last story, “The King of Dawson City”, Amaruq combines brains, brawn and beauty to save Pack Leader from a fate worse than the pound.

I picked up useful insights about humans from this book, and I recommend it for puzzled pups and any canine, hybrid or not, who is mystified by human behaviour.

Keep your human on a short leash for the next reading, and you'll take home a happier human

while adding to your own wisdom about what makes these strange, but beloved, creatures of ours do what they do. **R.**

How to Keep a Human is published by Motley Crew House, 2009 and available at Breakwater Books, Kingfisher Books and CMG Printing.



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Powell River Living
PARDON MY PEN

By George Campbell

To: The SPCA

From: Cleo (short for 'Cleopatra, Queen of Egypt') the Cat

Subject: Training report for my newly assigned caregiver, George Campbell

Well, it is now several months since I've been here and considering his advanced age, old Gee Cee (George Campbell) is responding to my training quite well. The old geezer is almost 81 and is inclined to sleep most of the time, but that is all right as us cats tend to sleep a lot, too. The trouble arises when he is awake as he moves quite slowly and is often tardy in responding to my demands for food or to be let outdoors. I have, however, come up with a solution to this little problem.

I simply start sharpening my claws on the wall-to-wall carpeting in the living room. Boy! You ought to see him move then! He is up and out of his chair like someone just jabbed him in the bottom with a red-hot needle. It is really quite an invigorating sight to behold, and it does my little pussycat's heart good to see the speed at which the old geezer can move when properly motivated.

Speaking of my demands for food, this is one of the areas in which I am having trouble with old Gee Cee. Oh, he feeds me often enough, and there is always plenty on my plate. The trouble is the quality of the food he provides. I like Fancy Feast cat food, but he tends to buy the cheaper brands. I guess it is his Scottish heritage coming out. Either that or the old geezer is just plain cheap. Frankly, I suspect it is the latter. I am stumped on how to deal with this problem, so any help you can give from the head office would be appreciated.

Another problem that has me stumped is his 'hurry-up-and-make-up-your-mind' attitude when he comes to the door to let me outside. When the door opens, I like to look out for a few minutes to take in the scenery. You know, to check the air for temperature, and to see if it's raining out or not. But he wants

the door open and me out, like right now, so he can close the door again. So what he does is put the side his foot against my backside and then sort of boosts me out through the open door. Can you believe it? What must the neighbours think? I mean, is this any way to treat royalty?

If he would have one of those cat doors installed it would solve this little problem, but he won't because he's worried about raccoons coming into the house during the night. All the raccoons I have seen around here are as fat as pigs and would never be able to get in through an opening small enough for me. I have, after all, the lithe, elegant, slim body of my forebears, the Royal cats of Egypt.

Fortunately for me, old Gee Cee has had cats for pets before, and is somewhat understanding of our nature and our likes and dislikes. Of course, all of the cats he has had in the past have been males, and as we all know, male cats are notoriously poor at training their so-called 'masters'. That's because male cats, like male humans, have mostly only one thing on their minds, the randy rascals.

Still, not to complain, most of the time old Gee Cee and I get along just fine together, and I am quite happy staying here with him. As for getting him properly trained to care for me in the manner to which I should like to become accustomed—I am sure I can accomplish this in time. I just hope the old geezer lives that long.

I will send a further report in a couple of months.

Signed, *Cleo the Cat* 

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Powell River Living FAMILY MATTERS

By Isabelle Southcott

Why dogs are a best friend

I love my dog.

There I've said it. I love my dog. Okay, Hunter isn't really my dog, he belongs to my son Matthew but I still love him. The entire family does, for that matter.

It's a funny thing about people and pets. There are people who love animals and there are people who don't love animals. I usually find I get on better with pet people than non-pet people. I think there must be something that animal people have in common that people who don't like animals don't have. People who don't like animals must be missing a specific gene or something.

My first dog was Alexander Rufus of Shubendorf. He was a magnificent Nova Scotia Duck Toller. My father refused to have him "fixed" because he thought it was cruel and unnecessary punishment to castrate a male dog. I am happy to report that my father (now 81) is better educated in that vein.

Our next dog was Betsy the Roaming Beagle. As you guessed, she liked to roam. I remember Besty being brought home in the front seat of a taxi on several occasions. She was an escape artist who didn't like city living and so, after many taxi trips home, Betsy found new owners and a new home in the country. Both were happy.

And then was Kisi — so named because we were watching Alex Haley's mini series "Roots" on TV when she joined our family. Everyone loved Kisi and she lived to the ripe old age of 15.

Next came the English Setters. There were Kelly, Jenna, Cindy, Tory and Ceilidh. They were beautiful and lovable but not the brightest dogs I've ever met. I often thought their brains were located in that little bump in the top of their head. I spent a few years working with Ann Seale at Dogwood Kennels with Ceilidh and only made it to Level 4! To this day I maintain that Ceilidh was the slow learner, not me.

And so it was back to the duck tollers and Hunter Pumpkin. I have to say without a word of doubt that he is the best dog we have ever had. He entered our lives at the right time. He found us when Matthew needed him the most. When I needed him the most. He is friend and confidante to my 11 and 13 year olds. That little orange ball of fluff is always happy to see us, loves us unconditionally and makes every day and every walk a giant adventure.

He is, as Matthew calls him, our fur person.

Horses are great. So are fish, cats, mice and what have you, but there's a reason why dog has long been called Man's Best Friend. Just ask a dog owner. 

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Literacy Council launches reading campaign

Role models promote reading

Literacy touches everything in our daily lives. Reading, writing, manipulating numbers, problem solving, using computers, thinking critically—all of these skills are part of being literate in today's world. Studies show that when children learn to love reading at a young age, their chances of becoming literate, well-adjusted adults are much higher. That's the reason behind a new campaign, called *Heroes Read*, which is being sponsored by the Powell River Literacy Council and First Credit Union.

"This campaign will feature men and women who are role models in the com-



HEROES READ: Reading, writing and other literacy skills are important to the work Tom Ellis does as Deputy Fire Chief.

Emma Larocque photo

munity—but not necessarily those whom kids immediately associate with reading," explains Literacy Outreach Coordinator Emma Larocque. "The idea is to make kids—especially those who are struggling to learn to read—think about the fact that no matter what you do in life, literacy is important."

The campaign will run for 10 months. Each month a new poster, featuring a different local reading hero, will be published and distributed. In addition, the reading hero will visit a school, or other child-friendly location, and talk to kids about reading, and how it is important in their work. Deputy Fire Chief Tom Ellis is the reading hero who will kick-off the campaign in May.

"Literacy is so important," Ellis says. "If a person can't read and write, they're not going to go far in life." But according to Literacy BC, "around 40% of adults in BC—and over 35% of working age people—do not have the literacy skills they need to achieve their goals, to function and thrive in the modern economy, and to develop their knowledge and potential."

In his work, Ellis uses his literacy skills in many ways. "I do a lot of research, and I have to write reports. A lot of the fires that happen are a result of a product that has been re-called," he explains. "So when a fire occurs, I have to look into those recalls and see if there is a connection." If people fill out the warranty cards for products they buy, they are notified of re-calls,

and that has the potential to lower the risk of fire. "This shows how literacy is directly related to safety," Ellis says.

Ellis and his wife make a daily practice of reading to their four grandchildren. "We love reading together," he says. "One of the best things is the questions, curiosity and conversation that it promotes." Ellis will be reading one of his favourite kids' books, *No Dragons for Tea*, a book about fire safety, to an early intervention reading group at Grief Point School.

First Credit Union has a history of advocating for early reading, and they are proud to be involved in the campaign. "The importance of early literacy is something First Credit Union has recognized and supported for many years," says marketing coordinator Tara Chernoff. "Reading is only one part of literacy—but it's a very important part. The *Heroes Read* campaign is an exciting, fresh new way to bring attention to that issue."

Reading heroes to watch for in coming months include sports leaders, a helicopter pilot, a gardener, a heavy machinery operator, and others. Look for the posters at the Powell River Recreation Complex, First Credit Union, Powell River schools—and in every literacy-supporting business or organization in town! If you would like a poster to display in your place of business, please contact Emma at 604 485-2004. For more information about the *Heroes Read* campaign, visit www.powellriverliteracy.ca or www.firstcu.ca. **PR**

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Fresh ideas

Spring decorating tips

By Jessica Hutton

Spring is such a cheerful time of year and the colors, smells and textures certainly reflect it. The earth is springing forward and bringing with it change and new life.

Many of us have the urge to do the same with our homes.

After heavy colors and textures of winter, we crave the light feel and refreshing sense that comes with spring. Before doing drastic home overhauls, here are some easy and economical ways to achieve a new look without breaking the bank.

Start with a thorough spring cleaning inside. Remove heavy winter linens, pack up winter wear and blankets and put them into storage. Wash the windows and, especially for allergy sufferers this time of year, wash throws, curtains, area rugs and bedding. Remove clutter that may have built up over the winter in drawers and cupboards. Wipe down walls, furniture and light fixtures, vacuum the furniture and behind the large pieces of furniture.

Take the spring cleaning outdoors and wash doors and porches that may have become grimy over the fall and winter. Enhance your décor with spring wreaths on the doors.

Decorate the front



porch with birdhouses, fill planters with bright flowers and add a new outdoor mat.

Within the home, include some spring touches in earthy pastel tones. Throw pillows in lighter colors and designs can add to the couches, and candles and glassware lighten the mood. Fresh flowers are a wonderful addition as they become available over the next weeks. Even twigs of cherry blossoms or just some greenery go a long way to brightening up the atmosphere indoors. Use large glass vases with rocks at the base to display twigs or flowers.

If the walls look a little shabby, fill the nicks and bangs and top with a fresh coat of paint, updating the colour choice at the same time. Clean carpets, and add new throw rugs at the doors to stop spring from getting tracked in on shoes!

Finally, if you are still pondering more of a change this year, look at home and garden magazines and start planning your summer projects. Now is the best time to get motivated and start the preparation so that when the good weather hits, the projects are ready to go! 



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Time to plant

By Jonathan van Wiltenburg



Top priorities in the garden this month

In May, we can be fairly certain the frost is behind us. The general rule is that it is safe to plant out frost tender plants on the May long weekend. You can plant out earlier, but look out for those clear, crisp nights. Cover the tender plants if need be.

When the danger of frost has passed, plant out all the hot crops: Beans, tomatoes, peppers, eggplant, edemame beans, ground cherries, squash, melons, and peanuts. Your summer annuals, hanging baskets, and planters can also go out. Geraniums, angelonia, marigolds, petunia, calceolaria, and alyssum can all be put out.

Remember to keep sowing small amounts of all the other vegetables you want throughout the season. Every two weeks or so is best. Also don't forget to thin seedlings once they get crowded.

Keep harvesting the rhubarb and asparagus.

Insects ramp up their efforts in May. Watch out for pests on the fruit trees, ornamentals, and vegetables.

Now is a good time to fertilize anything that can use a boost. Use a well-balanced organic fertilizer or add compost if possible.

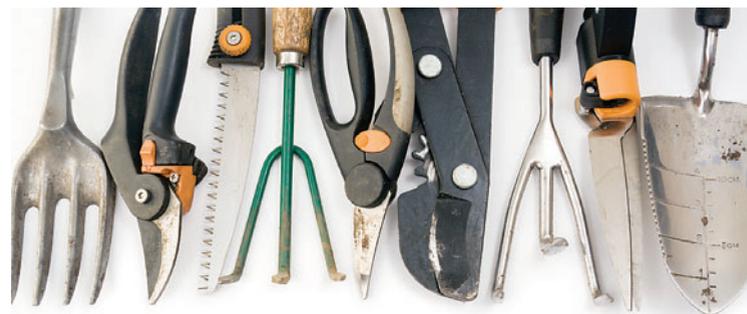
Deadhead your rhododendrons after flowering. If you need to prune your rhodos, post flowering is the time.

If you have not already done so, over seed your lawn to keep up vigor. Use perennial rye grass seed for best results.

And don't forget to weed! Try to hoe the ground before you see anything, otherwise invest in a good pair of kneepads, and trowel.

Now that the garden season is definitely upon us and the workload has increased, I thought it would be wise to discuss gardening fitness. I understand this may sound a bit lacklustre but it is important to identify the things you can do to make gardening easy on the body.

Always start with a lengthy warm up by stretching the muscles and tendons. Stretch your legs, back, arms, fingers, and neck, or anything else, for that matter. It should take you at least five minutes to complete a proper warm up.



Listen to your body while working in the garden. If a task or job begins to put strain or pain on your body acknowledge that you may have a potential injury starting and stop immediately.

Minimize your risk to injury by pacing yourself (especially at the start of the season). Don't do one type of job for hours on end. Break it up with other jobs and take breaks. When working, try to let your bodyweight do the bulk of the work. Avoid awkward postures, and do not overuse your muscles or tendons.

Lastly, spread out the very physical jobs between co-workers (spouses or children). It is better to work as team if it is possible. Never feel guilty about asking the neighbour's kid to help you lift something or do that hard bit of labour. It will get him away from a screen for a few minutes, and put a couple dollars in his pocket.

It is important to recognize gardening as physical work. Remember to work smart, and enjoy yourself.

If you have any garden related questions email me at edenhort@gmail.com or call 604.483.6053. [PRL](#)

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

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Fun run/walk for women

For the second year, Gerrimae Sepkowski has organized a women's walk/run to raise money for the Grace House. Thrive and Shine will take place on May 9 and begin at the Powell River Academy of Music at 2 pm.

Thrive and Shine is a special day designed for women of all ages and fitness levels. Come with a friend or meet

new friends while running or walking through the Penticton trails.

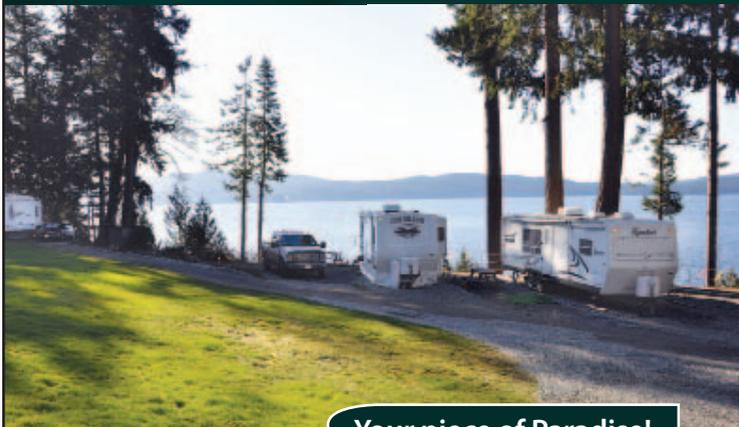
There will be water stations and trained first aid attendants along the way. Snacks and drinks will be provided at the end of the run/walk.

Registration for this event is \$35 and includes a T-shirt.

For more information contact Gerrimae at 604 485-5305 or thrivefit@hotmail.com.



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EXPLORE Powell River

Photos by Isabelle Southcott

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View eight homes that highlight the unique character and architecture of the Townsite. Tickets and house descriptions available at the Patricia Theatre and Townsite Heritage Society office.

(Background photo courtesy of Townsite Heritage Society).



Powell River Living BLAST FROM THE PAST

Lacrosse is steeped in history

By Roy Mabbett

Wayne Gretzky wrote in his March 2000 *National Post* column: “The high point of the year in sport must be the first weeks of spring. I used to love this time of year. It was when I put my hockey equipment away... I could hardly wait to get my lacrosse stick out. All good hockey players seemed to play lacrosse in those days, throwing balls against the walls and working on our moves. We learned something from lacrosse to carry over to hockey — things athletes can only learn by mixing up games they play.”

“The Great One,” Joe Sakic, Brendan Shanahan, John Taveres, Steven Stamkos and many others starred in both sports.

Powell River’s long history of lacrosse started with the formation of the Powell River Lacrosse Association in 1926. This coincided with the movement of the multi sports fields from the present day parking lot behind the Rodmay Hotel to the Riverside Oval. The move necessitated by the construction of bunkhouses for the Powell River Company was part of their preplanned community, which provided housing, sports, cultural, entertainment, shopping and schooling within easy access to the mill. Riverside Oval, located on a field bordered by the river, ocean, and present day Arbutus Avenue and Walnut Street accommodated soccer, baseball and softball fields as well as a lacrosse box. Crews from foreign ships, arriving to take on



EARLY YEARS: Members of the Kelly Spruce Shamrocks (circa 1930) pose for a team photo. Back row, from left to right: Allan Todd; Harvey Hunter; Jack Wright; Danny Hopkins; Unknown and Ed Brown. Front row, from left to right, Gil Ingrahm; Dint Hunter and Alan Holmwood.

All photo courtesy of Powell River Historical Museum

paper products from the mill, put on exhibitions of sports from their native countries including field lacrosse, rugby and cricket. The Powell River Midget team won the provincial title in October of 1938 after a few years of trying. Lacrosse shut down for World War II but continued to be enjoyed after the war.

In the summer of 1957 a group, which included Bill Craigen, Chuck Pierce and Lloyd Maedel, who had played lacrosse in

other cities and towns, tried to get some of the local hockey players from the three team commercial league to give lacrosse a try. The results were mixed. The three-year-old Willingdon Civic Arena was terribly hot in June and, as hockey playing Vic Lupul said, “After a couple of practices I could catch but throwing was a different matter and doing either while running...” Added Gene Strueby, who



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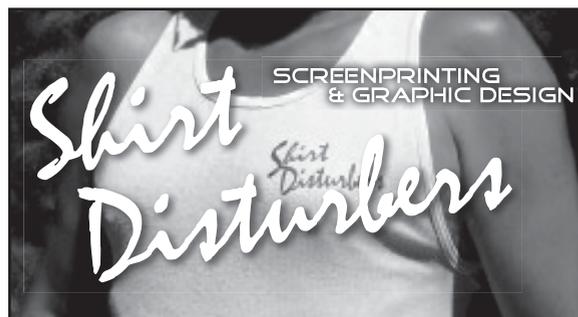
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FROM THE AIR: An aerial shot of a lacrosse game being played behind the Rodmay Hotel in the 1920s.



GAME ON! An exciting match played out in the lacrosse box at Riverside in the 1930s.

► also tried lacrosse, “The lacrosse players razzed us hockey guys pretty good.” The attempt at lacrosse failed after the one year.

In the spring of 1970 Gordon Crawford and Stan Hollingshead started up minor lacrosse. The initial season saw games played adjacent to the old tennis courts near present day Brooks Secondary School. The following season Hollingshead, head forester for MacMillan Bloedel, worked out a deal that saw a new outdoor lacrosse box built at Grief Point Elementary School at a cost to the town of Powell River of \$6,500. In exchange, Powell River received the lands on which the present day Larry Guthro (Manson) Park is located. The popularity of the game took off after the move to the new box. Strueby’s sons Darren and Greg, Vic’s son Gary Lupul, Danny Lucas, Don Simonetta and others played from Peewee on up through the ranks. Gene Strueby said, “The boys loved the game and challenged for Island championships. The Nanaimo teams were always a bit too good having had better competition.”

Gordon Crawford, president of the association, stated, “We had three strong divisions throughout the early 70s. It helped kids stay active, taught them how to win and lose, and gave them some life lessons.” Crawford stepped down as president after the 1975 season and the association folded after the 1978 season due to lack of volunteers. Trophies, donated by Crawford, from this era are still presented to league champions.

In 2001 Mark and Judy Scott, Vince Metcalf and recreation complex director Mike Elvy put their heads together and came up with an idea for drop-in lacrosse. For two years Saturday

afternoon games were played with plastic sticks, tennis and/or soft plastic balls, helmets and gloves.

The 2003 and 2004 seasons saw games played Monday through Thursday in the early evening. Powell River Minor Lacrosse Association (PRMLA) was run independently of BC Lacrosse Association, as the registration numbers were low. Mark Scott, head coach of PRMLA, remembers the start up days. “Our first season we had 56 kids from six to 17 playing in the same league. It ran smoothly as the coaches tried to match size against size but as changes are often made as the play is happening, similar to hockey, mismatches did happen. To watch a 60-pound kid try to push a 200-pounder away from the scoring areas or check the ball out of her or his opponents stick was comical, yet they never gave up and the older, bigger players respected them for it. Some of those smaller players now are among the best we have.”

After incorporation in 2005 registration numbers continued to grow, peaking at 168 players for the 2008 season. Lacrosse, the fastest growing team game worldwide, has divisions from Mini-Tyke/Tyke through to Midget/Intermediate. A dedicated group of parents keep things ticking but as their kids graduate from the game new people need to step forward. Volunteers are the life-blood of all sports and without them they could not exist.

Powell River Minor Lacrosse Association is now registering boys and girls born between 1992 and 2005. The next registration session is April 10, 10 am–2 pm at the Complex. Information is available at www.powellriverlacrosse.com. **PR**



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You're never too old

A short chat with Evelyn Black

By Gerry Gray

Evelyn Black turned 99 on April 24th. She still volunteers two times a week to price merchandise at the Economy Shop, a subsidiary of the Hospital Auxiliary, which she and two friends, Frankie Fraser and Elsie Green formed in the late 60s.

GERRY GRAY: I understand you have been volunteering for the Hospital Auxiliary since 1945. That's a long time. How did you get involved?

EVELYN BLACK: During the Second World War, along with other women from Powell River, I volunteered to assist the Red Cross, which was overloaded seeing to the comfort of our troops in Europe and elsewhere. As soon as the war was over in August 1945, we volunteers found ourselves without a job. The hospital matron at the time suggested we form an association to help out the local hospital. She said one had been set up on Vancouver Island and it was quite successful. So we did and 38 women showed up for the first meeting in December. Kay Andrews was the first president.

GG: Where was the first shop set up?

EB: Next to the hospital in the laundry building. We had a separate space, which housed the furnace, and the utility space. We had to cover our goods every night to keep the dust from dropping down. When the fire hall was moved out we moved in. It was better conditions at the fire hall. At least there wasn't water running down the wall and we didn't have to cover the goods.

GG: What was your incentive to open the Economy Shop? Wasn't the Auxiliary making enough money?

EB: It was doing okay but I thought we could make more with another outlet. We were still with the Auxiliary but we ran the Economy Shop and priced our own wares. All our revenues went through the Auxiliary and on to the hospital.

GG: Over the years the Auxiliary has raised a lot of money for the hospital wish list. I recall when I was on the Hospital Board the annual cheque was sometimes over \$100,000. And that was back in the '70s. Have you any idea how much the hospital has received over the years?

EB: No, but I'm sure a couple of million has been used for hospital equipment. The hospital had a wish list and we had one and we prioritized our list and sent the funds to the hospital to administer. I would say that a great percentage of the



WELL-DESERVED: Evelyn Black is honoured for her many years as contributor to our community.

equipment was bought with Auxiliary donations.

GG: There seems to be a lot of clothing and books. Do all the goods get sold?

EB: What we do with the surplus is send it to Vancouver's Thrifty Village. They sell it in that market and send the money back to us. Believe me, nothing is wasted. It's used in some way or another.

GG: Seems like you people were recycling before it became such a popular event. What are some of the items you determine can be fixed and recycled?

EB: You'd be amazed at the things that people throw away. Bicycles, appliances, clothing still wearable and just generally wasted products. There are a lot of useable and saleable items out there and it's good we have such an outlet to raise money for the hospital. 

Evelyn Black is just one of hundreds of volunteers who, over the years, put many hours sorting, washing and pricing items so they are in a saleable condition.

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Kathaumixw 2010

Volunteers guarantee success

By Sandra Donnelly

This year, the 14th International Choral Kathaumixw will welcome 22 choirs from around the world. Hundreds of volunteers will work together to make this festival happen. Some will host visiting choir members in their homes; others will act as hosts of choirs that stay in hotels. The facilities volunteers do the huge job of setting up all the venues used during the festival and then take the lights, stages, and sound systems down after the festival is over.

Volunteers raise funds, put on barbecues, and arrange local transportation for the choirs. Then, the Kathaumixw Tour Group arranges tours for those choirs who wish to tour around the province. This year they are arranging 25 to 30 concerts in towns and cities around the province. In this way, Powell River shares the excellence of our world-renowned festival with the rest of our province.

Marianne Monahan, a long term volunteer, was asked to share one of her most memorable experiences with a visiting choir.

"Over the years it has been my pleasure to be the in-town host for many Kathaumixw choirs housed in local hotels. Each choir is a unique memory and I have chosen the Philippine Saringhimig Singers from San Francisco, California to tell you about."

"The choir was founded by Director George Hernandez in 1974 as a chamber choir at the University of the Philippines and trav-



International Choral Kathaumixw

elled on several European tours. They rapidly gained recognition and received wonderful reviews and awards. The choir is now based in San Francisco."

"The choir arrived at the Marland Motel late in the afternoon of July 6, 2006. For the first time in my hosting adventures I invited the choir into our home for a late supper. It was a beautiful Powell River evening that certainly added to the festivities."

"Early that evening close to 40 wonderful folks arrived into our lives. The choir members, young and older adults, were road weary as they had been travelling from California for a few days. Their spirits soared, along with ours, as we met and ate supper and later sang several songs. We enjoyed a lingering sunset, and many also enjoyed the opportunity of walking on our beach. All instantly loved the ambience of the natural beauty of Powell

River. The choir was so appreciative and happy to think we would arrange such an event on their behalf. It was a big thanks to my husband Bob,

and friends Shirley Lambkin, and Nancy and Jim Betteridge that we were able to accomplish the welcoming party. Kathaumixw President Jim Donnelly and wife Sandra also stopped by to greet the choir and welcome them."

"Our work started the next morning, as the choir spent the week rehearsing and competing, and performing. At the same time they were meeting new people from the other Kathaumixw choirs and enjoying the local sights. This talented choir impressed the judges and placed first in the Chamber Choir competitions and second in the Mixed Choir category at the festival. The choir competed in five events and performed two formal concerts along with a Promenade Concert at the mall."

"The mall concert was toward the end of the week. The choir appeared in amazing full Philippine folk dress and their costumes were glitteringly bright and beautiful. The fortunate town folk who happened along were enthralled by the musicality of this wonderful choir and these happy and loving people. This was a wonderful Kathaumixw week to fondly remember."

Like Marianne, many people in Powell River have worked hard and had incredible experiences that will last a lifetime. Join us from July 6-10, when we can again share a marvellous experience and accomplishment.

Visit the festival website www.kathaumixw.org. If you would like to help with the festival or to buy tickets call the Academy of Music at 604 485-9633.

Give it your best shot!

Send us your best scenic, nature, wildlife or outdoors photograph for a chance to win a spot at Coast in Focus photography workshop May 28-30.

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Powell River Living FOR ART'S SAKE

By Jessica Colasanto

With Kathaumixw on its way, our collective excitement over international music is building. And for those of us who enjoy fiddle music, we're in for an extra treat this year: thanks to Ceilish, we're going to get an extra dose of Celtic tunes this summer.

Ceilish, if you haven't heard, is the new name of the Powell River Trad Band. Formed in 2008, it's made up of talented musicians of all ages, from elementary school students to "active retirees." For some it's a family affair, with parents and kids both involved. Ceilish is led by Cathy Reckenberg, a fabulous violinist who studied at The Royal Conservatory's Glenn Gould School before returning home to share her talents with her students; she teaches at Kelly Creek and Grief Point schools as well as at the Academy of Music.

"The Trad Band needed a better identity, so we voted many times on a new name—but we could never agree. No one remembers who finally suggested Ceilish, but that was it," says Reckenberg. Ceilish plays traditional music of Celtic origin from Scotland, Ireland and Canada.

The group rehearses one hour per week, although to hear them play you'd think it was much more often than that—not to mention they create most, if not all, of

their own arrangements, much of which is never written down. Not surprisingly, several members of Ceilish were chosen



TUNE-UP: Getting ready for a performance, Cathy Reckenberg tunes her instrument.

at the Powell River Festival of the Performing Arts to attend the Performing Arts BC Provincial Festival.

Ceilish is particularly excited about the arrival of a group of musicians, Stushie and Bow Mohr, from Scotland,

because it signals the start of an extraordinary musical adventure: together, they will study at the Sunshine Coast School of Celtic Music (hosted by the Coast String Fiddlers of Roberts Creek) before returning to Powell River for a week—look for them to play here the week of July 12. Then they'll all head to Scotland for Splore, a week-long Scottish Traditional Music school (part of the Aberdeen International Youth Festival) as well as participate in a week of concerts in the cities of Stirling and Callander.

Such an undertaking is expensive for a group their size—14 are making the journey—so Ceilish is actively fundraising. They'll be playing at the upcoming Shellfish Festival in Lund at the end of May, and there will be a silent auction at their next concert on June 19. Band members are selling coupon books for Safeway; they cost \$20, and contain \$20 in rebates inside. They also have an account set up at the bottle depot so that you can donate your returns; just specify the Powell River Trad Band.

Ceilish will be out and about in the coming weeks as they raise money for their upcoming trip. Be sure to catch their great performances and help support this rewarding musical journey. **RL**



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Lund Shellfish Festival

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You won't want to miss the Lund Shellfish Festival May 28, 29 and 30 at the Lund Harbour.

Come out and sample seafood chowders and vote for your favourite. Listen to local musicians and take in the silent auction.

Enjoy music, boat tours, food booths, cooking demonstrations, presentations, live shellfish sales,

kids' activities and special menu items at the restaurants. It's a great family event.

Special bus service is available from various locations in the city for \$2 per person each way.

Check out the following schedule for details or visit www.lundbc.ca and click on the shellfish festival button for up-to-the-minute information. **PRL**

FRIDAY • MAY 28

The Chowder Challenge 6 – 9 pm

Lund Community Hall, \$5

Sample seafood chowders and vote for your favourite. Enjoy local music and a silent auction.

SATURDAY • MAY 29

Bunsters Tour 10 am – 2 pm

George's Coastal Backroads Adventures takes you on a 4-hour tour of old logging roads. See second growth forests, crystal lakes and spectacular views while four-wheeling. Reservations: 604 483-1855. \$49.



variety of appetizer sized culinary delights. Enjoy a different selection at each booth.

Artisan Booths Noon – 5 pm

Local artists and crafters display their handiwork for sale.

ALL DAY

Restaurant Specials

Fresh seafood meals at restaurants in Lund.

Kids Zone Noon – 5 pm

Lets the children play supervised games and have their faces painted while you explore the festival.

AT LUND HARBOUR

Music Noon – 5 pm

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Food Kiosks Noon – 5 pm

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Cooking Demonstrations

Local chefs demonstrate shellfish cooking techniques and offer recipe suggestions.

Live Shellfish Sales

Noon – 5 pm

Local shellfish growers will sell fresh harvest right off the truck. Great prices!

Kayak Tour

1 – 3 pm

Footprint Nature Explorations
\$49 adult; \$25 child

Enjoy a guided paddle around the sheltered waters of Lund Harbour in a small group. Beginners welcome. Reservations required. Call 604 414-6884 or info@footprint-natureexplorations.ca

Shellfish Appies Cruise of the Copelands

3 – 5 pm

Beyond The Road Adventures, \$40
Discover the beauty of the Northern Gulf Islands while cruising the gateway to Desolation Sound aboard a 37-foot yacht with indoor and outdoor seating and a wash-room. Reservations required: 604 483-8128 or info@beyondtheroad.com.

Bunsters Sunset Tour

5 – 9 pm

George's Coastal Backroads Adventures will take you on a four-hour tour of old logging roads. See second growth forests, crystal lakes and spectacular views while four-wheeling. Reservations 604 483-1855. \$49

SUNDAY • MAY 30

LUND HARBOUR

Pancake Breakfast

9 – 11 am

The Northside Volunteer Fire Department will serve up pancakes, sausages, coffee, tea, juice and fruit on the deck of the Boardwalk Restaurant. Only \$5!

Bunsters Tour

10 am – 2 pm

George's Coastal Backroads Adventures. For

information see Saturday's schedule. \$49.

Oyster Judging Contest

10 am – 1 pm

Shellfish farmers will submit their best oysters to find out who has the Top Oyster in BC! Five judges will rate oysters and there will be a People's Choice Award.

Music

Noon – 5 pm

Lots of great music all day beginning with the Clansman Pipe Band.

Food Kiosks

Noon – 5 pm

Local shellfish growers are dishing up a variety of appetizers. Different selections at each booth.

Artisan Booths

Noon – 5 pm

Throughout the harbour, local artists and crafters will display handiwork for sale.

Restaurant Specials

All Day. Fresh seafood at Lund restaurants.

Kids Zone

Noon – 5 pm

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Cooking Demonstrations

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1 – 3 pm

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\$49 adult; \$25 child. See Saturday's schedule for complete details. Pre-registration required.

Clam Digging Tour

1 – 3 pm

\$20 adult/\$10 child (6 & under)
For the experienced and the novice, come dig clams and cockles on this guided trip



to Savary Island. Wear beach shoes, sunscreen, bring a bucket, garden trowel, water and snack. You must have a valid Tidal Water Sport Fishing License. Reservations required. Call Ron at 604 483-9220.

Shellfish Appies Cruise of the Copelands

3 – 5 pm

Beyond The Road Adventures, \$40
Cruise the Northern Gulf Islands. See Saturday's schedule for complete description. Pre-registration necessary.

Bunsters Sunset Tour

5 – 9 pm

George's Coastal Backroads Adventures
See Saturday's schedule for description. Pre-registration necessary. \$49.

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Beyond Scrabble

Gogo Grannies support African AIDS orphans

By Dagmar McKenzie

Several years ago I found myself moved to tears over a television news item. It showed grandmothers in Africa burying their children who had died of AIDS and becoming “parents” to their orphaned grandchildren. Some had as many as 20 children in their care. I couldn’t imagine such a burden.

Later I heard about a group of grannies in Canada who were supporting these heroic women in Africa. They did this through the Stephen Lewis Foundation. Its mandate is to turn the tide of HIV/AIDS in Africa by providing care and support to women, orphans and people living with HIV and AIDS.

“Oh wow!” I thought, “I’m going to get involved with these wonderful people just as soon as I become a grandmother.” Thoughts of joining were shelved until my good friend, Lynda Harris, told me that she and Libba Padgett wanted to start a “Grandmothers and Grandmothers” chapter in Powell River. “Count me in,” said I, bursting with enthusiasm. I didn’t need to wait to be a grandmother but incidentally, my adorable grandson just happened to be on the way.

When Lynda and Libba contacted the Stephen Lewis Foundation they were connected to Joan Briggs, a Powell Riverite who was already involved in the foundation. By the spring of 2009 a local group was formed and named the Sunshine Gogos. Gogo is a Zulu word meaning grandmother. In less than a year this group has grown to 65 members. They are one of over 240 grandmother-to-grandmother groups across Canada. I am so proud of grandmas in Powell River and across this country for taking this on.

Last fall I attended my first gogos meeting. Armed with tissues I headed for what I expected to be a gut-wrenching evening. After all, we would be discussing orphans, 14 million to date. It turned out to be an exciting meeting of wonderful people—grannies on a mission. There was work to be done, no time for wallowing. These people were bright, positive and laughed a lot. They had an agenda and they stuck to it.

Their mission?

To raise awareness in Canada about the struggle of African grandmothers; to build



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➤ solidarity amongst African and Canadian grandmothers in the fight against HIV/AIDS; to actively support grandmothers with funds for food, schooling, income-generating projects, and yes, coffins to allow for dignified burials of loved ones.

In just a few months our Sunshine Gogos have raised a remarkable amount of money for the campaign. You may have noticed people sporting colourful, bead-trimmed bags about town. I attended one of the sewing bees where an army of chatty local women cut and pinned and stitched for the better part of a day to create these bags. There have been many such bees and local women spend countless hours sewing happily away in their homes to create these African-looking bags for sale. I never leave home without mine. On May 15 the Sunshine Gogo Grannies are hosting their first ever “Beyond Scrabble” tournament at the United Church’s Trinity Hall from 1 to 4 pm. It promises to be a riotous affair where

serious players may play “real” scrabble but the majority are invited to participate in teams where one can purchase extra letters, trade, phone a friend, rent a dictionary, get pledges from friends, enjoy tea, coffee and goodies.

To register for the scrabble tournament or get more information about the Sunshine Gogos and their events call 604 485-7210 or 604 485-0132 or e-mail sunshinegogos@gmail.com.

Information about the campaign in general can be found at www.grandmotherscampaign.org. [RL](#)



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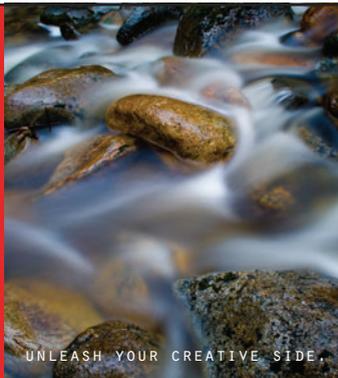
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Almond French Toast (Perfect for Breakfast in Bed)

Cook Time: 20 minutes
Ready In: 1 hour 50 minutes.
Makes: 6 servings

Ingredients

- 140 g slivered almonds
- 3 eggs
- 235 ml milk
- 25 g all-purpose flour
- 2 g salt
- 2 g baking powder
- 3 ml almond extract
- 5 ml vanilla extract
- 12 thick slices French bread
- 45 ml canola oil
- 45 g butter
- Confectioners' sugar for dusting

Directions

1. Place almonds in a small saucepan over low heat. Tossing frequently, toast until lightly browned, 5 to 10 minutes. Remove from heat, and set aside.
2. In a large bowl, whisk together eggs, milk, flour, salt, baking powder, almond extract and vanilla extract. Soak bread slices in the mixture until saturated. Place slices in a shallow pan. Refrigerate slices approximately 1 hour.
3. Heat canola oil and butter in a large skillet over medium heat. One at a time, press one side of soaked bread slices in the almonds to coat. Fry bread slices on both sides until golden brown. Dust with confectioner's sugar before serving.

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Child, Youth and Family

Retirement means change in leadership

When Margaret Leitner hired Wendy Barker to take over the helm of Powell River Child, Youth and Family Services almost 15 years ago, the organization was quite different than it is today.

It didn't have nearly as many programs, there were fewer staff and it wasn't well known by the community.

"It started as a pilot project," explained Barker, who will retire in June from her position as administrator. "It was a vision of the Ministry of Health and Social Services to have a more integrated set of services for children and families."

PREP (Powell River Employment Program) put in a proposal and was successful. A year later, when an administrator was needed for the program, Barker was hired. "She was one of the best hires I ever did," says Leitner, PREP's executive administrator.

Under Barker's leadership, Child, Youth and Family has grown to include 13 programs and a number of projects. Programs include a Student Moms Support Group, the Youth Advisory Council, Parent-Teen Mediation Services, Sexual Abuse Intervention Program and the Youth Justice Worker Program.



BIG CHANGES: After 15 years with PRCYFSS, Wendy Barker retires next month. >>

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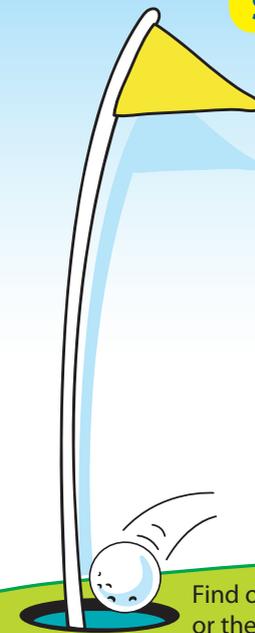


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➤ Barker smiles when she looks back to her early days with Child, Youth and Family.

“My husband moved here from Port Alberni before I did. He faxed me an ad and said: ‘This looks a lot like what you do in Port Alberni.’

At the time, Barker was working with the Port Alberni Association for Children with Developmental Disabilities.

It was challenging figuring out how all the programs would work together at Child, Youth and Family but Barker more than managed. Through the years, the programs and projects have coalesced while some have changed. “We have a much stronger family focus now.”

Barker says the people she has worked with over the years have been wonderful. “They’re committed, creative, resourceful, caring of each other and their clients.”

She also speaks highly of board members, community leaders and volunteers who want to make a difference in the lives of youth and families.

It is evident that Barker is proud of her staff and the programs administered by Child, Youth and Family and when she is given feedback by former clients who say her staff changed their lives, she knows they have done their job well.

“Not long ago a former client came up to a staff member at a gathering and said:

‘When I was 18 you saved my life.’” At times like this, Barker knows just how much of an impact Child, Youth and Family has on the community of Powell River.

Barker looks forward to her retirement. She’ll have more time to spend with her grandchildren and travel across Canada. Although she’ll miss the busy pace of the agency she knows it will be in good hands under the capable leadership of Heather Gordon.

Friends, coworkers and well-wishers are invited to attend a retirement dinner for Wendy Barker on June 11 at 5 pm or a party at 7 pm at the Town Centre Hotel. Please RSVP by May 14 at 604 485-3090. **PR**

Volunteers important Tutors help others and keep learning

By Deb Calderon

When Mike moved to Powell River four years ago he thought he would be playing bridge, hiking the trails and doing a little woodwork. Little did he know he would be heading to an office above the bowling alley to help a new Canadian with his English.

After a long day’s work, rather than putting her feet up and watching the hockey game, Maggie sets out for the Vancouver Island University campus. There she helps another adult work on her basic math skills in preparation for a course admission test.

On Tuesday mornings, Kate drives into town, enjoys a swim at the pool, and then goes to a private room at a local store to help another adult work on her spelling.

More than 30 people work as volunteer tutors in Powell River through the Community Adult Literacy & Learning (CALL) and VIU programs. What makes an already busy person give up their time to work with another adult on literacy skills?

“Someone’s desire to learn should never be denied,” says Tim, a volunteer tutor. “In fact, in my mind, learning should be a basic right of any society. Helping someone improve their base of knowledge is a benefit to all of society, not just the learner.”

Volunteers are a special bunch in any small town, but here in Powell River, they are the backbone of our tutoring programs. After spending nearly 30 hours in a training course, they come to extra workshops on topics such as *English as a Second Language*, *Using the Library* and *Creating Great Resources*. Then they work at home to prepare outlines and lessons for their

learners, and even spend time on the Internet researching new and fun activities.

Volunteer tutors come from many walks of life. Some are retired, some are working part time, some have children at home, some have university degrees, and some just have lots of life experience. One thing all our tutors have in common is a desire to help and a need to keep on learning themselves.

“I initially joined the adult literacy program [as a volunteer tutor] for something to do,” says Russ. “However, once I started with my learner I was surprised to find out that there were many benefits I had not expected. Not only was I learning new material in order to become a competent tutor, there was also the sense of accomplishment in doing something worthwhile.”

In the end, it is all about the adults who are courageous enough to come forward and ask for help. One of our adult learners, who prefers to remain anonymous, puts it like this: “The [literacy tutoring] program is a wonderful thing for people. I needed some help in reading and writing. I was taking a class and I needed help with studying for the exam. It’s hard to study by yourself. I just asked for help, and my tutor helped me... I improved 100 per cent from where I was. Even my instructor and my classmates noticed a difference. They asked how I’d improved in such a short time, and I told them I got a tutor to help me study. Some guys in the class said, ‘We need to do that, too, but we can’t afford it.’ So I told them about the program and how it was free. Getting a tutor is [a smart thing to do]—you just have to ask for help.”

If you know an adult who needs a hand upgrading his or her basic reading, writing, spelling or math skills tell them to phone CALL.

For more information “CALL” Deb Calderon, coordinator, at 604 413-1021 or email call@prepsociety.org. **PR**

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**Wendy Barker is
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Friday, June 11, 2010
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dinner please join us for an
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Powell River Living BUSINESS Connections

By Kim Miller

Russell Werner was born and raised in Powell River, left for a short time and has returned with his wife and children. Russell's business sells healthy, natural pet foods for dogs and cats. "It was conceived out of a necessity to find a good quality dog food for our puppy that was quite sick from the fillers in main stream commercial pet foods," he says. This led to **Mountain Dog Food**, a pre-made raw pet food with no fillers and human-grade ingredients. Russell has expanded his business to include many different product lines, all of which are free of grains, fillers, and/or antibiotics and hormones. Call Powell River Natural Pet Products at 604 414-7458 and check out www.powellriver-naturalpetproducts.com.

Powell Riverite **Josh Statham** has returned home after completing the Real Estate Licensing Course at UBC. Josh's love of Powell River and his local knowledge is an asset for anyone buying or selling property. Josh is at **Coast Realty** at 604 485-4231 or call him at 604 223-5674. Josh's return also bring another asset to Powell River. His wife, **Elise** (née Vos was the Kings sales and marketing rep) is filling in at Tourism Powell River for Kim Barrows who is on maternity leave.

Joining forces with one of the largest and most successful leisure and corporate travel groups in the world, **Flight Centre Associate, Jen Vasseur**, offers clients a hassle-free experience with expert advice, efficient service and competitive pricing. Jen has more than 16 years of experience in the industry and is excited to represent Flight Centre in Powell River; she's a fully licensed (BCPCA) travel agent. Contact Jen for all your travel needs. Contact her by email at jen.vasseur@flightcentreassociates.com, via the website www.flightcentreassociates.com/JenVasseur or call 604 485 2519.

Silke's Organic Market Place is moving to a new location. Once the work is complete, both Silke's and **Capone's Cellar** will be sharing the newly renovated facilities at the corner of Joyce Avenue and Duncan Street.

Michael Blace operates **Digital Shepherd**, a computer and technology services company that services Powell River and the Lower Sunshine Coast. Coming from Vancouver in 2007, Michael brought a wealth of experience in computer troubleshooting, server security, network design and operations, legal compliance, systems administration, programming, and web hosting services. Michael provides on-site service and friendly assistance to guide you past any technology barrier. Reach him at 604 223-3994, or email service@digitalshepherd.com.

Wellness Energy Services has moved to 4722A Marine Avenue. As a member of the Natural Health Practitioners of Canada, **Robin Morrison** offers soft tissue services in relaxation, deep tissue, hot stone, raindrop therapy, AromaEase and other services. She's open Tuesdays to Saturdays and after hours by appointment. Call 604 483-6759.

Alpha Dive & Kayak and **Better Bodies Gym** are now open at the **Beach Gardens Resort** and will celebrate a grand opening May 29. Stop by for a free workout or to try scuba or kayaking in the pool.

New managers are operating Garnet Rock RV Park & Campground. **Monique** and **Greg Roadknight** are operating the park under the new name **Garnet Rock Oceanside Park**. They're also turning the park office into an artists' showcase, displaying paintings, murals, photographs and the carving work of their neighbour, Ron Hunter.

Powell River has a local representative from **97.3FM, The Eagle**, and it's a familiar face. **Ida-May Mulligan** formerly worked for Sun FM and will continue her work with PRACL. "I'm happy to be joining the Eagle," says Ida-May. "It's a regional radio station serving the Comox Valley, Campbell River and Powell River which has mass appeal." Call Ida-May at 604 578-8649 or email idamay@973theeagle.com.

In last month's issue, we published the wrong phone number for **Impact Signs**. The correct number is 604 485-9108. We apologize for the error. **PR**

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Powell River Living COMMUNITY Calendar MAY

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

May 1: Giant Community Garage Sale at the complex 9 am to noon.

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 AR-MIDA, starring Rene Fleming, at 10 am. Reserved seating. Tickets at the Academy of Music Box Office and at the door.

May 1: Launching the new Powell River Yacht Club is a “Mariner’s Jig”, Tapas buffet and dance. All (non) boaters welcome. 7pm at Beach Gardens. Tickets at Breakwater Books and Beyond The Bed or call 604 483-7652.

May 2: The Powell River Garden Club’s Annual Plant Sale from 1-3 pm at the Therapeutic Riding Club Arena. Everyone welcome.

May 2: Plant sale by Sheridan Dance Academy dancers at 3859 Quadra Avenue to raise money for a trip to New York.

May 5: Cinco de Mayo Mexican Feast with live music, Catherine Maclellelan at the Manzanita Restaurant, 604 483-2228. Feast at 7 pm, music starts at 8:30 pm.

May 5: Neko Rei Dance Party. Live didgeridoo-infused tribal electronica at the Rainbow Room. Cam Twyford will MC. Call for details 604 483-2228.

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 8: Anglican Church Bazaar and traditional Mother’s Day Tea for St. David and St. Paul’s Church 1–3 pm. Plant sale, raffle, door prizes.

May 9: Thrive and Shine women’s walk/run starting at noon at the Academy of Music. Proceeds to Grace House. Contact Gerrimae for info at 604 485-5305 or thrivefit@hotmail.com.

May 9: Mother’s Day Sunday Brunch Buffet 10-2 pm complete with door prizes, complimentary treats for all the mamas and great food at Manzanita in the Old Courthouse Inn 604 483-2228.

May 11: Powell River Community Foundation AGM at Reach for the Sky office above the Brick #215 -4801 Joyce Ave in the Crossroads Village. Join us to hear about the exciting things we are doing, to leave a lasting legacy for Powell River.

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.

May 22: The Billy Hill Picker Band, yee-ha! at Manzanita 604 483-2228.

June 14: Big Bike Ride, raising money for Heart and Stroke Foundation. Pledge your favourite riders, or enter a team of your own. Contact Ron Armitage at 604 485-9493.

June 20: Soap Box Derby and Kids Carnival at Sunset Park. Get your cart ready now. Pick up forms at the mall or Save-On Foods.

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.

Community Foundation: The Board of Directors of the Powell River Community Foundation are available and willing to do presentations to individuals, groups, non-profits, business/professional community and anyone who wishes to hear our message. Call 604 483-8678 or email prcf@firstcu.ca or visit www.prcommunityfoundation.com

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: TIPS’ Computer Drop-In from 1–3 pm in the Anglican Church Hall 6310 Sycamore Street.

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

Tuesdays: PR Stroke Recovery Club meets In the Lower Legion Hall from 10 am to 1 pm. Contact Trudy Simpson at 604 485-6396 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 & Fourth Monday: Faith Lutheran Food Cupboard 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 afternoon of cards, games and Scrabble at 1 pm. Please register in advance by calling 604 485-9562 or 604 485-2153. Everyone welcome.

Fourth Tuesday: Garden Club meets at Trinity Hall, United Church (corner of Michigan Ave and Duncan St). Doors open at 7 pm. All 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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The Ace at Henderson School

Ace goes to work every Monday morning at Henderson Elementary School.

Like students and staff, Ace has a job to do. Unlike students and staff, Ace is not human.

Ace, a seven-year-old Level 4 Therapy Dog, is owned by **Pat Good**, Support Service Assistant and office manager at Henderson.

It's just before 11 am on a Monday morning in April. I'm waiting outside Pat's office and a young boy rushes by me. He opens the door and crawls underneath a desk. Moments later, a black dog trots around the corner and finds the boy beneath the desk.

I hear happy squeals from the boy and sounds of contentment from the dog.

"Guess I forgot to lock my office door," smiles Pat as she comes across the scene. The boy goes back to his classroom and Ace lies down at her feet. Once they're settled, Pat begins to tell me about Ace and his work at Henderson.

Ace works with specific children on a regular basis but he is much loved by all students and staff.

The friendly black dog is good at motivating children, says Pat. She teaches one boy how to have Ace do special tricks. "He (the boy) has to calm down and concentrate to get Ace to work for him," she says.

When Ace goes to school, Pat's office gets busier. "Typically when Ace is here people will stop and say hi to Ace and then they see me and say, 'Oh! Hi to you too!'"

Animals play an important role in the lives of children. Much research has been done in the area of children and pets and studies show that children with companion animals have higher self-esteem, greater empathy and more engagement with peers. Children with psychological and behavioural problems also seem to respond positively to animals.

This is Ace's second year at Henderson, says Pat. Her other dog, Towhee, who recently died, worked in the schools as a reading therapy dog.

Ace wasn't always a well-behaved canine. He had to go to school, learn new skills and be temperament tested.

"When I took him home from the (Comox) SPCA in 2003 he had no social skills. He'd been owned by a family with three children under the age of seven," says Pat.

So just exactly what does Ace do at Henderson School?

To begin with, he wears a red backpack that weighs about three pounds. This backpack lets Ace and everyone who sees him know that he is working.

Sometimes Ace provides emotional support for children who are grieving over the death of a loved one. Sometimes Ace provides love for children who are having a hard day. And sometimes, Ace lets himself be patted and scratched by staff members who are having a hard day!

Ace plays hide and seek with one student on a regular basis. The student hides and Ace has to find him. When he does, Ace gets a treat!

Pat moved to Texada Island in 1991 from Kitsilano. She has a BSc in kinesiology and a minor in psychology. She worked in the Biomedical Communications department at UBC, providing teaching and research support for the UBC teaching hospitals.

Pat began working for the school district in the early 1990s filling in for a woman on maternity leave. In 2000 she moved to Powell River and worked at the board office in Dispatch. She remembers her early mornings at the board office and how Towhee would often accompany her to work. Then Pat moved to Kelly Creek Community School where she worked as a Support Service Assistant. Then she came to Henderson.

Pat does the Dog Smart program in the schools through Westcoast ACCESS (Animals for Community Care and Emotional Support Society). She sits on the board of directors for Westcoast ACCESS and has always loved animals. "I had a dog growing up."



She's noticed the calming effect that Ace has on students and believes animals can play a role in the schools.

She points to an excerpt from a book called *Play Therapy With Kids & Canines* by Rise VanFleet that quotes Mary Renck Jalongo: "Companion animals should matter to educators, if for no other reason than that they matter so much to children."

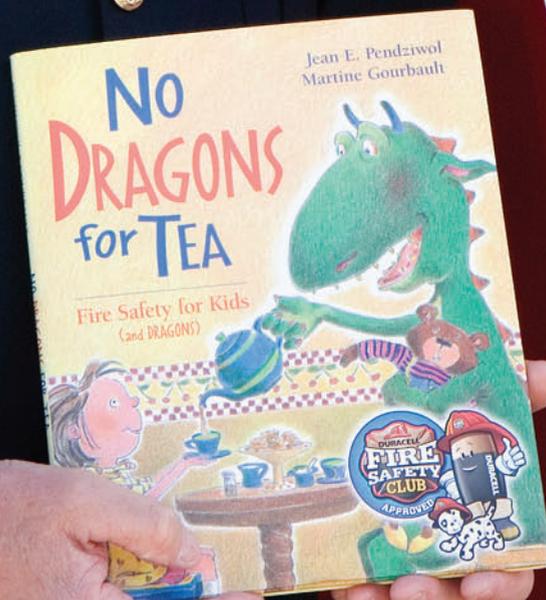
It is documented that animals lower blood pressure, reduce heart rates and relieve stress. "They're good for kids who can't relate to other kids. With a dog beside them, other kids are better able to relate to them."

Pat says one student Ace works with is much more cooperative when he's with the dog. "The dog is a really big carrot because he matters so much to the kids. He's a big motivator."

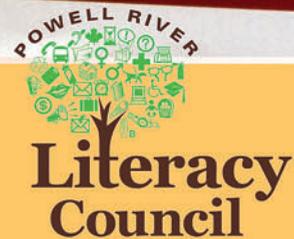
Not every student looks forward to Mondays, but at Henderson Elementary, Mondays are different. At Henderson, students look forward to Mondays with Ace. **RL**

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